

PHSpirit

SPRING 2021



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

PHSpirit

SPRING 2021

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

Vicki Novelli, Advancement Director
Janet Bower, Advancement Associate

Administrators:

John Anson, Principal
Kathleen Troisi, Vice Principal
Nadine Seidel, Assistant Principal

Inquiries should be directed to:

Janet Bower
Alumni Relations
Paraclete High School
42145 30th St. West
Lancaster, California 93536
JBower@ParacleteHS.org
(661) 943-3255 ext. 111

Editorial:

Janet Bower '74, Alumni Relations

Designed by:

Lisa Gear of Bohn's Printing
Lancaster, CA

Printed by:

Shanahan Printing+Graphics
Torrance, CA

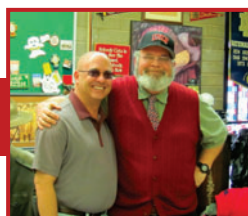
On the Cover:

On the cover: The Harrington & Heitman Family (see Staying Connected section: 2000 Julia Harrington Rose)

3



8



FEATURES



History Channel Your Inner Spirit3

Lee Matalon and All That Jazz.....4

DEPARTMENTS



In Memoriam4

Alumni Profile: Chris Silva5

Staying Connected8

History Channel Your Inner Spirit

A Recollection to Warm Your Heart!

Reaching out to the **Most Reverend Bishop Sylvester Ryan**, former Paraclete principal from 1968 to 1971, brought a wonderful reply filled with some of his memories and thoughts of Paraclete High School:

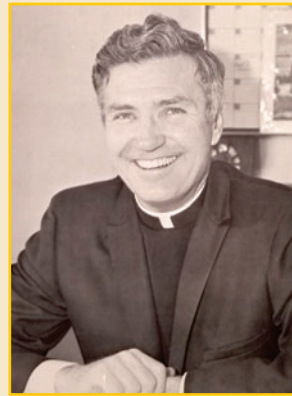
“I remember the first year we had a graduation in the gym, and how much it added to the pride and joyfulness of it all [Godde Gymnasium completed in 1971]. I have to say that among the outstanding elements of the high school for me were the parents. If you remember, it was their financing of a bus to Alemany High School that prompted the Archbishop to build a school there [in the Antelope Valley]. And how I got there is still a puzzle to me. The Immaculate Hearts [a community of nuns] were fabulous, and we lost them. But I think we were fortunate to have some wonderful administrators and teachers over the years.

“We also had the priests sent to us, and they were a positive addition as well. The ones that stayed became a part of the history of Spirituality, Academics, and Athletics. But working with the parents of the students was a deeply rewarding part of my introduction into the administrative side of education.

“I hesitate to mention names because I don't want to hurt anyone's feelings, but one of the moments I most cherish was coming back to the high school one afternoon late, and out from one of the buildings came two teachers holding hands – the Montis to be. Gail received Baptism, Holy Communion, and got married [to Ray Monti] all on the same day, at the end of the school year. As you know, Ray became an associate superintendent [of the Antelope Valley Joint Union School District] before his untimely death.

“One thing I must mention: I learned the University of Notre Dame was going to offer scholarships for first time Mexican American students [first generation scholarship], and I had one young man I really wanted to get into their program. And he did apply, was accepted, and did his college years graduating from Notre Dame.

Manuel Avila was his name. Eventually he became a Highway Patrolman in the northern part of the Valley, a family man down to the third generation. But I was proud of them all.



*Father (now Bishop Emeritus,
Diocese of Monterey) Ryan
in the 1971 yearbook*

“When I was sent to Paraclete, I told my father of my assignment. His first words were, 'Why would they send an island kid to the desert?' [Bishop Ryan grew up on Catalina Island.]

