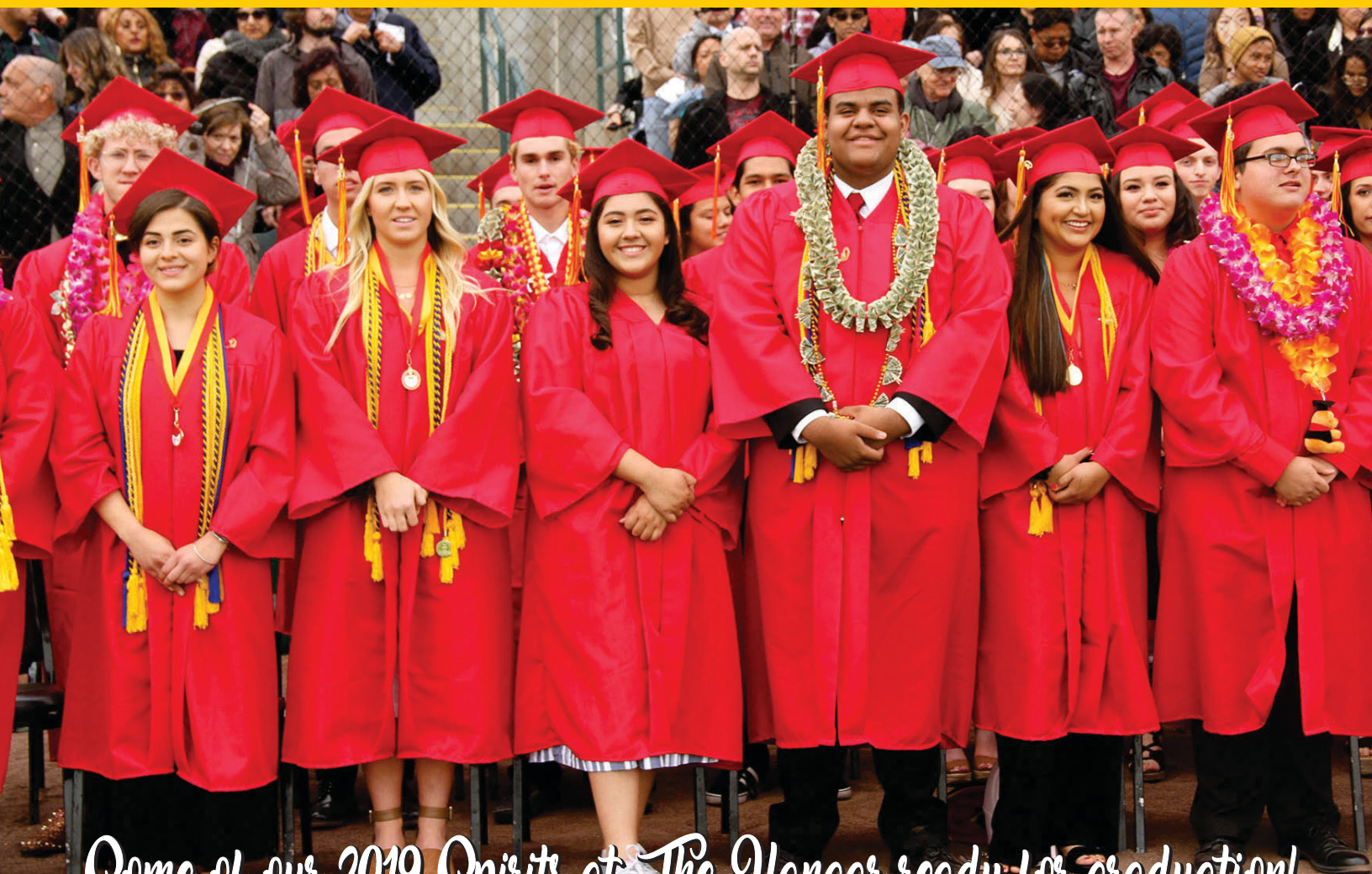


PHSpirit

FALL 2019



Some of our 2019 Spirits at The Hangar ready for graduation!

**A PUBLICATION FOR THE COMMUNITY
OF PARACLETE HIGH SCHOOL**

The Catholic High School of the Antelope Valley

Let us help you become happier and healthier! Story on page 9

PHSpirit

FALL 2019

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

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On the Cover:

Some of our 2019 Spirits at
The Hangar ready for Graduation!

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Class of 2019

We are adrift on this river of life,
floating to and fro,
not knowing where the journey leads,
or where the river goes.
Us spirits of the wind and sky,
dancing through the air,
search for something that our God has set
on that horizon there.
The water may be rough at times,
and the current not in our favor,
but we will surely reach our goal,
and victory shall we savor.
We pray our voyage be safe and swift,
for greatness does await,
and that the river carries us home,
when our passion do we sate.



Meet the Class of 2019 – So Fresh, So Clean!

That was their senior class motto, and they were a bunch of fun loving and ready to tackle the world young adults! With the annual senior surveys in, we've got some thoughtful and sometimes funny answers to share with our readers! Enjoy!

My most pleasant, memorable, or uplifting Paraclete experience:

[COR stands for Christ in Others Retreat]

Allyson Alvarado: "My most memorable and uplifting Paraclete experiences are because of Father G and Campus Ministry; through Class Retreats, Girls Retreats, COR, and World Youth Day in Panama, I learned the true meaning of family."

Ireland Hatch: "When I transferred towards the end of my sophomore year, I was scared, but everyone was so welcoming and kind that I knew I made the right choice in my move."

Bradley Bedgood: "Experiencing the Word of the Lord with my friends during Mass."

Charlene Victoria: "Advent Celebrations, Prom 2018, COR, World Youth Day, senior retreat."

Cole Carr: "COR junior year was my most memorable and pleasant Paraclete experience."

Xavier Ochoa-Rico: "My senior Homecoming Game."

