ND PRO-LIFE CLUB MARCHES FOR LIFE

From Jan. 21-25, 32 students from Notre Dame flew to Washington, D.C. for the annual March For Life; most students took this opportunity to express their beliefs and also experience a protest-march. Along with the students were Mrs. Halter, Mrs. Tomaszewski, and Mr. Keusenkothen.

However, the trip didn’t only consist of attending the March—other activities were planned as well: big things like visiting the Holocaust Museum and the White House, or minor things like taking pictures next to the Washington Monument were enjoyed.

This year, there was a Mass held at the Basilica in conjunction with the annual March for Life, which gathered more than 600.

Senior Hallie Stein said, “My favorite memory of the trip was getting to see my pen pal, Ruth, from the Holocaust Museum again. We’ve become pen pals since last year’s visit.” This was Stein’s second time attending the March and she has been a part of the Pro-life Club since her sophomore year.

The March itself emphasized political aspects that concern the rights of the unborn. “I’m glad I got to experience it. I appreciated getting the chance to march for unborn children,” senior Elise Ferrell said. This was her first time attending the March.

Junior Hannah Talley’s story touches on the effects of the choices made by mothers. “It’s so powerful that, my birth mom, she chose to give life instead of aborting me,” Talley said to Lucas Presson of the Southeast Missourian. “[That is] powerful to me because that could have been me, one of the 60 [million] babies that couldn’t have the same chance. So I’m marching for them and her choice,” Talley said.

This year’s March was particularly special compared to those of past marches since President Donald Trump spoke at the rally before the event began. This was the first time in history that a President spoke at the rally. “My favorite part was actually getting to see the President speak,” senior Grace Lemons said.

Over tens of thousands of protesters filled the streets from the National Mall to the steps of the Supreme Courts. Every person in the street was marching for the same thing. “At one point during the march, you get to the top of the hill and look back and see everyone behind you,” senior Casey Patterson said. “That’s always been my favorite part,” Patterson said. She has attended the March twice.

Senior Kathleen Oliver has attended the March for Life for two consecutive years, “My favorite part of the trip other than the March was sight-seeing, specifically the Holocaust Museum,” Oliver said. Getting to go with friends also made the experience memorable. “I recommend anyone going—if you’re a junior or senior then you should definitely take the opportunity and go.”
Here at Notre Dame, volunteer work is a subject given high value. Notre Dame uses the term Christian Service, but community service is widely available and appreciated by many of the people and businesses in Southeast Missouri. Many students and teachers at ND have very different skills and talents which are put into action with volunteer work in the community.

The Humane Society, for example, is a great place to help out with the homeless dogs and cats. Possible jobs include walking dogs, helping at adoption events, and playing with animals. Call 573-334-5837 or go to https://semonopets.org/volunteer/ to find out more.

Big Brothers/Big Sisters is a program in which high school students are paired with younger children to mentor and spend time. The big brothers or sisters of the children spend several hours every month with their partners doing various fun activities. The partnership in the program aims to make a difference for the better in both student’s lives.

Senior Hallie Stein

The City of Cape often has many volunteer opportunities. The city is currently looking for members of a litter team to help pick up trash off of the streets in different neighborhoods. If interested, call 573-339-6340.

There are many other various forms of volunteer work. A good place to start looking is the United Way of Southeast Missouri. United Way has many opportunities and connections for volunteer work such as American Red Cross, Habitat for Humanity, Salvation Army, and more. Visit the website at https://www.unitedwayofsemo.org/volunteer/ to browse all opportunities.

Volunteer work doesn’t have to be limited to local needs. Notre Dame plans mission trips every year. One of the annual Notre Dame trips is the Joan Strohmeyer Mission Trip. Mr. Gerry Strohmeyer has gone on the mission trip every year Notre Dame has taken the trip.

Mr. Strohmeyer’s favorite part of the trip is the comradery that is built between the students and even between the faculty and chaperones. He enjoys the students and chaperones coming together to help those in need.

Every year the location of the trip changes, but usually alternates between locations in Arizona, Louisiana, Texas, and Alabama.

From Feb. 16-21, 2020, Ms. Sarah Strohmeyer and Mr. Tim Garner took a group of 10 students to New York for the Franciscan Volunteer Program.

The program started in 2001. The program has been sponsored by the Franciscan Brothers of Brooklyn and every year a Franciscan school is chosen to host the event.

It is a week full of volunteering in different service projects throughout the region at a variety of organizations, such as food pantries, shelters, or anywhere help is needed.