“Maybe the final thing I might say is the most important: Paraclete was (for me anyway) a truly Catholic high school, and yet with all that, it took its place

among all the high schools in the Antelope Valley. I loved getting to know and appreciate the desert. I also had two students who used to come in (after I became the principal) to tell me how to run the school. I am still in constant touch with them, and they continue to give me advice, whether needed or not. Maybe a highlight was the year I persuaded Dr. Frank Sullivan, Loyola University professor, to get on his motorcycle and give the graduation talk. He held (as was his usual presentation) us listening avidly. He talked about the early soldiers who had one place where they were vulnerable. Front was protected with a shield, the right side was protected with the sword, but the left side was vulnerable. So, the most important person for a soldier was the one on his left. Then he said, and for you graduates, your protection on the left is the Paraclete - the Holy Spirit. Maybe that says it all.

“If I am remembered, I pray it will be that the faculty, students, and families remember me as a parish priest and pastor of the school.”

Thank you, Bishop Ryan, for walking down memory lane! See related news in the Staying Connected section – 1971 – Mary Pat Reilly.

Lee Matalon and *All That Jazz*

Paraclete Band Director and teacher Lee Matalon wanted to share some photos that are on the walls of the band room. He has been a part of the Paraclete Faculty since 1974. He loves jazz and teaching music. He always makes the most of Paraclete's band program! Lee approximated the years in these photos.



Lee Matalon



*Jamming in the gym
about 10 year ago*



*1985 - Band performed at
Dodger Stadium*



Christmas around 2015



*Good times with the band
in Monterey Bay in 2008*

In Memoriam

Antonieta Richter, former teacher, passed away on May 29, 2020. She served as the Foreign Language Department Chair, taught Spanish, and moderated several clubs.

Jeffrey Waldock class of 1995 passed away on July 25, 2020.

Joe Kesselring from the class of 1976 passed away on September 19, 2020 from cancer. He played on the Paraclete Baseball Team. He is survived by his wife Doreen, and his two sons Michael and Nicolas.

John Zigler, former Paraclete maintenance manager, passed away on September 19, 2020.

Titus Tuiasosopo, former teacher and coach, passed away on October 6, 2020.

Mike Barbaruolo from the class of 1981 - From his sister Jennifer (Barbaruolo) Dowd '90: "He passed away Friday, November 28th in South Dakota from complications due to COVID. He leaves behind two grown sons, Dominic (Rachel) and Angelo (Emily) and two grandchildren, Isabella & Kyle. He is preceded in death by his mother Jean Barbaruolo who died Nov. 17, 2014 and father Rocco Barbaruolo who died Oct. 7, 2016. He moved to Sioux Falls, South Dakota in 1994. He worked for the Department of Transportation for the state of South Dakota, running the asphalt lab in Sioux Falls before transferring to Yankton, SD.

Klaus Richter from the class of 1998 passed away on December 2, 2020.

Cole Kaz from the class of 2009 passed away on December 27, 2020.

Justin Lane from the Class of 2004 passed away on January 1, 2021 in a water truck accident. He leaves behind his five-year old son Bronson, his loving wife Jessica, his parents, and other family members.

John Rodriguez from the Class of 1972 passed away.

Louis Scattaglia from the Class of 1976 passed away January 2021.

Steve Wilson from the Class of 1968 passed away January 31, 2021.

Cathy Daoust Lueck from the class 1981 passed away.

"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28



*Steve as a pilot (photo courtesy of
Jen Leahy Wilson '95)*

Alumni Profile ~ Chris Silva...

From Air Force Brat to Navy Chaps (Assistant)

Chris Silva is a graduate of the Class of 2006. He grew up in the AV spending most of the time at Edwards Air Force Base. After graduating he attended Fresno State where he received a Bachelors in Graphic Design. After, he spent six years in formation with the Capuchin Franciscans. However, in 2016 he left priestly formation and set out on a new path. In 2017 Chris was granted a Master of Arts in Theology: Religion in the Arts from The Dominican School of Philosophy in Berkeley and would go on to work for the Church in the Diocese of Oakland in the Chancery and as a Campus Minister. Relying heavily on his background as a graphic designer and scholar of religious art, he started the Instagram account @Thingsvisibleandinvisible as a way of communicating the lost language of iconography to students, fellow educators... and anyone else who would care to read.