Gerardo Serrano: "Experiences with all my friends at school functions such as dances and games."

Logan Wegner: "Getting closer to the volleyball team over four years and gaining all of my teammates as friends."

Faith Semeatu: "COR – not only did I make new and strong relationships with my classmates, I also strengthened my relationship with God."

Savannah Scripter: "First day of freshman year – everyone was so welcoming and inviting, and winning the softball CIF Championship freshman year also."

Lucas Schatz: "Coming together for Mr. Gavel at Mass."

Tanner Lott: "Having a close relationship with some teachers and meeting new people."

Kristina Kane: "My best memory is that the school is really like a family. Also I enjoyed class retreats and 30 Seconds of Fame."

Donovan Carter: "Winning two CIF Championships and one State Championship."

Azalea Dominguez: "Being a part of my Paraclete family for 4 years and growing with them."

Joey Estes: "I love the rallies we have. I love that everyone is close in this school."



If you could pick any teacher, staff member, or coach to have lunch with, who would it be?

Keani Kalele: "Mr. Fulmer just stays true to himself and gives us real life advice."

Joshua Haering: "Mr. Matalon is a great help in learning music, is a funny person, and shares good stories and life lessons."

Noah Mack: "Mr. Gavel – I wish I could talk to him again."

Nicolas Romanowski: "Coach Dees knows a lot about real life situations and he is always positive."

Annika Matulac: "Father G, Ms. Olague, or Ms. King because I feel they know me best, and I will miss their sense of humor."

Tommy Cancio: "Mr. Keever is the most genuinely happy, kind, and whole-hearted staff member."

Alec Justice: "Mrs. Seidel because she slammed reality right in my face, and it pushed me to work harder."

Savannah Morris: "Mr. Miller always has intriguing topics to talk about and he is open-minded."

Leila Carranza: "Mr. Sadeghi because he's been my best math teacher I've had and I loved his class."

Ariana Hattar: "Mrs. Olague. She's like my second mom."

Kamron Mosquera: "Mrs. Fowler is a fun person to talk to; she can relate to any generation."

Regan Johnson: "Mrs. Castellanos because she is such a nice and uplifting teacher."

Nathalia Castorena: "Mr. Gavel because early last year I realized that he was genuinely caring and just wanted to help people by organizing Christian Service projects especially after the St. Jude Walk. I just wanted to say I appreciated that."

Katherine Dieguez: "Mr. Miller, Ms. Huerta, and more. I've enjoyed all my teachers and genuinely like all of them as people so I'd like to be able to talk to them in a non-academic way because it would be nice to learn more about them."

Ronaldo Flores: "Mr. Ladensack - a conversation with him would be the most interesting, insightful, educational, and deep."

Describe your Paraclete High School experience in five words:

Jade Phoreman: "Spiritually enlightening and academically transformative."

Brandon Gumayagay: "Twas all I ever wanted."

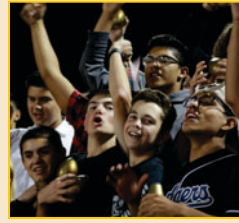
Allyson Alvarado: "Family, courage, renewing, tough, unforgettable."

Enzo Hurtado: "Perseverance will take you far."

Olivia Maish: "My home outside of home."



Lucan Schatz: "Fun, interesting, eventful, building, learning."
Savannah Reyes: "Fun, sweet, challenging, different, home."
Niccolas Hannoun: "Great family environment for all."
Marissa Moisa-Hernandez: "Everyday was a new adventure."
Thomas Rivera: "Fun, challenging, creative, inspiring, life-changing."
Destiny Camarillo: "Emotional, funny, dramatic, crisp, enriching."
Ben Haering: "Uplifting, successful, enriching, challenging, rewarding."
Annika Matulac: "Quick, memorable, creative, challenging, bittersweet."
Kayla Scott: "Help their students gain success."
Emma Rodriguez: "Journey, ups-and-downs, fun, enjoyable, fast."
Selena Huerta: "Eye-opening, fun, courage, adventurous, changing."
Tommy Cancio: "Fun, inclusive, short, difficult, Fr. G."
Ralph Contreras: "A life-long memorable experience."
Azalea Dominguez: "Challenging, interesting, motivating, determined, rigorous."



*Nicholas Rahe's advice
to his future self:
"Life is cray-cray
Jesus is the way-way!"*

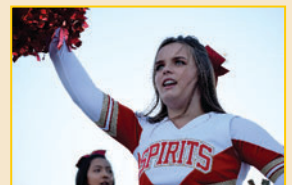
If life were a video game, what two cheat codes would you want?

Jade Phoreman: "The one that tells you if you chose the correct 'door,' and the one that makes your enemies your friends."
Samantha Barajas: "To be able to get re-dos and start all over."
Marissa Maldonado: "Reset bad choices, and learn from your mistakes."
Jaylene-Anne Tejada: "Never lose energy and outsmart people."
Nathalia Castorena: "1. How to please your friends and 2. How to please your family."
Jade Cox: "Be financially smart and stress free."
Mackenzie Fernandez: "The code to getting college for free and the code for a debt-free life."
Allissa Gordon: "How to be happy with minimal materials, and how to handle stresses in a healthy manner."



What is something about yourself you could totally brag about, but usually don't?