This year’s participants were seniors: Kate Dittmer, Clayton Eftink, Mia Gates, Carter Harden, Gigi Merideth, Tanner Peters, Arjun Sahai, Emily Salter, Paul Scherer, and Natalie Timpe.

Notre Dame High School 265 Notre Dame Drive Cape Girardeau, MO 63701 HI-LITES

Hi-Lites is a member of the Southeast Missouri Scholastic Press Association, and the Missouri Interscholastic Press Association. The Staff and Editors encourage students to express their opinions through letters written to the editors. Organizations and other groups are subject to criticism, yet letters containing attacks will not be permitted. All letters must be printed and signed. The ultimate goal of this staff is to journalistically inform and entertain. Printing of the paper is funded by ad sales. Editorials are decided on by the publications editors. The Hi-Lites is an official publication of Notre Dame High School.

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ND PEP BAND KEEPS IT LIVELY

by Jona Vercide  Staff Writer

Junior Lauren Landewe, sophomore Patrick Lutmer, and junior Victor Thomas play their saxophones for Pep Band.

This year marks the 15th anniversary of Notre Dame having a Pep Band. Consisting of 26 students, the band has a remarkable variety of sections ranging from the electric guitar to classical instruments, like the cello. Despite the difference in instruments, Pep Band has been hyping up varsity basketball games with their own flare.

About fourteen songs are learned each year, but “I’m Shipping Up to Boston” by the Dropkick Murphys and “Seven Nation Army” by the White Stripes are two of the most memorable ones students have heard when attending basketball games.

The band mostly plays rock, with each song being two minutes long on average.

For over a decade, Pep Band has proved that it is possible to play rock with classical instruments—anyone with any instrument can join. Becoming a manager is always an option to students who are still interested in joining but don’t play a musical instrument.

Pep Band members include: seniors Levi Elfrink, Graciana Helman, Carter Harden, Hudson McVay, Bailey Schott, Amy Schaaf, Nick Karnes, and Connor Missey.

Junior members include: Victor Thomas, Lauren Landewe, Lindsey Landewe, Tristan Tucker, Henry Kennedy, Slaten Vowels, and Ashlyn Baer.

Sophomores include: Patrick Lutmer, William Richards, Katy Boehme, Kaylin Zoelher, Abigail Michael, Allison Schwarz, Gavin Harden, Grant Lange, and Cheyanne Joiner.

Freshmen members include: Bridget Bailey, Corbin Baird, Riley Baird, Hayden McVay, and Abby-Schaaf.

WILDFIRES BURN THROUGH AUSTRALIA

by Mason Galemore  Editor in Chief

Two Australian firefighters walk towards a bushfire in New South Wales, Australia, December 2019.

Many people admire Australia for its beautiful landscapes and wildlife. With over 300,000 different species inhabiting the continent—a third of which can’t be found anywhere else—Australia perhaps has the most biodiversity of anywhere on the planet.

Today, more than 24 million people live in Australia and they have prided themselves on protecting and nurturing the wildlife. But Australia’s love for its forests and wildlife has been tested. They have been battling one of the most destructive natural disasters in recent history, wildfires.

For the past five months, Australia’s wildfires have burned more than 27 million acres, a land mass twice the size of the state of Maryland. Every state in Australia has seen these destructive wildfires to some extent, but the majority of the fires have been along the Eastern and Northern coasts of the country. Though many of the fires have been extinguished, there are dozens of isolated fires still burning.

Australian Prime Minister, Scott Morrison, declared the fires to be a state of disaster, giving authorities broad powers to assist those affected.

According to several climate experts, these fires are the result of a nationwide drought that started in August. The lack of pre-burning, using smaller fires to prevent larger fires, also contributed to the vastness of the fires.

According ABC News, the fires have currently claimed 34 lives and destroyed more than 2,400 homes. Millions of animals have also been killed. According to most major media outlets, an estimated 1,000 koalas have been killed in the fires, along with 1,000 kangaroos.

In addition, thousands of Australians have fled the fires. On January 8, almost 4,000 displaced residents along the coastline of Victoria were evacuated by the Australian Royal Navy. This was the largest maritime evacuation in the nation’s history.

On January 15, 139 volunteer firefighters from the U.S. volunteered to help Australia combat the fires. Many consider this repayment by the U.S. after Australia sent 100 of their own firefighters to California to fight the wildfires there in the spring of 2019.

