



Tales of DeSales

May Is Mental Health Awareness...

The month of May is Mental Health Awareness Month. Mental Health Awareness Month is a time that organizations across the nation help to end the stigma surrounding mental health issues, provide support for people and families living/dealing with mental illness, and raise awareness about the issues that mentally ill people face everyday.

Mental health has been considered a taboo subject for decades, but with the help of organizations such as the National Alliance on Mental Illness the subject has been brought to light and discussed in a more positive way.

Teenagers are especially susceptible to struggling with mental health issues. Common mental illnesses that teens face are depression, anxiety, and drug abuse. Many teens develop mental illness or develop a drug use habit to cope with stress or trauma. Adults are especially responsible for making sure that any teen struggling with a mental health issue gets the help they deserve. Therapy and communicating with family or trusted adults is key to helping teenagers who are struggling.

If you or someone you know is struggling with a mental illness or having suicidal thoughts, never be afraid to reach out for help. If you are a student helping a friend or fellow classmate through mental illness, think about talking to a trusted adult for help. You are not alone and there are people out there who are willing to help you. **By: Taryn Cox**

Suicide Prevention Hotline: 800-273-8255



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The Odd Couple Play Opens May 13....

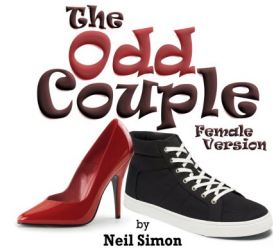
Students in the sophomore, junior, and senior classes along with Mr. Rohde is putting on a production of **The Odd Couple**. **The Odd Couple** (female version) features six girls and two guys along with a small stage crew. Rehearsals started in April a few days a week, given *The Odd Couple* is a shorter play with fewer cast members. Rehearsals have ramped up, with the performance dates being moved up a week from initially planned. Some cast members along with the high school theater class have been building the set along with gathering all the props needed. This is one of the first primarily upperclassmen and spring productions that Mr. Rohde has put

on and he is enjoying it.

Performances will run May 13-15 with one performance on Friday, May 13 at 7:00 pm; one performance on Saturday, May 14 at 7:00 pm; and one performance on Sunday, May 15 at 2:00 pm. Tickets will be available online.

Disclaimer: **The Odd Couple** contains adult situations and humor and may not be suitable for young children.— **By: Taryn Cox**

A hilarious comedy about unlikely roommates.



8th Grade End-of-the Year Events

At the end of the school year, the eighth grade class will be running a field day for the younger grades at Assumption. There will be tons of fun events, ranging from bouncy castles to water balloon tosses! There will also be the annual obstacle course for the younger kids to complete. Popsicles will also be provided for the kids during the day. Other fun games include bump, freeze tag, and more! When asked what she's most excited for, Anniston Jimenez replied, "I can't wait to bring back something the 8th graders have got to do in the past!" The field day will occur on June 10, the last day of school. The eighth graders will travel to Assumption for games and fun with the younger classes!



Every year the eighth grade class gets to take a trip at the end of the school year. This year the class will be taking a day trip to the theme park, Silverwood. The students worked hard throughout the year to raise money for the trip by selling pizza weekly and asking for donations at the DeSales' plays along with sweet treats. The amusement park includes massive roller coasters and water rides. When asked of his thoughts on the eighth grade trip, Manning Filan responded, "It sounds cool. I don't really know." The trip will be occurring on Thursday, June 3rd. Students need to arrive at 7:15 a.m. to board the bus and will be returning late in the afternoon. When asked what she's most excited about, Anniston Jimenez replied, "I'm very excited to be able to spend time with everyone and enjoy what we have worked for this year."

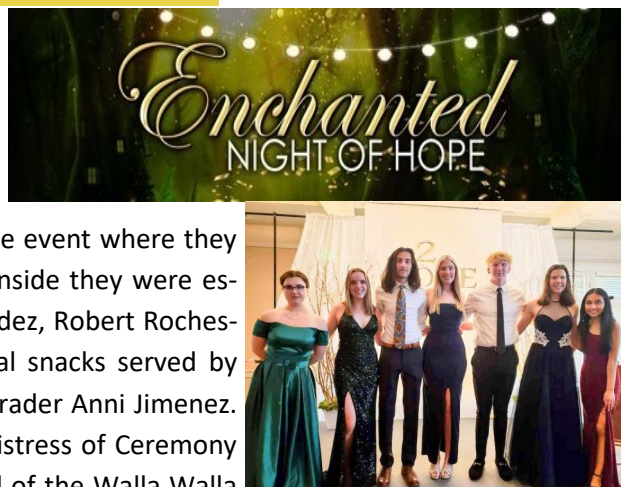


Lastly, the 8th grade will hold its Promotion Mass on Friday, June 10 at 4:00 p.m. at Assumption Church. All families and friends of the 8th grade class are invited to attend this special celebration. Immediately following the Mass will be the promotion ceremony into high school. After the ceremony, the Home and School Association is providing punch and dessert over in the parish hall. Please mark your calendars! **By: Lilly Haugen**



HOPE Is Once Again a Success.....

