



Seniors visit the Saint, Good Ol' St. Louis that is!



Seniors enjoy a river cruise dinner during their class trip.

Photo by Michael Moore

Sophia Thompson
Sports Editor

As COVID stole the class of 2021's senior trip to Washington D.C. last fall, Mr. White, the coordinator of that trip, did not feel right giving up and not doing any trip for the seniors. After months of planning, he put together a trip to Springfield, Illinois and St. Louis, Missouri.

Thursday morning, May 22, the seniors met at school at six am for a Chick-fil-a breakfast and devotions before loading their things into two coach buses and starting their journey to Springfield.

There the seniors spent the day at Lincoln's tomb in the Oak Ridge Cemetery. Afterwards they went to Lincoln's Museum.

"The tomb and museum were really cool. We got to go all around inside the tomb and pay our respects to Lincoln. We all had the

chance to rub the nose of the statue of Lincoln outside the tomb as Mr. White said it was good luck," said Olivia Ipema.

Then they continued their trip to St. Louis where they would spend the next two days doing various fun activities. They went to the City Museum, Union Station, went up the Arch, went on a dinner boat cruise, and ended their trip Saturday with a trip to Six Flags Amusement Park before heading home.

Senior Kendal Taylor said, "I was ecstatic that we got a senior trip. Even though we didn't get the usual DC one, our trip to St. Louis was one of the best memories I have ever had in high school. Our class bonded a ton and we all had a great time together. I was really happy Mr. White planned this for us, and I don't think our class will ever be able to thank him for the amount of time and effort he put into making this happen for us."

Seniors film music video, "Conquer All"

Aubrey Porter
Reporter

The class of 2021 will have a unique reminder of their final year of school.

Mr. Caleb Dutton, worship leader who often leads Praise Crowd and husband of marketing advisor Mrs. Jenna Dutton, collaborated a couple months ago with the Bible 5 class to compose a worship song. They titled the song, "Conquer All," and it is currently available to stream on Spotify, Youtube music, and more. To coincide with the song, Dutton talked to Mr. Lance Davids about producing a music video that would highlight Illiana students. They presented the idea to the class, which embraced it wholeheartedly.

In preparation, Dutton met with Bible 5 seniors Emma Olthoff and Kylie Wegner to brainstorm images for the filming, which would take place at several locations.

Illiana's campus was the main destination for filming. Dutton and his videographers Domi Edwards

and Dennis Thompson were spotted around campus with a camera, panning the halls for shots of students roaming through the building and eating lunch. He also captured Bible 5 students walking from their cars into school, representing their return from the three-month quarantine-period.

The following night, all of the seniors were invited to a bonfire on the soccer field. Marissa Dykstra, a senior who attended the bonfire, thought it was a great experience. She said it was "super cool" to see the creation that her fellow classmates constructed come to life through the filming of a video. Ethan Reynhout banging on a bass drum and students doing a "stomp-clap" on the bleachers were just a few of the scenes that are to be spotted in the video, to be premiered at the awards ceremony later on.

Dutton hopes to continue his relationship with Illiana and its students, in both his involvement in Praise Crowd, and possibly even other opportunities like this one.



Illiana students and grandparents enjoy the weather outdoors at grandparents day.

Photo by Jeff DeVries

Grandparents Day moves outdoors

Hailey Ross
Reporter

Illiana hosted its annual Grandparents Day celebration on May 13, offering lunch and a music program beneath a large white tent in the middle of the soccer field.

At just after 11:30, students who had grandparents visiting went to the athletic field to join their grandparents for an extended lunch. The event occurred outside as a health precaution for the grand-

parents.

"I love Grandparents Day and just grandparents in general," said senior Jenna O'Brien, a Student Council volunteer who helped run the event. "I love their stories."

As the grandparents arrived, they were greeted by a Student Council member and shown to the tent. The school also ran shuttles from the parking lot to the athletic field for people who found the walk a bit too long. Grandparents enjoyed food, coffee, and a raffle.

"It all tasted good, and we all had a wonderful time," said Mrs. VanderZee, a grandparent.

After lunch, the Illiana orchestra entertained, playing pieces by Vivaldi, from films like Brigadoon and Coco, and some familiar hymns.

Besides the orchestra, Chamber Singers and the jazz band also performed.

"I was excited to sing for the grandparents," said Correy Williams, a junior in Chamber Singers.

Being proud of personal achievements

This year challenged me more than I have ever been challenged before. I think I speak for everyone when I say that on the surface it doesn't look like there is much for me to be proud of. However, when I get to thinking and when I really look at the past year, I can see all that I have accomplished. Here is a list of things that I am proud of from this year.



Sophie Thompson
Sports Editor

I am proud that we were able to stay in school with no shut-downs. As a senior, being in person all year was such a blessing

and I am so thankful for the resources and perseverance of our teachers, administration, and students. We are so incredibly fortunate to have been given the opportunity to be in person learning all year.

Another thing I am proud of is my friends. Even though COVID and other things threw curve balls in their lives, they never missed a beat in enjoying high school. We all stuck together and made the best of our circumstances. Realizing that you don't have much more time with a high school friend is terrifying and sad. Sometimes the memories start to fade and I realize how sad I am going to be when my time is up. No more bringing each other Starbucks or Dunkin to school, no more getting out of class and goofing around in the halls, no more running to them after class to tell them something that happened in the 45 minutes we were away from each other. Such thoughts bring inevitable sadness. In "The Peace of Wild Things," Wendell Berry says, "I come into the peace of wild things who do not tax their lives with forethought of grief." He's right: only humans are able to grieve before there is anything to grieve about.

I am proud of Ms. Johnson for all of the work she accomplished and did. I don't think many people recognize how much she does for us and the time and energy she puts into everything she does. I mean how did she manage to take a bunch of kids on mission trips all over the United States and not one of them got sick with COVID. She truly is amazing. She planned a whole dodgeball tournament in the middle of a pandemic with the help of two senior girls and a few other faculty and no one got sick after that. She truly is passionate about what she does and puts so much thought into the events she plans.

I am proud of my brother and everything he has done out in California. The things he and others at the Dream Center are doing are absolutely astonishing and amazing. The impact he has made on the Dream Center and all of California is something I have never seen before. God is working through him in so many ways, and I am so honored that I get to see what he is doing every step of the way.

From a surface level perspective it might not seem like there is something for you to be proud of. But I think that looking over the past year closer, everyone will find at least one thing they are proud of. Even if that one thing is yourself. Everyone should be proud of themselves for persisting this year and not giving up even though this has probably been one of the hardest years of our lives. Everyone can be proud of something. We just need to look from a different perspective.