Fire operations specialist Elden Alexander was the first American firefighter to arrive in Australia in November 2019. Alexander stayed for 35 days, representing the National Interagency Fire Center. He said, “These fires are larger than any others I’ve seen in the U.S.”

“My job is to find logistical advantages in fighting these fires. I decide which areas need relief and the best ways in extinguishing these fires.” On Jan.24, three American firefighters were killed in -- Continue pg. 12
Notre Dame celebrated Catholic Schools Week from Jan. 27-Jan 31.

Since 1974, Catholic schools across America have celebrated Catholic School Week in honor of the education they provide to their students and to the world.

On Monday, Jan. 27 the entire ND student body celebrated “Future Day” where every student dressed in the attire of the college they wanted to go to.

The next day was Student Appreciation Day. The students were treated to ice cream sundaes during both lunch periods by the faculty and staff. Classes were also dismissed at 2:00 p.m. in appreciation for the students.

Senior Leighann Baz said, “It was great to be served ice cream and to see the teachers give such a kind gesture.”

Freshman Dearmont Goodin said, “I really appreciated the ice cream. It made me feel welcome during my first Catholic Schools Week at ND.”

On Thursday, ND held Grandparents Day when many students ate lunch with their grandparents. Most of the grandparents brought their grandchild food either from home or from a restaurant.

Senior Elizabeth Raines said, “I really appreciated getting to see my Grandma and eat good food with her.”

Senior Hudson McVay said, “It was nice to see my grandparents because I don’t get to see them very often.”

The next day, Friday, Jan. 31, Notre Dame held an All-School Liturgy celebrated by Bishop Rice. The Bishop visited every Catholic school in the diocese during the week to show his appreciation for all the teachers and students. The liturgy ended with several Notre Dame faculty members being recognized for their years of service to Catholic education.

Student Council then sponsored a lunch for the faculty after Mass for Teacher Appreciation Day.

During his homily, Bishop Rice said to all of the students, “Go home and thank your parents for working hard so that you could attend a school like Notre Dame.”

With all of the students and faculty coming together this year’s Catholic Schools Week was memorable.

Junior Avry O’Daniel said, “Catholic Schools Week is my favorite week of the year. It’s filled with fun activities and memories.”
“Catholic Schools Week is my favorite week of the year.”

--Avry O’Daniel

“I love Catholic Schools Week and sharing the experience with my friends.”

--Abigail Michael
From February 10-14, Notre Dame held its annual Homecoming Week.

The theme this year for Homecoming was “Cities”: the senior class chose New Orleans; the junior class chose New York; the sophomore class chose Rio de Janeiro; and the freshmen chose Orlando.

Each class spent many hours over the weekend prior to Homecoming Week decorating the hallways for their theme city. The junior hallway included the Brooklyn Bridge made of cardboard, and walking past that was a small Statue of Liberty placed in the center of the hall. The freshmen class’s hallway was decorated with Seaworld, complete with a fish tank with live fish; Disney World, with Star Wars; and Universal Studios with a section for Hogwart’s.

The junior’s hallway took first place, seniors followed second, then the freshmen, and lastly, the sophomores.

An assembly was held each day to celebrate.

Monday’s assembly featured a dance routine from the dance team and cheerleaders, as well as a dice game.

On Tuesday, the classes competed in a tug of war that the sophomores won.

On Wednesday, the school gathered in the gym and viewed videos put together to represent the different themes chosen by the classes.

On Thursday, the classes participated in a tournament ping-pong game. Playing one on one, each class chose one player to represent their class. Seniors chose Giffin Stewart, juniors chose Hayden Jansen, sophomores had AJ Perez, and freshmen chose Cole Bruenderman to play for them. In the end, the seniors won; the juniors placed second; the sophomores were third; and freshmen took fourth.

Lastly, on Friday, everyone gathered for a special ceremony honoring the senior class. Speeches were given by senior Clayton Eftink about hardships from his athletic history, Maggie Eby on leadership, and Coach Jeff Gravitt, who talked about showing up no matter what. At the end, the song “I Lived” was sung by seniors Hudson McVay, Connor Missey, Clayton Eftink, and Gabe Hurley.

The boys basketball team defeated Poplar Bluff Friday night (75-50) in the Homecoming game. Afterwards, many students filled the cafeteria for the Homecoming Dance. Each sport had representatives who took their place on the Homecoming court.

