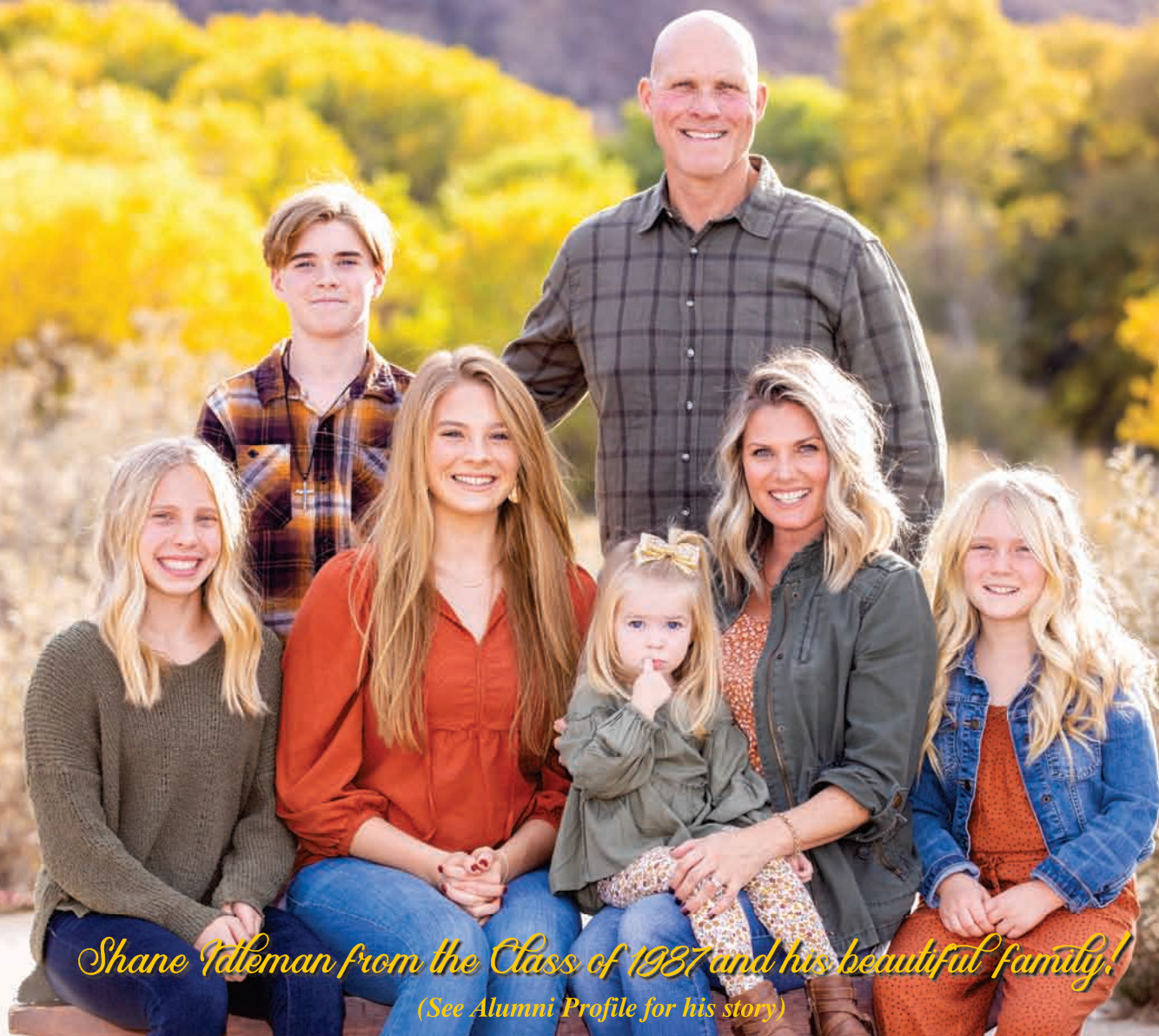


PHSpirit

SPRING 2022



Shane Telleman from the Class of 1987 and his beautiful family!

(See Alumni Profile for his story)

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

PHSpirit

SPRING 2022

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

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(See Alumni Profile for his story)

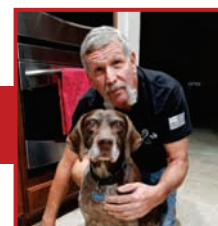
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Coach Ray DeShane Weight Room Dedication

Friday, September 24th was a perfect day for football, Homecoming, and a dedication for a beloved coach.

In 1974 Coach Ray DeShane taught and coached football at Paraclete High School where he met the love of his life Sharon Thompson. The two wed in 1977 and had five children together. He continued to teach and coach football at other local high schools and came back to Paraclete to coach in recent years. Coach DeShane went home to be with the Lord on January 10, 2018, surrounded by his family and friends.



Guest speakers from left: Jon Bozigian, Matt Anderson, and Bill Norton

Dedication Day Recap: Mrs. Sharon DeShane and her family took joy in the bittersweet event hearing the heartfelt words of Ray's friends. Father Gasparin (Fr. G) opened with a prayer followed by Coach Bill Norton and Coach Matt Anderson sharing a few of their experiences with

Coach DeShane. Lastly, we heard from Jon Bozigian, the Class of 1978 Paraclete football player, who had the inspiration for the weight room naming.

Here are the heartfelt words that Jon Bozigian shared at the Coach Ray DeShane Weight Room Dedication: "I feel very privileged to be here today, honoring the memory of a great man, husband, father, grandfather, friend, coach, and mentor. Looking back, I feel not only fortunate but blessed to have known and played for Coach DeShane. He was an amazing man. He was our football coach and P.E. teacher, but most importantly, he was teaching us about life and how to become men.

