

Boys' Dodgeball Dynasty Ends; Girls Hold Onto the Crown

By Julianna Garcia

Dodgeball Day 2018 took place on Wednesday, February 7 and consisted of a total of NUMBER teams; NUMBER in the boys' bracket and 10 in the girls' bracket. In the past years the teams with the "freshest" names have held onto the crown; Last year the Boys' champions being the Altoids and the Girls' champions being the Tic Tacs. This year, however, the reigning champs in the boys' bracket were taken down and a new dynasty started. The Girls', on the other hand, managed to hold onto their crown and continue their legacy.

Methullus y Los Dinos- Jorge Ordaz, Ryan Ragazzo, Jake Fuqua, Aaron Vigilante, Ian Vogenthaler, and Nick Romanowski -won the first place trophy in the boys' bracket after a tough game that went into sudden death, two versus two, against Big Dodge-

baller Brand- Juan Fuentes, Joseph Soliz, Ethan Rosario, Gabriel Warfield, Evan Uccellini, and Connor Vogel.

The Lady Icebreakers- Brooke Link, Aspen Frey, Michelle Latu, Skylit Saul, Mackenzie Atkerson, and Falon Parra- won the first place trophy in the girls' bracket with seconds left in the game against The Lady Altoids- Jasmyn Vigilante, Taylor Richardson, Cheyenne Sumbry, Olivia Maish, Reagan Johnston, and Maddie Johnson.

All in all, this year's Dodgeball Day brought surprises and shock as some underdogs managed to work their way to the top while other champions managed to stay strong and fight to maintain their place.



Mercellus y Los Dinos at the final round!
Photo By Caitlin Chan



Lady IceBreakers gearing up for their match!
Photo By Caitlin Chan

Another Victory for the King!

By Caitlin Chan and Meredith Watson

Every year on the week of Winter Ball, Paraclete holds a lip sync battle at the Friday rally. Students are allowed to belt their favorite songs in front of the entire campus, and it's one of the greatest memories made at Paraclete.

This year's lip sync battle was highlighted by many groups and Hamilton lovers. The Spanish Club also honored the late Selena by dancing to one of her hit songs, "Como La Flor." The crowd went wild when Ms. Huerta came out and began dancing to the music.

Another group that earned an honorable mention was Destiny's Child, who lip synced to the girl group's most popular songs.

The final decisions were left to the judges Mr. Kelley, Ms. Davis, Mr. Miller, Mr.

Sadeghi, and Mrs. Johnston.

Despite there being many groups that participated in the lip sync battle, there were a few solo acts that caught people's eye. Rowan, who came in third place, sang by himself to Psy's "New Face." We hope to see Rowan shine again next year!

Second place was taken by New Edition, who lip synced and danced to some old classic songs.

First place was given to Kartik Misra, the newly-crowned Winter Ball king. Kartik was the winner of the lip sync battle last year, and many were wondering how he could top what he had done previously. Kartik started off with lip syncing to his own music before the music was cut off and the sound of Kartik's mom's voice filled the gymnasium. Mrs. Misra, who was originally there to walk

Kartik down the gym and share a sweet story about him for Winter Ball, stood from her seat and began to sing to a traditional Indian song. The sound of the crowd was almost deafening with many surprised at Mrs. Misra's appearance.

The lip sync legend continues to live on and we can't wait to see what acts are in store for next year!



How To Prepare For A Natural Disaster

By Kaylin Scoles

Across the world, millions of people are experiencing natural disasters including our home state of California. This leaves many unaware of what to do and how to approach a life threatening situation. California is known for wildfires, landslides, earthquakes, and flooding. In order to survive these events, it is necessary to be aware of what to do when these disasters occur.

If a wildfire occurs, always stay calm. If on foot, head to a safe area of vegetation that is far from the flaming area and call 911. If you're at home or another sheltered place, immediately evacuate the area. Close all doors and windows, take down any flammable curtains, and

turn off all systems in the house.

Landslides in California occur because of the disturbance in the natural stability of a slope. Evacuate the area immediately and especially if you hear unusual sounds such as moving debris and cracking trees. Always stay alert and listen to the radio for any local announcements on the landslide.

California is overdue for a major earthquake that could strike at any second. The first thing to do if an earthquake occurs while you're inside is drop to the ground and crouch down, take cover under a sturdy table or furniture, and cover your face and head with your arms until it is safe to get up. Stay away from

glass, doors, and furniture that could fall on you. If you're ever outdoors during an earthquake, stay there and move away from buildings, streetlights, and other hazardous materials until the shaking has stopped.

Flooding is very common in California and it can be unpredictable and dangerous at any point. When there's a flash flood warning, always avoid walking and driving in the floodwaters and go shelter. Always make sure you have an emergency kit and to listen for weather and emergency updates. To be prepared in your home, unplug all electrical appliances, turn off your gas and electricity so it helps prevent a fire, and if possible go upstairs.

In any situation like this, you should always have an emergency kit just in case. This kit can include water, non-perishable food, battery powered radio, flashlight, extra batteries, and a first aid kit. Store this kit in your car and home because disaster can strike at any second and anywhere!



Photo From time.com

Natural Disasters in California

By Mercedes Pulos

California is notorious for natural disasters such as landslides, heatwaves, earthquakes, and floods. These forces of nature raise many questions. By knowing the history of natural disasters in our own state of California, we can learn how to prepare for the future. Natural disasters have occurred and have been recorded in California since the year 1862, when Sacramento was submerged under twenty feet of water due to flooding. As it turns out, Los Angeles is one of the top ten cities in the world for

the number of "people potentially affected" by a natural disaster. The most common type of natural disaster associated with is the California earthquake. The National Earthquake Information Center reports that 12,000-14,000 earthquakes erupt each year around the world, or 35 a day. Each year, California generally gets two or three earthquakes large enough to cause moderate damage to structures. Along with earthquakes, California is also known for having disastrous wildfires. Some of the

most damaging wildfires were the Cedar Fire in San Diego in the year 2003. It burned 273,246 acres and while it didn't destroy any structures, the fire killed fifteen people. The most recent fire, the Thomas Fire, happened in December of 2017. It burned through Ventura and Santa Barbara, scorching 281,620 acres, about 440 miles. This fire destroyed 1,063 structures. The final most common natural disaster is heatwaves. This strike of Mother Nature isn't very common but it's just as deadly as

earthquakes and fires. The deadliest heatwave occurrence to date happened in July of 2006. The Central Valley and Los Angeles regions suffered a blistering two week long heatwave. The city of Fresno had temperatures above 110 degrees that lasted for fourteen days straight. More than 140 people, many of them elderly, died to the extreme temperatures. Natural disasters are unavoidable but because of these past disasters we are able to learn how to prepare for the next "big one."

Elon Musk's Goals For SpaceX

By Juan Fuentes

Elon Musk is the founder and CEO of major space travel company SpaceX and car dealership Tesla INC. Elon Musk has big plans and aspirations for his company, SpaceX. One of Elon Musk's greatest achievements is his rocket the Falcon 9. The Falcon 9 rocket is one of the most safe and reliable rockets to ever transport satellites into space. It also sent a free flying spacecraft (Dragon) into space in 2012. The Falcon 9 is the first orbital class rocket that can be sent back into space and be reused. A reusable rocket reduces the cost and materials used to make rockets and it significantly lowers the cost to

access space. The reusability of a rocket also makes it easier to have interplanetary colonization. The Dragon spacecraft is also a major accomplishment for Elon Musk and SpaceX because it became the first commercial spacecraft in history to deliver cargo to the International Space Station (ISS) and safely return cargo to earth.

The Dragon Spacecraft is the only spacecraft that is still able to keep on being sent out into orbit and bringing and taking large amounts of cargo. It was initially designed to take humans to space but, Elon decided against it so he used it to transport important

cargo instead. Elon's SpaceX and NASA are teaming up to send refine the original plans so they could send up a manned crew in it instead of cargo. SpaceX and NASA are planning on sending the first crew up in 2018 with the Falcon Heavy rocket.

