Activity Week 2019 A SUCCESS

Activity Week at Notre Dame started Friday, September 20. At the Kick-Off Assembly, all of the students participated in a game of “Family Feud” where five students from each class competed for money prizes.

Prizes were also announced for those who sold the most. One of the biggest prizes was a car, a 2009, Toyota Camry, donated by Coad Toyota. Freshman Avery Bader won the car.

Bader said, “I was shaking the entire time, I was so excited. It wasn’t until later that day I actually believed I won the car.”

Assemblies were held at the end of every day during Activity Week where students dressed up in different themes and participated in games.

Each class held a dinner to support their earnings for Activity Week.

On Monday, the freshmen held their dinner on Tuesday, September 24, and they served fried fish. The juniors served fried chicken on Wednesday and the sophomores served kettle beef on Thursday.

An average of 1200-1250 people were served at each dinner.

On Friday, September 27, the senior class performed their Annual Activity Week Dance during the last assembly of the week. The seniors wore T-shirts that read on the front, “Senior Things” a parody of the popular Netflix series Stranger Things. One of the songs they danced to was “Neverending Story” a song from the movie of the same name. On the back of their T-shirts read “Always with us on our never-ending story: CH.” CH stood for Colin Higgins, deceased classmate from the class of 2020.

On Monday, the seniors held a pork steak dinner and served more than a thousand people. The freshmen held their dinner on Tuesday, September 24, and they served fried fish.

“I’m so proud of this school. We pulled together to succeed.”

-Mr. Garner

Seniors Natalie Timpe and Cristian Evans pose after being crowned King and Queen of Activity Week. The senior class won Activity Week, bringing in a profit of $99,921.26.

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It’s Getting Hot In Here

by Mason Galemore

Our planet is changing. Ice caps are melting. The amount of snowfall and rain are low in many places, and the oceans’ acidity levels have gone up.

All of these factors are linked to climate change. The phenomenon has been more present today than in recent years. It’s caused by the excess usage of greenhouse gases by corporate industries and worldwide carbon emissions.

I’m not saying these companies are purposefully trying to cause climate change and do harm to the world and its inhabitants. They are trying to provide the world service and products. We are all to blame for climate change. We’ve grown so dependent on greenhouse gases for energy. We all are to blame.

We can’t only blame big businesses for climate change. We must also blame ourselves. Almost half of Carbon emissions come from cars, appliances, and livestock.

Climate change has become a modern-day buzzword. But how are we directly affected by excess greenhouse gases said to cause climate change?

For one, we can see a dramatic increase in rainfall in our region. With the rise in temperatures over the years, water has started to evaporate from numerous bodies of water and then feed into clouds. What comes next are rain showers--lots of them.

The abnormal amount of rain may increase sea levels and flood many coastal regions.

So, wait...how does this affect us? We’re in Southeast Missouri and Southern Illinois. According to research teams at NASA, water levels will start to rise along our coasts. By 2100 sea levels may rise 1-4 feet.

Some of us may be thinking, “1-4 feet in eighty years. That doesn’t seem so bad.” Initially, it isn’t. But over the next few decades, we may see considerable increases in flooding in the Midwest, especially in riverside communities, like Cape Girardeau and Paducah.

Just last summer the river wall in downtown Cape Girardeau was brimming. Excessive rainfall flooded many business buildings along Broadway Street in downtown Cape.

ND students from Southern Illinois had to find alternative routes to Cape Girardeau due to the flooding.

'So how do we stop climate change? It’s obvious that the main cause of climate change is the excess use of greenhouse gases. But we can’t just shut down corporations because we depend on them. We need the products they provide.

There are simpler solutions. One thing we can do is invest in solar energy. Though it’s a big investment, it’s perhaps the most effective method any regular person can do.

Another way to help prevent climate change is keeping our tires properly inflated. According to the National Resources Defense Council or NRDC, if all Americans keep their automobile tires inflated, we would save 1.2 billion gallons of gas each year, therefore reducing carbon emissions.

The NRDC also stated reducing water waste can help. The EPA stated if 1 of every 10 American homes were fitted with water efficient fixtures, about 100,000 million gallons of water can be saved annually. Another way to help is keeping our tires properly inflated. According to the National Resources Defense Council or NRDC, if all Americans keep their automobile tires inflated, we would save 1.2 billion gallons of gas each year, therefore reducing carbon emissions.