Elisabeth Seabaugh represented girls golf and was escorted by Evan Givens, who represented boys golf. Jasmin Maisuria represented girls tennis and was escorted by Bryson Ketcher, who also represented boys golf. Kristen Barwick represented the softball team and was escorted by Arjun Sahai, who represented the boys tennis team. Grace Landewee represented the girls swim team and was escorted by Blake Morris, who represented the boys cross country team. Maggie Eby represented the girls soccer team and was escorted by Nicholas Hux, who represented boys swim. Lastly, Selena Priggel represented the girls cross country team. Maggie Eby represented the girls soccer team and was escorted by Avery Perez, who represented the boys volleyball team.

Clayton Eftink and Maggie Eby were crowned Homecoming king and queen at the Homecoming dance Friday night.

In the end, after the scores were all counted, the senior class won. The point totals were seniors at 25, juniors with 23, freshmen with 17, and sophomores had 15 points.
TOP: Seniors Hudson McVay, Connor Missey, Clayton Eftink and Gabe Hurley sing “I Lived” by One Republic at the Homecoming Assembly on Thursday, February 20.

MIDDLE: Senior Justice Thoma about to make his shot during Notre Dame’s Homecoming Game on Friday, February 14.
Once during a summer trip to Memphis with my family, I had the privilege of visiting the Civil Rights Museum. The museum was erected out of an actual motel called the Lorraine Motel. The motel is the place where Martin Luther King, Jr. died. A wreath with red flowers was laid at the exact location where King was shot on the balcony of the motel’s second floor.

Most people remember studying Martin Luther King, Jr., in grade school, about how he stood up to racial and social injustice and how he gave his famous “I Have a Dream” speech in Washington, D.C. It seemed what most people learned implied racism ended with King. As the decades followed from the 1960s, it became apparent what most people learned implied racism still existed.

Today, Martin Luther King, Jr. is considered one of the greatest icons in American History. His legacy has changed society and has inspired many to stand up to prejudice when and wherever it appears.

In Washington, D.C., there is a statue of King on the National Mall. It resembles a large stone with King partially sculpted into it. The statue lies incomplete-symbolizing the work of King that was cut short by his death.

Throughout the 1960s King and others committed their lives to the struggle for racial equality. It became more dangerous with each passing year to speak out. For example, Civil Rights Activist El-Haj Malik El-Shabazz, better known as Malcolm X, was assassinated in February, 1965. His death only invigorated the movement.

On March 7, 1965, in Selma, Alabama, 500 African Americans converged on the Edmund Pettus Bridge to protest voting rights in Alabama. They were met with tear gas, clubs, and police dogs. This event became known as Bloody Sunday.

For the first time, millions of Americans watched a brutal protest ensue on their television screens. This caused a great outcry among those opposed to racial violence. Just two weeks later, 2,000 people, mostly African Americans, converged on the Edmund Pettus Bridge after a five-day march. Martin Luther King, Jr. organized and led this march, he was right in front.

In the end, the event that took place in Selma persuaded Congress to pass the Voting Rights Act of 1965 prohibiting racial discrimination during elections.

With Voting Rights secured and King’s efforts in Washington D.C. and in Selma the Civil Rights Movement was picking up more momentum. But the fight for America’s promised but undelivered equality was not over.

On April 3, King spoke to a crowd of demonstrators in front of the Mason Temple Church. There, King gave his famous “Mountain Top” speech.

King told the crowd, “I’ve seen the promised land. I may not get there with you, but I want you to know tonight, that we, as a people, will get to the promised land.”

On April 4, 1968, Martin Luther King, was standing on the balcony of the Lorraine Motel in Memphis, Tennessee. He was visiting the city as part of the 1968 Memphis Sanitation Strike led by the workers of the local sanitation department. The strike was organized after two African American trash collectors, Robert Walker and Echol Cole, were crushed from a trash compactor.

King was shot at 6:05 p.m. by assassin, James Earl Ray. The bullet hit King in his right cheek, severing his spinal cord and breaking his vertebrae.

After being rushed to St. Joseph’s Hospital, King was pronounced dead at 6:00 p.m. on April 4, 1968.

Riots sparked throughout the country out of anger for King’s assassination. Cities including Detroit, Washington D.C., Baltimore, and Chicago saw four days of protests.

Upon learning of King’s death, New York Senator Robert F. Kennedy spoke to an audience while campaigning for president in Indianapolis, Indiana. Kennedy asked the crowd to settle down and to lower their signs out of respect for the tragic news he was about to tell.

