

## DE-STRESSING STUDENTS



Roy Petitfils speaks to students during an assembly on Friday. Photo by Gloria Wang

### Roy Petitfils visits Marist to speak about stress and anxiety

By Cole Vendetti

Guest speaker Roy Petitfils joined the Marist community Thursday and Friday to inform others about the stressors of teenage life through his past experiences. Petitfils' inspiring life story worked to try and motivate students, through bringing up issues of stress that he dealt with as a teenager and that are

still present among students today.

Petitfils has been a youth minister and school counselor, and now offers his time as a private counselor. His work with teenagers and young adults draws inspiration from his personal struggles he experienced years ago.

Members of the Christian Leadership Class and Retreat

Team spent time with Petitfils before and after he spoke to the entire school. The students learned how to be better equipped to deal with their own stress and anxiety, and the stress and anxiety of others that is shared with them.

On Thursday he spoke with the Marist staff after school, and then parents from 7 to 8 p.m.

## Marist Saints Come Marching In

By Livia Kokkino

The Marist community gathered in the main gym on Tuesday morning to participate in the annual All Saint's Day Mass, celebrated by Fr. Ken Olsen.

In his homily, Olsen used saints as an example of how to lead and love in our daily lives. He also expressed the importance of making the most of life, and having a positive outlook on death.

In honor of All Soul's Day on Wednesday, Olsen extended an invitation to the group at the end of Mass, encouraging them to write the names of deceased friends and family members in a book that will be kept in the Chapel all year.

The deceased will be prayed for at staff meetings on Wednesday mornings all of November.

Marist grandparents were invited for coffee after Mass with



Fr. Ken Olsen preaches the homily during All Saints' Day Mass. Photo by Toni Cooper



Junior Jace Krier smiles with his grandparents. Photo by Toni Cooper



Junior Caroline Gonyea poses with her grandparents. Photo by Toni Cooper

Marist President, Suzanne Graf, in the Academic Resource Center. This was the first time that the event was offered and provided

a new way in which the Marist community could extend and connect.

### "Flick or Treat" for Marist Ultimate



Juniors Justin Potwora and Griffith Bell, seniors Brayden Riley and Nicholas Olmos, and junior Brian Pina model their costumes. Photo by Benny Flores

"Captain America," Ultimate Frisbee Coach Grant Gilchrist said as he reminisced upon Saturday's Flick or Treat Ultimate tournament in Portland. The Marist team took the field on that sunny morning clad in costumes, such as Justin Potwora's Fred Flintstone-esque loincloth, and Brayden Riley's Captain America morphsuit, ready to take on the competition.

Players sprinted up and down the muddy field, cheers and laughter arose from the sideline, and opposing teams couldn't help but laugh as they observed the rowdy bunch. The team made it to the tournament semifinals, and as Brennan Franssen noted in Monday morning's announcements, "The team played with great effort."

## Sports UPDATES

### No.1 Ranked Volleyball



Senior Taylor Gibson and junior Claire Hoffman celebrate during their first round play off game on Saturday. Photo by Teresa Molina-Gomez

The Marist volleyball team kicked off their journey to the state tournament on Saturday by defeating Crescent Valley 25-17, 25-17, 25-12. The Spartans dominated their first round of the OSAA State Tournament, led by Claire Hoffman with 21 kills, as well as Taylor Gibson with 35 assists. The team also had 53 digs and 8 aces.

The no. 1 ranked Spartans arrived at Liberty High School Friday morning and decided beat Hood River Valley 3-0, and will be competing in the semifinal match tonight at 6:30 p.m. A student filled rooster bus will be traveling to Liberty to support the team as they continue onto the tournament and hope to come home with a championship title.

### Marist Football Victorious



Head coach Frank Geske congratulates the team after their win over Eagle Point on Friday. Photo by Gloria Wang

Marist's varsity football team played their final game of the season last Friday night on the Kevin Teller Field. The evening opened with the celebration of the ten seniors on the team.

The football team ran away with the win, beating Eagle Point 35-21. "There was outstanding effort and hitting. The level of

hitting that we did made me feel good, but that only happened because the players were so excited," said head coach Frank Geske.

Up until Friday, the Eagles were ranked no.1 in the Midwestern League.

Though the Spartans will not be competing for a state trophy, the team ended the season on a three game winning streak.

### Soccer Season Comes to a Close



Sophomore Gabrielle Ficek charges towards the goal with the ball at home against Silverton on Tuesday. Photo by Toni Cooper



Junior Jose Cardenas gears up to kick the ball at home against Silverton on Saturday. Photo by Jenna

Congratulations to both the Marist boys and girls soccer teams for finishing their season with winning records. The Marist boys finished with an OSAA 5A no.12 ranking while the girls finished ranked 8th.

Unfortunately both teams were knocked out of the state competition by the Silverton Foxes who come from the soccer-strong Mid-

Willamette Conference. Silverton beat our boys 2-1 in a home state play-in game last Saturday and then on Tuesday, in a 1st round playoff game at home, they got the 1-0 upset win over our girls.

"It was a great season, the players kept each other encouraged," varsity girls soccer coach Rodrigo Hernandez said.