

Tales of DeSales



Athletic Recruiting

When exploring the idea of where you may want to pursue your college education, factoring in the idea of continuing an athletic career is a great option if you have a love for a sport! With proper skills, experience, and work ethic, collegiate level athletics is attainable, even in such a competitive process. To get recognized by a specific program, there are a few key traits that you would want to develop so not only can you be the best fit for their team, but the overall college experience will be the best for you!

The first topic to consider is what level of competition you want to play at. Whether it be at a Division I or Division III school. There are both benefits and disadvantages to coming in to play at each level of athletics. For example, while playing at a Division I school may introduce more opportunities to face tougher competition and earn more scholarship money, it is important to factor in the idea that most athletes at this level dedicate 40 hours a week to athletic activity. While this may sound like a dream come true to some, it may also be better suited for one to play at a less competitive level where practices are limited to 20 hours a week, allowing for more free time to focus on other subjects such as school and social activities.

It is also crucial to determine where you would like to go to attend college. Does the idea of studying all the way across the country excite you, or would you rather stay right in your hometown? Playing sports in college opens many doors to places you may have never considered if it had not been for athletics, and the decision is yours to make....near home or far from home.

The final tip that is best to remember when pursuing collegiate athletics is how you are going to separate yourself from the thousands of other high school students across the country that are looking to play the same sport as you. There is no way around it, recruitment is an extremely competitive process that demands dedication from prospective athletes. To find a school that will be the perfect fit for you, the first step is setting yourself apart from other athletes to prove to the recruitment coach that you are capable of having a positive impact in their school. By identifying your individual strengths, you will be able to showcase what makes you a better candidate for a program over another prospect looking into the same school.

It may seem like a lot of hard work and dedication, but it will be more than worth it if you have a pure love a sport, and want nothing more than to pursue your career at the next level!

By: Hadley Dunham



Inside this issue

March Madness	2
College Applications.....	2
Trade School or Military?	3
The Move from Uniforms.....	3
8th Grade Beware!.....	3
High School Life	4
Community College.....	4
The SATs	5
Online College.....	5
Interview with Mrs. Ruthven	6

Journalism Staff

Maddie Wahl, Hadley Dunham, Morgan Thomas, Taryn Cox, Talise Bivins, Macy Chvatal, Sean Sollars, Lauren Rohde, Tori Kimble, Maddie Scott, and Jeyten Strnadell
Adviser....Mrs. Sutlick

March Madness Is Upon Us

March Madness is a series of basketball games in college to determine who is the best Division One NCAA basketball team. It is a single elimination tournament played each spring featuring 68 college basketball teams. The name March Madness comes from the excitement around Illinois state high school basketball tournaments over sixty years ago. It's been two years since the last March Madness championship was played in 2019. The 2020 championship did not happen due to Covid-19.

In the 2019 finals Virginia beat Texas Tech in overtime 85-77. This 2021 season has not ended yet, but favorite and number one seed Gonzaga beat some powerhouse programs this season including Kansas, Iowa, West Virginia, Virginia, and Oklahoma.

deserving of the number one seed because they had an easy schedule. However Gonzaga beat some powerhouse programs this season including Kansas, Iowa, West Virginia, Virginia, and Oklahoma.

Some ways you can participate in March Madness besides watching the games is filling out a bracket and predicting the games. People can make all the predictions they want, but only time will tell who the best team is. The Final Four will be played on April 3 and April 5. Go Zags!

By: Sean Sollars



"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." ~Malcom X



College Applications...You Can Do It!

With numerous options and overwhelming offers, applying for college can seem convoluted and hard to figure out. So this article will help explain the process and help the stress of applying lessen. To start, you want to make sure your transcript (grades) is the best it can be throughout your four years of high school. Your enrollment period, starting in August of your senior year and lasting through November, is best to complete early so you aren't worried about the deadline quickly approaching. You need four items to submit and application: your transcript, SAT scores, the paper application, and of course, some amount of money for the application fee.

