ND says goodbye to Brother David

On Friday, August 16, Notre Dame Principal Brother David Migliorino received a call that he was being transferred to St. Anthony’s High School on Long Island, New York. The order for the transfer was given after the previous St. Anthony’s principal, Br. Gary Cregan, resigned for medical reasons.

This ended more than twenty years of Brother David serving the ND community.

Brother David said, “I will never forget Notre Dame. There is no school in the world like it. It has made me the person I am today.”

Brother David was given only three days’ notice before having to leave for New York. He started his first day as principal at St. Anthony’s on Tuesday, September 3. St. Anthony’s enrollment is more than 2,400 students. The faculty numbers over 140. By contrast, Notre Dame’s senior class has 143 students.

Brother said, “Twenty years of faith and love. That is what I have received from Notre Dame. Students, teachers, staff, and parents kept me grounded and I always knew that I could ask anything and they would respond to me.”

Mr. Tim Garner was named Interim Principal for the 2019-2020 school year. Garner served in Administration here for six years as ND’s assistant principal and the Dean of Academics before assuming the position of principal. He is a 1993 graduate of ND.

Garner said, “The beginning of the year was hectic, to say the least. Brother David was called away so abruptly, but with the help of all the faculty and staff, the process was made much easier. It was more of a combined effort, which is how Notre Dame has always functioned.”

Garner’s main priority is to keep all of Notre Dame’s values, including spirituality, something that Brother David always instilled. Garner said, “I want to take the gifts that Brother David gave to Notre Dame and nurture them, let them blossom. I also want to conserve the school’s energy and excitement and keep our spirit alive and strong.”
I will never forget Friday night August 18, when I heard the news: Brother David would be leaving ND. I was devastated.

But time goes on. Brother David was reassigned to St. Anthony’s High School on Long Island and we’ve already begun this year without him.

But we are not lost as a school. As a matter of fact, we’re on the right path. The path Brother David set for us in his twenty years of service as our principal.

Garner has served Notre Dame for nearly 20 years and is an alum of Notre Dame. During his years as an ND student, he was very active playing baseball and acting in musicals, including Into the Woods.

Garner studied at Rockhurst College in Kansas City, Missouri, where he received a Bachelor’s degree in Biology. Garner went on to study Administration at William Woods University in Fulton, Mo. He received his Master’s in Administration in 1999.

We’re moving into a new era with new leadership. As long as we keep ourselves on the same path we will never fail in carrying out Brother David’s mission: keeping our school spirit and faith alive.

Activity Week is right around the corner. What better way to raise our school spirit than to sell more than we ever have before?

Our sports are also a good opportunity to show off our colors and go crazy with spirit. Brother David visited almost every game he could in every sport. We can do the same.

When people see how we perform as a school this year they will know what we mean when we say, “Together...We are ND”.

Congratulations NHS Inductees!

Kristen Barwick
Leighann Baz
Caroline Bowen
Alice Burge
Isabella Cain
Larkin DeLine
Phillip Dunning
Cristian Evans
Elise Ferrell
Jack Floyd
Mason Galemore
Gabe Hurley
Mollie Jennings
Savannah LaValle
Jasmin Maisuria
Austin McGill
Andrew Mueller
Deven Mueller
Avery Perez
Parker Pfeiffer
Skylar Robert
Alessandra Rubi
Paul Scherer
Elisabeth Seabaugh
Molly Sellers
Sara Williams
Anna Zeigler
Liam Arnzen
Paige Beussink
Zach Bleckler

Evan Boyd
Evan Bruenderman
Emma Brugger
Emily Bruns
Allie Burnett
Kalie Compas
Aaron Deken
Mary Dinrberger
Ellie Fennewald
Samantha Gardner
Emma Higgins
Patrick Hodges
Hayden Jansen
Sydney Lewis
Hannah Miller
Avri O’Daniel
Allyson Ochs
Greta Ripperda
Ben Schumer
Claire Southard
Hannah Talley
Alyxandra Taylor
Mary-Catherine Young

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Editor in Chief..............Mason Galemore
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ND Celebrates Lock-in 2019

Senior Gabe Hurley leads the seniors and freshmen in the “Roller Coaster” cheer at Lock-In. The seniors and freshmen competed to see who had the loudest cheer. Lock-In was held August 24, 2019.

