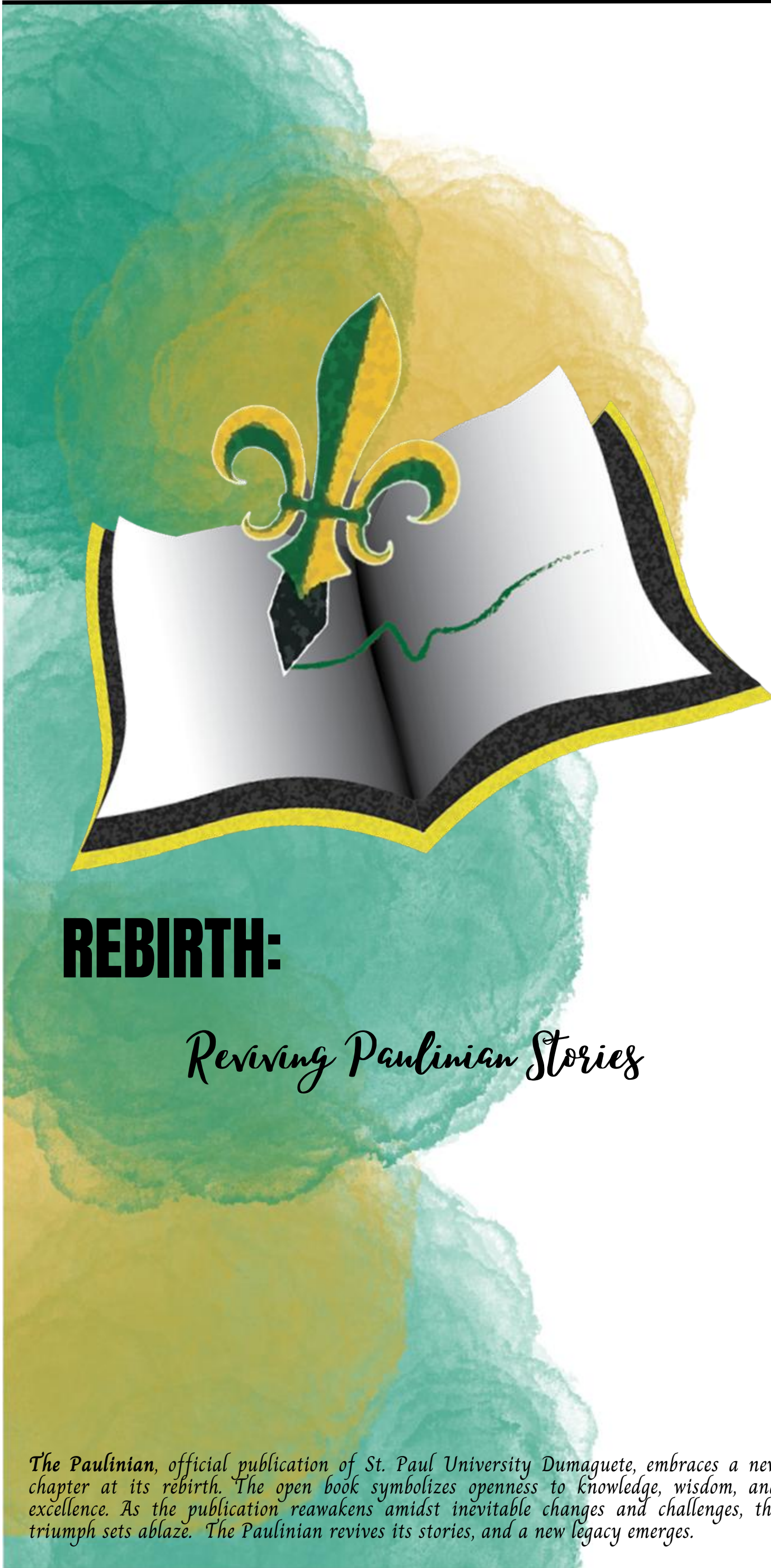


# THE PAULINIAN

THE OFFICIAL PUBLICATION OF ST. PAUL UNIVERSITY DUMAGUETE



## REBIRTH:

*Reviving Paulinian Stories*

*The Paulinian, official publication of St. Paul University Dumaguete, embraces a new chapter at its rebirth. The open book symbolizes openness to knowledge, wisdom, and excellence. As the publication reawakens amidst inevitable changes and challenges, the triumph sets ablaze. The Paulinian revives its stories, and a new legacy emerges.*

### WHAT'S INSIDE?

#### MESSAGES



Sr. Mila Grace Silab, SPC  
UNIVERSITY PRESIDENT

#### NEWS



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#### TOPNOTCHER TOP 1



ABIGAIL GARGANTA RAMIREZ

#### CENTER

100%  
Passing Rate  
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Best Performing School

#### FEATURE



#### SPORTS





## Welcoming Message

from **SR. MILA GRACE SILAB, SPC.**

UNIVERSITY PRESIDENT



*"When the going gets tough,  
the tough gets going!"*

My dear Paulinians, in God's wisdom, He has allowed you to experience an educational formation that is tough: an education in the midst of the pandemic. Though tough, though difficult, it has drawn out the best in all of you.

The resiliency that you developed at first may not have been welcomed wholeheartedly because, before the pandemic, life had been a little bit easy.

When the going gets tough, the tough gets going!

The changes and challenges in the educational landscape have been a blessing in disguise in your life as students. With all the difficulties that you encountered during this school year, the problem in internet connections, limited resources for online class, wearing of face masks, and occasional brownouts, rendered educational setup.

*Paulinians are tougher!*

You have proven that it is possible that when the going gets tough; the tough gets going!

As you move on to the next level of your educational journey, bear in your hearts the values that had been inculcated through Paulinian education. You will face tougher challenges but do not back down. Believe in your God-given capacities and let the love of Christ that urges you to strive for excellence be your armor against mediocrity.

- Sr. Mila Grace Silab, SPC  
University President

# St. Paul University DUMAGUETE

CARITAS

VERITAS

SCIENTIA





## When you feel like giving up, **CONTINUE!**

We started the Academic Year 2022-2023 without knowing what lies ahead. We pursued the limited-face-face classes complying with the different guidelines, requirements, and necessary qualifications. The covid-19 pandemic is still present, has become endemic, and is yet to be mitigated and eradicated.

Coming back to the campus after two years made the Paulinian spirit alive and strongly felt once again. While the feeling has diminished as an aftereffect of the pandemic, the concurrent and new policies were discussed so that the Paulinian spirit remains burning in every Paulinian's heart. Everyone could envision what the school year has to offer in the "next normal." Moreover, different services were also offered to the students through the efforts of the various offices of the university to address their concerns. This reinforced the Paulinian attitude of caring and resilience wherever they are and whatever they do. Initially, this concept was hard to implement when we were only behind our virtual screens. The heart of the school lies in providing a compassionate environment for its students.

As we launch our clubs and organizations, everyone enrolls for what suits their interests, develop their confidence, hone skills, and facilitate knowledge outside the scope of academics. These clubs and organizations are managed and led by competent Paulinian members of faculty who ensure that the Paulinian spirituality of Christocentric mission is achieved by integrating their talents and sharing their charism.

This, however, does not supersede the importance of academic requirements but allows the students to be holistic Paulinians who are creative, versatile, and able to manage their time appropriately.

At the service of every Paulinian, all offices of the Paulinian Student Government, under the Student Affairs Office, envision a transformative and participative leadership. We will continue what we have started and will keep the fire burning in our hearts. We will adhere to the principles, implement new strategies, new approaches, and re-evaluate our philosophy to surmount all challenges, problems, and issues crippling our community. Still, we do not call the qualified, but we qualify the called. We envision Paulinian student leaders who are not only competent but also flexible when there are unexpected turns of events and always ready to adapt to fleeting times. The pandemic was a key to unlocking new learnings, which is why leadership and learning are indispensable to each other.

As we can gather once again in God's presence in one place, our beloved St. Paul University Dumaguete campus, we share joy, love, importance, and graces. May we always have grateful hearts and embody the spirit and zeal of St. Paul. May God favor all our efforts!

CARITAS CHRISTI URGET NOS!



## CLUBS & ORGANIZATIONS





## EDITOR'S NOTE



**SHAKIRA CHRISTY B. LADION**  
EDITOR-IN-CHIEF

We have seen the world abruptly stop. Every normal thing we used to do has changed, and we seemingly become stagnant. Although we have utilized the resources available, the apparent change was an inevitable challenge.

Nevertheless, amidst those challenges, here we are, two academic years later, in a face-to-face setup that we thought would never have sooner. It is a chance to pick up the tracks where we left off and integrate the version of the "now normal" into our lives.

Resiliency and embracing the challenge called us to this day, Paulinians. Reviving the publication from scratch after around two years of being stagnant also calls for resiliency as the pressure gets more intensive with a series of meetings, plans, deliberations, and crafting of by-laws, official files, and agreements. On top of those challenges was the expectant editorial board ready to take on the tasks of rebirth. It was a grope in the dark until The Paulinian saw the stark sunrise, new symbol of birth.

As the academic year is about to end, we wrap up all the valuable learning experiences and memories we have acquired at the "now normal." The Paulinian has been rebirthed to bring it to your hands through this first issue under its new direction.

Although it took us a stride to serve this to you, may this be an indication that regardless of some perceived dilemmas in questionable circumstances, the value of charism encompasses the love to serve.

Hereon, **The Paulinian** is opening its doors to all students, faculty, and staff from the Basic Education (Bed) to the Higher Education (HEd) of the university, who are called to serve and speak up. Be the voice of the unheard, express valuable opinions, and inform factual information.

May this legacy awaken the spirits of journalists awaiting their call to share their talents and come through any challenges, changes, and chances.