"I lost touch with Coach after graduation and ran into his wife and him at a Paraclete Night of Extreme Cuisine fundraiser about ten years ago. I was surprised that coach remembered me, and he had some really kind things to say, especially since my attitude wasn't the greatest at seventeen years old. After we had talked awhile, he said, 'Jon, it looks like you grew up to be okay,' and he gave me a knowing smile. Let me tell you, coming from Coach, that meant a lot to me.

"When I heard that he passed away, I felt compelled to attend the service. My dad and I sat and listened to those that were closest to Coach, and I left the service very touched by the life he had lived. I spent a lot of time reminiscing about him and how he was such a larger part of my life than I ever realized. For those of you who never met Coach DeShane, I'd like to tell you a little bit about him.

"He hated lack of effort, bad attitudes, excuses, and mostly, wasting time. Man, did he hate wasted time! As a P.E. teacher and coach, he was serious, tough, demanding, and refused to accept anything less than your best effort. As a mentor, he wanted us to make the most of our youth and opportunities. He realized that squandering this special time in our lives would lead to regrets.

"My father has always said that, as you get older, the most bitter pill to swallow is regret: missed opportunities, choosing the 'wrong' road to travel, relationships with others that you fail to put meaningful time into, and kindness that should have been given but wasn't.

"Coach also instilled in us a dedication to physical fitness and, specifically, weight training. The weight room was his 'office' and 'classroom.' You could always find him there either working out by himself or training others. He set up an insanely rigorous weight training regimen not only for his football players but for his P.E. classes too. He believed that physical fitness applied to everyone regardless of gender, size, or whether you played team sports or not.

"When I arrived at Paraclete as a freshman in 1974 (this was before Coach DeShane took over the summer conditioning program), we had summer weight training that was somewhat lax. No real order or defined goals. No mention of proper nutrition or rest. And not much soreness the next day after working out. If a good song came on the radio, everyone would stop what they were doing and quiet down so we could listen to it.

"Coach DeShane arrived on the scene and took the weight training program to a whole new level. No music in the weight room. He told us you're not here to have fun but to work. The fun comes in the game when you knock a bigger guy on his a\$\$.

“He introduced us to 'circuit' training and the theory of 'muscle confusion' training decades before anyone ever heard of P90X or similar workouts. We actually started to feel soreness after a hard workout. Coach had to convince us that was a good thing. When he was training you, his favorite command was 'ONE MORE REP' no matter how much burn you were feeling. He also loved to stack an extra plate or two onto the bar and 'will' you to lift it. 'DON'T DROP THE WEIGHTS' was another classic. If you even accidentally dropped a plate, he would shout this at you, if you did it a second time, he would say it through gritted teeth while giving you that Coach stare. When you were on the receiving end of the 'stare' you became very compliant. You'd even be willing to wash his car or mow his lawn just to get him to end the 'stare.'

“He took job of turning boys into men very seriously. It really became his vocation and passion. Sometimes he nudged and sometimes he pushed really hard but, I have no doubt, his goal was always clearly defined.

“Around 1975, I believe, Paraclete hired Miss Sharon Thompson to be the new girls P.E. teacher. This athletic and kind woman showed up and got everyone's attention: students and staff alike. We noticed a change in Coach's behavior. He smiled more, seemed more relaxed and, I swear, I think practices were just a little bit shorter. It wasn't long before it became obvious: Coach was in love. This tough 'Drill Sergeant' type of guy had a soft side after all. He gave strict orders that his boys P.E. classes were to behave themselves around the girls' classes and, especially around Miss Thompson. Whenever you saw them together, they were smiling and laughing.

“Well, it wasn't a big surprise when Miss Thompson became Mrs. DeShane. They were a great couple and team. They raised a beautiful family together.

“Coach's family shared some of his favorite sayings, so I'd be remiss if I didn't relate a few of those:

- Trust and loyalty are the most important qualities in a coach you can look for.
- Let the youngsters do it.
- You can't keep a good man down.
- I'm afraid these old bones can't handle that anymore.
- And of course, the most classic 'Ray' line of all: **'If you're early you're on time, if you're on time you're late, and if you're late it's unacceptable.'**



Coach Ray DeShane's Family

“Coach was tough as nails in the weight room and on the field. He had a passion for what he did and for those he was responsible for but, under that tough exterior, he had a heart of gold and a genuine affection for those he coached and taught.

“Most all of us have had one or more mentors in our lives, someone who has inspired us in a positive way. Perhaps someone who was tough on you at times but really, just wanted you to become all you were capable of. It could be a parent, pastor, teacher, friend, or a coach...someone you admire and would like to emulate. I'm not sure he ever realized it, but Coach DeShane was one of my mentors. He is an unforgettable person.

“I'd like to close with this for you to consider: You may be familiar with this analogy: Your life is reduced to a dash mark. You were born on a particular date, and you pass away on a particular date. In between those two dates is a dash mark. That dash mark represents your life. What did you do with it? What did you do with your time on this earth? God has a purpose for every person that has ever existed. Some follow His road and others follow their own.

“How would you like people to remember you? What would you like your legacy to be? Your name on a building. Playing professional sports? Inventing something great? Curing a disease? All these can be worthy things to shoot for. As I get older, I realize that one of the most lasting legacies is also the most basic and overlooked. It's the love you leave behind. The lives that were touched and change by your unselfish love, kindness, and generosity. Coach left a legacy of love. But Coach went even further. His legacy is eternal. Coach DeShane had an abiding love for Jesus Christ. He served Him during his life, and as he entered eternity, as he opened his eyes, as our Lord took him by the hand, he heard the words we all long for, 'Well done good and faithful servant...enter into the joy of your Lord.'