Finally Elon Musk's greatest goal for 2018 is the launch of the most high tech rocket ever. The Falcon Heavy. The Falcon Heavy is set to lift off on February 6, 2018. It is set and ready to take his payload, the Tesla Roadster, into space. The Falcon Heavy is so strong it will be able to lift 54 metric tons (119,000 pounds) into orbit. The Falcon Heavy's is more

than twice as powerful as its closest competitor the Delta IV Heavy and it costs less than □ of the Delta IV Heavy. The Falcon Heavy builds off of the Falcon 9's success and reliability. It is composed of three Falcon 9 nine engine rocket cores. The Rocket is so powerful it has the possibility to send a crew to the Moon or to Mars. It is planned to be the most successful rocket ever sent into orbit. Elon Musk is planning on making an impact in Space Exploration and he is heading in the right direction. He is set to break many records and overtake NASA as the most successful space agency.

90th Oscars Nominations

By Ben Haering

On March 4, the 90th annual Academy Awards hosted by Jimmy Kimmel (for the second year in a row) will award the coveted Oscar statues to winners determined by the Academy of Motion Picture Arts and Science honoring the best in film from 2017. The main contenders are Guillermo del Toro's *The Shape of Water*, which leads with 13 nominations, including Best Picture, Best Actress, Best Supporting Actress, Best Supporting Actor, Best Director, Best Original Screenplay, in addition to more technical awards. *Dunkirk* closely follows with eight nominations in mostly technical fields, but still garnered a Best Picture and Best Director (Christopher Nolan) nod. The surprise hit *Get Out* was also nominated for Best Picture, Best Director, and Best Original Screenplay Oscars, among others.

The nominations for Best Picture are:

Call Me By Your Name: An independent film about a homosexual romance between a

17-year old teen and a 24-year old adult. It has lost steam in early awards shows and has no real chance of winning.

Darkest Hour: The obligatory biopic nominee of Winston Churchill's (Gary Oldman) rise to the role of Prime Minister of Great Britain during World War II which ties in neatly to the next nominee.

Dunkirk: Christopher Nolan (director of *Inception*, *Interstellar*, and the *Dark Knight* trilogy) immerses the viewer into the evacuation of Allied troops trapped at the Dunkirk beachfront in France under an increasingly advancing Nazi force. This is Nolan's greatest chance in his career's history of a Best Picture win, and considering his other films will likely stand the test of time, he may actually have a shot. This could be considered tied with *Three Billboards* for the 3rd likeliest Best Picture award.

Get Out: A darkly comedic and horror-genre hybrid with commentary on race relations as an interracial couple goes on a

weekend getaway with parents in a twist on the classic *Guess Who's Coming to Dinner?* Judging on its political commentary, the Academy will likely prop this film in the 2nd most likely contender for Best Picture.

Lady Bird: A comedy about a teenage girl's experience in Catholic high school. This film has the least possible chance of winning, but looks affable enough.

Phantom Thread: Daniel Day Lewis' (supposed) final acting role forms the backbone of a drama concerning a dressmaker and his conflicts with his romantic interest. Another film with very little chance of winning.

The Post: Steven Spielberg, Tom Hanks, and Meryl Streep (in the process earning her 21st Oscar nomination) team up to tell the story of the Washington Post's discovery of Pentagon Papers, where the U.S. government kept secret from the public information about the Vietnam War. Likely nominated to show solidarity with the press,

this film also has little chance of winning considering *Spotlight*, another newsroom drama, won Best Picture in 2016.

The Shape of Water: A mute janitor meets a humanoid creature in a secret government facility and falls in love. This fantasy romance has the best chance of winning Best Picture for its surreal and intriguing appeal.

Three Billboards Outside Ebbing, Missouri: A mother takes matters into her own hands to solve her daughter's murder. While this did when Best Drama at the Golden Globes, *Billboards* has been losing steam in public appeal as time goes on, and likely will not win Best Picture, but is tied with *Dunkirk* in the top 3 contenders list.

Short films and animated films (including *The Boss Baby!*), in addition to documentaries and technical achievements will be honored at the ceremony which is March 4, airing only on ABC at 5 PM Pacific Time.

What Is #MeToo and #TimesUp?

By Julia Medina



Photo From smsuspur.net

#MeToo. These two words have been surfaced on the media, throughout Twitter and Instagram, for over ten years, starting with activist Tarana Burke. However, it did not go viral until October 2017 when actress Alyssa Milano tweeted it out during the allegations of Harvey Weinstein. But what exactly does #MeToo mean? This is a way for women and men to support those that have been sexual abused or harassed. It is also a way to show the magnitude of sexual abuse throughout

the world, which quite frankly is astonishing and quite disgusting. Since October 2017 this hashtag has been used millions of times. But why is it that people from 10 or 20 years ago are just speaking up now? Quite frankly 10 to 20 years ago victims of sexual abuse were shunned within society. If you were abused it was one, likely that no-one would believe you and two it would be hard to get any repercussions for the abusers actions because of how our legal system works. Pretty messed up right? This is how the #Time

sUp movement started. This movement is aimed at fighting sexual violence and harassment in the workplace and to provide funding for victims if they need it for legal purposes. Both of these hashtags have been used so many times and yet not a lot of action has taken place. My hope is that laws are passed to make it harder for abuser to abuse and to make it easier for victims to speak up and be heard.

2018 Winter Olympics

By Matt Nelson

The 2018 Winter Olympics began on February 9, 2018. This year promises to be an exciting event filled with elite competition. The US sent a delegation of 242 athletes to Pyeongchang, Korea. Erin Hamlin was selected as the flag bearer, but not without delemma. Speed Skater Shani Davis skipped the opening ceremonies because he was frustrated that in an Olympics filled with diversity a white flag bearer was still selected. Also,

many fans stayed away from the Olympics for the opening day because a spreading outbreak of the norovirus. The virus caused organizers to sideline their private security guards in favor 900 military personal. It is also now suspected that the opening ceremonies were hit by a cyber-attack. However, the attack was temporary and did not affect any events. In some fun news the Tongan flag bearer once again came out shirtless during the

opening ceremonies. The biggest storyline of the Olympics may not even be by the athletes, but the wind and the politics. The wind comes down the Korean Peninsula from the Siberian plain, and as of Tuesday had caused two events to be postponed. The politics of the games have been the most interesting since it has brought the two warring Korea's together. The joint hockey team formed by the two Koreans has gained much attention because of

the language barrier and the lack of preparation surrounding them. In another surprising move Kim Jong Un sent his sister Kim Yo-Jong to the Olympics as a peace envoy. No matter what, these Olympics promise to be exciting and memorable. You can follow the Olympics on NBC and NBC Sports or on nbcolympics.com.

A Stalled Issue

By Charlene Gallagher

Why are there no feminine products in the women's bathroom at Paraclete High School? What happens if a woman, 9th through 12th grade, forgets her products at home? What happens if she was late and does not know when that annoying week-long suffering trip will come? What happens if she is early? There are no feminine products in the girls' bathroom at Paraclete, though I am sure they expect women to have them.

According to Mrs. Ruiz, an office employee, they have both types of feminine products in the office in order to cater to the feminine needs. I've

asked three people the following questions, only after making sure they were comfortable answering questions about feminine products:

1. Why do you think the school has the feminine product machine in the bathrooms but never fills them?

2. If the office has feminine products, would you want to walk from the bathroom all the way to the office if you had forgotten your own feminine products?

Brianna Gunderson answered that she "thinks the school does not think having feminine products readily available is important and she would not want to walk

to the office because of the embarrassment and awkwardness of having to ask for a feminine product."