Isabella Angelo: "I can do the worm with my eyebrows."
Matt Nelsen: "I'm an avid poet and an international news/sports encyclopedia."
Emily Avrit: "I am extremely independent and outspoken and I am able to command the attention in a room."
Ryan Hambro: "I can use a 3D printer with ease."
Brandon Julio: "I'm a skilled artist."
Skyler Woodland: "My musical ability."
Mariah Beltran: "I can fit my whole fist in my mouth."
Inna Tagarino: "I'm an adventurous eater."
Cameron Olive: "I own a record label."
Erik Willkomm: "I can brag about being the funny one and group planner with friends, but I don't."
Ahmik Shenoy: "I have all the qualities of a good boyfriend."
Elisabeth Salvatierra: "I like to take care of people."
Nicholas Rahe: "I can juggle four balls over one hundred times."
Jared Johnson: "My athletic ability and how responsible and determined I am."
Cassie Buckley: "My grades and colleges I got accepted to."
Joseph Bender: "I am romantic."
Enzo Hurtado: "I can make anyone laugh or smile."
Nathan Truong: "I've been around the world – 4 continents, over 6 countries, 25 states, with more to come."
Brianna Smith: "I think I am the fastest in the school."
Christopher Worrell: "I do many obscure/dangerous sports and am good at them."
Michael Herbert: "I am the MOST LOYAL boyfriend in history."
Alexander Chamitoff: "I compete in bodybuilding."
Trevor Davenport: "I know everything about the Marvel Cinematic Universe."
Ronaldo Flores: "I like learning about philosophy."
Alex Gaharan: "I have my pro/open level rating in all 3 events of water skiing."
Michael Merino: "My handiness and knowledge with tools."
Kiley Gilmer: "I'm so strong and I put others before myself always."
Henry Ikahihifo: "I had 21 Division I football offers from top schools including UCLA, Notre Dame, TCU, Utah, Army, USC, and Baylor."



*Stephanie Shaver
is attending an out
of state university
and majoring in
banking and
financing.*

You accidentally ate some radioactive pizza. The good news is it tasted great! The even better news is that it gave you one superpower of your choice. What do you choose?

Brandon Gumayagay: "The power to stay awake when studying."

Angelique Costa: "The ability to heal/take people's pain away."

Bryce Wygant: "To have super strength to play pro baseball."

Samiyah Spry: "To have good luck all the time."

Semeatu Tauatama: "The power to grant peace for the entire world."

Ella Decker: "The ability to instantly impress people really well; it would come in handy."

Isabella Galvan: "To be fluent in any language."

You discover a beautiful island where you decide to build a new society. What is the first rule you put in place?

Henry Ngo: "Look out for each other all the time."

Nicole Hidalgo: "Peace."

Jacqueline Joya: "Chick-fil-As every 5 miles."

Kaylin Scoles: "First rule would be everyone would make their favorite food and we would have a feast."

Mackenzie Atkerson: "Everybody needs to hear the gospel."

Alexander Chamitoff: "Be kind or leave."

Kaelyn Ford: "Selflessness is required."

Heaven Jackson: "No phones."

Advice to your future self:

Allyson Alvarado: "Learn to grow from painful experiences; they are there to remind you of what you have."

Mariah Beltran: "Take it easy kid."

Travis Hansen: "Use your head; think about it before you do it."

Dominic Ragazzo: "Stay classy."

Joseph Bender: "You got this far; figure it out!"

Carly Sablan: "Don't be in a rush. Trust God's timing and go with the flow. Surround yourself with good people and believe in yourself. Keep your confidence."

Zachary Loeb: "Keep going. There's always another movie. You failed one audition. Get the next five."

Grace Calderon: "To never stop believing in yourself and that hard times don't last forever."

Mercedes Pulos: "Be patient and trust each chapter as it comes."

Kyle Haywood: "Netflix is not productive."

Andrew Takayama: "Love is more important than money."

Sacaiah Shaw: "Secure That Bag."

Cole Carr: "Don't wish to be a teenager again; it might actually happen and neither of us wants that."

Gabby Zendajas: "If he says he has candy, keep walking."

Alexander Chamitoff: "You're older now and are wiser than I am, so don't listen to me."

Randy Dakhil: "You have so much potential right now, Randy. Make the best of it. Be the icon you've always been."

Jonathan Lopez: "To be good, continue your moral codes, keep being a kind soul, help those who want help, always look forward, head up, do everything with your heart, complete tasks, and never lose your faith and beliefs."

Trevor Davenport: "Have patience and seize your opportunities."

Erin Wright: "To not worry so much about the little things and to try to find the good in every situation in order to be happy."

Adam Dybdahl: "Don't ever hold onto something that will hold you back."

Lauren Urmanski: "Always be true to yourself and never let His light dim."

Julia Frey: "Don't give up on your goals and make sure to stay in touch with high school friends."

Antonio Sensano: "Don't stop loving love, remain steadfast, and keep an open mind."



Alumni Profile ~ Katie Patrizio

An Interview with Katie on Faith, Public Speaking, and Life After High School

You graduated with the Class of 2008. Where has life taken you since then?

“After graduation I moved to Ohio where I studied philosophy and theology at Franciscan University of Steubenville. I had a somewhat difficult time adjusting to the rigors of college and balancing that with the distractions of campus life, but I got more serious about my studies after a semester abroad in Austria where I had a professor who opened my eyes to the beauty of theology in a new way.

“When I came back to the main campus, I immersed myself as much as possible in my studies and had another excellent professor, Dr. John Bergsma, who blew my mind with his Scripture classes. I was hooked and began taking courses in Greek and Hebrew so I could read the Bible in the original languages. I felt like there was still so much to learn after my bachelor's program that I went on to a graduate program at John Paul the Great Catholic University in San Diego where I received a master's degree in Biblical Theology.

“I loved San Diego, but California was breaking the bank so I moved to the Midwest. I've lived in Iowa for almost five years now and work at a Catholic parish providing ongoing formation to adults through classes, small groups, etc. I'm also on the adjunct faculty at our local Catholic college and serve as an instructor for our Diocesan Catechetical Institute.”

We've heard you also do speaking. Can you tell us more about that? How did you get in to that?