Seniors Camille Ash, Sydney King, and Shannon Eftink smile after playing the “Mole-cule Game” at the Lock-In.

Freshman Thomas Dittmer goes down the Slip ‘n Slide at the Lock-in.

Seniors Matthew Higgins and Maddie Hulshof smile after playing Twister.

Senior Brent Vandeven runs toward the flag during a Capture the Flag Game.

Freshman Cary Story plays dodgeball at the Lock-In. The seniors and freshmen played many different games outside during the Lock-In.

Freshman Maria Bleckler runs through the tunnel as she is welcomed to Lock-In 2019. It has become tradition for the senior class to make a tunnel at Lock-In for the freshmen to run through.
Restaurant Review: Bandana’s Bar-B-Q

A new barbecue restaurant has opened in Cape Girardeau: Bandana’s Bar-B-Q. Seniors Mason Galemore and Abigail Janota came with me to try it out. The restaurant opened July 15, of 2019, and is located at 156 Vantage Dr, next to Golden Corral.

Overall, our experience was very good. It definitely exceeded our expectations. The atmosphere of the restaurant was inviting from the second we walked in. The decorations had a very southern theme. What stood out most to me were the lines of blue and red bandanas above the interior windows. We were seated quickly and began browsing the menu.

For those who aren’t keen on sit-down restaurants, Bandana’s has takeout and online ordering.

The prices were a decent mid-range, considering it was a barbecue restaurant.

Overall, they have a good variety on their menu from appetizing starters to salads and stews. They also have combos that come with a choice of ribs, pork, beef, chicken, turkey, and smoked sausage; these come with garlic bread and a choice of two sides.

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ND introduces new student programs

Notre Dame has two new programs for seniors this year. One of those is the connectCAPE Program and the other is the A+ Program.

connectCAPE consists of senior job shadowing provided by the Cape Chamber of Commerce.

The student participating gives their top three areas of career interest and then the Cape Chamber of Commerce connects them with a chamber member in that area who is willing to have them shadow their job.

This program allows students access to real-world settings, an opportunity to explore career options, and the ability to learn from someone who is currently working in the student’s area of interest.

The main requirements are good school attendance and a good disciplinary record. Although, certain fields do require students to be 18 or older. There are two four-hour sessions with each shadowing experience, along with a post-shadow survey. The deadline to sign up has already passed, but the program is an annual program which means it will be available next year.

The A+ Program, offers scholarship money toward community colleges and many other Missouri schools. A full list of schools is available from Mrs. Mueth in Guidance.

The requirements include: a 2.5 GPA, a 15-17 on the math portion of the ACT (varies with the student’s GPA), and 50 hours of tutoring or mentoring another student. The 50 hours must be supervised by a member of the Notre Dame faculty or staff.

Students are able to start tutoring or mentoring once they finish their sophomore year and have until three weeks before graduation to earn hours. If interested in either of these programs, see Mrs. Mueth in the Guidance Office.

Summer Accomplishments


*Elise Edwards- Performed the lead role of “Les” in Disney’s “Newsies” at the conservatory at Southeast Missouri State University for ten shows, June 13th-23rd.*

*Catherine Heckemeyer- CIT at Camp Ondessonk Catholic Youth Camp in Ozark, Illinois.*

*Graciana Helman- Counselor at Camp Ondessonk Catholic Youth Camp in Ozark, Illinois.*

*Emma Higgins- Franciscan LEAD Program.*

*Bryson Ketcher—National Student Leadership Conference for Aerospace Engineering at American University in Washington D.C.*