Angelica Gallardo answered that she "does not know why but that it is very frustrating because it is just very awkward having to go to the office and ask." She said she "would only go to the office if she absolutely had to and that it would just be very embarrassing."

An anonymous student said "the school expects us to bring our own and that she does not like to walk to the office after having discovered an unexpected circumstance but has done it in the past."

It is fully understandable that the school expects women to bring their own feminine products, but even going back to the classroom and covertly pulling a feminine product out of their bag is somewhat horrifying. As well as telling the teacher that they have to go back to the bathroom for "feminine issues".

There may have been filled machines in the past but they had problems, including vandalism which would destroy all the products in the machines and ongoing theft. It would be more convenient for women if there were products in the bathrooms, however,

the products are readily available in the office and a student could go directly there before returning to class. Mrs. Ruiz and the rest of the office staff are compassionate and discrete when a girl finds herself missing these vital products

A good plan is getting a small makeup bag and putting your products in it and keeping it in your backpack for emergencies. It's okay to ask a friend or to go to the office, even if it's uncomfortable, we can get through it. Therefore, I ask the strong and beautiful women of Paraclete, which is all of you, to spread the word about products being available in the office and if you have any grievances to let the office know. They will at least listen to what you have to say.

Dodgeball Day Trophy

By Samiyah Spry

Dodgeball Day is a day full of festivities and competition the girls fight for the win and so do the guys. They spend all week practicing for the big game. Some even make team jerseys. This is the biggest game of the school year and people can not wait to see who wins the big game.

This year the boys team took a big unexpected

win. When I say unexpected I mean unexpected. Everyone has their idea team in mind that they are rooting for but this team was not high on the list. But when they won everyone was jumping on the bandwagon. The "Metellus y Los Dinos" took home the big win and they work super hard for it, they well deserved the trophy.

This year the girls also put up a strong fight. They deserved the trophy for their hard work and dedication to the team. The girl team that won this year was the "Lady Icebreakers." When the girls played on the court you could tell they wanted to win you could also tell that they put every thing they had out there that day. But we notice

that every year the girls trophy is smaller than the guys. We asked the girls, "How do you feel about the girls trophy being smaller?" Skylit answer for the team and said, "Honestly, I didn't notice it was smaller until I saw it but I don't care since we won. It also didn't effect us or the way we played because we just want to go out there have

fun and try to win." That shows that dodgeball day isn't about who gets the trophy is all about having fun and how much hard work you put in. This dodgeball day was a success and there are plenty more to come.

Selective Service

By Meredith Watson

Senior boys those who are turning 18 it is the time to register to vote and to register for the draft. When registering to vote there is a option allowing men to enter the draft that way. The military draft is used if the government feels that the military does not have enough forces in a large scale war so civilian men are called to join as seen fit. As of right now there troops who want to serve on their own and this is known as all volunteer military. The United States offers benefits to attract troops

to enlist during a peacetime. Though the draft is not actively in effect now men between 18 to 25 must register with the Selective Service Stem for them to make a potential draftee list. Women cannot be drafted right now under current laws. Men should register within 30 days of turning 18 or entering the country. Those who do not register can be prosecuted and be fined for \$250,000 or up to 5 years of jail time. They are also eliminated from some federal benefits.

Men signing up for the military in New York, 1917
Photo Courtesy Of:
wikipedia.com



Military icon Uncle Sam who wants you! To sign up for the military.
Photo Courtesy Of:
pbs.org



10 Tips to Survive Research Papers

By Becky Singleton

With the new semester comes a Junior's worst nightmare: research papers. Generations have suffered, but, generations have also survived. We've all pulled out hair out, cried into the night, and endured the inevitable all-nighter, but this list should hopefully ease the pain.

1. Try to not use your iPad. I know, I know, it sounds crazy. We use our iPads for everything, so why not for this thing? I can say from experience that typing and formatting on a computer is much easier.

2. Ask Seniors early! There will be a time in the process when you need your papers proofread by a Senior, so ask them now! They may

not have research papers to deal with, but if you ask them early they'll be able to pay much better attention to it, resulting in better advice for you, a win-win!

3. Don't use Wikipedia, but use their resources! Wikipedia may not be a trustworthy source, but at the bottom of every Wiki article is a list of sources, visit those sites, and you'll likely find valuable information on your topic.

4. Pick a song! This may sound crazy, but whenever I worked on anything regarding my paper, whether it be my outline or my rough draft, I listened to the same song. Not only do I now know every word to "Castle on the Hill" by

Ed Sheeran, but it felt like time wasn't really passing. I could work for hours at a time, and feel like only four minutes has passed, and that helped me to focus and devote more time to my research in one sitting.

5. Learn to love your topic. Not everyone can get their first choice, but any topic can be loved. Your job as the research-paper-writer is to become the foremost expert on that topic, and there's something satisfying about knowing everything there is to know. So whether you're the expert on JFK or popular sovereignty, read up, because from that point forward whenever you discuss that topic a little switch will turn on in your head,

lighting your eyes with a flame of enthusiasm that only knowledge could ignite.

6. Get to a library! There's a book on every topic, and there are just some things you can't find on the internet. Not to mention, books smell incredible.

7. Schedule out the workload. Every teacher provides a calendar of due dates months advance, so don't wait until the last minute! The better your outlines are, the better your rough drafts are, and the better your final drafts are, so put in the work early! Future you will be grateful.

8. Print it out! Nothing helped me more than printing out my paper and writing on it.

9. Show it to other people! Whether they're friends, parents, or even the guy cutting your hair, getting an extra set of eyes highlights edits that you may have mislooked.

10. Don't stress! I know how overwhelming it can all be, but if you start with a positive attitude, you'll find that it will remain throughout the assignment. If you blow the intimidation out of proportion, you'll never be able to properly focus.

From us here at The Paracletian, to you, write on!

"I started outlines as a boy, but I finished my final drafts, a man." Edward Sabalbuero, Senior, research paper survivor.



Photo From doorwaysarizona.com

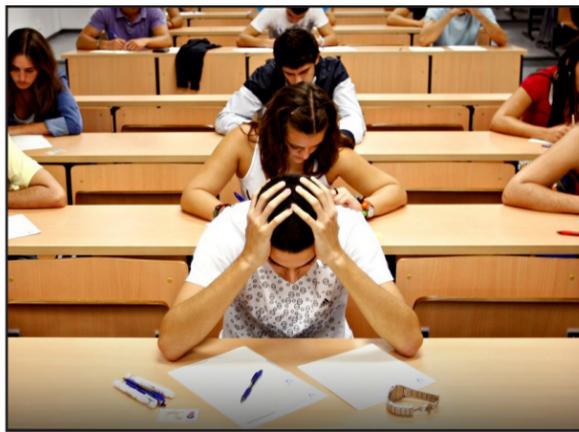


Photo From theatlantic.com

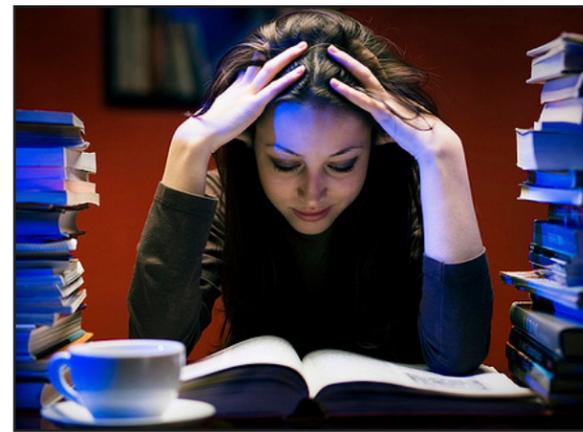


Photo From teenlife.com

A Year for Firsts

By Becky Singleton

Hollywood has been treading lightly lately, but 2018 intends to set multiple, progressive precedents in the movie industry, promising to change the box office forever.

