

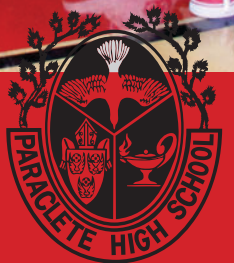
# PHSpirit

## SPRING 2018



A PUBLICATION FOR  
THE COMMUNITY OF  
PARACLETE HIGH SCHOOL

*The Catholic High School of the Antelope Valley*



# PHSpirit

SPRING 2018

PHSpirit is published biannually by the Office of Institutional Advancement at Paraclete High School for alumni, students, parents, grandparents, and friends.

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*On the Cover:*  
*The Spirit of Campus Ministry!*

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# Now accepting applications for the 2018-2019 school year!!



Paraclete High School has a tradition of excellence in preparing the Antelope Valley's brightest young men and women to reach their potential and beyond.

Our college preparatory curriculum meets the highest standards of accreditation and with 17:1 student to teacher ratio, we're able to ensure that your student is one of the 99% of our graduates that continue their educational pursuits at the college level.

*You have a choice when selecting where your child will receive the next 4 years of their education... choose the best high school in the Antelope Valley!*

Safe Environment • Advance Placement Classes • Retreat Programs  
CIF Championship Athletics • 21<sup>st</sup> Century Technology

**A moral and value based educational environment that is open to students of all faiths.**

**For more information call Yvette 661-943-3255 x155 • [www.paracletehs.org](http://www.paracletehs.org)**



## PARACLETE "Country Classic"

The PHS football and boys basketball programs joined forces to fundraise with the Paraclete Country Classic Golf Tournament. The weekend was capped off with a country concert with singer Tracy Lawrence at the Lancaster Performing Arts Center. This was a successful weekend thanks to Coach Newton Chelette, Coach Dean Herrington, Mrs. Vicki Novelli, Mr. and Mrs. Mark and Kimberly Norris, Mr. and Mrs. Jason and Michelle Larimore, Mrs. Dawn Riggs, Mrs. Janet Bower, the football and basketball parents, donors, players, and attendees!



# 5th Annual Grandparent Day

## Blessings Abound!

The gym was packed with love and joy...with students and their grandparents...and with the love for those grandparents who could not come. This year grandparents traveled from Arizona, Utah, Indiana, Minnesota, Florida, Oklahoma, Nevada, Colorado, all over California, and The Netherlands! A memory table was set up to include photos of grandparents not in attendance. Mass was celebrated to pray for all followed by lunch with students serving their grandparents. We thank all who made this event so memorable.



## Grandparents

A lot is to be said about a tree by the strength of its roots...

Which is passed through the branches which bear fruit.

Grandparents are like the roots of a family tree.

They hold the family's strength which is anchored deep.

They provide us with wisdom and knowledge that would otherwise be unattainable...

Which helps us to understand matters of life we find unexplainable.

When we find ourselves apparently lost, grandparents are there to bring light to our paths.

And without a doubt no matter the cost, they help rid the mistakes of our past.

Grandparents are more than milk and cookies when mom or dad said no.

They are the substance that provides the very food for our soul.

On praying knees they've kept us safe when harm came to our door.

Rebuking the devil for our sake... the love seeping through their pores.

A warm embrace like no other, brings happiness to the heart.

Grandparents, like roots of a tree, is where it all starts.

Written by Jaylin Tynes '18 and his Aunt Lorenthia Clayton





# Walk for Life *We Are the Pro-Life Generation!*



On Saturday January 27<sup>th</sup>, over fifty thousand pro-lifers descended on San Francisco for the 14th Annual Walk for Life West Coast. The walkers ranged from well-known advocates of the pro-life cause to seminarians and Catholic high school and college students. Paraclete campus priest, Father G, counselor Mr. Al Landa, and teacher Mr. Marty Keever accompanied over forty Spirited students with the help of parents Mrs. Irma Tejada and Mr. and Mrs. Robert and Leesa Cruz.

In this pilgrimage for life, our Spirits were hosted by the generous people of Star of the Sea Parish along with a large high school group from Arizona and other groups from nearby states. The Walk for Life maintained a sense of joy, celebration, youthfulness, and hope from beginning to end along the very central Market Street. Our students were invited for the first time to march in the front of the walk, along with other marchers. Some students loved the talk by

the Sisters for Life, some students enjoyed the precious Hour of Adoration in intimacy with the Lord, some students simply felt astounded by the lively and loving spirit of the marchers, and others just experienced a sense of awe and pride in becoming the voice of the voiceless babies in the womb of their mothers.

Our very vocal Paraclete students carried with honor the Paraclete banner in the front of the Walk for Life from City Hall to the Embarcadero along Market Street. The marchers also displayed other signs inviting reflection on the theme of the sanctity of human life at every stage of development: "Life Matters No Matter How Small," "We Are the Pro-Life Generation," and "Women Deserve Better than Abortion."

*"Truly children are a gift from the Lord the fruit of the womb is a reward"*  
*Psalms 127:3)*



Campus Ministry now has their own meeting place...a dedicated room with the resources they need to carry out the spiritual events throughout the school year. A Paraclete parent donated the labor and materials to remove the former old lunch room's fixtures and cabinetry, and custom finished the room into a splendid Campus Ministry Center. The transformation of the room is stunning and is much appreciated by Father G, the Campus Ministry members, and all at Paraclete. Our gratitude is beyond words for this very generous gift.