Kennedy said, “I have some very sad news for all of you and some very sad news for all of our citizens who love peace all over the world. Martin Luther King, Jr., was shot and killed tonight in Memphis, Tennessee.”

The crowd erupted in cries and gasps. After the information had settled, Kennedy spoke about King:

“Martin Luther King, Jr. had dedicated his life to love and to justice between fellow human beings. He died because of that effort. In this difficult day and this difficult time it’s best we ask what kind of a nation we are and what direction we want to move in.”

Just two months later, Robert Kennedy was assassinated in Los Angeles, California, while campaigning for president. Like King, Kennedy pushed for the rights of minorities and supported activism.

Many people asked the question, “What is our country coming to if a man can’t speak out against injustice without being killed?”

Today society has become more diverse and more accepting. More African Americans, Latinos, and other minority groups are being elected into leadership roles and other occupations that would have been impossible to become sixty years ago.

Thanks to King, the rights and opportunities of African Americans have improved since his death, however the conversation of equality must continue to ensure we never go back to the time of racial divide. We must also be inclusive in every aspect of life.

We continue the fight for equality just as King would have wanted and once a year we commemorate that struggle on January 20, Martin Luther King, Jr. Day.

So, if someone visits

-- Continue pg. 12
FEELING SLEEPY?
by Bryson Kielhofner

Have you ever passed someone in the hallway with red line marks across their forehead? It’s obvious they have been sleeping in whatever class they came from. While Notre Dame is a place students have great opportunities to learn academically and spiritually, some students find it difficult to stay awake throughout the day. Students may have difficulties getting enough sleep at night due to homework, chores, and social media/television; having poor sleep habits also prohibits students from properly learning during class.

Constant fatigue and gogginess are symptoms of not receiving enough sleep at night. Sleep requirements vary with each person; however, statistics from the Nationwide Children’s Hospital in Columbus, Ohio show most students need about nine hours of sleep each night. Studies revealed most teenagers only receive seven to seven and a half hours of sleep each night.

I interviewed senior Liam Files to find out how many hours of sleep he gets. He said he averages about six hours, but he aims for anything more than three hours. Files also feels a lack of sleep doesn’t affect him; however, it can cause him health problems in the future. Files drives from Sikeston and gets to school early every morning to skip the early traffic on the interstate, which may be one reason he sleeps so little.

In an article from US-News, surveys showed only about nine percent of teens get enough sleep and that only decreases as they progress through high school.

Senior Alex Albuix-ech-Robinson wakes up early to catch the bus from Illinois and said he receives six or seven hours of sleep. He often catches the bus at 6:15 A.M., which requires going to bed earlier in order to get enough sleep and wake up on time.

Freshman Hayden McVay said he gets about five and a half hours of sleep a night, but feels like he needs more. When he doesn’t get enough sleep, McVay feels tired throughout the day, becomes less social, and participates less in class.

According to an article from The New York Times, in 2016, the Seattle city-wide school district changed their high schools’ opening time to 8:45 A.M., 55 minutes later than the previous time. Before the change, students received an average of 6 hours and 55 minutes of sleep; and after the change, students began sleeping an average of 7 hours and 24 minutes. The study also found the change in opening time increased grades by about 4.5 percent.

Senior Mason Galemore gets about seven hours of sleep on average, but would like another hour of

-- Continue pg. 12

ZERO-WASTE: CAN I DO IT?
by Jona Vercide

A fter nonchalantly finishing a Starbucks drink and unwittingly throwing it away in the trash bin, I had a panic-stricken thought, “Not again!”

For a couple of months now, I have been experimenting with an environmentally-conscious lifestyle after being bombarded with news of climate change ending the world in the next decade. Despite knowing it wasn’t entirely possible, I became aware of how much my carbon footprint and environmental ignorance was affecting the planet. Thus, the panic after throwing away the Starbucks cup.

The term “zero-waste,” according to USA EPA, a federal agency for environmental protection, is a goal that is ethical, economical, and efficient to guide people in changing their lifestyles and practices in which all discarded materials are designed to become resources for others to use.

In reality, zero-waste is a lifestyle to consider when going green. This would typically call for a scary amount of commitment and dedication to make the right decisions everyday-- but it doesn’t have to.

Obviously, we all make some waste one way or another; starting from using disposable items to throwing random things into the trash. According to the US EPA, packaging and containers make up for 29.7% of trash in our landfills. These are packaging from disposable products that we use in our everyday life.