In the spirit of Charism,  
*Caritas, Veritas, Scientia!*



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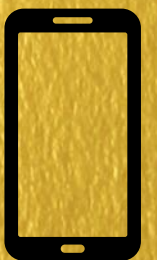
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**SCAN ME**

FOR A DIGITAL COPY OF  
VOLUME 1, ISSUE 1



@PPG Kimberly C.



**Paulinian Writer's Guild**

The Rebirth : Reviving Paulinian Stories



## FTF class resumption: Filling the students' learning gap

BY WILKENS ABORDO

The nightmare of the pandemic has remained a part of everyone's history. One of the biggest turning points in the Philippines' Educational system is when we found a solution to shifting the students' learning modality to limit the widespread of the virus.

Filipino Students were caged on the ideology of independent learning. They are practicing self-reliance in understanding the module, suffering from slow internet connectivity in online classes, and, most significantly, easing the gap in learning during the pandemic. Are we still learning?

Commission on Higher Education (CHED) chairman Propero de Vera III issued Memorandum Order No. 16, allowing "the disposition towards transitioning to the safe return to physical campuses and bringing back learners to school is ground as a result of recovery measures from the impact of COVID-19."

According to the Department of Health (DOH) press release, "Face-to-face classes boost academic performance, improve mental health and well-being, and help develop social engagement skills. Furthermore, many of our bright yet disadvantaged students find it difficult to spend on devices and internet access," said Dr. Maria Rosario Singh-Vergeire, DOH Officer-in-Charge.

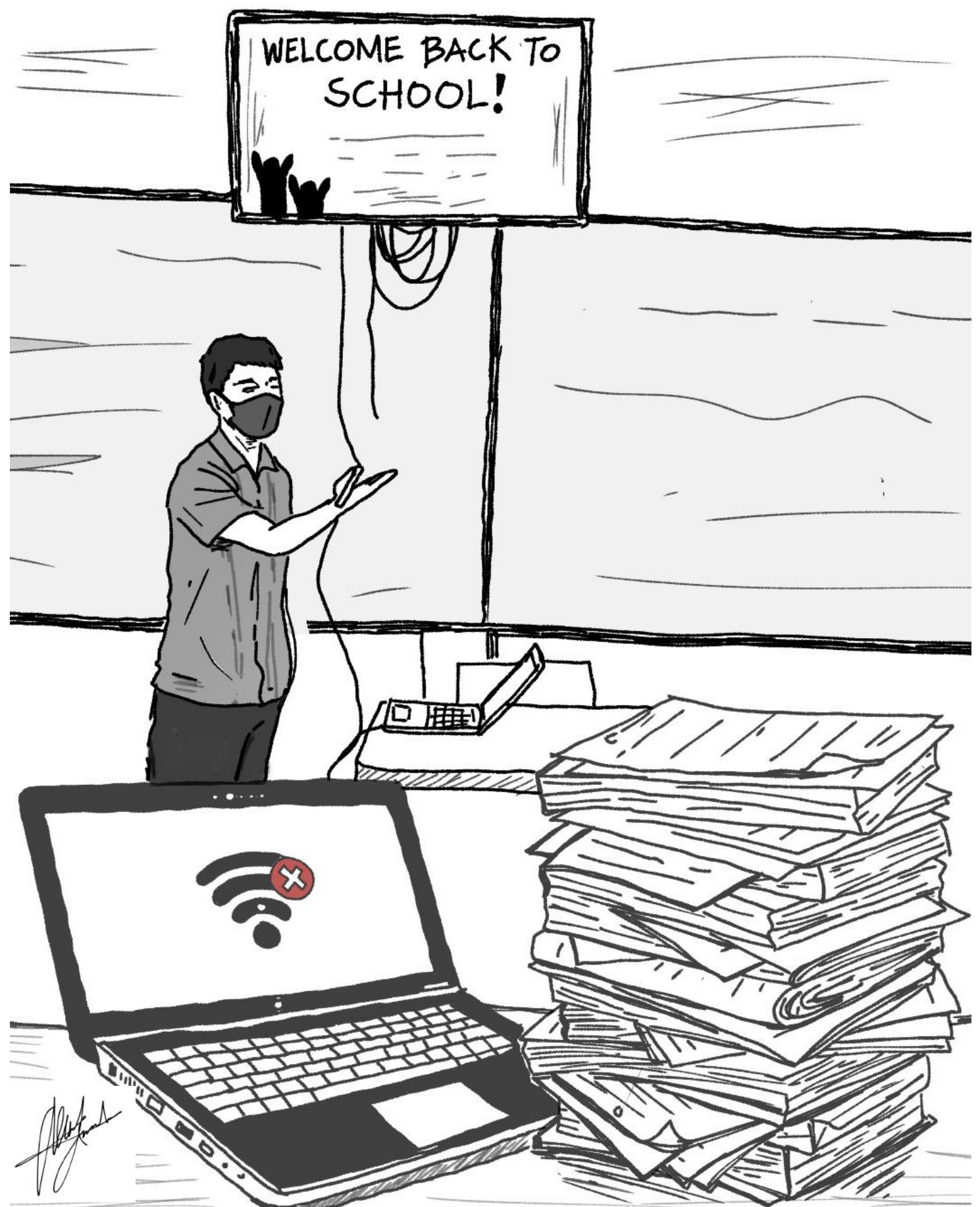
Classroom teaching is a well-established instructional medium in which teaching style and structure have been refined over several centuries. It is extremely dynamic. Face-to-face instruction has numerous benefits not found in its online counterpart.

Traditional classroom teaching provides real-time face-to-face instruction and sparks innovative questions. It also allows immediate teacher responses and more flexible content delivery. Online education dampens the learning process because students must limit their questions to blurbs, then grant the teacher and fellow classmates time to respond.

In due time, however, online teaching has improved, enhanced remote classroom conditions, and finally brought students face-to-face with their peers/instructors. Nevertheless, face-to-face instruction provides vital learning attributes not found in Web-based education.

The classroom setting provides more motivation, encouragement, and direction. Paulinians are warm, active, and friendly. Even if a student wanted to quit during the first few weeks of class, they might be deterred by the instructor and fellow students around. F2F instructors can adjust the structure and teaching style of the class to improve student retention (Kemp and Grieve, 2014).

Now as every student cries at the changing educational landscape, we need to grab the opportunity to recalibrate, reconnect, and slowly come back to normal face-to-face classes. It is a way for us to effectively learn in school, to bridge the gap between the teachers and students during online or modular classes, and once and for all, for students to have physical and interactive experiences while learning.





# SPUD Founders Day kick-starts with a Motorcade

BY SHELLA MAE K. LABAJO



By: PPG Jaymee Artista

Opening its 118th foundation, St. Paul University Dumaguete commenced the celebration with a motorcade in Quezon Park, Dumaguete City, on Saturday, October 22, 2022, attended by the SPC Sisters, members faculty and staff, stakeholders, parents, alumni, and students.

At seven in the morning, vehicles were already lining up on the side roads of Quezon Park to join the motorcade in celebration of the SPUD's founding anniversary as an annual tradition of the school to start the week-long celebration filled with interactive and fun activities not just for the students but also for the employees, and as well as the alumni.

From Quezon Park back to the Campus: the lineup of the attendees is as follows, in a particular order – ROTC, SPC Sisters, Grade School, Junior High School, Senior High School, Paulinian Student Government (PSG), Staff and Maintenance Personnel, Graduate School, College of Business and Information Technology (CBIT), College of Arts, Sciences and Education (CASE), College of Nursing (CON), Banda Mangga, and Alumni of 1970, 1971, 1972, 1977, 1987 and 1997.

The opening ceremony was, held at the Ballfield of the SPUD Campus where Sr. Mila Grace A. Silab, SPC University President, officially opened the Founders Day Celebration.

## Guidance Center Commemorates Mental Health Awareness with 'Gratitude'

By: Ma. Coleen L. Sedilles



@PPG

The second episode of Weaving Stories of Encounters, the Fridays With You last November 11, 2022, is in line with the commemoration of Mental Health Awareness Month, wherein the Guidance Center, in coordination with the Student Affairs Office, spearheaded the event entitled "Gratitude: A Mental Health Game Changer," at the Mere Maria Hall.

Ms. Jia Grace de Arce, MAEd, RGC graced the event. As the guest speaker, she focused her speech on mental health.

She imparted various lessons and pieces of information regarding mental health awareness. Apart from the short talk, the students were also tasked to wear any shade of green prior to the event proper as a form of support for the cause.

This initiative aimed at eliciting gratefulness and inculcating a positive attitude toward meaningful blessings from God. Various activities were conducted to entertain and provide learning experiences for the students. Everybody enjoyed the activity of a pen-and-paper task which asked the students to write what they were grateful for.

At the end of the program, the students lit candles and offered a prayer for those who have gone ahead due to suicide and those currently battling with mental health problems. This event contributed to realizing the SPCEM theme, "Journeying Together: Bringing Heart and Soul to Paulinian Education."

### 118th Founding Anniversary SCHEDULE OF EVENTS

#### OCTOBER 22, 2022

7:30 AM	MOTORCADE
4:00 AM	ALUMNI MASS
6:00 PM	PROGRAM AND DINNER

#### OCTOBER 26, 2022

8:00 AM	1ST TRIDIUM MASS
9:00 AM	OPENING OF DEPARTMENTAL BOOTHS, FOOD BOOTHS & RIDES PRESENTATION PER DEPARTMENT
10:00 AM	PET'S DAY
10:00 AM	INVITATION ALUMNI GAMES
1:00 PM	CONTINUATION OF INVATIONAL GAMES
6:00 PM	ACQUAINTANCE PARTY FOR COLLEGE ONLY

#### OCTOBER 27, 2022

8:00 AM	2ND TRIDIUM MASS
9:00 AM	WEBINAR/SCIENTIFIC CONFERENCE PER DEPARTMENT
1:00 PM	BOOTH COMPETITION
2:00 PM	AN AFTERNOON OF LAUGHTER AND FUN-FOR PERSONNEL
6:00 PM	"CAMPFEST WITH ACOUSTIC NIGHT FOR A CAUSE"

#### OCTOBER 28, 2022

8:00 AM	3RD TRIDIUM MASS
10:00 AM	COLLEGIATE AND HIGHSCHOOL FRIENDLY GAMES
1:00 PM	PHOTO CONTEST EXHIBIT
6:00 PM	SHOWCASE OF TALENT

#### OCTOBER 29, 2022

5:00 AM	COLOR ME RUN
9:00 AM	EUCCHARISTIC MASS
11:00 PM	OFFERING OF FLOWER AT THE LANDMARK
8:00 PM	"PAULINIAN NIGHT FOR A CAUSE"



## Welcoming SPUD Alumni with 'Glitters and Magic'

BY BENZY SARAO

The first day of SPUD's 118th foundation celebration ended with the SPUD Grand Alumni Homecoming at the Mere Maria Hall, the first in-person dinner party after two years of virtual celebrations.