Nearly a year ago, outrage over the lack of diversity in the movie industry, specifically regarding the nominations for The Oscars, and #OscarsSoWhite, blew up the internet. 2018, however, will change that.

"Black Panther," set to premiere across the country on February 16, follows T'Challa, king of the African nation of Wakanda, and his high tech super hero identity, as Black Panther. In addition to already have sold out of pre-sale tickets within the first

twenty-four hours, Black Panther is the first ever major superhero film with a person of color in the lead role.

Another record to be set in 2018 is with the movie adaption of the beloved book, "Simon vs. the Homosapien's Agenda," "Love, Simon." "Love, Simon," premiering on March 16, is the first major film to feature a coming-out story. The movie follows a seventeen-year-old boy, Simon Spier, and his pressure to hide his sexuality and feelings for his male penpal, Blue.

"Please Stand By," premiering January 26, features an autistic woman with a passion for writing and for Star Trek, traveling across the world for a chance to submit her

screenplay into a contest.

2018 will change the movie industry forever, giving people of color, the LGBTQ+ community, and even autistic characters a spotlight that they had not seen before now. 2018 gives a voice to those previously not featured in the media.

Now is the time to change the narrative in the media, to put an end to whitewashing, homophobia, and ableism that has dominated both the big and little screens. However, this is only the beginning, who knows what the future could hold for film, for now, the only hope that this journalist holds is that someday everyone's story will be heard.



"Black Panther" cast
Photo Courtesy Of Marvel Studios



"Love, Simon"
Photo Courtesy Of 20th Century Fox

Valentine's Day Grams

To: Rachel Guzetti From: Mia Huerta

Hey hun! I hope you have an absolutely wonderful Valentine's Day! Love you so much!

To: Mr. Ladensack From: Vincent Landaverde

Your our favorite teacher

To: Paisley Todd From: Emma

I know you wanted me to write something nice but oh well. I ❤️ you!

To: Samantha From: Bebe

Happy V-Day gurl

To: Mr. Ladensack From: Ryan McMartry AKA: Murch

Your our favorite teacher
Your the best

To: Edward From: Destiny

a SHADY mock trial president but imma miss you when you leave

To: Becky Singleton From: Destiny

The love of my life aka my mom aka the becKEY to my heart aka the best Mock Trial president
DON'T LEAVE ME

To: Alexis From: Fern

❤️

To: Sarah Heffelfinger From: Fern

❤️

To: Emma Hotchkiss From: Paisley

My fav goalie. Im going to miss u next year.

To: Mika From: Fern

❤️

To: Rachel From: Anonymous

Me and Janelle love you too the moon and back. ❤️
You're the actual love of our life ❤️

To: Noel Serrato From: Anonymous

Thank you for being such a good friend. You're so amazing and I really appreciate you.

To: Benjamin Estaville From: Anonymous

Insert epic dookidoki reference.

To: Madelyn Bacashihua From: Micxelly Lorenzo

LOVE YA!

To: Caitlin Chan From: Annikka <3

i luv u. :')

To: Becky Singleton From: Annikka <3

i appreciate u. i luv u.

To: Micxelly From: Madelyn

Hope you have a good day!! Thank you for being my friend; your one of the coolest people I know. Also you are always looking on FLEEK
❤️

Valentine's Day Grams

To: Cody Csulak From: Secret Admirer

I have always loved you

To: Caitlin Chan From: Soph

ur welcome :)
p.s. Happy Valentine's Day!!! ❤️

To: Alexis Greiner From: Kev-Kev

Thank you for always being there for me! If you can't decide where to go eat remember, Taco Bell! Hope you have a happy, loving Valentine's Day! :)

To: Nate Kennedy From: Secret Admirer

I have always loved you

To: Cody Csulak From: Bella Dela Vina

Thank you for being mine. I love everyday with you and I can't wait for many more to come. Thank you for being you. I love you MOST.

To: Alexi Blanski From: Tiffany Delfin

Hi habibi! I love you! Happy GAlentines day!

47 wt

To: Corin Kirk From: The Love of Your Life

Nasty

To: Corin Kirk From: David

Moist

To: Father G From: Vita

I love you G! Wish you a loving ash-wednesday celebrating God's Love on St. Valentine's feast.

To: Corin Kirk From: The Love of Your Life

Gross

To: Corin Kirk From: The Love of Your Life

Cringe

To: Connor Parish From: Hannah

Happy Valentine's Day! Love you bro.

To: Caitlin Chan From: Snecca

have a wonderful day :)

To: Taylor Fix From: Little Wing

This is actually a really good substitute for some of the classes that I don't have people for, so "E," "R." I love you, baby bear ❤️

To: Flavio Carlos From: Flavio Carlos

Do better

To: Mia Huerta From: Kate-Face

I LOVE YOU, MIMERS! Thanks for being one of my very best friends ever in the history of the world! Have a great day!

To: Mrs. Bandziulis From: Kaitlin

Thank you for all the support, kindness, help, and trivia! I'm so grateful for you.

To: Aaron Bozigian From: Your lover

I like you...

Valentine's Day Grams

To: Tiffany Delfin From: Annikka :)

i love you :')

To: Jacob Fuqua From: the best sister ever

Happy Cupid Day little bro ❤️ :)

To: Sara Sarg From: Fern

Happy Valentine's Day.

To: Kenzie Atkerson From: Jade P.

I love you, Kenzie! Thank you for being such a light in my life. Happy Valentine's Day!

To: Brianna From: Fern

U suck 😬

To: Charlene From: Fern

You look nice today

To: Isabella Galvan From: Inna Tagarino

I love you

To: Annika Matulac From: Inna Tagarino

I love you

To: Mia Huerta From: Rachel Guzetti

I love you! Have a wonderful day! ❤️

To: Taylor Richardson From: Inna Tagarino

I love you

To: Jaylene Tejada From: Inna Tagarino

I love you

To: Brianna Gunderson From: Tay

I love you and can not wait until next year's Valentine's Day when we could spend the whole day with each other going on dates!

To: Caitlin Chan From: Anna Yan

Happy Valentine's Day!!

To: Heaven Garcia From: Joey Estes

Your so beautiful

To: Heaven Garcia From: Joey Estes

Love of my life

To: Fern Siriwan From: Anna Yan

Happy Valentine's Day!!

To: Heaven Garcia From: Joey Estes

I LOVE YOU WITH ALL OF MY HEART

To: Heaven Garcia From: Joey Estes

FOREVER AND ALWAYS

Valentine's Day Grams

To: Joel Landa From: Hannah

Thanks for being the best boyfriend I ever had! (and the only one :)

To: Calvind Macaraeig From: Manny

Love you homie!! Hope you enjoy the Valentines day candy!!

To: Angela Adelantar From: Thomas R

Hey buddy, I just wanted to say how important you are to me and I wanted to thank you for all the memories. I love you dude! => ❤️

To: Vincent Gutierrez From: Manny

Have an amazing Valentines day!! Enjoy the treat and hopefully you didn't give it up for Lent.

To: Ahmik Shenoy From: caitlin :^)

thank you for paying for this, live a long and happy life!

To: Brandon Gumayagay From: mom <3

i luv u :')

40 wr

32 wr

To: Emma Weatherwax From: Anonymous

Happy Valentine's Cherry

To: Corin Kirk From: The Love of Your Life

Wait a minute... who ARE you?

To: Caitlin Chan From: Aтира

Quit asking me to buy one, I finally bought one <3. Much love (even tho you wear your lanyard) =>

To: Matthew Nelsen From: Mackenzie

Happy Valentine's Day!!!

To: Nicholas Orozco From: Sheena

Happy Valentine's Day Nick! Love you

To: Rachel Guzetti From: Nick Smith

I know you have your problems and I have mine, but you know I got your back no matter what! Fight the good fight and find yourself a mans!

