



1. Photo of Paraclete grandparents at mass.
2. Lauren Urmanski and grandparents enjoying the decorations.



A Grand Day for Grandparents

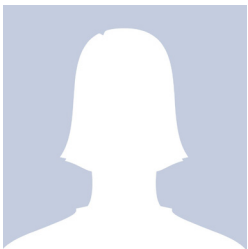
By Wonka Slothy

It was a day of fun, family and faith as students at Paraclete High School gathered for their yearly Grandparent's day. Early on the morning of September 27, 2018 student volunteers arrived on campus to begin directing traffic and finish the school-wide decorations for Grandparent's Day. Each year Paraclete celebrates one of the most important parts of their school mission: Spirit as Family. Spirit as Family is dedicated to the growth of the faith community as a whole, especially within the family. Grandparents are often the cornerstone of faith within their family: dedicated to seeing to the spiritual growth of their children and grandchildren. This was evident as hundreds of grandparents arrived for a school-wide mass, getting the chance to witness the faith of the younger generation they've helped raise from infancy. After mass, student clubs performed for the grandparents, proud to show-off their hard work. After the performances the families gathered under fall-themed decorations to have lunch together under pavilions or in the bedecked multipurpose room. Lunch was provided by the PPO and was fantastic as usual.

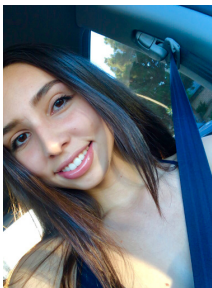
Meet the Editors



Editor-in-Chief aka Supreme Leader of Real News, Matt Nelsen:
"I write news. I do news good. I am news. Read my news."
Assistant Editor-in-Chief, Rachel Guzzetti:
"No comment."



Managing Editor, Kayline Scoles:
"[Insert Office quote here]"
Assistant Managing Editor, Giulianna Garcia:
"[insert clever quote here]"



R-E-S-P-E-C-T

By: Taylor Hardge

Aretha Franklin, also known as the "Queen of Soul" has passed away at the age of 76. Her cause of death was due to advanced pancreatic cancer. On August 16, 2018, she died peacefully surrounded by family and friends. Aretha Franklin was the first woman admitted into the Rock and Roll Hall of Fame, as well as achieving more than 100 singles in the Billboard charts. She has also received 18 Grammy Awards and an additional 26 Grammy nominations for her various songs. Aretha Franklin had a long and prosperous career. She will forever be remembered as an inspiration to millions of people around the globe. She sang at the inauguration of Barack Obama. She had also sung at Michael Jackson's and Martin Luther King Jr's funerals. Aretha Franklin has even had an asteroid named for her!

Aretha's funeral was held on August 31, 2018 in her hometown, Detroit. Thousands of people showed up to pay their respects to the well-known legend. Many stars such as Stevie Wonder, Yolanda Adams, Ariana Grande, Shirley Caesar, Marvin Sapp, Faith Hill, Vanessa Bell

Armstrong, and Chaka Khan performed at the funeral service.

Her body went on display on August 28, 2018, at Detroit's Charles H Wright Museum of African American History. Her body lay in a golden coffin, perfectly crafted for the Queen of Soul.

In addition to be a successful star, she was also a big advocate for the civil rights movement. Civil rights icon and US Rep. John Lewis recalled Franklin's "unwavering" commitment to the movement.

She will forever be remembered as a legendary woman. Aretha Franklin will live in our hearts forever.



Provided By: ArtsLife

You're a Lizard Harry

By: Ben Haering

In a cabinet of Room 205 during the final two months of last school year lived a new member of the Paraclete family: not a student nor teacher, but a bright green lizard.

The resident appeared suddenly, out of nowhere. "I fed him crumbled up crackers," said Mrs. Keever, teacher in Room 205. Receiving

this sustenance, the reptile continued to stay in its new habitat until the last day of school, when a homeroom student released the lizard out into the wild.

Mrs. Keever explained that she did not tell her classes about the lizard to avoid it becoming, "a big thing." No pictures were recorded of the briefly resident lizard.



By: Matt Nelsen

Who Are Your ASB Officers?

By Charlene Victoria & Allyson Alvarado
You hear them every break and lunch; you see them giving announcements at every Spirit Startup— your 2018-2019 ASB officers: Taylor Richardson, Enzo Hurtado, Brandon Gumayagay, Isabella Galvan, Mackenzie Atkerson, Mikayla Galaviz, and Jade Cox!! Although you might catch a glimpse of them walking to English class or waiting in the lunch line, you may not know them very well. Luckily for you, these questions can help you get to know your school's leaders a bit more.

What are you looking forward to as ASB officer?
T: I'm looking forward to making senior year the best it can possibly be and leaving our mark before leaving Paraclete

E: I'm looking forward to making this school the most fun we've had in a while!

B: I am super hyped about all the upcoming spirit weeks and events we have planned.

I: I'm looking forward to making new memories and friends.

MA: I'm looking forward to seeing all the students at rallies unite and have fun.

MG: Making the freshmen feel as welcome as possible. We're well into the year already but everything is still new to them, plus they're all really cool, I want to be their friends.

J: I am looking forward to meeting all the new

freshmen on campus and inspiring them to join clubs, sports, and all that Paraclete has to offer!

What is one goal (either for yourself or for the school) that you want to reach by the end of the school year?

T: One goal that I want to reach by the end of year, for the senior class specifically, is for us to not only make the best of our last year in high school but to more importantly bond as a class. In about 8 months, we will be graduating. Soon after that we will all go different ways to start the next chapter of our lives. As of right now, a majority of us don't know where we will be when that time comes around. Having that sense of class unity will not only make our class bond stronger but we will all hopefully leave high school knowing that us as class of 2019 will be always be a family.