To simplify this, you can use Common App to organize your application and make it easier to apply to multiple colleges. Most schools will send you emails frequently, so use your school email when asked. This way once you apply and then leave for college, your email won't be full due to the school accounts being deactivated. It is also important to keep your priorities straight. As mentioned, most schools send you a lot of emails inviting you to events or other activities. Focus on your goals and try not to get too bombarded by everything. You can do it!

By: Macy Chvatal

Trade School? The Military?

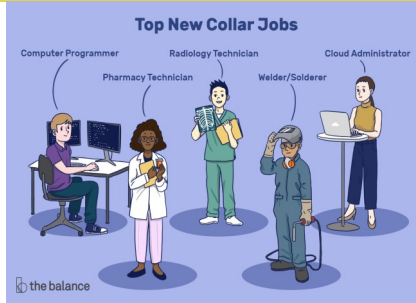
Amongst many young adults, going to a 4 year college or university is the most common route after high school. However there are other paths you can take such as Trade School and the Military. The opportunity to become a lineman comes up every year for Desales students with a scholarship application. If you're wanting more experience and responsibilities, consider working on a construction site. Also think about being an electrician, and learn some new skills! Massage therapy is another option if you go through different school options or a Co-Op program etc.

Some more advanced jobs include going through the military. There have been many students who have chosen to go through the armed forces right out of high school, going to a military academy or doing ROTC at a college. WSU, CWU, GU, UW and EWU are colleges/universities that include an ROTC program.

Trade school careers vary from being a cardiovascular technician to being a plumber. It can include learning how to weld or being an auto repair technician. On the other hand, trade school allows you to get a Non-MD job in the medical field at a Community College level.

Trade school and the military are great choices for post high school plans; you learn many life skills and responsibilities by being hands on and open to new beginnings.

By: Morgan Thomas



8th Grade Beware!

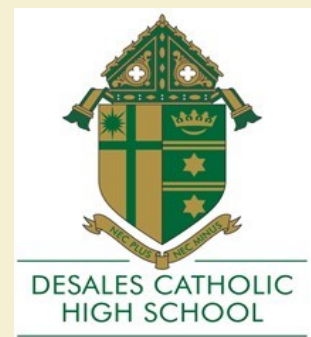
By Madeline Scott

When shifting from middle
To high school it's true
That it's overwhelming
When out of the blue,
High school activities
Sneak up on you.

So many things
To look into:
There 's Girl's League,
Theatre,
Both you could view.
National Honor
Society, too.
In Campus Ministry
There are quite a few.
ASB, Knowledge Bowl --
More things you could do!

But don't choose too many
At once to pursue
Because staggering stress
May be soon to ensue.

And don't treat the Lord
Like he hasn't a clue.
He knows what to do
Much better than you.
If He's trying to speak
And you heard
and you knew,
Remember, He knows *you*
Even more than you do.



Moving From Uniforms to Dress Code

Changing any part of a normal routine, especially something you've done for a long time, can be difficult. For 8th graders, they will soon enter into high school and say goodbye to the years of uniforms. So in order to keep things easy, let's talk about entering into an entirely new dress code. High school is already stressful enough so worrying about your outfits shouldn't cause you to be more anxious.



One of the most recommended points from high schoolers is to dress comfortably and dress for yourself instead of others. Many students really like the dress code and find it very easy to work with; they find it doesn't really have a big impact on their school life. It makes it easier to express yourself and show your personality. Although many teachers believe that the dress code could be more strict, they believe it does its job and keeps the school disciplined.

In order to prevent extra stress and anxiety, planning your outfits ahead of time by setting out your clothes or getting a good idea of what you want to wear the next day can help. If you don't like coming up with your outfits ahead of time, organizing your closet and separating school appropriate clothing from non school appropriate clothes can make it easier to find outfits. Expressing yourself in your outfits is always important but make sure to keep your outfits within the dress code so that you can continue to help make DeSales a place that looks professional.

By: Tori Kimble

Learning to Manage High School Life

In this time of year high school seniors are getting ready for college, but 8th graders are also preparing to make the leap of faith into high school. 8th graders should not be worried about their teachers, time management, or social skills because everything that they have learned K-8th will apply to everyday life as a Freshman.

