

# PHSpirit

FALL 2020



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

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# PHSpirit

FALL 2020

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

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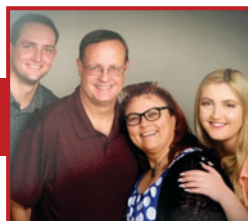
## **On the Cover:**

The Class of 2020 enjoys the Senior Sunrise, their last gathering as the senior class.

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# *The Class of 2020 Graduation Prayer*

**Holy Spirit, the Paraclete...**

**As we set sail on the new  
adventure you have planned for us,  
please be our courage. Keep us  
strong in heart, be our guiding  
light as we face our futures. Allow  
us to carry the lessons we learned  
in Paraclete with us as we go.  
May we cherish the memories and  
bonds we have made here.**

**Whatever we may face, may we  
always stay afloat. Help us to be  
resilient and hopeful, knowing  
that you are with us.**

**Amen.**



# Meet the Class of 2020 – a Class with 20/20 Vision!

## Let's go twenty, let's go 2-0!

### My most pleasant, memorable, or uplifting Paraclete experience(s):

**Lamar'ra Johnson:** "Senior sunrise, because it was the last senior gathering we actually had."

**Evan Uccellini:** "Playing baseball with the boys. I wouldn't trade those memories for anything in the world. Those boys were more than friends. They were family, and I would do anything for them."

**Kristopher Stiles:** "Being a part of the athletic programs and making life long memories."

**Ethan Rosario:** "Hitting a walk-off base hit for baseball was one of my greatest moments. Meeting my girlfriend Ashley and hanging out with Fulmer and Saul every day."

**Mia Huerta:** "All of the overnight retreats were impactful and emotionally enriching. They gave me the chance to grow close to so many wonderful people."

**Alan Rennie:** "My freshman year when we won CIF and our stands rushed the field. We had beaten a team that had not lost that season – and in their brand new field that they hadn't lost on, too."

**Alexis Armenta:** "Any moment with my friends."

**Samantha Aranzazu:** "My most memorable experience from Paraclete has to be all of the retreats. That is where I made new friends, met great people, heard amazing stories, and where I got to know myself better. These retreats are extraordinary in a way that cannot be described, but experienced."

**Pamela Cherit:** "My favorite memory from Paraclete is all the drama shows and having a big part in them. Although it's a ton of work building up to show day and the weekend can be exhausting, it's the most rewarding feeling to end a show knowing all the hard work paid off. Also the sense of community I feel with everyone that I have ever done drama with in the past year is unmatched. We all support each other and make each other feel welcome. And the amount of fun we've had together is truly memorable. Drama really brings people from different groups and backgrounds and it joins us all together in a way I haven't see from any other program at Paraclete. And it's the people you least expect and the drama veterans that always end up putting 110% effort in making sure we put on a good show."

**Brooklyn Brooks-Young:** "My most memorable experience was the day we won the football championship. I was a freshman cheerleader, and I remember the feeling of the pure excitement and pride. There was a true sense of family and love that night."

**Amber Kersanty:** "The COR retreats [Christ in Others Retreat] were really fun especially because they bring people together who probably would never have been friends otherwise."

**Olivia Ramos:** "Senior retreat Mass."

**Daniella Barrios:** "This past Field Day, they played High School Musical in the drama room, and everyone there started singing and dancing along. It was the first time one of my friends saw High School Musical and I think that's a great introduction."

**La Kayla Harris:** "Being a group leader at Freshmen Orientation."

**Giulianna Garcia:** "Senior retreat (snow fights), Campus Ministry retreat, COR, Glow-Rally, ASB elections, freshmen orientation, football games, rallies, sports events (especially the teams I was on), and the Advent Celebration (especially when I was part of multiple clubs that performed)."

**John Catalano:** "My most memorable Paraclete experience would be the entirety of the Senior Class Retreat. Being in the company of good natured people, whilst secluded in the snowy woodland terrain of Wrightwood, let me experience a peace of mind that I knew very little of, as well as offering clarity on my own religious endeavors."

**Glennice Partosa:** "My favorite highlights would be the dances/Spirit Week or even retreats since those times are so lively and bring the school together. I also really loved performing in the Advent Celebration."

**Samantha Parra:** "The rallies and football games were definitely some of my more pleasant, memorable, and uplifting experiences at Paraclete. Having the entire student body together all in one place at the same time, cheering for something that we all love is such an amazing feeling. We all would get so excited for Friday rallies in the gym, encouraging our fellow classmates while they competed in friendly competitions, or dressing in red and gold screaming cheers while our football boys are fighting in battle on the field."

**Leonardo Garcia:** "Going to World Youth Day in Panama with Father G."

**Janelle Lennarz:** "The Advent Celebration was my favorite Paraclete memory. My friends and I spent so much time preparing for it, and I was so proud of myself for dancing in almost all of the clubs!"

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

**Jessica Vontoure:** "Ms. Dominguez – I like talking to her; she's funny, and she's very supportive."

**Trinity Hill:** "Mrs. Erickson because she has helped me so much through my high school career and we can talk about the Pythagorean theorem, too."

**Aspen Frey:** "Mrs. Kudrik because she is super caring, intelligent, and super respectful. She is very easy to talk to."

**Daniel Illingworth:** "Deacon Greg Halamicek because he gives good advice and understands my tech background."

**Connor Vogel:** "Coach Dees because we could talk about baseball all day. We could talk about college baseball, the team this year, and how the Angels have no pitching."

**Jacob Orszulak:** "Steven Urmanski because he is the best and most helpful teacher."

**Corrina Camacho:** "Ms. King because I have known her since the eighth grade and have always looked up to her, because she is such a great person."

**Kandace Chavez:** "Mrs. Keever because she is really kind and understanding, and I feel like I related to her a lot when I had her class."