E: I have the goal of graduating but also being the role model for younger students.

B: The ultimate goal I have for high school is to carry on the legacy I was influenced by. I want to teach others what I've learned and show others what I've experienced throughout these short three years.

I: My goal is to make others fall in love with Paraclete.

MA: For myself I want to make an impact to those around me and be like an

older sister for the underclassmen.

MG: For myself, I want to find my true passions and make tons of memories with my best friends. For the school, I want to make us feel as much as a family as possible.

J: One goal that I would like to accomplish by the end of the year would most likely be to set a good example for the underclass. I really hope that by the end of the school year I've built a close relationship with them and they feel welcome and ready for the rest of high school.

What do you enjoy about being in ASB?

T: I enjoy helping with rallies and dances, and getting to know all the kids.

E: I mostly enjoy the energy, being able to make people smile and showing younger students that high school is fun!

B: ASB gives me the opportunity to be more connected with everyone at school and have fun doing it. #GoSpirits

I: I enjoy planning everything and making the school better.

MA: I enjoy being behind the scenes and realizing

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The New And Improved Water Fountains

By Brandon Gumayagay
This year students across the Paraclete campus are reacting to the school's latest installation: a convenient water fountain. At first glance, these odd devices built into the original drinking stations appear to be typical thirst-quenching machines; however, it does more than the average aquatic dispenser. Seeing these recently developed contraptions around every hallway made me curious of its origin and as a result, I began interviewing people to find out who exactly de-

cided to install these gadgets. During this intense investigation, I came across Senior Jade Phorman, who gave me the information I was looking for. Her mother—the president of the Paraclete Parent Organization—and the rest of the PPO decided to allocate funds to get the new water fountains containing bottle fillers installed so that the students could have better water sources. The new fountains make it easier for students to fill up their beloved bottles. "It's like a sink faucet but it's not!" replied Senior

Nathan Salty when asked about his thoughts on the new fountain. "I love it! It's so easy to fill up my hydroflask" stated Sophomore Alyssa Moreno. "He definitely benefits from it." answered Senior Taylor Richardson when prompted on how the fountain affects her beloved hydroflask Mac. "Heck yeah I do!" exclaimed Junior Aleni Rogers when asked if she enjoyed the new fountain's function. It seems like many students are raving about the positives of the newest addition to the home of the Spirits,

but some don't feel the same about them. "Nah, that stuff tastes nasty." Senior Meredith Watson responded when asked if she uses the bottle filling fountain. Regardless of taste, this new water fountain has provided a significant service to the spirits of the school: It has made filling up giant water bottles fast and convenient. Gone are the days where students and faculty members had to awkwardly tilt their flasks in different angles in order to fill them efficiently. Gone are the long lines that would

form whenever a group of students all wanted to simply refill their water bottle. Thanks to the PPO and the hard workers who collaborated to make this wonderful device happen, the whole 'clete community can replenish their bottles and bodies much easier. This recent development on the campus is a testament to the idea that one simple change can improve the quality of life for everyone.

Possibility of Impeachment

By Nathalia Castorena

Rumors of Donald Trump's impeachment have long been the topic of headlines since his 2016 presidential campaign, but it never seems to actually happen. Are these meaningless rumors or are they possible realities? The argument could be made from either side if one uses their understanding of impeachment itself and applies it with the constantly unfolding political news.

The definition of impeachment is to charge a political official, in this case the president, with a crime or misdemeanor in office. A president can be impeached but not necessarily removed from office because impeachment only entails the charge against the president, not the indictment. It appears as a seemingly understandable definition, but alas, the actual process is a difficult matter.

In simplified terms, the Constitution allows for impeachment on the basis of treason, bribery, or any other high crimes or misdemeanors. The impeachment process can be compared to a typical legal case. Only the House of Representatives can charge impeachment; in this way, the House acts like the prosecutor to approve whether the president is impeached or not. The Senate then serves as the judge to decide whether the president should be officially convicted in addition to the impeachment based on a 2/3 majority vote. At the time of conviction, the Senate can then decide to remove the president from office.

What does this mean for Trump then? This means the House of Representatives must first pass articles of impeachment against him. However, be-

cause more Republicans control the House at the moment, any article proposed may be overridden by republican votes to keep Trump, a Republican, in office. If Democrats were to gain more positions in the upcoming midterm elections, it would become more likely for an impeachment proposal to be approved, that is if it were to be proposed.

As politicians and activists alike work to provide grounds for impeachment, all Trump's controversial actions resurface among citizens' minds. Several acts which have urged discussion upon Trump's behavior and authority include the firing of an F.B.I director investigating his campaign, encouraging investigation into his democrat opponent Hillary Clinton's emails, and pardoning law enforcement officer Joe Arpaio for profiling Latinos prior to his trial. These, however, are not impeachable offenses. Because only high profile crimes can impeach a president, the act of a president actively colluding with foreign powers to meddle in a U.S. election would likely constitute as treason and therefore lead to impeachment. It is for this reason the investigation of Russian meddling in the 2016 election is controversial and pivotal for Trump's defense.

The outcome, whether it is the removal of Donald Trump or the approval of trump to serve a second term, affects all Americans alike. It will influence the economic balance, the political turmoil, and the impact on societal consensus. Therefore, to impeach or not to impeach Trump is a matter everyone should be familiar with.