# Congratulations Academic Decathlon!

*"In the middle of difficulty lies opportunity."* –Albert Einstein

Earlier this year, the Paraclete Academic Decathlon team participated in rigorous competition including academic subject tests, speech, essay competitions, and a super quiz as the finale. The following students won medals for their performance:



Gold Medal Math - Edward Sabalburo  
Bronze Medal Math - Fatima Serrato  
Silver Medal Interview - Alyssa Moreno  
Silver Medal Interview - Ireland Hatch  
Highest score team 1 - Nicholas Rahe  
Highest Score Team 2 - Ahmik Shenoy



Moderator Mr. Ladensack and assistant Mrs. Bandziulis are proud of the team's accomplishments and look forward to next year. Thank you to Mr. McGuire, Mrs. Olague, and Mrs. Rahe for assisting as proctors. Congratulations for another successful year!



## Football CIF Championship

### IT'S WORTH REPEATING!

The Spirits won the CIF-Southern Section Division 5 Championship with a dominating score of 49 to 28 over Moorpark High School in December, repeating this feat after winning in Division 6 in 2016. The Paraclete equipment manager was quoted predicting, "Their house, our game baby!" The memorable Spirits enjoyed the victory, even if it was on away turf. Coach Dean Herrington led the team to the championship game with Brevin White as QB. Congratulations to the entire team, coaching staff, and all who make up the 12<sup>th</sup> players!

*"The main ingredient of stardom is the rest of the team."* –John Wooden





# Annual Alumni Spirits versus Varsity Baseball

## STACKED AGAIN!

The Paraclete baseball program held the annual alumni versus varsity baseball game on the eve of Christmas Eve, a beautiful day for a ball game! The alumni team was stacked with a couple of professionals...Mylz Jones with the Colorado Rockies organization, and David Metzgar with the New York Yankees organization. We wish for the best for Mylz and David as they push their way up the league ladders. Best of luck to PHS baseball this season!



**Baseball Fundraising:**  
directing fairgoers at the A.V.  
Fair parking lots - Ian  
Vogenthaler, Cody Csulak and  
Nico Guiler

## In Memoriam

**Christine Perez Culleton**, class of 1977, passed away on November 23, 2008.

**Cathryn Gorospe**, class of 1991, passed away in October 2017.

**Heather McDonald Bolek**, class of 1979, passed away October 16, 2017.

**Phillip Adams**, class of 1980, passed away November 9, 2017.

**Lt. Col. Ron Neilson**, class of 1976, passed away November 12, 2017.

**Mark Berhow**, class of 1980, passed away December 5, 2017.

**Robert Waligora**, class of 1969, passed away on December 8, 2017.

**Ray DeShane**, PHS football coach over the years, passed away on January 10, 2018.



The DeShane Family created the Ray DeShane Scholarship Fund at Paraclete High School, and the fund will be overseen by the DeShane Family. If you would like to contribute to this dedicated scholarship fund in memory of Coach DeShane, please send your check to Paraclete High School, 42145 30th Street West, Lancaster CA 93536 – with “Ray DeShane Scholarship Fund” written in the memo section of your check, or call with your credit card donation to (661) 943-3255 ext. 111 or 128. You may also go to [www.ParacleteHS.org/giving](http://www.ParacleteHS.org/giving) to make an online donation.

*“As iron sharpens iron, so one person sharpens another.” Proverbs 27:17*



## Circle your calendar

for June 1, 2018...our Day of Giving!  
Join your classmates in making a gift to  
Paraclete in appreciation for your  
education that set you up  
for success! **#DayofGiving**



Senior **Andre Hunt** signed with the University of Nebraska to play football. Watch Andre running with the Huskers on television in the upcoming years!



Senior **Chris Gayles** broke the PHS most points scored record with 45 against Cal City High School on January 5, 2018, a record that stood since 1988.



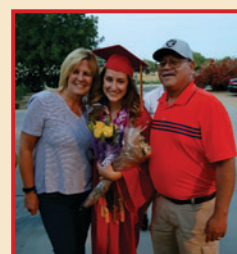
We are so proud of **Cody Csulak**, Class of 2018, Senior Catcher for Varsity Baseball. He committed to play baseball & continue his education Pacific University, Oregon. We wish you the best of luck, and future success!



Senior **Sean Larimore** has signed his letter of intent to attend the University of Mount Olive in North Carolina. Sean will be a green-wearing Trojan basketball player for UMO.



Junior **Mackenzie Atkerson** has secured a West Point appointment and will play softball for the Black Knights while pursuing a degree in kinesiology with a possible goal of becoming a naturopathic doctor.



2017 graduate, **Makayla Maish**, with her Godparents Bob and Barbara (Callen) Siqueiros, alumni from the classes of 1974 and 1977 respectively.