In August of 2018 Chris returned to Southern California and worked as Liturgical Coordinator and Custodian of Sacramental Records at Saint Malachy Parish in Tehachapi until an opportunity arose. While at an American Ninja Warrior Competition with his friend Sean Bryan, a friend asked Chris if he would be interested in working at the United States Naval Academy and asked for a copy of his resumé. In October of 2019, Chris received a call from a Chaplain at the Academy asking if he would be interested in interviewing for the Chaplain Assistant/Office Manager position at the Academy. Although he was born an Air Force “brat,” in November, Chris packed up and drove across the country to Annapolis. There he found a surprise, a fellow Spirit removed by thirteen years, MIDN 3/C Lucas Schatz.



*Chris standing in front of the
Brigade Chapel at the Academy*

Moving across the country brings with it many challenges. On top of relocating, three and a half months later the heat of the COVID-19 pandemic



*Chris serving for Archbishop
Timothy Broglio (Archbishop for
Military Services)*

would hit and lead to a mass scramble to adjust operations of how the chaplains at the Academy minister to the Midshipmen who would find themselves scattered across the country. The ministry and business of the Chaplain Center, and the Academy as a whole, would rely heavily on technology for the first time in the history of the institution.

Chris has remained engaged in the Religion and the Arts world as a consultant on projects and periodically giving presentations to the Catholic Midshipmen at the Naval Academy. His biggest area of interest still reflects his last major project working under his dear friend Dominican Priest Fr. Michael Morris: *The Magi*. To those who would ask how the Magi could be studied in depth Chris would reply,

“There is so much out there with the Magi and they have meant so many different things over the centuries that it is hard to go too far off the deep end. Scripture is kind of ambiguous, but we know they are mind-shattering figures with personal implications as well as earth-changing figures meant to portray salvation and God's love as meant for all people not just one or the many. It is the Magi that the evangelist gives us as the first reminder of catholicity, mercy, and the reminder that all is ordered toward God. Matthew convinces the reader of Jesus' importance to the Jewish people with the genealogy, then pulls out the rug from under them immediately with these mysterious visitors; something to be grappled with.”

Chris' fondest memories of Paraclete are his time as Yearbook Editor and taking pictures at school events. The teachers that had the biggest impact on the path he took after Paraclete are Gerry Leonard, Karen Hernandez, Dana Centeno, Father Mark Withers, & Father Joe Scalco.



*Chris in the 2006
PHS Yearbook*

Our named funds are looking for your support...

Our Endowment Funds

- Father Mariano Biasio Endowment Fund
- John and Haydee Nottoli Endowment Fund
- Donna Martin Endowment Fund
- Chris Hawkins Endowment Fund (1981 Paraclete alumnus)



Our Scholarship Funds

- Coach Ray DeShane Scholarship Fund
- Nichter-Seidel Scholarship Fund
- Michael McGuire Scholarship Fund
- Tim Ward Memorial Fund (1989 alumnus)



Please reach out with your gift and specify where you would like it to go!

Go to www.paracletehs.org/support-paraclete/endowment-fund/ or contact Vicki Novelli at VNovelli@ParacleteHS.org or (661) 943-3255 ext. 128 or Janet Bower at JBower@ParacleteHS.org or at ext. 111. If you are mailing your gift, please send to: Advancement Office, Paraclete High School, 42145 30th Street West, Lancaster, CA 93536.

Paraclete High School Business Partners

Thank you to our Business Partners for your support!

We encourage the Paraclete Community to visit these businesses.