2018 Summer Youth Olympics

By Matt Nelsen

Earlier this month Buenos Aires welcomed the youth of the world at the famous Obelisco de Buenos Aires for the Opening Ceremony of the 2018 Summer Youth Olympics. The competition featured athletes, aged 15-18, competing across 32 sports, ranging from athletics to beach volleyball to roller speed skating. The competition lasted eleven days from October 6 to October 18. It featured 3,998 athletes, which in an Olympic first were equally half male and half female. The United States of America sent 87 athletes to compete in Buenos Aires. The team managed to earn gold

medals in boy's archery, women's athletics, women's basketball, women's gymnastics, and boy's and girl's wrestling. It is the 3rd edition of the Summer Youth Olympics, and the first to be held in the Southern Hemisphere. The Youth Olympics focus on preparing young athletes for leadership roles, the value of international cooperation and friendship, and for later Olympic success.

The Story of Jamel Myles

By Allyson Alvarado

August 23rd was just a normal school night for Leia Pierce and her family until she found her nine-year old son, Jamel Myles, dead in his bedroom. Pierce and her three children live in Denver, Colorado where Jamel was a fourth grader at Joe Shoemaker Elementary School.

Ms. Pierce has stated that her son committed suicide about a year after he and his older sister suffered through severe bullying in school. Shortly after the school year ended, Jamel came out as gay to his mother during a car ride home. The response that followed was one of total acceptance from his family.

The death of Jamel forces schools, such as the one he at-

tended, to face technology, which is improving at alarming rates, and assess how they can prevent situations such as this one. This may be a reason that pre-teen suicide rates are on the rise; a realization that is gripping parents and communities alike. Stories like Jamel's should have a lasting effect on the way that each person views identity and how each chooses to fight against bullies. Children should be able to feel safe and accepted in whatever environment they are present. Jamel Myles' story, and those of many others, cannot be forgotten for they must be learned from.

A Reflection Upon The Life Of John Sidney McCain

By Matt Nelsen

Late in 2017 the public learned of John McCain's brain cancer diagnosis. It was expected that McCain would fight, maybe even beat the disease. However, just a few months ago the public learned that McCain had stopped treatment for his cancer. The worst news came the next day, when it was revealed that McCain had died. This caused a deep emotional reaction within me as a student of American politics. John McCain defined the US government for the past three decades. Upon his death, he had been labeled an American hero and political maverick. John McCain know what it meant to be a representative of the people.

He worked as a bipartisan politician to cross party lines and pass legislation for the benefit of the American public. He was controversial, and held grudges, but he acted as a public servant for most of his life, he became a father to Megan McCain and her brothers. In an era defined by social upheaval, he became the conservative resistance to President Trump. Lastly, I'd like to end this article by saying that I often disagreed with his politics, but I will always respected him for his service to the American public, his ability to see past party lines, and the way he treated others who held lesser titles than him.



Photo Credit: Jack Gruber/USA TODAY
A white rose sits on John McCain's Senate chair.

Club Day

By Kayling Scoles

On Wednesday, September fifth, Paraclete High School held its annual Club Day to start off the 2018-2019 school year. This tradition helps students promote their clubs that make our school spirit and is a time to experience and get involved in High School activities. This is also an opportunity for freshmen and new students to open up, adventure into new areas, and join a club that they would be interested in. It is also a chance for returning students to sign up for their clubs in which they will get involved in and participate more here at school. The clubs ranged from Irish Club, Asian Pacific Islanders, Spanish Club, African-American Heritage Club, Dance Team, Mock Trial, Poetry Club, Students Against Destructive Decisions,

Fashion Club, Paraclete’s First Responders, Medical Club, Photography Club, Drama Club, Ukulele Club, Choir, ECO Club, Legions of Mary, Science Club, ASB, Key Club, and Prom Committee. All of these clubs are different varieties and are open to all who wish to join! Mikayla Galaviz, senior and ASB VP of club affairs, quoted on the past years of club day stating, “I remember my first club day, and my second, and my third, and my last. They all had the same positive, exciting energy that has never changed. From my points of view as a clueless student, a booth setter upper, and VP of Club Affairs, Club Day has always been very outgoing and makes me excited for the rest of the year.” Mikayla mentioned, “every club day, I’ve noticed the different

personalities that make up Paraclete. Everyone is very passionate about their own interests and it’s so heartwarming. It makes me want to know more about the people around me.” As a senior, Mikayla’s favorite club is drama club. “Hands down, I wouldn’t be where I am today without drama club. Drama opened up a side of me I never thought I’d ever see, and everyone in the club encouraged me to be my true self both on and offstage,” stated Galaviz. Lastly, a club she is most excited for is API. She quoted, “I went to their first meeting and it’s filled with so many outgoing, loud personalities that I know are going to make the school great!”

Welcome Week

By Alexis Zepeda and Samantha Aranzazu

Paraclete students participated in Welcome week from September 4th to September 7th by participating in dress up days such as red and gold, Hawaiian day, career day, and music genre day, ending off the week with the neon themed welcome dance on Saturday, September 8th.

On Tuesday, students dressed in red and gold showing their school spirit. Angela Adelantar was asked which dress up day was her favorite and she said, “My favorite day was red and gold day because all the juniors were dressed in red and I looked good on that day.” Wednesday was hawaiian day and Thursday was career day. Friday, students dressed up in their favorite genre of music. Alexa Tipps shared with us her thoughts on this day, “My favorite day was music genre because I got to dress up as my favorite rapper, Post Malone, and I had a lot of fun.” “when

asked how to prepare for welcome week, ASB President, Taylor Richardson said, “I prepared my outfits before so I can make sure that my fit was A1.”