*Brevin White headed to Princeton University*

Senior **Brevin White** chose to stick with his original commit to Princeton, despite an offer to play football with The Crimson Tide at Alabama. "The overall consensus is Princeton is once in lifetime experience," Brevin said. "Obviously you're going to get a great education, but I figure part of it, too, is the friends that you make are going to last a lifetime. Almost everyone you meet is going to be best friends the rest of your life. You're going to be offered a big variety of things to do with a Princeton alumni network as well." Best wishes to Brevin for success in college and his career! Go Tigers!

The Eco Club welcomed 1974 alum Joe Feller to a meeting to discuss the preservation of nature. Joe is a leader in the Redwood Chapter of the Sierra Club in northern California. Also joining in the informative meeting was Paula Hock, a representative from the local chapter of the Sierra Club. Eco Club president, Richard Arriola, and the rest of the club enjoyed pizza and soft drinks during the meeting courtesy of Joe. Our thanks to the guests for their work with the Sierra Club, educating club members, and lunch!



*From left: Guadalupe Castellanos (club moderator), Janet Bower '74 (alumni relations), Richard Arriola (Eco Club president), Sierra Club speakers Joe Feller '74 and Paula Hock*

*Be happy...not because everything is good, but because you can see the good in everything.*



# Attention alumni, parents, grandparents, and our entire Paraclete Community: **Shopping on Amazon?**

Use your **WEB BROWSER** instead of the app.

“Why?” you might ask. By accessing Amazon via a web browser page means you can go to AmazonSmile at <https://smile.amazon.com> whereas if you access Amazon via an app then you cannot. By shopping via AmazonSmile you will get the exact same prices, vast selections, and convenient shopping experience as Amazon.com, with the **added bonus that Amazon will donate a portion of the purchase to your favorite charitable organization – Paraclete High School!**

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible. You use your same account whether on Amazon.com or AmazonSmile. Your shopping cart, wedding and baby registries, and other account settings are all the same. On your first visit to AmazonSmile, you will select Paraclete High School as your charitable organization.

AmazonSmile will donate 0.5% of your purchase price on eligible purchases. For additional details, go to <https://smile.amazon.com>.



## **How to shop *Amazon Smile***

1. Visit [www.smile.amazon.com](http://www.smile.amazon.com). We recommend bookmarking this page so you'll land on the smile page every time you shop.
2. Sign into your account if you're not already, and search for Paraclete High School as your charity of choice. Once you make this selection, you will receive an email confirmation. You are now ready to support our mission in your everyday purchases!
3. Shop as normal. Most items are eligible for an Amazon Smile donation, but they will let you know if something is not. Shop as usual, and watch the donations add up! This is a way to support our Paraclete every time you shop, at no cost to you, and with the exact same prices as Amazon.com.

## **How to Use *Amazon Smile* on an iPhone**

1. Visit [www.smile.amazon.com](http://www.smile.amazon.com) in Safari.
2. Next, hit the share button at the bottom middle of your screen.
3. Now click add to Home Screen. You have just created a shortcut to the Amazon Smile page to easily navigate here from your homepage.
4. Finally, delete your pre-existing Amazon App so you will always shop with a smile.

## **How to Use *Amazon Smile* on an Android phone**

1. Visit [www.smile.amazon.com](http://www.smile.amazon.com) in your browser (internet access button).
2. Next, tap the three dots in the upper right corner of your browser page.
3. Select “Add to Home screen.” You have just created a shortcut to the Amazon Smile page to easily navigate here from your homepage.
4. Finally, delete your pre-existing Amazon App so you will always shop with a smile.

**A warm smile is the universal language of kindness.**

Every person who donates to our Annual Fund from April 1<sup>st</sup> through Homecoming through the 1st half, will have an opportunity to win 4 tickets to **Disneyland!** The winner will be selected during the Homecoming halftime in October. Winner need NOT be present.



**Thank you to all who purchase raffle tickets!  
May 15, 2018 is the day of the raffle draws!**

## Paraclete High School Business Partners

**Thank you to our Business Partners for your support!  
We encourage the Paraclete Community to visit the businesses.**

**Accurate Bookkeeping & Tax** Barbara Clark, EA [accuratebkg@yahoo.com](mailto:accuratebkg@yahoo.com) (661) 945-0211  
**California Dairy Distributors** The Ciufio Family [www.California.Dairy@gmail.com](http://www.California.Dairy@gmail.com)  
**William Edwards Photography** [www.WilliamEdwards.net](http://www.WilliamEdwards.net) (661) 273-2110 - *Fine Portraiture*  
**CrossFit Inner Chamber** [www.CrossFitChamber.com](http://www.CrossFitChamber.com) (661) 948-0915 - *Transform yourself today!*  
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**Marc Herbert Law Office** [www.herbertlawoffice.com](http://www.herbertlawoffice.com) (661) 273-9007 - *Protecting your family assets!*  
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**Dr. Andrew Katz, DPM** [avfootdoc@mail.com](mailto:avfootdoc@mail.com) (661) 992-4396  
**Antelope Valley Chiropractic Group Dr. Steve Heffelfinger, D.C., CFMP** (661) 948-5988  
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**P.C.H. SCUBA** - Jeffrey and Tina Carlon [pchscuba@gmail.com](mailto:pchscuba@gmail.com) (661) 273-1800  
**Antelope Express** [www.antelopeexpress.com](http://www.antelopeexpress.com) (661) 947-2LAX - *Take the A.V. Fly Away!*  
**Pacific Seismic Products, Inc.** [www.4GasOff.net](http://www.4GasOff.net) (800) 4-GAS-OFF  
**Koso M-Mac International** [erik@kmiactuators.com](mailto:erik@kmiactuators.com) (661) 942-4499 - *Custom Electro-Hydraulic Actuators*  
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**A V Optometric Center** [www.avoc.net](http://www.avoc.net) (661) 942-8437 - *We have experience.*  
**U S Bank** - Ben Maish [Benjamin.Maish@USBank.com](mailto:Benjamin.Maish@USBank.com) (661) 206-3957  
**Island Pest Management** - Kyle Bower [www.Facebook.com/IslandPest](http://www.Facebook.com/IslandPest) (661) 917-4121 - *The friendlier side of pest control!*