ICHS celebrates student achievement at awards assembly

Department Awards		
Art:	Gabriella Albanese	
Bible:	Simon Molenaar	
Business:	Leighton Foster	
Drama Acting:	Olivia Tambrini	
Drama Crews:	Timothy Ipema	
English:	Jenna Schutt	
Journalism:	Rachel Bultema	
Math:	Jacob Vander Zee	
Physical Education:	Benjamin Ritzema	
Science:	Jacob Vander Zee	
Social Studies:	James Mock	
Foreign Language:	German: Olivia Yonkman	
	Spanish: Madison Hoogstra	
Instrumental:	Sousa:	Olivia Yonkman
	Instrumental Music Award:	Treyton Sederstrom
Vocal:	National Choral Award:	Jenna O'Brien
	Vocal Music Award:	Michael Moore Jr.
Applied Arts:	Family/Consumer Science:	Megan Jonkman
	STEM:	James Van Drunen
Memorial Scholarships		
Richard Vanden Berg:	Jenna O'Brien & Olivia Yonkman	
Jim Huizenga:	James De Vries	
Luke Witvliet:	Lauren Hedgepeth & Lauren Wicklund	
Cathy Beezhould-Peerbolte:	Madison Rogers	
Joshua Daniel De Boer:	James Mock	
Scholarships and Awards		
Calvin Scholarship:	Madison Hoogstra	
Future Teacher Scholarship:	Rachel Bultema	
	Michael Moore Jr.	
Principal's Leadership Award:	Jenna O'Brien	
	Benjamin Ritzema	
Illiana Citizenship Award:	Olivia Tambrini	
Illiana Service Award:	Isabella Verastegui	
Athlete of the Year:	M:	Logan Van Essen
	F:	Kacie Van Kalker
Scholar Athlete of the Year:	M:	Jacob Vander Zee
	F:	Sydnee Tuuk
Sportsmanship Award:	M:	Simon Molenaar
	F:	Chloe Weemhoff
Valedictorian:	Jacob Vander Zee	
Salutatorian:	Madison Hoogstra	
Vernon J. Boerman Memorial Scholarship:	Hannah Slickers	



Photos by Jeff DeVries
Senior Rachel Bultema walks to the stage to accept the Future Teacher Scholarship from Mrs. Hillegonds.



Photos by Jim Kamphuis
Junior Hannah Sliemers hugs Mrs. Lagerwey after Hannah receives the Vernon J. Boerman Memorial Scholarship.

Meet the 2021-2022 chapel committee

Gracie Jania
Reporter

Chapel sponsors Mrs. Rachel Drost and Mr. Luke Fennema selected next year's Chapel Committee in April. This group will consist of the following juniors: Liz Aje, Hayden DeYoung, Max Meter, Kenny Pickard, Josh Rubien, Citlali Sanchez, Rachel VanderZee, and Marisa Vazquez. An email was sent to the student body containing this list.

"Chapel is such a big part of Illiana and I really wanted to be a part of that," said Aje. "It seemed like such a fun experience to meet people but also to preach the gospel to the student body [in a way] that would be fun and exciting for them."

Aje mentioned how much encouragement she received from her teachers to apply for the committee, which pushed her over the edge to fill out an application.

"I just hope that I can make chapel an experience that students look forward to," said Aje.

Drost, who helped choose the students for the committee, said, "We try to find a good mix of students. We want all the different kinds of students to be represented on Chapel Committee."

Drost added, "Being on Chapel Committee is a servant role. It's a lot of hard work and it's not a lot of appreciation... so you have to be willing to step up and put yourself out there"

Max Meter, another new member, expressed his hope to



Photo by Jeff DeVries
Front: Marisa Vazquez, Liz Aje, Citlali Sanchez, and Rachel VanderZee. Back: Max Meter, Josh Rubien, Kenny Pickard, and Hayden DeYoung.

encourage more crowd participation and videos in the chapels.

"[Chapel Committee is] a chance for me to get my ideas out there, and share my views on Christ and what I believe in," Meter said. "We're going to make it fun next year."

Praise Crowd committee closes year with final events

Gracie Jania
Reporter

The final Praise Crowd of the school year, led by Mrs. Rachel Drost, focused on the topic of the body of Christ and how it is used to praise Him and share His goodness, and happened on May 26.

The committee also held a

Praise Crowd breakfast, serving pancakes, hash browns, French toast, and more on May 28.

Though the Praise Crowd Committee has had trouble this year with planning events due to COVID restrictions, weather issues, and schedule conflicts, the members found a way to cap off the school year

with these final events.

At Praise Crowd on Tuesday evening, dinner was served beforehand and following the event, the seniors that attended received Bibles.

Mr. Lance Davids spoke during the breakfast on Thursday about how the physical body and spiritual body come together to honor God.

"It's always fun to talk to friends, but to eat and worship with them is a truly special experience," said junior committee member Taylor Olthof.

Junior Olivia Wegner, a committee member, remarked that the week was great for Praise Crowd and students wouldn't want to miss it.

Athletics Facebook page features achievements

Aubrey Porter
Reporter

Each Friday since March 12, the athletic department has been showcasing athletic achievements by creating a Facebook post and posting it on the Illiana athletics Facebook page. Mrs. Bonnie Trepton, the athletic admissions director, plans to post every Friday moving forward, hoping to offer a different perspective on Illiana sports.

Mrs. Trepton chooses the feature each week, determining into what things the community might be curious to take a deeper look. For example, posts so far have highlighted Mr. Rudenga’s 45th year of involvement



The girls softball team poses on the field.

Photo courtesy of ICHS Facebook

in the golf program, athletes who went on spring break mission trips, athletic trainer Ms. Vargas, the track

teams, and both girls tennis teams.

“We try to cover things that people aren’t aware of already,” Trepton said. “It’s a good opportunity to highlight a different perspective of the athletic department to the community.”

Illiana Alumni McKenna Lucito, who follows and regularly interacts with the page, said that as a coach, it is exciting to see student athletes being recognized for their achievements. “I think it gives the kids a chance to show off their God given talents,” Lucito said. “It’s also helpful because social media is where most people get their news, so more people are aware of what the school’s athletic department

Fine arts committee visits Governors State art facilities

Hailey Ross
Reporter

The members of Illiana’s Fine Arts Committee took a trip on May 11 to Governors State University to visit its theater, arts paces, and sculpture garden as a reward for their work during the weeks of fine arts.

The Fine Arts Committee, along with its sponsors Jim Kamphuis and Jeff DeVries, are responsible for setting up and running both the Fine Arts Festival competition and the Fine Arts recital.

Due to Covid there were few places that the committee could go. Then DeVries had the idea to attend Governors State and visit their Nathan Manilow Sculpture Park.

“I’m really glad we came across the sculpture garden idea,” said DeVries. “Trying to find an outdoor experience really led us to a wonderful field trip.”

Their exploration of the sculpture park was actually the last event of a day that started with the committee

touring the school’s performing theater arts stage. Students toured the theater space from the hydraulics beneath the stage to the fly space 64 feet above the stage. They also poked around tech booths and rehearsal spaces. They even had an opportunity to operate fly rigging and to use the theater’s spotlight.

Senior Gabby Albanese said, “My favorite part had to have been the theatre and experiencing that catwalk; I thought that was so cool.”

After finishing their talk with the technical directors of the theater, the committee met art faculty to take a brief tour of visual art spaces including the ceramics studio, the printmaking studio, and the painting studio. Students also walked through the gallery which was displaying the B.A. show for students graduating from Governors State this spring.

“I really like it when ... [one of the art faculty] took us around and to see the different art pieces,” said senior Damaris Dumont.



Students explore a gallery at Governors State University.

Photo by Thijs van Belle



Students explore a large scale sculpture in the Nathan Manilow Sculpture Garden.

Photo by Thijs van Belle

Choir, band end year with annual spring pops concerts

Rachel Bultema
Feature Editor

After a year of having to get creative with performances-- outdoor concerts and virtual concerts -- as a result of COVID, Illiana bands and choirs ended the year with their annual spring pops concerts for a live audience.

On Tues. May 11, all 4 of Illiana’s choirs gathered in the gym to sing songs from One Direction, The Jackson 5, from the Disney film “Tangled,” and more.

On Mon. May 17, Illiana’s 3 bands and the orchestra crowded into the ARC and performed pieces from the musical “Hamilton,” the films “Lord of the Rings” and “Coco,” and more.

A popular favorite piece among the bands was “The Nightmare Before Christmas,” a combined band piece, because, according to wind ensemble member James VanDrunen, it’s a “certified banger.”

Fellow wind ensemble member and junior Kenny Pickard enjoyed the song’s full sound.

After a year of struggling to have concerts and attend concerts, Illiana seniors were able to accept their awards and roses in front of a live audience.

