



# The Office: getting to know Illiana's office staff

Korina Johnson  
Reporter  
Emily Stewart

Emily Stewart is the administrative assistant for Mr. Peter Boonstra, the school's principal. Her first



Emily Stewart

employment at Illiana started in 2018 with volleyball. Stewart said, "I [started] . . . as an assistant varsity volleyball coach and have coached girls volleyball every fall since 2018 and I've coached jv boys in spring the past 2 years." In the office, her job varies from keeping Boonstra organized to helping to plan awards day and graduation. After returning from maternity leave, she will become an administrative assistant to Mr. Lance Davids, Head of School.  
**Shelley Hoffman**  
Shelley Hoffman was once a student at Illiana and sent 2 of her 3 children here. In 2020, she was looking for a job when a friend of mine told her about a job opening at Illiana. Now, working as the



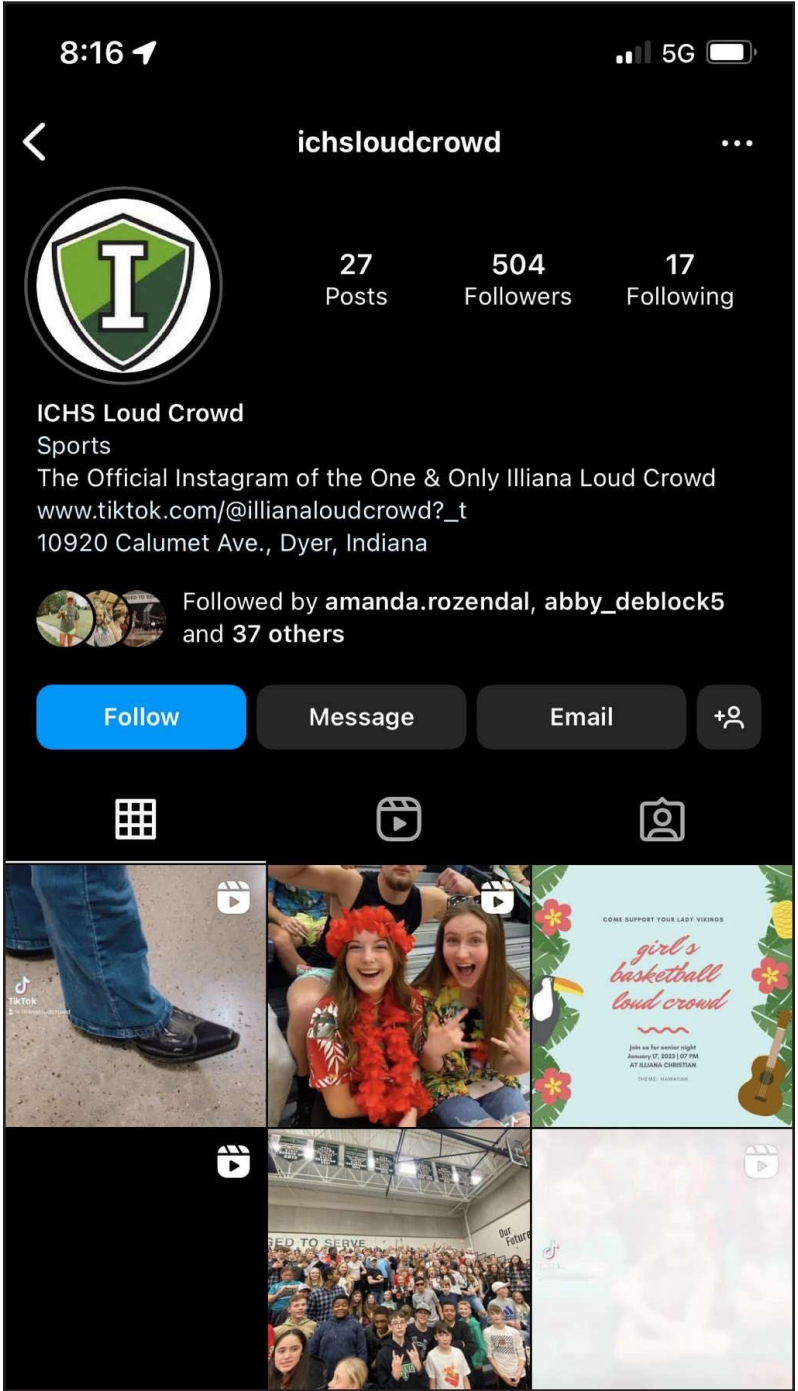
Shelley Hoffman  
front desk secretary, her job consists of a variety of things. "I check visitors and volunteers in, greet people on the phone, and write passes for students," Hoffman said. Hoffman also compiles the monthly newsletter, adds and subtracts

events on the school calendar, and sorts the mail and packages delivered. Previously being a teacher, she loves a school environment, especially Illiana's.  
She said, "I love being a part of a community where God is the glue that holds it together."  
**David Boer**  
David Boer, another graduate of Illiana, returned again in mid-2018. Boer said, "I first got involved with work at Illiana by responding to an ad in the Bethel Church bulletin. The job sounded interesting to me."  
Boer manages FACT/Renweb, keeping track of grades and helping to make schedules. "It consists of confirming grades for students, as well as handling calls or students in the of-

fice from time to time". Currently, Boer also co-manages the voucher program, maintains legal requirements involving state law and student data, and schedules classes for the upcoming school year.



