

# PHSpirit

## 2026



Captain Paul Nickell, 1996 alumnus,  
with Mrs. Nickell at the Change of  
Command event.

See Paul's news on page 17.

**A PUBLICATION FOR THE COMMUNITY  
OF PARACLETE HIGH SCHOOL**  
*The Catholic High School of the Antelope Valley*

# PHSpirit 2026

**PHSpirit is published annually by the Advancement Office at Paraclete High School for alumni and friends.**

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Captain Paul Nickell, 1996 alumnus,  
with Mrs. Nickell at the Change of  
Command event.  
*See Paul's news on page 17.*



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# A Message from Principal John Anson

Dear Paraclete Family,

As we begin a new school year at Paraclete High School — a year rooted in faith, excellence, and community — I am writing to share some exciting news and to ask for your support of our 2026-2027 Annual Fund.

Our tuition is intentionally kept below the actual cost of educating a student to ensure that a Christ-centered education is accessible to as many families as possible. Because of this, Paraclete relies on resources like the Annual Fund to bridge our funding gaps. You will have the opportunity to select your specific area of giving within the mailing that will go out this fall. I encourage you to prayerfully consider making a gift to our Annual Fund.

Each day, our students walk a path guided by faith, academic growth, and character formation. To support this journey, we must provide not only strong spiritual and academic foundations but also a welcoming, safe, and inspiring environment. This year, we are turning our attention to three campus improvements:

- **Heating and Cooling for Our Gymnasium:** The Godde Gymnasium is a cornerstone of student life, hosting everything from physical education classes and school Masses to athletic events and school assemblies. Installing a new HVAC system will ensure year-round enjoyment for everyone. Our goal is \$150,000; we are almost halfway there and need your help to cross this funding finish line.
- **John F. Shea Athletic Complex Upgrades:** Our athletic complex plays a vital role in fostering school spirit, discipline, teamwork, and wellness. Planned improvements include upgraded spectator areas, new sideline benches, and landscaping enhancements around the Ciufo Training Center. These updates will directly benefit the entire school community.
- **Campus Beautification:** Our outdoor shade trees and beautiful landscaping improve the appearance of our campus while providing peaceful, shaded areas where students can gather and reflect. Our trees are currently in need of professional pruning. If you can help fund this project or know of a local landscaping service that could assist us, please keep this need in mind.



We invite you to support our Annual Fund. Your tax-deductible gift — of any size — will make a meaningful difference in the lives of our students and help us maintain a campus worthy of the values we teach.

You may give securely online at <https://www.paracletehs.org/support> or use the enclosed envelope to mail your gift. If you would like to designate your gift toward a specific project, simply include a note with your contribution.



Your generosity is a blessing that continues to shape the hearts and futures of our young people.

With deep gratitude and prayers,

**John W. Anson**

Principal  
Paraclete High School

# Welcome Class of 2026!

## The Senior Surfers:

### *“We’ll never be those kids again.”*

#### Highlights from the Senior Surveys

##### Which memories will you remember forever of your time at Paraclete?

**Jacob Linares:** “My favorite memories were the Spirit rallies, bus rides home from volleyball games, and API (Asian Pacific Islanders Club) practices with my friends.”

**Noah Weilbacher:** “I’ll always remember the bus rides my sophomore year for baseball and my senior retreat, hanging out with my friends, and the senior class and enjoying moments together.”

**Briana Dakhil:** “I will always remember spending time in the counselors’ office and Mr. Sadeghi’s class.”

**Taylor Day:** “I will always remember winning CIF my sophomore year (2024).”

**Noah Schneir:** “My amazing teachers providing a learning environment every single day and my baseball team.”



##### Describe your Paraclete High School experience in a few words:

**Addi Vandecar:** “Busy, fun, social, and achievement.”

**Kaylen Sandberg:** “Collaborative, community, life-long, meaningful.”

**Sydney Scriptor:** “My time at PHS has been one of my biggest blessings. I have made so many lifetime friends. I have many memories in and out of school that I will cherish forever.”

**Lake Ginn:** “I would say it was very filled with camaraderie. We always tried to work together, whether it was activities or homework.”

**Sophia Linares:** “I went through a lot of trials and errors with taking up to 5 AP classes junior year whilst participating in 2 sports and being part of ASB/class office. I’ve grown in ways freshman me couldn’t imagine. Thank you, Paraclete.”

**Alejandro Galvan Jr.:** “A very calm place.”

**Cesar De La Cruz:** “Feels like forever, but not long enough.”

**Camryn Freeman:** “Eye-opening, blessing, challenging, and rewarding.”



##### Your advice or words of encouragement to underclassmates:

**Gavin Kosick:** “Be involved in everything you can, because you may regret it later if you don’t.”

**Sophia Gorrindo:** “Branch out and talk to everyone; the community at this school is unlike any other high school. It feels like a family.”

