12 Angry Jurors Hits The Stage

Notre Dame’s fall play, 12 Angry Jurors, was performed in King Hall from November 7-9. The play, originally 12 Angry Men, was written by Reginald Rose and performed in 1954 as a television play. The original play was made up of an all-male cast. Miss King, director, was allowed to choose characters from 12 Angry Men or 12 Angry Women to incorporate female roles into the jurors, causing the 1950’s play to become 12 Angry Jurors.

The story included a jury of 12 in a hot courthouse room who are tasked with the responsibility of deciding whether or not to charge a boy convicted of his father’s murder as guilty or not guilty. At first, the jury is 11-1 in favor of finding the defendant guilty, until one juror makes her case and eventually convinces the jury to change their votes.

The play successfully had the audience changing their own feelings about the convicted several times throughout the duration of the story. Jurors took turns giving their pleas about the case and the evidence of the murder, successfully convincing other jury members- as well as the audience, to take the side of guilty or not guilty. Senior Abby Roark said, “At first I thought he was guilty but as the play progressed, I changed my mind about the man’s innocence. It was intense.”

Miss King said, “We chose to do the show without an intermission. This helped build the intensity. It also was physically and emotionally draining for the cast. I am pleased with how well they made it work!”

The set strongly aided in giving the illusion that the scenes were truly out of the 1950’s. The strategically placed props, such as a broken, period-fitting fan that sat peacefully upon a shelf in the background, gave the actors the help they needed to feel like it was a real jury room in the hot summer of 1954.

The actors were completely immersed in their characters throughout the length of the play, which allowed for the character development in the play to show. Juror #8, played by senior Molly Sellers, stood out in that she was the only juror to keep the same vote throughout the entire play. In addition, she convinced the rest of the jury to, in the end, vote not guilty.

Another character whose development stood out to me was Juror #3, played by junior Aaron Deken. This juror was the last to vote not guilty and the most set in his ways. He believed the convicted man was guilty and provided evidence for his case, while also working to persuade the jurors and the audience that his argument was absolute.

Miss King said, “The cast was a strong ensemble. It was electrifying to watch their focused interaction during the last two weeks. They held each other to a higher standard of performance.”

Cast and crews included: Chelsea Ryan, Evan Missey, Anna Schuchardt, Benjamin Schumer, Aaron Deken, Samantha Gardner, Nicholas Sullivan, Kaylin Zoellner, Kathleen Oliver, Molly Sellers, Lena Buehrle, Lily Pennington, Slaten --Continued pg. 8
Survival of Second Quarter

But if second quarter has been finding you under the weather for a few weeks now, you may not be able to notice the little things that you could be thankful for. So here are my top five tips to survive this quarter during the festival of plenty.

First, sleep. You are about to endure the hardest part of the semester in less than a few weeks, so you deserve that 16-hour sleep like the trooper you are. I know most of us aren’t getting the nine and a half hours of sleep that doctors recommend, so take advantage of being able to sleep-in during this Thanksgiving break.

Not only will this help you feel relaxed and refreshed, sleeping can also help you think rationally before taking tests that are, quite literally, worth more than half of your grade.

Second, don’t be too hard on yourself. Give yourself some lag time between each task you have to do every day, or you may feel overwhelmed. Having too much on your plate can affect your academic performance, so break things down while still keeping momentum. If you take things in manageable sizes then you won’t be burnt out.

Third, communicate with your teachers. Before you start seeing your percentage on Portal steadily go down, talk to your teachers about any questions you have on homework, projects, or late work.

Remember, it’s better to keep the line of communication open before the last week of the second quarter—no teacher wants to be bombarded with emails or questions about extra credit, and you don’t want to scramble for extra points.

I personally don’t talk to my teachers when I notice my grades plummeting; I sort of just accept it with no questions— which is bad, because it’s better to know why you got a 75% on an assignment than just being left to wonder about it.

Fourth, divide your time wisely. Sometimes, the culprit for my low grades isn’t the content I submit, but how late I submitted it.

Dividing your time can help avoid potential late work in the future, so find ways to divide your personal life from your student life— be realistic about dividing your time and priorities.

Also have some time to reflect on all the tasks that you’ve done each day to be accountable for everything that you’ve done.

Fifth, avoid senioritis. This is for all the seniors, or senior-want-to-be’s: Don’t fall for senioritis— especially if you’re still taking hard classes this semester.

I get it, some of us have already been accepted to colleges and we think we can just kick our feet up and let our hair down— no.

Take it from Mrs. Mueth, “Live in the moment.” Which simply means to be present.

Graduation is closer to us than we think, but our responsibilities and daily tasks won’t disappear all because we’re almost to the finish line.

And if you have a realistic approach in finding a positive mindset, you can definitely combat senioritis.