“Sort of by accident honestly. When I was in the sixth grade my mom coerced me into joining a Toastmasters group where I discovered that I had this odd knack for public speaking. I spoke here and there as a teen leader in my youth group and then didn't really do any speaking in college. Toward the end of my master's program, I was required to do a teaching practicum and so I asked the pastor of the parish where I was working if I could teach a class on the Book of Acts in the evenings for a few weeks. The class was a hit and I've been speaking and teaching, mainly on Scripture, ever since then. So far I've spoken only locally in California and Iowa but, God-willing, I will be speaking at the National Catholic Youth Conference in Indianapolis this November and who knows where things will take me after that.”



What is the biggest lesson you've taken with you from your time at Paraclete?

“I think in high school I often felt a strain between living a deep faith and being a natural person. Some of my classmates might remember me as the one who always wore the giant crucifix. I think that strain raised a question that I spent most of college exploring which is, how does one live an extraordinary life like God calls us to in the midst of a very ordinary world. In my

searching I found an answer in the spirituality of St. Josemaria Escriva who would say things like, 'Dress to the expectations of your state in life' and 'Always be well-mannered towards others.' He was very aware that Christians who are not natural and do not have natural warmth and attractive human virtues can actually turn off non-Christians. I'm naturally shy and somewhat awkward, but my time at and memories from Paraclete have helped motivate me to come out of myself and become more human and relatable so that the people around me are more likely to be attracted to Our Lord through me.”

How did Paraclete help to influence your faith?

“I think the biggest thing that Paraclete offered to foster my faith was daily Mass. Daily Mass is a huge blessing - something that many college campuses don't even have. I'm so grateful for that.”



Favorite memory from high school?

“In general, I have such fond memories of lunches with my friends, out back near the gym or out on senior lawn, just laughing until my side hurt. In particular, I remember one time in religion class with Mr. Prinz. We had the illustrious privilege of coming of age during the advent of cell phones which were strictly forbidden in the classroom. Someone's phone began to ring and immediately a classmate - I wish I could remember who - started fake coughing to cover the sound. One by one other people caught on and within seconds the entire class was fake coughing. Prinz got the craziest look on his face and practically yelled, 'Did you all forget to take your meds this morning?!?!’”

What advice do you have for a new grad?

“Don't be afraid to stay Catholic. It's certainly not in vogue at best and at worst it can make you a target on college campuses and out in the world, but there is nothing to lose. Pope Benedict XVI once said, reflecting on the great 'fear of missing out' that, 'If we let Christ into our lives, we lose nothing, nothing, absolutely nothing of what makes life free, beautiful and great.' Everything in my life up to now has only confirmed this. Our Lord makes demands of us, especially in the moral life, but his demands are unique in that his demands are the only demands that take nothing away from us. In fact, they actually fill us up. They give us what we seek, what our hearts long for -- happiness.”

USC or UCLA?

“Trojans all the way.”

Consider joining Katie on a pilgrimage to the Holy Land. The trip is scheduled for January 6 – 15, 2021. For more information go to www.KatiePatrizio.com and click on the Pilgrimage tab.

[Editorial Note: Thank you to Katie's father Anthony for a pleasant conversation that resulted in the above interview with Katie!]

History Channel Your Inner Spirit

We would love to hear from alumni, present or past faculty and staff members, and parents with historical Paraclete tidbits, recent or long ago history. Send in your recollections to JBower@ParacleteHS.org or call (661) 943-3255 ext. 111. Photos are welcomed too!

Memories from the fun loving Caryl Hier, staff member from 1977 through 1999 ...

“The glory of red and gold days - the students have a wild imagination when it comes to dressing up. The red and gold days are no different. There have been times when the students painted their faces red and gold. One year they even talked me into doing mine. For the first few hours it was fine until the paint began to come off and it was everywhere.

“Attendance - there have been times when the students would come back to me and tell me how grateful they were for how they were taken care of at Paraclete. Some students just do not want to be in school and some have a chronic tardiness about them. One day I told this student - Paul - that if he was late one more time, he'd have to stay after school and help me clean the office. Of course, he was late again the next morning. So, in the afternoon he helped me clean everything. I asked him if he was going to be late again. He answered, "Probably, this was fun." I later found out that his mother worked nights, returned just in time to take him to school - late. That was the only time she got to be with him. You just never know.”



From left, Caryl Hier, Mike McGuire, Pete Galier, and Father (now Bishop) Edward Clark, circa 1982.

In Memorium

Gerald Farrell, teacher and husband of teacher and librarian Mary Ruth Farrell, passed away on February 20, 2019. An interesting tidbit of Gerald's life dedicated to education is that he studied under renowned author and professor J.R.R. Tolkien.

2010 Anthony Temoche passed away on February 27, 2019.

1991 Amy Reavely Wyman passed away on March 8, 2019.

1999 Randi White Currier passed away on May 13, 2011.

1987 Scott Low passed away on June 19, 2019.

1979 Cindy Sefic Davis passed away on March 12, 2019.

“His Lord said to him, 'Well done. Good and faithful servant; you have been faithful over a few things; I will make you ruler over many things. Enter into the joy of the Lord.'” Matthew 25:23

Amazon Good News!

Select *Paraclete High School* as your charity on AmazonSmile

If you are a fan of Amazon shopping, here's some great news about how you can easily support Paraclete High School with your purchases!

AmazonSmile is now available in the Amazon Shopping App to all AmazonSmile customers using supported Android devices. Here's how to turn on AmazonSmile in the Amazon Shopping App on your Android device:

1. Update your Amazon App to the latest version.
2. Open the Amazon Shopping App on your Android device.
3. View Settings and select AmazonSmile.
4. Follow the instructions in the Amazon Shopping App to complete the process.

For Apple device users, simply bookmark AmazonSmile browser page as your shopping site. You'll make a difference for our Paraclete! Thank you!



*Did you know that people who donate to charity
are happier and healthier?*

Let us help you become happier and healthier!