**Janna De La Cruz:** “Your smile is the best form of makeup.”

**Michael Washington:** “Shooters shoot, always believe in yourself, and take chances.”

**Davy Spencer Potot:** “Keep the school spirit alive my friends! Never be afraid to try something new! Your time in high school goes fast, so make the best of it as possible! HOORAH!”

**Vanessa Orellana:** “I would like to begin by saying that time really does fly and enjoy everything Paraclete has to offer.”



## Advice to your future self:

**Jordan Kosick:** "Your backup plan ends up being your primary. Always go for what you want, no matter how difficult. There is no try, only do."

**Shaylee Scripter:** "Stay true to yourself and always be humble."

**William Harris:** "Do what your heart desires."

**Savaughn Gentle:** "Don't be afraid of failure, stay humble, and push pass current success... because The Job's Not Finished."

**Jacqueline Rose:** "You are worth so much more than you think. You can do anything you put your mind and heart to, and God is with you as always!"



*With God's comfort and direction, the Spirits thrive!*

# John F. Shea Athletic Complex News

Our athletic complex progress continues thanks to the generosity of the Shea Family Foundation, the Ciufo Family Foundation, and other much-appreciated donors. Their gifts allowed Paraclete to create the Ciufo Family Foundation Training Center where our teams can practice and hold scrimmages and physical education classes work out. Our soccer field, part of the Calandri Stadium, has now been named: Ciufo Soccer Field. Thank you one and all.



In this past year, our outdoor facilities saw the Spirits earn a football co-championship, softball championship, baseball championship, as well as success in our soccer, track & field, and cross-country teams.

With gratitude and joy, we thank our donors for making a dream athletic complex come true!

## Faculty News

**Student favorite, Mrs. Kris Bandziulis, retired at the end of the school year. Here are her...**

### *Reflections on 20 years*

“It all started with a yes to this question: 'Do you think you could teach Biology and Anatomy?' Little did I know that it was the beginning of a cherished second career. During twenty back-to-school nights, I emphasized that my goal as a science teacher was to pique each student's curiosity for the world around us. Why would anyone want to preserve nature if they don't understand the interconnectedness of all living things? What are the good choices to be made as stewards of the environment and their own lives? The Anatomy class was approached as an instruction manual for their body. I had chosen nursing because I loved everything about the human body and especially enjoyed teaching patients how to take care of themselves. Some of my favorite moments at Paraclete over the years have been the random visits from former students. I am especially delighted when I find out they are nurses as well, that they are in med school, or pursuing a chiropractic degree. Even some students that started out wanting a medical career but found other pursuits still appreciate the camaraderie they felt in my classroom. This was always rewarding and affirming.

“Paraclete has always emphasized family, service, and unity. I actually enjoyed the responsibility of attending sporting events and other extracurricular activities. I especially liked being a moderator for various clubs. Who knew that someone with a background in Lithuanian folk dancing would end up as API club moderator working on the tinikling performances for ten years? The Fabric Arts and Fashion Club, Liturgy Choir/Band were a labor of love. I will fondly remember so many of the teachers and staff I have worked with. A special shout out to my Science Dept. Co-Chair, Mr. Steven Urmanski, whose enthusiasm for teaching and caring for the students is phenomenal. I leave Paraclete with a somewhat heavy heart because I will miss everyone. I hope to travel some, immerse myself in activities I hadn't enough time for, and probably even still show up at some of the games.”



# Alumni Profile ~ *Setting the Stage for Success*

## Carla Corona '95

**Carla kindly answered a few questions to share her life, career path, and words of wisdom.**

### **Share a little of your family history.**

"I was born in Van Nuys, CA and raised in North Hollywood until age 7. My family decided to move to Palmdale in hopes of a more affordable, safe, and peaceful life. I attended public school for two years then went to St. Mary's Catholic School where I formed many friendships that I kept throughout Paraclete High School as well."

### **Tell us about your education highlights.**

"Bachelor of Arts in Dramatic Arts from UC, Berkeley, Master of Arts in Performance Studies from New York University, Tisch School of the Arts"

### **Do you have personal relationships you would like to mention?**

"My closest and dearest friends, my chosen family, went to Paraclete High School. Over 30 years of friendship that I do not take for granted."

### **Tell us about your accomplishments.**

"I feel incredibly blessed to have experienced so many meaningful milestones throughout my life. One of my lifelong dreams was to live in New York City, and I was fortunate to make that dream a reality. I earned my master's degree from New York University while living in Manhattan, and after graduation I moved to Brooklyn for several years, launching my career in nonprofit education."

"In 2008, I returned to California and continued working in the nonprofit sector. While the work was rewarding, I realized that my true passion was arts education. I was fortunate to serve as an Education Coordinator at nationally recognized organizations, including Center Theatre Group and the Los Angeles Theatre Center, where I witnessed firsthand the transformative power of theatre. Every day reinforced my belief that the arts have the ability to change lives, build confidence, and strengthen communities."