You might be wondering about the new sports and activities available to do in high school. There are plenty of clubs, sports, and school management positions for all who want to participate from freshman to senior year. DeSales also allows 8th graders to play up in sports that otherwise are only for high schoolers. This gives "Freshmen-to-Be" a taste of what is to come in High School.

High expectations are also awaiting you from your teachers, faculty, and other students alike. Teachers expect you to manage time according to homework and to keep your grades up even if you are doing a job or activity after school. Grades are an important topic to remember when transitioning to high school, because they matter more and are

shared amongst school teachers. Many teachers have noted students who participate in extra-

curricular activities have an easier time managing their work than students who do not participate. "It's the best time management tool I know," said Mrs. Sutlick.

When moving to high school, 8th graders should not be concerned with their new teachers or the homework load since we have gained the skills to adapt from nine previous years of school. "Freshmen-to-Be" should focus on their grades in all classes, what activities you will want to participate in, and having a great time in your 4 years of High School.

"Move on, it's just a chapter in the past. But don't close the book, just turn the page."

By: Lauren Rohde



Is Community College the Choice For You?

Many students have heard about attending community college either for a transfer degree, trade school, or a fully employable career straight out of college. These are just some of the benefits of attending a community college.

Tyler Cox, an Animal Science instructor at Walla Walla Community College, talked about the financial advantages and educational opportunities available at WWCC. He said that attending community college is a great way to save money. If a student attends community college for two years instead of going straight to a four year university, they can save around \$30,000 to \$50,000 per year. A student can go to community college for two years and receive an associates or fully transferable degree to attend a four college and save large amounts of money. Community College is also a highly personalized higher education choice and it provides for closer relationships to professors.

In terms of Walla Walla Community College, there are many benefits for students graduating from DeSales to attend WWCC. WWCC is right at home and offers many career paths ranging from the trades, theatre arts, and agriculture. WWCC offers small class sizes and personal relationships with instructors. So when considering where you plan on attending college, don't forget the advantages of attending a community college.

By: Taryn Cox

Fun fact: At today's rate of return on investments, if a student was to invest the \$30,000 they would save from attending community college the day they turned 18, when they turned 65 the \$30,000 would amount to around \$1,000,000.



The SATs and College Acceptance....

Becoming a high schooler means you are expected to take the PSAT and the SAT test your senior year. For some students the test is hard while others enjoy the free online test prep, detailed feedback or the opportunity to see their improvement. Sometimes we wonder why we must take these and what is the point? Taking this test allows you to earn scholarships, merit-based aid, and competitive admission if you do well.

The struggle with the SAT test is that it demonstrates if you are a good test taker. It does not show the creativity and critical thinking of students. You may be a great student but struggle with taking tests. The test also disregards skills that you may have that could impact your college years and life in general. GPA scores are good as they express what you have accomplished over the years.

Nowadays there are quite a few colleges that are either test optional or not required at all. Even at test optional schools, there is still an opportunity for you to get merit based scholarships. With Covid and the pendulum swings, more colleges are becoming less reliant on test scores. In order to get a scholarship, the opportunity sometimes comes from the NMSQT portion of the junior PSAT test, while more practical sources are from individual schools and scholarship providers who set a certain bar for students to reach on the SAT in order to earn a certain award.

Overall the SAT will build skills for you over time, open doors to college, test your knowledge on reading, writing and mathematical skills, and show colleges your capabilities as a student. Although it does not take into account all factors of your knowledge, it is still worth taking a try, especially because you could save money in the long run. **By: Maddie Wahl**



Online College Could Be the Answer for Some

Online college courses are a steadily rising alternative to in-person courses. Mainly because of the global pandemic.