Saturday, September 8th was the welcome dance. The theme this year was neon. Students wore white, bright pink, green, and orange. When Taylor Richardson was asked how ASB prepared for the welcome dance she said, “For the welcome dance we arrived here at six so that we could decorate the gym and prepare for the dance.” The gym was decorated by ASB with streamers, balloons, and of course neon lights. Freshman Alexa Tipps said, “Yes I went to the welcome dance and it was really fun and we had a great time and they played a lot of good songs. I met a couple new people at the dance, too.” Overall Welcome week 2018 was filled with school spirit, success, and joy.



First All School Rally

By: Emily Fricke and Carly Hooten

The first rally of the school year commenced on August 17, 2018. It featured fun games such as cookie stacking on the face, stacking apples, and some other competitive games that all the classes participated in. All classes participated and were competing in the games, but the Juniors really stood out amongst the four grades. The Junior class truly shocked the entire student body by being the loudest and proudest throughout the entire rally. We caught up with the junior class president herself, Madelyn Cruz, who said “seeing the juniors participate more

not only made me feel truly proud of my class, but extremely excited to see where this energy will take us throughout the rest of the year.” When asked if she believes this school spirit will continue throughout the year, she stated “I definitely think this level of school spirit will continue throughout the year because we’ve earned a new reputation and I don’t think any junior wants to just lose it.” The juniors were not the only ones to notice this change in spirit. ASB President, Taylor Richardson thinks “that the junior class starting off

with strong school spirit will undoubtedly lead them into a great year and will get everyone else on board as well.” All in all, the first all school rally was a great start to the 2018-2019 school year. ASB President, Taylor Richardson’s “favorite part of the rally was the awesome games because it’s always fun to see the classes compete against each other.” However, the best is still yet to come in terms of future rallies, according to Taylor who says that “the student body has only seen a tiny glimpse of what the ASB has in store for this year.”

Who Are Your ASB Officers? Continued

we have a big part in putting everything together. MG: I love being able to talk to random people with confidence and not having to worry if I'm being too weird or not since they've most likely seen me be wild at rallies and spirit start-ups. Also I love the other ASB officers so much I don't even think they realize it. J: I really enjoy getting to plan our events and make sure that everyone is having fun. ASB has given me the opportunity to reach voices that I might not see everyday just walking in the halls.

What clubs/sports do you do? T: I'm on varsity volleyball, track, in ASB, Key Club, Medical Club, Poetry Club, First Responders Club, SADD Club, and Drama. E: I am in football, track, First Responders Club, ASB, SCC, Spanish club, and a lot more. B: I'm the president of API, a Peer Minister, a part of the liturgy choir, manager for girl's soccer, journalist for the Paracletean, and an active member in Campus Ministry. I: I'm on varsity volleyball, in Spanish Club, Irish Club, Art Club, SADD Club, API, Medical

Club, and Campus Ministry. MA: I play travel softball. MG: Unlike contrary belief that being the VP of Club Affairs means I'm in a lot of clubs, I'm actually only in two: Drama and Mock Trial. J: I am involved with many clubs on campus including Irish Club, Spanish Club, Drama Club, and SADD Club as well as being Captain of the Dance Team alongside Taylor Hoffman.

What would your last meal be? T: I would want a five course meal: Ramen with a side of avocado, Thai tea boba, mint chocolate chip ice cream, and nacho fries from Taco Bell. E: My last meal would have to be my mom's tacos with my grandma's spaghetti. B: A giant bowl containing all the foods that I'm allergic too. If I'm gonna die the next day, I'm gonna eat all the foods I've missed out on my whole life. I: Mac and cheese, pho, and boba. MA: Sushi. MG: A huge bowl of spaghetti and meatballs, chicken strips from Toms, a chicken roll from Goldfish, my build your own

pizza from Blaze, a side of chips and MY special salsa and a vanilla ice cream cake with strawberry ice cream. J: PIZZA

Who is your celebrity crush? T: Ruby Rose or Shawn Mendes. E: My celebrity crush is Vanessa Hudgens!!! (heart throb) B: I am in love with Aubrey Plaza. She plays April from Parks and Recreation...Oh and Nicki Minaj. Nicki Minaj all the way. I: Zac Efron. MA: Brett Young. MG: The entire cast of Thor: Ragnarok are all very attractive, I'd die for Tessa Thompson and Mark Ruffalo. But also, Antoni Porowski can punch me in the face anyday. J: Evan Peters!

These questions just scratch the surface of each officers' personality. Getting to know your officers both through this Q&A and face-to-face are a great start to becoming more comfortable at Paraclete and maybe even getting more involved in ASB. We can't wait to see what they have in store for the Paraclete Student Body this school year!

Stalled Doors (Opinion)

By Tyler Synegard
Bathroom stalls need doors right? Well apparently not at Paraclete high school. As long as I have been a student at Paraclete high school there have not been doors on the stalls in bathrooms in the old building. Meaning that if you have to use the bathroom any time throughout the day and you are in the old building then you have two choices you can either make the journey all the way to the saint joseph's building or hold it until your next class in the new building. Many students around the Paraclete campus have said time and time again that they would prefer their bathrooms to have doors on the stalls. The two Paraclete high school students that I interviewed stated that they were pro bathroom stall doors and said that they would rather hold it then use the bathrooms in the old building. This is also a problem of equality, the girl's bathrooms all have stalls with completely functioning doors, doors that are capable of opening and closing, doors that they are

able to lock in order to use the bathroom in peace, and not have to deal with the random people that walk into the bathrooms during class just to be on their phones. Stall doors are a necessity for everyday life, not a privilege allocated to a select few, this is especially true at a school, a place intended to serve minors. People should be able to use the bathroom in peace not constantly looking over their shoulder because someone just walked in.