According to a study conducted by the University of British Columbia, giving is “not just heartwarming, it may be quite literally good for our hearts,” a psychology professor at UBC shared. An experiment was conducted where people were given money and told to spend it on either themselves or others; givers were the happiest afterward. “People who donate to charity have lower blood pressure [blood pressure checked before and after charitable giving in the study], even when controlling for factors like income, wealth, age, and exercise, which suggests the giving itself is responsible,” she added. Now here is another reason to donate to Paraclete!

By you making a difference at Paraclete High School with your gift, you may benefit as well! Win win!

Paraclete High School Business Partners

Thank you to our Business Partners for your support!

We encourage the Paraclete Community to visit these businesses.

CrossFit Inner Chamber www.CrossFitChamber.com (661) 948-0915
Gary Little Construction, Inc. – www.garylittleconstruction.net (661) 940-5822
The Hier Advantage Real Estate Sales & Service - Ron Hier www.thehieradvantage.com (661) 406-1564
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Marc Herbert Law Office www.herbertlawoffice.com (661) 273-9007
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T & G Construction Services – Tracey & Gloria Sanders Tracey@TGConstruction.net (661) 824-2038
P.C.H. SCUBA – Jeffrey and Tina Carlon pchscuba@gmail.com (661) 273-1800
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Gem Mortgage <https://gemcorp.com> (661) 949-3388
Antelope Valley Ballet www.antelopevalleyballot.org (661) 948-8866
McDonald's Marroquin Family (661) 949-8332
Antelope Valley Airport Express www.antelopeexpress.com (661) 947-2LAX
McDonald's Laddaran Management Corporation (661) 575-0660
Farmers Insurance Gus Alvarado Agency (800) 210-4373 or GAlvarado@FarmersAgent.com
Trinity Real Estate Services – HeJung Hong, realtorhejung@gmail.com or (818) 497-0405
ALG Lawyers – Rey Hilario – rey@alglawyers.com or (213) 384-3300
Rizzo's Embroidery Plus – RizzosEmbroidery@sbcglobal.net (661) 266-4415
Western Equipment Services – manager@westernequipmentservices.com or (661) 945-0077
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The Jimenez Law Group – Ms. Chellei Jimenez www.thejimenezlawgroup.com (661) 940-9700
J.A.V. Digital Services javdigitalservices@yahoo.com (818) 802-0696
Monty Stuart Horse Training in Acton, California (805) 390-9588
Bower & Sons Pest Control – Kyle Bower www.Facebook.com/IslandPest (661) 917-4121

Paraclete High School Advancement Office Goals

Support the Paraclete Annual Fund

Exceptional educational experiences are life-changing, and the Paraclete Annual Fund helps make that happen.

The Paraclete Annual Fund lies at the heart of our Advancement program. Thank you to the many friends who each year give to Paraclete in a meaningful way. Participation in giving - no matter the size of the gift - is key in the long-term stability of the school. Your cash gift is tax deductible within the guidelines established by the IRS. Cash gifts can be made by check or can be charged to your Visa, MasterCard, or American Express. Credit card gifts can be made online at www.paracletehs.org/giving or by contacting Vicki Novelli at 661-943-3255 x128 or VNovelli@ParacleteHS.org. Thank you to all for your annual gifts.

Sustain Paraclete through growing our named endowments

Our endowment funds sustain Paraclete, not for a year, not for a decade, but generations to come.

At one time Paraclete High School was staffed almost entirely by religious and priests. As the number of religious in our school community declines, the burden of increased salaries remains constant. Each school year we have many Antelope Valley families requesting admission assistance dollars. In order for Paraclete to be able to offer assistance and remain financially healthy and stable, **we need to raise \$233,000 to grow our three endowment funds to total one million dollars.** The endowment interest revenue is used to fund our tuition assistance needs.

Our three named endowment funds equal \$767,000.

Father Biasio
\$670,000

Donna Martin
\$52,000

Chris Hawkins
\$45,000

Ray DeShane Memorial Scholarship Fund

Legacy Giving

The DeShane Family established the Ray DeShane Memorial Scholarship Fund at Paraclete **with a funding goal of \$25,000.** The Ray DeShane fund was created to honor Ray's love of coaching and to honor his love for Paraclete. **To date this fund has raised: \$15,038.00.** We would very much like to reach our goal of 25K to honor Ray. If you would like to donate to this effort, please include the name "Coach Ray DeShane" in the memo of your check.

Michael McGuire Scholarship Fund

Legacy Giving

Gifts to this named scholarship fund are for immediate use. This fund was created to award a deserving student or students additional financial support towards a Paraclete education. The Michael McGuire Scholarship fund was created to honor Michael's love of teaching and his love for Paraclete. If you would like to donate to this fund, please include the name "Michael McGuire" in the memo of your check.

Planned Gifts

When there is a will, there is a way to include Paraclete High School.

A planned gift is an opportunity to include Paraclete High School in your estate plans; there can be tax benefits for this gift as well. Planned gifts pass the legacy of a Paraclete education on to future generations.

Matching Gifts

Donations and Volunteer Hours can be matched

Gift matching is a way to increase the value of your own charitable gift through your employer. Simply send us the appropriate paperwork from your employer's Human Resources Department, and your gift to Paraclete High School will be matched according to your company's guidelines. We will take care of the rest. Many employers sponsor matching gift programs and will match any charitable contributions made by their employees. To find out if your company has a matching gift policy please go to www.paracletehs.org/support-paraclete/matching-gifts.

Stock Transfer Gift

Should you wish to make a donation of stock to Paraclete High School, please contact Vicki Novelli for instructions and paperwork at VNovelli@ParacleteHS.org or (661) 943-3255 ext. 128.

Dr. Chris Lanski Life Lesson Essay Contest

Thank you to Dr. Chris Lanski, class of 2001, for his generous donation and creation of an essay contest for juniors and seniors. We appreciate Chris' desire to celebrate his years at Paraclete with such a great opportunity for current Spirits!