**To become a Business Partner with Paraclete High School, contact Vicki Novelli at [VNovelli@ParacleteHS.org](mailto:VNovelli@ParacleteHS.org) or (661) 943-3255 ext. 128 or Janet Bower at ext. 111 or [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org)**





## Amazed. Inspired. Grateful.

We are thankful for our Paraclete Family... alumni, parents, grandparents, teachers and staff, and friends...who all help to pursue our mission of educating the mind, body, and soul of every PHS student. Please consider being a part of the legacy, or continue your role in the legacy that is created by giving to Paraclete High School. Select where your gift goes...the mission of the school, or perhaps specifically to a club, team, or wish list item. Whatever the size of your gift when added to the gifts of others makes a joyful impact! Be a part of a program that fosters academic success and a culture of service!

The Advancement Team

### *Spirit Wish List*

*What to give to? Here's some ideas!*

- Phase II or our building campaign - our own sports complex
- Flag with the Paraclete Crest to display at graduation and other events (\$400.00)
- 2 Man Linemen Football Chute (\$900.00)
- Or give an unrestricted gift for the mission of Paraclete High School



Even a small contribution is significant  
in the fulfillment of our mission.

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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:



Donate online: [www.paracletehs.org/giving](http://www.paracletehs.org/giving) or



Mail in this form.

#### Yes! I support Paraclete High School

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

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

Card Number: \_\_\_\_\_

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

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

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

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

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

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

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

☐

My employer has a Matching Gift Plan - forms enclosed.

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

#### Contribution Levels

\_\_\_\_\_ \$10,000

\_\_\_\_\_ \$5,000

\_\_\_\_\_ \$1,000

\_\_\_\_\_ \$500

\_\_\_\_\_ \$250

\_\_\_\_\_ \$100

\_\_\_\_\_ \$50

\_\_\_\_\_ \$25

\_\_\_\_\_ \$ Other

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



# Spirits versus the Trailblazers!

The stadium was packed for our Gold Coast League Football Championship game versus perennial rival Sierra Canyon on November 3<sup>rd</sup>. Paraclete won the game 26 to 7. Free admission was given to alumni and all thoroughly enjoyed the game.



1. Skyler '08 & Shannon Martinez 2. Anne (Redmond) Wilson '79 & Bridget (McKeon) '79 Guerra 3. Adriana Alvarez '16 4. Michael Parris '88
5. Gerome Bermudez '10 6. Michael DeRose '16 7. Isaac Vieira '16 8. Suzanne (Orr) McGuire '78, Morgan McGuire '00 9. Cinthia Winchell '90
10. Heaven and Mike Ruiz '92 11. Taylor Roberts '16 & Raquel '19 12. Les, Brian, & Kyle Lathrop '69, '93, '16 13. David Norris '99
14. Jacqueline Astudillo '17, Gabriella Reyes '17 15. Tom Waters '67 16. Soon to be alums: Maddie '18 and Stephanie '18 17. Katie (Didier) Marriott '67
18. Brian Sandberg '93 19. Chris Kingsley '97 and Corrie Miniell '94 20. Zack Nelson '17, Brett Nelson '14, Ryan Gilmore '14
21. Micah Robinson '14, Treyvon Green '15 22. Mike Haney '74 23. Elizabeth (Amorsolo) Gallardo '92 24. Louis Bravo '97 25. Robert Watts '00
26. Sayra Acosta-Martin '17 27. Haylee Horney '14, Brianna Davidson '14, Cody Lott '14 28. Lynell Baer '67 29. Kyle Bower '00
30. Candace '17 & Caitlin Zuchowski '17 31. Kyle Benson '17, Adriana Holguin '16 32. Marshall Siordia '11 33. Alberto Torres '81, Jasmine '21
34. Dan Yaroslaski '88



# Making a Difference

## Work Hard, Have Fun, Make a Difference... Julia Medina's way!



Paraclete senior **Julia Medina** attended the 54<sup>th</sup> Girl Scout National Conference/Convention in October. She was one of four girls elected earlier last year as a National Girl Delegate representing the Greater Los Angeles Council. During the conference, she voted on proposed policy changes to the Girl

Scout USA program and met Girl Scouts and leaders from all states, Washington D.C., and U.S. territories. Her vote, along with the other delegates, represented over 40,000 Girl Scouts and over 20,000 adult volunteers in the council. To prepare, Julia attended several months of training sessions learning about the local and national organizational structures, proposed policy, and parliamentary procedures. She also presented and obtained input from local Girl Scouts and leaders. As part of the convention, Julia attended several leadership trainings and educational workshops with many inspiring speakers from around the world. She was also honored to be selected as an Extraordinary Minister of

Holy Communion for the special Catholic Girl Scout Mass at the convention prepared by the Catholic Committee on Scouting, Columbus Diocese. She enjoyed meeting many other Catholic Girl Scouts.