"Inspired by that calling, I decided to pursue a career in higher education. I joined Antelope Valley College as an adjunct faculty member in Theatre Arts, and in 2023 I was honored to be hired as the college's full-time tenure track Theatre Arts faculty member. I am

currently in my final year of the tenure review process and look forward to earning tenure in Spring 2027."

"As I became more rooted in the Antelope Valley, I felt a growing desire to serve my community beyond the college classroom. I wanted to help shape educational opportunities for young people on a broader scale. In 2022, I ran for the Antelope Valley Union High School District Board of Trustees."

With the support of my family, friends, and community, I was elected as the first Latina in the district's more than 100-year history. Today, I have the privilege of serving as Board President, and I look forward to seeking re-election in November 2026 so I can continue advocating for students, families, and public education throughout the Antelope Valley."



### **What is your favorite memory from your days at Paraclete?**

"There are many wonderful memories from my time at Paraclete that it's difficult to choose just one. If I had to pick, I would say my favorite memories were being involved in class leadership. I loved helping plan campus events, decorating for school activities, promoting school spirit, and bringing our classmates together. Those experiences taught me the value of teamwork, leadership, and serving a community."

### **Who was your favorite teacher at Paraclete?**

"That is a difficult question because I have been fortunate to have several teachers who made a lasting impact on my life. If I had to choose one, I would say Ms. Michelle Wilson (Michelle Ranck). Although she was my religion teacher, her influence extended far beyond the classroom. She believed in both me and my friend, Angelica, and encouraged us to start a choir. She became our advisor, mentor, and biggest supporter, giving us the confidence to lead and pursue something we were passionate about. Her belief in us taught me the importance of empowering students and trusting them to accomplish great things."

"I would also be remiss if I did not mention Mr. Rick Hernandez. His first-year teaching at Paraclete happened to be my senior year in 1995. He directed *Damn Yankees*, the first musical I ever performed in, and that experience changed the trajectory of my life. It was through that production that I caught the "theatre bug." Looking back, I can honestly say that one opportunity opened the door to a lifelong passion that eventually became my career as a theatre educator.

"Both teachers shaped me in different ways. Mrs. Ranck showed me the power of believing in students, while Mr. Hernandez introduced me to the art form that would become my life's work. Their influence continues to guide the way I teach, mentor, and serve students today."

**How did Paraclete help you in college/life?**

"Paraclete prepared me tremendously for both college and life. The discipline, academic rigor, and high-quality education I received gave me a strong foundation and made the transition to college much smoother. By the time I entered Cal, I felt well prepared to manage the demands of rigorous coursework, balance multiple responsibilities, and think critically.

"Beyond academics, Paraclete instilled values of leadership, service, faith, integrity, and perseverance that have guided me throughout my personal and professional life. Those lessons have remained with me as I pursued graduate school at NYU, built a career in arts education, became a college professor, and now serve my community in public education. Looking back, I recognize that Paraclete helped shape not only my academic success but also the person and leader I have become."



**Do you have words of wisdom or advice that you would like to share with Paraclete students?**

"Believe in yourself and trust that you have a unique purpose in life. High school is only the beginning of your journey, not the destination. There will be moments of success, challenges, setbacks, and unexpected opportunities, but each experience will help shape who you are becoming."

## Homework:

- 1) Check us out on Facebook and Instagram.
- 2) Share your email address to receive occasional messages from PHS.
- 3) Please include Paraclete in your giving plans.
- 4) Stay connected and share your new address when you move.
- 5) If you enjoy this PHSpirit newsletter, please let us know!

# Homecoming 2025

## Join us at Vince's Pasta & Pizza

**Paraclete fundraiser at Vince's Pasta & Pizza on Friday, October 9, 2026 – Homecoming Day!** 2833 West Avenue L, Lancaster, California - dine in, take out, delivery, great pizza, and other menu items. Mention PARACLETE HIGH SCHOOL on Friday, October 9, 2026, Homecoming Day, and a portion of your sale goes to Paraclete High School. Take your hunger to Vince's.



**2025 Paraclete Homecoming** drew alumni from just about all decades. The vibe was high and then the Spirits arrived on the field to Metallica's "Enter Sandman" to start the game! The Spirits prevailed over Village Christian 24-14 under the leadership of Coach Erick Jackson (2002 alumnus).