“Coach left a lasting, indelible, and eternal legacy.”

Homecoming 2021

We cheered on the SPIRITS to a 42 – 7 victory over the Castaic High School Coyotes! Homecoming was celebrated on Friday, September 24, 2021. We look forward to Homecoming 2022 – date to be announced by mid-June 2022.

Here are some of the 2021 Homecoming attendees, most of which are pictured:

Parker Barnes '20, Michael Ruiz '20, Jaylene Jimenez '17, Jennifer Lopez '11, Kelly Martin Davis '89, Inna Tagarino '19, Kyle Lathrop '16, Jonathan Justice '20, Ruthie Johns '21, Brian Sandberg '93, Isabella Palomino '21, Elise Hernandez '09, Pablo Lopez '93, Brian Lathrop '93, Paul Aguilar '93, Ciana Fry '17, Blaise Golden '14, Jenimaree Hernandez '04, Andy Ward '93, Jonathan Diaz '07, Bob and Mona (Armenta) Bolen '70, Sarina (Dardon) Arredondo '97, Louis Capasso '71, Brian Sandman '98, David and Mary (Fisher) Collins '74 & '74, Mike Steinke '70, Isaiah Navarro '21, Donovan Carter '19, Les Lathrop '69, Dennis Lathrop '70, Jo (Zeitz) Fix '71, James Zeitz '75, Triston Brown '14, Pat Didier '70, Kevin Fernando '18, Manuel Avila '70, Ryan Moreno '00, Kyle Bower '00, Tim Roslansky '69, Barbara (Zalewski) Roslansky '70, Faith Rose '21, Nikko Sarmiento '21, Kobe Mansubi '21, Lori Mae Hernandez '21, Ray Gallegos '70, Olivia Ramos '20, Ronda (Bellville) Perez '98, Nolan Boffman '20, Norm Kahler '69, Mary Kay (Orlando) Stuckey '70, Bob Stuckey '69, Becca Smith '04, Martha (Ruelas) Diaz '86, John Zeitz '70, Jason Lopez '00, Elisa (Bower) Maish '95, Makayla Maish '17, Louis Bravo '97, Joaquin Fraire '00, Mary Rose (Manalang) Justice '92, Don Justice '90, Jill McCaughey '88, Connie Walker '70, Matt Carberry '96, Audra Moreno '17, Kenneth Gayol '21, Ron Little '71, Rellen Jones '71, Lauren Acosta '00, Tommy Breech '99, William Salawich '14, Vincent Landaverde '21, Michael Valdes '14, Damon Thompson '14, Meghan Mendes '14, Mohamed Ezzat '14, Henry Ikahihifo '19, Tooni Ikahihifo '17, Cindy (La Russa) Freeman '70, Nancy Guidry '70, and Carol (Guidry) De Carvalho '71, Jeff and Janet (Godde) Bower '75 & '74.



History Channel Your Inner Spirit

Class of 1975 alumnus Vince Burton reminisces...

“I was born in the Antelope Valley and grew up in a house near A.V. High School. I attended all eight years of grade school at Sacred Heart.

When it came time to go to high school, my dad gave me the choice of which one to attend, Paraclete or A.V. Because my school friends were going to Paraclete, and it was the wish of my Catholic grandparents, I was smart enough to make that choice and go there.

“Paraclete was so far away on the other side of town, where only stop signs controlled the major intersections, but I knew it would be a new adventure and chapter in my life. Riding the city bus, for what seemed like hours, was my first adventure. Walking into the new, clean, well-kept school grounds with all those strange people, was the second. It didn't take long however before I found my Sacred Heart buddies and made new friends.

“My freshman year, I wanted to play football but couldn't arrange rides home after practice. When winter came along, I was able to play freshman basketball (my favorite sport) thanks to the carpooling offer from my Godmother Carol Toepfer (her son Mike played on the squad, too). When spring came around, I decided to try my luck at running on the track team. I had never run in an organized sport like that, let alone on a dirt track. I didn't even think I would be good at it, but still wanted to give it a try. For some dumb reason, I thought I would like long distance, but I had never been timed in a mile or any longer distances. Well, it didn't take long for Father Biasio to send me out in the desert to run with guys from all four classes, and it didn't take long before I was up running with a

few Juniors and Seniors and managing to stay close.

“In those days, track meets were divided by categories: Varsity, J.V. a.k.a. 'B,' and Frosh/Soph. a.k.a. 'C' (sometimes it was only freshmen). In those days the freshmen ran a '1320' race (1,320 yards or 3 times around the track). It was almost like a middle-distance race or a really fast long-

distance race. I did very well and ran with my classmates like Danny Pagnella, Mike Ramirez (R.I.P.), Dan Immel, to name a few. Two seniors on the track team took me under their wings. Jeff Byerly was my mentor. When Father Biasio wasn't yelling at me, Jeff was. He was tough but encouraging. He never let me quit or slow down and was a true leader (team captain). The other best varsity runner was John Rodriquez. He was a lot quieter than Jeff and use to scare the heck out of me just because he looked tough. In reality, he too was very encouraging.