And according to Covanta, a global corporation that provides waste management services, in a 2019 survey on recycling they revealed that the average person didn’t know how to properly dispose of things beyond plastics and paper and 85% of the population threw most things into the trash that could have either been recycled, composted, or donated.

In addition, the US EPA has also reported that as of 2018, at least 40% of landfills are full of plain old paper that could have been recycled.

When we make careless decisions, it affects our environment more than we realize. And while it’s true that staying ignorant is easier than educating ourselves, a little change in our habits can have a large effect. Knowledge is key. So here are two categories to be aware of:

proper disposal and reducing our consumption.

Recycling and reducing are basic; we’ve all heard the saying growing up “reduce, reuse, and recycle.” Yet, we aren’t aware of what we’re recycling. We assume that waste management companies are going to separate our garbage for us. In reality, they can only separate so much; working in recycling or waste factories are much more labor intensive than we think. Due to improper disposal, waste that ends up in the recycling bin can be hazardous to the workers, destroy machines, or contaminate recyclables.

Mitch Hedlund, founder and executive director of Recycle Across America, said that at least 17 million dollars worth of machinery suffered from issues related to improper recycling every year. “Every 25 minutes almost on the clock, the equipment breaks down because of plastic bags, plastic films, or random garbage getting stuck,” Hedlund said. And when things get stuck, the workers have to climb into the machines and cut them out by hand.

When waste ends up in recycling bins, it contaminates the recyclables which reduces its quality to be recycled again. Eventually, when there’s too much contamination, the product gets separated and goes into the landfills.

-- Continue pg. 12
Girls Swim  
by Jona Vercide  

Senior Paige Barber has been swimming for the ND swim team since her sophomore year. “I had never even considered swimming before [high school] and it’s why I didn’t start freshman year. But during my sophomore year, some friends finally convinced me to give it a try and I’ve been swimming ever since,” Barber said.

According to Barber, her favorite part of being on the team is getting to be with all the unique people. “We’re all so different, but we have a lot of fun together,” Barber said. Her teammates are also her motivation to become a better swimmer. “There are so many talented swimmers on the team and practicing with them pushes me to improve,” Barber said.

Another aspect that she loves about swimming is seeing her time improving, “I love the feeling you get after you drop a lot of time in a race,” she said.

The team atmosphere, according to Barber, is usually positive and uplifting. “When we’re not complaining about practice, we’re usually joking around with each other and having a good time.”

Just like most athletes, she also has pre-competition rituals that help her get into the right mindset. “Usually what I do before a race depends on what kind of meet we’re at. If it’s a big one like an invitational or conference, I usually listen to music to clear my head and focus before I get in the water,” Barber said.

Despite living in Sikeston, which is half an hour away from ND, she manages to fit everything into her schedule. “This year, practice times are a lot earlier. So instead of getting out of the water at 6PM, we now get out at 5:10PM. This has helped me a ton since I live in Sikeston,” Barber said.

She encourages any underclassmen to consider taking swimming as a sport.

“It’s a lot of hard work, but I wouldn’t trade my time on this team for anything.”

---Senior Paige Barber

Boys Basketball  
by Bryson Kielhofner  

The boys varsity basketball team is made up of 13 boys. The varsity team consists of seniors: Tyler Landewe, Kam Dohogne, Drew Heisserer, Tyler Parker, Jack Floyd, John Esssner, and Justice Thoma. Juniors include: Hayden Jansen, Caleb LeGrand, Chase Logel, Ty Collier, Jake Young, and Nick Williams.

Of those boys, senior Justice Thoma plays forward and has played for Notre Dame for four years.

Thoma has been playing basketball since the age of five. He started playing with his dad on a church league team.

To Thoma, the atmosphere of the team outside of basketball is fun to be around. During the games and practices it’s competitive and loud.

Thoma enjoys practicing because it helps him get better, but prefers playing games. You get to compete against another team and there’s always a lot of people that come to watch.

---Senior Justice Thoma

His favorite teams to play are Sikeston, Central, and Jackson because those games bring the largest crowds.

The intensity of the game is Thoma’s favorite part of the sport. “I love playing in the loud and crazy games the best.”

Thoma hopes to play college basketball following this year, but hasn’t decided where yet.

Girls Basketball  
by Mason Galemore  

This year’s girls basketball team includes senior players Riley Burger, Emily Kellum, and Yasmeen Rogers; juniors Allie Burnett, Delaney Dohogne, Emma Higgins, Alora Smith; sophomores Leah Jansen and Lexi Rubel; and freshman Tori Rubel.