**Pamela Cherit:** "Mr. Miller and Mr. Dees. I feel like I can argue/debate with Mr. Miller about anything and still learn from him especially about obscure things I've never thought about. Mr. Dees because he is so wise and I would want to learn about life from him."

**Asal Esteghlal:** "Mr. Landa, because over the years, especially the summer before senior year and senior year itself, he guided me with college decisions and applications, and taught me how to solve crossword puzzles therefore acquiring the nickname 'Grandpa.'"

**Irina Guillermo:** "Mr. Ladensack because he's the only person who truly understands me and is fun to talk to."

**Kevin Turcios:** "Either Ms. Fowler or Mr. Miller because I genuinely like them as teachers and as people, and I always have pretty good conversations with them inside and outside the classroom."

**Yash Nangia:** "Mrs. Johnston because I have been in her classes for two years now and she's always been there to help me at school whenever I needed her to and she's a funny teacher."

**Jasmine Chamberlin:** "Office Ladies. I had the most enjoyable conversations with them, and I can tell they care about me and would be willing to hear about how I'm doing."

**Brianna Simpson:** "Mrs. Castellanos because she has been my support system since sophomore year and is always there to pick me up."

**Daniel Huizar:** "Mr. Hernandez because he has done so much for me as a teacher and has impacted me a lot even though I haven't even had him for a class."

**Sharon Sanders:** "Mrs. Novelli because she always puts me in a good mood and makes me smile."

**Daniela Salazar:** "Mr. Keever because he's always been a great, patient, person who doesn't mind saying hello in the halls and asking how I am."

**Ethan Rosario:** "I would pick Saul [Bravo] because of how relatable and kind he is to me, and he's just a great man to be around; he means a lot to the school and to me as a student."

**Aleni Rogers:** "Father G because he gives the best support."

**Gabriella Perry:** "Mrs. Bandziulis because she has always been so nice and supportive to me throughout all my years of high school."

**Justin Parsons:** "Mrs. Hood because we could just talk about nerdy stuff and it would be super fun."

### Describe your Paraclete High School experience in 5 words:

**Asal Esteghlal:** "Exciting, educational, eye-opening, social, busy."

**Olivia Ramos:** "Grew stronger as a person."

**Micah Adams:** "I should've come freshman year."

**Parker Barnes:** "Fun, exciting, bittersweet, sad, memorable."

**Sarah Armstrong:** "Inspiring, educational, spirited, interesting, family."

**Lamar'ra Johnson:** "Wish it would never end."

**Nelson Nguyen:** "Fun, family, journey, successful, meaningful."

**Angela Adelantar:** "Wild, nostalgic, interest, beneficial, beautiful."

**Maya Yol:** "Fun, short, unique, spiritual, memorable."

**Madelyn Cruz:** "Incredible, empowering, formative, home, love."

**Corrina Camacho:** "Memorable, enjoyable, interesting, humorous, educative."

**Matthew Hong:** "2020, a very unique class."

**Magnus Carlon:** "Where did the time go?"

**Jasmine Chamberlin:** "Memorable, challenging, joyful, beneficial, exciting."

**Connor Vogel:** "Stressful, spirit, loving, grind, faithful."

**Madisyn Sugii:** "Welcoming, loving, family, caring, respectful."

**Carson Davis:** "Rest in Peace Senior Year."

**Glennice Partosa:** "Discover who you truly are."

**Justin Parsons:** "Fun, exhausting, memorable, too-short, wondrous."

**Alan Rennie:**  
*"I don't need five. Great."*



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

**Angela Adelantar:** "Infinite health and good weather."

**Nick Wyatt:** "Teleportation and power to slow down time."

**Ariel Wilson:** "Eternal life and free food."

**Brooklyn Brooks-Young:** "Cheat code to becoming a millionaire and the code to cure Covid-19."

**Kailey Lugo:** *"To do any year in high school again and to be able to relive a memory I didn't cherish enough."*

**Daniella Barrios:** "For sleep to be optional and to be really good at basic skills like cooking, sewing, changing a tire, and making conversation."  
**Nelson Nguyen:** "Return to the past, and never lose energy."  
**Rachel Guzzetti:** "Full health and jet packs."  
**Carly Hooten:** "How to completely avoid student loans and how to be happy 100% of the time."  
**Marissa Orozco:** "Homework always done and sleeping with my eyes open."  
**Daniela Salazar:** "Dress cheat code, pass every math test cheat code."



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

**Anthony Abel:** "My skating skills."  
**Benjamin Waring:** "My fast metabolism."  
**Amber Wang:** "I can play the piano."  
**John Catalano:** "My ingrained knowledge on practical everyday physics which leads to my ability to improvise and fix anything. Basically Stick Smarts."  
**Yash Nangia:** "My hardworking parents."  
**Lance Jundy:** "How I am hard working and I can do flips."  
**Clayton Borrer:** "I'm better than Mr. Dees at Clash of Clans."  
**Shane Fernando:** "I was ranked in the Top 50 in the U.S. in the 1500-meter before the season ended."  
**Carolyn Hibbert-Winchell:** "I am an awesome journalist, I have worked with Leo Stallworth [reporter for ABC7 Eyewitness News], and interned at Heart Reality."

*Mia Huerta: "Yo! I'm so smart that out of everyone who took the PSAT last year [2019], I got an award for only 2,500 of test takers [out of 3.5 million students]."*

**Alexis Zepeda:** "I would say that I am extremely hard working and have a strong mindset, because I was able to handle four AP classes my senior year without slacking or letting senioritis get to me."  
**Samantha Parra:** "I got a perfect score on my driver's license test."  
**Tiani Nick:** "I can brag about my great arguing skills."  
**Erica Rich-Larios:** "That I have a softball scholarship or that I naturally have really nice and long eyelashes."  
**Gary Cole:** "My Lockheed-Martin job."  
**Joseph Soliz-Martinez:** "I have a very resilient personality."  
**Kurt Horney:** "I'm a ballet dancer and lift girls for a living."  
**David Ewart:** "I can chug an entire water bottle in like 3 seconds."  
**Amber Hartenstine:** "I'm a pilot."  
**Alan Rennie:** "That I am an Eagle Scout."  
**Rachel Guzzetti:** "I make really good blueberry scones."  
**Ashley Roque:** "I can totally brag about having the coolest dad (Saul)."