David Boer



The Loud Crowd Instagram page is one of the student-led, unofficial Illiana pages

# Which Instagram accounts are officially run by Illiana?

Kayla Bosman  
Reporter

When looking up ICHS or Illiana on Instagram, a range of accounts show up. There's an account for almost every sports team, an account for clubs such as the Loud Crowd and Student Council, and even an account dedicated to sharing Right to Life information for Illiana students. With all these accounts going around with plentiful information what qualifies as an official Illiana account?  
Mr. Dan Blom, Illiana's Marketing Director, said, "There are two official social media accounts for the school; it's our official Facebook account and our official Instagram account. The athletics departments beginning this year started doing their own social media with my blessing and the school's blessing. The official sports one is ichs\_athletics."  
Starting last fall, physical education teacher and head girls' soccer coach

and boys' basketball assistant coach, Ms. Erinn Behn, became the owner of the official Illiana athletes page. Her posts and stories consist of upcoming games schedules, teams doing service projects, Illiana wins, and announcements when students sign with a college team.  
Behn does not officially authorize any other Illiana sport accounts, however. She said, "I love how different teams have their own [accounts]. I do like when other teams have their own because then they can post content that I may not have access to. I actually encourage them to post on their own individual pages because the beauty of social media is you can literally repost everything which I love doing. I'll make sure to tag athletics so that I can repost, and I'll tag you so you can repost on your page because [then word] just gets to different audiences."  
Behn also, however, found a problem with the multiple accounts. She said, "It bothers me when there

are several for one team. If I'm a senior and I have the password and then I graduate and I forget, now we have to make a new one and get people to follow that."  
Concerning the separate accounts for each sports team, Blom also had concerns and said, "There are no officially sanctioned student accounts. No student should be running an Instagram account or Facebook account affiliated with Illiana. It only concerns us if we get notified about questionable content."  
Blom also advised students, "If you're thinking about starting up an Instagram account regarding Illiana, you shouldn't do that. Keep your Instagram personal and private. We encourage everyone to be responsible for what they post, even on their personal accounts. One of my goals was to consolidate everything into a central stream [of] . . . content for the public. It's easier for the public to see what's going on at Illiana, and it's also easier for us to control the message."



# Taking steps towards transparency

Of the many hard lessons I've had to learn in life, the most difficult one has been transparency, and I must admit that I still don't get the hang of it. Despite my ever-present resistance towards it, I know that transparency is critical in so many different aspects of life.

To me, transparency means being willing and able to admit your shortcomings, and being honest about who you are, which includes the good and the bad.



**Danielle Rancifer**  
News Editor

In today's world, teens feel so much pressure to look good in every aspect of life, from grades,

to friends, to relationships, and even to clothing. In a world where it seems like perfection is the expectation, being transparent doesn't always feel like an option.

I can say from personal experience that these expectations often overwhelm me, and can make it hard for me to be honest about the difficulties I'm going through. To a teenage girl these expectations can be particularly damaging. A lot of times I struggle with comparing myself to others and not feeling good enough. I also deal with going through mental rough patches that are hard to be honest about. In general, there seem to be some days where I'm sure that I'm a complete wreck. When I'm dealing with thoughts like this, it's easy to think that I'm just completely underwater and drowning in my problems. Talking about my struggles and being transparent about my faults is really difficult, and it's easy to think that pretending everything's okay, and not talking about these things seems like the easier way to go.

Although I will admit that most of the time doing what's easier does seem more appealing, in this case it definitely isn't what's best. When I find myself in dark spaces like this, it seems like the only thing that truly does help is being transparent with those around me, and seeking help and comfort from those who care.

Admitting all of this in my school's newspaper is definitely a drastic form of transparency, and having to be so open about some of my shortcomings is intimidating to say the least, but I hope that it'll help set an example, and encourage others who may feel the same way to share their experience (though perhaps on a slightly less public scale).

I hope that this article can be an example to some, that no matter what someone may look like on the outside, we all go through things, and deal with rough patches in life. As a community we should encourage each other and ourselves to come forward about what's going on, and understand that transparency with others can make a difference to our mental, emotional, and spiritual well-being. Being more transparent in our daily lives is a big change, and it won't happen all at once. Still, small steps towards this goal every single day are important.

Transparency is crucial, because it will continue to encourage us to get in the habit of coming forward with the things that burden us, and we can continue to cultivate an environment where flaws are not perceived as failures.



Pro life advocates gather together for a speech at the beginning of the march.

Photo By Amy Bosman

## Right to Life March: Life after Dobbs

**Kelsee Smit**  
Reporter

Right to Life held its 50th annual march on Jan. 20 in Washington DC. Mr. Jeff White, Mrs. Rachel DeVries, twenty-seven students, and chaperones all attended the march. Spending the weekend in DC, Illiana students also visited many museums and different parts of DC.

The rally had speakers from all over, including NFL ana-

lyst Tony Dungy and actor Jonathan Roumie. Thousands from all over the country gathered for the first March for Life since the Supreme Court overturned Roe v. Wade. Protesters marched around the Capitol building.

Friday students spent the day walking around DC before and after the March, seeing the White House and other historical areas, such as the Old Post Office, the Capital, and Ford's Theater. Saturday, some students went to the

Bible Museum and the Air and Space Museum while other students went back to the Capitol building to walk around it again.

Senior Anneka Zylstra said, "Riding the subway was super fun because I got to subway surf with my friends and try not to fall." She also said "All the speakers were very inspiring. I liked the football coach [Tony Dungy] and really enjoyed what he had to say and how he tied in recent events that everyone knows about and tying

that into the Right to Life."

Junior Avery Olthoff said, "My favorite part was getting to know and laughing with other people I haven't really met before and attending the march and seeing how many other people believe the same things I believe."

Junior Makenzie Mulderink said, "I believe strongly in pro-life and wanted to be a part of the movement."



Robotics team competes in Crown Point on Jan. 21.

## Robotics team finishes year

**Sophia Oostema**  
Reporter

Illiana Christian High School's robotics team recently competed in their final tournament of the season on Saturday, Jan. 21, at Crown Point High School.

Every year the robotics team has a new objective to meet for the competition. This year the objective consisted of creating a robot that loads and shoots frisbee golf discs into goals. Illiana Christian had four different teams all competing to build the best robot to fulfill these requirements.

After the last competition, Brent Vermeulen, the teacher sponsor of the robotics team, said, "It was a really fun season but a disappointing end as none of the four teams advanced to the top 16."

70 different robotics teams from schools around the area at-

tended the Crown Point Winter Spin-Up VEX Regional Tournament. Although all four of Illiana's teams did not advance in the final tournament to the final 16, one Illiana team has placed in the top 16 in a previous competition.

The robotics team meets Tuesdays and Thursdays after school.

Logan Wilson, a junior who has been on the robotics team for three years, said that the team spends time together building and modifying their robots before they compete.

The robotics team uses problem solving, math, critical thinking, and teamwork skills to create the robots. All of these skills are applicable for life after high school and for future careers in STEM, which are in high demand.