With the title of ambassador, Julia participated in a new Girl Scout media campaign that will be coming out in the near future. She felt that it was extremely heartwarming to see Girl Scouts from Las Vegas, Puerto Rico, Houston, and Florida celebrated for attending despite their recent hardships. She has been doing a lot of amazing work with the organization including several media projects such as a fun BuzzFeed Video, a Press and Red Carpet Movie Event, and interviewing noted people such as Davis Guggenheim, Director of *He Named Me Malala* and Joanna Dean, General Manager, TFS Western Region, Toyota Financial Services. Julia was recently invited to shadow several media relations professionals. After graduation, Julia plans on majoring in communications or government in college. Best of luck to Julia in her pursuit of excellence as a leader!

More information about the 54<sup>th</sup> Girl Scout National Conference/Convention can be found at: <https://www.girlscouts.org/en/about-girl-scouts/GIRL-2017.html>.

**"She is clothed with strength and dignity and she laughs without fear of the future." Proverbs 31:25**

## Faculty and Staff News



Teachers and alums **Mr. and Mrs. Rick and Karen Hernandez** ('84 and '92) renewed their wedding vows with **Father Tim Klosterman** ('97) officiating in November in the Spirit Theater with a packed house. Rick and Karen's daughter, **Lori Mae** ('21), enjoyed the renewal and celebration.



Teacher **Mrs. Carissa Brown** welcomed her baby boy Paul Kaleb Brown. Mrs. Brown shares, "We praise and thank God for the blessing of our little son, Paul Kaleb Brown. He was born January 9, 2018 at 7:15 in the morning, weighing seven pounds and thirteen ounces, and 20 3/4 inches long. We are very grateful that his arrival was safe and without any complications. We look forward to seeing how God will continue to grow him. Thank you Paraclete family for your support and prayers!"

# Celebrations!

*Send us your news of Engagements, Weddings, Births, Adoptions, and Graduations!*



## Good vibes at the '67 reunion 1<sup>st</sup> class to celebrate its 50<sup>th</sup> reunion!

Fifty years since high school? No way! With the 2017 Homecoming Football Game cancelled due to the forfeit by the scheduled opponent, the Class of '67 was left with a Friday night with no lights! Charmaine (Routhier) Anderson welcomed her former classmates to her home for a last minute get-together to warm up for the reunion held on Saturday at Gino's Italian Restaurant in Lancaster. Here are some updates from classmates:

**1967 Zoe Lopez Browning** is a certified yoga instructor and a facilitated stretch instructor. She is also a nannie to seven beautiful human beings!

**1967 Steve Dill** works with search and rescue as a tracker, and volunteers with Team Rubicon (domestic and international missions).

**1967 Susan Malone Andres**, happily married to husband Don for 37 years, lives in the Temecula area, and has two sons. She and Don like to travel.

**1967 Paul Frost** has been married for 45 years, and enjoys his three children, four grandchildren, and the love they bring to his life!

**1967 Claire Daley Angel** shares, "Since my daughter's death, I am learning to enjoy life again. Thank you for letting me share it with you. What a way to start anew."

**1967 MaryBeth Shannon Stephens** and her husband enjoyed their years at Paraclete while their children attended. They have seven grandchildren.

**1967 Tom Waters** stopped by for a visit at Paraclete in October.



Katie (Didier) Marriott and Tom Waters... '67 classmates



# Alumni Profile ~ Alexis Velazquez - Family Matters!



**Alexis Velazquez**, class of 2008, was sworn into the Los Angeles County Sheriff's Department on January 29, 2018, joining eleven other family members on the force. Sheriff Jim McDonnell swore her in at the Hall of Justice in Downtown L.A. He says the generations of siblings are the "largest family group" in the department. Velazquez joins her family as a sheriff's deputy, transferring from the Ventura County's Sheriff Department. She became a deputy there in 2014.

"It's a miracle that we're all here," she said at the press conference. The Velazquez family is spread across different jails, patrol stations, detective bureaus, and specialized units. At the press conference, most of them stood behind her as she was sworn in.

The family's roots started in 1984, when Deputy Enrique Velazquez joined the LASD. His career inspired four of his siblings to become LASD members, one to join the Los Angeles County Fire Department, and several sibling marriages within the department. The second generation of family members includes Enrique's son, **Ricky Velazquez** (Paraclete class of '13), a Los Angeles County sheriff's deputy, his niece Laura Marie Velazquez, a Law Enforcement Technician for the Los Angeles County Sheriff's Department, and now his daughter Alexis.