To: Anna Yan From: caitlin :^)

happy valentine's day, anna!

To: Annikka From: caitlin :^)

nice! :^)

To: Charlene Victoria From: Jaylene

Thank you for all that you are and all that you do ❤️ i love you!

To: Fern Siriwan From: caitlin :^)

thanks for buying so many of these :^)

To: Maggie Theologidy From: Elijah Salazar

I have only met you this year, but it has been one of the most biggest gifts God has given to me. You have impacted my life in such an amazing way, and for that I'm grateful. Thank you for being that person I could talk to for comfort and for advice. Thank you for putting a smile on my face when I would be down. Thank you for being my simp buddy and my ice cream buddy. Thank you for always callin me a stud, even though I don't see it. Most importantly, thank you for all that you have done and do. Your beauty never fails to get me through the day. I Luv U SM!

To: Annika Matulac From: Jaylene

You're my sunshine on a cloudy day ❤️ i love you!

Valentine's Day Grams

To: Carly Sablan From: Jaylene

Roses are red, violets are blue, it's Valentine's Day.
♥ and I Love You

To: Taylor Richardson From: Jaylene

Mahal kita ♥

To: Erin Wright From: Jaylene

I love you more than a fat kid
LOVES cake ♥

To: Inna Tagarino From: Jaylene

Roses are red, violets are blue. Love me today or i'll
kill you ♥

To: Maya Kurian From: Jaylene

Roses are red, violets are blue. Even though you have
"selective hearing" I still
love you ♥

To: Thomas Rivera From: Jaylene

You'll always have a
PIZZA my heart ♥

To: Emily Avrit From: Jaylene

You're the cheese to my
PIZZA ♥

To: Ella Decker From: Mackenzie ♥

Happy Valentine's Day my wonderful daughter! Hope
your day is full of love,
hugs, and happiness!!!

To: Tyler Synegard From: Mackenzie ♥

Happy Valentine's Day!

To: Isabella Galvan From: Jaylene

My love for you is like
DIARRHEA. I can't hold it
in ♥

To: Isabella Angelo (BOSS) From: Mackenzie ♥

Happy Valentine's Day to the
spunkiest, raddest, coolest
friend around! Hope your
day is as crazy and fun as
you are! :)

To: Kaylin Scoles From: Mackenzie ♥

Happy Valentine's Day to the
one who makes everyone
smile! Hope your day is full
of laughter and love!

To: Cassie Buckley From: Mackenzie ♥

Happy Valentine's Day
to the best looking
blonde around! May
your day be full of
LOVE, hugs, and
smiles!!! 😊

To: Jade Phoreman From: Mackenzie ♥

Happy Valentine's Day to the
smartest, kindest person ever!
You are a fantastic Key Club
president, leader, last minute
math tutor, and friend! May
your day be full of loving hugs
and bright smiles!!! :)

To: Kayla Scott From: Mackenzie ♥

Happy Valentine's Day to
my LZ, LT, and friend!

To: Allyson Alvarado From: Mackenzie ♥

Happy Valentine's Day to the
sweetest, most talented
person ever!!!

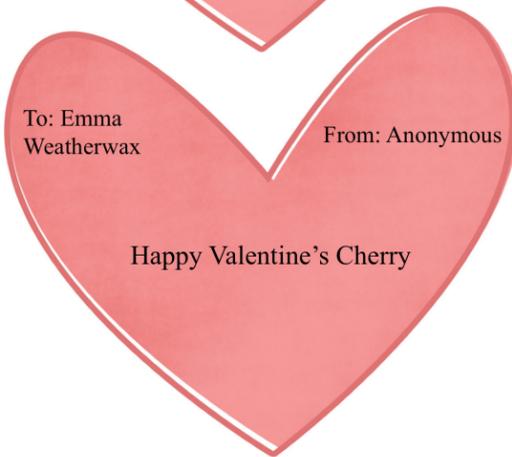
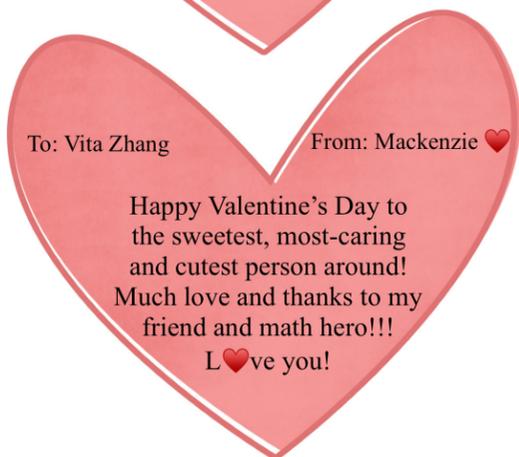
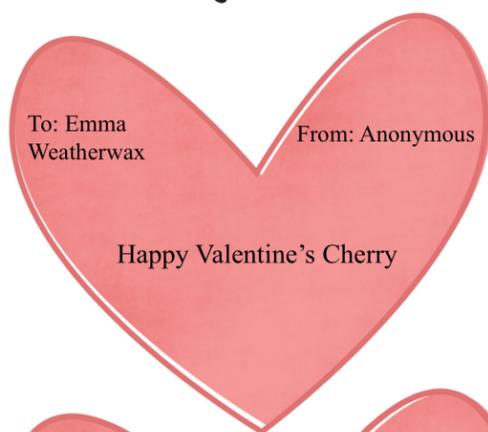
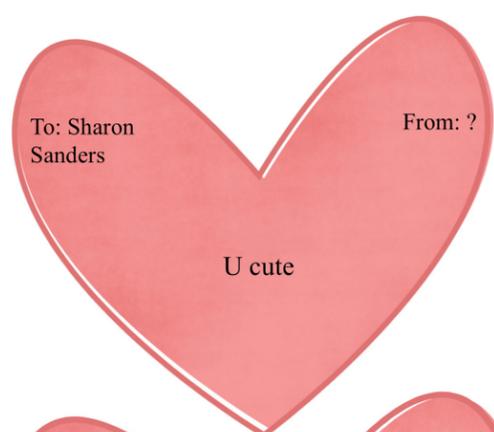
To: Destiny Camarillo From: Mackenzie ♥

Happy Valentine's Day to the
most fashionable friend ever!
Hope your day is as beautiful
and fine as you! ♥

To: Bradley Bedgood From: Mackenzie

Happy Valentine's Day!!!

Valentine's Day Grams



**Happy Valentine's Day and
thank you for supporting
The Paracletian!**

Senior Retreat

By Fatima Serrato

The members of the senior class were encouraged to go on their last class retreat to reflect on their past years at Paraclete and start to think about their future. Senior retreat took place at Camp Mariastella in Wrightwood. There were two sessions held, the 10th and 11th, and the 23rd and 24th of January.

The second week consisted of 49 seniors, accompanied by Mr. Keever,

Mrs. Villalobos, Mrs. Hood, and Father G. The seniors were welcomed into the campsite with heated cabins, lunch, breakfast, and dinner, and a beautiful sight. Although there was no snow the second week, the participants still enjoyed the cold weather. At the campsite, they celebrated mass in the chapel.

Senior, Malak Jaffal, said, “my favorite part was the games”, “I felt

closer to some of my classmates after this retreat”, And “overall it was a good and fun experience”. Savannah Arrieta said that, “senior retreat was one of the best retreats, and underclassmen should definitely consider going, when they are seniors”.

One of the highlights of this retreat, was the hike. On our way back to the campsite, students had a choice to either go the “Father G way” or



stay on the trail. Father G. said that the hike is supposed to symbolize the seniors’ years and experience at Paraclete. Senior retreat was full of fun activities that brought the senior class together.

Overall, this was a great experience for seniors to come together and look over their past years at Paraclete.