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STUDENT LIFE

Restaurant Review: Rice Noodle Cai

Senior Abigail Janota and I recently visited Rice Noodle Cai, a small, Chinese restaurant located at 1017 Independence St. in downtown Cape Girardeau, Missouri. The restaurant is in an unassuming building: I passed it three times before I found it, but it was well worth the search. The service was good, as they were very friendly and fast.

I ordered Sweet and Sour Chicken with fried rice and Janota had the Chicken Lo Mein. We also ordered a few egg rolls. The biggest thing that stood out to us was how much food we received for the price. Both meals were 5.99 each and we received more than we could both finish. The egg rolls were 1.20 each and much larger than we expected. “The noodles alone could feed a whole family!” Janota said about her Chicken Lo Mein.

All meals run either 5.99 or 6.99 and come with the larger quantities of food. The Sweet and Sour Chicken sat upon a bed of rice and was full of good flavor. The noodles were great and flavorful, along with the egg rolls, which were very crispy. Both of our meals came with a beverage.

Let Them Be As Butterflies

Always beautiful, graceful, cared for, but fragile
I’d rather be a small, little bee, on a mission, and have a purpose in life
Trying my best everyday
To bring beauty to the world instead
Of being the beauty
To help many different creatures
And still help my own
I’d rather be feared, small, and hated
Among all
Than be admired
And leave the world with nothing to show
I’d rather have responsibilities
Than fly around aimlessly, beautiful, and freely
If I could have a purpose and bring life to
The world
I’d rather be a hated yellow bee

Weight Training Goes High-Tech

Weight training has implemented new tablets to help students track their progress. According to Coach Brinkmeyer, the tablets were implemented last year. “When students enter the weight they do during class, or on their own, it saves it to the database,” Brinkmeyer said. This means that the weight training coaches get to see the student’s progress throughout the semester.

The program, TeamBuildr, gives each student a different workout based on what they want to accomplish. “We have programs for different sports and fitness goals. This is 100% how it should be because everyone is different...” Brinkmeyer said. The system ultimately caters to each student’s goals and what they should work on for the sport that they’re currently in.

The data in the tablet allows the coaches to monitor the activities the students do in class. “It allows me to see if students are working in class or not. At any point, I can pull up what students did during class and I can see if they are doing the right amount of weight and reps,” Brinkmeyer said. The program also allows the coaches to see if there’s improvement based on the student’s results at the end of the class.

Adjusting to the new program has been hectic. “It has taken some adjustment for me and the students, but it is slowly getting better and I think we are moving in the right direction,” Brinkmeyer said.

Despite the challenges that TeamBuildr brings, the coaches aren’t planning on looking back. “This system has opened us up to a knowledge base from professionals that we didn’t have before. Strength coaches around the nation work on this site to give athletes the best possible workouts, and we are one of the few schools that have it,” Brinkmeyer said.

“This is something schools across the nation

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nounced at
the dance.

The top freshman homeroom was
Miss Siebert’s homeroom #405, with $408.09 per
capita. The top sophomore homeroom was Mrs. Gail
Timpe’s homeroom #422, with $344.96 per capita. The top
junior homeroom was Mrs. Tanya Davis’s homeroom #501, with
$413.27. Lastly, the top senior homeroom was Mr. Ryan Schwein’s
homeroom #418 with $786.17 per capita.

The top overall seller was senior Mia Gates who brought in
$7,444.50. The 2nd place seller was senior Anna Grace Stroup with
$6,830. The third-place seller was senior Madeline Hulshof with
$6,485.62. Junior Madison Bonham came in fourth place with $5,729 and
Senior Riley Burger came in fifth place with $4,138.50.

Overall the freshman class came in fourth place with a total
profit of $55,721.32 or $449.37 per capita. The sophomores came in
third with $57,083.63 or $460.35 per capita. The juniors placed
second with $57,692.20 or $488.92 per capita. Finally, the
seniors came in first place with a total of $99,921.26 or
$698.75 per capita.

Seniors Cristian Evans and
Natalie Timpe were
crowned
Activity Week King
and Queen of 2019. The seniors
will choose a student from their class to be
Principal for the Day on Friday, October 25.

Natalie Timpe said, “It was nice feeling the love
from my senior classmates. It was even cooler that the se-
niors won.”

Principal Mr. Tim Garner was more than pleased with
Notre Dame’s school spirit throughout the week.