### 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?

**Gary Wan:** "I would choose no Covid-19 in 2020."  
**Preston Santana:** "I can control water and anything to deal with the ocean."  
**Trinity Hill:** "Flying! I would love to fly and see the city from a different aspect."  
**Vanessa Neeley:** "I would want to know what everyone is thinking."  
**Oscar Chinchilla:** "Intelligence in every possible category."  
**Manuel Ledesma:** "I would honestly choose invisibility, just to mess with my friends."  
**Andrew Dusablon:** "Throw 105 [baseball] and have ligaments and tendons of steel."  
**Ethan Fisher:** "Super intelligence, like Iron Man."



### You are experiencing a senior year like no other class with this stay at home request and online classes. What is the best take-away from this experience?

**Alexis Zepeda:** "The best take-away would be getting closer to my family, because before everything changed, I was too busy with school, track, dance team, dance outside of school, and volunteering, and was not able to spend a lot of quality time with them."  
**Gabriela Villalobos:** "That everyone is safe at home."  
**Leonardo Garcia:** "Cherish every moment."  
**Amber Hartenstine:** "My biggest take-away was that I realized how much I miss actually going to school."  
**Ivan Hernandez:** "Cherish every moment you have with your friends, because being stuck at home sounds fun, but it honestly isn't fun."  
**Matthew Hong:** "Don't take anything for granted. Good things in life can be taken away in a snap. Always make the most with what you have."

*Magnus Carlon: "I'll never take human interaction for granted again."*

**Brock Larrick:** “The best take-away from this is cherish the things you have because you won't have them for long. And to always make the most out of the short time we have.”

**Kurt Horney:** “I didn't realize how invested my teachers were until we were forced into this situation [online learning].”

**Amber Kersanty:** “We don't need to see each other in person in order to still be a family.”

**Calvind Macaraig:** “Should've gone out more.”

**Emily Fricke:** “We are very united as a class, and have come together to mourn our senior year together.”

**Shane Fernando:** “That you need self-care in your life, and that you should have a safety net when you are an adult.”

**Kevin Turcios:** “Honestly I've taken this as a learning experience to appreciate everything in life. Also to make more time for hobbies and not spend so much time on YouTube.”

**Sharon Sanders:** “You realize how much the Paraclete staff truly cares about the students and how we took many good things for granted.”

### **Advice to your future self:**

**Emilee Benz:** “Never be afraid to speak up, and do the things you love. Never doubt yourself, and always live more in the moment instead of stressing of what is to come.”

**Fisher Yu:** “Make some friends in different areas.”

**Yasminé Zubia:** “Life will throw the unexpected things at you. As long as you have your faith you will be just fine.”

**Serena Castillo:** “Hopefully you didn't try to grow up too fast.”

**Ryan Guerrero:** “I am not the same person you are now, and neither of us are the same person we'll be. Don't be scared of change. Embrace the unknown.”

**Ariel Wilson:** “Try to enjoy the little things. Also, appreciate every moment before it's over.”

**Marcus Watts:** “Just keep working on the goal and don't let anyone stop you. And to stay out of my own head, because I'm the one that can hold myself back.”

**Jorge Mena:** “To never let your fears stick with you.”

**Vinuth Iav:** “Start your homework before 12 AM, so you won't regret the next morning.”

**Janelle Lennarz:** “Surround yourself with people you love.”

**Alex Watfa:** “Keep working hard – you'll find your destiny.”

**Toby Tochez:** “Don't let me down man. I'm counting on you to pull through with my dreams.”

**Jacobee Taylor:** “Stay humble, continue to work hard, and make progress – you'll be just fine.”

**Kristopher Stiles:** “Just keep playing golf, never stop.”

**Carson Davis:** “Get rich you lazy bum.”

**Nicholas Cunningham:** “Don't quit on stuff you like; also, when you like something, give it your all.”

**Evan Uccellini:** “Don't argue with stupid people because they'll bring you down to their level and beat you at their own game.”

**Magnus Carlon:** “Don't forget your roots bro. Remember your old pals back in the A.V. when you're out there topping charts.”

**Jake Fuqua:** “Always be happy.”

**Kamron Scott:** “You're going to face many difficulties and face adversity, but just keep pushing through because I will be successful. I promise.”

**Pierce Columna:** “Fix your sleep schedule and keep it that way. Ideally go to bed at 2 AM at the latest.”

**Michael Ruiz:** “Go big or go home.”

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***Jaren Johnson: “Please stay  
10 toes solid and trust God.”***

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***Madelyn Cruz: “Like she said,  
'Don't live your life for anyone  
else. That way, if you mess up,  
there's not one else to blame!'**  
Full send. Appreciate the little  
things. Stretch. Keep cracking  
dad jokes! Smile. Pray. Love  
always. Take time for yourself.  
Call mom.”*

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## History Channel Your Inner Spirit

*From Caryl Hier, staff member from 1977 to 1999.*

*You'll find Spirits everywhere!*

“It is a very small world. I received a phone call from Keith Richards, former coach/teacher/dean during the years 1979 - 1981. He now lives in Scottsdale, Arizona, and works with a company which supplies heavy duty equipment. He came across a person who was operating a big piece of heavy equipment and began talking with him. The guy told him that he was originally from Palmdale. Well, that was enough for the conversation to continue. Turns out, it was Andy Royster, Paraclete Class of 1989. Keith provided a phone number for Andy and I began to text him. Both Keith and Andy have fond memories of the SPIRITS. What a fun day I had. My memories of PHS are still so vivid – thanks to all the students, faculty, and parents.”