Wind Ensemble member and senior Tim Ipema was awarded the Louis Armstrong Jazz Award for band and Wind Ensemble member and senior Olivia Yonkman was awarded the John Philip Sousa Band Award.

According to Wind Ensemble member Heidi Gorter, playing in front of a live audience was “exhilarating” and “the way it should be.”

Students volunteer at Mommy’s Haven princess brunch

Gracie Jania
Reporter

Illiana hosted Mommy’s Haven’s annual Princess Brunch fundraiser, a pro-life event where families bring their little girls to dress up, get pampered, and have food. Mrs. Terri Schaaf, organizer of the

event and head of Illiana’s kitchen staff, provided students with the opportunity to serve as kitchen help and aids in the “princess area” with the girls and moms.

About 150 volunteers were needed to run the event, and 700 girls and families attended to support Mommy’s Haven. This is the sixth year the Princess

Brunch has taken place, and Illiana opened its doors to host the brunch when more space was needed after tickets for a smaller venue sold out.

Mommy’s Haven is a local ministry that houses women while they are pregnant and following the birth to provide love, support, and shelter for them until

they can be on their own.

Sophomore Taylor Albert, one of the volunteers, said that she loves kids and likes that “just by donating a little of my time, I can have a greater impact and help support a really good cause.”

“It’s going to be a lot of fun seeing hundreds of little girls, dressed as

their favorite princesses, get pampered and sing and twirl around and have fun!” Schaaf said.

Junior A’Narah Freeman, another student volunteer, said, “I wanted to volunteer because it seemed like it would be a fun experience, and different from the other volunteer work I do.”

Comments from the Class of 2021

Answer key:

(((PIP: Post-Illiana Plans
IF: Illiana Experience in Four
Words
SC: Secret Crush)))

Adetoyosi Adeyefa

Nicholas Ahrens

Gabby Albanese

PIP: College for a psych degree

IF: Please include more frogs

SC: None of you pass the vibe check

Adrik Ariado

PIP: Go to ONU and work my way to becoming a music producer/singer

IF: Whoa, I existed here

SC: I have and had no one, if I must answer I liked Kachi Gumi from Vocaloid

Fletcher Bandstra

PIP: Calvin University to play baseball and study some type of engineering

IF: humiliating, entertaining, somewhat useful

SC: Ava Lindemulder, Haley Mannino, Gracie Jania, Maddie Ritzema

Weston Beauvais

Matthew Bell

Mekhi Blossomgame

PIP: 2 year college

IF: Stressful, New, Lonely, Tiring

SC: Nobody

Brandon Boone

Megan Boss

PIP: Purdue Northwest for

nursing

IF: glad that it's over

SC: Ethan Roach

Rachel Bultema

PIP: Attend PNW for elementary education

IF: Needed way more coffee

SC: Too many to list, but Joe Mama

Taylor Carlson

PIP: Go to college and be a software engineer

IF: Mr. Zandstra's homeroom is the best

SC: Luke Smith

Madison Ceponis

PIP: Going to IUN to major in biology to become a Neonatal Doctor

IF: ELearning, Vacation, Freedom, & Traditional

SC: Zach Roach

Kyle Clark

PIP: Go to college and become a dentist

IF: the good old days

SC: Haley Mannino, Brenna Thompson, Addi Banstra, Madie Ritzema, Gracie Jania, Annaleah Persenaire, Maya Wondaal

Mia Cruz

PIP: College

IF: It was a rollercoaster

SC: Logan Wilson

Leah Davids

PIP: I will be studying Interior Design at Purdue University in West Lafayette

IF: Zandstra's homeroom is best.

SC: Ethan Roach, Matthew Smits

Lauren De Boer

PIP: Nursing at PNW

IF: Old building was better :)

SC: Zach Davids

Sydney DeJong

Tyler De Young

PIP: Working man

IF: mediocre as a mug

SC: Gracie Jania, Kaitlin Boone, Hayley Manino

Kaleb Dennis

PIP: College at Purdue + NROTC marine option

IF: We had an assignment????

SC: Ava Lindemulder

Sam Depasquale

PIP: Go to college, get a job, have kids, have grandkids, die happy

IF: Good times, future hope

SC: That's classified.

James DeVries

PIP: Calvin University, Environmental Engineering

IF: What year is it?

SC: If I told you I'd have to



kill you.

Valerie Disselkoen

PIP: I plan to attend Fox College to be a Physical Therapist Assistant.

IF: Quick, Fun, Crazy, Rewarding

SC: Alex Tambrini

Damaris Dumont

PIP: College

IF: growth, stress, more sleep

SC: "The only man I need is Jesus." - Rachel Bultema

Marissa Dykstra

PIP: attend IUN and major in graphic design

IF: It was a blast

SC: Zander Weemhoff and Ethan Roach

Emily Feikema

PIP: I plan to attend Calvin

University and study business marketing and become a fashion marketing analyst.

IF: Could have been better

SC: Lucas VanderWoude

Leighton Foster

PIP: Studying business management at Olivet Nazarene University

IF: It was really fun

SC: Maisy Vroom

Becca Foust

PIP: nursing at Calvin University

IF: done in a heartbeat

SC: Josh Turkstra

Jeremiah Fritzgerald

PIP: I will be going to the military and the branch I decided to join is the Army

IF: Great Experience to Have

SC: Faith Harris

Joseph Gibson

PIP: Going to College

IF: Fun, exciting, adventurous, great

SC: Madison Ceponis

Anna Gouwens

PIP: Majoring in nursing at Dominican University

IF: Exciting, challenging, unpredictable, crazy

SC: Myles Vroom

Matthew Groot

PIP: College

IF: biggest waste of money

SC: Jill & Lill

Faith Harris

PIP: college

IF: i did not enjoy

SC: Jeremiah

Lauren Hedgepeth

PIP: Attending Central State University for 4yrs

IF: I found my person

SC: Alex Bosman





Maddy Hoogstra
PIP: I'm going to Calvin for biochemistry
IF: Lots of big changes
SC: Ryan Smith

David Howard
Stephanie Huitsing
PIP: Going to Carthage college to major in marketing and to play on the volleyball team
IF: Unique, family, bonds, and new
SC: Dylan VanDrunen

James Iaconelli
PIP: Go to IUPUI and get a degree in Mechanical Engineering and Motorsports Engineering.
IF: good, but also bad
SC: Gabriella Albanese

Olivia Ipema
PIP: Trinity Christian College - health communications
IF: Thank you, next
SC: Wesley Olthof

Timothy Ipema
PIP: Fight the elite four and become the champion.
IF: Trusted me too much

SC: Liz Aje, Morgan Trivette

Benjamin Jania
Megan Jonkman
Brenden Kamp
Alyssa Kramer
Ben Mannino
PIP: College
IF: 5/10. Would not recommend.
SC: Kennedy Rogers. My one and only.

Abby Mejan
PIP: I plan to attend PNW for business
IF: An unexpected, valuable blessing
SC: Ryne Mulder

James Mock
PIP: Attend Purdue for Engineering
IF: CEO of no sleep
SC: Audrey Yonkman

Simon Molenaar
PIP: I plan to attend Purdue University to study Chemistry.
IF: Hail to the king
SC: Ava Lindemulder

Danny Molina
PIP: Going to college at UIUC



IF: Tragic, destructive, humiliating, regretful
SC: Hailey Mannino, Addi Bandstra, Maddie Ritzema, Gracie Jania

Michael Moore
PIP: Attending Trinity Christian College to Major in Music Education with a minor in Theatre
IF: Fun, Exciting, Informative, Exhausting
SC: Haha funny, you tried!