McDonnell is proud of the family's legacy in the department. "There is perhaps no greater endorsement and affirmation of a career than to look to one's child and say, 'I encourage you to continue this noble tradition of service,'" he said. Together, the family represents a total of 256 years of service at the LASD.

Our spirited thanks to the Velazquez family for their dedicated service to others! May God keep them and all first responders safe and blessed.



*"Blessed are the peacemakers, for they will be called children of God."* Matthew 5:9

## Staying Connected



*Starting the pilgrimage*



*Standing in front of the cathedral in Santiago.*

Sisters **1971 Karen Boyd Wittenburg** and **1972 Janet Boyd Pemberton** walked 115km of the Camino de Santiago in Spain in September 2016. Janet shared: "We choose the Portuguese way starting in Tui, Spain. The 6 days of walking took us through small and large cities, rural areas, vineyards, and lovely vistas. The final destination was the cathedral at Santiago de Compostela where the apostle St. James the Greater is buried. This is an ancient pilgrimage. We enjoyed this spiritual journey and the sister bonding. We attended Mass in the cathedral and witnessed the famous Thurible (giant incense burner) being swung across the cathedral. We also visited Fatima in Portugal prior to our pilgrimage." Karen lives in Oregon and has one son and two grandchildren. Janet lives in Virginia and has 2 daughters and 3 grandchildren.



**1987 Teresa Rios-Vigel** emailed this news: "I have been with Learn4Life for the last five years working as an employee benefit analyst in human resources here in Lancaster, and I'm a proud mom of two great kids doing well. Living in California City now."

**1988 Katherine (Trina) Guoan Gibson** shared: "I am forever grateful for my time at Paraclete. In the almost 30 years that have passed I've had a wonderfully full and unique life, but Paraclete days will always hold a very special place in my heart because of the friendships (many that still continue today) and the memories made together. I'm so glad that you and so many others take the time to nurture the ties that make Paraclete a family. You remind us all we are part of something truly special.



"These days I'm living in Jakarta, Indonesia with my husband Keith, who is the air attaché here at the U.S. Embassy. We spend a lot of time doing the diplomatic circuit. We've been bouncing around the world - courtesy of the U.S. Air Force - for way too long and though it's been a life full of irreplaceable experiences, I look forward to the day that visiting home in Lancaster doesn't involve boarding a plane and I can go to church without passing through a metal detector. We have two kids in college, both attending Pepperdine. It's awful to be on the other side of the world from them but the positive is it's the first time they have lived near family and are building some roots and I can't love/baby them to death slowing down their maturation process :) Although, I sure try when they come for a visit.

"Regarding a photo I sent...yes those are bats. Doesn't everyone love a bbq? They separate the wings and feet as snacks for later. As part of the military attaché corps we go on trips around Indonesia. It's a lot of fun to travel with the attachés from other countries, especially the western ones that have similar cultural expectations as us. There are always a lot of laughs of, "Oh my goodness, you want me to do what?" Or "You want me to eat that and smile while I do it for the photo?" On this particular trip we were taken to the Tomohon market on the island of Sulawesi in Indonesia. It's a local market with traditional food. It's not for the faint of heart; I had to turn my head away when we passed the bbq dogs and cats. They kill them and torch their fur off right there in the market. I think the motto is if it moves, kill it. Pythons, rats on sticks, big pig heads covered in flies and the list goes on. Needless to say, we didn't buy anything and lunch didn't sit too well. But then again on these types of trips the only food I know for sure what I'm eating is rice. It's a week of hand sanitizer and Imodium as well as a good dose of humor."



**1988 David Nottoli** shares from Lancaster PA to Lancaster CA.... "As you might know, my family has had a long history with Paraclete High School... as students, student athletes, employees, announcers and coach.

"Thought I would share a great moment in my family's life. After my 1988 graduation from Paraclete, I was blessed to receive a full ride scholarship to play football for the University of Pittsburgh.

"I only mention that because my oldest child Carena, who is now a senior at Hempfield High School in Lancaster, PA has had a successful track career and ended her junior track season as the Pennsylvania State Pole Vault Champion. We spent the summer visiting colleges (University of Pittsburgh, Highpoint University, Towson University, Duke, UNC, SDSU, Penn State, Virginia Tech, and University of Pennsylvania); she took all five of her official and numerous unofficial recruiting visits and she received multiple scholarship offers. She just signed a National Letter of Intent to attend Penn State University (Pitts arch rival). It's hard to admit but it was the right choice and we are blessed for the opportunity to see her compete in college. I did tell the coach 'I will cheer for my kid and for your team, BUT I WILL NEVER wear anything with the words Penn State, PSU or with the silly Lion.'" Congrats to David's daughter!



**1989 Chad "Bucko" Cook** sent in his news: "I have been married for 16 years, have two children (14 and 10) and recently retired from the USAF flying F-15s in Okinawa, Japan. I am now flying for FedEx Express as a B777F First Officer, loving life - and thanking Paraclete for a wonderful foundation for life! GO SPIRITS!!!"