Vince with his dog Sport

“After we had run a couple meets, I got called into the coaches' office one day after practice. Inside the officer was Coach Joe Slavin (Head Track Coach), Coach John Perez and my coach Father Biasio. Coach Slavin informed me that they had decided that I was going to run varsity for the rest of the season. I was extremely excited and pretty scared at the same time. At practices Jeff and John made me run with them and yelled at me to try to stay up with them (of course Father Biasio got his yelling in too). During the following track meets, I ran in the varsity races. I would run the mile race with Jeff and then the 2-mile race with John. Jeff and John usually won their respective races, and I would get

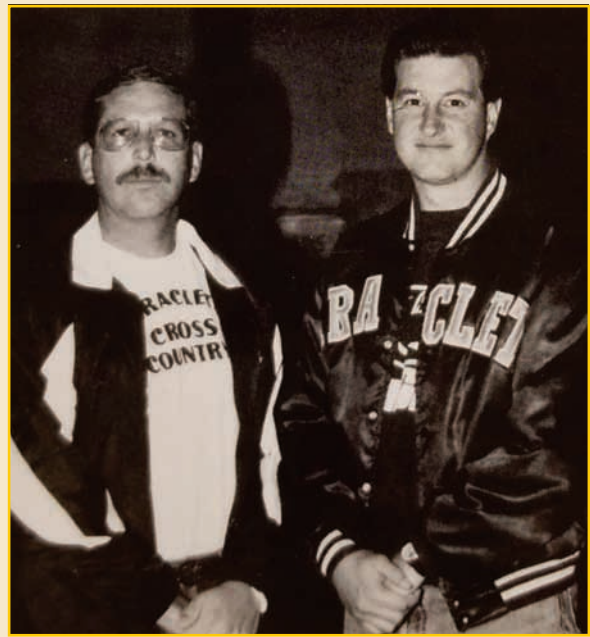
3rd or sometimes even get 2nd behind them! That made me very happy, and I tried to be humble about it.

“In those days, Paraclete was in the Olympic League and later the Santa Fe League. Other than preseason meets where we would run against local (ha ha) schools like Bishop, Mammoth, Boron, Rosamond, Mojave, etc., we found ourselves on a bus, traveling 'over the hills' and 'down to the valley' to the L.A. area. Mt. Carmel, Cathedral, Pater Noster, Don Bosco, Alemany, La Salle, (to name a few) were all trips 'down to L.A.' For a while Paraclete had its own bus. It was an old yellow bus I think from the sixties. We would cram as many athletes as we could and our equipment, which included the long pole vault poles and shot puts. Being Catholic means we knew how to pray. This came in handy every time we rode in that bus. I think the top speed in that thing was 25 M.P.H. coming home and going up the A.V. freeway from Santa Clarita. It's pretty bad when you are being passed on the freeway by semi-trucks carrying heavy loads. Anyway, I always wondered if we broke down in the middle of the desert or somewhere between civilization and Acton, how many days it would take before somebody found us (no cell phones). That brings to mind the thought of who we would cook and eat first? (just kidding)

“When that old bus finally got its last rites, we were happy to go back to the A.V. charter buses. That was the life! Our trip would then include comfortable seats, A/C, and sometimes bathrooms and a movie.

“My first trip as a member of the Varsity Squad was quite interesting. First of all, I sat in the front (required) with all the other freshmen (I knew my place). After we were heading 'down the freeway,' someone from the Varsity Squad came forward and tapped me on the shoulder. He (I don't remember who it was) asked me, 'What are you doing sitting up here?' I was a little bewildered and replied something like, 'Because this is where I belong?' The Senior then told me, 'No, you get your rear end (other word actually used) to the back of the bus. You're varsity. You don't sit up

here!' I was then escorted to the back of the bus. The next thing you know I'm sitting with great athletes like Dan Parra, Mike Cantacessi, Paul Zaph, John and George Rodriguez (to name a few), and of course my mentor Jeff Byerly. You talk about nervous. I felt like a mouse in the pit with a bunch of rattlesnakes! I kept waiting for the 'special treatment,' which today might be called hazing, but it never happened. I kept my mouth shut and remained as humble as I could. There were even a couple times after track meets I would be stranded out at Paraclete for a few hours waiting for a ride home, and Dan Parra would offer to drive me home, so I wasn't stuck there.



Vince with fellow coach Joel Grenier '82 from the 1995 yearbook

“By the time the track season was over, I had earned a varsity letter as a freshman. Before the end of the school year, I was also voted into the Lettermen's Club. I am proud to say that before I graduated, I held both the 1-mile record and the 2-mile record. My 1-mile record lasted for many years. I give most of the credit for my success to the Paraclete coaching staff, especially Father Biasio for believing in me, and my teammates (even those in my class of '75). I really don't think that my success would have been possible at a big high school, and I certainly wouldn't have had so many big brothers in the Senior Class!”

Editor's note: Vince came back to Paraclete in the '90s and coached Cross Country.

Alumni Profile - *Shane Idleman, Class of 1987*

A Spirited Pastor Living his Message



Photo courtesy of Leevi Bentancourt

Paraclete grad Shane Idleman is the founder and lead pastor of Westside Christian Fellowship and the founder of the WCF Radio Network at WCFRadio.org.

We asked Shane a few questions to learn of his path and share his message.

Where you were born: “I was born in 1969 in Lancaster, California and raised in Quartz Hill, California by Jim and Diane Idleman along with brother Ryan and sister Meredith.”

Education highlights: “As a person who struggles with dyslexia and reading disabilities, school was very difficult for me. I didn't do too well. As a result, I should not be writing op-eds on the national level or speaking to tens of thousands on the radio and other media outlets. My critics laugh at me, but many others are encouraged. They think, 'If God can use Shane Idleman, He can use me, too, if I repent and turn to Him.’