SonRise Farms - Brandon & Nicole Calandri CalandriSonRiseFarms.com
Gary Little Construction, Inc. - GaryLittleConstruction.net (661) 940-5822
Fletcher Fire Protection - John & Belle Fletcher - www.fletchersfire.com (661) 943-0643
AV Collision Repairs, Inc. - Jesse@AVCollisionRepairs.com (661) 940-5030
The Hier Advantage Real Estate Sales & Service - Ron Hier TheHierAdvantage.com (661) 406-1562
T & G Construction Services - Tracey & Gloria Sanders Tracey@TGConstruction.net (661) 824-2038
Bower & Sons Pest Control - Kyle Bower [Facebook.com/IslandPest](https://www.facebook.com/IslandPest) (661) 917-4121
The Jimenez Law Group - Ms. Chellei Jimenez TheJimenezLawGroup.com (661) 940-9700
Progression Drywall Corporation - John Rockey Jr. ProgressionDrywall.com (661) 810-7989
Ruane Mechanical, Inc. - Jason and Jennifer RuaneRuaneMechanical.com (661) 526-5779
Western Equipment Services - WesternEquipmentService.com (661) 945-0077
Active Air Specialists - ActiveAirSpecialist.com (888) 410-0677
Merge Investigations - David Nottoli MergeInv.com (717) 945-5399
Trinity Real Estate Services - HeJung Hong, RealtorHeJung@gmail.com (818) 497-0405
KJI Plumbing Inc. - www.KJIPlumbing.com (661) 272-5719
Draper & Kramer Mortgage Corp. - Kerri Nuckles-Shepler DKMortgage.com/Shepler (661) 400-0301
Antelope Valley Ford Lincoln Mazda AVFord.com (661) 949-3586
Happy Thoughts Fitness HappyThoughtsFitness.com (661) 942-0300
Beltone Hearing Aid Center Beltone.com VCulver208@aol.com (661) 942-4327
Affordable Air & Heating - Vito Mineo www.AffordableAirAndHeating.com (661) 948-1555
Chapel of the Valley Mortuary - Rigo Flores www.ChapelOfTheValleyMortuary.com (661) 947-7118

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

Consider these other ways to give!

Leaving a Legacy

Please consider leaving a gift with the help of an estate planning specialist. Estate planning attorneys will help you move forward with your plans for a gift for Paraclete High School. There are tax advantages with giving, and you will be advised on the best plan keeping your last wishes in mind. Consider reaching out to these Paraclete parents who specialize in this field:

Marc Herbert via his website: <https://www.herbertlawoffice.com/> or by calling (661) 402-8534

Chellei Jimenez via her website: <https://www.jimenezlawgroup.com/> or by calling (661) 369-8655

Select Paraclete for your Vehicle Donation!



CARS is a non-profit Paraclete partner. Simply go to <https://careasy.org> or call (855) 500-7433 to donate your car, truck, van, SUV, RV, boat, motorcycle, trailer, or airplane and CARS will do the rest from pick up to receipt. If you donate a vehicle to CARS, please contact Janet Bower at (661) 943-3255 ext. 111 or JBower@ParacleteHS.org to share the news of your gift!

Don't park it. Donate it.

AmazonSmile

If you shop on Amazon, then you'll love this opportunity to support the Spirits! Sign up for AmazonSmile and select Paraclete High School as your charity. You'll be shopping with Amazon's exact same prices with the added benefit that Amazon will donate .5% of eligible purchases to Paraclete High School.



Check out our website page:

**www.ParacleteHS.org/support/other-ways-to-give
or contact Janet Bower at (661) 943-3255 ext. 111
or JBower@ParacleteHS.org for more information.**

Donate here: 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



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 _____

How would you like your name(s) shown in our donor recognition records? _____

Contribution Levels

_____ \$10,000
_____ \$5,000
_____ \$1,000
_____ \$500
_____ \$250
_____ \$100
_____ \$50
_____ \$25
_____ \$ Other

Questions? Email: vnovelli@paracletehs.org Phone: 661-943-3255 x128 or x111

Staying Connected

1971 Mary Pat Reilly

sent in her news: "Bishop Ryan [former principal of PHS] was visiting me during his birthday celebration week. He was 90, September 3rd. We celebrated in Santa Barbara at the El Encanto [with fellow alumni], and we followed the COVID guidelines."