Senior Riley Burger is in her fourth year of basketball. Burger said, “My parents both played basketball when they were younger. Initially they were the ones who inspired me to start playing.” Burger explained, “Conditioning often starts as early as August or September for me. And as winter sports overlap with spring sports I find myself competing in basketball while simultaneously preparing for softball and track.”

Playing basketball-with the girls is by far my favorite part. This year has especially been fun just because of my teammates and how well we get along and have fun together.

---Senior Riley Burger

The boys will compete in the district tournament which will be held at ND from Feb. 29 - March 6.

The Lady Bulldogs will compete at districts at Notre Dame from Feb. 29 - March 6.
Wrestling
by Mason Galemore

Senior Madeline Mullen

Team members for the boys team were: seniors Brandon Ross and Daniel Schmidt; juniors Aaron Deken, Nathan Karnes, Henry Kennedy, Dylan LeGrand, and Tyson LeGrand; sophomores Sam Brucker, Owen Dowdy, John Madalon, and Trey Schreckenberg; and freshman Ethan Jackson.

This was the first year Notre Dame has had a girls wrestling team. Team members were: seniors Jona Vercide, Madeline Mullen; and freshman Emma Steimle.

Cheer
by Jona Vercide

Senior Elisabeth Seabaugh

Seabaugh has been cheering for two years. “I cheered my eighth-grade year, but didn’t join high school cheer until I became a junior,” Seabaugh said. Her decision to begin cheering was actually because of a different sport. “What made me decide to cheer was actually basketball. I had played for seven years before I began cheering and I was just burnt out-- I was ready for something new,” Seabaugh said.

Her favorite part of cheering is doing stunts. “There is no better feeling than hitting a stunt that you have been struggling with in front of the crowd,” Seabaugh said. Aside from that, she also has a favorite cheer routine song. “It would have to be Sicko Mode-- we’ve opened with it in last year’s Homecoming.”

But just like every other sport, there are some downsides. “What I hate most about cheer would be the ‘conditioning’ exercises at the beginning of practice,” Seabaugh said. Despite it all, she stays hard working and motivated. “The atmosphere is definitely determined. But with a good amount of laughs and fun mixed in.

Seabaugh’s teammates are also there for her to keep her going.

What I like most about being on the team is definitely the girls. They make the activity so much fun and so interesting.

—Senior Elisabeth Seabaugh

Dance
by Bryson Kielhofner

Senior Mary Claire Oberlohr

The girls dance team has been hard at work with many performances at home games. One of the senior dancers, Mary Claire Oberlohr, has been working hard to make her dance routines as good as possible.

Oberlohr has been on the dance team for four years. Her favorite thing about the dance team is the other girls.

We always make the best out of any situation and overall just enjoy the time we spend together!

—Senior Mary Claire Oberlohr

She enjoys performing over practicing because the team gets to show what they’ve been working on. She also enjoys the support from the Blue Crew.

Teamwork and support for the team are things that motivate Oberlohr to be the best dancer she can be.

“I think what really inspires me to work hard at dance is the end result and all the support we get from the Blue Crew and cool dances we end up putting together, realizing we did it as a team,” said Oberlohr.

The seniors on the team include: Oberlohr, Mia Gates, and Sydney King. The rest of the team includes: junior Delaney Shaffer; sophomores Paige Campbell, Elise Edwards, Lauren Cladis, Anna Schuchardt, and Narine Berberian. There are two freshmen: Emma Riney and Karlyle Kasten.

Oberlohr’s main goal for the season is to be a good example and role model for the underclassmen for when they become seniors. She wants to encourage them to welcome new girls on the team.
the Lorraine Motel in Memphis, and sees MLK’s wreath, they can reflect not on a tragic story but on the story where America finally changed for the good. And where men and women like King helped it turn.

--- Sleep

sleep at night. He believes starting school at a later time would improve his sleep and his attitude for the day. “One day, for Activity Week, the seniors had a late start and I got to sleep in. I felt a lot better that day,” Galemore said.

On the other hand, senior Jona Vercide believes that starting school later would be detrimental to the sleep of teens because they might stay up later. Vercide wishes for ten hours of sleep a night, but only manages to get about five hours. Lack of sleep affects her thought processes and causes her to work slower.

Mr. Ben Edwards aims for seven hours of sleep, saying it gives him enough time to get things done between schoolwork and chores at home. He says he may only get five hours of sleep some nights due to his baby having issues sleeping. “It’s toughest during basketball season because of pep band adding onto my other work,” Mr. Edwards said.