“The sooner we realize that we are flawed and broken, and utterly dependent on God, the sooner we will experience true joy. Joy and strength in God come from weakness and dependence - broken, yet unbreakable (cf. 2 Cor. 12:9-11). You can read more of my story at ShaneIdleman.com.”

Personal relationships: “I've been married to my wonderful wife, Morgan Idleman, going on 20 years. We have five incredible children (four girls and one boy) whose ages range from 16 years down to 2 years of age.”

Accomplishments: “I am the founder and lead pastor of Westside Christian Fellowship and the founder of the WCF Radio Network at WCFRadio.org. My podcast, Idleman

Unplugged, is featured on many different outlets. I've also been on Fox News a half dozen times (search my name with Fox News on YouTube to hear more). Only by the grace of God has any of this been accomplished, including the authoring of 12 books - from overcoming addiction and losing weight, to books for men, marriage, and singles, and from fasting to revival; all 12 are available at WCFAV.org.”

Why is humility so important for Christians?

“A.W. Tozer was famous for saying, 'It is doubtful whether God can bless a man greatly until He has hurt him deeply.' Brokenness is painful, but it develops humility and dependence on God that very few experience. In the same way that olives are crushed for their expensive oil and flowers for their perfume, we too must be humbled before we can be mightily used by God. If God is breaking you, although it may be challenging, rejoice in the refining process. Isaiah 66:2 reminds us that God will look on him 'who is poor and of a contrite spirit.’

“I'll never forget the day I drove to the corporate office of 24 Hour Fitness and resigned as a district manager in 2000. According to the world's standard, I had it all: a custom home on the westside and a six-figure income, all while in my twenties.

“While I had focused on prosperity, wealth, and success, I had starved my soul. I tried everything that the world had to offer, but ultimately, I found that it offered little of lasting value. Through a series of events, God humbled me, and that's an understatement. In short, the prodigal came home, but that was just the beginning of the breaking process.”

Where do you find inspiration for daily life? “My day includes reading God's Word along with time set aside for prayer and worship. To instill this vital discipline, it's been my custom to awake by 4 a.m. for 20 years. No matter how dark it gets, we must cling to the light of the cross and the path of

God's absolute truth. God's Word is *always* our only hope, especially in these 'times that try men's souls.'"

What is your favorite memory from your days at Paraclete? "There are so many—from the baseball practices to watching the football games, and from the relationships to the humbling mistakes I made along the way."

Who was your favorite teacher at Paraclete? "Mr. Watts was hard on me as a baseball coach, but that's exactly what teenagers need, same with Mrs. Roberto in Spanish. Overall, Mrs. Hier in the office was great as was Mrs. Duke in algebra."

How would your wife or closest friend describe you? "Determined and hard-working...disciplined. Not a perfect man, but a repentant man humbled by the grace of God."

Describe your career/fatherhood: "In addition to what I already mentioned, my view of fatherhood is that we are in desperate need of genuine leadership - broken, humble men - men who are not afraid to admit that they need God; men who are more worried about prayer than about status and recognition; men who petition God rather than position themselves. The state of the family today is disheartening. Men have largely forsaken their God-given role as spiritual leaders in their homes. I often fall short, but my goal is to lead my family spiritually. Our ministry at WCFav.org also focuses on building men and restoring families."

What would you do differently with anything in your past? Why? "I would have completely surrendered my life to Christ during the high school years instead of running from Him, and I would have never taken a sip of alcohol - it resulted in too much pain and hurt. The prodigal son state is a miserable place to live. My testimony can be heard on YouTube (search Testimony Shane Idleman from Lancaster Stadium)."

How did Paraclete help you in life? "It set the groundwork of diligent study and the framework of hard work that would pay off later."

What is your favorite book for pleasure reading? "Anything by A.W. Tozer or Leonard Ravenhill, as well as books written about spiritual

awakenings that changed the landscape of America. David MacIntyre's book, The Hidden Life of Prayer, is one of my favorites on prayer. On average, I read about three or four books a month for the last 20 years."

What is your favorite pastime or hobby? "I enjoy fly-fishing in the High Sierras and long bike rides or walks. Also, spending 'quality' time with my family is a huge blessing."

Complete this sentence: I will always remember... "the love and grace and mercy that God showed me."

What was/is the biggest challenge you've faced? "The 'old' Shane Idleman is my biggest challenge. C.H. Spurgeon warned, 'Beware of no man more than of yourself; we carry our worst enemies within us.' The flesh- -although it feels comfortable and natural at times - is not a friend to be trusted: 'The carnal mind is enmity against God.' (Romans 8:7)."

Who is your role model? "Most of the authors of the Bible, and of course, the life of Christ."

Do you have words of wisdom or advice that you would like to share with Paraclete students? If yes, what are they? "We all sin and fall short, but the important question to ask is what is the condition of your heart - have you truly repented and believed in Christ as your Lord and Savior, or are you trusting in false assurance?"

For years, I had 'religion' but not a 'relationship' with God. This may be why Paul said in 2 Corinthians 13:5, 'Examine yourself as to whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?' You don't want to live your life with a question mark here."

Editor's note: You can listen to sermons, hear podcasts, and read articles by following Shane on most social media platforms, including his YouTube channel – simply search "Shane Idleman." He recently spoke at a church in El Paso, Texas with a Spanish translation:
www.youtube.com/watch?v=tXN-Z2SLlw0.

"To have found God and still to pursue Him is the soul's paradox of love." A.W. Tozer

From the Advancement Office . . .