Left to right is Mary Pat Reilly class of '71, Maggi Lynn Melcher Crosby class of '69, Bishop Sylvester Ryan, Terry Melcher class of '71, and Teresa Beaudet class of '71.

1977 Lynne Grenier

retired in January after 35 ½ years teaching for Westside School District. She served as a 2nd grade teacher for the first eight, and then taught kindergartners for the remainder of her career. Anyone seeing her in action would witness her joyful energy. When asked about those "kids can say the darndest things" moments, Lynne shared this story. "I assigned the kindergartners the task of making a diorama depicting an animal habitat. Asking about how their homework was coming along, one student raised his hand and said, 'I'm almost finished with my diarrhea!' More recently while handing out packet work in person for remote learning, a student wondered to her mother, 'Is that the lady on tv?'". Yes, that was your teacher Mrs. Grenier! Lynne shared that she served as a mentor and colleague for the past four years to Elisa (Bower) Maish from the Paraclete Class of 1995. As a high school friend of Elisa's mother (Janet Godde Bower '74), it was fun to come full circle with helping the next generation, and developing another excellent Westside School District teacher.



Lynne with her son Shea and daughter Alexis '18



Lynne with her Rancho Vista Elementary School Team (Elisa Bower Maish '95 second from left)

1987 David Suppe

opened Double Smoke Barbecue restaurant in Henderson, Nevada, but had to temporarily close due to the pandemic. He is keeping his culinary talents alive with his products via online sales. Here is David's description of his dream: "Double Smoke Barbecue is a small business out of the Las Vegas Valley founded by Chef David Suppe, CEC. We offer our famous Dry Rub and three Artisan Barbecue Sauces: Original, Sneaky, and Shunka for purchase online. Our newest sauce, Mcees, is currently in development and we hope to have it available by March 2021 as well as our one-of-a-kind pickles. Information and descriptions about our products can be found on our website: www.DoubleSmokeBBQ.com.



We are also seeking investors/partners to assist in the re-opening of our restaurant. We feel our proven and unique concept will be the evolution of the barbecue industry offering 'Traditional Bar-B-Que and Contemporary Vegan-Que™ Under One Roof' creating a dining experience where no one has to settle or compromise."

David is an award-winning chef with over sixteen years of experience in the food and beverage industry, fourteen of those spent studying the science and art of barbecue as well as a vast knowledge of vegetarian/vegan cooking. He has his Bachelor's degree in Culinary Management and is Certified by the American Culinary Federation as a Certified Executive Chef.



David with teacher Carl Ladensack in 2013

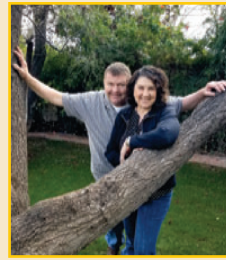
He hopes that you will email him at DoubleSmokeBBQ@gmail.com for questions on his products, business, or to get investment/partnership information. David would like the Paraclete Family to follow his business on Facebook, Instagram, and Twitter @DoubleSmokeBBQ. David adds, "I would like to offer all Paraclete alumni, faculty, staff, students, and supporters 15% off all orders with coupon code SPIRITS. This offer will never expire, cannot be combined with any other offers, and has no minimum or maximum purchase amount." [Editor's review: Chef Suppe's products are exceptional!]

1988 Jennifer Slater Sanchez

shared this great news: "I received my Educational Doctorate in Organizational Leadership in March from Brandman University. My dissertation was on the 'The Efficacy of the Co-Principal Model of School Administration as Viewed Through the Lens of the California Professional Standards for Education Leaders.' I'm a co-principal at Hillview Middle School and adjunct professor at Brandman University, too."



1984 Adelina “Della” Ortega Trombley shared what she has been up to: “I recently accomplished 20 years of service with Booz Allen Hamilton, a technical consulting firm in San Diego, CA. I am a Cybersecurity Information Security Risk specialist who provides risk management expertise for the Navy. I earned a master's degree in Network Security and achieved the highly desirable industry certifications CompTIA Advanced Security Practitioner (CASP), Security +, and Certified in Risk and Information Systems Control (CRISC).