As early as 6 p.m., guests arrived in droves to celebrate the homecoming with the theme "Glitters and Magic". The program was graced with Prime Machine, one of Dumaguete's famous dance groups, showcasing their skill by dancing to a jazz instrumental. Afterward, acknowledgment of the guest list was made, which comprised the Golden and Silver Jubilarians, Sapphire and Coral Anniversarians, and other batches of alums who, in turn, replied with a yell of their own. Following that was the welcome address of Hon. Jose Victor V. Imbo, DMD, the current president of the SPUD Alumni Association. The president then introduced the SPUDAA Board of Directors and surprised everyone with a dance number of Bye Bye Blackbird.

Moving on to the second part of the night, a prayer was spoken by Fr. John Renil Quillope to begin the fellowship dinner. As guests dined and conversed with fellow alumni, the master of ceremony drew the Spin Win winners for minor prizes.

Sr. Mila Grace A. Silab, SPC, delivered her message to welcome the alumni home, followed by a statement from the SPUDAA's treasurer, Herminia G. Flores. Dinner progressed amidst batch presentations in the following order:

Golden Jubilarians from high school batch 1970, keyboard and song number by Jose Gentica and Rudy Locsin representing the Golden Jubilarians from high school batch 1971, violin-guitar duo by Paul David Echica and Jebert Elesterio representing Silver Jubilarians of high school batch 1997, and Coral Anniversarians from high school batch 1987.

Major prize winners for the Spin, a Win Raffle Draw, were announced prior to the acknowledgment of donors and sponsors. Guests took to the dance floor, culminating the celebration with music and fellowship.

## A Story in a Click: Paulinians join SPUD scenery photo contest

BY WILKENS ABORDO

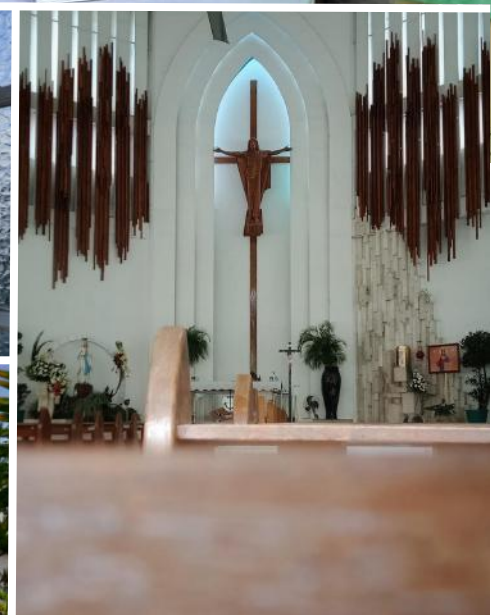
12 finalists out of 35 photo entries from 22 participants excelled in the finals round and final judging. The best of SPUD scenery was showcased at an exhibition held at the Main building, Room 116-177, on October 28, 2022.

Entries are carefully observed and rated by the board of judges: Mr. Florante Kilaton, Mr. Mc L. Glodove, and Mr. Carrey C. Aguilar, who acted as the chairman of the panel of judges.

Strict Guidelines were followed during the competition; use of minimal adjustments on the photo in terms of exposure, contrast, brightness, and prohibition of using watermarks on the picture. Most especially, restriction to plagiarized content that could lead to disqualification. Judges followed the published criteria for judging the scenery photo contest to determine the best photo to be declared as the winner.

Best of SPUD Scenery and the event winner was given to the entry of Heughley Strauss R. Denoyo on his masterpiece entitled, "In Our Hearts". The second place and the People's Choice award were awarded to Rojan G. Sarte for his work "Safe Place". Finally, the third prize was given to Joseph Tobias for his photo "Open Hall". All three photos that aced the competition were marked institution's properties that will be used by the university for significant events and celebrations. Whereas, other participants not awarded the highest recognition received certificates of participation.

### PHOTO EXHIBIT CONTEST THE SPUD SCENERY



Photos taken from the selected entries of Photo Exhibit 2022, "SPUD Scenery"



**Walk like a Star:  
Paulinian  
celebrates a Day for  
the little Champs!**

BY WILKENS ABORDO



The SPUD's Student Nurses Team organized a Pet walk competition, showcasing variety of pet breeds from different Paulinian pet owner; Celebration of Pet's Day 2022

Along with the St Paul University–Dumaguete 118th founding anniversary, the Pet's Day celebration with the theme, "A day for our little Champs" was participated with a total of 9 different dog and cat breeds from various Paulinian pet owners, held in SPUD Mainbuilding, Rooms 116-117 at exactly 10 AM.

The program was opened and welcomed by a level 4 Nursing Student, Ms. November Villaester. A competition would not be a competition without the board of judges composed of. Ms. Rina Ausejo and Dr. Lourdes Socorro that was introduced by the hosts of the event, Ms. Crystal Joy Carreon and Ms. Nerilyn Cayongcong; both were from the nursing department.

The competition was full of cuteness as the pet contestants highly entertained the crowd. Different breeds of pets, such as: shih tzu, dashan, chowchow, golden retriever, siberian husky, maltese and many more energized the ramp as they walked like a star in the show. Pets were under supervision of their owners to secure the organized flow of the event.

In the battle of cuteness, only 4 out of 9 stood out and bagged the 4 highest prizes. A Shih tzu named Trixie won the first prize. While Toffee, a Dashan breed with his cowboy outfit won the second prize, and last but not the least, the twinning dogs of the competition, Beatrice and Nana are the 3rd and 4th placer of the contest. Other pets that did not win the competition were still awarded with consolation prizes and certificates. Prizes are variety of dog foods and essentials.

The competition concluded with a photo opportunity of all the participants with the guests, board of judges, and the pet owners. Meanwhile, guests from the Dumaguete Sanctuary joined and witnessed the event.



@ PPG Kriza C.

**PauliCampFest '22: CAMPFEST FOR A CAUSE**

BY SHELLA MAE LABAJO

Camping Festival for a Cause highlighted the night's activities on October 27, 2022. This was held at the Ballfield to raise funds for La Casa Esperanza – a temporary residential shelter for abused women and children.

Paulinians manifested their charism of charity in this camping festival. Guest speaker Aidalyn C. Arabe, a mountaineer and environmental advocate, talked about how to care for our environment, nature, and wildlife. She shared and discussed the Seven Principles of Leave No Trace.

Among the takeaways from Ms. Arabe are the following:

1. "We should be all mindful of our impacts to the environment as we do our outdoor activities."

2. "A lot of people are cutting trees nowadays thinking that they can just plant a new one after. Did you know? That the carbon stored in that tree will go back to the air... So, this is just an example of how big our impact to our planet."

3. As Paulinians continued to live in Laudato Si, Pope Francis provided guidelines on improving our common home. As a mountaineer and a volunteer, she had experienced incidents during their hikes and camping; she shared with the students as well what are the possible dangers when doing such activities.

The night was filled with exciting activities and performances: a fire performance of Banda Manga, trivia questions, games, and performances from the Basic Education. Students jammed with The Florence Band and OPYC (One Piece Youth Choir) Band as they sang OPM songs. A Lyric song was also played; altogether, students sang the song entitled "You Belong With Me" by Taylor Swift, and the night ended with the band from the College of Nursing Department as the crowd jammed with them.

**BED heralds 'PAULINIAN FRIENDS INT'L'**

POWERPAUL WRITER: PRINCESS GLORY D. BUGTAY

On September 19, 2020, Sr. Helen Malubay, SPC, together with Professor Hiroko Sasaki, Ms. Chiaki Maria Makino, and Ms. Yuko Iwase from Shirayuri Gakuen in Fujisawa, Kanagawa Japan, launched the Paulinian Friends International (PFI).

The goal of this initiative is to promote interculturality among Paulinians through sharing of Paulinian traditions, culture, and communication. This started with applicants and appointed students from first-year high school to senior high school during the leadership of Sr. Emelita Alvarez, SPC, former Principal, and Dr. Marissa Carale, former Vice Principal, whom Mr. Kenneth Paul Duran eventually succeeded.

This year, PFI bears the theme Himamat, a partnership between St. Paul University Dumaguete-Basic Education and Shonan Shirayuri Gakuen High School wherein selected constituents of the Basic Education Department (BED) of PFI met virtually once a month via Zoom for cultural exchange and interaction.

Amplified by the desire to incite viewpoints, culture, and Paulinian Education perspectives, the chosen learners and educators imparted experiences. They had a virtual discourse to share and exchange know-how on the respective traditions and established beliefs, allowing both the Japanese and Filipino learners to learn from each other through virtual conversations from January 28, 2023, until April 22, 2023, this academic year.

"My experience during the PFI 2023 was filled with curiosity, excitement, and openness to learning one's



culture, as well as a sense of connection. Having international friends was a rewarding and enriching experience as it allowed us to exchange our diverse perspectives, cultural insights, and the opportunity to learn a new language," shared Justin Clare Camallere, one of the PFI's selected students.