Mark Muta
Jenna O'Brien
PIP: I am attending Trinity Christian College to play

softball. Major: Exercise Science Minor: Psychology
IF: Illiana was almost HSM (High School Musical)
SC: Zander Weemhoff, Alex Tambrini

Kate Ohm
PIP: I plan to attend Florida Gulf Coast University and study marine science.
IF: kind of a blur
SC: Andy Spoelman

Emma Olthoff
PIP: going to Purdue University to study business.
IF: stop revving your

trucks :)
SC: Fritz Olthof, Matthew Smits, and Andy Spoelman

Gerrit Pals
PIP: Land Management
IF: Love the freight farm
SC: Nora Filler

Adam Persenaire
PIP: I'm not sure yet
IF: It was just fine
SC: Gracie Jania

Matthew Pyle
PIP: Trinity Christian College Business Major
IF: Blessed with good friends
SC: No-one





Vandeel
Sophie Thompson
PIP: Grace college for nursing
IF: People are nice and caring.
SC: Brandon Clark
Sydnee Tuuk
PIP: Biomedical engineering at Dordt University
IF: Fun times, sleep deprived
SC: Logan Wilson
Logan Van Essen
PIP: Attending Calvin to play basketball
IF: Fun but hard work
SC: Cheyenne, Bryn Hous-



Ethan Reynhout
PIP: Plumber
IF: Old campus was better
SC: Ben's sister, Haley Manino
Ben Ritzema
PIP: Carthage College for Exercise and Sport Science
IF: GIVE ME AN UGGHHH UGGHHH!
SC: Reese Jansma
Zach Roach
PIP: plumber
IF: I didn't like it
SC: Maya Flipse
Madison Rogers
PIP: Going to University of Illinois Urbana-Champaign
IF: Good Friendships, valuable, & ordinary
SC: Adam Gibson, Tony Ren, and Luke Smith

Emily Rozendal
PIP: Nursing at Purdue Northwest
IF: exciting, silly, short, special
SC: Zander Weemhoff
Jenna Schutt
PIP: Go to Purdue Lafayette and graduate with a civil engineering degree.
IF: No sleep, no problem
SC: Jim
Trey Sederstrom
PIP: Study Civil Engineering with a focus on structural engineering at Trine University in Angola, IN
IF: Trumpets will RISE AGAIN!
SC: Rachel VanderZee and Gracie Jania
Jaxson Smit
PIP: Go to Liberty Univer-

sity
IF: Exciting, memorable, self-improvement, busy
SC: Bens' sister
Logan Smith
PIP: Go to college and be an engineer
IF: Ya know kinda average
SC: Haley Mannino, Gracy Jania, Gracy Foster, Madie Ritzema, Katie Mejia, Brenna Thompson, Maya Wondaal, Kennedy Rogers, Angelina Verastegui, Lauren Carlson, Mia Verhagen
Dorianne Smith
PIP: Go to IUPUI
IF: Dramatic, Life changing, Adventure, Blossom

SC: Noah Body
Josh Sylvester
PIP: Majoring in Biology or biochemistry.
IF: Not too bad
SC: Ben's sister; honorable mention: Ava Lindemulder.
Olivia Tambrini
PIP: Valparaiso University for History and German
IF: Involved, anxiety-ridden, eventful, and entertaining
SC: Ryne Mulder and Caleb Rozendal
Kendal Taylor
PIP: going to college
IF: A time to remember
SC: Nico Sytsma, Vinnie

man, Reese Jansma
Kacie Van Kalker
PIP:Trine University for Business
IF: Took ISTEPs five times
SC: Ethan Roach
Justin VanProoyen
PIP: I plan on attending Grace College and studying history and archeology.
IF: remarkable, outstanding, instructive, and enjoyable.
SC: ...
Jacob VanderZee
PIP: Attend Purdue University for Chemical Engineering
IF: Old school was better





SC: Marisa Vazquez,
Ben's Sister
James VanDrunen
PIP: Engineering at Pur-
due Lafayette
IF: fun times good memo-
ries
SC: Ben's sister
Justin VanDrunen
PIP: Studying Business
Management at Purdue
University.
IF: Sophomore year was
decent
SC: Faith Vanderlaan

Levi VanDrunen
Sam Vargo
PIP: Go to college and nev-
er think about high school
again
IF: It wasn't too shabby.
SC: The PR girls across the
street
Isabella Verastegui
PIP: I'm going to college,
at IU Bloomington.
IF: Good times, valuable
relationships
SC: Luke Smith, Adam
Persenaire, Seth Neumey-

er, Alex Tambrini
Nina Verhagen
PIP: College then working
IF: not great, medium, so
so
SC: Cody DeJong, Zander
Weemhof, Gavin Cowsert,
Adam Gibson
Tenair Watts
Chloe Weemhoff
PIP: Going to Anderson Uni-
versity in South Car-
olina
IF: 4 years of silliness :)
SC: Myles Vroom,
Isaac Sherwood, No-
lan Flipse
Kylie Wegner
PIP: Attending Calvin
Univeristy

IF: silly memories and stress
SC: Myles Vroom and Wes-
ley Olthof
Lauren Wicklund
PIP: I am either going to
University of Indianapolis
or Ball State University. I
want to be a Child Life Spe-
cialist.
IF: Fun, exciting, loving,
and loud

SC:
Sonya Wondaal
Olivia Yonkman
PIP: I wil study either psy-
chology or environmental
science at North Park Uni-
versity
IF: Not my favorite thing
SC: Tyler Mock



Asian-American Pacific Islander Heritage month

Recognizing two formidable Asian-Americans and their contributions to the United States of America

Patsy Mink, pioneer in politics



Photo courtesy of smchigh.org

Patsy Mink, Congresswoman, was known for frequently traveling back to her constituents in Hawaii.

Patsy Mink, a third generation Japanese woman, was the first woman of color elected to the U.S House of Representatives and was the first Asian-American woman to serve in Congress. She was also the first Asian-American to run for U.S. President. Among her many accomplishments, Mink was the first Japanese-American woman to practice law in Hawaii after starting her own practice.

As a Congresswoman, she stayed in touch with her constituents by traveling back to Hawaii every other week to hear the concerns of the Hawaiian people. She served six terms in the House of Representatives and formed the Congressional Asian Pacific American Caucus. Mink fought to advance civil rights for minorities and women during her time as a Congresswoman. She reported feeling as if she not only had a duty to represent her districts, but also all of the women of the country.