Jim and Della

“During this pandemic of 2020, it has been a year filled with smiles, laughter, patience, tears, and stress with much hope for a brighter tomorrow. I developed new routines while working from home and finding new ways to spend quality time with my husband, family, and friends. I still enjoy country dancing, walking the neighbor's dogs, playing Bunco, being a Eucharistic minister, conducting homebound ministry, supporting local hospice, and other volunteer work. I have fond memories and am grateful for the lifetime friends I've made at Paraclete. I developed the necessary life skills that allowed me to have an incredible career. Looking forward to retirement!”

2011 Jayda McClendon is a newscaster in Medford Oregon, and shared. “I started working as a reporter for NewsWatch 12 in Medford, Oregon in October 2020 after spending the past two years working as a reporter for NBC Montana in Butte and Bozeman.”



1988 Margaret Reilly Bates shares...Mother and Son Experience [Article from ca.milesplit.com]

“I ran in the first California State Cross Country (CA State XC) Meet in 1987. I was a senior at Paraclete High School from the Southern Section. We were never as good as the teams are now, but we were well aware of McFarland and as a girl competitor, we were very aware of Deena Drossin, the phenom from Agoura Hills High School.



From left to right: Michelle Kerzie '91, Margaret Reilly Bates '88, Chrystee Perkins '88, Karen Harvey '91, Dorice Berry '88, Trina Guoan '88, Jean Harvey '90, and Coach Carl Ladensack standing behind the teammates.

I can remember running at CIF-SS Prelims and Finals, and although we were not in the same division, all we kept hearing over the public address system was “Deena Drossin, Deena Drossin!” Watching her go on to win Chicago and an Olympic Medal was quite a thrill.

“I met my husband, Greg Bates on the Paraclete XC team. He was a year ahead of me so he never got to be a part of the CA State XC Meet as he was off running XC at Loyola Marymount.

“What makes the CA XC State Meet so special for me was the thrill of getting to watch our son, Evan Bates, compete in his first CA XC Meet in 2017 (30 years after his mom did) as a junior at West Ranch High School. Although they didn't do as well as they wanted, it was still a thrill to be back at Woodward Park on a late November morning.

“Fast forward to the next season (2018) and the unimaginable took place.

“West Ranch High School placed second and not that far behind Great Oak. Our son, Evan, almost took first overall, but Matt Strangio (Jesuit/SJ) out-kicked him so Evan had to settle for second place individually. It was one of the most single exciting things I have ever witnessed. I was in tears as I stood there along the finish line and saw my boy almost winning the CA XC Division I State Meet. I could hardly contain my emotions.

“As we were leaving Woodward Park that day, a day that I

didn't want to end, I stopped at the top of the hill near the awards tent, grabbed Evan, and said to him, 'Look at that finish line, look at this venue, take all of it in one more time. THIS WAS A GREAT DAY! You will remember it forever.'

“I have an 8x10 photo ... of Evan and Matt coming down the final straight away. It hangs in our staircase. I look at it every day. I don't ever want to forget what XC has given to our family. It brought me to my husband, it produced us two kids who have both participated in the sport and well ... I just love it!”

Margaret Reilly-Bates adds to her news to share that Evan is in his second year at Gonzaga “...running for the legendary, Patrick Tyson.” He red-shirted his freshman year, “...had a good indoor season and was looking forward to a spring season that he was not going to redshirt ... but then COVID-19 hit.”

She wrote that the weekend COVID was discovered in the U.S., they were “...in Seattle watching Evan run the 3000 meters at the Dempsey.”

Reilly-Bates said she still runs and was “...slated to compete in my 26th and my final marathon at New York City in November. Just like Meb [Keflezighi – world renowned marathon runner], 26 marathons for 26 miles. I've run five Bostons, Chicago, and New York. New York is my favorite. I will run it when we are allowed to have big events again. Until then, I run my 40 miles a week and long for a day when running competitions will take place again.