According to the Illiana Christian website the mission of the robotics team is "Changing Lives, One Robot at a Time."

## Students get look at urban farming in AG-Science

**Giannia O'Neal-Schultz**  
Reporter

Agricultural science is a class where students learn about soil cultivation, harvesting, and food production processing. The characteristics of this science is good for Illiana students to learn because it can broaden their horizons, introducing them to new and possibly lucrative careers.

Agricultural science is a class at Illiana that teaches students how to grow crops and harvest them. Many students who take agricultural science have never taken a class like this before.

Jay Wilson, a junior, said, "I joined agricultural science because it was something new to learn."

Junior Dershawn Moore said, "I joined agricultural science because I wanted to do something fun."

Many students at Illiana really enjoy agricultural science, and one of their favorite things to do in agricultural science class is grow crops.

Destiny Palmer, a junior, said, "Agriculture is a fairly good class. My favorite thing

about agriculture is when we work together in groups to grow numerous different crops and watch them day by day. That was such a cool experience but also stressful because if your plant dies you have to start all over."

The agricultural students at Illiana really like and respect their teacher Mr. Sylvester. Wilson said, "Mr. Sylvester is a really good teacher and he's pretty funny."

Palmer added, "Mr. Sylvester is a great teacher. He is always willing to help and very understanding."

Agricultural science helps students learn certain skills that can help them in the future. Some of those skills are leadership, planting crops and perseverance.

Palmer said, "I think this class can help me in the future because it's helping become a better leader and make sure I'm handling my business well and on time. It has shown me several different leadership skills to help me further my life and education."

Moore added, "I think this class will be helpful in the future because I will be able to grow crops and understand how they grow."



# Getting to know homecoming court



Homecoming court poses for group picture Photo By Danielle Rancifer

**Danielle Rancifer**  
**News Editor**

Question 1: What does being on Homecoming court mean to you?

Question 2: What has been your favorite Illiana Memory?

Question 3: What is one interesting fact the student body should know about you?

**Abby West:**  
First off it's a great privilege to be a part of this annual tradition. I am thankful to my classmates and the student body for giving me this opportunity. It has been a lot of fun preparing the night with other court members.

I can't just choose one [favorite Illiana memory] Going on class trip was such a blast, playing on sports teams, and making bonds with my teammates, participating in Loud Crowd games to support other Illiana teams, dressing up for those games and cheering with my friends, ending Loud Crowd nights at Praise Crowd...all such great memories.

When I was little I used to cry that my hair wasn't black.

**Audrey Yonkman:**  
It means that the five of us girls and the five of the guys have been chosen as people who are thought as people who best represent the school. Whether that's Christian attitude or participation or whatever, but it's just an honor that I'm up there with the other nine of them because they're all great people and I've gotten to know them so much more through the practices that we've had for the dances and everything.

My favorite memory is the class trip. Being on the bus there and back was super chaotic, filled with singing that "Bad Habit" by Steve Lacy, singing that song with everyone, late at night when everyone was very tired and delusional, and most of us were only on the floor. It was all very fun.

Interesting fact about me is that I took Japanese lessons.

**Cameron Evers:**

It's been a really cool experience so far, and I love being able to represent a great school, and represent an even better senior class.

My favorite Illiana memory has definitely been going on my senior class trip. The bus ride was really fun, and I made a lot of new friends, and had fun with my old friends as well.

You should know that I write for the Echo. I'm the feature editor, and it's so much fun, and I highly recommend it to everyone.

**Grace Jania:**  
Being voted for by my peers to be in the top 5 is such an honor. I really appreciate all the great memories I've made at Illiana, and I want to represent my fellow students well.

One of my favorite memories is when I got to explore Washington, D.C. with my friends on the class trip. I got to know the people in my grade better and experienced going up in the Washington Monument for the first time -- would definitely recommend it!

I'm not big into Star Wars, but my favorite movie in the franchise has to be Attack of the Clones (I can't help it, I'm a hopeless romantic).

**Sabri Lopez:**  
Being in homecoming court means a lot to me. It's a very special feeling, and it's an hour to stand up there. It's not only an hour to represent everyone you've gotten to know in the last four years, but it's also an honor to be surrounded by such an amazing court. It's already been an amazing experience.

My favorite Illiana memory is probably the Loud Crowd games. I really enjoy watching our student body come together and see how much everyone just loves being there.

One interesting fact that the student body should know about me is that I can speak three languages fluently because I was born in Bolivia, lived in Brazil, and moved to the United States!

**Caden Buxton:**  
Honestly I would say that it's just an honor to be part of it. I just

came last year. I wasn't sure if I was going to be on court or not but I just said whatever happens, and it's been fun so far preparing for it.

I would say my favorite Illiana memory is also a soccer memory: it's beating Kouts.

My favorite artist is Juice WRLD.

**Donny Woo:**  
I think it's pretty special. It just shows that throughout my time in high school it may not have felt that special, but apparently I mean something to a lot of other people and a lot of other people mean stuff to me.

I would have to say winning the conference in golf.  
I'm 12.5 percent Chinese.

**Fritz Olthof:**  
Being on homecoming court will be a great experience. I'm looking forward to it and it will probably be one of the highlights of my time here at Illiana.

My favorite memory at Illiana so far was most likely running the 4x800 at the state track and field meet at Indiana University.

One interesting fact you should know about me is that I can do a 360 wake while surfing.

**Kevin Corcoran:**  
It means a lot to be voted on by other people and it is a real honor to have the opportunity to represent the school.

Definitely winning the state championship with all the guys. It really means a lot especially with those guys that I got to spend my time with.

I am not a great dancer, which you will see at homecoming!  
**Sam Kooistra:**

To be on homecoming court is an honor to me, and I'm glad that my peers in the student body see me as a representative for Illiana. I'm happy to have been chosen, and I'm even more happy to get ready and dance in front of the school.

Favorite Illiana memory has to be either the entirety of the class trip, or when Nico tried to do a backflip at homecoming.

I'm the fourth Sam Kooistra.



Photo By Danielle Rancifer  
Ms. Sara Johnson, Illiana's first Missions Director, works in the media center.