# Alumni Profile ~ Meet Heidi Rocha Witte!

## *Walking Humbly with God*

With the Holy Spirit's guidance, Heidi (Rocha) Witte, from the Class of 2005, is successful at her goal in life: to serve others while loving goodness. After her Paraclete graduation, Heidi attended the University of Notre Dame, graduating in 2009 with a Bachelor's of Arts in American Studies, with minors in Catholic Social Teaching and Education, Schooling and Society. In 2011, she earned her Master's in Education through Notre Dame's Alliance for Catholic Education program. None of this is surprising. While at Paraclete, Heidi was a valedictorian and an All CIF [California Interscholastic Federation] Scholar. She excelled in her AP [Advanced Placement] classes while running cross-country and track, singing in the school choir, and making friends in numerous clubs like the Christian Leadership Club. Heidi earned numerous subject awards and served as a peer tutor.

Heidi is someone you would want on your team! While at Notre Dame, she enjoyed the following activities and accolades: Notre Dame Cross Country and Track Monogram winner, Student-Athlete Advisory Council, Christopher Zorich Award for Community Service, Byron V. Kanaley Award for Exemplary Student Leadership, service opportunities with the Center for Social Concerns, cantor for Dorm Masses, and member of Unchained Melodies, a Christian a capella group.

Heidi feels that her courses at Notre Dame deepened her faith in many meaningful ways. "My courses also opened my ears to the call to serve, which led me to the teaching profession through the Alliance for Catholic Education, where I taught as a 2nd grade teacher in an inner-city Catholic school in New Orleans. The ACE program shaped me in countless ways and gave me the tools to serve my students and teach them at their level. Teaching 2nd grade was also a special experience, as I was able to prepare my students for the sacraments of First Confession and First Communion, and I witnessed these special moments with them, sharing in their joy as they received Jesus for the first time. I continued serving as an inner-city Catholic school teacher and Reading Specialist in Los Angeles for four years. At present, I share the skills I learned in the classroom as a volunteer catechist for Christ the

King Church's Children's Liturgy program and as a mom of two." At her parish, Heidi also sings as a cantor, serves on the leadership team for the St. Gianna's Moms Group, and is also part of their Christian Action group.

Heidi and her husband Mark met during their senior year at Notre Dame. Mark graduated with a Bachelor's of Arts in English and Japanese, and currently works as a Post-Production Manager at Notre Dame. Their family is complete with their children Grace, 5, and Dillon, 2. Heidi loves being so close to their "second home," Notre Dame. "It's such a blessing to take our kids to campus to enjoy the beauty of God's creation. We love going to the Grotto, feeding the ducks by St. Mary's Lake, and watching the Notre Dame Marching Band parade by on football Saturdays. We also love getting to enjoy the snow in the winter!"



Taking a moment to think about her years at Paraclete High School, Heidi fondly remembers Mrs. Nadine Nichter-Seidel as her favorite teacher for her inspiration to "reach higher and to push myself harder." Heidi and her family come back to the Antelope Valley about twice a year. "Our kids always love seeing their fun-loving grandparents, so they look forward to it!" Heidi's parents, Mike and Linda Rocha cherish the visits. She shares that while she and her family do love the change in seasons in Indiana, they miss the year-round sunshine of Southern California.

Following in Christ's footsteps is Heidi's life mission. Her favorite passage of the Bible is Micah 6:8: "You have been told...what the LORD requires of you: only to do justice and to love goodness, and to walk humbly

with your God.” She is reminded of our calling to act justly towards our neighbor and to show God’s love to others.

Heidi finds solace in a favorite prayer of Father Ted Hesburgh, best known for serving as Notre Dame’s president for over 35 years and as the chairman of the Civil Rights Commission starting in the 1950s. The prayer is simply, “Come, Holy Spirit.” Heidi finds that those three words are a “source of strength and comfort to me, reminding me of the Holy Spirit – the Paraclete – will guide me and accompany me on every step of my journey here on Earth.”

When asked how she and her family have managed the quarantine, Heidi replied with enthusiasm! “Taking on the production of our online Children’s Liturgy program has been a great blessing and distraction for us during this time of quarantine. When our parish, Christ the King, closed due to the pandemic, Mark and I wanted to continue our 5-year-old daughter’s faith formation. Normally, she attends Children’s Liturgy at our parish. We asked our parish if doing an online Children’s Liturgy would be something they’d be interested in, and our pastor encouraged us to go for it. I was able to get in touch with my favorite children’s liturgical composer, John Burland, and he graciously allowed us to use his music in our videos, and Pflaum Publishing also offered free weekly leaflets for families. It just all came together very organically (and definitely with the help of the Holy Spirit)! I couldn’t have done this without the amazing behind-the-scenes work by my selfless husband, Mark. With my teaching background and Mark’s production and editing skills, we have worked as a couple to create this ministry for children from all over the world. We had 2,500 viewers our first week, and families were watching our program from 5 different continents. Our videos were shown on CatholicTV each Sunday morning, as well. We received so many emails and messages from parents thanking us for helping their children during the difficult time of the pandemic. I created a free coordinating coloring page each week, and parents could send in their child’s coloring sheet to be featured on the next week’s Children’s Liturgy video. We received over 140 submissions of beautiful artwork one week! Parents repeatedly told us that the inclusion of children’s liturgical music, movement (including signs in American Sign Language), and the interactiveness of these Children’s Liturgy videos encourage their children to participate and have kept

their children’s attention. Music, movement, and speaking to our children in simple terms (or in their ‘language’) can really help young children understand the Gospels and their faith more easily and more fully! They are our future Church, so starting faith formation early is so important. Our hope is that more parishes



will offer Children’s Liturgy of the Word, so that young children can grow even more in their faith. It has been truly rewarding to be a part of this ministry!” After much prayer, Heidi and Mark have decided to continue producing their Children’s Liturgy episodes. To learn more and to help support or spread the word about their ministry, visit [www.patreon.com/kidsliturgy](http://www.patreon.com/kidsliturgy).