Spirit Wish List *Here's how you can help!*

- Add to our Building Fund for future improvements to the campus.
- Weightlifting equipment (serves multiple sports).
- Give to a specific club, team, class, or scholarship opportunity.
- Give an unrestricted gift for our mission.
- Give online at: www.ParacleteHS.org/Support or mail in your gift to Paraclete High School, 42145 30th Street West, Lancaster, CA 93536

Annual Fund Raffle at *Homecoming*

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DRAFT DAY 2019

Our very own **Wyatt Hendrie '17** and **Joey Estes '19** have been drafted by Major League Baseball teams! Wyatt signed with the Chicago Cubs and Joey signed with the Atlanta Braves. Speaking of the draft day, Wyatt shared, "My whole family was there. It was pretty cool. They always support me. It was a crazy moment to share with them." Joey's sentiments were full of enthusiasm, "The excitement of dreams coming true is beyond the description of words. Thank you Atlanta!" We wish Wyatt and Joey the very best as they play their way through the minor league system. May God keep them both healthy, safe, and grateful!

[Meanwhile **2012 grad Mylz Jones** is hanging tough with the Hartford Yard Goats, an affiliate of the Colorado Rockies, and **2013 grad David Metzgar** is doing the same with the Tampa Tarpons, an affiliate of the New York Yankees. Go Mylz and David! Your Paraclete Family is rooting for you both!]

For God did not give us a spirit of timidity, but of power, love, and self-discipline. Timothy 1:7



1st Annual Football Kick-Off Barbecue!



The 1st Annual Football Kick-off Barbecue entertained and fed attending alumni, parents, grandparents, friends and players. All enjoyed the fun evening with spirited games, sumptuous barbecue, and impressive auction items. Thank you to **Anheuser Busch InBev**, **Justin Wines**, **Coca Cola**, **Calandri SonRise Farms**, the **Antelope Valley Fair Association**, and many others for the donations that made this event so successful!



Best of luck to the Spirits on the gridiron! Whose house? CLETE HOUSE!

**1/2
OFF**

Entrance Exam Fee

Must present this certificate. Expires 1/26/20.

At Paraclete High School, faith intersects with rigorous academics, CIF Championship athletics, the arts, and a wide variety of leadership and service opportunities. We are devoted to providing our diverse student body a safe educational environment where our culture is defined by achievement.



ACADEMICS

99% of our graduates have continued on to college. The class of 2019 received \$5.5 million in college scholarships.

ATHLETICS

We have earned multiple CIF and State Championships in our varsity athletics program.

TECHNOLOGY

Paraclete High School is a 1:1 iPad school. We have an innovative Computer Science Program including AP Computer Science, Python, Java, and an award winning Robotics program.

ARTS

Our dynamic program connects students more deeply to the world and opens them to new ways of expressing themselves.

COMMUNITY SERVICE

A Catholic tradition of service to others teaches our students to become involved citizens who positively affect their communities and beyond.



SAVE THESE DATES

**OPEN HOUSE
ENTRANCE EXAM**

**Saturday, November 16, 2019 | Saturday, January 11, 2020
Saturday, January 25, 2020**

Call **661-943-3255 ext. 155** or go to **paracletehs.org** to register
42145 30th St. W • Lancaster, CA 93536

Staying Connected



1973 Dr. Susan (Titter) McDougal shares her thoughts on her education, career, and return to Paraclete: “When you start high school in the 9th grade you are so young you don't know what life has in store. During my years at Paraclete I never imagined that I would have a career in education. I returned to college as an adult and earned a Bachelor's Degree in English at California State University, Northridge; a Master's Degree in Educational Management at the University of La Verne; and a PhD in Urban Educational Leadership at Claremont Graduate University.

“I began working in Special Education then became an English teacher at Littlerock High School. I've enjoyed a wealth of experiences including a position in Career Technical Education, Vice Principal positions at Quartz Hill High and Highland High and I was an Assistant Principal at Highland High and Littlerock High. I was fortunate to be appointed as the Principal at Knight High and later five Alternative

Education campuses. I also had the opportunity to be the Principal at Sage Middle School where I attended during my junior high days. High school students have a lot of challenges and obstacles in their personal and academic lives. My favorite part of being an administrator was being able to talk with students and help them move forward in life sharing in their academic and athletic successes. I also enjoyed ensuring teachers had whatever they needed to be the heroes in their own classrooms. One of my favorite memories as a Principal was having the honor of dedicating the football stadium at Knight High School to Ray Monti who was the Deputy Superintendent at the high school district. Mr. Monti was our Dean of Students when I attended PHS. He was a great person and always kept students at the forefront of every decision he made as Deputy Superintendent. Mr. Monti's wife, Gail Monti, was our 10th grade English teacher. They were both very young at the time, probably right out of college. Mrs. Monti was my favorite teacher and she inspired me to become an English teacher, too.

“I recently retired after a 24 years of service to students in the Antelope Valley and decided I didn't want to just sit around so I came down to PHS to see how I could be of help at my alma mater. So last school year I subbed for teachers and worked with students who were struggling with grades and work habits. Working at Paraclete was like going home. Mr. Anson and all of the staff were very welcoming and made me feel right at home, plus there was the added bonus of not getting lost because I already know where the classrooms are!

“Paraclete is where you come to learn academically and develop emotionally and spiritually. You may begin your relationship with God at Paraclete and that relationship will sustain you throughout your life. You will make friends that will last a life time. Many of the friends I have today were in my classes at Paraclete. My advice to students is to Work Hard and Be Kind. If you do that every day, you will be successful at whatever you try.”

1995 Lance Lanfear sent in his raffle ticket money with a fun update: “I'm currently in the middle of shooting season two of “Light as a Feather” on Hulu as the Producer/UPM (unit production manager). Please feel free to watch my other projects on Hulu: “Freakish” (season 1 & 2), “All Night,” (season 1) and “Zac and Mia” (season 1 & 2). I was nominated for an Emmy for season 1!