## The mind behind missions

**Angelica Voyles**  
**Reporter**

Sarah Johnson, Illiana's Director of Missions, has a lot of duties that go with that title, including providing students with service opportunities, logging student service hours for exam vouchers, and planning for multiple mission trips annually. Johnson is the first person to hold this title in the school's history.

Usually by spring break she is already thinking about the trip for next spring break. She is consistently organizing, coordinating applications, working with parents and students so they can raise money, lining up chaperones, and working through fundraising letters. She does everything in her power to ensure that the students who want to go on a trip can go and that if they can't go, it won't be due to the lack of money.

Her job has many aspects, and as she said, "No job is per-

fect." Her least favorite thing about this job is the infrequency with which students check their email. However, she said that she loves the job overall.

"No happier week for me," she said when talking about the week of a mission trip.

She also enjoys interacting with students on mission trips. During a mission trip, she explained, she is able to be more Sarah and less Ms. J, the person of authority that we see in the classroom. Her favorite two trips are the West Virginia and Uganda mission trips. West Virginia in particular is special to her, she said, in part because she was able to watch the family in West Virginia grow over the past four years.

Johnson said that she believes mission trips are a key part of what Illiana is trying to do with its students. She loves having the week for students to be able to "grow in our relationship with God, the world, and each other."

## Students on mission meet for breakfast

**Emily Bantsolas**  
**Reporter**

Illiana Christian students attending a mission trip this upcoming spring and summer break enjoyed a breakfast together on Thursday, Jan. 5.

Students who are attending a mission trip either nationally or internationally woke up earlier than a typical school day, shared breakfast, and were updated on the status of their fundraising efforts.

Each student going on a trip was required to write a fundraising letter to raise funds for their mission trip.

Sara Johnson, Illiana on Missions director, informed students that their fundraising letters have been successful thus far and that she hopes funds continue to raise funds

through these letters.  
Mr. Boonstra said a short prayer over the students and then they were allowed to grab a plate and enjoy their breakfast.

The students shared together a breakfast of home cooked French toast casserole, hash browns, scrambled eggs, ham, and fresh fruit.

Students talked about their trips amongst each other and were able to see who would be traveling with them.

Savannah Sampson, a junior who is attending the West Virginia mission trip this spring break, said, "This breakfast allowed me to get a sense of who I would be spending my week with."

Sampson also shared that she, as well as many other students, are looking forward to helping others on their trips.





# CCHS vs ICHS rivalry



CHICAGO CHRISTIAN  
HIGH SCHOOL

Marissa Krause

Reporter

The rivalry between Chicago Christian and Illiana Christian High School has been transparent throughout generations.

From the very beginnings of Illiana, Chicago Christian has always been a rival, as most can remember. Chicago Christian High School was founded in 1918 and was in the Englewood neighborhood of Chicago. Almost two decades later, Illiana Christian opened their doors in 1945.

Having another Christian high school could be one of the main reasons this rivalry started. Or maybe it's the crossover between the students and their families. Math teacher Dave Bosman, a graduate of Timothy Christian,

gave an outsider's look into the rivalry, saying, "...It has been such a big rivalry because they're so close to each other, there's so many people that graduated from Chicago Christian that have kids who came [to Illiana] and people who [went to Illiana] and now their kids go to Chicago Christian."

Mr. Jeff DeVries, English teacher and Illiana alumni, described the rivalry in the 1980s as quite intense and not too friendly. "In their eyes, I think, they were the older sibling teasing the younger one, and we were like the younger sibling who wanted to show up his arrogant older brother."

DeVries, who played basketball for Illiana back then, said athletes got a tremendous adren-

aline rush from both crowds filling the bleachers and cheering. He shared that sometimes students from both schools did acts of minor vandalism such as the soaping of vehicles. The tension would require a police presence to appear at the games to ensure order. Some name calling such as "farmers" were also being tossed around from the Knights to the Vikings.

Ms. Deb Kamp, a retired P.E. teacher from Illiana, attended Chicago Christian as a student from 1971-1975. Kamp recalled visiting Illiana's Lansing campus which, at that time, had only the small, original gym. Kamp said, "The place was always packed. There was nowhere to park, students were crammed together sitting on the floor, and the pep band sat on the stage and played. Each school always provided pep buses for the student bodies, since not many had cars."

Kamp added that she thinks the relationship between the school's "has evolved in a positive way." She added, "I attended Chicago Christian, and taught at Illiana Christian for 36 years. Keeping the relationship between the 2 schools going is a reminder of a sense of belonging to something bigger than myself. It's been a blessing to be a member of the Christian Education Community in our corner of the king-



Photo courtesy of Chicago Tribune

*Illiana defends Chicago Christian during the rival game in 2015*



Photo courtesy of NBC Sports

*Illiana and Chicago Christian face off in the annual game in 2016*

## Seeking success second semester

Lucas VanderWoude

Arts Editor

### 1. Get Organized

This one is a must if you want to have a stress-free semester. I mean, school is stressful enough without trying to find that one assignment which is buried at the bottom of your backpack or in a binder full of odds and ends. If you spend time organizing your folders and binders now, it will pay off later.

### 2. Get into a Habit of Charging Your Chromebook

I have witnessed the problem of uncharged Chromebooks first hand, and have graciously offered my charger countless times. It's a very simple thing to just plug in your computer before you go to bed at night, but apparently

it's a problem for some people, so get into the habit. You'll thank me later.

### 3. Keep a calendar

It doesn't matter if you use a planner, your computer, or any other way—all that matters is that you come up with some way to remember deadlines and dates so that you stay on top of things. Don't rely just on your memory.

### 4. Start a Healthy Sleep Schedule

Sleep is one of the most important things that a high school student needs, so what better way to start off the semester than by sleeping more? I'm not asking you to go to bed super early, but an extra hour or two of sleep makes a big difference.

### 5. Replenish your Supplies

Running out of pencils? Need an extra folder or two? Well, you ought to buy some more ASAP, because you don't want to be stuck without a pencil in the middle of class.

### 6. Talk with your Counselor

If you are having second thoughts about your schedule or want to switch classes around, you should email your counselor right away before it's too late. Same if you feel anxious, stressed, or depressed. Reach out earlier rather than later for help.