Surround yourself in an environment that keeps you out of that funk, and remember to also check your mental health. Keeping momentum, while also keeping yourself healthy, is always the most important thing.

We’re almost there, but that doesn’t mean we should slow down or give up, we should end this year with a bang, right?
Congratulations to Connor Missey and Molly Sellers!

Seniors Connor Missey and Molly Sellers were named to the All-State Honor Choir on November 9. They will perform at the State Music Convention in January.

Missey said, “I was very excited and honored to be chosen for the All-State Honor Choir.”

Sellers said, “I was ecstatic to be chosen. It was truly a life-changing experience.”

Early snow cancels Veteran Day Assembly

The Annual Veteran’s Day assembly was cancelled due to a snowstorm on Tuesday, November 12. School was cancelled, thus the entire assembly. At this time, it has not been rescheduled.

Veterans Day was started on November 11, 1938 as “Armistice Day” in remembrance of World War I Veterans. The name of the national holiday was changed to Veterans Day in 1947.

Mrs. Tomaszewski organizes the assembly each year. One of the responsibilities that she has every year is finding a local veteran to give a speech to the student body

Mrs. Tomaszewski said, “I am not from Cape Girardeau so whenever I am at a school event or out having dinner in Cape and I see a person wearing a veteran cap or have any indicator that they are a veteran, then I immediately introduce myself and ask if they would consider speaking at our assembly.”

Veteran Dennis Vollink was scheduled to speak about his experiences serving in the United States Airforce. Mr. Vollink is a graduate of the U.S. Airforce Academy.

Vollink is also the father of faculty members Mr. Matt Vollink and Ms. Mary-Beth Vollink. Ms. Mary-Beth Vollink teaches freshman Physics and Advanced Physics and

Mr. Matt Vollink teaches freshman Theology and Philosophy.

Ms. Vollink said, “I remember when he (Dad) was still in the reserves when I was in junior high. I am very proud of him and what he did.”

Mr. Matt Vollink said, “There is no one quite like my dad. He is a veteran and I’m proud to say he served our country, but he has been the best father.”

ND celebrates Halloween

Juniors Emma Higgins and Avri O’Daniel dressed as R2D2 and C3PO from the Star Wars movie franchise.

Senior Brayden Eftink, dressed as Forest Gump, leads a group of grade school children as they Trick or Treat.

Seniors Kristen Barwick, Bailey Schott, John Essner, Paul Scherer, and Austin McGill pose for a group pictures dressed as Australian animals; while senior Tyler Parker (center left) is dressed as Animal Planet’s Steve Irwin during the Annual Jean Hermisdorfer Halloween Costume Contest.

Freshmen Olivia Jackson and Seth Reed dress as Jessie and Woodie from the movie Toy Story.
Mr. McVay: Principal for The Day

by Mason Galemore
Editor in Chief

On Friday, October 26, senior Hudson McVay was Principal of the Day. McVay was elected by the Senior class after they won Activity Week. It has been a tradition at Notre Dame that the winning class choses the principal.

The day started with McVay holding an all-school assembly in the gym.

McVay was carried to the center of the gym on a chair by seniors Austin McGill, Matthew Loos, and Zach Bell. It was all a part of the comedic vibe that carried on throughout the day.

McVay gave announcements to the school and what everyone would be doing for the day. The freshmen, sophomores, and juniors each had a game of dodgeball throughout the day.

The seniors had an hour where they could sleep and have study halls during their D-hour class. McVay’s Calculus Class was treated with a Dr. Seuss reading session where he read Dr. Seuss books to the class in the senior lounge.

Senior Alex Albuixech-Robinson is in McVay’s E-hour Calculus Class.

Albuixech said, “It was really nice to relax and get to hear Hudson read to us. I was glad to have a break from Calculus.”

McVay also treated the seniors to an hour-long dance party at the end of the day in Drury Hall.

McVay talked about his experience and the planning that went into the irregular day.

“Senior Jona Vercide said, “I really liked the fact that we got out of school at noon and the day was so relaxed.”

Senior Jona Vercide said, “I really liked the fact that we got out of school at noon and the day was so relaxed.”

McVay shared what he would do if he were actually principal of Notre Dame Regional High School.

McVay said, “I would start off by giving all the faculty and staff a raise and then would dismiss the school at 12:00 p.m. every day.”

Mr. McVay: Principal for The Day

Seniors Matthew Loos and Austin McGill stand with Principal Hudson McVay. The senior class chose McVay to become principal after they won Activity Week.

Hudson McVay gives announcements at his assembly on Friday, October 25.

Senior Jona Vercide said, “I really liked the fact that we got out of school at noon and the day was so relaxed.”