Lent

By Gabby Zendejas

What is Lent? The holy season of Lent is a Roman Catholic tradition that takes place in the spring time of the year. Catholics spend forty days reflecting on to belief of prayer by either giving up something they true care about or adding something to their life that will better them for a closer relationship with Christ.

“Lent is the spring time of the church” Father G. said when asked what Lent was. He believes the word “Lent” comes from the word

“lengthening”. In Latin the word Lent is “quadragesima”. The Quadragesima Sunday is the Sunday following Ash Wednesday which is the first Sunday during the holy season of Lent. When we asked Father G. when Lent is normally celebrated he said, “Easter determines the start of Lent.” By which he means the last day of Lent is Easter so you would go forty days before then without counting the Sundays. The actual end date of Lent is Holy Thursday which is

the last Thursday before Easter. Also, the last Friday of Lent is called Good Friday. Good Friday and Ash Wednesday are the two mandatory days that Catholics fast meaning that they do not eat full meals all day. They only eat one meal and two smaller meals with no snacking in between. On Fridays, they do not eat any type of meat but they are allowed any salt and freshwater species of fish, amphibian, reptiles, and shellfish as are animal-derived products such as gelatin, butter,

cheese, and eggs. As long as it doesn’t have any meat taste.

The start of the Easter Vigil is on Saturday evening (dusk) which is the Ceremony of Lights. The Ceremony of Lights is when everyone walks into the Church with an unlit candle while there is a small fire somewhere in the mass and the Paschal Candle is lit from that fire (a large sacramental candle). Everyone’s candle is lit from this one by passing on the flame to one another.

The point of giving something up or changing something in your life positively for the forty-days is to break into the habit of doing better. When Father G. was asked what he was giving up or doing differently he said, “Sin”. During this season of Lent there will be events of Lent being celebrated such as the Rice Bowl, the Adoration of the Blessed Sacraments, the Thirty-Hour Fast, Veritas Retreat, and the Lenten Penance Service.

Winter Ball

By Ben Haering

Last Friday’s Winter Ball seems to have an unusually high satisfaction rate. Held at the Knights of Columbus Hall in Palmdale, Paraclete students gathered to celebrate awkward romance and a conclusion of Spirit Week.

This year there was a surplus in attendance, likely due to the unofficially declared Sadie Hawkins’ tradition, where a young lady takes initiative and asks a young man out to a dance.

Music consisted of a mostly early-2000s compilation of pop. “Fireflies”, “Sweatshirt”, and “Baby” added to the embarrassment of all when everyone

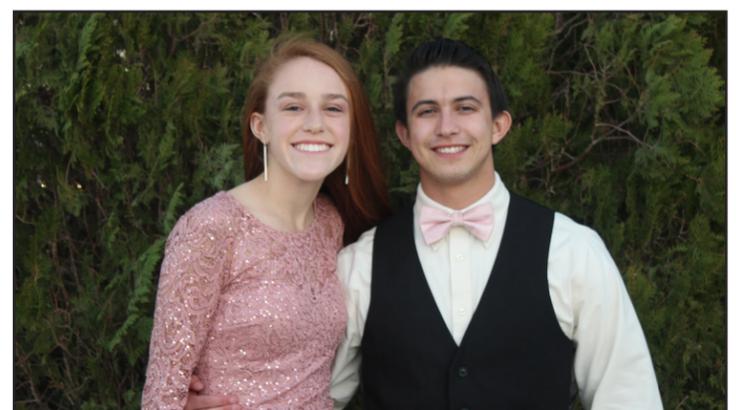
belted out the lyrics at the top of their lungs.

This year’s Winter Ball King was Kartik Misra, crowned by last year’s King Brown Sugar Summeet Upadhya. The other Winter Ball princes were Ernesto Balcazar, Nate Kennedy, Jaylin Tynes, and Reno Wilson.



Sophomore class officers Michael Ruiz, Madelyn Cruz, Angela Adelantar, and Leonardo Garcia at Winter Ball!
Photo Courtesy Of: Leonardo Garcia

Seniors Hannah Marin and Joel Landa at Winter Ball!
Photo Courtesy Of: Hannah Marin



Come See "Ragtime!"

By Becky Singleton

Both the Drama Club and Drama Class are excited to put on their springt musical, "Ragtime." Not only is the show a true classic, but it features upbeat songs that are sure to entertain! with multiple casts across multiple showings, tickets for Thursday, February 22 - Sunday, February 25 arer sure to be hot!

Drama has been a pillar of Paraclete High School for over a decade, and they've been practicing for months to prepare for this show which features performers from all

grades and backgrounds.

Says Junior performer, Katherine Dieguez, who plays Evelyn Nesbit, "The drama community is one full of support from everyone in it and we can't wait to perform such an impactful show!"

don't forget to support and enjoy the show! Tickets go on sale of the Spirit Online Store!



Drama student Corin Kirk practicing!
Photo By Becky Singleton



Drama student Kat Dieguez practicing!
Photo By Becky Singleton



Drama students (from left to right) Malak Jaffal, Natalie Sanchez-Pleites, Corin Kirk, and Kat Dieguez practicing!
Photo By Becky Singleton

Want to Recommend Someone to Become A Spotlight Spirit?

✂

Spotlight Spirit Application

Fill this form out and bring it to room 205 to submit.

Name: _____

Grade: _____

Why do they deserve the spotlight? _____

They Both Die In The End

Book Review

By Rachel Guzetti

The recent best-selling novel *They Both Die at the End* by Adam Silvera is a wonderfully written book that will simultaneously break your heart and make you fall in love with life and the complexity of people.

The book is set in modern times but with a twist: every person receives a call at midnight telling them that they will die in the next 24 hours. This allows people to say their goodbyes, arrange their funerals and wills, and live their last day to the fullest. These people may also use an app

called Last Friend that connects them with others also living their last day so that they won't have to be alone on the day of their death.

The two main characters, Mateo and Rufus, are strangers that decided to be each other's Last Friend. The book follows these very different characters on the journey of their last day of life as they grow together until their final hours.

Adam Silvera writes beautifully about the fascinating concept of truly living before you die. The book switches

perspectives every chapter between Mateo, Rufus and occasionally between side characters. The characters are complex and relatable especially to young adults and the writing style is easy to read and modern.

This book made my heart fall out of my chest. I can neither confirm nor deny if I used 2 boxes of tissues to mop up my tears. I spent the majority of the book choking on my breaths in attempt to manage laughing while crying. This book pulls at your heartstrings in the worst and best ways

possible.

The book *They Both Die at the End* by Adam Silvera is the perfect balance between depth and dark-humored comedy. There were many times I had to put this book down and collect myself before continuing because of how stressful it got during some points. I would like to warn potential readers that it can possibly trigger paranoia over death but other than that I highly recommend this beautiful romance novel.



Photo From mashable.com

“This is Us” A Must Watch

By Becky Singleton

The Emmy Award winning dramedy “This Is Us” is a must watch this television season. The show continues to push boundaries episode after episode. The premise involves a white, working class family and their adopted African-American son, and the lives of the three children.

The show is truly groundbreaking because it switches from tear-jerking to laughter inducing in front of one's eyes. The strained yet loving family dynamics are both admirable and relatable, surely anyone with a heart won't be able to watch with dry

eyes.

Every second in the show takes a new turn, and as a watcher, I do feel personally connected to this family. I bawl whenever there's a flashback, because I know how important these special moments were to the characters. Not only that, but I love being able to see the connections and parallels between this family's past and their present.

If you decide to watch one show this television season, make it “This is Us.” Available on Hulu and showing live on NBC, because it will change

the way you love. It will change the way you see the events now, because you'll be able to see what those moments evolve into.



THIS IS US

Photo Courtesy Of: hulu.com

“This Is Us’ belongs to a genre that used to be more common on big-network TV: cry-time dramas, those heart-on-sleeve series about ordinary people with ordinary problems...”