There are a lot of pros to online schooling, but the cons, unfortunately, level them out. What makes online courses so appealing is the flexibility and convenience with schedules. You can shape your schedule to your own needs and don't need to worry about traveling anywhere to get to your classes; everything is right at your computer. Aside from scheduling classes, you can complete classes at your own pace too. Even if one of your classes is about six weeks long, you can complete it in six days, as long as you meet the requirements. Online college can save money on cars or gas, or time with walking to classes. Overall, online colleges are more alluring to graduating high school students, because of the flexibility and customization of it all.

There are cons to trying online college,. Although, yes, adjusting your classes around your schedule is helpful and stress relieving, having the discipline and motivation to attend class and do your work can be a problem. If you don't already have self-discipline or a

sense of responsibility, online college turns into a major dilemma. College is about independence and growing in skills you'll need as an adult. No one is forcing you to attend classes, because you should be doing that by yourself. Communicating is an issue too. Teachers get an overwhelming amount of emails with in-person school, but online classes make it ten times worse. Receiving assignments online, turning in assignments online, attending classes online, or doing anything online makes it so much harder to communicate with your professors; they're overwhelmed enough as it is.

Despite the cons, online college is great for students who have a packed schedule, but only if they're responsible and self-disciplined. Many more students of all ages are trying it out.

By: Talise Bivins



The Wisdom of Mrs. Ruthven...Entering High School

The more we age the more we advance in mind and body; there are many different questions to be asked, yet here are a few answers from Mrs. Ruthven, our school counselor!



Do you think high school is more a time to explore yourself or prepare yourself for the future?

"High school is a time to find out who you are, what you'll be doing, and where you will go. When you explore yourself, you find out your future by finding what you truly love."

Is there a difference between when people interact with you in middle school vs. high school?

"People communicate as they are able and we are all on our own timeline, high school should not affect your status drastically."

What do you think is the best thing you learn in high school?

"You learn about yourself and your potential, try new things and don't expect to be awesome at them. High school is a time to experiment!"

How different can high school be compared to middle school?

"Middle school is the best training ground for high school, the different teachers, classes, middle school prepares for high school. They have been slowly introduced by having lockers, moving from class to class, and the added responsibilities given to middle schoolers over those in elementary school."

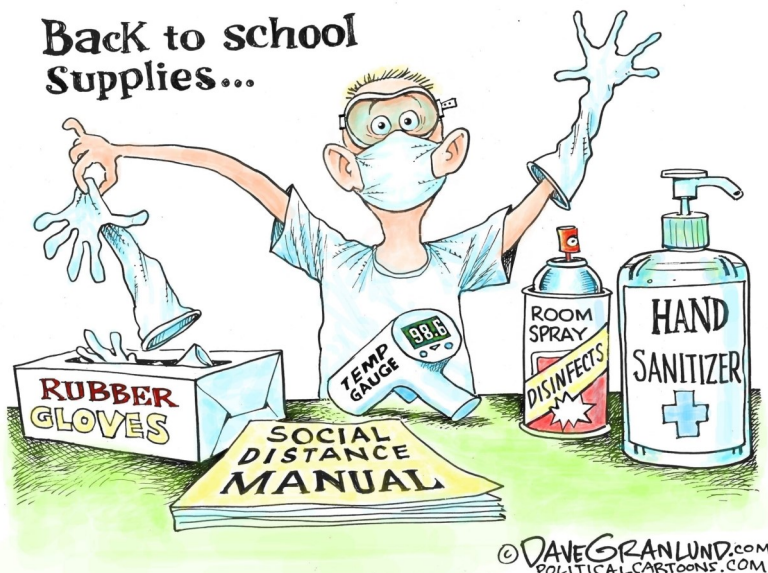
Do you see people change personalities in high school - for better or worse?

Everyone is growing and we all have stages, we can not judge about better or for worse. People don't grow worse; they are having moments and will learn from their mistakes and moments."

What are the biggest challenges?

"All the new teachers and worrying. Worrying causes more problems for you then facing it- all of your classmates are being put into the same situation as you, you are not alone and everyone knows you won't be perfect."

Interview by: Jeyten Strnadel



"Live as if you were to die tomorrow. Learn as if you were to live forever."

~Mahatma Gandhi