Unequal Sports, A Gender Issue?

By Ashtyn Pegula

When asked “Do you think Softball gets enough recognition from Paraclete”, Softball player; Gabby Lintrom replied “I don’t think so... you would rather go to the baseball game or football game, because usually the announcements say: “Let’s root for baseball (or football).” You’d never hear “Softball has been awarded CIF, congrats to them.” As you may be able to tell, Gabby is quite passionate about this topic, as I’m sure anyone who was being neglected by their school would be.

Another student who was interviewed was Jacob Landa. Landa is on the Paraclete swim team...yes we have one, although you probably had no idea. When he was asked “Do you think the swim team gets enough recognition from Paraclete”, Jacob responded with “Since we’re new, I expected less recognition than we actually got. I was surprised they even announced [the team activity] at the spirit startup. As we grow, I believe we will

get more recognition.” In short, Jacob is completely okay with the amount of recognition the swim team gets, and sees no issue with how it is being represented.

Matthew Hong, a soccer player, was asked “Do you think the soccer team gets enough recognition from Paraclete?” He responded with “No I don’t think we get enough recognition. We’re at the bottom of the group [if the sports teams were to be numbered from most recognized to least recognized, soccer would be in the bottom section].” Basically what he’s saying is that football sort of overshadows soccer, so any recognition soccer does get, is snatched away by football.

Volleyball player, Osiris Lamon, was also asked the question “Do you think volleyball gets enough recognition from paraclete?”. His response was “...a decent amount, I mean it’s not a very popular sport.” Osiris’s response was on the more passive side, which leads us to believe this whole “Unequal Sports Thing” doesn’t bother him much.

Chasing Excellence

By Mercedes Pulos

It’s time to lace up your running shoes Spirits because another season of Paraclete Cross Country is in full force. The cross country team started off their season on September 11th at Rancho Park. The girls placed second, narrowly missing first place by only a few points. As the season continued both the boys and girls teams have been putting forth a solid effort. Girls Varsity has taken home two second place wins at the High Desert Invite on September 14th and their first Gold Coast League race at Brentwood. Along with this, Varsity runners Angela Adelantar, Paisley Todd, and Emily Tejada earned Top 15 medals at the Bell Jeff Invitational on September 29th. As for the boys, they too have been hard at work this season. Boys Varsity ran alongside the ladies snatching up a fourth place win at the High

Desert Invite and fifth place at Brentwood. Senior captain Thomas Rivera fought his way to fifth place while racing at the Bell Jeff Invite, kicking down several opponents in the last hundred meters of the race. The biggest competition for the cross country team this year has been Sierra Canyon, stealing away first place wins by mere points. Head coach Andy Helme says, “the team’s biggest competition is themselves. If the majority of the team decides that they really want to work together, then they’ll be a huge success.” Cross Country has plenty more chances to prove themselves as their next meets include the Clovis Invitational on October 6th, their fourth Gold Coast League meet at Paramount Ranch on October 9th, the Santa Clarita Invitational October 13th, and the Mt. SAC Invitational October 19th.



Girls’ Volleyball
From: Kaylin Scales

Football Venue

By Taylor Hoffman

This football season will experience some new changes. This season we do not have a definite home field. We are utilizing the fields that were available to us for our home games. Previously, our varsity football team played at Antelope Valley College for our home games. This season our home football games’ locations will be divided amongst Little Rock High school and Palmdale High school.

The reason for this change is not known by many who attend and support Paraclete both financially and spiritually. Many rumors have flown around saying it must have something to do with the fact that the student section broke a bench last season during the big game or that the college has raised their prices. When Ms. Neil, the athletic di-

rector for Paraclete High School was approached she declined to comment.

Most of this seasons’ games will be held at Little Rock High School which is about 30 minutes from Paraclete. Although Paraclete may not have a definite home field, they are expected to have a great season. This season our football team will face many teams including some out of state. No matter what, school spirit will be present at all the games this upcoming season, because Paraclete is the home of the spirits and that is what we are known for. No matter the location the student section will always be packed and full of spirit.

Paraclete Dance Team is Making History

By Taylor Hoffman

to what is normally known as an all female team officially making it coed. After watching their first performance Captains Jade Cox and Taylor Hoffman are definitely thinking outside of the box this year. After speaking to a few dance team members they agree as well. It was also stated that adding the boys to the team is a fresh new breathe of air that was needed. Jade and Taylor aren’t stopping at only the addition of the two new boys Jordy Johnson and Tony Guerrero. They are holding dance team tryouts September 12 th - 14 th for anyone who is interested. They are expecting a large group to come out after handing out over 40 flyers at club rush day. Due to the new home field of the Paraclete Spirits Football Team being Lit-

tle rock dance has not been able to have as many halftime performances this year. As mentioned by Jade Cox not having as many halftime performances “only gives us enough time to kill our Homecoming dance.” Taylor and Jade made sure to have a productive summer. They performed at Disneyland and the Antelope Valley Fair’s 80 th Birthday opening. In return due to such great dances Disneyland invited them back for their Halloween Spectacular parade. The Dance Team is also working on tons of fundraisers for this holiday season as well. After many summer performances costume and traveling expenses added up fast. So make sure to help out your very own Paraclete Dance Team.