While almost everyone sometimes finds difficulty in getting the proper sleep at night, it is most important for teenagers to get enough sleep. Senior Clayton Eftink said he receives about eight hours of sleep a night, which seems to be a quality amount, as he is often awake and alert throughout the school day.

Early in life, such as the teenage years, sleep disorders may begin to show. These include narcolepsy, insomnia, restless leg syndrome, or sleep apnea. These all contribute to how students learn during school and how they act throughout the day. Several consequences of not getting enough sleep include limits on learning and concentration, aggressive behavior throughout the day, and even weakened immune systems which can lead to illness.

Whether it’s working to avoid the various sleep disorders, keep a healthy immune system, or just trying to get enough sleep to make it through math class, it’s important to get the proper sleep needed at night throughout the school week. While everyone has different sleep habits, it’s still important that teenagers, and even adults, receive enough sleep.

Some ways to improve sleep habits include taking naps, avoiding large amounts of caffeine in the afternoon or evening, being active during the day, and avoiding bright screens of computers or mobile devices before bed. Going to sleep and waking up at consistent times also helps train the body to have a working internal clock, which tells one when to go to bed and when to wake up.

Improper disposal, according to Hedlund, hurts the environment more than we realize.

So, think twice before tossing random garbage into the recycling bin and vice versa. According to Hedlund, recyclable products thrown into the trash become contaminated with garbage which then voids their recyclability-- hence why there’s so much recyclable paper in landfill. This could all be prevented by becoming wearier if the material we’re throwing away is in the right bin.

Aside from recycling, reducing our use of disposable products can help us avoid making waste in general. There is a lot we can do to minimize our use of disposable products. For example, I’ve almost (keyword: almost) stopped spending my money on fast fashion stores.

But what even is fast fashion? According to Merriam-Webster, fast fashion means inexpensive clothing being rapidly made for the mass market; it is generally thrown away after a few months of use due to its poor quality-- hence why it’s considered “disposable.”

McKinsey and Company, a business that pushes for a sustainable economy, stated that clothing prices from fast fashion companies have gone down to a scary -3% in the United States. As the prices lower, factory workers suffer; many working for almost fifteen cents an hour.

According to the World Bank, a financial institute that gives grants and scholarships to poorer countries, carbon dioxide emissions are estimated to increase to 77% in millions of metric tons by 2025 as consumer spending increases. This is due to the abundance of fossil fuels being used to generate energy in the fast fashion industries. McKinsey and Company estimates that 1 kilogram of fabric would generate 23 kilograms of greenhouse gases.

Fast fashion products are also considered disposable because of their poor quality, and only 30% of the population kept their clothes bought from fast fashion brands for only half as long as in 2017 according to McKinsey and Company. In addition, a little less than half of those clothes were thrown away in landfills or incinerated. Due to their poor quality, only 20% of fast fashion clothes are reused or recycled globally according to the Ellen MacArthur Foundation.

You can lower these statistics by considering buying from sustainable clothing brands like Reformation, Alternative Apparel, and Everlane. Their prices are more expensive compared to fast fashion brands-- prices usually starting no lower than about $50-per piece, but their clothes are made in factories that uphold ethical standards. And their expensive price tags aren’t just for show-- their prices are for their quality.

Other options to consider are thrifting at local thrift stores, investing in vintage items, garage sales, finding second-hand clothing. Buying from these places ensures that clothes are being reused and aren’t constantly being replaced. In fact, I still have clothes from thrift stores that have lasted me for about four years.

And finally, try to donate clothes to charities, clothing drives, and thrift stores.

Zero-waste doesn’t have to be a hassle; educating ourselves on proper disposal and replacing disposable items can become second nature with time and effort. If we start practicing better habits in terms of our consumption, we can pave the way for a sustainable future.

--- Wildfires

a crash while water bombing the fires in New South Wales. Among the three dead were: Captain Ian McBeth, 44, of Great Falls, Montana. McBeth was piloting the plane; First Officer Paul Clyde Hudson, 42, of Buckeye, Arizona; and Flight Engineer Rick DeMorgan Jr., 43, of Navarre, Florida. Their C-130 tanker plane crashed near Cooma, Australia, due to poor visibility from smoke. To help those affected by the wildfires you can contact the Australian Red Cross by calling: (1800) 733-276, or by donating online at www.redcross.org.au.