Pflaum Publishing Group has recently hired Heidi as an independent contractor to film short Gospel reflection videos for their Children Celebrate and Gospel Weeklies Faith Formation programs. She is excited to continue spreading the Good News with little ones.

Heidi has certainly given us direction in leading a life of goodness. Thank you, Heidi, for sharing your passion. Blessings and good health to you and yours Heidi!

To see past videos and learn more about Heidi’s projects with Pflaum, visit her Twitter account at [www.twitter.com/KidsLiturgy](http://www.twitter.com/KidsLiturgy).

*Words of Wisdom from Heidi to Paraclete students: “Never stop advocating for goodness and for justice. Just as Jesus taught us, we must love our neighbor as we love ourselves; He calls us to take a stand for what is right. It’s in this way that we can help build God’s kingdom here on Earth.”*

# The Nichter-Seidel Scholarship Fund



Warren, his wife Nadine,  
and their family

Mr. Warren A. Seidel was the Chief of Labor and Environmental Law at the 412th Test Wing, Edwards Air Force Base, California. The Nichter-Seidel Scholarship Fund was created in Warren's honor by his wife, Nadine Nichter-Seidel (Paraclete Assistant Principal and English teacher) and his son Trevor and daughter, Ashley.

This fund was created to award a deserving student or students additional financial support towards a Paraclete education. Gifts to this named scholarship fund are for immediate use.

For information on donating to this fund contact Vicki Novelli at (661) 943-3255 x 128 or [vnovelli@paracletehs.org](mailto:vnovelli@paracletehs.org) or Janet Bower (661) 943-3255 x 111 or [jbower@paracletehs.org](mailto:jbower@paracletehs.org).

## Please give to Paraclete's 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 give each year 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, Discover, or American Express. Credit card gifts can be made online at [www.ParacleteHS.org/giving](http://www.ParacleteHS.org/giving) or by contacting Vicki Novelli at (661) 943-3255 ext. 128 or [VNovelli@ParacleteHS.org](mailto:VNovelli@ParacleteHS.org). Thank you for your annual gifts.

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**Ruane Mechanical, Inc.** – Jason and Jennifer Ruane [www.RuaneMechanical.com](http://www.RuaneMechanical.com) (661) 526-5779

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**Tim Wells Tire Service** - [www.TimWellsTireService.com](http://www.TimWellsTireService.com) (661) 942-3773

**CrossFit Inner Chamber** - [www.CrossFitInnerChamber.com](http://www.CrossFitInnerChamber.com) (661) 948-0915

**Edward Jones Investments** - Rocio Montagner [www.EdwardJones.com](http://www.EdwardJones.com) (661) 224-1365

**Rally Auto Mall & Collision Center** - [www.4Rally.com](http://www.4Rally.com) (661) 947-6111

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**Dunkin' Donuts / PHD So Cal** - Michelle Cochran [www.Facebook.com/DunkinLancasterCA](https://www.facebook.com/DunkinLancasterCA) (661) 726-0073

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**C & C Plumbing** Chuck Weatherwax - [candcplumbinginc@yahoo.com](mailto:candcplumbinginc@yahoo.com) (661) 945-4215

## Thank You!

**The Coach Ray DeShane Weight Room Dedication was postponed due to current events. We look forward to rescheduling and celebrating Coach DeShane's passion for high school athletics and football. Stay tuned for the new date.**

The goal of \$25,000.00 has been achieved for the Coach Ray DeShane Memorial Scholarship Fund, and we give thanks to the DeShane Family, Spirit athletes, and friends for fulfilling this objective. We welcome additional donations to this fund to increase its scholarship power. If you would like to donate to this fund or to weight room improvements, please include "Coach Ray DeShane" in the memo section of your check or in the remarks if your donation is completed via PayPal. Give online at: [www.ParacleteHS.org/Support](http://www.ParacleteHS.org/Support) or mail your gift to Paraclete High School – Attention Advancement Office, 42145 30<sup>th</sup> Street West, Lancaster, CA 93536.

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#### Select Paraclete for your Vehicle Donation!

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*Here's how you can help!*

- Thermal Sensors (call Vicki for details at ext. 128).
- Add to our Building Fund for future improvements to the campus.
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- Give an unrestricted gift for our mission.
- Give online at: [www.ParacleteHS.org/Support](http://www.ParacleteHS.org/Support) or mail in your gift to Paraclete High School, 42145 30th Street West, Lancaster, CA 93536

**Donate here: [www.paracletehs.org/giving](http://www.paracletehs.org/giving)**

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



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**Questions? Email: [vnovelli@paracletehs.org](mailto:vnovelli@paracletehs.org) Phone: 661-943-3255 x128 or x111**

# With Much Gratitude!

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*Thank you to all of our generous donors. You all make a difference!*

In reports of this nature, mistakes are unavoidable. If your gift was omitted or missed, please accept our apologies.

If you notice an error, please notify the Advancement Office at (661) 943-3255 ext. 111.