### *Some of the attending alumni captured in photos:*



Bridget McKeon Guerra 1979, Suzanne Orr McGuire 1978,  
Julie Caton 2001, Donna Caton-Manke 1975,  
Richard Caton 1972, Carol Manke-Resa 1979,  
Brian Sandman 1998, Louis Bravo 1997,  
Vincent Burton 1975, Adriana Alvarez Wells 2016,  
Louis Mang 1985, Richard Wilson 1979, Anne Wilson 1979,  
Elisa Bower Maish 1995, Kai Kendrick 2016,  
Christy Gore 1994, Ian Fountain 2025, Brett Novak 2025,  
Sarina Dardan Arredondo 1997, Brian Sandberg 1993,  
Aubrey Gilman 2018, Monica Gutierrez Hall 1989,  
Leana Moleta Palaita 2012, Jill McCaughey-Marr 1988,  
Jeff Bower 1975, Janet Godde Bower 1974,  
Donovan Carter 2019, Ernie Dluzak 1972



# From the Advancement Office

## Paraclete High School Chaplain Father Norbert Joseph

*Father presides every Sunday at the noon Mass at St. Serra Parish in Quartz Hill, California.*



We are thrilled and deeply grateful to announce the new **Father Norbert Joseph, C.S.J., Endowment Fund**. Established with a generous gift from spirited Paraclete parent Barbara Russell (her children: Tom Russell '87 and Cherie Russell Shoffstall '91), this fund celebrates Father Norbert's lifelong dedication to faith and education. As our Paraclete High School Chaplain, his spirit, along with the legacy of the Congregation of Saint Joseph will now be preserved to support and shape our students for generations to come.

An endowment fund is designed to protect and sustain the future of an institution. Unlike a standard donation that is spent immediately, the core capital of an endowment is safely invested and **kept intact FOREVER**. Paraclete only utilizes a portion of the investment earnings each year. This creates a permanent, predictable source of revenue that ensures the school can withstand economic shifts and maintain its high standards of excellence over the long term.

A primary focus of this fund is to expand our tuition assistance program. Father Norbert loves the students at Paraclete High School. As the school Chaplain, he also believes that financial constraints should never stand in the way of a child receiving a high-quality, faith-based education. By generating consistent annual payouts, the Father Norbert Joseph, C.S.J., Endowment Fund will directly fund scholarships for families in need.

Furthermore, this endowment fund offers our alumni, parents, and benefactors a way to honor Father Norbert in a very meaningful way. Donors can contribute knowing that their gifts will be managed with strict oversight and will multiply in value over time. Whether through direct gifts, multi-year pledges, or estate planning, this fund provides a reliable foundation that transforms single donations into a lifetime of support.

We at Paraclete feel strongly that this honor is deserved. Father Norbert and the Congregation of Saint Joseph have spent decades pouring their hearts into nurturing the minds and souls of our Paraclete students. He teaches five classes, counsels our students and their families, attends athletic functions, celebrates our school Masses, and hosts club and athletic retreats. Father's energy and love for Paraclete is boundless. By anchoring his name to this perpetual fund, we guarantee that Father Norbert's charisma, values, and devotion to service will remain an active living force in our school community for a lifetime.

### **Spirits from the Class of 2026 shared their thoughts on Father Norbert:**

**Tyler Gocke:** "You're the best teacher I've ever had; thank you for all of the knowledge you've given me."

**Karla Trejo:** "I really like Father Norbert because he truly represents priesthood. He's always kind and welcoming to others and does not expect anything in return."

**Ethan Breschi:** "He is the model of Paraclete and one of the kindest, most generous people I know."

**Bryan Alvarez:** "Thank you for always being kind and an amazing teacher. I learned a lot thanks to you and I'm going to be really sad that I won't see you every day."

Kindly consider a gift to Paraclete using the attached envelope, give online at <https://www.paracletehs.org/support-paraclete>, or use the QR code below. Questions? Email: [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org) or call (661) 943-3255 ext. 111 or [VNovelli@ParacleteHS.org](mailto:VNovelli@ParacleteHS.org) or call ext. 128.



# Naming Opportunities and the Spirit Legacy Walkway

**Naming opportunities\*** are still available for your support. If Paraclete High School has made a difference in your life or the lives of your family members, now is your opportunity to give back and leave a legacy. Check out this page for details: <https://www.paracletehs.org/athletic-complex-naming-opportunities>.

New **pavers** have been installed, and we are taking orders for the next round. Be a part of the SPIRIT LEGACY WALKWAY! Individual/Family/Business pavers\* are encouraged as well as those representing classes or teams. To order your paver, check out this page on our website for the paver form and how to donate: [www.paracletehs.org/athletic-complex-donate](http://www.paracletehs.org/athletic-complex-donate). When giving online, be sure to include on the PayPal Giving Fund page your name and email address so we will know the gift is from you. Checks are welcome as well. If you have questions, contact Janet at [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org) or (661) 943-33255 ext. 111.

\*Naming opportunities and paver messages subject to approval and availability.

*Please consider a gift for one of these areas  
or to a designated need of your choice.*

## **Endowment Funds provide long term support for our Paraclete.**

Gifts to each named Endowment Fund are an investment in the long-term financial health of Paraclete High School. Endowment Funds are held in long-term investments with the principal remaining untouched, which creates a permanent source of revenue for the school's annual tuition assistance program. Each endowment fund is structured to grow over time through reinvestment of interest, and dividends earned will be used towards tuition assistance. Consider a gift to an Endowment Fund today!