“There will be a CA State XC Meet again and there will be NCAAs again. I can hardly wait. We'll see if Evan can pull off in the NCAAs what he did in the 2018 California XC Meet someday. I don't know if it will be as amazing as that one damp morning at Woodward Park on that late 2018 November day.

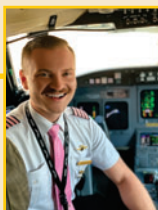
“Thanks for letting me walk down memory lane.”



Greg Bates '87, Gary (Mary Pat's husband), Olivia (Margaret's daughter), Evan (Margaret's son), Margaret Reilly Bates '88, Graceanne (Mary Pat's daughter), and Mary Pat Reilly Garza '71



1991 Yanir Ram stopped by Paraclete with his son while taking care of business in the Antelope Valley.



2010 Jake Nelson has continued to soar since leaving Paraclete. Jake is now an airline captain, contracting to American Airlines and Delta Airlines. Jake has recently moved to Dallas, Texas, and flies out of Dallas/Ft. Worth



International Airport. Look for him on your next flight - you can usually catch him on the Dallas-San Luis Obispo or Dallas - Bakersfield routes. When he is not flying, he is still making music with his band **Jacob Nelson & The Tone Wranglers** across Southern California.

1998 Brian Sandman is an accomplished Spirit. He shares, "Since graduating Paraclete in 1998, I've been serving in the U.S. NAVY for the past 22 years reaching the rank of Chief. Completed five deployments and lived in Japan for two years. Currently stationed right here at home at Edwards Air Force Base working on the NAVY's F-35 program. Getting ready to retire November 2021. Completed my Doctorate in Business Administration from Northcentral University (2017). Just recently got nominated to join The National Society of Leadership and Success." When asked what his retirement looks like, he replied, "Relax and enjoy life. See what happens. Definitely will still work. I have to stay busy."



2000 Julia Harrington Rose proudly shares her great family of Spirits photo (on the cover of this newsletter): "The Harrington family! (I'll do my best to label it for you): Bottom left: Sharon Harrington Heitman class of 93, Scott Heitman class of 89. Top left Brant Harrington class of 2014. Amy Harrington class of 96, Faith Rose class of 2021, Hope Rose class of 2022, Julia Harrington Rose class of 2000. Joe Harrington class of 2009, and Colette Harrington Berube class of 2004. (And several future Paracletians!) And our dedicated parents, Michael and Sally Harrington. Over 30 years of Paraclete spirit!"

Send in your Paraclete Legacy Family photo to JBower@ParacleteHS.org!

2005 Lauren Harper Khoury sent in her news: "We welcomed our first baby girl Evelyn on September 15! When we moved I sadly left my job at the Aquarium of the Pacific, but happily, I plan to be a stay at home mom for a while. New England Aquarium had a position they wanted me to apply for, but I knew we wanted to try for kids and the commute in the afternoon was rough (even by California standards). I've just been relaxing and enjoying my new environment as best I can with COVID looming while being pregnant. We have a beautiful house surrounded by wooded areas, so if I have to be quarantined somewhere this is the best place I could be."



2007 Chelsea Kelly Romero scored a touchdown with her news this past September: "After four years working Training Camps for the Los Angeles Rams, last Friday I was offered a position to work the season as a Strength & Conditioning Coach in the NFL!!!"



"Coach McVay always preaches to the team to 'Trust the process!' That phrase has been one I have taken to heart and have tried to implement daily! I knew in my heart that I had to keep grinding and work on my craft and that my opportunity would eventually come.

"Timing is everything and sometimes we want things in life, but we are not ready to receive them yet.

THANK YOU to my husband Greg Romero who has been my rock through it ALL and to my son Kellen (14 months). I hope to make you proud and teach you to always follow your passion in life. Thank you to everyone else who has helped me along my journey. I am so blessed to have the most amazing support system. Thank you to the Los Angeles Rams organization for giving me this incredible opportunity!