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 John Vento and family  
 John & Sarah Vento, Hannah '22  
 Rainelda and Rolando Victoria  
 Terry Viera-Podorski  
 Dennis Vigee '84  
 Kristie (Hier) Vigil '05  
 Fumie Vigil and family  
 Alex and Joy Vigilante, Aaron '18, Jasmyn '18  
 Vince's Pizza  
 Nickolas Vogel '77  
 Timothy and Jennifer Vogel, Tyler '18, Connor '20, Jaylee '23  
 Jennifer Vogel, Tyler '18, Connor '20, Jaylee '23  
 Susan (Reineman) and William Volmerding '82  
 Vons - Avenue L  
 Vons - Rancho Vista  
 James and Pamela Vose  
 James and Pamela Vose in memory of Tom Ward  
 Bill Walsh '88  
 Walt Disney Family Museum  
 Janet Ward Timothy '89, Virginia '92, Andrew '93, Molly '95  
 Rosalyn Warren  
 Sandy Warren in memory of Coach DeShane  
 Natalie (Miller) Warwick '72  
 Tom and Patti Waters '67  
 Wayne and Dave's Automotive  
 Charles & Melanie Weatherwax, Emma '21  
 Clinton Weir  
 Robert and Monica Weir  
 Timothy Weld, Maria '01, Ileana '03, Kimberly '03  
 Robert and Eileen Wenzel '81  
 Western Equipment Service  
 Westside Tan  
 Lynn and Bob Whisler and family  
 Deron & Andrea White, Brevin '18  
 Marian Wibowo  
 The Most Reverend Bishop Gerald Wilkerson  
 William Edwards Photography  
 Rocio Williams  
 Myra Wilson  
 Anne (Redmond) and Richard Wilson '79, '79, Reno '18, Ariel '20  
 John Wilson and family  
 Tamara Wilson in memory of Roosevelt Davis Sr.  
 Danielle (Gaeta) and Cory Withers '03  
 Heidi Witte in memory of Warren Seidel  
 Phyllis and Mark Wittig in memory of Haydee Nottoli  
 Megan (Evans) Wojtulewicz '98  
 Kathleen Wood and family  
 World Builders Alliance  
 Yard House  
 Yvonne and Clarence Yaroslaski and family  
 Yolanda Yedid Hayden in memory of Haydee Nottoli  
 Brian and Lisa Yep  
 Yogurtland - Lancaster  
 Lisa (LaRussa) Zapf '72  
 Maria Zermeno  
 Laura Zermeno  
 Regina Zurbano '96

# *In Memoriam - Haydee Nottoli*

*A Spirited and Beloved Staff Member from 1978 through 2011*



Beloved Haydee Nottoli passed away on June 15, 2020. She was a part of the staff for 33 years with volunteer years preceding her employment. She wore many hats at Paraclete including Book Store Manager, Accounts Receivable, Z Club Advisor, and Secretary. Haydee and her husband John put their children (Virginia '77, Laura '78, James '81, Margaret '86, and David '88) through Paraclete along with

grandchildren. John was an active volunteer at many Paraclete events, including serving as our Spirit Football Announcer.

*The following is an excerpt of the eulogy given by Haydee's son David at her funeral Mass at the Mission Basilica San Diego de Alcalà.*

## **Words of Remembrance**

“What an amazing God we have, what an amazing gift we received when He chose Haydee to be our mother, what an amazing gift we received when He chose Haydee to be your wife, your sister, your grandmother, your aunt or perhaps your friend. I believe there are two groups of people: those who wonder 'what is my purpose in life' and those who embrace passion for something, that passion becomes purpose, and they live out that purpose for the glory of God. Our Mother was passionate about serving or acts of service.

“How can you argue that we have such a good, good God, that has a plan and a purpose for all of us? You have a young girl that immigrated to the United States from Mexico with her family at 14-years-old. Learns English, attends high school, becomes a beauty queen, begins college and attends the Antelope Valley Fair. And on the other hand, you have a young man born in Chicago, raised in Michigan, gets asked to move to California to play football for a small college and just happens to be working with his other teammates parking cars at the Antelope Valley Fair. Look around you ...look what became of this one moment in time. It's hard not to imagine that our God isn't with us every second of every day. Because a young man from Michigan reached out his hand to help a young girl from

Mexico out of her car so she could enter the Fair, all of this is the result.

“Our mother was passionate about loving others and found purpose in being a wife, being a mother, and caring for others. She had the opportunity to invest herself into many lives while devoting 40+ years of her life volunteering and then working at Sacred Heart Elementary School and Paraclete High School. I witnessed on a daily occurrence, our mother being filled with compassion for others, and interjecting herself into that very place those struggling found themselves, and she did this with a smile, a hug, free lunch, free snack, delaying tuition, or maybe a conversation. Our mother saw value in everyone and purpose in loving the Lord her God and loving her neighbor as herself. I saw this first hand in how she interacted with people. She would hear things in the office regarding a student (good and many times bad things) ...sometimes ask me about the student and then purposely seek them out. Sometimes that interaction was to let you know that you were loved, when you felt unlovable; perhaps it was to show you grace, when you felt unworthy and certainly (for me) it was to bring you back, when we were straying too far away. I know her children fell into all those categories many times and our mother loved us despite our imperfections.

“Although she has departed our world, she has entered her eternal life, she will never be gone, as long as one person she touched, one person she loved, or one person she impacted, lives life better because they knew her.

“We love you Mom and thank you for being the most amazing Mom a kid could ever have. We will miss your open arms, caring heart and warm kiss, but we will look forward to the day we are together again in our heavenly kingdom.”

God bless the soul of Haydee Nottoli and her loving family and friends!

If you would like to honor the memory of Haydee, the family would like donations made to Paraclete High School with the goal of creating the John and Haydee Nottoli Endowment Fund. The family intends to use this opportunity to rename the Spirit Store (to older alumni – the Bookstore in the quad) “Haydee's Place.” Please annotate your gift in Haydee's memory with her name in the memo section of your check mailed to: Advancement Office, Paraclete High School, 42145 30<sup>th</sup> Street West, Lancaster, CA 93536.

# Staying Connected

*A big hug and high five to the Spirits who recently graduated from college!*



**1976 Frank Roberto** replied to an alumni email blast: "It's always nice to receive updates from Paraclete. I know this is a tough time for everyone, but also know that with the strong community of faculty, administrators, students and parents, Paraclete will weather the pandemic with the help of the Holy Spirit.