*Perri Poe-Mizzou High School Mini Med School.*

*Benjamin Schmer-Vocal Arts Boot Camp at Southeast Missouri State University.*

*Claire Southard- Missouri Scholars Academy at Mizzou.*

*Mia Timlin- Ensemble and role of “Tadpole” in the Southeast Missouri State University River Campus production of “Newsies”.*

*Natalie Timpe- Franciscan LEAD Program.*
ND enjoys summer travels

Notre Dame had an eventful summer. Mrs. Layton, Mrs. Tomaszewski, Mrs. Worley, and Mr. Hinton, with students from ND, took a trip to Peru; Ms. Strohmeyer hosted this year’s Annual Joan Strohmeyer Mission Trip in Tuba City, Arizona, along with Mrs. Schaefer, Mr. Boeller, Mr. Landewe, Mr. Rowland, and Mr. Kuper; Ms. Siebert spent her summer in Spain; and Mrs. Timpe and Mr. Keusenkothen, along with students, attended Steubenville.

Mrs. Layton’s group had the opportunity to take 16 students, along with a few parents, on a trip to Peru. The group visited Lima, Cuzco, Uros Islands, and Machu Picchu: one of the Seven Wonders of the World.

The trip itself wasn’t a walk in the park. According to Layton, “It was rugged. We did stay in hotels for the majority of the trip, but that didn’t mean it was easy.” At 14,000 feet, experiencing symptoms of altitude sickness wasn’t uncommon. “It was strenuous due to altitude sickness, but it was still awesome,” Layton said.

The group hiked for the majority of the trip. “Lots of hiking at the Sun Gate in Machu Picchu. We had to have a guide, and we only had two hours to stay as the site was closely monitored—they didn’t want a lot of people staying for too long,” Layton said. Alongside the exhausting symptoms of altitude sickness and the strenuous hiking, there was a lot of culture shock.

One thing to know was that it seldom rains in Peru; however, when the group visited Lima, Cuzco, and Machu Picchu, they experienced some misting. “The first day in Cuzco, our guide, Rod, said, ‘This is the first time it rained since I was eleven.’ And he was talking about the mist!” Layton said.

The food in Peru was exotic compared to the meals the average American is used to. “The food was amazing,” Layton said. “This may be a little controversial, but we tried alpaca steaks and kebabs, and the Inca specialty: guinea pig… It was all delicious,” Layton said.

Ms. Strohmeyer led the Annual Joan Strohmeyer Mission Trip to Tuba City, Arizona. According to Strohmeyer, the origin of the mission trip was in 1996 when she was working at St. Vincent’s Grade School in Cape Girardeau.

“My mom and dad went on vacation with this priest who had a pastor friend from Tuba City, and they suggested I should bring my youth group so they can experience this awesome place,” Strohmeyer said. The Annual Joan Strohmeyer Mission Trip, named after her late mother, was founded.

Tuba City, Arizona is a small town in Coconino County on the Navajo land. According to Strohmeyer, this year’s group had the opportunity to see some dinosaur tracks and the Grand Canyon, which was only half an hour away.

Mission trips are often a place where community comes together through service and prayer. “You feel like you’re really doing something—and that’s a great feeling!” Strohmeyer said.

It’s also an opportunity to get close with people participants might not have had the chance to be close with. “Every year, we have students coming with us for the first time during their junior or senior year, and they often say they regret not going on all four years,” said Strohmeyer.

Dulac, Louisiana will be the location of next summer’s trip. Sign-ups will be available during an informational meeting announced sometime this year.

Ms. Siebert traveled to Spain to work as an au pair to teach kids English. According to Siebert, this was her first time traveling out of the country. “I went to San Sebastian, Spain, which is a tourist destination. There are three different beaches and, in the time I was there, multiple celebrities visited the area, including Woody Allen, who is currently shooting his newest film,” Siebert said.

Siebert also met a friend of the family who was German and also an au pair. “We had her over for a dinner party one night. Between the family, the German au pair, and myself, there were four different languages being spoken at one table,” Siebert said.