The PFI provides a unique opportunity for Japanese learners to learn about Philippine culture and tradition, and for Filipino learners to learn about Japanese customs and practices. Through their conversations, they also highlight the role of Paulinian education in fostering cultural understanding and acceptance.

Over the course of AY 2022-2023, it has become a predominant aspect of the BED and the institution itself: the prominence of rectifying and embracing communication in a requisite manner to create a connection of togetherness, even with the cultural diversity and language barriers with the Japanese students from Shonan Shirayuri Gakuen High School.



## Medical mission yields the spirit of camaraderie

BY JAY RICAH KABRISANTE



St. Paul University Dumaguete goes out on a mission with the theme: "An Expression of Synodality through Partnership and Collaboration," the Paulinian students, faculty, and the Rotary Club of Dumaguete East joined together in the medical mission at Bio-os, Amlan, Negros Oriental on December 4, 2022, carrying out their cause by assisting the sick, the elderly, and the children, sharing the Paulinian care and compassion.

The medical mission groups started with a simple program. Sr. Mila Grace A. Silab, SPC, the University President, welcomed all the participants and expressed her gratitude to the Rotary Club and all caregivers for offering their services. The Rotary Club President of Dumaguete East, Mr. Christian B. Tapis, gave his inspiring and heartfelt message on igniting the spirit of passion and camaraderie in providing aid for the people. For proper guidance, an orientation was provided by the Dean of SPUD College of Nursing, Dr. Clifford M. Kilat, before the mission officially commenced.

Various services were offered to more than 140 residents of Bio-os, Amlan. A free check-up was conducted by the medical doctors for both adult and pediatric patients. Volunteers administered the health assessments, took vital signs and their health history, gave out vitamins, and provided snacks for those who attended. Each person was given ample time and care, ensuring they received the medical attention needed.

Collecting the data gathered by taking into account the residents' circumstances revealed that their living conditions hindered them from getting proper health care. A number of patients remained in their homes and did their home remedies, and relied only on medical missions for actual check-ups. Their situation had wrenched the hearts of the volunteers, opening their eyes and hearts to the struggles and heart-rending conditions. The volunteer students realized that many of the residents struggle to acquire healthcare.

What transpired in the mission expressed the real situation of our purpose in the community. The volunteers saw, listened to, and felt the residents' struggles. Every person and story told was an actual learning experience for volunteers to be more compassionate. Nothing can be compared to the warmth and genuine smiles of the people when they received the help they needed.

To cap the medical mission in Bio-os is a mission of love, teamwork, and practice of knowledge learned and care for people in need through service and compassion. Sharing God's gifts gives great joy and a sense of accomplishment. As Sr. Mila Grace A. Silab, SPC, said, "Give love on Christmas Day, for we are the children of God commissioned to offer to others what we have in sincerity and love. Everybody is called to a mission, and it is you who can start the action and make a change."



Photos taken from Paulinian Photographers Guild

The guest speaker provided feedback after checking the PPG Club members' shots. Their photographs were constructively critiqued in the areas of exposure, aperture, contrast, and other factors, with the aim of further improvements. Subsequently, Mr. Futralan spoke to the PPG members and offered his experience and knowledge, and the seminar was concluded as a success.

## 'The Boat' navigates back: Re-launching of SPUD Advocacy

BY SHAKIRA CHRISTY B. LADION



PPG | Kate L.

Redirecting back to its original course, the SPUD Advocacy was re-launched last April 14, 2023, at the Ballfield with its umbrella advocacy: Peace, along with the three other advocacies, which include Pro-life, Environmental, and Disaster Risk Reduction Management.

The Advocacy Program was compared to the 'The Boat' which sails and spreads light.

"Before the Team planned for the Advocacy Program, they came up with a short description for each advocacy. This served as the basis for what programs will they create and how will they be implemented," Mr. Mario Cual Jr., the SPUD Advocacy Team Leader, mentioned in his opening remarks.

However, as 'The Boat' started its journey, a pandemic set in which affected the full implementation.

Mr. Cual added, "The Boat has sailed again! It has departed from the 'Port of Fear and Uncertainty'....it has pulled up its anchor... the journey continues into the depths of our dreams and aspirations to make a difference in the world we live in... just like the other boats, we continue to focus and not lose sight on that speck of light in the 'Light House.'"

The event was filled with presentations from each representative department per advocacy. To encourage the Paulinians to sign-up for these advocacies. Afterward, Mr. Nicolas Dumapit (a.k.a Kuya Nicky) delivered his talk on "Kalinaw: Pangindahay sa Tanan" while sharing his self-crafted instruments that produced the sound of nature.

Sr. Mila Grace A. Silab, SPC, the University President, and Joannah Margarette Villafior, the Paulinian Student Government President, headed the symbolic lighting of torches for the Main Torch, the Peace Advocacy- the symbol of Christ's light shared to all as the Maiden Voyage sails again.



CREBITS TO JOHN LANDERS

## PPG SUCCESSFULLY CONDUCTS FIRST-EVER SEMINAR

BY ALYSSA BERANGBERANG

Spearheading the first-ever seminar of the Paulinian Photographers' Guild (PPG), headed by Mr. Josefino Larena Jr., the PPG's Moderator, was conducted at the Conference Hall of the Mary Anne de Tilly (MAT) Building on December 2, 2022.

Mr. Denniz Futralan, a photographer and an invited guest, began the seminar with a discussion that aimed to help enlighten the minds of the club members, both old and new. Relevant information about photography, such as techniques, editing, and basic camera settings, was also shared for this purpose. The participants of the said event include students from the College of Arts, Science, and Education (CASE), College of Business and Information Technology (CBIT), and College of Nursing (CON).

"Photography is learning to capture the moment, to capture the time. Photography is mostly capturing history," Mr. Futralan highlighted in his speech. He also added that there is no rule in photography. "It is how you do it. It is how you capture it. It is how you make of it."

After the talking session, the participants engaged in a photo walk. The members were instructed to take one portrait and one landscape photo for this task. In 30 minutes, the members, alongside Mr. Futralan, stroll around the campus, taking pictures of the Paulinians and the other infrastructures of the University.

# CENTER:



# SPUD

## SPUD-CON Tops the November 2022 NLE!

BY PIA JUMAWAN

St. Paul University Dumaguete's College of Nursing is well-known in the province as we pride in our Nursing Department's consecutive 100% board passing rates during the biannual Nursing Licensure Examination – and the batch of examinees for November 2022's Nursing Licensure Examination (NLE) just produced the institution's first-ever Top 1 for a board exam, Ms. Abigail Garganta Ramirez, RN! Ms. Ramirez is one of the fifty Paulinian Registered Nurses who proudly bore the fruits of their labor, garnering a 100% passing rate and making our school one of the Top Performing Nursing Schools during the November 2022 NLE.

Indeed, the process of becoming a nurse requires you to be trained in a scrupulous manner – we couldn't afford to have incautious nurses in the medical field, right? At St. Paul University Dumaguete, student nurses are trained to the best of their ability, wherein being a meticulous and conscientious nurse, even as a student, is instilled in their education.

The Faculty at the College of Nursing has been described as putting a lot of effort into shaping our Paulinian Student Nurses into who they are. Despite being short-staffed recently, the College of Nursing's Clinical Instructors (more commonly referred to as



CIs by their students) have been working around the clock to deliver quality Paulinian education to the best of their ability. In an interview by Ms. Shakira Ladion with the Dean of the College of Nursing, Mr. Clifford Kilat, "We have these struggles that we have been working 24 hours a day because of the number of students, the workload is quite too much as of the moment. The struggle that we [had] is worthy of the result that we [have]."

The news of a student from St. Paul University Dumaguete not only brought immense pride and excitement to our school alone but also brought a positive buzz amongst the local citizens. A student from a school in this humble University City acing a board exam – and for the Nursing Licensure Examination, no less – was extremely big news.

On behalf of St. Paul University Dumaguete, I extend my most heartfelt congratulations to Ms. Ramirez. May God bless you in all your endeavors as you navigate the vast expanse of your field. Caritas Christi Urget Nos!

## SPUD-CON: Home for Christ-like Paulinian Nurses

BY SHAKIRA CHRISTY B. LADION



It is all rooted in the aim for holistic and competence transformation that the grounds of St. Paul University Dumaguete centered its vision. Among its departments, particularly one continuously proves dedication and commitment to producing competent and Christ-like Paulinian Nurses, which is none other than the outstanding SPUD - College of Nursing.

As of the current academic year, the College of Nursing department is composed of the following full-time and part-time clinical instructors: Ms. Margarete Andaya, RN, Mrs. Maria Lourdes Agustin, RN, Mrs. Sharry Mae Awayan, RN, MAN, Ms. Malou Dinopol, RN, MAN, Ms. Joyce Enopia, RN, Mrs. Marlyn Geopano, RN, MAN, Ms. Rochel Ignacio, RN, MAN, Ms. Nicole Ann Llamada, RN, Ms. Ma. Rowena Masicampo, RN, MAN, Mr. Eugene Moises Palarpalar, RN, Ms. Sheryll Luz Regis, RN, MAN, Mr. Leemuel Steve Rodriguez, RN, MAN, Dr. Ayeza Cathrina Tinagan, RN, MAN and the current Dean of the department, Dr. Clifford M. Kilat, Ph.D., RN. With these dedicated professionals, the standards in educating Paulinian Nurses are built higher, especially to maintain the 11 years consecutive streak of a 100% passing rate.

Within a decade of competence and Christ-like transformation, immeasurable effort and dedication were spent on the program, working 24/7 to cater to the increasing population of Paulinian student nurses. The unexpected pandemic challenged the program to ensure the quality of education these students must receive. In a way, these struggles were instead used by the faculty as tools to become better clinical instructors as they put their minds and hearts into molding the students to become Christ-like Paulinian nurses, saving lives like Christ.