“My two boys, Benjamin (6) and Carter (4) are both still the greatest things in my life. Benjamin enjoys baseball like Daddy, and Carter loves engineering anything he's allowed – usually I limit him to blocks, puzzles, and occasional supervised science experiments.”



1999 Denise Yusuff emailed her news: “My husband and I welcomed our first child on May 3rd... baby boy we named Lincoln. My mediation business continues to grow and serve the Antelope Valley with conflict resolution workshops and family mediations.”



1999 Rachel Tellez McGuire continues to make the Paraclete Family proud! Recently she was awarded the California Association of Public Information Officials (CAPIO) 2019 Paul B. Clark Lifetime Achievement Award. She was honored for her commitment to leadership and mentorship within the communications field.

Rachel is founder and CEO of RMG Communications, a boutique communications firm with a focus on public sector clients. She previously led the community affairs department at Western Municipal Water District and oversaw the development of high-profile, award-winning programs and projects that benefitted nearly a million residents in Riverside County.

"It's an honor to be recognized by my peers. CAPIO has been the foundation for my career, and I've connected with top-notch mentors, learned from thought leaders in the profession and developed many meaningful professional relationships," Rachel shared.

A CAPIO board member for the past 10 years, Rachel currently serves as its education and development chair and has previously served as president and vice president. She spearheaded many CAPIO initiatives, including a successful mentorship program and the organization's first scholarship program.

Rachel received her bachelor's degree in Communication Studies from the University of California at Los Angeles, her MBA from the University of Redlands. She is also an active member of several boards and committees, including the Public Relations Society of America and is the immediate past president for the society's Inland Empire Chapter.



2002 Erick Jackson shared his news: "I am truly blessed to share that I am becoming an Assistant Principal at S.A.G.E Academy in Palmdale School District. I began my teaching career at Paraclete which laid a great foundation for my teaching career. I often see former Paraclete students around the Antelope Valley and I enjoy speaking with every one of them! I thank God for His direction and opportunities in which I've received and I hope to have a positive impact in the lives of those I serve. My family and I are also very excited about welcoming our 5th little Jackson. So our children are effectively known as the Jackson 5." [Ed. Note: #5 arrived June 30th and her name is Aubrey Rose!]



2006 Sara El Zaatari lives in Abu Dhabi and happily updated us in May: "It has been a bit hectic I am actually God willing supposed to deliver my second child in 4 days!!! I would love to share my story.

"My father was actually living in Abu Dhabi for maybe 9 years or so. He was working out here. And every summer my sisters and I would go visit him there. Then after I graduated college with a bachelor's in child development from CSUN, I decided to go live with my dad for a year. The plan was to work and save my money living with my dad and eventually come back home and study for my master's. But.... I have been here for about 7 years now and actually consider this place home.

"I worked as an ABA (Applied Behavior Analysis) therapist for three years at a center for children with autism. They trained me and I got my RBT (registered behavior technician) license. And currently I am on my 4th year of being a special education teacher at a school.

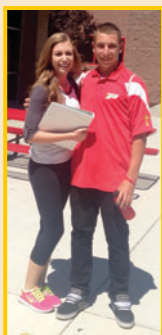
"Four years ago I met my husband which of course was a huge incentive to stay in Abu Dhabi. His name is Mohamed. God has blessed us with our son Noah and another on the way which we hope to name her Mariam. It's crazy to think that I was planning on just staying a year. But God had another plan for me. And his plan was better."



2012 Daniel Waters married his lovely bride Cyndi earlier this year.

2012 Alicia (Alvarado) Batschelet married her best friend, Bobby Batschelet, on June 29, 2019.





2014 Anne Marie Mansholt graduated from University of California, Santa Barbara in 2018 with a BA in Psychology. While in Santa Barbara, she volunteered at the Kegel Autism Center, worked at the Recreation Center, and played Club Soccer. Her UCSB Club Soccer team won the Women's National Championship in 2017 and 2018. She will be attending San Diego State University as a graduate student in Speech and Language Pathology this fall. A big thank you to Anne Marie's mother Diana for sharing this awesome news!



2016 Matthew Mansholt graduated from College of the Canyons in Valencia in May with an Associate Degree in Business. Matthew was a member of the golf teams that won the 2017 and 2019 California Community College Athletic Association's (CCCCAA) state championship. His goals are to continue studying Business Management and playing competitive golf. Thank you to Matt's mother, Diana, for this great news!



2015 Jennie-Marie Britton shared her news in May: "I am currently the president of an on-campus organization called Public Relations Student Society of America (PRSSA). This is a nationally recognized organization that has helped me fall further into love with public relations. I am very passionate about this organization and am so stoked to find out that there is a parent chapter PRSA that I can join when I graduate. I will be graduating Sacramento State in 15 short days with a degree in Intercultural Communications and a minor in Marketing."

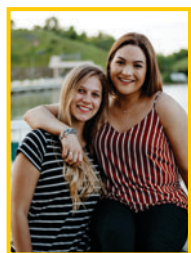
"This semester as president of PRSSA, I was able to have Sacramento State host a Regional Conference. This conference allowed PRSSA members from Washington state, Utah, Idaho and California to learn about crisis communication management. This was a huge effort that I could not have done without fellow members help."

"I am so excited to say that I am graduating in four years! It is very hard to find students still graduating college in four years anymore but it is possible!"

"This weekend I will be at USC taking graduation pictures with Brennen Bryant and Isaiah Eruaga. Brennen will be graduating May 10 from USC Marshall Business School. Isaiah, while he could graduate, chose to stay in school for another semester until he takes the MCAT in January. Kayla Rohaley just completed her first semester of Nursing school at Fresno State, she will be done in another 3 semesters."