Girls’ Volleyball

By Giuliana Garcia

The girls’ volleyball season has been underway here at Paraclete since late August and, so far, all three teams have shown that hard work can go a long way.

Conditioning throughout the summer and daily two hour practices may seem like something nobody wants to do, but, thanks to the months of extra practice, Varsity, Junior Varsity, and Frosh have bonded as united groups with a hunger for victory and the incredible ability to work hard no matter the circumstance.

Frosh didn’t get the chance to experience summer

conditioning so they were excluded from the interview, however, a team member from Varsity and Junior Varsity were asked the question, “do you feel that summer conditioning and daily practice have positively influenced team bonding?” Marissa Maldonado, a Senior on Varsity, replied, “I would say that practicing everyday helps us create a strong bond within our team on and off the court.” Emma Weatherwax, a Sophomore on Junior Varsity, answered, “I would say yes because it helped us grow closer together.”

The season is only just beginning, with the Spirits’ last

Book Review: The Darkest Minds

By Tyler Synegard

The Darkest Minds by Alexandra Bracken is a young adult novel about a post-apocalyptic world that gives a new twist on your typical run-of-the-mill end of the world series.

This book is about a virus that kills off most of the world's children under the age of 17 causing a major uproar by the adults and the fall of the world government as a whole.

The surviving children received various abilities and were taken away from their families and put into government encampment camps. Once at these camps, the children were split into groups based on their powers and abilities and given colors: green representing greater brain function, orange representing mind control, blue telekinesis, yellow the power to control electricity, and red fire.

This was one of the best books that I have read this year and that is really saying something because I read constantly. This book is extremely well written with a very well flowing plot. Many of the characters are easy for teenagers to relate to because even though their entire world is basically ending they still face the everyday problems that we do.

The author Alexandra Bracken is a well known American author, known for The Darkest Minds series and Passenger series. She has been nominated for many awards during her writing career. This book has recently been adapted into a featured film, but did not do too well in the box office and gained many bad or mediocre reviews by movie critics.



Photo Credit: luxuryreading.com

Book Review: Turtles All the Way Down

By Rachel Guzzetti

John Green beautifully captivates the minds of readers in his latest book, Turtles All the Way Down, by putting readers directly into the head of his main character, Aza, in order to help readers empathize with those who struggle with mental illness. The subplot of the novel is about Aza's old friend and his billionaire father who had recently gone missing. In my opinion, this is not what makes the book good it just simply provides incentive for the main character to interact with a potential love interest. What really makes this book worth reading is how Green portrays certain mental illnesses.

Turtles All the Way Down is not a romance novel. This book gives readers a vivid experience of what it is like to live with a mental illness, specifically Obsessive-Compulsive Disorder (OCD), generalized anxiety, and Hypochondriasis. This is one of the first books I have read in which the author did not romanticize mental illness. Green also helps readers understand the differences between inner problems with oneself and outworldly problems with others through telling the story of Aza working through issues regarding her illness with herself and her friends. Readers get a first hand experience of a mental illness and how overcoming it is not an easy feat.

The main character Aza is

fleshed out really well and readers understand and empathize with her more and more as the story progresses. The background characters could have been less one dimensional but for the sake of the theme and main idea of the story I understand why Green would not have wanted these characters to avert attention from the bigger picture.

John Green writes to a younger audience really well and if you are familiar with his work you know that his writing style is easy to understand without feeling as if the story has been dumbed down. The target audience, I believe, is those who do not experience mental issues because through this book they will understand and be better help to their friends and family who may struggle with it.

While this book is definitely not his best work, I highly recommend it anyways especially to young adults. I really want to stress that many reviewers warn against reading this book if you struggle with anxiety because many scenes can be panic-attack-inducing. This is something that should not be taken lightly and should be thought over before picking up this book. Also, obviously the mental illness depicted is not a one size fits all and will not be relatable for everyone. It is simply an open ended experience to broaden someone's views of mental illness.

Crazy Rich Asains

By Cameron Turner

Crazy Rich Asians is a new popular movie that came out on August 15, 2018. This movie is based on a novel by Kevin Kwan. This movie is based on strong Asian characters throughout the whole movie. It is about an American-born Chinese economics professor, who travels to her boyfriend's best friend's wedding. The story continues with the boyfriend being the most eligible bachelor in Asia who comes from a wealthy family. Every single woman there wants to be with him, trying to steal him away from his not so wealthy girlfriend. I interviewed Brandon G, a senior, asking how he felt about the movie. He expressed, "I am very pleased to see strong Asian roles in this movie because

it represents me as a young Asian man." I also interviewed I forgot her name Maria Tagarino and she said, "I really enjoyed watching this movie." The writer made this story to "introduce a contemporary Asia to a North American audience" (Kwan). The book is a bestseller and was followed by two sequels, China Rich Girlfriend and Rich People Problems. Apparently, based on these two views, this was a movie people would enjoy. This movie is definitely recommended to everyone.