John and Haydee Nottoli Dedication

This fall we will host a dedication event acknowledging the naming of freshman hall as the *John and Haydee Nottoli Hall* and the Spirit Store as *Haydee's Place* honoring John and Haydee Nottoli. We welcome contributions to the John and Haydee Nottoli Endowment Fund to acknowledge their love for Paraclete High School. Mark your gift as restricted to this fund.

The dedication will take place in this fall. If you would like to join us or have questions, contact Janet Bower at JBower@ParacleteHS.org or (661) 943-3255 ext. 111.

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We encourage the Paraclete Community to visit these businesses.

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Thank You!

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For more information, please contact:

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Coach DeShane Memorial Fund

Nichter-Seidel Scholarship Fund

Father Biasio Endowment Fund

Chris Hawkins Endowment Fund

Donna Martin Endowment Fund

John and Haydee Nottoli Endowment Fund

Spirit Wish List

Here's how you can help!

- Add to our Building Fund for future improvements to the campus.
- Give to a specific club, team, class, scholarship, or fund.
- Give an unrestricted gift for our mission.

In Memorium

Casey Stephens from the Class of 1998 passed away on August 7, 2021, in Hollister, CA.

Karen (Boyd) Wittenburg Class of 1971 passed away on May 3, 2021, from cancer. She is survived by her son Jeff, daughter-in-law Ter and her two grandchildren Blaze and Amber.

George Michael Fish from the Class of 1971 passed away on June 6, 2021.

Deanna Hernandez Lopez from the Class of 2003 passed away on September 2, 2021. Her husband Jason, from the Class of 2000 appreciates the love from the Paraclete Community. Their son Daniel is a junior at PHS.

Larry Morse from the Class of 1975 passed away on September 14, 2021.



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Staying Connected



Photo courtesy of
Tom Wilmshurst

Bishop Edward Clark, Paraclete principal from 1980 to 1982, retired at the end of November 2021. He shares that his only plans are to “figure out how to be retired” and adds, “I will just allow things to happen as time permits.” Blessings to Bishop Clark from his Paraclete Family for a fulfilling retirement!

1970 Bob and Mona (Armenta) Bolen enjoyed their reunion during Homecoming Weekend and shared that she is a quilter, and he collects VW Buses.

1970 Mike Steinke Shared that he taught at Paraclete's worst enemy – Trona High School – for 43 years. *Editor's note: Trona is no longer our worst sports “enemy” as it may have been in the '60s and early '70s.*

1971 Jo Zeitz Fix is a retired teacher.

1974 Margaret Roslansky McKean finds it hard to believe it won't be long before her 50th reunion. She shares her life recap: “After leaving L.A. County Health Department in 1982, we moved to Lake Tahoe. I worked 32 years for Lake Tahoe Unified as a district nurse, raised our two sons enjoying the mountain life. Once the boys graduated from school we moved over the hill to Nevada and bought a ranch. Terry and I are both retired and enjoying staying busy with the ranch and our three grandkids.



1977 Greg Wilson makes friends with everyone he meets. He is passionate about helping others and recent community acknowledgements give Greg (and Paraclete!) something to boast about. Greg serves as the Program Manager for the Environmental Health Services Division's Education Engagement Strategy Program in King County, Washington. The Program focuses on providing STEAM opportunities (Science, Technology, Engineering, Arts, and Math) for middle school to college-age students that include internships, work study, job shadowing, and teacher externships. Greg shared, “We are promoting, developing, and facilitating programs to capture the imagination of all stakeholders.” For Greg, the program's objective has been simple: “It's about connecting hearts and minds. It's about bringing a love component while making a positive difference through people.” He encourages dialogue to connect people and to increase appreciation of each other's life story through community events that include guest speakers. To summarize his hopes and dreams for his community, Greg said, “Conversations are meant to allow

us to meet each other where we are. It's these types of conversations that will allow us to inspire and ignite the passions of youth by encouraging them to honor their journey – building their self-confidence by stirring up the many possibilities, while the important community village empowers them to prepare for pursuits they may never have envisioned as leaders for tomorrow.”

1988 David Nottoli shares his news: “Our youngest child, Jacob Nottoli, is a well-rounded athlete having played every sport he could in youth sports. However, he made the decision in high school to focus his athletic skill on lacrosse. Like his sister and brother, he attended Hempfield High School. In 2018, as a freshman, he was a starting attackman on the high school's varsity team which won the league championship. After losing his sophomore season because of COVID, Jacob made the decision to leave our local high school to attend St. Paul's School for Boys in Baltimore, MD. Jacob drives over an hour each way daily to school; however, he has excelled both academically and athletically. Playing in the nation's top high school lacrosse division, MIAA League, has allowed Jacob to play against the best of the best. Leading into his junior year, Jacob received scholarship offers from Towson University, University of Maryland, Baltimore County, Jacksonville, and Marquette University. In November 2021, Jacob signed his National Letter of Intent to accept a scholarship to attend and play lacrosse for Marquette University. Joy and I are so humbled to have three college athletes and more importantly three amazing kids that show their personal relationship with our Lord and Savior through their talents on the field and on the track.”



1992 Scott Hayman shared his news after receiving the fall newsletter: "I retired from 21 years of United States Naval service on July 31st, 2021. We (my wife, Michaela (married 22 years), and two of my sons, Samuel, 18, and Isaac, 16) moved to Texas in August to begin our new life, post-military. Our oldest, Elijah, 22, has been married for three years, and he and his wife have two children, with one on the way."