### 7. Set Aside Time For Homework

I know that

schedules can get pretty hectic later in the year, but homework is an essential part of doing well in school and maintaining a healthy attitude, so it should be your #1 priority above all other things.

### 8. Look at Your Previous Grades

If you evaluate how you did in the first half of your two-semester class, you can plan ahead to work harder for that class to get the grade you want.

### 9. Get Involved In Activities

School isn't all just homework and grades. There are plenty of opportunities to have fun and meet new people, and this semester is a great time to do that.

### 10. Ask God for Help

If life feels overwhelming sometimes, all you have to do is pray. God will hear you, and it is a lot less stressful when you have strong faith that he will work everything together for good.





# Does music affect productivity?

Cameron Evers  
Feature Editor

Whether you are finishing up a last-minute essay, training for a 5k, cleaning your room, or grading your student's tests, we can all agree on wanting to have increased productivity. In all of these scenarios, it would not be uncommon to turn on a speaker or pop in some earbuds and listen to a familiar playlist. Maybe it feels like time passes faster or you forget about how much further you have to run, but is this "increased productivity" a placebo, or does music truly play a



productive role when doing these familiar tasks?

Senior Caden Buxton and sophomore Maddie Terpstra both listen to music at school, in the gym, and while cleaning. Specifically at school, both agreed they feel more focused on homework if they listen to familiar tunes. However, Buxton said he finds himself distracted when he listens to music he is unfamiliar with. When he listens to songs he knows, he said he feels like he can focus on the tasks in front of him instead of focusing on the elements of the new song. Terpstra agreed with Buxton and said, "Music helps me focus a lot especially when I work on homework." She also said she prefers relaxed and softer music when doing homework and gets distracted by loud music.

The two students also felt an effect when they listened to music in the gym. Buxton said, "[Music] gets me pumped up and

I feel like I lift harder.... It especially helps when I'm running and I feel like I have more endurance and I'm able to keep up a better pace." Terpstra agreed when she said that music gives her motivation and "time passes faster when I run." She and Buxton also both prefer fast and upbeat music when working out.

The pair also listen to music during tasks such as cleaning. Buxton said that in this case he gets distracted from the task of cleaning and he works harder and is more positive in doing so. Terpstra said, "Listening to music when cleaning helps the time to go faster and I get more done."

These testimonies might seem relatable, but are these "effects of music" real, or is it just something the human brain tricks us into believing? This question, regarding music and education, is still unanswered due to conflicting research. Researchers at Florida National University found that listening to music while studying or doing homework is beneficial and helps students memorize and focus more. However, research done by



Texas A&M stated, "Psychologists from the Department of Psychological & Brain Sciences have found that this popular study habit is more distracting than beneficial."

The theory that music helps people when exercising has more solid evidence. In a study done by the Journal of Sports Exercise Psychology, motivational music has been found to help improve endurance and help push through fatigue. Music can be a distraction from strenuous exercises. The American Council on Exercise has said that music can help increase endurance during a workout by up to 15%.

Although there aren't many studies on the correlation between cleaning and listening to music, many studies support that music can help improve mood. Frontiers in Psychology found that music can be used as a mood booster and an improved mood increases motivation. An increase in mood and motivation may make it easier to do repetitive tasks such as cleaning.

## What music is best for your environment?

Cameron Evers  
Feature Editor

While many people may enjoy listening to music while in school, at the gym, or while cleaning, could there be a benefit to switching up the genre and choosing the best one for each environment?

In a study/work setting, an experiment done by the Department of Occupational Therapy at Fu Jen Catholic University in Taiwan suggests that workers are more productive when listening to music that does not contain lyrics. Instrumental background music improved focus and performance whereas music with lyrics was distracting.

Maybe you have heard that classical music is the best for studying. This comes from the "Mozart Effect" study in 1993 sug-

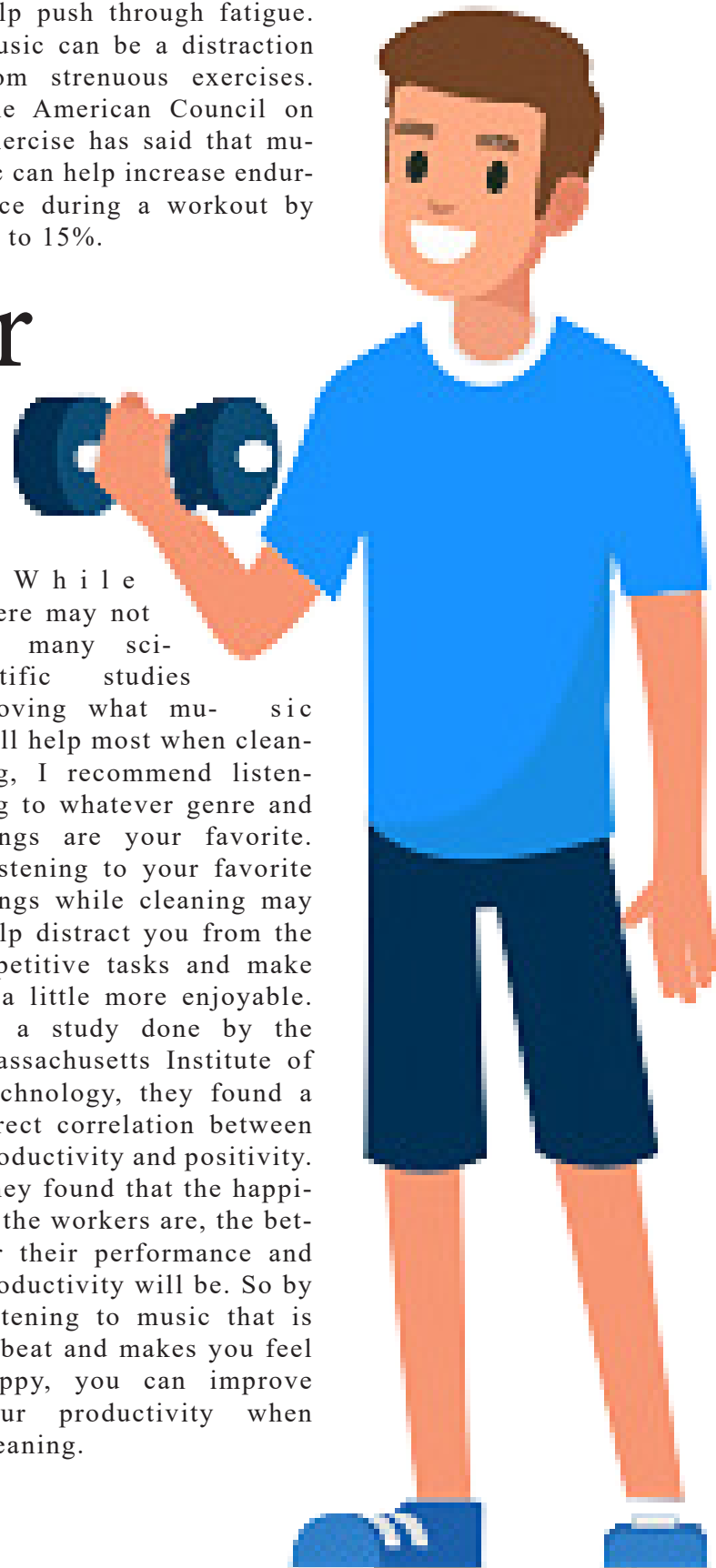
gesting that listening to Mozart while studying can help increase spatial reasoning skills and may temporarily boost IQ scores. This theory has since been debunked, but some research shows that classical may help students focus and learn faster. In a study done at the German Sport University Köln, Institute of Psychology 249 students were divided into two groups to fill out a multiple-choice test. One group listened to classical music and the other did not. They found that the group who listened to classical music scored significantly higher than the other group. So the next time you are studying or finishing homework, consider listening to instrumental or classical music.