Garner said, “I was so proud to see how much excitement
the school put forward. Their hard work and constant energy
throughout the week really paid off. I was also proud of how
the seniors supported the underclassmen and how everyone
pulled together. The amount of work that was put into
this year’s Activity Week exceeded previous years.”
Right: Seniors Sydney King and Alice Burge smile while they are washing a car during the Senior Dinner on Monday, Sept. 23. The class served pork steaks and sold over 1200 dinners.

Left: Senior Abbey Brandon Naruto-Runs to the bleachers. She dressed up as an alien for the senior class’s “Area 51” theme.

Above Right: The freshman class cheers during an assembly.
Sports

Softball

Softball makes strides as their season continues. On Tuesday, September 17, they beat Poplar Bluff, 16-1, at an away game. Senior Riley Burger, juniors Halle Heuring, Allie Burnett, and Harley Ressel, and freshman Kadi Dohogne each had two hits at Poplar Bluff while sophomore Ashley Carrow hit a homerun.

Carrow said, “I was really not trying to hit a homerun. I was just trying to get the best hit I could. I thanked my hard work and advice from coaches that helped me make that hit.

On September 24 the girls defeated Sikeston 15-2. Senior Riley Burger and junior Kadi Dohogne each made a homerun.

Senior Grace Lemmons is in her fourth and final year of softball for Notre Dame.

Lemons said, “I want to play my best considering this is my last year. This has been a fun journey for me that I will never forget.”

The girls later faced Cape Central on Tuesday, October 2, at an away game. ND won 16-0. They brought in another win against East Carter on Friday, October 4. The score was 10-0 with ND on top.

On Friday, October 4, ND defeated East Carter County 10-0.

Boys Soccer

The boys soccer team’s record is currently 9-3.

The team defeated Sikeston (7-1) at home on September 24. They then lost two games against Reitz Memorial (2-3) and Henry Clay (4-0) and later won one game against Marist Catholic (1-0). On October 5, the soccer team defeated district rival, Perryville (2-1).

Isaac Hopkins, a senior goalie on the team, remembers playing ever since he was little. He played on his first team in Marion, Illinois, when he was four and started goalkeeping in 4th grade.

Hopkins most enjoys practice because he is able to work hard during practices and see his work pay off in real games. Hopkins said his favorite thing about soccer is playing with all of the awesome guys on the team. “They make playing soccer even more fun with the positive energy they always give off,” Hopkins said.

The soccer team this year consists of 19 players. If any underclassmen are thinking about joining the soccer team next year, Hopkins said, “Try it. A fellow goalkeeper this year tried soccer for the first time ever, now he loves it. Soccer is for literally everyone.”

The boys will be playing again at home against Priory on Saturday, October 19.

Boys Swim

Notre Dame Boys Swim won their open meet on Tuesday, September 1. The meet was hosted by Jackson at the Southeast Missouri State Aquatic Center.

On September 19, the boys competed at Poplar Bluff. Trent Pruden took 1st place in the 200 freestyle with a time of 2:08.04. In the 200 individual medley senior Nick Hux took first. In the 100 butterfly Patrick Hodges took first place, with a time of 1:04.47. Notre Dame scored 160 while Poplar Bluff scored 81, and Saxony scored 15.

The Bulldogs took first place in all but one event to finish ahead of the host Mules in the three-team meet at the Black River Coliseum.

Junior Drew Barber set new records for Notre Dame at Poplar Bluff. Barber posted first place in the 50-meter freestyle in 23.23 seconds and the 500 freestyle in 5:26.84 minutes.

Barber said, “I was really excited to set the record for swim. It made me feel proud knowing my hard work and determination didn’t go to waste. We had 5:00 a.m. practices and really hard practice sets.

Cape Central on Tuesday, October 2, at an away game. ND won 16-0. They brought in another win against East Carter on Friday, October 4. The score was 10-0 with ND on top.

On Friday, October 4, ND defeated East Carter County 10-0.

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Cross Country

On September 21, the cross country team ran for the Missouri Southern Stampede in Joplin, Missouri along with over 50 teams from other schools in the southern region. Senior Blake Morris finished in third place with a time of 15 minutes, 26.10 seconds out of 151 runners. Morris was the only male member of the Bulldog’s team present.