1998 Ronda Bellville Perez is the Assistant City Manager for the city of Palmdale.

2005 Ryan Beebe and his lovely wife Allison welcomed their baby boy – Jack Thomas. Ryan heads up the Ryan Beebe Farmers Insurance Agency in San Diego and celebrated his agency's ten-year anniversary in January. Reach out to Ryan via RBeebe@FarmersAgent.com.



2003 Ravi Surampudi stopped by for a visit to share that he earned his master's degree in Sports Management from Wright State University. Most recently he worked for the Environmental Protection Agency. He hopes to create a scholarship for students who want to study and work in the mental health field.



2006 Haydeè Budrecki Taweel and her husband, Dave, said "a hui hou" (until we meet again) to their Hawaii home and are now stationed in Washington state - just in time to welcome their third child into this world on June 17, 2021. Dylan James is adored by his two big sisters, Juliette and Alanna.

Haydeè's mom, **Gina Nottoli (Paraclete grad from 1977)** encouraged her to let the Paraclete family know that she recently assisted in a major charity fundraiser for the submarine community. Haydeè shared, "I co-chaired a cookbook for the Submarine Force families entitled Best Fed in the Fleet: Recipes from the Deep to the Dining Room.

"Being part of the cookbook committee was an experience I will always cherish. We wanted to create something to be shared and treasured in our community. We recognized that it wasn't just the food but also the fond memories, sea stories, and hilarious anecdotes that needed to be shared. Every conversation

with fellow spouses, parents, active duty, and retired sailors was such fun for us. We wanted to connect with our submarine families as a whole all over the world, and what better way to do that than with food.

"The cookbook was an amazing labor of love, collecting over 800 recipes from over 350 contributors - U.S. submarine commands and their families stationed all over the world. The project raised over \$25,000 in the first two months, all in support of the next generation. All cookbook proceeds are donated to Dolphin Scholarship Foundation, a scholarship fund for submariner dependents." The cookbooks may still be available here: <http://www.pearlharborsosa.org/cookbook>.



2013 Alexis Hall messaged Paraclete with her news: "I graduated from UC Irvine School of Law in May 2021 and sat for the July 2021 California Bar Exam. On November 12, 2021, I received my results and saw that I passed the bar on my

first try! I will begin my legal career at a municipal law firm in Irvine, CA. I just want to thank my Paraclete family for always supporting me along the way. I look forward to representing my alma mater well!"

2014 Triston Brown enjoyed the Homecoming Football Game and share that he is employed by Collins Aerospace.

2014 Damon Thompson joined friends for Homecoming and shared these words of wisdom: "Keep striving... the Lord is always on your side."

2014 Mohamed Ezzat attended the Homecoming Football game and shared that he is a registered nurse working in an emergency room.

2014 Brittnei Dorsey is now a registered nurse after completing the nursing program at Antelope Valley College and previously her Bachelor's in Public Health and her Master's in Human Relations at Northern Arizona University. Brittnei shares, "I work at Antelope Valley Hospital in the Emergency Department. Being a nurse has been one of the most challenging but rewarding experiences. Challenging myself and learning something new every day is one of the many things I love about this profession."



2015 Kayla Rohaley's mother **Sharon Almsteier Rohaley, class of 1983**, shared an article from Fresno State University's Nursing Program about Kayla's recent graduation.

"A challenging situation reveals an individual's resilience and determination."

"Kayla Rohaley knew at the young age of 13 that she wanted to become a nurse after her battle with cancer. 10 years later, Kayla is graduating from Fresno State's School of Nursing with honors and recognition for her academics and leadership. Kayla would like to extend her gratitude and everlasting appreciation to her parents, Leonard and Sharon, for the advice and guidance they have provided her with. It is through their wisdom and courage, that she has been able to pursue her passions and dreams. By example, her parents have taught her the importance of enjoying life. Kayla would like to dedicate her degree to her parents and let them know she could not have done it without their generous love. Kayla would like to thank her family, friends, and hometown for supporting her every step of the way. A heartfelt thank you to the faculty and staff that served as, not only educators but, role models to Kayla and her fellow classmates. Kayla will be fulfilling an RN position in the Neonatal ICU at Community

Regional Medical Center."

2015 Chloe Koslo's mother Allaire Koslo sent in this news:

News from Lake Hughes, California: Chloe Koslo, President Lakes Town Council

"Class of 2015 Paraclete High School, and Mayor Emeritus of Lake Hughes, California, Chloe Koslo, graduated from UC Berkeley (Cal) with a B.S. in Environmental Science, Class of 2019. She studied abroad for a semester in London at King's College and played rugby both there and four years at Cal. Chloe is currently president of The Lakes Town Council, a Los Angeles County Advisory Board, in her hometown of Lake Hughes, California, 'Where Nature is Your Neighbor.' She spearheaded a Halloween Drive-Through during Covid lockdowns to bring cheer to the children and families in her community. She presides over and coordinates the monthly meetings bringing law enforcement and Los Angeles County representatives together to inform The Lakes community. In addition to Covid, The Lakes area experienced the devastating Lake Fire, August 12, 2020, which required hours of volunteer time helping local people who lost their homes. Chloe has also been an amazing lead counselor for Paul Newman's Painted Turtle Camp for children with serious medical conditions, going above and beyond to help these campers have serious fun. She is earning her master's in psychology at Antioch University and will become a therapist. Health and safety to all for 2022."



2018 Kevin Fernando is currently in his 2nd year of medical scribing. He is a business owner and a "two car guru."

2019 Donovan Carter attends the University of Nevada, Reno where he plays football and is in his third year with a Business Management major.