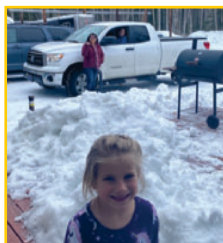
"I rarely think about sending in any updates on my own personal accomplishments, but since STEM education is so important to our future as a nation and a world partner with so many global challenges, I thought I would send in this announcement of my election to the National Academy of Engineering. We just can't afford to be ill-informed and lacking the basic tools to understand the scientific and technical challenges of our world right now. Perhaps this will inspire other Paraclete students to focus their talents in areas that often don't get attention, but are meaningful to our survival." His election to this academy is one of the most

prestigious distinctions an engineer can receive, according to the Idaho National Laboratory's website: <https://inl.gov/article/former-inl-researcher-named-to-national-academy-of-engineering/>.

"By the way, my mom [Mrs. Olga Roberto] who taught Spanish for many years at Paraclete will turn 90 this October. We're hoping that the current situation will settle down enough for us to gather together and celebrate in Southern California, but if not, the technology is there for us to be there virtually and in spirit. My parents are hanging on living out near Lake Los Angeles, but my mom has been battling neuropathy of her hands and feet which had led to her falling several times in the past few months. We're threatening them with having to live with/near one of the five brothers if they don't take better care of themselves!

"Thank you for keeping the Paraclete alumni connected to our alma mater, and all of God's blessings to you and the Paraclete community." Thank you, Frank, for your news and blessings, and for sharing your expertise with our Science Department Chair – Mrs. Kris Bandziulis. And here's a big HAPPY BIRTHDAY to Mrs. Olga Roberto since her birthday is just around the corner!

**1979 Cathy Resa Fitzgerald** shared her news in April just after the quarantine began, "My husband and I found that bowling on the Wii helps pass the time indoors. When we do head out for essentials, we gear up! My daughter, son-in-law and grandkids spend their isolation time exploring Ice Caves in Alaska. It was hard celebrating my grand-daughter's 6th birthday when we couldn't hug her or get too close [due to social distancing].



**2005 Rachael Wagner Bullock** shared her news: "[After graduation], I went on to earn my bachelor's degree in Business Administration, and am currently a Community Office Manager for a credit union in Alaska. We are loving Alaska! We're still getting used to the cold and dark winters, but the May through September months are my favorite time of the year here." Rachael sent in a family photo with her husband Robert and children Madelynn and Ava.



**2010 Kellie Hier** graduated from California State University at Northridge with a Masters in Speech Language Pathology.



*Dan and his son Daniel pose in front of the ASB Presidents photos in the entryway of the St. Joseph Building.*

**1996 Daniel Stephens** and his wife took a tour of Paraclete with their son. Dan had fond memories of being coached by Andy Gavel, and liked seeing his photo on the wall in the St. Joseph Building as the 1995-1996 ASB President.

**2005 Brian Torsney** graduated from Gonzaga University with a Master of Arts, Digital Media Strategy.

**2011 Taylor Clemons** sent in an email sharing her news and gratitude: "Thank you for your support and guidance over the years at Paraclete. I currently work at McRory Pediatrics Inc. in Valencia as an HR Associate. I previously worked at AppleOne as a Development and Career Consultant in the project management department. After my mom passed, I quit the AppleOne job to find a job closer to home and to help my sister raise Bailey. On a positive note, I got married!! June 27th, 2020 was the date."

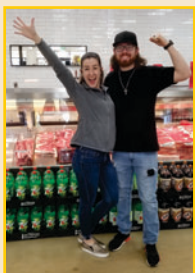


**2011 Kelsey Wittig** became Mrs. Dan Desmond on October 5, 2019 in Carpinteria, California. "We live in Fullerton, California. We met at CSUF (California State University – Fullerton) and decided to stay in the area after graduating. We both received our bachelor's and master's degrees in Kinesiology at CSUF; Dan is now an adjunct professor and assistant basketball coach at Fullerton College and I'm the wellness director at a senior living community, Emerald Court. I had knee surgery scheduled a few weeks after our wedding, so we were supposed to honeymoon in April, but COVID cancelled those plans as well as our replacement honeymoon that was planned for June (and then again in August haha). So maybe we can honeymoon next year or in a few years! We feel extremely fortunate that we were able to just have our wedding last year, considering so many people have had to cancel theirs this year," Kelsey shared.



**2011 Krista Novelli** graduated from New York University, with a Masters in Speech Language Pathology.

**2012 Angelica Rivera** graduated with a Master's in Business from Chapman University.



**2013 Monica Gonzalez Maish** – along with her siblings are owners of the second Gonzalez Meat Market in the Antelope Valley! The new store enjoyed a successful soft opening on June 12, 2020 and their grand opening in July. **Braydon Maish '11**, Monica's husband, works for Anheuser-Busch InBev and helps in the store when needed.

If you want a great selection of meat including seafood, along with other grocery items, stop by Gonzalez Meat Market at 3020 East Palmdale Boulevard, Palmdale; they are open seven days a week from 8 AM to 9 PM. The original store is in Lancaster at 115 East Avenue J, with the same hours. Congratulations to the Gonzalez/Maish families!



**2015 Matthew Medrano** joined the Navy to be part of something bigger than himself. A conversation with Matthew's father, Louis, a family of service for others was discovered. Louis and Matthew's grandfather, Mike Medrano, served in the Marine Corps, and Matthew's brother is currently serving as a Marine. Louis is a 30-year LAPD retiree. Thank you to the Medrano Family for your years of service!

**2016 Alexandria Bates** graduated from University of California at Davis majoring in Neurobiology, Physiology & Behavior.

**2016 Melissa Goyette** graduated from Temple University – College of Science & Technology with a Bachelors in Chemistry.

**2016 KaytLynn Johnson** graduated from Marymount California University with a BS in Biology, and a minor in Chemistry with Honors.