The recent NLE 2022 is an achievement of the department, especially after a decade of hard work and competence formation; the institution has been recognized extraordinarily. The SPUD-College of Nursing was hailed as the Top 1 performing school, bagging a 100% passing rate, with a Top 1 passer, Ms. Abigail G. Ramirez, garnering an average of 90%. After every nursing licensure examination of what ifs, this moment has become a history for the institution to be told.

It means a lot, especially to the SPUD College of Nursing faculty. There is always pressure and challenges present in every nursing licensure examination. It was even more of a challenge after



## PAKIGLAMBIGIT Connection through Socialization



BY TUESDAY GIFT MARIE BARTIANA

PPG | Raia Gandola

*"Maglambigit ug makiglambigit ta sa usa'g usa, Paulinians!"*

After long years of waiting for another chance to socialize once more from the onset of the pandemic, the most awaited highlight of every student's school life has happened face-to-face. With heels click-clacking on the floor, smiles shining, and hearts full of joy, together we celebrated our oneness as a Paulinian family during our College Acquaintance Party, the Lambigit.

We all are stewards of God's creation, and, digging deep within the objectives of Lambigit, it's a four-dimension celebration. Not only will we lambigit with ourselves and with others, but we also lambigit with God and the environment likewise.

During the time in which we have stayed in our respective homes because of the pandemic, there were a lot of changes that happened; activities were indefinitely put on a halt, and emotional connections were torn. As we inculcate one of the five Paulinian core values; being a Christ-centered Paulinian, we are leaders consciously expressing our faith. This is not just a one-night event of

enjoying ourselves with others but also rebuilding our connection with God. The greatest way to build a relationship with God is through communication. In this world full of chaos and uncertainty – let our faith win, and allow the voice of God to echo in our hearts.

As we lambigit with ourselves, we connect to the person that God created us for. We have been so focused on achieving what we plan for ourselves to the point that we drain ourselves and put pressure on everything we do, forgetting how precious and how holy this life can be. We should carry in our hearts the lesson that we are all gifts and givers of gifts.

As we lambigit with others, we must put in mind that we don't exist only for ourselves but also for others. Being a shoulder to lean on and a friend to run to has a great impact on an individual's life. Life has a lot of surprises for us; being able to stand and speak for yourself as well as others brings peace and happiness to each and every one of us. We may be different from each other, we may have different cultures and beliefs, and we may be socially distant—but one thing is for sure, we are one in mind and

in the heart.

Finally, as we lambigit with the environment, as stewards of God's creation, let us not forget about the air we breathe, the food we eat, and the roof above our heads as all these are part of the environment's labors for its inhabitants.

These are all just part of the highlights of what Lambigit is. With colorful decorations and shining light, the night was filled with fun and laughter. Hearts were filled with joy and eyes were entertained by all the performances that were showcased. Our sleeping soul that was longing for journeying and building camaraderie with other people was awakened by the beat of the music. We all witnessed mouth-opening performances and shared a great bond with each other.

As the night ended, the students were filled with joy, increased serotonin, and beguiling smiles on their faces as they went to their respective homes. Indeed, it was a wonderful night filled with undying moments of joy immortalized in our collection of happy memories.

## 2 Paulinian SHS Alums top PRC board exams

POWERPAUL WRITER: KRISHA MAE CALUMPANG



Two (2) Paulinian Senior High School alumni were hailed as top notchers on the Professional Regulation Commission (PRC) Board Examinations during the Geologist Licensure and Nurse Licensure Examinations held last November 2022.

Ralph Martinez Tenido and Angela Claire Nicolau Kitane, both Senior High School graduates in 2018, landed in the 6th and 5th places, respectively. Tenido got a rating of 80.80% among 154 passers nationwide, while Kitane had an 89.2% rating among 18,000 passers.

Tenido and Kitane were among the pioneering Senior High School students when SPUD first offered its SHS program in 2016. They both took the Science, Technology, Engineering, and Mathematics (STEM) Strand and graduated With Honors. After graduating, Tenido took a Bachelor of Science in Geology at Negros Oriental State University, while Kitane, on the other hand

took a Bachelor's Degree in Nursing at Silliman University. They both graduated in 2022.

When asked how SPUD SHS helped him in his journey to college, Tenido shared that his Paulinian experience became a foundation for him to achieve his goal in college. Additionally, he mentioned that SPUD-SHS provided him with a solid foundation through its quality academic environment and vast opportunities. He further added, "It was an engaging academic journey that I experienced with the diversity of students that culminated an active, holistic, and professional discourse in many subjects through the facilitation of our SHS teachers." Both Tenido and Kitane are starting their professional lives.

## Showcasing the Best of Paulinians: SPUD 118th Founding Year Kicks Off

BY KRISTINE ANN C. BATIONG

Color blasters filled the air with warm and joyful colors as the Paulinians reunited again to open this year's 118th Foundation Anniversary of St. Paul University Dumaguete. After two years of virtual celebrations, the most anticipated annual week-long celebration has returned with the theme "Journeying Together amidst Challenges, Changes, and Chances." The atmosphere has warmed up, and a festive mood has settled in as various activities await the presence of the Paulinians.

The streets of the City of Gentle People were graced by infectious smiles and genuine laughter as a vehicular parade was held from Quezon Park to SPUD Ballfield to start the founder's week formally. The various departments, presented by students wearing their departmental shirts, converge to show off their creative floats and banners. Also, the alumni did not disappoint when it came to their interactive floats, cheers, and outfits for the parade. The motorcade also included SPC Sisters, lay administrators, faculties, office staff, and maintenance personnel.

Shining colors of green and gold illuminated the ballfield as the parade concluded with an opening ceremony hosted by the College of Nursing. Everyone present in the ceremony was entertained by a series of dance performances brought by the different departments. The presentation of the seven sisters was also highlighted to commemorate the establishment of the Premiere Paulinian Educational Institution in the City of Dumaguete. Further after, Sr. Mila Grace A. Silab (SPC), University President, with the SPC Congregation, officially declared the opening of the 118th Foundation Anniversary. Following the declaration, a Bagani finale presentation entertained the audience as the ceremony concluded.

Aside from today's opening ceremony, this year's foundation anniversary features a variety of activities that will undoubtedly energize the Paulinian Spirit. Excitement and enthusiasm flooded the school as each day brought new events that would highlight the best of Paulinians in their respective moments.



@ PPG



## An Authentic Taste of Asia

BY PIA JUMAWAN

If the knowledge of foreign cuisine can be likened to the breadth of the English language, then that would make my vocabulary in that area poor, and had it not been for the Level II and Level III students of the BS Hospitality Management (BSHM) and Level II students of the BS Tourism Management (BSTM) programs, I definitely wouldn't have been able to experience the *authentic taste of Asia from the comfort of our beloved institution!*

On April 1, 2023, a night of appreciating the variety of flavors of Asia took place within the Mere Maria Hall, with the BSHM and BSTM students' output, **An Authentic Taste of Asia**. At the price of ₱399, diners experienced the tang of Chinese Honey Glazed Chicken and the sweetness of Thai Sticky Rice without leaving the country, and it goes without saying that every cent spent was very much worth its cost.

Many would note that the highlight of the night was the food – but it's important to realize that this event couldn't have been possible if not for the collaborative effort between the brilliant students of the BSHM/TM programs of our beloved institution. The Level III BSHM students were in charge of cooking each viand in the buffet and were given the freedom to choose what they would like to cook in contribution to the collaboration; the Level II BSHM students were in charge of decorating and serving the guests; and the Level II BSTM students were in-charge of ushering the guests. Apart from their duties, a few other students did an excellent job hosting the program and providing a beautiful ambiance through song numbers throughout the event.

I chatted with a few students involved in the event to gain insight into how it felt to experience and prepare for the event. Ms. Liezyl Pelesmino, a Level III BSHM student, explained that they planned and prepared for the event for around two and a half weeks. Furthermore, she added that the experience was beautiful and memorable and helped her improve. According to her, she felt excited and exhausted at the same time as the days

toward the event were building up – but after the output, she noted that it was tiring but refreshing, as she realized that she chose the right course and loved it.

The BSHM Level II students were mainly involved with the service crew for the food. Mr. JC Jhun Gualiza, a BSHM Level II student, shared that he felt excitement before the event compared to someone preparing for a new job. When asked how this experience has impacted how he envisions his future career, he explained that he had no thoughts of changing careers. Although being a chef was his dream, he realized that becoming a waiter or service crew isn't bad!

Of course, the collaboration wouldn't have been complete without the kind and charming service of the BSTM Level II students who welcomed and ushered the guests to the venue. I had a little talk with Ms. Lynette Joy Omania about her experience in that aspect. She shared that although their preparation for the event lasted for around a day, she experienced amazement at the thought of handling and facilitating people [as ushers] for the first time.

I could definitely see that each student involved exerted a lot of effort into the fruition of this event, and their efforts truly didn't go to waste because, with the way everyone was smiling and satisfied at the end of the evening, I could tell that it was a huge success! The Level III students outdid themselves in preparing their respective dishes; the BSHM Level II students did a splendid job of serving the food throughout the buffet with the utmost professionalism, and the BSTM Level II students did a fantastic job accommodating the guests.