**John and Haydee Nottoli**

**Donna Martin**

**Father Norbert Joseph**

**Father Mariano Biasio**

**Chris Hawkins**

## **Scholarship Funds provide help for students in need.**

*Name your own scholarship!*

Scholarship funds are ways to give back to Paraclete. A fund can be set up in your name to promote the ideals you embody or in the name of a loved one. A gift to one of these funds will allow a student in need the opportunity to get an advantage for life by attending Paraclete High School. Make a difference today by contributing to a fund.

**Michael McGuire**

**Coach Ray DeShane**

**Caryl Hier Rising Star**

**Annual Fund**

If you would like to create a fund in your name or to honor a loved one, please contact Vicki Novelli at [VNovelli@ParacleteHS.org](mailto:VNovelli@ParacleteHS.org) or (661) 943-3255 ext. 128 or Janet Bower at [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org) or (661) 943-3255 ext. 111.



**Joseph Ciufo '09  
checking out  
Room 105.**

## **School Needs**

Campus Ministry

Classroom Improvements

Innovative Technology

Other (your designation)

# Our gratitude runs deep! Thank you to our donors for keeping the *spirit* alive.

To view our list of donors, please access the Honor Roll of Donors on our website:  
<https://www.paracletehs.org/support-paraclete/donors>

## New Place to Pray on Campus

We extend a very spirited thank you to  
Barbara Russell for our new sacred space...  
our Pietà Grotto.

Pictured with Barbara is our campus priest,  
Father Norbert Joseph.



**Father Norbert  
blessing the Spirits'  
Football Helmets  
in the chapel.**



**Thank you for helping us meet our students' needs. There are two easy ways to support Paraclete:**



Donate online: [www.ParacleteHS.org](http://www.ParacleteHS.org)



Mail in this form.  
42145 30th Street West  
Lancaster, CA 93536

### Yes! I support Paraclete High School

Check enclosed for gift amount of \_\_\_\_\_ My gift is for: \_\_\_\_\_

Please charge my gift of \$ \_\_\_\_\_ to my Visa MC AMEX or Discover

Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ / \_\_\_\_\_ Security Code \_\_\_\_\_

Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

☐ My employer has a Matching Gift Plan - forms enclosed.

I would like to make this gift in memory/honor of \_\_\_\_\_

### Contribution Levels

\_\_\_\_\_ \$10,000  
\_\_\_\_\_ \$5,000  
\_\_\_\_\_ \$1000  
\_\_\_\_\_ \$500  
\_\_\_\_\_ \$250  
\_\_\_\_\_ \$100  
\_\_\_\_\_ \$50  
\_\_\_\_\_ \$25  
\_\_\_\_\_ \$ Other

**Questions? Email: [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org) Phone: 661-943-3255 x111**

**SPiRiT in Christ SPiRiT as Family SPiRiT of Knowledge SPiRiT for Success SPiRiT to Serve**

# History Channel Your Inner Spirit

## Retired Teacher Carl Ladensack Reminisces

### *Once Upon a Time...*

It was Easter Vacation... 1985

He flew from Phoenix to LAX

The principal of Paraclete picked him up and drove out to the Antelope Valley.

There is and was... the Home of the Spirits surrounded by desert, desert, desert.

A leisurely tour was taken through the campus. Debbie Duke and her cheerleaders were decorating the gym for a dance.

Forty years went by with teaching in three departments, coaching in four different sports, League Championships, C.I.F. in Track, A.S.B. moderator, various clubs, Drama plays, Academic Decathlon, and Sacred Heart, R.C. I. A. (Rite of Christian Initiation of Adults), and Youth Group.

Friends we have lost: Father Elder, Father Biasio, Father Ernest, Haydee Nottoli, Cleo Martinez, Col. Don Simanski, Andy Gavel, and Gerry Leonard.

### **Paraclete...by Carl Ladensack**

**With the melody and style of the song "Camelot" and thanks to  
A.J. Lerner, lyricist and F. Loewe, composer.**

Each evening from December to December  
Before you drift to sleep between your sheets  
Think back on all the tales that you remember of Paraclete.

Ask every student if they've heard the stories  
And tell them loud and clear and so complete  
That there still is a special place of glory  
Called Paraclete.

Paraclete, Paraclete I know it sounds a bit bizarre  
But at Paraclete, Paraclete that's how conditions are.

The Godde Gym is full of C.I.F. and League Banners  
Where student rallies and liturgies would meet  
The Homecomings, Dress Up Days, and Dances... at Paraclete.

The Athletic Fields are such a great addition  
The New Building with student pictures, so, so sweet  
In short there's simply not a more tremendous spot  
For happily ever aftering  
Than here at... Paraclete.