-James Poniewozik, New York Times

Snow

By Anonymous

the ground was brown
 the grass was not green
 it was dead

the temperature was frosty
 and the wind made all things
 cooler

heavy ...storm clouds were
 moving...fast
 there was that smell...
 in the air...
 of snow

where are you.....
 little white flakes
 when will you cover... all
 with your whiteness

maybe later....tonight
 I hope.....I dream
 of you



Photo From Anonymous

Failure

By Anonymous

Do I ask her? She's cute. Standing over there with her friends.

So I see her there with a rose under my coat but it's too crumpled to give to her. Maybe she'd like it but it's not worthy of her beauty. Oh shut up you don't really want her you just want the idea of her.

No no no no she's a genuinely good human being with a sweet smile and a good heart. Hanging out with her would be wonderful.

Shuffling back and forth, butterflies in my stomach. She's out of my league. Darn it those things shouldn't matter but people say it does. What the heck she smiles at me and says hi to me. Yeah but she does that just to be nice. Well then why do her eyes sparkle? Do they just sparkle for everyone?

Ok ok ok fine fine fine I'm walking towards her.
 Hey...
 Hi!
 Hey um I was wondering if you'd want to go out and see a movie?

(Wow she's cute. Her eyes are so deep and pure and her hair looks so soft. She looks surprised but genuinely happy.)

Oh...Um no thanks. But you're so sweet...
 Ohnoprobitsgoodhaveagoodday

Have a photo,
 short story, or
 poem you want
 featured in The
 Paracletian?

Submit to
 cletenews@
 avphs.net!

Grandma's Eyes

By Aaron Blaylock

6 years old looking into my grandma's eyes so old I thought it was disgusting,
 She said boy these is struggle wrinkles later on we'll have discussions, about pain
 and oppression
 Rode away on my tiny tike dreaming about whippin
 Grandma was seeing the future, pulled over shot with no suspicion
 Blood on their hands, but the judge would just dismiss it
 She prayed that they won't shoot away all my crazy black ambition
 That they won't take her baby before she could meet me at the gates
 But God took her early because being a black male, stereotypes already determined
 my fate
 Now that I look back, 17 years old, closed eyes looking at my grandma's face
 Wrinkles mark her face like the marks on the back of a slave
 Engraved into her iris was a history lesson about oppression
 "Blacks only", I saw riots, I saw deaths, I saw blacks as equals being questioned
 I hear her words, they whisper struggle, I smell her breathe, it smells like wisdom
 She saw my path but instead believed in my future, not another one put into the
 system
 About to get a cap and gown, not have a cap put in me, then fall onto the ground
 Bout to let my ambition flow like the blood of my ancestors
 Wanna inspire all of my brothers and sisters to reach whatever in the distance
 To be whatever in existence
 To breath the air in the world that we do belong to exist in

Academic Decathlon

By Fatima Serrato

The annual Academic Decathlon competition will take place on the 27th of January and the 3rd of February. The Academic Decathlon “is the only annual high school academic competition organized by the non-profit United States Academic Decathlon Association (USAD)”. The competition is held at Bishop Alemany High School. This year’s team is small, but prepared and ready to take on the other schools. The AcaDec participants prepare a speech, interview, and a series of tests the first weekend. The second weekend consists of team quizzes, known as the super quiz.

The first weekend, students will take an essay exam and be judged in a speech event as well as an interview event. The second weekend, students take a Super quiz, which is open to the public and features questions from subject matters including Art Economics, Music, Language, Literature, Science, and Social Science. On the first weekend, the team was accompanied by Mr. Ladensack and Mrs. Bandziulis.

Senior, Savannah Arrietta, prepared for her speech, which will be on the topic of separation of Church and State,

by practicing and memorizing it. She also said that her first year doing Decathlon was a great learning experience.

Academic Decathlon has class every day after school, except for minimum days. Overall, the competition went well for the students who participated in this event. Although many people don’t join because they think it’s “extra work”, Academic Decathlon is a fun experience. Anyone who is thinking about joining next year’s Academic Decathlon team, should speak to Mr. Ladensack or any of the students who participated.



Photo Courtesy of Fatima Serrato

30 Hour Fast

By Rachel Guzzetti

Paraclete High School’s campus ministry is fasting for 30 hours at St. Serra Parish on February 18th and 19th in order to support and raise funds for a church in Africa through sponsors and prayer.

For those who don’t know, a “fast” is going without food for long periods of time in an act of prayer and sacrifice. It is common in many religions, especially Christian denominations.

When asked about whether or not he is excited for the 30 hour fast, Noel Serrato responded with, “This is going to be my first time participating and I am very excited because I have

heard so many great things come from this event. Although I won’t be able to do one of my favorite things for 30 hours, I am sure that it will go by very quickly. Friends have told me that they’ve had a great time and I can’t wait to experience that as well. I hope that we will be able to raise money to benefit those who aren’t as fortunate as us.”

Madelyn Cruz loves the retreat and when asked about it she said, “The 30 hour fast is such a fun, gratifying experience! Hunger is not even a problem when you’re enjoying many exciting games, participating in prayer, or getting to know new,

incredible people. It is all for a good cause, and I definitely recommend this awesome retreat! ... WAIT IT WAS ALSO MY FAVORITE HIKE OF ALL THE HIKES EVER RACHEL HOW COULD I FORGET”.

Students participating will be fasting from food for 30 hours straight and raising money. Everyone on the retreat will be looking for sponsors to help acquire the needed funds to support this event. Please help Campus Ministry support smaller Christian communities in areas where it is much more difficult for Christians to practice their faith.

The Campus Ministry Center

By Julianna Garcia

The new Campus Ministry Center, or CMC for short, located next to the Dean’s Office in Junior Hall, is the newest addition to the Paraclete Campus and will soon be renovated by the seniors in Father G’s fourth period Vocations in Action class. The renovations include the painting of multiple murals on the bland white walls of the room. This amazing idea was brought up by Lindsey DiSilvestri, a senior who is one of the ASB leaders and practically the founder of the CMC. After asking her why she wanted to have a Campus Ministry Center to begin with, she responded by saying, “Father G has always wanted a campus ministry center and I’ve always heard him talk about it, but I didn’t really feel really passion-

ate about it until one day when I went to the chapel to pray and there were so many people eating, yelling, and laying across the chairs. I sat down and I realized that the chapel wasn’t a home for God anymore and it really should be.”

The murals are going to be completed as soon as possible and will consist of wings, different quotes, and a dove. The idea to paint wings came from the Girls’ Retreat attendees; Lindsey, who was a leader at the retreat, graciously accepted their thoughts and is now putting them into action. Father G’s entire fourth period class has been contributing to this project with as much support and cooperation as possible, but a few other girls have really taken the lead and

poured their hearts into it: Vita Zhang, Maya Miriam Kurian, and, Hannah Marin.

Although the date for the Campus Ministry Center to open to all students is unknown, the project is expected to be completed before the end of the semester

and hopefully used by everyone right after. Thanks to Father G, Lindsey, and the seniors working on the project, Campus Ministry will finally have their rightful place on campus and students will have a place to take a break from the everyday bustle of life.



An Introduction to Boys Volleyball

By Caitlin Chan

As Paraclete enters the season of spring sports, the students are introduced to boys volleyball as they begin practice for their upcoming games in March. Last year, the boys team earned a victory in gaining the Gold Coast League Championships and were in the quarterfinals for California Interscholastic Federation (CIF). They also placed second at the Eastside Tournament, which Coach Kelley says “established young players as an important part of the team dynamic.” Senior varsity player

Tyler Vogel states that “since each person has a specific job, if one of us isn’t doing our job correctly, then others can’t do their job correctly.” Teamwork is a crucial point to the boys volleyball team because it builds character and establishes the team dynamic that will lead them to victories.

Come out and support Paraclete boys volleyball team during their first home game on February 27! The team is striving to repeat their League Champions win and get past the quarterfinals!