Evidently, this output coaxed the potential of each student toward their prospective career paths, and that in itself is something they should all be proud of. To wrap up this article, here's a message from Ms. Pelesmino for her colleagues during the event,

*"I would like to say thank you to my manghods for doing their best and following our leadership. Kapoy pero lami kaayo ang experience!"*

## A CLAMOR OF JOY AND EXCITEMENT AS PAULIMPICS 2023 OFFICIALLY OPENS

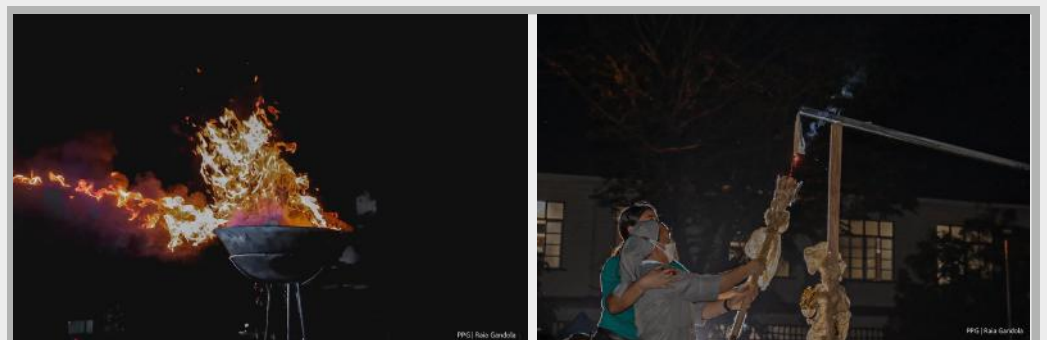
BY ADRIAN K. SASTRE

It was an uproar of joy and excitement of an event that initiated the commencement of the annual Intramurals of Saint Paul University Dumaguete that cater to every capability the Paulinians may offer. From the clamorous team sports emancipated from basketball, soccer, and volleyball maintains to be a magnet of entertainment and competition for several audiences and athletes involved. It radiated toward the mind-bending skills and endurance implored by playing chess, badminton, table tennis, swimming, and E-games. Any notable sports embodying this year's event enthralled the spirit of a Paulinian Identity that reflects the effort and preparation to revive everyone's pursuit of excellence and manifests inner prowess.

Opening Salvo of the Paulimpics 2023 established a promising view of the pending activities for those who dare to be capable and worthy—a blend of distinct sports for anyone with distinctive attributes which will be judged and challenged. The formal introduction of the Intrams '23 was met with a shower of impenetrable screams and yells, seemingly marking its territory ready for the hunt. It was noted that each department created and performed its yells with vigor towards everyone surrounding the ballfield. Leaving a reminder of their confidence and sense of pride in their department and proving to manifest an astounding effort and strength that will be offered within every game.

The program continued to deliver Paulinian talent in the performative arts of dancing with its varied forms that capture the diversity of ideals and talent this institution managed to possess. The official start of the annual Paulimpics was made possible with the lighting of the torch by the athletes and faculty, which also includes every student from different college courses with their DIY torches emulating varying colors that symbolize the flame of bright passion and hope that never falters and survives beyond adversity. It was later followed by warm welcome speeches dedicated to decluttering our intricate minds and letting them rest to prepare for the condition that might either make or break anyone's psyche.

May this ardent showcase of physical and mental talents encourage anyone to look through themselves and acknowledge their presence and ability. Despite struggles and mistakes, excellent sportsmanship is a decision that always hopes to prevail in a safe environment for everyone involved. This moment of the literal upheaval of talents will test each soul's identity or capacity to hold their ground and do better for their roles, whether an athlete, a facilitator, or even an audience. Each can dictate any situation to be healthy and conducive for anyone and anything positive and beneficial. May this opening indicate opening our hearts and minds to discover and accumulate positivity during this tense and competitive day ahead.





# ST. TITUS BRANDSMA VISITS DUMAGUETE

BY GERILYN MYLS SY

St. Titus Brandsma, also known as St. Anno, was a Carmelite priest and journalist who died as a martyr during the Holocaust. He is a great model of hope, faith, charity, and truth and is a patron saint of sickness. When Florida Carmelite Father Driscoll was diagnosed with stage 4 melanoma, a skin cancer, he began praying to St. Titus. Despite undergoing several surgeries and doctors telling him that he only had a small chance of recovery, he was fortunately and miraculously healed.

St. Titus Brandsma actively became an inspiration to people to serve the Lord. He was a very holy man and a gifted spiritual educator who taught people to live life with love as he lived Jesus' words: "Love your enemies and do good to them." Ever since he was young, he was a good student who lived a religious life. He was ordained at the age of 24 in the year of 1905. He took his father's name, Titus, as his religious name.

St. Titus Brandsma taught philosophy and won his students' minds and hearts. He was very close to his students, especially those less fortunate; he even gave them scholarships. In the year 1935, he was asked by his Carmelite superiors to join a lecture tour visiting the Carmelite foundations. At that time, Europe was on edge and fearing World War II. He offered God and humankind his service, which later led him to the hands of the Nazis. He spoke out against the Nazis and their false propaganda and opposed publishing it in newspapers. The Nazis saw him as a threat, so he was sent to prison and later persecuted. Despite living a life of difficulties, he could live his life with love and faith in God. His faith, cheerfulness, and teachings touched a lot of people.

Although he had met the darkness of evil, he faced it with the eternal love of light. St. Titus Brandsma's life serves as a valuable source of lessons that are vital to be applied in our lives, such as remembering that even when we face difficulties and disagreements, we must always have faith in God and that God must always be present in our hearts because we can always cling to him. We must know God even in times of difficulties and accept difficulties with the wisdom that God will never abandon us. St. Titus also taught us about forgiveness. We must forgive our brothers and sisters like how he forgave the nurse who lethally injected him to death, knowing that she was only asked to do that despite her will; and lastly, he encourages us to be a man and a woman of prayer. Although staying faithful and praying may be challenging, we must try to participate in the holiness of Jesus Christ.

In our little ways of following his examples and God's teachings, we slowly live a life of Christ. He also taught us that we must stand for the truth or be a people of truth, no matter the consequences.



## ST. TITUS BRANDSMA

*Patron saint of Journalists*

**Order of Carmelites**  
Philippine Province of St. Titus Brandsma

**Nationwide Pilgrimage**  
of the Relic and Image of  
**ST. TITUS BRANDSMA**  
DEFENDER OF TRUTH | MARTYR OF PRESS FREEDOM  
JULY 2022 - JULY 2023

**Order of Carmelites**  
Philippine Province of St. Titus Brandsma

Prayer through the Intercession of  
*St. Titus Brandsma*

God our Father, Your servant,  
Saint Titus Brandsma,  
labored zealously in Your vineyard and  
gave his life freely because of his faith in You.  
Through his intercession,  
I ask for Your mercy and help.  
Father Titus never refused  
when he was asked for help by Your people.  
In his name, I come to You with my needs  
*(Mention your intentions).*  
Lord, help me always to imitate  
the great faith, generous love and  
burning zeal of Saint Titus.  
Glorify Your servant as he strove to glorify You.  
Amen.

Mary, Mother of Carmel, pray for us.  
St. Titus Brandsma, Carmelite martyr, pray for us.

*«Ako si Titus»*  
ST. TITUS BRANDSMA, PRAY FOR US!



## SPUD Varsity Alumni spike their way to victory

BY KYLE POTICAR

In celebration of the 118th founding anniversary set on October 28, 2022, volleyball athletes representing Saint Paul University Dumaguete (SPUD) School Personnel, Alumni, and Varsity gathered at Father Louis Chauvet Hall and Marie Anne de Tilly Building for the Collegiate and High School Friendly Games.

The contingent hardly broke a sweat dominating each opposing team. Starting with the first game, SPUD Alumni sweep SPUD Personnel Girls 25-21-25, 19-25-20. Next, for the second match, SPUD Senior High School (SHS) Alumni triumph versus SPUD Personnel Boys 25-20-29, 15-25-27. SPUD Varsity reigns the 3rd game over SPUD Alumni Girls 25-25-26, 26-20-24. In their 2-set rivalry, SPUD SHS Varsity Alumni blew away SPUD Alumni. Concluding the competition, SPUD Varsity Alumni sprightly wins over SPUD Varsity Boys 25-15, 15-20.

This annual celebration is in line with the founding anniversary of SPUD. It aims to emphasize the reconciliation of each

playing team, developing sportsmanship to the next cohort representing the banner of SPUD following the footsteps of the alumni and fellow Paulinians.

Despite the changing plans, schedule, and unconditioned weather, the event successfully pushed through, with the facilitating teams headed by the College of Nursing Department.

"I feel happy on our part, [the] teams telling me it was a rewarding event although it was moved from another day due to weather conditions. As the head facilitator, we made other plans just for the teams to play on the said event, which is the founders, and yes, it was a successful event. I would like to congratulate my team for a successful event and to our supportive clinical instructors for helping in facilitating the event all throughout the way," Kyle Duran expressed, the Head Facilitator of the Collegiate and High School Friendly games.

## CON bags the Women's Basketball Crown

BY KYLE POTICAR

College of Nursing (CON) thrashes the College of Arts, Sciences, and Education (CASE) 44-22 on Saturday winning the Paulimpics 23' at the Father Louis Chauvet Hall in Dumaguete City.

They blew the game wide open late in the second half behind Arapol. Managaytay and Arapol presided over CON's uprising in the second quarter with her team-high 12 points, firing three triples that broke the backs of CASE department and handed to CON their title in the Paulimpics.

Consequently, the game exploits an electrified packed crowd while the majority of them are nursing students who compounded the misery of the opposing team with their non-stop chants and cheers.

The CASE department faced the CON team again after they had it on the second day of intramurals advancing to the finals and securing a spot in the contest.

As the CON Women's team basketball stated, "We competed and worked as a team. Together with listening and improving our mistakes. All the hard work paid off."



## CBIT Men's Basketball Team ends the game with a 2-point shot

BY KYLE POTICAR

Behind the remarkable performances of the College of Business Information and Technology (CBIT), it took all the College of Nursing (CON) could offer before hacking out a close 114-100 win in the Paulimpics 23'.

The game started in a roller-coaster encounter, and the first half ended with CON in the lead.

With five minutes remaining in the second half, CON seized the lead, but Rosell and Duhaylungsod showed great courage by sinking a three-pointer to give CBIT the upper hand.