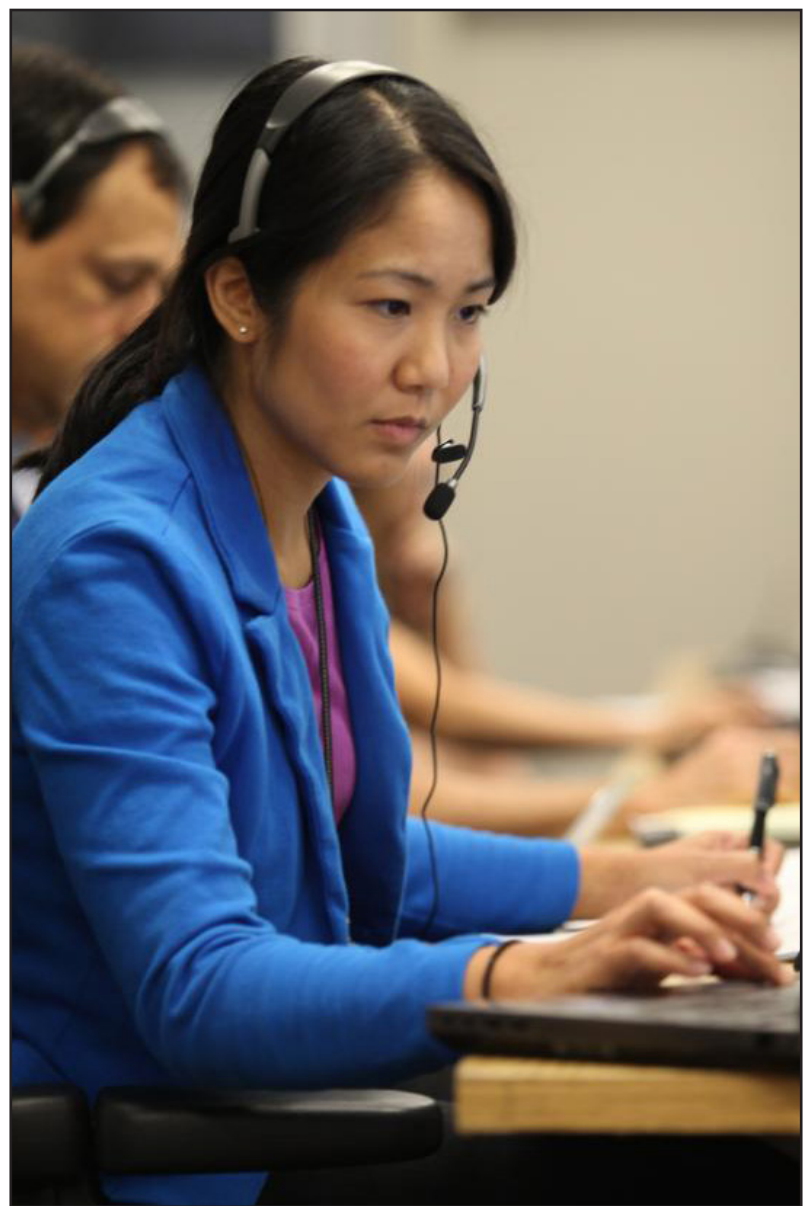


Photo courtesy of NASAhistory's twitter

Josephine Santiago-Bond works at NASA after discovering a love for science and engineering.

Josephine Santiago-Bond

Rocket scientist shoots for stars

Josephine Santiago-Bond was born in the Philippines and in her youth, NASA was something she'd only vaguely heard about. However, she would go on to become the Chief of the Kennedy Space Center Safety and Mission Assurance Institutional Division at NASA. Santiago-Bond had her first experience with science as a child testing acids and bases on indi-

cators with a kit from her mother. She later fell in love with working at NASA after a summer internship at the Kennedy Space Center. Santiago-Bond later developed the branch she now leads and supervises. She mentors engineers and interns in the space program. Not only this, but she also volunteers to educate children about the relevance NASA has to their lives.

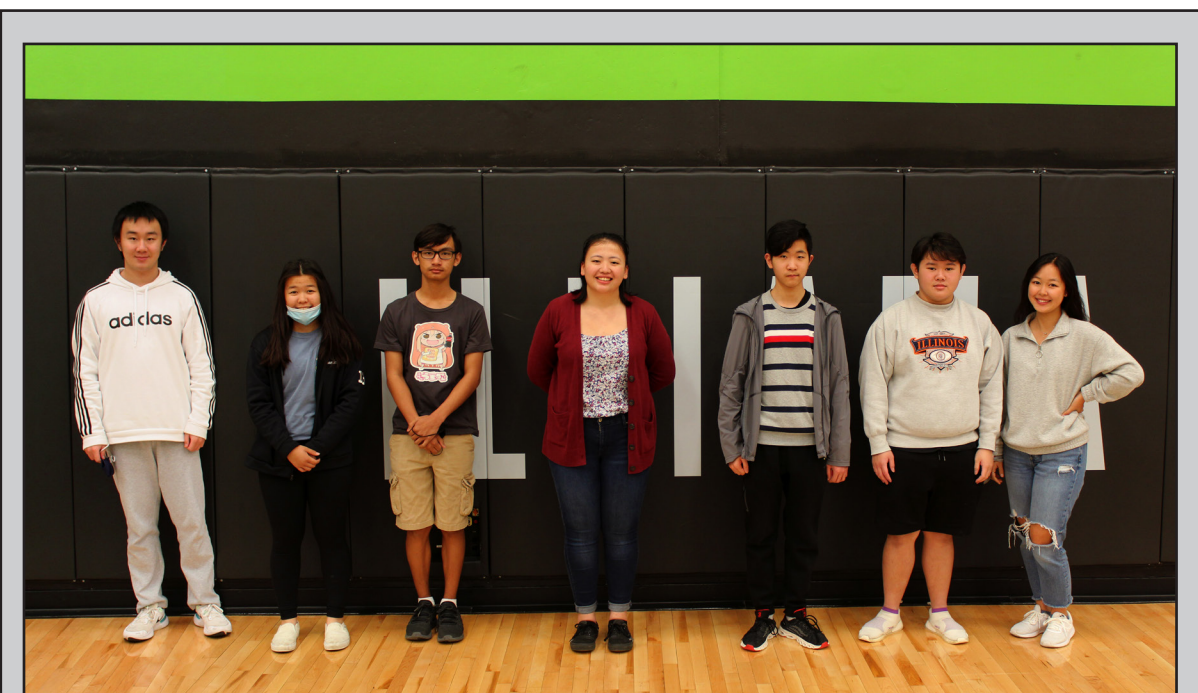


Photo by Jim Kamphuis

Just over half of Illiana's Asian population, which consists of both foreign exchange students and U.S. citizens, pose for a picture. Illiana has 13 students of Asian and mixed-Asian descent in the student body.

Anti-Asian hate crime rates rise from 2020 to 2021

Rachel Bultema

Feature Editor

"Anti-Asian hate crimes surged in early 2021," reports CNN. "Attack on 2 Asian Women in San Francisco Increases Fear," reports the New York Times. "Asian women keep getting attacked in cities across the US," says CNN.

Headlines and stories reporting Asian hate crimes have become more common in 2021 as hate crimes against Asians become more prevalent in the U.S.. NBC reports as much as an 833 percent increase in hate crimes in New York City from 2019 to 2020. According to CNN, 95 anti-Asian hate crimes have been reported within 2021's first quarter. Amid the rising hate, fear has risen

as well. 32% of Asian-Americans say they have feared someone might threaten or physically attack them.

These issues do not end at the Illiana walls as Illiana's student population is 3.2% Asian, made up of 13 Asian students according to the school office.

Not all Illiana's Asian students agree to what degree the issue affects them. Some students have reported the recent rise in Asian hate crimes has had little to no effect on them.

Sophomore Kaitlin Dykstra who was adopted from China said, "It hasn't affected me, but it brought awareness to the fact that it's more popular to do now."

On the other hand, another Illiana student who wished to remain unnamed said, "I do feel safe [in

the Illiana community], but do I feel comfortable? No, I am different... I thought being Christian was enough to be accepted. It's not enough. I was bullied when COVID started."

Math teacher Mr. Lagerwey, the father of a Korean American, reported, "It's more than reading something in the news... It's something you should be concerned about whether you have Asians in your family or not, but when there are also in your family, it kind of heightens your awareness and concern."

Sophomore Kevin Truong, a Vietnamese foreign exchange student, said, "I am not an American, so at first I felt that it wasn't a topic I should care about, but realizing 'I live here now,' and seeing the people that share something in common with me

enduring something so heartbreaking, I just can't stand it."

Some fear that Illiana has not done enough to address the issue.

"I do not think [Illiana has done a good job addressing concerns about the rise in Asian hate crimes]... I think we should talk about it more," said Truong.