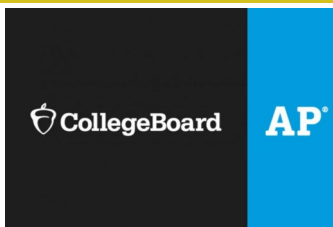
With the hard work of many volunteers, the *Enchanted Evening of HOPE* concluded as quite a successful event. **HOPE**, which stands for Help Offer Private Education, began in the early 1980s as a small fundraiser that had grown so successful that it has moved its venue from the DeSales gym to the Walla Walla Country Club. Approximately 300 guests attended the event where they were greeted by juniors Jack Lesko and Morgan Thomas. Once inside they were escorted to their table by seniors Hadley Beechinor, Jocelyn Hernandez, Robert Rochester, and Frankie Worden. The attendees were treated to special snacks served by sophomores Leah Ruthven, Regina Nelson, Talise Bivins and 8th grader Anni Jimenez. At 6:00 the guest were seated and were welcomed by Master/Mistress of Ceremony Frankie Worden and Hadley Beechinor. A special thank you to all of the Walla Walla Catholic Schools supporters came from seniors Robert Rochester, Maddie Wahl, and Mary Elizabeth Balof. A dinner choice of either beef tenderloins, salmon, or vegetarian was then served and the guest enjoyed their meals. One special moment came when senior vocalist Zoey Green sang the song *The Prayer* with senior Hadley Beechinor accompanying her on the violin. The performance was quite moving and received a standing ovation. Lastly, after thank yous, dinner, and an incredible musical performance, the auction began led by Booker Auctioneers Camile and Austin and their team. Between the silent and live auction items, **HOPE** raised an incredible amount of funds for our schools. Many thanks to all of the WWCS volunteers and sponsors (especially HOPTE chair Rosalie Lesko) who helped plan such an incredible evening of dinner, entertainment and a live auction. With dedicated volunteers like these, the WWCS would not be able to continue. **By: Cheryl Sutlick**



Spring Testing Is Upon Us....

Testing can be challenging and stressful for all students and may is a time filled with many. Early may is the ap testing month as well as the asvab taken by juniors. After these AP tests most classes are going to start preparing for finals. Many studies have found new ways of studying and methods to eliminate stress before and during testing. The best way to prepare is to make sure to eat and drink lightly before the test and have water closely available during the test itself. The mayo clinic did a study and found imagining a positive outcome helps dramatically with improving scores. The SQ3R is the new way to study according to teachers and consists of skimming, asking yourself questions, and then reading the material thoroughly. An older study method that remains effective is simply filling out flashcards and quiz yourself on concepts and terms. Tests can be very stressful but making sure you're prepared is crucial to a good test score. Hopefully these methods improve your tests and decrease your stress!

By Erin Beck



Jack Lesko....

Congratulations to junior **Jack Lesko** who was selected to play in the SWX All Star Game (Tri Cities versus Yakima). Jack's outstanding 2022 basketball season was recognized as part of other incredible basketball players from the Tri Cities area. The Walla Walla Catholic Schools community is very proud of Jack as he represents what being an Irish athlete is all about. Great job Jack!



Eighth Graders Part of HS Sports....

As you know, Desales' sports are always very popular, especially in the spring. This year we have quite a few eighth graders who are participating in the high school sports which are golf, baseball, softball, and track and field. Uriah Raymond, Luke Haider, Jaxon Kezele, and Matthew Beck are all on the golf team. They have been doing really well.

Eighth graders Connor Nunez, Jason Guest, and Wade Huether are taking part in baseball. Although they are so far in the season, there is still much more to go, and they remain undefeated. While they are on the high school team, they also participate in the middle school baseball games.