While exercising, studies done by Dr. Costas

Karageorghis, who specializes in studying sports psychology at Brunel University London, suggested listening to music with strong beats and high tempos to help maintain stamina and motivation. He also found that listening to songs "from your pool of predilection" gave people the best results because they were familiar with the music.

Familiar music can help distract from the physical exertion on your body. The music also has the best results when you keep a certain playlist or group of songs that you only listen to while exercising. Listening to this playlist only in the gym helps your brain only associate the music with exercise and overusing this playlist takes away from some of the motivational benefits

While there may not be many scientific studies proving what music will help most when cleaning, I recommend listening to whatever genre and songs are your favorite. Listening to your favorite songs while cleaning may help distract you from the repetitive tasks and make it a little more enjoyable. In a study done by the Massachusetts Institute of Technology, they found a direct correlation between productivity and positivity. They found that the happier the workers are, the better their performance and productivity will be. So by listening to music that is upbeat and makes you feel happy, you can improve your productivity when cleaning.





# Kamphuis finds his ‘white whale’

*Illiana’s art teacher pursues long-awaited project: making set pieces and masks for ‘The Lion King’*

Lydia O’Riley

Reporter

Mr. Jim Kamphuis, art teacher at Illiana Christian, fell in love with Julie Taymor’s work twenty years ago while watching the Stravinsky Opera “Oedipus.” Kamphuis explained, “The work that she did

with masks and puppets and costuming just completely blew me away.” When he found out that she was doing a production of “The Lion King” on Broadway, he knew he had to see it.

Now, several decades later, Kamphuis is getting the opportunity to do his own design work with “The Lion King” as Il-



Photo by Jim Kamphuis

*These lion masks are some of the costume pieces that Kamphuis has made, and are evidence of all the hard work and effort that he has put into this production.*



*Kamphuis worked on this sun, which was made to collapse initially, and then fold upwards to represent the sun rising in the very first scene.*

liana’s Drama Department gets ready to put on its own production of the show in March.

Kamphuis said he has tried to mirror Julie Taymor’s style in various Illiana productions over the years, especially when it comes to intricate costumes or puppetry. For example, in a production of “Macbeth,” he designed masks and ten-foot tall puppets for the Weird Sisters. Now he is again citing her as an inspiration in much of his design work for “The Lion King.”

In December Illiana got new lights in the ARC that will add some more

pizzazz to the production this spring. Kamphuis said, “The lighting is almost going to become another character in the show.”

One of the challenges for this show was creating Pride Rock. It’s not only big in size but is also of big importance to the story. Kamphuis has reused some materials from previous years to create a Pride Rock he hopes will do justice to the story. Kamphuis is very excited to see this particular set piece onstage. “I think it’s gonna work great,” he said. “It’s rock solid (no pun intended) and its a very unique set piece because we have usually done symmeti-

cal pieces, but this one is very asymmetrical.”

He has also been working on building the Elephant Graveyard. It will be a multi-level set that will take up a lot of the stage, but will not be as tall as what Pride Rock will be.

On top of the set pieces, Kamphuis has actively been creating masks and costumes for all of the animals, a daunting task that he has happily thrown himself into.

Kamphuis explained that designing for “The Lion King” has been his “white whale,” the project he has “been chasing for over twenty years.

## Outside-of-the-box Valentine’s Day ideas

Kyla Bennett

Sports Editor

Kailyda Anderson

Sports Editor

Yes, a box of chocolates and flowers sounds nice, but we should think more “outside the box” this year for Valentine’s Day. If you have a special someone, here are some ideas for some inspiration on your special day:

1. Flowers usually tend to die out within a week. So instead of getting real flowers, get the Lego set ones that you and your partner can build together. It will last forever and creates an unforgettable memory.