Regarding Illiana's addressing the topic, Bible teacher Mrs. Mary Lagerwey, mother of a Korean American said, "I haven't heard enough. And we have Asian students... Making people aware is such a great part of education. We can regret the past or we can apologize and do something about it."

Principal Peter Boonstra reports that Illiana has been working to be more deliberate that Illiana is

intentional in making certain that "everyone feels welcome at Illiana." The school has used various tools such as the MLK Celebration and training in cultural understanding for teachers and board members.

He also reports that, after facing some criticism from alumni over the summer, he has been motivated to be more intentional about creating a welcoming environment.

Despite the nearly 3,800 anti-Asian hate incidents in the United States in the last twelve months, as reported by NBC, some students remain hopeful.

"[The rise in Asian hate crimes] strengthened my faith," said Truong, "Some people are really willing to listen to me and accept that this is happening.... God has placed me here."

Senior Gabby Albanese reflects on “Sum of its Parts,” her art as a whole

Aubrey Porter
Reporter

Senior art student Gabby Albanese recently sold her painting titled “Sum of its Parts” to Illiana. The painting is on display near the top of the grand staircase in the commons. Her journey as an artist is not on display at Illiana, but also in her other work and throughout most of her life.

“Sum of its Parts” wasn’t really inspired by anything in particular, she said. It began as her studio art final project in her junior year, and the original concept was simply for the painting to be as tall as she is. It later sprouted into a vision of numerous monochrome panels that would comprise a larger portrait.

“It’s a self-portrait, but I don’t think it truly looks like me.” Albanese said. “It was meant to resemble the fun I can have in my work; that’s all.”

Albanese said that her art rarely ever has meaning. “I know that people who look at my art will likely draw some meaning out of it, and I’m okay with that,” Albanese said. “I’m of the opinion that art can’t be looked at objectively. So everyone else’s thoughts on my work have just as much value as mine.”

Her interest in art began almost seven years ago. She started by recreating other art she saw and liked, and from there her journey in the creative field took off. Like most artists, she went through a period of frustration, feeling like she was wasting her time, but she persevered and did not quit.

“I’m very much driven to prove that things can’t beat me,” Albanese said, “so once I commit to something, that’s it. And from there I went.”

Character design is where Albanese found her strength. “That’s where I think I can most express the odd concepts that come to my mind,” Albanese said. “I think I have almost sixty characters I have made myself, and I can distinguish them all from each other because each one is unique.”

In that way, she said she feels that is how she connects her audience to her work. She tends to stay within the boundaries of real-life features portrayed on the person she is drawing, but doesn’t necessarily consider her style “realism.”

“I think that pretty much anything can be beautiful,” Albanese said.

Hence, she puts effort into the small details that others may not notice at first glance because they aren’t “pretty” enough. Albanese said, “I’m happiest when people are seeing my work. I aim to have fun with what I do, and when others can join me, I’m glad. I’m especially happy when people can see themselves in my work, literally or metaphorically.”

Albanese also likes to connect with others through her work by finding common ground through other interests by making fan art based on things she is passionate about. She draws characters from movies, comics, games, books, and other media, borrowing elements from them but creating them in her own style.



Photo by Jeff DeVries

The painting “Sum of its Parts” by Gabby Albanese hangs near the grand staircase.

Illiana buys student artwork

Gracie Jania
Reporter

As part of an ongoing program, Illiana has purchased a piece of student artwork, a painting by senior Gabby Albanese.

Natalie Boonstra, Principal Peter Boonstra’s mother, founded the idea and donated the money to create a fund whereby the school can invest in students’ artwork. Throughout the years, the school has used money from the fund to purchase a student’s piece each year, but due to COVID and quarantine last year, the school

made no purchase. This gave the school more space and funds to work with to decide on a purchase for this year.

Boonstra confided in art teacher Mr. Jim Kamphuis, who recommended Gabby’s piece last year, and now the school has made the purchase. Albanese’s painting is located at the top of the landing of Illiana’s main stairs.

“We’ve never purchased a piece as big and spectacular as this piece by Gabby,” Boonstra said.

According to Kamphuis, the school usually targets for purchase the piece of art that

wins Best in Show at the Fine Arts Recital, but ended up purchasing Gabby’s painting over her drawing that won due to the fact that she wasn’t willing to part with it. Gabby made the painting over quarantine last spring, and she even received her asking price for it when the school invested.

“We have no regrets about it. It’s a phenomenal work,” Kamphuis said. “We feel like it was a great investment on our part.”

“I am very proud of [Gabby] and so pleased with how this all came to be,” Kamphuis said.

As the school year ends, summer events return

As coronavirus precautions begin to lift and local restaurants and businesses open, many look forward to the return of favorite summer locations and events. Despite remaining uncertainties about whether or not some events will take place, here are a few events that have been announced for the summer of 2021.

Olivia Oostema
Arts Editor

Deep River Waterpark:

Grab a towel and head over to Deep River Waterpark just east of Merrillville, Indiana. The park still encourages social distancing, requires staff to wear masks, and provides sanitation stations. Visitors must fill out a health form when they purchase their tickets online. Hours are 10 a.m. to 5 p.m.



Grant Park Music Festival: Looking for live music? The Grant Park Orchestra and Chorus are returning to Millennium Park this summer. Line-up includes the annual Independence Day Salute, New World Symphony, William Tell Overture, Carnival of the Animals, and more. To see the full schedule, go to grantparkmusicfestival.com. The event is free but reservations must be made to secure a place to sit at the Pritzker Pavilion.

Pierogi Fest:

Head to downtown Whiting, Indiana, to experience the renowned Pierogi Fest. The 26th annual celebration is scheduled for July 23 through 25. The event will take place with coronavirus precautions such as distanced picnic areas and additional sanitizing. More information about the event will be announced later.



Navy Pier Fireworks:

Experience the classic sights and sounds of summer fireworks downtown. Although many towns have not yet stated whether or not they will have local firework shows, Navy Pier is hosting a 10-minute firework show every Saturday in May at 9:00 p.m. See navypier.org for the full summer schedule.

Seniors sign on dotted line

Sophia Thompson

Sports Editor

As the 2020-2021 school year comes to a close, we look at the senior athletes who have officially signed to different colleges for a sport. So far Illiana has had six senior athletes sign to different colleges.

We have two girls who have signed to continue their softball careers. Jenna O'Brien signed to Trinity Christian College for this coming school year. And Anna Gouwens signed to Dominican University. Jenna plays as a pitcher, and Anna is a

right fielder.

"Being able to sign to a University for softball is amazing," said Gouwens. "I've been working so hard throughout my high school career and now something has come of it."

There are also two senior girls who have signed for volleyball. Kacie VanKalker to Trine University and Stephanie Huitsing to Carthage University. Kacie plays as a labaro and Stephanie is a left side hitter. Huitsing said,

"I am super excited to continue playing in college. It's something I have been working

my whole high school career for and seeing it finally happen is so surreal."

Logan VanEssen signed to Calvin University to continue his basketball career Logan is a point guard and shooting guard. Senior Fletcher Bandstra signed to Calvin for baseball as well.

"I'm really excited to see what Calvin has in store for me," said Bandstra. "I have always dreamed of continuing my baseball career into college and seeing it finally happen is really exciting. I want to thank my coaches for encouraging me and teaching me everything I know."



Photo by Jenna Dutton

Senior Anna Gouwens signs to Dominican Universtiy for Softball on May 3.

Volleyball team puts on miles, piles up victories



Photo courtesy of Jaxson Smit

Senior Jaxson Smit jumps to block a hit given by Cathedral High School at their tournament in Indianapolis May 15.

Aubrey Porter

Reporter

Illiana boys volleyball thrived this year, with Mrs. Richelle VanderZee as jv coach and Mr. Adam Clark as varsity coach, the boys played several tournaments down in Indianapolis and had lots of fun competing.