On October 5, the ND Invitational was held on Saturday. On the boy’s side, Morris placed 1st for the boys with a time of 15:52.18 among 141 athletes. Sophomore Malcom Patton came in 6th (17:20.20) and Eftink placed in 10th (17:33.76).

Senior Clayton Eftink, one of the notable returning runners this season, has been running Cross Country for four years now. He also played baseball and basketball during his freshman and sophomore years.

According to Eftink, he only decided to take cross country seriously after his back was injured. “I realized I couldn’t do either of those two [basketball and baseball], so I really started to work on my running in cross Country.”

Volleyball

The girls volleyball record is currently 13-6-4.

The team defeated Poplar Bluff on September 24, 2-1. On September 27, the girls lost to Bloomfield during overtime, 5-6. On October 1, the team was defeated by Perryville, 1-2.

Grace Landewee, a senior on the team, has played for all four years of high school. She started playing after being inspired to play by her cousins who taught her how to play as well as the important values volleyball has to offer. Landewee said the atmosphere of the team is amazing this year. “The girls and the managers get along well and we laugh a lot when we are together.”

Landewee said, “I love competing because we don’t have to do circuit on game day, and the energy after a good, hard fought game is out of this world.”

The team was back in action on October 15 at Cape Central.

Girls Tennis

The girl’s tennis team has ended their regular season undefeated with 13 wins. On September 24, the team won against Dexter. Juniors Claire Southard and Megan Gullette won their singles for Notre Dame. Southard won 8-3, and Gullette won 8-0.

On October 1, another match against the Dexter Bearcats, Southard and Gullette helped Notre Dame remain undefeated in singles, and also teamed up to win their doubles matches 8-2. Southard scored 8-4, and Gullette 8-0. The overall team score for the match was Notre Dame 9; Dexter 0.

On October 4, the girls had defeated Sikeston 9-0, and won districts on October 8.

Girls Golf

Senior Shannon Eftink, has played on the ND girls golf team for three years. Coach Brad Wittenborn said, “Shannon Eftink is our top returning player and has shown great leadership in practices.”

She started playing golf because she used to always drive the carts for her dad when he played. Eftink enjoys being on the team to grow her bonds with her friends and to challenge herself to play better. She enjoys competing when she plays well, but likes practice when she needs improvement.

Eftink said, “The team is very easy going and everyone is there to help"
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country and track during
my junior year,” Eftink
said.

According to him, his motivation to be a better
runner is being proud and satisfied in reaching his
goals. “The end goal is making myself happy with
whatever I achieve,” Eftink said.

The team’s upcoming meet is the Potosi
Invitational on October 12 in Potosi, Missouri.

Its Getting Hot in Here
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kilowatt-hours per year
would be saved. Translated,
that’s 80,000 tons of carbon
emissions.

Lastly, we all can recycle. We’ve heard this
millions of times but it’s perhaps the easiest thing
we can do. It requires less energy to produce products
from recycled materials as opposed to virgin materials.
So, less pollution is emitted from factories and plants.

There are a multitude of things we can do to slow down climate
change. As for corporate greenhouse gases, we must
let our leadership handle it.
For now, the smaller fight starts with us checking our
tires and turning the faucet off when we brush our
teeth. We must remember: It’s the little things that
count.

Girls Tennis--Page7
Her work ethic and self-discipline are motivated by her love for the sport.
“I improved significantly between my freshman and
sophomore year, practicing weekly starting the spring
before the season,” Southard said.

“Between my sophomore and junior year, I spent practically every day
on the courts for at least an hour so I saw an enormous
improvement then, too,” Southard said.

That dedication to improvement paid off as Southard, Megan Gullette,
won first place in tennis individual districts as a
doubles team.

In addition, Claire Bruenderman and Anna Grace Stroup placed second
in doubles.

All four players advanced to sectionals.
Sectional play was held
Wednesday, October 16,
2019, at Rosati-Kain High

Softball --Page 6
The girls continued with a
win against Poplar Bluff at
a home game on Tuesday,
October 8. The score was
20-7. The win-loss record
of the season is 22-4.

Girls Golf--Page 7
each other.”The team’s last
match was on October 1.
The girls lost to Jackson
(166), but defeated Ste.
Genevieve (213). Freshman
Paige Compardo and senior
Shannon Eftink qualified
for Sectionals at the Quail
Creek Golf Course in St.
Louis. They were held Oc-
tober 14.