Siebert’s stay in Spain was an eye-opening experience and sparked her desire to continue learning more Spanish once she returned home. “I can truly see the value in speaking multiple languages and being able to communicate with others,” Siebert said.

Steubenville is a three-day high-energy youth Catholic conference held all over North America.

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Volleyball

Senior Maggie Eby plays against Farmington.

Girls volleyball played against Farmington on Tuesday, September 3. They beat Farmington 2-1. It was the first game as well as the first win for the girls this season.

On Monday, September 9, the girls faced Sikeston during a home game. The girls won 2-1.

The Hi-Lites

September 19, 2019

CROSS COUNTRY

Notre Dame’s boys cross country team started the year off with only three returning runners: seniors Blake Morris and Clayton Eftink and sophomore Malcom Patton.

This is Coach Richard Bohn’s first year being head coach and his sixth-year coaching, overall.

The Bulldogs are working toward qualifying the team for the state meet and having each runner achieve a personal-best 5k time.

Senior Abbey Brandon has been running girls cross country since her junior year, and has been a strong asset to the team ever since she switched to the sport.

“I enjoy being a senior on the team,” Brandon said. Along with most seniors participating in a team sport, she feels the need to take the freshmen under her wing. “I feel like it’s my responsibility to help keep the freshmen positive and working hard, but I also want them to see me as someone they can easily talk to,” Brandon said.

The atmosphere of the team has always been cheerful, supportive, and motivating, according to Brandon. “My teammates really push me to do my best,” Brandon said.

Being a student athlete has always meant being a student first and an athlete second, so the runners need to find ways to fit everything into their schedule.

“Practice is always at 3:30 PM and lasts from an hour to two hours depending on the workout, so that gives me plenty of time in the evening to get all my homework finished,” Brandon said. “Meets are always on Saturdays, so they don’t interfere with school work.”

Despite the long hours spent during practice, most athletes actually feel improvement after a competition, and most feel the need to perform better when competing as well. “Meets just have a higher energy and excitement,” Brandon said.

The cross country team has always been a tight-knit group at ND, “The whole team is like my family. We get so close

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SOFTBALL  
by Mason Galemore  
Editor in Chief

Softball started their season with a win. The girls defeated Jackson on Tuesday, September 3, 4-2.

The girls defeated Chaffee on September 4, 14-0.

The girls then played at the Notre Dame Sportsfest. They won four games, beating Cape Central 16-3, Chaffee 17-2, Festus 11-2, and Kelly 8-1.

Senior Sophie Hagan, who plays first base, is now in her fourth and final year of high school softball.

Hagan said, “I remember when I first started softball, I was six years old. My grandpa was an umpire and I used to go to his tournaments and I loved it so they signed me up and I’m still at it.”

Hagan explained how she contributes most to the team by boosting the morale.

Hagan said, “My personal strength on the team is probably cheering the team on and getting everyone hyped, even if we are losing.”

Hagan also shared what she does to manage her time during the hectic season.

Hagan explained, “During the softball season, I try to have all my stuff together and learn to pack the night before and have my homework done that night so I can be ready for the next day.”

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GIRLS GOLF  
by Bryson Kielhofner  
Staff Writer

The girls golf team began their season with a loss at Anna Jonesboro High School on September 2, 213 - 203. The girls continued their season on Tuesday, September 4, against Jackson. Jackson came out on top 189 - 167.

The golfers played again on Wednesday, September 11 and lost against Carbondale, 202-193.

Golfer Elisabeth Seabaugh is a senior and a leader on the team. Seabaugh has golfed since she was about ten, but didn’t play competitively until her sophomore year. Seabaugh said her dad pushed her to get involved because she grew up playing golf with him. She also talked about enjoying practicing and goofing off with her teammates.

Seabaugh said, “I absolutely love the girls on the team. They make golf so much fun.”

Seabaugh also said, “If anyone is thinking about joining golf I would highly recommend it because we have such a close-knit team and it will make your fall 10x more fun!”

The team consists of 11 girls and is coached by first-year coach, Mr. Brad Wittenborn. He said, “This is a terrific group of girls that represent Notre Dame with class.”