2. Tired of being alone on Valentine’s Day? Do something for yourself! Cook your-

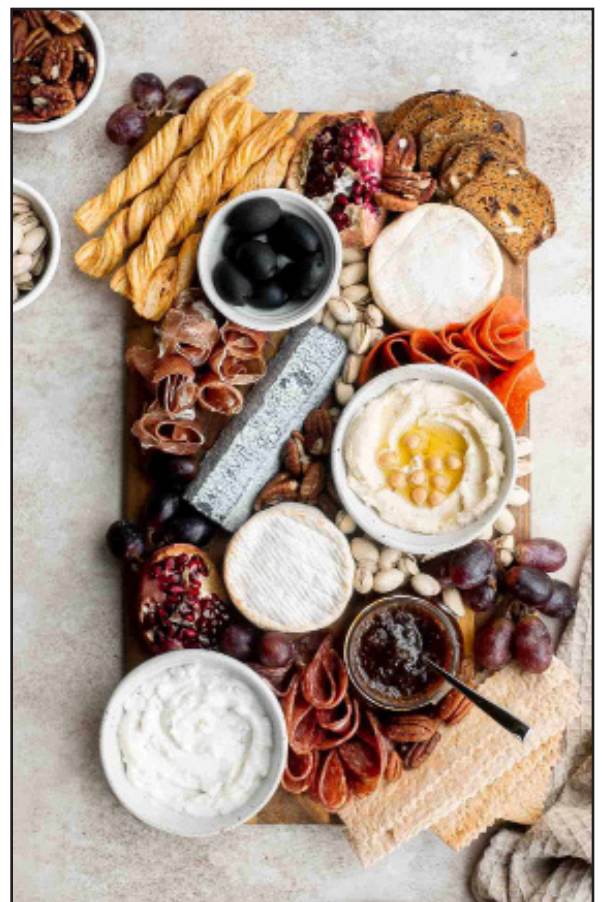


Photo taken from Byteside.com

self a nice meal (or order one if you can’t cook). Treat yourself because you are special enough and don’t need a “special someone” to feel that way.

3. Instead of going out for dinner, cook together! Plan a nice meal that you and your partner can enjoy, and also spend quality time making together. How about a charcuterie board night? This idea can be for partners, friends, or yourself. Quality time is spent no matter who you’re with, and the creation at the end is worth it.

4. If you have a group of friends; single or in a relationship, it would be fun to host a game night. Everyone can pitch in and bring their favorite meals, desserts, games, and music. This way, the holiday can still be celebrated with the ones you love, but on a budget.



Picture taken from aheadofthyme.com



# Girls wrestling season ends at regionals

Kyla Bennett

Illiana’s girls wrestling season came to an end Jan. 6. The team had a great season as they built fellowship and won tough matches.

Coach Matthew Vanderlaan, who helped the team become who they are now, said, “Our team is growing in numbers as women’s wrestling continues to expand rapidly. It’s the fastest growing sport in the country at the high school and college level. With the exception of two returning sophomores, all of our girls were learning to wrestle for the very first time. Despite being new, they won more than their fair share of matches and placed at the tournaments. I noticed improvement every week as they learned more.”

Sam Banks, a junior at Illiana, enjoyed her time on the wrestling team. Banks said, “With being the oldest [girl] on the team, I’ve noticed how strong we girls have grown in improving our wrestling and in our relationships with each other.”

Though they are no longer competing, the girls are choosing to still encourage and wrestle with the boys at practice as the boys wrap up their season.

“Success leads to success,” said Vanderlaan. “Success also leads to more interest from other girls because they’ll see what we’re doing, the fun that we’re having, and the winning that comes with it. We’ve only scratched the surface of what’s possible with girls wrestling at Illiana.



Junior Marissa Krause puts her opponent in a headlock.

Photo by Jill Rozendal

# Boys basketball team dominates opponents

Grace Jania

Editor-in-Chief

The boys’ varsity basketball team is currently leading its season with a record of 9-2.

Coach Tom Roozeboom pointed out that the team has been strong on defense. In the

last ten games, they have held their opponents to 45 points or fewer.“We continue to march through our schedule, preparing for one opponent at a time,” said Roozeboom. Senior Noah Kieft reflected this, saying that the team makes sure to prepare during practices for its next opponent’s players and tendencies.

The boys also focus on the stability of their defense and work on getting a lot of shots up. Roozeboom addressed that when the coaches see errors in the boys’ performance, they make sure to communicate to the players and provide alternatives “to make them more

successful and comfortable.”

The coaches followed these steps to help the boys begin to break a bad habit of double dribbling. The varsity team is often faced with immense support from the Loud Crowd.

A member of the Loud Crowd Committee, senior

Nico Sytsma, said, “Everyone has a good time supporting and watching the boys play; they are a fun team to watch.”

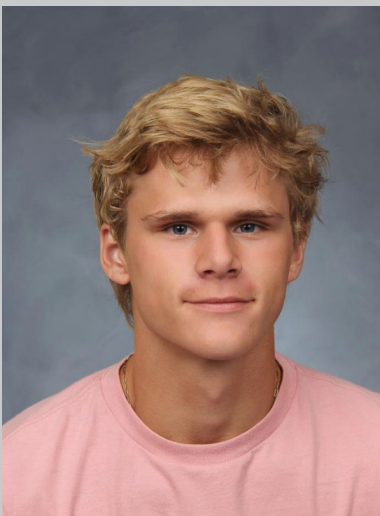
“We will continue to work hard and be a selfless team,” said Kieft, “as well as continue to make each other better day in and day out.”

## Athlete of the Month

One athlete of the month for January is Zeke VanEssen.

According to Coach Roozeboom, VanEssen has worked tremendously hard this year on the offensive and defensive side of the ball.

“[VanEssen’s] confidence continues to grow after each game and practice,” Roozeboom said. “He is a supportive and encouraging teammate. He is extremely humble and leads by example.”



## Athlete of the Month

One of the male athletes of the month for January is Luke VanEssen.

Coach Tom Roozeboom said that he is a humble player and “a leader by example.”

VanEssen has not only earned his keep on the team so far by being this year’s scoring leader, but also works tirelessly on the defensive side, according to Roozeboom.

“[VanEssen] helps build his teammates up with positive words of encouragement while pushing them in practice to be the best they can be.”





# Editorial

## Seniors, we need to talk about college...

With the beginning of the new semester comes the beginning of some very important choices that need to be made, and in this case, it's for the seniors. Seniors, real talk. If you're looking into colleges, decision-making is right around the corner; and whether you like it or not, this choice will impact you for the next four years of your life.

But as huge as that seems, it's important to remember that it's not the rest of your life. If you thought high school went by quicker than expected, remember that college is the same length of time: just another four years. After that, you're on your own, kid.