Boys Basketball

By Julia Medina

As the boys basketball team finishes their season, let’s take a look back on what they did. The biggest thing that happened to the boys this season was their team trip to Hawaii to play in a tournament. Besides just playing in the tournament they were also able to see and learn about Pearl Harbor and other attractions of the beautiful state. Junior Jonathan Daniels says that it was a beautiful experience. While they were there they were 3-0 making their trip a success. For seven seniors it was

their last chance to prove themselves on a high school level. Senior Tommy Manko said that this season was a new experience. Their team had a tighter bond than ever before, and throughout all of his years playing this is his favorite season. Though they did not make it to CIF, the boy’s basketball team showed true determination and sportsmanship throughout their season, making it a win in our books. Next season will look a lot different without them there, but we all know that the Spirits will prevail.



Photo Courtesy of Joey Lutgen

A Good Swing

By Caitlin Chan

One of the lesser known sports around campus is Paraclete golf, where members practice to earn a California Interscholastic Federation (CIF) championship. The golf team has a new assistant coach this year, Mr. McWilliams, who teaches Algebra and Physics on campus. The team has eleven total golfers, but only six are able to make it to the traveling team. The golf team’s captain this year, Cade Mercier, intends to lead them to victory when they have tournaments or competitions.

Despite obscurity, Mr. McWilliams has said that “gravity is the only thing that holds us back.” Come out and support the golf team at their first match on February 26th!

Baseball

By Juan Fuentes

With Baseball and Softball season right around the corner JV and Varsity teams are making their final roster cuts and scrambling to prepare themselves for their upcoming seasons.

JV baseball player Connor Vogel was asked how he thought the teams were coming along and he said, “I think the teams for baseball are looking pretty good. I feel like we’re going to have some struggles but for the most part the guys this year are looking very strong.” Evan Uccellini also responded and said, “The teams look pretty solid this year but we have a lot of tough competition so we are going to have to work as a unit and pull through to get those wins.”

Softball player Gabby Castaneda is also in high spirits saying, “This year is looking really good. I’m feeling confident in the team this year I feel like we are going to do really good this year I’m really excited for this year.”



#CleteFaces



Juniors Elijah Salazar and Nick Rahe managing on the court!
Photo By: Caitlin Chan



Seniors Joel Landa and Flavio Carlos on Senior Retreat!
Photo By: Becky Singleton



Senior William Mego enjoying the sun!
Photo By: Caitlin Chan



Seniors Joseph Kilcoyne and Nate Kennedy showing off their dodgeball spirit!
Photo By: Caitlin Chan



Asian Pacific Islander Club!
Photo Courtesy Of: Caitlin Chan



Mrs. Johnston, her son, and Senior Julia Medina supporting basketball!
Photo Courtesy Of: Julia Medina



Seniors (from left to right) Gabe Cox, Becky Singleton, Joel Landa, Hannah Marin, Caitlin Chan, Annikka Rodriguez, and Malak Jaffal on Winter Ball night!
Photo Courtesy Of: Hannah Marin



Spike and Ikes preparing for battle!
Photo By: Caitlin Chan



Senior competitors Maya Kurian and Sophie Estrada excited for Dodgeball Day!
Photo By: Caitlin Chan



Senior Annikka Rodriguez showing off her class project!
Photo By: Caitlin Chan



Seniors Hannah Marin, Caitlin Chan, and Madison Serna posing on Kids Bop Day!
Photo Courtesy Of: Madison Serna

Follow @TheParacletian for more updates!

#SpotlightSpirits

Saul

“Saul the janitor is super kind and picks up our trash.”
 “Saul is kind, sweet, the most talkative to all students, friendly, always says hi, and overall a great person.”

Lindsey DiSilvestri

“She’s worked so hard on the new Campus Ministry and have brought so much light and love to this school.”
 “Lindsey has been extremely involved in Campus Ministry this year. She redesigned the All Girls Retreat and changed it from a 2 day to 3 day retreat and made it such an empowering experience for all who attended. She also organized the construction of the Campus Ministry Center. The establishment of this center wilol help to return a state of reverence4 to the chapel.”
 “Lindsey has worked so hard to make Campus Ministry more organized. She was the one that pushed for an official Campus Ministry Center that will be used for learning about the Catholic faith and planning retreats, donation drives, and so much more. Her determination during this project has been truly inspiring. Lindsey is going to do amazing things after Paraclete.”

Vita Zhang

“She ran the Peace Pole initiative by herself, planned and executed the school’s winter service project, and is currently designing the school’s largest Lunar (not Chinese so it’s inclusive) New Year celebration EVER!”

Caitlin Chan

“Their work on the Paracletean is A1, 10/10 would recommend.”

Mr. Stephen Pincetich

“great teacher, interesting, always willing to help, takes confusing computer related topics and makes them easy to understand, makes me excited to go to school since he is my first period, very cool and hip as he enjoys meme culture.”

Ernesto

Balcazar

“He is supportive of everyone around him and is always nice, upbeat and funny.”

Mrs. Davis

“She’s a good teacher, she’s kind and gives us second chances.”

Mr. Miller

“Mr. Miller deserves this spotlight because he got a new AP Econ class and he is dealing with it very gracefully. The class also teaches us life lessons. :)”
 “Mr. Miller is just an all around good person. He is just great! :)”
 “This individual has consistently gone above the Call of Duty of his teaching duties by ensuring his students fully comprehend the material. He comes early and stays late for every student in his Algebra II, AP Stats, AP Econ, and Pre-Calculus classes. His dedication infused with his relaxed demeanor is the fundamental reason he should be applauded.”

Emily Fricke

“She deserves the spotlight because she is extremely supportive and kind to everybody. She usually helps around campus as well.”

Annikka

Rodriguez

“Very kind and loving all around. Helped at Veritas and made it very fun.”

Olivia Maish

“She is always humble and kind, and she has been so welcoming to new students. She is an amazing friend, student-athlete, and all-around person!”

Fern Siriwan

“She’s always nice and sweet to everyone and is a good role model for the senior class.”

Angela

Adelantar

“They deserve the spotlight because she designed and handled the t-shirts for Walk for Life. She’s also working hard for the upcoming Winter Ball.”

Destiny

Ramsey

“She is a wonderful, athletic, kind-hearted person.”

Payton

Anthony

“For her creation and execution of the Athlete’s Retreat this past year.”

Madelyn Cruz

“She is so positive, she is always encouraging others and being a great friend. She is always a positive influence on all students and she even has a catchy phrase, ‘Go Spirits’ so that’s why she deserves it.”
 “For her creation and execution of the Athlete’s Retreat last year.”

Kartik Misra

“Kartik has been out here on that pursuit of spreading happiness by trying to make everyone around him smile.”
 “He is always nice to people. And he always smiles and helps other people whenever they need help.”

Mr. Gavel

“Mr. Gavel works for the basketball team with no recognition. Even though he isn’t Assistant Athletic Director anymore, he still volunteers to help with games and even if he doesn’t help he still likes to watch our team and cheer them on.”

Ms. Olague

“Because she’s very kind and spirited and always puts up with her students and she also organizes many of the school’s activities.”

Coach Andy Helme

“Coach Andy has been a role model for the Cross Country and Track and Field. His dedication and perserverance has enabled all of us to become a better version of ourselves and to help people who might need it. For the past 4 years that I have known him, he has always been a mentor to anyone he meets and makes sure that no one is ever by themselves. He is compassionate about what he does and he makes everyone feel welcome.”

Julia Tieu

“She is always there for others and never gets in any drama. She’s a great student as well as a friend. She does all her work and is an honest student.”

Giulianna Garcia

“She is very involved and always helps the students around her have school spirit.”

Aubrey

Gilman

“Always gives their 100+% effort in everything they do: involved in EVERYTHING1”