Varsity boys volleyball travelled to Indianapolis frequently, and in total they travelled over 1500 miles to play away games this season. Opening their season with a 2nd place finish at their first tournament, the following four tournaments ended in similar fashion. Clark notes that although they struggled

at times to keep a steady level of play, they competed to the best of their ability and were a strong, hardworking group of boys, ending their season 19-9.

Junior Alex Bosman said some of his favorite memories were made at these tournaments. He said it had been really fun to not only play with his teammates, but also live with them for periods of time.

Another team member, junior Marc Rozendal said that he thought it was fun to bond with the coach's brother and his team after staying at his house for one of their tournaments. The strong bond that the team formed

definitely showed in their ability to communicate and work together on the court.

The jv team was led by sophomore hitter Andrew Pigatti and sophomore defense specialist Greg Goodfellow, serving as team captains. The jv team placed in three of their tournaments in Indianapolis: 2nd place in the Miller Classic, 2nd place in the North Central Invitational, and 3rd place in the Big Cat Tournament. Overall, the players were extremely thankful that they were able to play this season, after last year's was cut short after three weeks of practice and not a single competition.

Tennis caps good season, Lopez advances to Regionals

Madie Ceponis

News Editor

The Illiana Christian girls tennis season of 2020-2021 has come to an end with the team sporting a record of 9-3. Illiana's jv has finished the season with a 6-2 record.

They opened the short season on Wednesday April 7 against Wheeler and fell in a close 3-2 loss; jv won 4-0.

On Tuesday April 13, both teams defeated East Chicago Central 5-0. In this particular match Sabri Lopez advanced 2-1 in first singles, and on Wednesday April 14, both teams beat Bishop Noll 5-0. In that match senior Synee Tuuk and junior Morgan Trivette raised their doubles record to 3-1.

On Wednesday April 21, both teams played against Andrean, the varsity winning 3-2 and jv 4-1. Tuuk and Junior Christine Deyong pulled a 3 setter to lock in the win.

The last few matches have concluded with their win against Marquette 5-0 on Thursday April 29, another win 3-2 against Andrean, and also a second place finish in the Lowell Invitational. Also with a big win under their belt, the varsity team earned 1st place at the Kankakee Valley Tournament.

Senior Sydnee Tuuk said, "A highlight was our winning the Kankakee Valley Tournament. There were some big schools there, including Kankakee Valley, which is super, super good. That was a great win for us."



Photo credit to Jeff DeVries

Senior Emily Feikema returns the volley at their home match.

Boys track takes first at Lake Station invitational

Madie Ceponis

News Editor

The Illiana Christian boys track team placed 5th in the sectional meet On Thursday, May 20, and many athletes advanced to regionals.

Those athletes include a 4x800 team of junior Trevor Eenigeburg, junior Logan Boersma, freshman Nolan Bouwman, and sophomore Fritz Oltoff. Freshman Nathan Mathews advanced in pole vault, senior Jake Vanderzee in discus, junior Brady Vroom in the 1600m, Olthoff again in the 800m, and senior Justin Vanprooyen in the 3200m.

The team also competed well earlier in the season. On Saturday May 8, the boys placed first against Griffith, Hammond Gavit and Lake Station. In a quad track meet hosted by River Forest on Tuesday, May 4, the team captured 3rd place, but it was shy only 3 points of first place.

Golf looks for strong end to season

Hailey Ross
Reporter

Coached by Brent Vermeulen, the boys golf team, a collection of predominantly underclassmen, has shown growth throughout the year.

The team placed 10th out of 18 schools in the Harrison High School Invitational in West Lafayette and 10th place out of 15 schools at the Marquette Catholic Invitational. The boys defeated Wheeler High School in head-to-head competition, but fell to a strong Crown Point team.

Vermeulen said, “We do have a few individuals who have the potential to move on from the regional if they play their best.”

The top two players this season are freshman Zach Davids and sophomore Donny Woo.

“I was really happy how Zack and I played,” said Woo. The young age of these two golfers is an auspicious sign for the Vikings golf team. In fact, the whole team is young.

“I had fun,” said junior Wesley Olthof. “It was a good experience.”

The team is hopeful about the more immediate future too as it heads into sectional play.

“We are looking forward to a strong finish to the season,” said Vermeulen.



Photo by Jeff DeVries

Sophomore Trevor VanderMeer pitches at their home game against Portage High School May 1.

Baseball teams marches confidently towards sectionals

Madie Ceponis
News Editor

Illiana Christian Boys Baseball season of 2020-2021 is nearing the end of a fantastic season.

They lost only three games in the month of May. On May 18 they battled Marian Catholic at

home, claiming a 1-0 victory behind the pitching of junior Ian Van Beek, who went 7 innings and allowed only two hits while striking out seven. In the last two innings, relief pitcher junior Nick Boersma finished strong with four strikeouts.

Tuesday May 10, the team defeated Whiting 11-1. Senior Fletcher

Bandstra pitched and gave up two hits and one run over five innings. Tuesday May 4, Varsity defeated River Forest 10-0. Sophomore Cody DeJong pitched a no-hitter, walking one and striking out twelve. Thursday April 30, Varsity defeated Bishop Noll 13-0. Bandstra pitched the last five innings securing the win

with one hit and striking out six.

The junior varsity also has played well. The team defeated Whiting 3-1 with sophomore Josh Vis pitching six innings and striking out twelve. The boys also defeated River Forest behind strong pitching from sophomore Noah Kieft who struck out seven.

Girls track grows and learns through teamwork

Hailey Ross
Reporter

The girls track and field team has finished its season, a good one although it's had its ups and downs.

“We have had a lot of success and improvement, but we have also had to deal with some nega-

tive stuff like injuries,” said Coach Deb Top.

The team took first place at the Washington Township meet (a triangular), 7th/11 schools at the Bobcat Invite at Wheeler High School, 1st place at our dual meet with Bowman, 3rd/6 schools at the Hanover Relays, 4th/12 schools at the

Highland Invite, 2nd place at the River Forest Triangular, 1st place at their home invite, 2nd/4 schools at the Kankakee Valley Invite, and at Sectionals they took 4th/15 schools.

The coaching staff attributes some of their success to team camaraderie. “The girls have made

some really great friendships on the team and seem to like to laugh and hang out a lot even outside of track,” said Top.

Sophomore Faith VanWieren said, “Track is awesome and brings a lot of laughter and crazy moments. And on that track, the fight it's not just physical but also spiritual.”

Softball knocks it out of the park

Olivia Oostema
Co-Editor in Chief

After losing last year's season to the coronavirus pandemic, the Illiana girls varsity softball team made a comeback this spring.

Coach Nicole Wondaal, who coaches the team alongside Nikki Kreykes, said that after not being able to play for a season, the team was “blessed to be together and competing.”

The girls have a record of 12-10.

Senior Kacie Van Kalker said that the team stays positive win or lose and discusses ways to improve. “We've had some tough losses but also great wins,” she said. “We practice hard everyday and are ready to participate in this year's state tournament.”

In one notable game against Whiting High School, the team won 14-0, and senior Jenna O'Brien pitched a no-hitter shut-

out.

Junior Kylie Martin said that the team has grown to be like a family this season, and they “have fun on and off of the field.” Off of the field, the team has served at the Foodbank of Northwest Indiana.

Wondaal added that she is thankful for the team's three seniors, Jenna O'Brien, Kacie Van Kalker, and Anna Gouwens, for “playing a significant role in the rebuilding of our softball program.”



Photo by Jeff DeVries

Freshman Maya Wondall slides into third base at a home game against Boome Grove.