# In Memorium

*"Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven."*

*Luke 10:20*

1968 **Bill Lawrence** passed away on May 20, 2025.  
1969 **Rebecca Truehill** passed away on December 14, 2003.\*  
1969 **Jim Lawrence** passed away on June 18, 2025.  
1969 **Christine Waters** passed away on February 15, 2026.  
1969 **Ross Stubbings**, date unknown – unverified, source: a fellow alumnus.  
1970 **Sina McOwens** passed away on March 13, 2012.\*  
1970 **Rick Kingston** passed away on December 2, 2025.  
1970 **Mary Dortch Heath** passed away on February 27, 2026.  
1972 **Alberta Winifred (Wendy) Parrish** passed away on October 20, 2022.\*  
1973 **Joyce Carroll Collazo** passed away on April 23, 2025.  
1974 **Mary Wood** passed away on October 31, 2025.  
1975 **Jay Mahan** passed away July 7, 2026.  
1975 **Dan Pagnella** passed away on July 30, 2026.  
1978 **Joe Lesko** passed away on August 12, 2025.  
1980 **Greg Heagney** passed away on October 16, 1989.\*  
1980 **Michael Cherney** passed away on June 13, 2019.\*  
1980 **Steven Resa** passed away on August 28, 2025.  
1984 **Brian Resa** passed away on December 8, 2025.  
1985 **Steven Vose** passed away on January 27, 2026.  
2001 **Samuel Gregory Prieto** passed away on October 13, 2025.  
2002 **Anthony Yacovelli** passed away on November 20, 2016.\*  
2026 **Landon Hardaker** passed away in June 2026.

\*As we improve our alumni records, we learn of Spirits who passed on years ago.



**Ask about our early Admissions opportunity.**

**Reach out to Evelyn at [EReyes@ParacleteHS.org](mailto:EReyes@ParacleteHS.org) or (661) 943-3255 ext. 123.**

**Let's go future Spirits!**

# Business and Family Sponsors

## ***Paraclete High School Sponsors***

2026 - 2027

***Thank you to our sponsors for your support!***

***We encourage the Paraclete Community to visit the businesses.***

**Duke Engineering** – Ryan and Jenni Duke [www.dukeeng.com](http://www.dukeeng.com)

**Fletcher Fire Protection** – John & Belle Fletcher - [FletchersFire.com](http://FletchersFire.com) (661) 943-0643

**AV Roofing & Construction, Inc.** – Corey Miller (661) 945-5811

**Mills Pest Management** – Brian and Nadia Mills [MillsPestManagement.com](http://MillsPestManagement.com) (661) 579-6683

**Antelope Valley Auto Care, Inc.** – Andrew Broderius [AVAutoCare.com](http://AVAutoCare.com) (661) 940-9160

**Power Source Systems, Inc.** – Kyle and Shawna McGaughey (800) 681-6999

**The Phillip Reyes Family**

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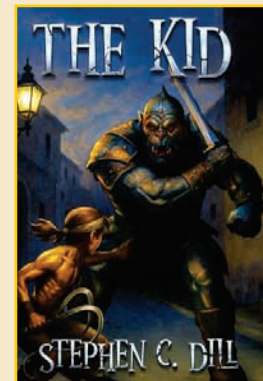
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*We recently searched high and low for Lost Spirits and found many of you! This might be your first newsletter in a long time or ever. Welcome!*

## Staying Connected

**1967 Steve Dill's wife, Debbie Monti Dill (1973)** spreads great news of Steve's success as a writer. "After a lot of hard work and disappointments, he now has three books on Amazon and Barnes and Noble Nook! The revised book of *The Kid*, the sequel *The Kids Reckonings*, and the third (stand-alone) book *The Bane!* Book 4 is in the works." Steve hopes you will check out his website at <https://StephenDillStories> and <https://www.youtube.com/@StephenDillOfficial> for more information. His books will be animated, and 15 episodes will be available soon if not already on YouTube. He anticipates a total of 60 to 75 episodes will be available in the future. Steve would love feedback from you; you can email him at [DillSTV7@gmail.com](mailto:DillSTV7@gmail.com).



### **1967 Tom Waters**

visited Paraclete with his family recently and took a tour of the campus. Tom remarked that so much is the same and yet so much has changed.

*Pictured left to right -his sister Molly, Tom, his wife Patti, and his sister Melanie.*

### **1970 Manuel Avila and 1972 Mike Avila**

attended the Paraclete versus Tehachapi High School softball game this past spring and cheered on fellow alumnus **Coach Margaret Neill**

**(73)**. The Spirits won the game 5-4 with the help of each "10<sup>th</sup> player" in attendance.



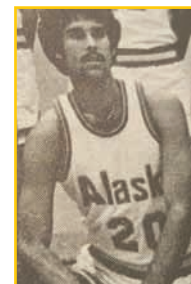
*Pictured from left: Manuel, Margaret, and Mike.*

**1986 Michael Campbell's** mother, Peggy Campbell, shared this news: "Michael is employed by Pfizer as Director of their Scientific Information Center, which manages all the scientific data the company relies on for their research."

**1989 Monica Gutierrez Hall** attended Homecoming as an alumnus and as a current Paraclete parent of her kids, Vanessa and Matthew. Monica works as a social worker.