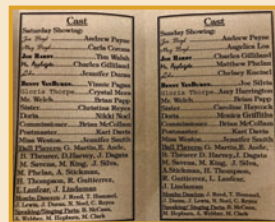
**1993 Melanie Marriott Littleton** had a blessed year! “Well....2017 was a busy year for my husband Jordan and me! We had baby #3 in April (we're DONE now....phew). Keaton, who is now eight months old is trying to walk already. Older sister Pepper is now five and in kindergarten (the boss), Griffin is now four (the bull....in a china shop!).

“I completed my Master's in Nursing and passed my boards in July, so I am finally officially certified as a Family Nurse Practitioner. And in October, we bought a home and moved to Murrieta. Cheers to 2018 when maybe we can relax a little?!”

**1995 Lance Lanfear** leads a life in television. “I've had a packed 2017. The hilarious Andy Samberg HBO mockumentary *Tour de Pharmacy* came out this year! I was the Unit Production Manager (UPM). Under the AwesomnessTV production umbrella I was Co-Producer/UPM/Line Producer on both HULU shows *Freakish* (Season 2) that came out in August and *All Night* (Season 1) which will release in 2018. I also worked on the beautiful GO90 series *Zac & Mia* (Season 1) which just came out in November; it's centered on teenagers that find love and healing while battling cancer. We are currently in production on Season 2 of *Zac & Mia* where I work as the Supervising Producer.



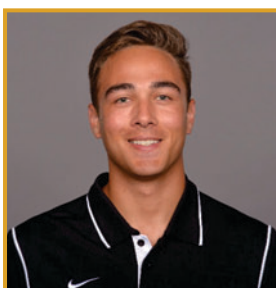
“My two boys, Benjamin (4) and Carter (3) are doing great! We were all disappointed when the Dodgers lost the World Series... but excited for next season :)” Note: Lance sent in a photo of a PHS drama production program of *Damn Yankees* ...memories!



**1999 Alicia Mac Dragoo** shares “I'm working as an attorney and raising my three boys, a 4 year old and almost 2 year old twins! We are happy we found a good school similar to Paraclete out here [Washington state] for the kids to attend.”

**2009 Blake Storie** – you remember Blake? We included his story in the spring 2017 newsletter on his trip to Cambodia accompanying his cousin **Lexie Zamrzla** (class of '09) who searched for a locale to teach English. View his YouTube video of the trip: [https://www.youtube.com/watch?v=r\\_UePgge5Rs&t=2s](https://www.youtube.com/watch?v=r_UePgge5Rs&t=2s).

**2010 Ashley Young's** mother shares this news: Ashley is a college graduate in photography and is currently working for Learn4life in the marketing department. She lives in Lancaster.



**2009 Corey Rodrigo's** update: “I am a Seasonal Athletic Training Assistant for the Jacksonville Jaguars. As an athletic trainer, I help the rest of the sports medicine staff in providing general medical care for the players. This includes anything from taping guys for practice to providing emergency care, such as placing someone on a spine board. Our days usually consist of providing treatment and rehab in the mornings, followed by

practice, meetings, and then another round of treatment and rehab. During games, we're the people you see run out onto the field when an athlete gets hurt. Above all, we're here to keep the guys healthy so that they can be out there on the field.

“I actually had no idea what an Athletic Trainer was when I graduated from Paraclete. So I hope that future students get an opportunity to work with one and explore it as a career field, as it has been both exciting and fulfilling for me.

“This was my last season in the NFL as I head back to school to earn a Doctor of Physical Therapy degree, where I will learn more skills that will help me to continue to progress forward in the sports medicine field.

“If you have any students who seem like they may be interested in a future career in sports, feel free to pass along my information. I'd love to help them pursue something they enjoy doing.”

**2009 Cole Brummer** graduated from the University of Saint Mary in Leavenworth, Kansas in 2013. There he played baseball and earned BAs in criminology and psychology. He lives in Leavenworth, Kansas, and is a police officer for the Leavenworth Police Department. Thank you to Cole's mother for sending in this news.

**2011 Cade Brummer** graduated from the University of Saint Mary in Leavenworth, Kansas, in 2015. There he played baseball and earned a BA in English. After graduation, Cade traveled to Germany where he played a season of professional baseball with the Dohren Wild Farmers. He returned to Bakersfield, California, where he currently resides and works at South High School as an English teacher and golf coach. Thank you to Cade's mother for this update.



**2011 Kevin Young** will be graduating in May 2018 from CAL Lutheran University with his Master's of Public Policy and Administration. He got his bachelor's in May of 2016 in Criminal Justice. Kevin currently lives in Simi Valley while finishing his master's. Thank you to his mom, alumnus **Teresa Rios (class of 1987)**, for this news!

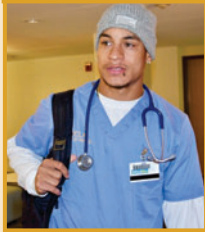
**2011 Sarah Reyes** Liz Anderson, Sarah's mother, emailed this news, "My daughter Sarah was invited to speak at Cal Poly Pomona. The article [highlighting the event] is on the Facebook page of the Cal Poly Pomona College of Engineering on January 18<sup>th</sup>.