More Than a Makeover

By: Mikayla Galaviz

The Netflix reboot of the 2003 hit series Queer Eye for the Straight Guy has been making its mark around the world since its premiere in February 2018. Featuring the new lovable members: Karamo Brown, Bobby Berk, Tan France, Antoni Porowski, and Jonathan Van Ness, episodes include a life changing makeover of someone who was nominated by a loved one. Nominees are called "heroes" and unlike the previous series, it isn't just straight men getting the Fab Five treatment. The diversity in Queer Eye is what sets it apart, with Karamo Brown being the first black man and Tan

France being the first British-Pakistani Muslim to be apart of the main cast as well as women, gay, and transgender heroes. The stars of the show instantly became celebrities overnight, and each have their own specialties to bring to the table, both figuratively and literally. Van Ness is the grooming expert, giving fabulous haircuts and skincare tips to freshen up the heroes. Porowski is the food and wine expert and uses the art of food to bring people together. France is the know-it-all fashion expert, changing the heroes styles in order to bring the confidence out from within. Berk is the interior design expert, and gives a complete renovation to the homes, making their space a comfortable place to relax after a long day. Finally, Brown is the culture ex

Continue reading on page 5

By Emily Fricke

First All School Mass

On August 30, 2018, the Paraclete student body, faculty, and family gathered to celebrate the first all school mass. This opening school mass was extra special for a group of students who were commissioned as Eucharistic Ministers and Peer Ministers.

I caught up with Jaylene Tejada, who helped to plan this mass, and asked her a few questions. She was very happy to see the commissioning of the EM's and PM's "for they said "Yes" to take on a new responsibility and be the instruments of connecting others to God." When asked if the mass was successful in opening the school year well, she said "Yes, I think the mass opened the school year well! It was a great way for the school community to gather together and be united as one in

God's presence."

Olivia Ramos, a junior who was commissioned as an EM and gave the Eucharist for the first time at the mass, was very excited about her new role in the school saying "During the commissioning I felt so happy about being able to start something new and have an opportunity to grow stronger in my faith and grow closer to my peers."

Our first all school mass was extremely special, not just to those who were commissioned or did the commissioning, but for our entire Paraclete family. It was a wonderful opportunity to unite as one and begin the 2018-2019 school year on the right foot. If you want to get involved in the next all school mass, visit Father G in the chapel and sign up!

New EMHC's & Prayer Partners

By Angelique Costa

Recently, at our first school mass, new EMHC's (extraordinary ministers of holy communion) and prayers partners (peer ministers) were commissioned. Congratulations to these students! They have spent time preparing for this event. The peer ministers have learned strategies for talking and listening to a variety of issues. They are available for any students who need someone to talk to or pray for them. EMHC's have been trained to properly administer the body of Christ to their peers during school Masses. Already commissioned peer ministers and Eucharistic ministers commissioned these students.

The EMHC's for this school year are: Allyson Alvarado, Emily Avrit, Cassie Buckley, Destiny Camarillo, Tommy Cancio, Mackenzie Fernandez,

Isabella Galvan, Brandon Gumayagay, Michael Herbert, Carly Sablan, Inna Tagarino, Jaylene Tejada, Charlene Victoria, Thomas Rivera, Angela Adelantar, Samantha Aranzazu, Emily Benz, Leonardo Garcia, Carly Hooten, Olivia Ramos, Noel Serrano, Alexis Zepeda, Madelyn Cruz, Giulianna Garcia, Joshua Haering, Mia Huerta, Alec Justice, Aleni Rogers, Sharon Sanders, Amanda Soto, Yasmine Zubia, and Annika Matulac.

The prayer partners for this school year are: Tommy Cancio, Angelique Costa, Isabella Galvan, Nicholas Rahe, Elijah Salazar, Inna Tagarino, Angela Adelantar, Samantha Aranzazu, Sophia Arriola, Emily Fricke, Leonardo Garcia, Brandon Gumayagay, Joshua Haering, Carly Hooten, Olivia Ramos, Taylor Richardson, Aleni Rogers, Carly Sablan, Elisabeth Salvatierra, Sharon Sanders, and Noel Serrato.

Veritas Retreat

By: Gabriella Zendejas

On September 21st, 22nd, and 23rd fifty students experienced a weekend with Jesus at the Fall Veritas Retreat at the St. Elizabeth Mission. Each semester Paraclete hosts a Veritas Retreat in the mountains away from the city and close to Christ. Though the special weekend the students will learn characteristics about themselves or they may grow stronger in their own faith no matter what it may be. The students involved in the retreat will learn the meaning of "Veritas" throughout the weekend. The hardest, yet best, part of the retreat was disconnecting with their phones. Yes,

there are NO PHONES allowed on the retreat with Jesus, however, it is very much pleasant. The six leaders for this fall retreat were: Alani Rogers, Noel Serrato, Jaylene Tejada, Brandon Gumayagay, Carly Sablan, Angela Adelantar. They each lead a group of retreatants which opened up about personal topics. Each Veritas also consist of two coordinators which were Elijah Salazar and Isabella Galvan this fall which lead the whole retreat and coordinated all activities. There were eleven support team members which were Carly Hooten, Emily Fricke, Samantha Aranzazu, Trinity Hill, Tommy

Cancio, Nick Rahe, Inna Tagarino, Alec Justice, Taylor Richardson, Leonardo Garcia, and Gabriella Zendejas. Support Team does all the behind the scenes type of work such as setting up tables for activities or setting up any activity and also preparing the meals the retreatants ate. This retreat couldn't have done it with the seven adults helping and watching over them. These adults were: Fr. G, Mr. Keever, Miss Garcia, Miss Tejada, Mrs. Cancio, and Mr. and Mrs. Bookmen. The students on Support Team and the Leaders, along with the adults Continued on page 5