Male Athlete of the Month

Junior Alex Bosman finished his junior year varsity volleyball career by playing on the Indiana all-star team at a tournament in Indianapolis. This tournament brings a representative of different teams in Indiana who qualify for entry. The coach gets to decide based on stats which team member will go. Alex was one of the boys chosen and on May 22, he drove down to Indianapolis to play. He received a certificate of achievement for his excellent performance at the tournament.

“Alex is one of the best players we have ever had on our team,” said senior Kyle Clark. “I am excited to see what he does next season as a senior.”



Female Athlete of the Month

Senior Kate Ohm has run and jumped for Illiana's track team all four years of her high school career. She also just won the track and field MVP award, and the Gatorade High School Award for player of the year.

“Kate is amazing,” said head coach Deb Top. “She is always willing to help the team in any way she is needed and she is so awesome. She is not only extremely talented but she is a light to the team. She deserves both of those awards and many more. I am so proud of the work she has put in during her time at Illiana.”

Editorial

Fighting burnout by taking breaks

Wake up. Eat breakfast. Get dressed. Drive to school. Sit through seven classes. Head to play practice. Change. Go to work. Come home. Eat something. Shower. Do homework. Study. Sleep. Repeat.

This is just a day in the life of a student on the brink of burnout. Replace play practice with sports practice, throw in some honors or AP classes, add an occasional youth group meeting, replace going to work with practicing an instrument, and you’ve got the basic formula.

Perfectionists, hard workers, honors students, over-achievers-- whatever you call them-- they do a lot. And it can be exhausting. Students like these struggle to take breaks, though they desperately need them. They try to be productive 24/7, and when they fail, they deride themselves for not being able to juggle it all. At a certain point, sheer exhaustion will force them to take a break, but this shouldn’t be the case. Not only is overworking oneself with the unrealistic expectation of constant productivity unsustainable, it is also detrimental to one’s well being.

The good news is that there’s a way to handle work

and stress without burning out. And it’s exactly the solution one might expect: regularly taking breaks.

Consider the following scenario: Maria is struggling to stay awake one night while studying for a chemistry exam. The workaholic in her encourages her to trudge through her exhaustion in order to get a good grade.

Remember that your worth is not determined by your productivity. There is life to be lived and lessons to be learned away from the textbooks and extracurriculars.

Meanwhile, her overworked brain tells her to go to sleep and revisit the material the next day. While one might assume the first idea will ensure her the better grade, deciding to hit the hay would be more beneficial to her, allowing her to recover her strength, cycle through the information she already learned, and wake up ready to study the next morning.

Skeptical? A study by the Society for Research in Child Development (SRCD) conducted a similar experiment

with high school students and witnessed this firsthand. The experiment not only showed the negative effects of foregoing sleep, but also the effects of foregoing breaks in general. Taking breaks, whether sleeping eight hours or spending twenty minutes ranting to a friend, can reduce stress and increase one’s energy, according to a study

in the Scandinavian Journal. Additionally, the study found that after just one year, those who took breaks regularly sustained their vigor over time.

It’s also worth noting that certain kinds of breaks are more valuable than others. The best of all breaks are relaxing social breaks which are able to reset one’s mood, according to the U.S. National Institutes of Health. Spending time with friends or family in a restful setting is the best way to prevent

burnout.

Less beneficial breaks, such as scrolling through social media, force the tired mind into a new topic instead of allowing it to wander. More advantageous activities like lying down, going outside, conversing with family, or taking a shower allow an individual’s mind to detach from the source of stress without introducing new stressors.

Many students, especially those involved in numerous extracurriculars or honors classes, find themselves burned out from overwork. But this doesn’t have to be the case. By taking breaks, individuals can sustain overall productivity without the mental and physical exhaustion.

Finally, a call out to those who have seen themselves in the fictional character of Maria, on the brink of burnout: Deliberately leave time for rest in your schedule. Take a nap, read a book, chat with friends, or listen to calming music. Most importantly, remember that your worth is not determined by your productivity. There is life to be lived and lessons to be learned away from the textbooks and extracurriculars. Take some time to slow down before life passes you by.

Making unwise choices to learn more about God

I don’t know if anyone knows this about me, but I’m a bit of a nerd.

That’s a joke; you should laugh.

I enjoy instructions and love reading rules and regulations. Having structure makes me feel safe and following a schedule and routine is my bread and butter.

I genuinely enjoy school and working to get good grades. Therefore, I’ve grown up to become a pretty straight-laced person, the kind who used “therefore” in a sentence and dresses like a high school English teacher when she’s 18.



Rachel Bultema
Co-editor in Chief

I’ve never been a risk taker. Even now, I will stand on the sidelines, watching everyone else have fun because I’m too scared. I’m essentially The Cowardly Lion from The Wizard of Oz if he had black hair and wore a sensible cardigan.

Illiana English teacher Miss Sara Johnson routinely ends class with the phrase “Make wise choices”, which makes sense because high schoolers tend to do the opposite. I think I took this phrase too literally and have been too fearful of ever making an “unwise choice”. I’ve made myself far too comfortable in my comfort zone.

I know what you may be thinking, “Rachel, making good choices is a good thing! Why are you so upset about this?”

Well, I’ve never been big on the phrase “YOLO”, but I think it holds an interesting sentiment. We only live once. Granted, we have an eternity, but we have a finite time on Earth. We have this life once and if we spend it sitting on our beds on our phones, we aren’t really appreciating everything God has created for us, are we?

I find the parable of the servants and the talents to be relevant here. God has given us many things in this world to enjoy and not a whole lot of time to enjoy it, in the scope of eternity. So, I can either be the unwise servant and hide my talent in the ground, too afraid that I will invest it wrong or make the wrong decision, or I can be like the one who received five and trade until I double what the Lord has given me.

Now, this isn’t to say that I think we should all be making risky choices all the time. Not at all. But, I think that our comfort zone shouldn’t be the only place we’re familiar with. If we surround ourselves with the things that make us feel safe and happy, we get stuck reading the limitations of who can ride the rollercoaster instead of actually riding it.

Risky choices and “unwise” choices are two different things, I think. We should avoid making bad choices like ditching school to go out, but we can embrace “unwise” choices like stepping out of our comfort zone and talking to a stranger.

By learning to take risks, we can embrace more of what God has created for us. Yes, he has created going on hikes of contemplation, but he has also created late night car rides with our friends. He’s created a myriad of experiences that we’ll only get to know if we look for them. By stepping outside of our comfort zone, we can unearth the talent we were given and discover more of God that we hadn’t seen before.

the Echo)))

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Sports

Sophia Thompson

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Editorials, unless otherwise stated, have been written by an editor and reflect the opinion of the majority of the Echo staff. Opinions expressed are not necessarily that of the administration, faculty, or student organizations.

Letters to the editor can be submitted to the advisor or sent to the school. All letters must be signed and must not exceed 250 words. They will be printed provided there is enough room and content is not offensive to the general public.

Match the 2021/22 chapel committee member with his/her least favorite animal!

- | | |
|---------------------|--------------------|
| 1. Max Meter | a. Snakes |
| 2. Joshua Rubien | b. Toads |
| 3. Kenny Pickard | c. Rats |
| 4. Hayden DeYoung | d. Aardvarks |
| 5. Citlali Sanchez | e. Bugs in general |
| 6. Liz Aje | f. Rhinos |
| 7. Rachel VanderZee | g. Mosquitos |
| 8. Marisa Vazquez | h. Llamas |

Answer Key: 1. H, 2. G, 3. D, 4. A, 5. F, 6. C, 7. B, 8. E

The newspaper is a forum for expression; therefore, we encourage feedback or commentary. Please contact us at illianaecho@gmail.com