"Sarah is a quality and assessment evaluator for Naval Sea Systems Command (NAVSEA). She audits companies that have been contracted by the Navy in the production of submarine weaponries. Her work has included both domestic and international travel. She is often asked to help at recruiting events and was recently was asked to represent her base in Washington, D.C. as a member of a committee promoting diversity in the workplace. "Her brother, Aaron Reyes,'21, is presently a freshman at 'Clete."



**2017 Skyler Backos** Proud parents Chris and Lori Backos sent pictures of Skyler Backos' graduation as a U.S. Marine. Oorah! Godspeed Skyler!



**2011, 2012 Roosevelt and Ryan Davis's** mother sent in their family news: "Ryan is in the Post Baccalaureate Dental Program at UCLA and headed towards his goal as a dentist. He completed his BA in Sociology. Roosevelt earned his Bachelor's of Political Science and is finishing up his Master's in Clinical Nursing at UCLA and will conclude in June 2018. Roosevelt plans to work as a nurse anesthetist, specifically working with sports doctors and athletes. They are both still active with UCLA football, orienting new football students at times and speaking on education and the importance of keeping eyes on both fields: the football field and the educational field."

Mrs. Davis continued, "I'm still working in the background on the board of the UCLA Parents Football organization, TST – The Special Teams which has been around for almost 15 years and is comprised of football parents and families of players. I worked as the president of that organization for several years, now on the board and assisting to bring on new, dedicated parents to work as the leaders and liaisons between the football office and the football player families."



**2013 Sterling Scott** visited Mr. Gavel's class to offer insights to college life including scholarship opportunities. Sterling graduated from UC Santa Cruz and works for Los Angeles Unified School District.

**2014 Brittni Dorsey** graduated in 3 ½ years from Northern Arizona University with her degree in Health Sciences: Public Health, with minors in biology and health education. She is now pursuing her master's in human relations with the desire to become a nurse. Thank you for this great news Mrs. DeeDee Dorsey!



**2016 Katherine Heflin** recently graduated from her tech school in the U.S. Navy, and is headed to New York for additional training on a prototype to become fully qualified in her rate of a nuclear mechanical operator. Semper Fortis – always strong – Katherine!

**2016 KaytLynn Johnson** is a sophomore at Adams State University, Colorado playing softball as a second baseman, short-stop, and catcher, while majoring in cellular and molecular biology. Thank you to KaytLynn's mother for this news.





# Reunions

## *Multi-year Gathering for Homecoming 2018*

Classes of 1967, 1968, 1969, and 1970 – join us for an after Homecoming Football Game Gathering (date TBD) at Paraclete sponsored by the classes of 1967 and 1968.

For more information, contact Janet Bower at (661) 943-3255 ext. 111 or [JBower@ParacleteHS.org](mailto:JBower@ParacleteHS.org)

## **Class of 1968**

It's been 50 years, and it's time for a reunion!

### *Paraclete's Second Graduating Class*

*The Class of '68 is considering a multi-year reunion.*

Classmates: If you would like to attend a reunion of the Class of 1968 on Homecoming Weekend in October 2018 and/or help with the planning of the reunion, please contact **Ken Barnes by email:** [kenbarnes77@gmail.com](mailto:kenbarnes77@gmail.com)

## *Class of 1988 Reunion*

Your reunion is being organized by Aimee Foster for Saturday, August 18 at 5 PM at R/10 Social House, 179 North Harbor Drive, Redondo Beach.

For additional details email Aimee at [aimeefoster@gmail.com](mailto:aimeefoster@gmail.com)

## *Class of 2008 Reunion*

contact Taylor Shirk at [tayshirk@gmail.com](mailto:tayshirk@gmail.com) to help or get information on your 10 year reunion.

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## *Class of 1972 Reunion*

Celebrated their 45th class reunion at the home of Tina Kesselring Noreika on Sept. 23, 2017.

Twenty former classmates gathered to reminisce and reconnect.

“It was great seeing everyone and we look forward to our 50th reunion!” Tina said.



## *Class of 2007 Reunion*

The Class of 2007 enjoyed a starlit evening in October at Bravery Brewery in Lancaster for their reunion.

Thanks go to Kelly Hitch Tangney, Nicole Boardman, and the rest of the reunion committee.

*Good times + Great Friends = The Best Memories*





# Upcoming Events:

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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Lancaster, CA 93536  
(661) 943-3255  
(661) 722-9455 fax**

## ***Easter***

*Holy Week Prayer Service*  
Wednesday March 28, 2018 at Paraclete  
*Easter Sunday*  
Sunday, April 1, 2018

## ***May Crowning***

*Honoring the Blessed Virgin Mary in the PHS Quad*  
May 1, 2018 at 8 AM

## ***Vocation Day***

*Consider a life dedicated to God*  
Wednesday, May 2, 2018 at Paraclete

## ***Opportunity Raffle***

*Ticket drawing on May 15, 2018 - Good Luck!*

## ***2018 Graduation events***

*Baccalaureate*  
Wednesday, May 23, 2018 at St. Serra Church, Quartz Hill  
*Graduation*  
Thursday, May 24, 2018 at The Hangar –  
Jethawks Stadium, Lancaster

## ***Day of Giving - LAST DAY OF SCHOOL!***

*Alumni! Join your classmates in giving back to your alma mater!*  
Friday, June 1, 2018 #DayofGiving



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