Freshman Retreat

By: Gabriella Zendejas

The freshmen class of 2022 took a bus to the McGill Trailhead for their Freshmen Retreat in the middle of September. Over the time period of three school days, the freshmen class split up into three large groups as they took a bus to the Mt. Pinos area for their hiking trail. The first day was September 11th with about one-third of the freshman class. They left Paraclete at approximately eight o'clock in the morning for an estimated time of an hour and twenty minute ride to the trail. On the bus Fr. G started it off with a prayer of safety and thankfulness and then talked about what to prepare for on the retreat and the rules of

the retreat. He also told jokes toward the end on the ride there. Each day of the retreat, four seniors helped lead the hike with Fr. G along with three faculty members. These seniors had taken this hike on Monday, September 3rd as their training to know what to expect. They've had their fair amount of training to lead these freshmen. They were also coached by Fr. G as to how to talk to. As everyone gets off the bus with excitement, Fr. G began the journey with the class of 2022 walking to the top of the trail. They walked about a mile into the trail after they made their first stop to regroup, took

a drink of water, and prayed and reflected. There were about three of these stops until they reached the McGill Campground at the top of the mountain. There, they split into four groups each having one senior as a leader. In these groups they were to participate in numerous activities that Fr. G assigned. For an example there was, a task in which each group had to come up with was a chant somewhat religious. The more that the students participated and opened up, the more fun and interesting it was for everybody. After the group gathered, they all sat together to enjoy their lunch. Once they finished with lunch they all sat on

The Pope's Visit to Ireland

By: Ronaldo Flores

On the 26th of August, 2018, Pope Francis became the first Pope to visit Ireland after Pope John Paul II visited almost 40 years ago. Coming in hopes to re-establish faith and influence of the Catholic Church in Ireland which has seen a major shift towards secular and liberalization in the last couple of years, Pope

Francis arrived to a noticeably smaller crowd than Pope John Paul II. Marred by global sexual abuse cases and accusations for years now, Pope Francis had hopes of coming to Ireland to help dispel fears and animosity in the Church that has popped up not only in Ireland, but around the world. Long seen as a beacon of faith, love, and trust for

the Catholic Church, Ireland has now made many changes that depict a growing movement away from the Church. Major referendums and votes allowing same-sex marriage, abortion, and even change in divorce laws, reveal how Ireland has become more liberal. When Pope John Paul II visited Ireland to thousands waiting to greet him, the mass he gave

More Than a Makeover Continued

pert, and basically gives motivational speeches and advice to the heroes to bring them out of their shells even more. Queer Eye is a show for everyone, and initiates conversations that need to be talked about in today’s world. What’s so life changing about the show is how much more open this new Fab Five is, and that openness creates a personal connection with audience. The show doesn’t use the current political climate to divide, rather it shows a sense unity that needs to be embraced by everyone. In the episode “Dega Don’t” (s1e3), Brown has a heartfelt conversation with a police officer about police brutality in the country, and rather than arguing, both sides listened, shared their point of views and learned from each other thus a lifelong friendship was created between the two. In another episode “Camp Rules” (s1e5), Berk discusses his past feelings with his church growing up, stating he was always involved and how Christianity was his life, however since gay’s were talked about so negatively, he prayed every day for God not to Freshman Retreat

make him gay. The hero in the episode was a devout Christian, and prayed to use this opportunity to make the Fab Five feel loved and accepted, because we’re all people and overall, God is love, and this inspires Berk to grow his relationship with God. These are just a couple of the heart-felt moments in the show that prove unity is needed in a time like this. Queer Eye is pure light of positivity, and a beacon of hope. It has inspired the people directly apart of the show and the people who are just watching it on the couch. The show is made for everyone: white, black, gay, straight, Christian, Muslim, and any other demographic. Anyone can learn something from it. Maybe after watching it you’ll learn how to do a French tuck, or how to embrace your personality to turn it into confidence or how to make guacamole, or how to accept people for who they are. Just know that if you do plan on giving it a watch, have a box of tissues at your side.

Freshman Retreat Continued

the ground in a large circle to present the groups chant, someone with a special talent, then they each introduced themselves. Since Fr. G is always behind schedule we were rushed to the bus. Thankfully, they didn’t have to go all the way back down that mountain to get to the bus, it was a short walk from the campground. On the way back each of the four leading seniors gave a “talk”, basically telling past

experiences and giving advice, to the freshmen class. The retreat was concluded with a prayer. Don’t forget freshmen, every Retreat is confidential!

Veritas Retreat Continued

helping with the retreat, all arrived at 5:30 P.M. to help set up and go over the plans with Fr. G. The retreat members began arriving at 6:30 P.M. as the support team assisted them inside with their bags and sleeping bags. The retreat started off with an opening prayer then followed many fun activities that lasted throughout the night. Each night two members apart of the leadership team gave a talk. These talks consist of personal struggles in life that the person has gone through. At the end of the night Fr. G took everyone on a spooky hike in the dark

with no flashlights allowed. They got back safe and sound. Everybody started the adventure of getting ready for bed around 10:30 P.M. after the last activity. Everyone was sound asleep by 11:00 P.M.. The next morning Support Team and the adults woke up at 6:00 A.M. while the the retreatants woke up at 7:00 A.M.. Support Team prepared breakfast and helped clean up after. Throughout the whole day the retreatants played games, prayed, and did some kind of arts and crafts. The students also ate lunch and dinner with snack breaks in between each meal. On

Sunday morning, after breakfast, everyone set up the mission for mass. During the mass a women fainted but woke up rather immediately and thankfully she was fine. Although the abundance and fire department still arrived which throw off the retreat’s schedule. Luckily, the retreat was almost over with just one last activity. After the retreat was over, students received their cellular devices back as they realized that it was so easy to go without it. They stayed for a little much longer to take photos with one another and treasured the weekend in the moment.

Girls’ Volleyball Continued

official game on October 11th against Sierra Canyon at home; however, with high hopes for these upcoming matches we wish the Lady Spirits good luck. Go Spirits!