Brennen Bryant '15, Isaiah Eruaga '15, with Jennie-Marie



Kayla Rohaley '15, with Jennie-Marie

"Currently, I am working three jobs. I still work at the Sac State Aquatic Center where I used to row. I also am working at Journeys, because what girl doesn't like a discount on shoes?! Lastly I am working at 3fold, a communication and marketing agency in Midtown Sacramento. These jobs are the reason that I haven't been able to visit as often. I will be staying in Sacramento after graduation (which was not the original plan) but my friends are making it easy on me by how often they visit."

"I just wanted to reach out and say that I miss you all and I hope to visit again very soon! I would love to come and talk to the juniors/seniors about what college can be like with all the pros and cons. Hopefully we can arrange something! Hope all is well in the Paraclete community!"

2016 Kaiya Epps-Lee - Ronald Lee shared these news items about Kaiya!

NORFOLK, Va., Feb. 25, 2019 – Bethune-Cookman's Kaiya Epps-Lee was named the Mid-Eastern Athletic Conference (MEAC) Softball Player of the Week, the conference announced Monday afternoon.

Epps-Lee (OE, Jr., Lancaster, Calif.) finished the week with a .400 batting average, going 6-for-15 at the plate while driving in three runs with a double. In the Cats' win over No. 17 Oregon, Epps-Lee went 2-for-3 at the plate with an RBI to help Bethune-Cookman get their first win over a ranked opponent since 2005.

Way to go Kaiya!

Reunions 2019

The Class of 1969

will hold their 50th reunion on October 11th, 12th and 13th.

Friday, October 11th join us at the Homecoming Game (free of charge to alumni)

October 12th dinner at Fresco II in Palmdale at the A.V. Mall

Dinner tickets are \$65.00 per person (includes dinner and other out of pocket expenses we incur)

Dinner will start at 4:00PM until they kick us out.

Some people have expressed interest in attending Mass at the Paraclete Chapel Sunday morning, details to be determined.

We do have a group rate at The Hilton Garden Inn in Palmdale close to Fresco II it will cost approximately \$113.00 a night.

You can mail your checks to Cynthia Holmes 9741 El Arco Dr., Whittier, CA 90603 or

John Titter 168 N. 12th Ave. Upland, CA 91786.

If you have any questions, feel free to call John at (909) 917-5777 or (909) 981-1188.

The Class of 1979

held their reunion during the weekend of August 17th and 18th . . . *Look for photos in the spring newsletter!*

The Class of 1989

welcomes all Spirit grads from 1984 through 1993 to their reunion taking place on Saturday, October 12, 2019

at Gino's in Palmdale. There is limited space, so make your reservation today by contacting

Brighton Bacchus at bbacchus818@yahoo.com via a Facebook message or call him at 805.890.2132

Details can be found here: <https://www.paracletehs.org/alumni/important-dates-events/>

The sooner you reserve your ticket(s) the better! Cost prior to the end of August was \$50.00/\$100.

\$60 PER PERSON/\$120 PER COUPLE BY END OF SEPTEMBER

\$70 PER PERSON/\$140 PER COUPLE BY END OF OCTOBER

\$75 PER PERSON/\$150 PER COUPLE AT THE DOOR

The Class of 1999

will be holding its 20th reunion with an informal gathering at the Homecoming Football Game on Friday, October 11, 2019!

Please contact Brandee Felton-Ernest to express interest in attending via brandee.felton@gmail.com

The Class of 2009

will have its reunion Homecoming Weekend October 11th and 12th.

Friday night we will cheer on the Spirits at the Homecoming Game

Saturday will be an event at a restaurant in Lancaster

For details contact Courtney Smith at courtneyjon1902@gmail.com

Homecoming 2019 – Soarin' with the Spirits!

Let's pack the stadium for our Homecoming Football Game on Friday, October 11, 2019 (location TBA)! Paraclete faces St. Francis High School of La Canada. With Coach Dean Herrington at the helm we are sure to have a prepared team that will be every Spirit fan's delight. This is a Reunion Weekend for some classes so come early for the best seats! You can also catch the Frosh Football Game on the same day at 3 PM at Paraclete.

GO SPIRITS! GO BIG RED!

[Note to alumni: remember you get in free at the Homecoming Varsity Game – look for the gate/table with the alumni banner!]

Go Spirits!

Beat the Golden Knights!



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Parents: If this newsletter is coming to your daughter or son who no longer lives at home, please help update our records by calling or sending the new address to the Alumni Office.



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(for football news)

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(for baseball news)

@GirlsParaclete

(for soccer news)

Upcoming Events:

Annual Clete Classic Golf Tournament

Friday, September 13, 2019 at the Antelope Valley Country Club

This event benefits the Boys Basketball and Football programs. For more information, contact Newton Chelette at (661) 943-3255 ext. 110.

Homecoming 2019

Friday, October 11, 2019 at 7 PM (location TBA)

Football Game versus St. Francis High School - Alumni get in for free - look for the gate/table with the Alumni sign. Get your SPIRIT on and join us!

Las Vegas Night

Saturday October 19, 2019 from 7 to 11 PM in the Godde Gym.

Brought to you by the Paraclete Parents Organization.

For more information, contact Melissa Phoreman at PPOMelissaP@gmail.com.

Alumni Baseball Game

Look for some real talent on the Alumni Team!

December 21, 2019 at 11 AM

Open House

Saturday, November 16, 2019 and Saturday, January 11, 2020

Do you know a young person who is looking for a great high school experience? Tell them about Paraclete and all that we offer!

Entrance Exam

Workshop – Saturday, January 18, 2020

Exam – Saturday, January 25, 2020

Contact Venus Gutierrez at (661) 943-3255 ext. 155 for questions or more information.

Vocation Day

Alumni: Consider sharing how God's guidance helps you with your career –

Thursday, May 7, 2020. Contact Father G at FrG@ParacleteHS.org or

Janet Bower at JBower@ParacleteHS.org.