One of the CBIT students said, "It was a great experience to watch that game, and we are happy with the result. That's the result that we prayed for. And being part of this intramural is a vast experience after two years of pandemic. They (the CBIT basketball team) really felt the pressure on the finals since that's one of the deciding factors on what team will come out on top on this intramural".

CBIT Basketball Men cheered as they ended with a 2-point shot closing the game 114-100.





## Weighing Choices

A SHORT STORY BY ALLYSANDRA CUAL



Claire is an 18-year-old girl who lives with her grandparents. Her mother and father work abroad to work for their family; nevertheless, they make sure they can talk to their daughter and show their love for her. Claire is quite known in her school. She is constantly being respectful to her seniors and teachers. One day during class, their teacher passed out forms for them to fill out. As she is already in her last year of high school, she must consider what she wants for her future. The only problem is she is still undecided. Although Claire does good in her studies and participates in all activities being hosted in school, she is still trying to figure out what she wants to do. This led her to space out the entire day.

When she arrived home, she greeted her grandparents with a fake smile. She didn't want to worry them about her problems, so she hid them with a smile and asked them if she could go to her room and rest. Unfortunately, her grandparents knew their granddaughter all too well and knew when she had a problem. They wanted to ask her what was wrong, but seeing the tiredness and uncertainty in her eyes, they decided to let her rest and would ask her some other time. Claire, grateful that her grandparents allowed her to rest, went upstairs to her room. As soon as she was inside her room, she ran to her bed, jumped on it, and sighed content. She then faces her position, so she is staring at the ceiling. She raised her hand to block the ray of light from her eyes and asked herself, "What do I want to do?". Not knowing what to do, Claire continued staring at her hand and spaced out from her thoughts.

After a few minutes of spacing out, her laptop rang, and she was removed from her trance. Claire checked and saw who was calling her. To her surprise, it was her mother. Although Claire and her parents don't often see each other due to their time zone differences, they always made time to adjust to communicate; this helped grow their relationship and become a solid foundation. Claire is particularly close with her mother; they often talk about many things, and her mother would always know when she is troubled. Her mother would always be there to listen to her and would always offer her advice whenever she feels conflicted about things. When Claire saw her mother's name, she was excited and forgot her worries about talking with her mother. She answered the call and waited for her mother to turn on her camera. After a few seconds of waiting, her mother's face appeared on the screen, and she was immediately filled with joy at seeing her. The mother and daughter took the time to update each other on what was happening to each other and share stories. After a few moments, while Claire was sharing her story, she noticed that her mother had a troubled expression

on her face. Claire worried that something might have happened, asked her mom what was wrong. When her mother heard her ask that question, she finally told Claire her reason for calling. That was when Claire knew her mother said that her grandma and grandpa called her mother and told her how she was feeling and what they noticed about their grandchild's actions. Hearing this, Claire's mother was worried and told her father the situation. Since her father was still working, only her mother was available to talk with her. This led to this; her mother asked her if she was experiencing any problems. Hearing her mother ask that question, Claire's shell broke, and she finally shared with her mother what her problem was right now. While Claire talked about it, her mother listened attentively to her daughter.

After Claire shared with her mother her problems, her mother was silent for a few seconds before speaking. Her mother said, "You know Claire, I am quite grateful you shared this problem with me. As a mother and as a parent, I should always be there to listen to your problems and give you advice. So, before I give you that advice. I want to tell you something". Hearing this, Claire asked her mother, "What is it, Mom?" then her mother explained it to her. She told Claire that it was normal to feel uncertain of things, especially about our choices that help define our life's course.

It is also natural that at our age, we tend to be jumbled up with a large number of tasks; her mother then shared this with her, "I think I never told this to you, Claire, but I was also like you when I was your age." Hearing this Claire was astonished, she was not expecting her mother to share this. Seeing the shocked expression of her child, she finally shared it with her. She told Claire that she was also in her place at her age. She had a hard time thinking about what to do and what she wanted for her future. She was almost about to give up until...she met her father. Her father taught her mother the strength to stay strong and live her life the way she wanted it to be. She finally decided on her path, which led her to who she is now.

After hearing the story, Claire remained silent for a few minutes, still processing what her mother had shared with her. Seeing her daughter still unsure, she gave her one final piece of advice before telling her that she had to end the call and attend the meeting. She said bye to her daughter and ended the call. It was silent for a few minutes.

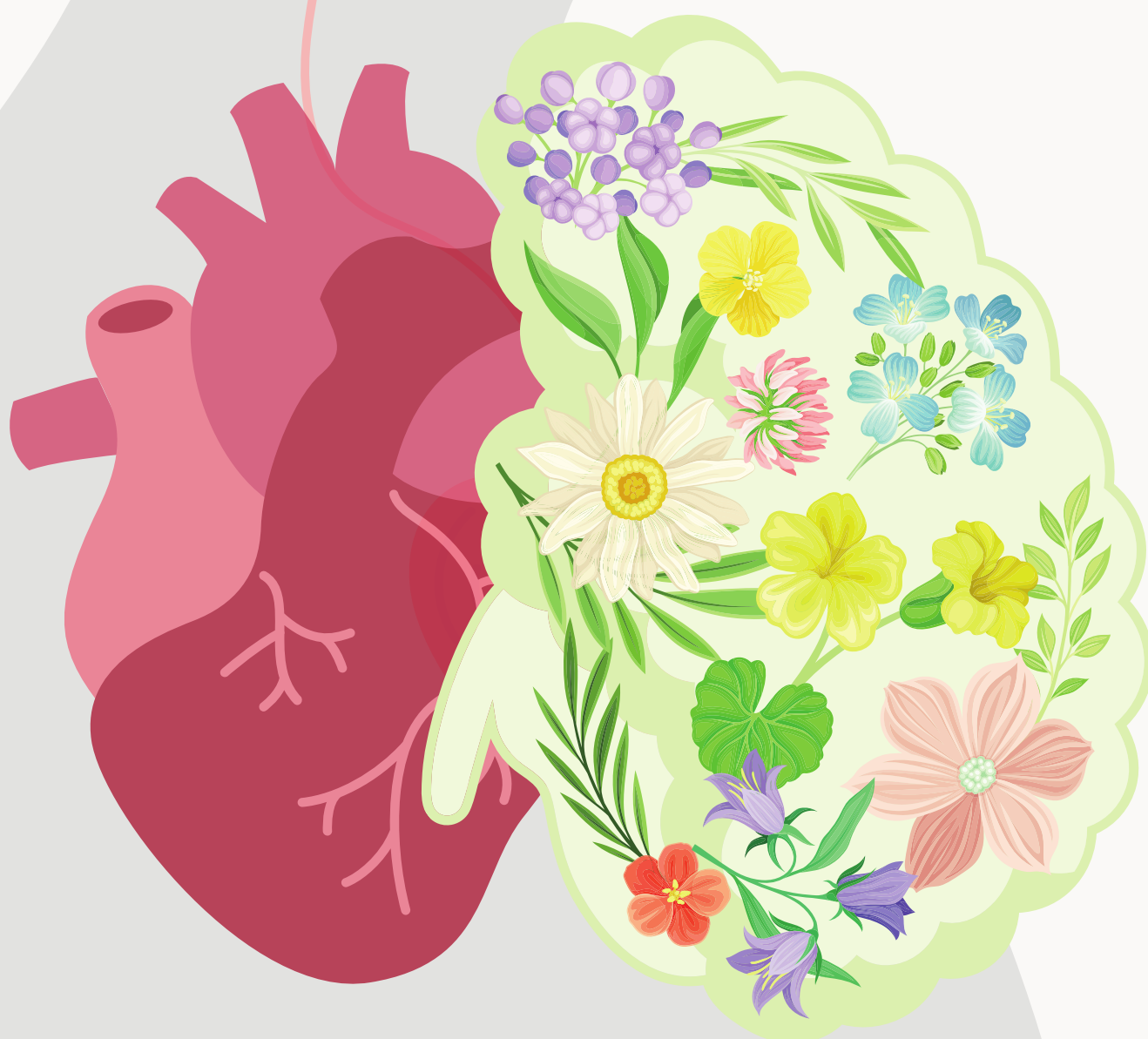
Claire took this time to sync into her mind the words of her mother, "Enjoy life, make a lot of memories, and learn from our choices," having this phrase on repeat. Claire was finally able to clear her mind and visualize

what she wanted to be—now being free from her problem. She went down the stairs to the dining area to greet her grandparents, waiting for her to come down. When they saw her smile happily, they knew their granddaughter was finally able to solve her problem. Throughout the night, the family of 3 ate dinner happily together and talked with each other.

The next day, when it was Claire's turn for her Future Career Counseling, she was able to give her response to her adviser with determination and happiness. Her adviser seeing Claire happy, made the teacher see that her choice was right for her.

Ten years later, Claire had already graduated, got a degree, and passed the board exam. She achieved her dream career and worked as a Guidance Counselor at her school. Until she worked, she remembered her mother's words to her when she had a hard time choosing the path she'd take. Now, Claire can proudly say that she loved her career and is happy that she was able to help others.

There will come a time when we will be uncertain of our choices to bring us to our path to success. We should remember that we are not alone. To live life, learn and grow from experience, and make tons of new memories."



## COFFEE or Tea?

A SHORT STORY BY SHAKIRA CHRISTY B. LADION

Coffee or Tea? What would you prefer if you were given a choice in life for simple questions like this? Sitting in the farthest corner of a newfound coffee shop, I indulged myself in deep waves of thoughts as I felt the heat of the cup I am holding. Still pondering the question, I asked myself, "Since when did I taste the bitterness of coffee?" With this question, I have reflected on the recent happenings in my life.

I went to Japan months ago to visit a vacation spot. I enjoyed it there, especially since I had found a coffee place that fit exactly what my tastebuds craved at the time. Then, I reached Paris in time, wherein I also found another coffee shop serving my emotional state. Right after, I went to Italy for some errands, and believe me, I also went there for a coffee. In other words, as much as I love to travel, I wouldn't enjoy the trips that much without coffee. I need help pinpointing why there must be some formula working on my system not to enjoy things without the scent of brewed beans in every place I travel to. Or it used to be that way, at least. Because now, I feel different.