2020 Nicholas Cunningham joined the Navy and serves as a Master-at-Arms (the Navy's military police) in Cuba at Guantanamo Bay. Thank you for your service, Nick!

2019 Henry Ikahihifo took the time away from college to catch the Spirits at Homecoming. He played football at the University of Nevada.

2020 Nolan Boffman attends Aurora University and plays varsity basketball.



*Amir with Coach
Russell Gordon*

2021 Amir Bankhead hit the gridiron at Antelope Valley College and earned the Conference Most Valuable Offensive Player award.



2021 Jayloe Wilson joined the U.S. Navy and serves as a Machinist's Mate meaning he keeps a submarine in tip top shape, while maintaining and analyzing operating records and reports. He also operates and maintains desalinization plants to make fresh water from sea water, and maintains refrigeration plants, air conditioning systems, and the galley. Thank you for your service, Jayloe!

2021 Vincent Landaverde is on the path to become a firefighter.

2021 Kenneth Gayol is currently at Cal State Northridge, majoring in Electrical Engineering.

2021 Isaiah Navarro attended the Homecoming Football Game and shared that he is playing football for the College of the Canyons.

2021 Lori Mae Hernandez joined friends at Homecoming and shared that she is studying screenwriting at UCLA and has been on the Disney Channel, Netflix, HULU, and NBC.

Reunions

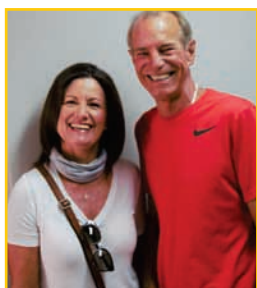
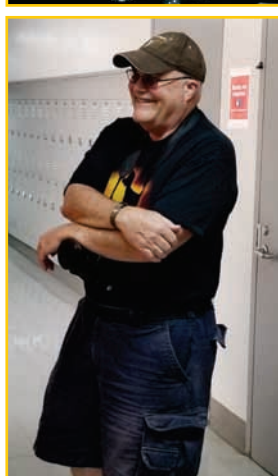
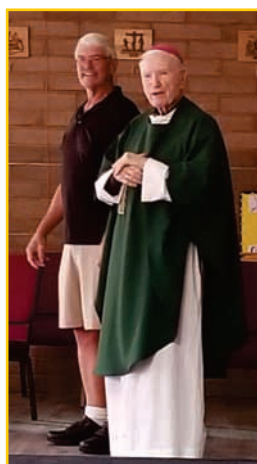
Need help with organizing your class reunion?

Contact Janet (Godde) Bower '74 at JBower@ParacleteHS.org or (661) 943-3255 ext. 111.

Updates about reunions may be found here: www.paracletehs.org/alumni/important-dates-events/.

The **Class of 1970** held a reunion over Homecoming weekend and welcomed classmates from nearby years. Bishop Sylvester Ryan attended the reunion Saturday evening and celebrated Mass at Paraclete in the chapel on Sunday morning. Bishop Ryan worked at Paraclete from at least 1965 through June 1971, serving as principal in the latter years. 50 years later he once again celebrated Mass in the chapel! Thank you to Mary Kay (Orlando) Stuckey for making the reunion happen and to John Zeitz for serving as reunion photographer.





The **Class of 1982** has Annette Adams Lynch and Yvonne Photias Ochoa organizing a reunion! Questions? Contact Annette at atlynch64@gmail.com or (661) 860-0357 or Yvonne at vonny725@gmail.com or (760) 464-5454.

The Class of 1987 will be celebrating its 35th anniversary of their graduation with a get-together in Las Vegas! Any Spirit who wishes to attend is welcome. Reach out to David Suppe at Paraclete1987Reunion@gmail.com.

The **Class of 2011** gathered at Lucky Luke's in Palmdale in October. They had a blast connecting, catching up, playing Cleve trivia, and eating some great food! Here's a recap from classmate Haley Kelly: "We chatted and drank beers and blue flavored seltzers and the party kept going way after the stars came out – as promised. Even spilled out to Schooners for the real A.V. experience. There was no drama, no politics - just chatter of aliens, adventures, dreams of the future, the exodus from the AV, and reminiscing the delinquent shenanigans of the ol' Paraclete days. It's been a decade and we've all grown so much. Some people wrote 'Don't change' in yearbooks, but I say 'Grow! Evolve! Change and rebuild yourself as many times as you want!' It's been a DECADE and it sometimes feels like we've lived a hundred lives since and the old life at PHS almost seems foreign.

"For those who couldn't make it, I hope your journey is going well and you're making great strides towards your dreams. We missed you. I missed you. I hope you stay in touch with at least someone from our class...I hope all of you make it to the next one (reunion).

"So, here's to our class! If I could write in all your yearbooks again, I would tell you 'You're doing great and I'm proud of where you are.' See you sometime, somewhere, and good luck in the world wherever you go."

Thank you to Spirit of the Year Haley and her friends for a great party!





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Upcoming Events:

Ongoing Recruitment

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

Easter

Holy Week Prayer Service

Wednesday, April 13, 2022

Easter

Sunday, April 17, 2022

May Crowning

Honoring the Blessed Virgin Mary in the PHS Quad

Monday, May 2, 2022

Opportunity Raffle

Ticket drawing on Tuesday, May 10, 2022 – Good Luck!

2022 Graduation Events

Baccalaureate

Wednesday, May 18, 2022, at St. Junipero Serra Church, Quartz Hill

Graduation

Thursday, May 19, 2022, at Lancaster Municipal Stadium

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

Friday, May 20 through Monday, May 23, 2022