If you talk to some of the seniors that walk the halls of Illiana, you'll find out that many know where they are planning to go to college, and many still don't even have a clue as to what they will major in. No matter what your current situation is, everyone is feeling some pressure to make big decisions.

This could be because of screwed up plans. Maybe you didn't get into the school of your dreams, and now it's up to backup plans to help you choose which colleges would be contend-

body ever really wants to admit that they are struggling to make choices. At one of the most significant time periods in your life, priorities can become fuzzy and thereby make it hard to choose

trade school.

As we come to terms with making plans for our futures, we need to remember that when we speak freely about not knowing so we won't feel so alone. Everyone is figuring this whole next-step thing out. With the little amount of exposure to the real world we get in high school, even if it seems like people know what they want, they're really still guessing at the interests they will and should pursue as undergrads.

With all of that being said, regardless of what happens, you will make the right decision, and you have to trust yourself to do it on your own. Don't do what your parents tell you to do, what your boyfriend or girlfriend tells you to do, what your best friend tells you to do, or even what your counselor or teachers tell you to do. It's good to get input from the important people in your life, but you need to remember that this is your life, not theirs. This is your call.

“No matter what your current situation is, everyone is feeling some pressure to make big decisions.”

ers for second-choice. Maybe you've made a really good friend in the past couple months and can't imagine not seeing them every day. Perhaps you've met a great guy or girl, possibly the best you'll ever have, and it's really hard to imagine leaving him or her behind.

As much as people ask you about your plans after high school, no-

what's most important to you, especially when it comes to values in education, experience, and relationships. This could mean giving up your dreams of the far-away college experience to stay close to your significant other, leaving behind friends and family to move on and go out of state, or getting the guts to pull the plug on college-talk and go to

## Skipping search for life's meaning

We are all searching for something. It might be money, it might be pleasure, it might be relationships, or it might be all three of these things combined. Humans have an insatiable appetite for something more, some way that they can find meaning in their lives. Ever since music became a major part of American culture, many artists have expressed their longing through their songs.

A book that I read recently called *Lennon, Dylan, Alice, and Jesus: The Spiritual Biography of Rock and Roll* centers primarily on rockstars and their search for meaning. The author, Greg Laurie, starts at the birth of rock and roll in the 1940s and ends with the 2000s, when rock and roll was slowly starting to fade into the background. The author explores the different stories of rockstars and their quest for meaning in their lives; unfortunately, some of the stars he includes did not go to Jesus for the answer, but instead went to the empty things of this world: drugs, sex, money, and fame.



Lucas Vander Woude  
Arts and Leisure Editor

Many of these stars are included in a chapter titled "The 27 Club." I had never heard of this group before, so it was a very interesting chapter for me. The 27 Club is a name given to a group of rock stars who all died at the age of 27. Some notable members are Brian Jones of the Rolling Stones, Jimi Hendrix, and Kurt Cobain, the lead singer for *Nirvana*. All of these people and many more found themselves trapped in the wild roller coaster that is fame, and tried to escape it with things of this world. Tragically, they all died from the very thing that they sought escape in or ended their lives, tired of the emptiness that they still felt.

However, this book doesn't have Jesus in its title for nothing. The author also includes amazing conversion stories of many notable stars. One very famous musician that Laurie dedicates an entire chapter to is Bob Dylan. Bob Dylan's songs initially were about the desire for change in the world, but after he heard a message from Arthur Blessit and requested a private meeting with him, he gave his life to Christ, which he unabashedly showed in his music. While performing during his *Slow Train Coming* tour, he refused to play any songs from his previous albums, which angered many fans of his. Nevertheless, Dylan kept showing his love for Christ, no matter the cost. In one of his songs off the *Slow Train Coming* album, "Gotta Serve Somebody," Dylan sings: *Might be a rock 'n' roll addict prancing on the stage / You might have drugs at your command, women in a cage... But you're gonna have to serve somebody, yes indeed / You're gonna have to serve somebody / Well, it may be the Devil or it may be the Lord / But you're gonna have to serve somebody.*

As I read this book, I gained a new perspective on my life. I realized how incredibly lucky I am to have been given the meaning in life right from the beginning, and not have to search for it on my own. So many of these rock stars had unimaginable physical wealth, but they lacked the thing that I and many others like me have- spiritual wealth. I am forever thankful that my treasures are in heaven, where nothing will destroy it and where nobody can steal it. To end on, here's a quote from one of my favorite rock songs:

*There's a long road, I've gotta stay in time with, yeah*  
*I've got to keep on chasin' that dream, though I may never find it*  
*I'm always just behind it.*  
-from "Foreplay/Long Time" by Boston

### the Echo

Editor-in-chief

Grace Jania

News

Danielle Rancifer

Feature

Cameron Evers

Arts

Lucas Vander Woude

Sports

Kyla Bennett  
Kailyda Anderson

Advisor

Jeff DeVries

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.

## January-themed word search

F	E	A	L	E	L	Q	S	T	C	V	I	Z	T	R
Z	K	P	O	I	B	W	J	D	U	E	Q	L	O	S
P	R	O	D	U	C	T	I	V	I	T	Y	L	F	E
Q	G	W	M	K	H	W	R	O	B	N	O	Y	F	M
D	L	I	O	N	K	I	N	G	O	C	V	C	I	E
N	E	A	G	R	I	C	U	L	T	U	R	E	C	S
J	A	W	V	I	X	X	P	U	P	E	B	H	E	T
O	R	D	W	K	N	H	C	R	N	K	P	Q	S	E
H	S	C	V	I	G	S	G	J	A	H	R	V	S	R
N	X	T	U	F	K	N	T	I	Q	M	R	O	D	I
S	S	F	R	H	U	R	I	A	A	L	R	P	H	K
O	R	O	B	O	T	I	C	S	G	Z	Y	S	G	R
N	L	J	Y	M	G	S	U	I	S	R	M	I	Z	A
D	W	Q	N	J	X	I	N	D	U	F	A	Z	V	X
S	A	V	A	N	E	S	S	E	N	S	W	M	C	E

Office  
VanEssens  
Johnson

Lion King  
Productivity  
Semester

Agriculture  
Instagram  
Robotics

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