Seniors Matthew Loos, Austin McGill, and Zach Bell carry Hudson McVay to the center of the court for his speech.
Movie Review: *Ad Astra*

I went to Marcus Cape West Cine in Cape Girardeau to see *Ad Astra.*

*Ad Astra* is a Science Fiction Drama directed by James Gray. This film follows the story of astronaut Roy McBride, played by Brad Pitt, as he ventured through the solar system in search of his missing astronaut father, Clifford McBride, who is played by Tommy Lee Jones. Through his perilous journey, McBride uncovers secrets of his missing father and his expedition; secrets that threaten the universe.

The movie was a cinematic joyride filled with superb acting and breathtaking imagery of space, all the way to the end. Its elements of adrenaline-fueled scenes, mixed with a somber and emotional storyline, gave me a more well-rounded movie experience.

There were more scenes of excitement, which is something most moviegoers want to see in a Sci-fi action film. As the movie progressed, the action became more intense—which only drew my attention even more.

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ND holds fall drives

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Fall Sports Wrap-up  by Bryson Kielhofner

The Hi-Lites
November 18, 2019

The girl’s golf team had their last match on October 1, they lost to Jackson (166), but defeated Ste. Genevieve (213). Freshman Paige Commodo and senior Shannon Estink qualified for Sectionals which were held in Columbia, Mo on October 14.

The boys’ soccer team took first place against Perryville at the Perryville Soccer Complex on November 6th, 3-0. Senior Griffin Stewart scored two goals for ND in the second half of the game. This victory means Perryville’s three-year losing streak to Notre Dame continues. The Pirates have not won against ND since September of 2016. The Bulldogs notched a 6-1 victory over Lutheran South in Class 2 sectional action to advance to a quarterfinal match up against top-ranked John Burroughs on November 16 at John Burroughs.

The girls’ soccer team won district and sectional titles. The girls made it to Class 3 quarterfinals, where they were defeated by Incarnate Word, 12-7. Altogether, the team ended its season with a record of 27-6.

The girls’ tennis team made it to the Class 1 Girls Tennis State Championship for the fourth year in a row, where they placed 4th. Anna Grace Stroup, Claire Bruendermann, Claire Southard, Megan Gullette, Amina Hussein, and Emma Marshall all competed at the state competition.

On Oct. 29, the girls’ volleyball team ended its season with a loss against Dexter, 1-2. The girl’s season record ended as 18-10-6.

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Boys Basketball  by Mason Galemore

The boys’ basketball team is practicing and conditioning with great anticipation for the start of the season.

At this time there are six boys on the varsity team and nine boys on the junior varsity team.

Senior Tyler Landewee is in his fourth year of playing basketball for ND.

“I have to thank my coaches and the hard work that got me to where I am today,” Landewee said. “I really want to be the best for my team. It’s a lot of pressure but everyone on the team, including myself, has to do their best.”

According to Landewee the biggest challenge leading up to the season is the hectic schedule of each athlete. Many of the basketball players participate in other sports.

Landewee said, “Not having everyone on the team for practice really affects our performance. We can have a lot of good players, but it’s not the same when everyone is not there getting ready. They are usually practicing for other sports.”

Being an athlete doesn’t exclude someone from school and academics. Landewee explained what he does in order to balance school and basketball.

“If I ever need to finish school work, I just communicate with my coach and he understands school comes first.”

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Girls Basketball  by Jona Vercide

Senior Emily Kellum has been playing basketball for ND since her freshman year. According to her, she grew up with this sport her whole life and many of her family members played basketball too.

“I grew to love and gain a lot of passion for it,” Kellum said. Her passion has lasted from her freshman year all the way to her senior year.

According to Kellum, she has been spending eight hours a week on basketball to improve on her performance. “I plan to keep improving my game,” Kellum said.

Her busy schedule consists of school, basketball, homework, and repeat. So, to find balance, she has been putting school as her main priority above all.

After all, like most student athletes, Kellum knows that “student” comes first.

“As I’m maturing, I’ve found better ways to balance being a student athlete. It’s something I love to do, so juggling all these responsibilities isn’t hard to manage for me,” Kellum said.

As basketball kicks off this season, it’s reassuring to know that the team’s atmosphere during practice and games are generally positive. “It’s a very loving, supportive, and competitive atmosphere coming from the teammates and coaches,” Kellum said.

Like most athletes from ND, Kellum plays other

--Continued pg. 8
The Hi-Lites

Wrestling

by Bryson Kielhofner  Staff Writer

The boys wrestling team is entering another year of the sport. Their record last year was 3-11-1. Daniel Schmidt, the senior captain, has wrestled for four years. “I just thought wrestling would be interesting so I decided to give it a try and found that I enjoyed it,” Schmidt said.

Schmidt says the team is like a family and he enjoys seeing the progress made by everyone each year. He prefers competing over practicing because he is able to put all the hard work into action on the mat.

“My advice for students considering wrestling is to give it a try. You don’t have anything to lose by trying something new and who knows you may find you really enjoy doing it,” Schmidt said.