As for softball, Maddie Ortuno and Veronica Renholds are the only students partaking in this sport. They both are having a really enjoyable time. Veronica Renholds said "High school softball is definitely harder, but it's a great challenge! "

Last but not least, the eighth graders playing up in high school track and field are Anniston Jimenez, Sarah Auth, Izzi Parker, and Paulina Rodriguez. Izzi commented, "Doing this really pushes me to reach my full potential and helps me work harder to reach my goals." All of these students have indeed worked hard and have improved so much! As far as one can see, many of the eighth graders are very athletic and ready for a challenge that is high school sports. **By: Sarah Auth**



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DeSales Students Work With Kids With Disabilities....

Even though most people see playing sport as a normal, everyday thing, there are some people who don't get that kind of experience because of a mental or physical handicap. This is leaving many kids, who can't play, unable to enjoy the feeling of meeting kids with similar interests, playing on a team, or doing anything of the sort. Luckily, with the help of our DeSales student community, the Walla Walla Valley Disability Network is able to organize an event where kids who usually can't play on teams, get to play a game of baseball with the help of other kids. This way they can enjoy the feeling of hitting a ball and running around the bases. Over 20 DeSales students participate in Challengers.

If the idea of helping kids with certain handicaps enjoy themselves in ways they usually don't get to, then you might consider joining Camp Attitude, which is a 6 day long camp during the first week of August that helps kids do fun activities such as playing Laser Tag, Eejoying themselves at a lake, and playing games at a fair with their buddies. The first day of camp, volunteers get to meet all the kids and get to know them, and the next day they get paired up with those they get along with the most. Some people don't recognize how important it is for kids to experience these kinds of things because they usually can't, and parents are so grateful for these kind of opportunities. If you are interested in helping then please see Mrs. Sutlick. She can get you in contact with Mr. and Mrs. Scheel who sponsor the DeSales group. **By: Frankie Healy**



Ancient Greece...Theme of 2022 Prom

This year's prom was the first prom in three years for Desales and ASB worked hard to have a great night. Prom was located at the Gesa Powerhouse Theater and was decorated in an ancient Greek theme with pillars, vines, and a blue and gold photo booth. The space had two levels, one for dancing and another for snacks and photos. Many staff members attended the dance as chaperones and all agreed it was a fun night.

This year's royalty had a fun time being announced at the dance. For the first time royalty included freshman. This year's princesses were Tori Kimble, Macy Chavatal, Erin Beck, and Hadley Beechinor. The princes were Sal Sisk, Levi Bingham, Eli Hurwitz, and Jadon Bingham. Finally, this year's king and queen were Hadley Dunham and Robert Rochester.

For snacks, ASB made fruit skewers and cupcakes for the dance and also worked on a balloon arch to go over the pillars. Mr. Rhode searched diligently to find an available DJ before the dance, but to no avail. All students enjoyed having him pick the music and entertain them throughout the event.

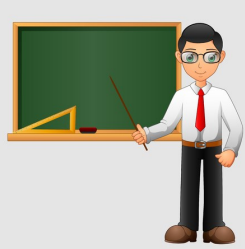
Overall, prom was a great time for all students who attended and everyone is very excited for Homecoming! **By: Erin Beck**



Teacher Appreciation Week

Since 1984, National PTA has designated one week in May as a special time to honor the individuals that lend their passion and skills to educating our children. PTA events at the national, state, and local levels celebrate outstanding contributions teachers make. National PTA also serves on the selection committee for the National Teacher of the Year. During the week of May 2nd through the 6th is Teacher Appreciation Week. During this week the student body will usually make cards for all teachers showing their gratitude and respect for them as teachers. Our Home and School committee has planned a week of fun surprises for all the teachers and staff from both Assumption and DeSales. Monday the teachers will receive an array of potted plants, Tuesday is a baked potato bar for lunch, Wednesday coffee and donuts will be served, Thursday gift bag surprises will be handed out, and Friday the staff will receive a variety of gift cards. Teachers prefer heartfelt gifts and cards that are handmade rather than premade store bought cards. Besides gifts from students, teachers also appreciate letters or email from parents showing their gratitude towards all of their hard work. Outside of Teacher Appreciation week we should always show immense respect, gratitude, and appreciation to our teachers and school staff especially now. Online school and Covid-19 restrictions have made teaching harder than before. A big thank you to our teachers for all of your hard work we would be the students we are today without you.

By: Izzi Parker



Congratulations to the new members of the National and National Junior Honor Societies
Great work to all!