**1976 Dave Resa** shared his path after his Paraclete graduation: he played basketball for Antelope Valley College for two years followed by a full ride scholarship to the University of Alaska and continued his love for the game. He is blessed with eight grandkids and the unconditional love they share. He lamented that it has been a tough 2025 and 2026; he lost brothers Steven and Brian four months apart in August and December and then his dad at age 92 in April.



**1991 Heather Berg Thompson** is the CEO of Attachment Matters LLC. As the founder, Heather shares this description of the company: "Attachment Matters is a team of professional development training experts and psychologists passionate about transforming the lives of both youth and adults. As a socioemotional learning (SEL) education company, we focus on nurturing self-awareness, self-management, resilience, social awareness, and relationship skills among school personnel (preschool through adult), families (preschool through grade 12), and students (grade 9 and above). We achieve this by leveraging the empirically validated Attachment Styles framework and empowering individuals to thrive in both personal and professional settings."

**1979 Richard Wilson, 1979 Anne (Redmond) Wilson, 2018 Reno Wilson, 2020 Ariel Wilson**

Anne shared her family news: Richard has retired twice, first from Albertsons after being a meat cutter for 40+ years then from Westside School District and is working hard daily on our “little ranch.”

Anne is still working at Northrop Grumman Corporation. Reno, after graduating from UCLA, is living and working in San Diego enjoying life in what he says is “the best place to live ever.” Ariel graduated from Cal State Bakersfield with her Bachelor of Science in Nursing and is a registered nurse at Antelope Valley Medical Center. Both Reno and Ariel enjoy traveling the world with friends.



**1990 Don Justice and 1992 Mary Rose (Manalang)**

**Justice** enjoyed the day in Carpinteria recently and visited former staff member Caryl Hier. Mrs. Hier loves visits from her “kids” – all the Spirits she met during her years at Paraclete.



At a home football game, **1990 Danielle Anderson Trumbo** and her husband Gary met up with Principal John Anson along with **Kevin Scott ('92)** near the Spirit Legacy Walkway in the John F. Shea Athletic Complex.

**2003 Ravi Surampudi** created a website with the help of a mentor to produce meaningful opportunities for those on the autism spectrum in professional sports industry: [ChampionsForAll.org](http://ChampionsForAll.org). Also, check out his video where he shares his journey: search Ravi Surampudi Podcast in YouTube.



**1996 Paul Nickell** On 12 June 2026, Captain Paul Nickell, a proud graduate of the Paraclete Class of 1996, officially assumed command of Naval Air Station (NAS) Corpus Christi. The formal Change of Command ceremony marked a significant milestone in Captain Nickell's distinguished 30-year naval career. As the new Commanding Officer, he now leads one of the Navy's premier installations, supporting the vital training of the next generation of naval aviators.

Congratulations to a soaring Spirit! Joining Paul on the *cover of this newsletter* is, in his words, “My beautiful bride, Jennifer Nickell! We married in 1998! We have three kiddos, one son in the Air Force, one son in the Navy, and our daughter in college at UNF (North Florida).”

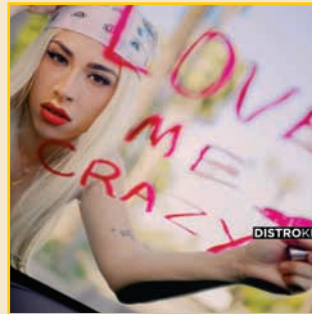
Janice Williams, the mother of **2009 Alex Williams, 2013 Stephanie Williams, and 2017 Colin Williams**, shared recently: “Paraclete truly enriched our three children's lives and also ours. The rigorous, competent teachers and a variety of community students enriched their lives. This contributed to their excellence and outstanding success in their lives today. Onward and Higher.”

Requesting permission to quote her, she said, “Absolutely! That was the BEST money we have ever spent for our children.” Thank you to the Williams Family for the spirited endorsement.

**2020 Sharon Sanders** Highlighted by her employer, the Los Angeles Rams, during Latino Heritage Month Sharon was asked what motivates her, she replied, “Both of my parents came from humble beginnings and worked incredibly hard to give me the kind of childhood they never had. Their strength is the reason I show up and give my all every single day. Their sacrifices remind me that nothing is impossible with drive and dedication.” She shines as a video coordinator for the Rams.



**2018 Tyler Richardson and 2019 Donovan Carter** posed for a photo with Athletic Trainer Jerry Lewis before a game. Once a Spirit, always a Spirit!



**2017 Samantha Rezapour** has an agent and is getting a music deal, Mrs. Claudia Rezapour shared. “Her stage name is Julissa - which happens to be her middle name. Her song is title “Love me Crazy” (an original song) and it is available on Spotify, iTunes, and YouTube. Also, she graduated from Communications Studies back in 2022 from CSUN with honors.”