The wrestling team can be seen in action at their first match on December 3.

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Cheer

by Mason Galemore  Editor in Chief

Cheer has started their season, along with boys basketball and wrestling. They will cheer at each home competition.

Senior Isabella Cain has participated in cheer for three years. “I hope to grow as a team and become stronger together,” Cain said. “The biggest challenge thus far is getting everyone to work on the same page.”

Cain then explained how she balances cheer with school.

Cain said, “I just focus on my school work during school and then during practice or a game I give all my attention to cheer. If I have homework, then I find time in between to work on it and focus solely on my school work.”

According to Cain, cheer comes with a lot of work and dedication.

Cain said, “We started off with a workout that is different each day; then we stretch, jump, and then work on whatever is coming up; whether it be cheers, routines, or stunts.”

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Dance

by Bryson Kielhofner  Staff Writer

During the previous summer, Notre Dame held its annual Summer Dance Camp and according to Mia Gates, a senior dancer, the camp was a success.

“Summer Dance Camp was awesome! We had a lot of fun! Whether it was staying up late to practice together or helping each other memorize our individual dances, we do well to result in a great performance on the gymnasium floor.

For Gates, performing is more exciting than practice because it gives her a rush of adrenaline that comes from being in front of an amazing and loud crowd that’s unlike anything she feels in practice.

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Girls Swim

Senior Alex Rubi  by Jona Vercide  Staff Writer

Senior Alessandra Rubi has been swimming for ND since her freshman year. Her accomplishments show how much she has improved since then. “I placed top eight in my events at conference, and I was also able to go to state!” Rubi said.

Her average day during season is hectic; sometimes she has morning practice, but everyday practices are in the afternoon. “Most of the time practices starts at 4PM, and we finish practice at 6PM, so I get home around 6:30PM,” Rubi said.

During meets, the team is always excited and determined. And during events, the swimmers are always cheering for another teammate,” Rubi said.

Being a student athlete herself, her schedule can be tight and difficult to squeeze homework in. “It
**Girl’s Swim Pg. 7**

Girl’s Swim Pg. 7 can be pretty challenging, especially when we have away meets on school days. Sometimes we have to miss class or we don’t return to Cape until later in the evening. To combat this, I try to get all my homework before we leave and I try to do some homework on the bus on the way to the meet,” Rubi said.

In addition, Rubi’s practices can also be tedious. “Last season, each practice started with thirty minutes of stretching and dry land exercises—like calisthenics.] After that, we get in the pool, warm-up, and begin the set on the board. Our practices can consist of anything from stroke refinement drills to sprints. When practice is over we stretch one more time before heading home,” Rubi said. Her senior year will be her last year being in the pool. “High school swimming is enough for me!” Rubi said.

The Lady Bulldogs will be challenging the Mules at Poplar Bluff High School for their upcoming meet on December 3.

**Boys Basketball Pg.6**

The team practices every day after school for two hours, all while conditioning and practicing techniques.

“If we ever miss a shot we have to run. We play a lot of five on five to try to mimic that team versus team feel.”

The boys play St. Francis Borgia on Friday, December 6. Landewe said, “I really want us all to do our best this season and stay focused and stay positive.”

Boys basketball head Coach Paul Unterreiner said, “I’m hopeful that the young men in our program develop a sense of family. Within families, each member must love each other to the point where the only thing they care about is what’s best for the family.”

**Fall Play Pg. 1**

**Fall Play Pg. 1**

Vowels, Andrew Jedlinski, Madalyn Ives, Audrey Jaco, Lauren Anderson, Joe Prost, Cheyanne Joiner, Connor Missey, Nadia Myers, Christina Blanquet, Jalee Brumbaugh, Maria Schuchardt, Hallie Stein, Elise Edwards, Katy Boehme, Victoria Collom, Bryson Ecker, Kristen Jansen, William Richards, Will Smiley, Liam Arzen, Maria Bleckler, Nathan Karnes, Elizabeth Raines, and Alessandra Rubi.

**Cheer Pg. 7**

As Cain begins her last season of cheer at ND, she said, “My favorite cheer memories have always been the Homecoming nights. There is so much excitement because our whole season has been leading up to our Homecoming routine performance and the feeling of accomplishment is unreal.”

Boys swimming won the MICDS Invitational followed by a second place finish at the SEMO Conference meet on November 5 and recorded five new school records: 200 Relay team of Nick Landewe, Joey LeGrand, Conner Hux, and Liam Arzen; 400 Free Relay of Drew Barber, Arzen, Caleb LeGrand, and Nick Hux; 200 Free Relay of Barber, Arzen, Caleb LeGrand, and Nick Hux; and Barber bettered his school records in the 50 and 100 Freestyle events. The boys competed at state on November 16.