**2016 Taylor Roberts** graduated from Marymount California University with a Bachelors in Criminal Justice.

*Taylor Roberts and KaytLynn Johnson celebrate their graduation!*

**2016 & 2019 Tyler and Luke Schatz** were interviewed by Navy host Breanna Sorensen on their time in California, adjusting to a new routine and their experience rowing together in the Men's Lightweight division for the Naval Academy in Annapolis, Maryland. The pandemic brought them home and ended the rowing season after only five races. With online weekly meetings, they were able to stay in touch with teammates to empower each other and continue with team unity. With virtual learning beginning in March, the brothers shared that it was amusing to be once again doing homework on the dining room table at their home in Palmdale, like back in their middle and high school days.



*Tyler and Luke with their parents, Connie and Dave Schatz*

The young men had never rowed competitively prior to attending the academy, but were quite the athletes while at Paraclete; they played soccer, kicked for football, and ran cross country and track for the Spirits. Tyler, a naval academy senior for the 2019-2020 school year, reminisced that, "There's nothing quite like a morning sunrise in the Severn [River] rowing back to start your school day. It's just a beautiful thing." When asked about his choice to join his brother at the Naval Academy, Luke shared that he was encouraged by the thought that it is good to "Give yourself to something bigger." Tyler now heads to Naval Special Warfare training as his next assignment, as Luke begins his second year at the academy. Thank you to Tyler and Luke for your desire to serve our country! May God keep you safe and blessed!

You may watch their video on YouTube at:  
<https://www.youtube.com/watch?v=Y3AwioAgnWY>



*Naval Academy rowing teams*



**2016 Janae Thomas** graduated from New York University with Bachelors in English Literature/Creative Writing & Journalism. Janae adds, “Over the past few years I’ve interned at websites and magazines such as *The Knockturnal*, *Woman’s Day*, *Good Housekeeping*, *Marie Claire Magazine*, and *New York Magazine’s* Bedford + Bowery. I’m also a published journalist at a few of these sites, most notably at *Marie Claire* and *Bedford + Bowery*.” <https://bedfordandbowery.com/author/jae-thomas/>  
<https://www.marieclaire.com/author/223467/jae-thomas/>

“I’ve also held an administrative position in student development/HR for NYU athletics for the last three years. I have plans to start culinary school in the fall! I hope to eventually work in food editorial and recipe development at a magazine. I’m currently running a food Instagram account called @covidcook to brush up on some cooking skills before starting culinary school.

“Before the coronavirus, I had also been trying to travel as much as possible! I’ve visited a few new countries and am trying to visit all the National Parks in the United States. The photo I’ve included is at Great Sand Dune National Park.”



**2018 Jasmyn Vigilante's** mother sent in this great news: The Big West Conference announced their Winter and Spring All-Academic Teams and Jasmyn made the team as a softball player for the Cal State

Fullerton Titans. She is a pre-business major and looks forward to her next season!



**2019 Olivia Maish** was selected as Rookie of the Year for her Wells College softball team in Aurora, New York. The Wells Express teammates were able to enjoy a spring break tournament in Myrtle Beach, South Carolina before the “go home and stay there” order. Additionally, she has been selected to be a member of Team USA which plays softball internationally. Academically, she earned the CRC Press Freshman Chemistry Award. She is pursuing a Health Science major at Wells.

## Legacy Families!

Alumni: Send in photos of you with your Paraclete students/grads. We're looking for multi-generational photos of Spirit Families! Feel free to include photos that may include the future Spirits in your family, too! Please send the jpegs to Janet Bower at [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org), and add a caption to describe who is in the photo. We'd love to showcase them in the spring newsletter (deadline: January 31<sup>st</sup>). #SpiritAsFamily



*Smiles for AmazonSmile!*



*Bower & Maish Families beginning with Janet (Godde) '74 and Jeff Bower '75 and their family of Paraclete grads from 1995, 2000, 2012, 2013, 2017, 2019, and soon to be two grads from 2023.*

## An Easy Way to Give!

We encourage everyone to sign up today for **AmazonSmile** on your web browser! Select Paraclete High School as your non-profit and Amazon will donate .05% of eligible purchases when you shop. There is no difference in prices in AmazonSmile compared with Amazon. Need help with this? Contact Janet Bower at (661) 943-3255 ext. 111 or [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org).

## Reunion News

Well it looks like reunion planning was put in a holding pattern, waiting for sunnier days! Once we get past the pandemic clouds, share your reunion plans with Janet Bower and the details will be shared on our school website (<https://www.paracletehs.org/alumni/important-dates-events/>) and the Paraclete Facebook page. Contact Janet at [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org) or (661) 943-3255 ext. 111. *Cheers to next year... we are so ready, right?*



*High School Reunions... because you can't hug someone on Facebook*





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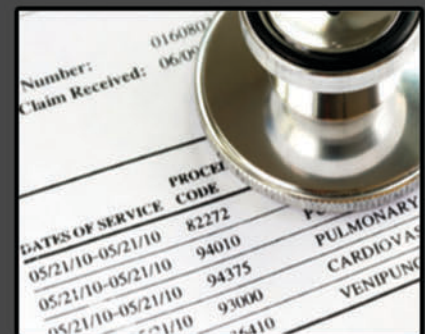
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Parents: If this newsletter is coming to your daughter or son who no longer lives at home, please help update our records by calling or sending the new address to the Alumni Office.



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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@ParacleteFB

(for football news)

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(for baseball news)

@GirlsParaclete

(for soccer news)

## Upcoming Events:

Dates for our usual school events (**Las Vegas Night, Open House, Entrance Exam, Vocation Day, etc.**) are to be determined. Watch for Paraclete High School Facebook posts and updates on our website [www.ParacleteHS.org](http://www.ParacleteHS.org).

### Christmas

December 25, 2020 – *a date we can count on!*

### Alumni Baseball Game

December 26, 2020 (date and time to be confirmed)

### Happy New Year!

January 1, 2021 - *Here's hoping for a great year!*

**Homecoming** – there is a possibility of having our Homecoming in early 2021 since our football season has been delayed with our first game scheduled for January 8, 2021.

*Go Spirits!*