"Shout out to all the women who have helped pave the way for myself, and so many others. I am so grateful!"

2015 Kaylyn Barnes's mother Brianna Barnes sent in this family photo with Ben Waring '20, Madison Waring '15, Kaylyn Barnes '15, Ashlee Barnes '22, and Parker Barnes '20. Looks like they had a great time!



2010 Garrett Aitken ... Breaking Guinness World Records

During the early days of the pandemic, Garrett crossed off one of his life goals and made it into the Guinness World Records! He visited the Paraclete athletic field with his dog Flash and with a couple of witnesses successfully documented Flash's speed!

Who GARRETT AITKEN, FLASH

What FASTEST 30 M DOG RECALL - 20.91 SECOND(S)

Where UNITED STATES (LANCASTER)

When 18 MARCH 2020

The fastest 30-meter dog recall is 20.91 seconds and was achieved by Garrett Aitken and Flash (both USA) in Lancaster, California, USA, on 18 March 2020.

Having grown up reading the annual Guinness World Records book, Garrett always wanted to achieve a title. He was able to do so with the help of his appropriately named dog, Flash.



[Editor's Note: The record has since been beaten by someone else with a record time of 17.54.]



(717) 945-5399

www.mergeinv.com



Web Investigations



Surveillance



Background Checks

Your **single-source** investigative partner



Activity Checks



Field Investigations



Medical Canvassing

Passion Never Fails

AZ Lic. #1701006 / CA Lic. #28909 / FL Lic. #A-1500049 / LA Lic. #9338-051618-LA / NV Lic. #2419A /
NY Lic. #11000167093 / OH Lic. #20182100193550 / SC Lic. #3137 / TX Lic. #A20002 / VA Lic. #11-15097

YOUR AD HERE

Call (661) 943-3255 ext. 111 or email JBower@ParacleteHS.org today!



42145 30th St. West
Lancaster, CA 93536
(661) 943-3255
(661) 722-9455 fax

Address Service Requested

Non Profit Org
U.S. Postage
PAID
Permit #3137
Los Angeles, CA

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.



PHSpirit is published by Paraclete High School. Its contents are made possible by members of PHS staff, faculty, alumni, students, and parents. If you have any comments about this newsletter, need to update your address, or would like to submit articles, please email JBower@ParacleteHS.org to reach Janet (Godde) Bower.

 **Facebook:**
www.facebook.com/paracletehighschool

 **Instagram:**
[paracletehighschool](https://www.instagram.com/paracletehighschool)
[asbparaclete](https://www.instagram.com/asbparaclete)

 **Twitter:** [@ParacleteHS](https://twitter.com/ParacleteHS)
[@ASBParaclete](https://twitter.com/ASBParaclete)
[@ParacleteFB](https://twitter.com/ParacleteFB)
(for football news)
[@ParacleteVB](https://twitter.com/ParacleteVB)
(for baseball news)
[@GirlsParaclete](https://twitter.com/GirlsParaclete)
(for soccer news)

Paraclete Family: The Freshman Class of 2025 is filling up fast for the upcoming school year as we will have limited classroom sizes. To ensure your 8th grader's place, contact Vicki Novelli at (661) 943-3255 ext. 128 or sign up at [ParacleteHS.org](https://www.ParacleteHS.org).

Upcoming Events:

Easter

Holy Week Prayer Service

Details to be determined.

Easter

Sunday, April 4, 2021

May Crowning

Honoring the Blessed Virgin Mary in the PHS Quad

Monday, May 3, 2021

Vocation Day

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

Details to be determined.

Opportunity Raffle

Ticket drawing on Tuesday, May 11, 2021 – Good Luck!

2021 Graduation Events

Baccalaureate

Details to be determined.

Graduation

Details to be determined.

Days of Giving – Celebrating the End of the School Year!

Join us in giving back to Paraclete because “school's out for summer!”

Tuesday, June 1st through Thursday, June 3rd, 2021