The girls golf team will be back in action on Tuesday, September 24 against Carbondale High School at the Cape Country Club.

BOYS SWIM  
by Bryson Kielhofner  
Staff Writer

The boys swim team had their first meet of the season on September 4, where they competed against Farmington.

The team also swam at the Cape Rock Invitational on September 7, where they made five state cuts.

Senior swimmer Nicholas Hux qualified in the 500 freestyle. Junior Drew Barber qualified in the 100 freestyle. The other cuts consisted of the 200 medley, swim by Barber, Joey LeGrand, Noel Keran, and Caleb LeGrand; the 200 freestyle, swim by Hux and Keran; and the 400 freestyle, swim by Barber, Keran, Nick Landewe, and Hux.

Coach Joe Graves is hopeful for this season.

He said, “Senior captain Nick Hux has done a great job rallying his teammates and getting buy-in for the team as a whole to take the off-season very seriously. Their hard work is evident and we are hopeful for a big payoff.”

Trey James has swim competitively for six years and on the ND swim team for four.

James said, “The thing I like most about swimming is hanging out and bonding with my teammates.”

The boys swim team will have their next meet at Poplar Bluff on September 19.
Sophomore Gracen James and senior Clayton Kirchdoerfer show their trophies at the 164th SEMO District Fair. They were each chosen as Herdsmen for their breeds: James for hogs and Kirchdoerfer for dairy cattle.

Bandana’s Barbeque
Continued from Pg.2

In the end, I ended up ordering the pulled pork sandwich; Abigail ordered the pulled pork sandwich with coleslaw; and Mason ordered the smoked chicken sandwich. We all chose standard french fries to go with our meal.

When we received our food, our first comments were about how well cooked the meat was, though, it could’ve used a bit more seasoning.

On the table were several different barbeque sauces which made me appreciate the variety. The service was nice, too. Our waitress was kind and asked us about refills on our drinks before we even needed them. When asked to briefly describe his food, Galemore replied with the phrases, “Savory; perfectly cooked; and not overdone.”

Overall, I recommend giving Bandana’s a try.

Cross Country
Continued from Pg. 6

during the season,” Brandon said.

A piece of advice from Brandon to those who are interested in joining cross country. “Be prepared to work hard. It is not easy. I feel it is one of the most rewarding this I have done so far, not only because of the running goals I’ve met but because of the amazing friends I have made.”

Softball
Continued from Pg.7

Like many on her team, Hagan’s goal is to make it to state this year.

Hagan said, “I personally want to make it to state. I’ve witnessed it as a fan, not as a player so I would love to see us make it that far and I believe we have the talent to do so.”

The girls are back in action at home Sept. 23.

Summer trips
Continued from Pg. 5

c. The conference is filled with great music, wonderful presenters, and a few thousand Catholic teens. Mrs. Timpe had the opportunity to be a group leader for this year’s Steubenville in Springfield, Missouri.

A lot of students from ND annually attend the conference, but Timpe recommends more go. “Teens get to encounter Jesus personally, in Word and Sacrament. The focus is on choosing Christianity as a joyful decision. When you get 5,000 teens in a room that is already brimming with energy, then add Jesus, the effects are amazing,” Timpe said.

The conference is geared to mainly youth and is specifically developed for high school students, but there are adults and college students who attend to act as chaperones or small group leaders. “There are conferences put on for college students, for example ‘Seek’, and three different adult Steubenville encounters,” Timpe said.

Timpe’s job as a group leader was to keep everyone in check for their safety. “Once I got there, my job was to get us where we needed to be, and keep track of everyone,” Timpe said.

“My favorite thing was watching so many teens living out their faith. Every time I leave, I have a renewed faith in the future of the church,” Timpe said. This was Timpe’s 9th year attending the Steubenville conference as a group leader.

According to her, she would have gone as a student if she had known it existed. “I think it would have been an incredible boost to my faith before going off to college,” Timpe said.