*Pictured from left - Coach Newton Chelette and Mister Burnside*

**2024 Mister Burnside** committed to attend and play basketball for Vanguard University. Coach Newton Chelette shared these words about the Spirit standout: “I’ve coached 16 years at the high school level, 10 at Paraclete and six in Louisiana, and I can say without a doubt Mister is the most talented, dedicated, hardworking player I’ve ever coached in high school. Not taking anything away from those other talented players, but he separated himself in a lot of ways. He never stops. He has an unbelievable work ethic. He wanted to be good, he desired to be good, and he put the work in.”

## Reunions

### **The Class of 1976** Spirits of '76 (and '75 & '77)

It's been 50 years!

Time to get together to celebrate, catch up, and remember good friends no longer with us. Save the date of Saturday evening, October 10, 2026, from 6:30 pm to 10:30 pm at The Lantern Room in the Lancaster Museum of Art and History (MOAH), 665 West Lancaster Blvd, Lancaster, CA. We'd also like to invite our good friends from the Classes of '75 and '77 to join us at the reunion.

That weekend is also Homecoming weekend, with the Homecoming game on Friday night, October 9, 2026, at Paraclete High School. Additional details on the Reunion to follow. Right now, we ask all members of the Classes of '76, '75, and '77 to send your contact information you may have for other classmates (email, address, cell) to: [Robert.Bender1957@gmail.com](mailto:Robert.Bender1957@gmail.com) so we can share more details about the reunion as available. Hope to see you all there!

**The Class of 1985** held its reunion on the weekend of September 26, 2025, and had a wonderful time. The weekend included a tour of the Paraclete campus and a Konrad Kono concert. Many thanks to Kitty (Hogan) Calhoun and others for a fun-filled weekend. The attendees look forward to meeting up again.



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**The Class of 2006** Rebecca Resnick Santacruz shared a recap: “Our 20-year reunion was a wonderful evening of reconnecting, reminiscing, and celebrating how far we’ve all come over the past two decades. We gathered at MB2 in Santa Clarita with great food, fun décor, and a welcoming atmosphere that made it easy to settle in and catch up.

“While organizing this reunion came with a few new challenges – many classmates have moved away, mailing invitations was no longer practical, and social media isn’t quite what it used to be – the smaller turnout ended up creating a more intimate and relaxed evening. We shared stories, laughed about old memories, and enjoyed learning where life has taken everyone. It was especially fun to discover how many classmates are still local, with several making plans to get together again with our families.



“A heartfelt thank you to everyone who attended and helped make our 20-year reunion such a fun and memorable night. Here’s to staying connected until the next one!”

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**2015 Class Reunion** held its reunion on September 6, 2025, and James Horney (ASB president in 2014-2015) shared these words: “By my count it was a total of 28 classmates who attended. A few came from a long way away, including Colorado, two from Arizona, and one from Reno, Nevada! It was a night of fun including laughter, line dancing, and good ol’ Spirit fun. One of our classmates kept our homecoming banner and was kind enough to bring it to the event. By the end of the night, everyone had cut out their name and took it home with them. It was hosted at Lucky Luke’s Brewing in Palmdale. Everyone had such a good time telling stories about the experiences (and teachers) we all shared. I am so grateful for those who came and for those who couldn’t attend, they were missed!”





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Parents: If this newsletter is coming to your son or daughter who no longer lives at home, please notify the Advancement Office of your child's new address so the newsletter can be sent directly to him or her. We can continue sending the newsletters to parents as well!



PHS news is published by Paraclete High School. Its contents are made possible by members of PHS staff, faculty, alumni students and parents. Any comments about this newsletter, or if you need to update your address information, or if you would like to submit articles, please contact: Janet (Godde) Bower [jbower@paracletehs.org](mailto:jbower@paracletehs.org)

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## Upcoming Events:

### *Homecoming*

*Cheer on the Spirits* – October 9, 2026, versus Bishop Montgomery High School at Paraclete

### *Ongoing Recruitment*

*Recruiting new Spirits! Do you know an 8<sup>th</sup> grader or a high school student who would love to be a Spirit? Have them contact Evelyn Reyes at [EReyes@ParacleteHS.org](mailto:EReyes@ParacleteHS.org) or (661) 943-3255 ext. 123 today!*

*Open House* – Saturday, January 9, 2027

*Workshop for Entrance Exam* – Saturday, January 16, 2027

*Entrance Exam* – Saturday, January 23, 2027

### *Thanksgiving*

*Thanksgiving Prayer Service* – Wednesday, November 18, 2026

### *Christmas*

*Advent Celebration* – Thursday, December 10, 2026

### *Catholic Schools Week*

January 31, 2027 – January 6, 2027

### *Easter*

*Easter Prayer Service* – Thursday, March 25, 2027

### *Opportunity Raffle*

*Ticket drawing on Tuesday, May 4, 2027 – Good Luck!*

If you enjoy the printed PHSpirit magazine, please let us know! Stay in the loop!

**Parents: Please send us your Paraclete graduate's contact information. We can keep you on our mailing list, too!**  
Please share your email address by contacting Janet (Godde) Bower '74 at [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org).