I loved the essence of traveling. I love the beauty of getting lost in foreign places to find another version of myself. It is mesmerizing to be lost in the colorful culture of other people and places. I love learning new things in places I go to, at the same time, discovering myself piece by piece. Yet, suddenly, I lost the spark in those things.



I got tired of exploring, trying to find something I did not see. It felt like navigating blindly in an endless tunnel, where even the lightest ray of hope barely shines on me. I got tired of finding a piece of me, which I had been trying to look for in all the places I went to. Why must something always be missing in our lives?

Just before I got consumed with all those flipping emotions, an old friend emerged from the past.

"Tea?" he offered. I was hesitant at that moment because never in my life have I tried a different drink other than a variety of flavors of coffee. Yet, with the sudden gesture, I realized I had nothing to lose if I tried the drink. So, I took a sip, and surprisingly, it was not as bad as I expected it to be. I asked myself, "Why have I always assumed it tasted bad when I haven't even tried it before?"

With this analogy, a gushing flow of realizations hit me. There is always another perspective of life to look from if we want to. In my case, just as I always opt to look only for the taste of coffee, I have yet to be given a chance to taste tea. I have always looked toward the essence of

traveling only to find someone I don't even know, hoping to find my missing piece. I just remembered that there are other flavors of life than seeking such an aspect, just like how, surprisingly, the tea tastes as good as the coffee.

The aroma of the coffee brought me back to the moment I was in. Looking at the view from my usual spot, I have appreciated the surroundings in my home country, the Philippines, which also provides good quality beans. After not having coffee for a long time, I am still processing the taste adjustment in my buds. Perhaps, it was just addictive at some point that the clarity of tea saved me from drowning too much. It tastes bitter now, yet the good kind of bitterness brought me many realizations, including the openness to different views in life.

Just as I was about to take another sip to adjust to the bitterness, I was saved again by that same person who saved me at that crucial point in my life.

"Tea?" he offered. It felt like *deja vu*, just colorful this time.

"Sure," I replied with a smile now.

Perhaps, I wasn't supposed to find my missing piece because he was supposed to be the one to find me in the first place.

## Covetous Rose

BY JAMAICA CERIALES

IN THE POLYANDRIUM OF MY MEMORIES,  
THERE IS A ROSE THAT HAS LONG SINCE  
DRIED UP.

ITS PETALS WERE FADING INTO A FADED  
GHOST SHADE,  
AND ITS ONCE STIMULATING SMELL HAD  
GONE OUT OF DATE.

THIS ONCE VIVID AND BEAUTEIOUS ROSE  
NOW SERVES AS A STINGING REMINDER  
OF EVERYTHING I'VE PERISHED.

BECAUSE I ONCE RELISHED A LOVE  
THAT BLAZED BRIGHTER THAN THE SUN  
WITH THIS ROSE.

EVEN AS THE WINDS GROW STIFFER AND  
THE WORLD AROUND ME TURNS GREY,  
MY SOUL LONGS FOR YOU.

NO MATTER HOW MUCH TIME PASSES OR  
HOW MANY SEASONS PASS BY,  
MY LOVE FOR YOU STAYS AS STRONG AS  
IT HAS ALWAYS BEEN.

SO, I STAND ALONE IN THE FADING DAYS  
OF FALL,

HOPING AGAINST HOPE THAT YOU WILL  
COME BACK TO ME.

AND EVEN THOUGH I KNOW DEEP DOWN  
THAT YOU NEVER WILL,  
I FALL FOR YOU EVERY TIME, LIKE THE  
LEAVES CASCADING FROM THE TREES.

I'M HOPING WHEN I FALL,  
EVEN ON THE DAYS IN WHICH I CAN'T  
BLOOM AT ALL,  
WILL STILL BE CAUGHT BY YOU.

## A BREATH OF FRESH AIR

BY MIKHAEL BOLODO

The lights gleam brighter, brighter in  
December

As Christmas approaches, alongside  
cold weather.

Though cold weather it brings, warm  
songs it sings,  
As once apart, loved ones finally  
touch their wings.

A breath of fresh air is all the world  
needs,  
Recovering from crisis, planting new  
seeds,  
Of a better tomorrow, starting today.

The human race bounces back as it  
always finds a way.

Exploring the world, in the time of  
December,  
We see not smiling faces but  
thankful though, somber.

Tired, beaten, and thoroughly  
worked  
Here's the fresh air the world  
deserves.

## Approaching Adulthood

A SPOKEN POETRY BY KHEYZEL YTAC

Life isn't easy as learning ABC  
nor balancing the trial balance in a 10 -  
columnar worksheet  
and to finally embrace adulthood scares  
me the most.

What awaits me when I am handed a  
diploma?

Is it now the time to pay taxes or  
I'm in a cubicle running after time at the  
end of my shift, becoming a corporate  
slave to make ends meet.

Or probably, I'll be lucky to be in a job that  
will make me rich.

I dream most of the time- romanticizing  
my future.

But one thing's for sure; I'll get rejected,  
fail an interview, or worst, be fired.

But adults are strong-willed. They keep  
on trying until they finally settle.

Does this fearlessness come at age?  
Or that's the only thing they are left to do.  
I wonder if unlimited chances are waiting  
for me

or if there are just a few that comes by  
that I need to seize and grab as everyone  
tries to reach theirs.

All these things come to me, shaking me  
up in a good night's sleep as if it haunts me  
as graduation approaches.

It must have been pressure, but I hated the  
part that comes with doubts and  
excitement.

As if there's this cycle of transition that  
everyone has to go through- and that I,  
writing this piece, am just like a dump to my  
landfill of thoughts.

These worries come piling until they form  
mountains, shadowing my radiance of  
hope.

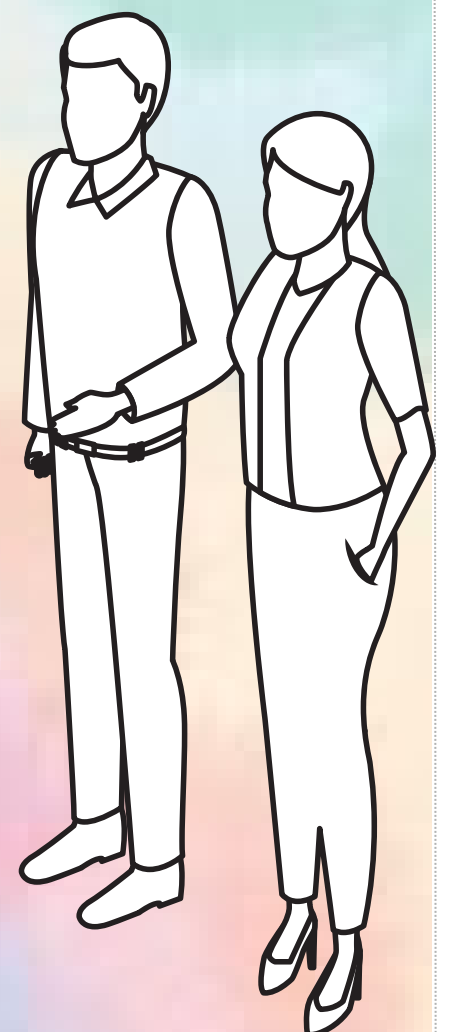
Change makes me feel like someone's  
pushing me to the end of the cliff, and I'm  
not even budging.

For I know that this day will come,  
it will catch me off guard each time as if I  
have not been anticipating this.

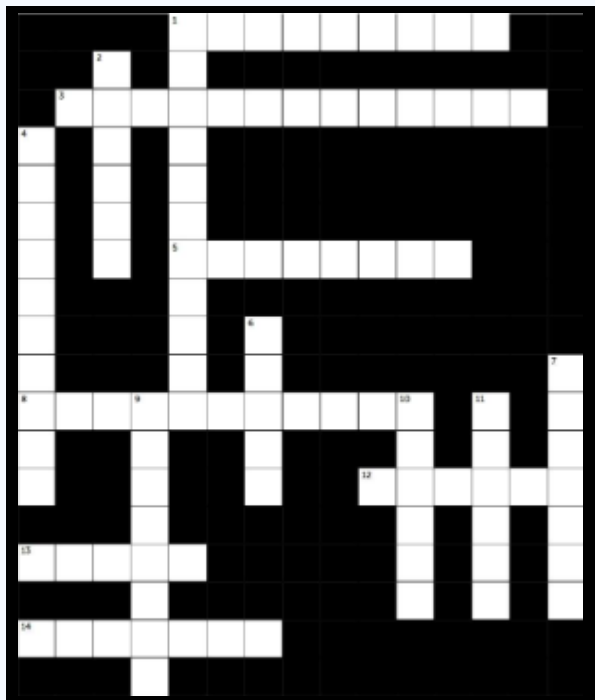
And I'll hit the ground. hard. barely  
breathing

But I'll learn my lesson, dust off the dirt,  
and start again.

But do adults have the chance to redo  
themselves?  
Maybe they do; I'll figure that out myself.



PUZZLE 1: EDUCATION



ACROSS

DOWN

1 assessment that evaluates student learning at the end of a unit.

3 this method of self-awareness helps students learn how to reflect upon their learning process.

5 the ability to engage with language to acquire, construct and communicate meaning in all aspects of daily living

8 Content that combines words and images to make complex information easy to understand to serve as a role model for another person who provides extra help for students with their schoolwork

14 any part of the school day when a student is not in school

1 an instruction method where a teacher models or offers supports and then steps back to allow

2 students to try it on their own. the legal provision that people in certain positions may be fired only for specific purpose

4 a copy of a student's permanent school record

6 funds provided for students to attend college that do not have to be repaid

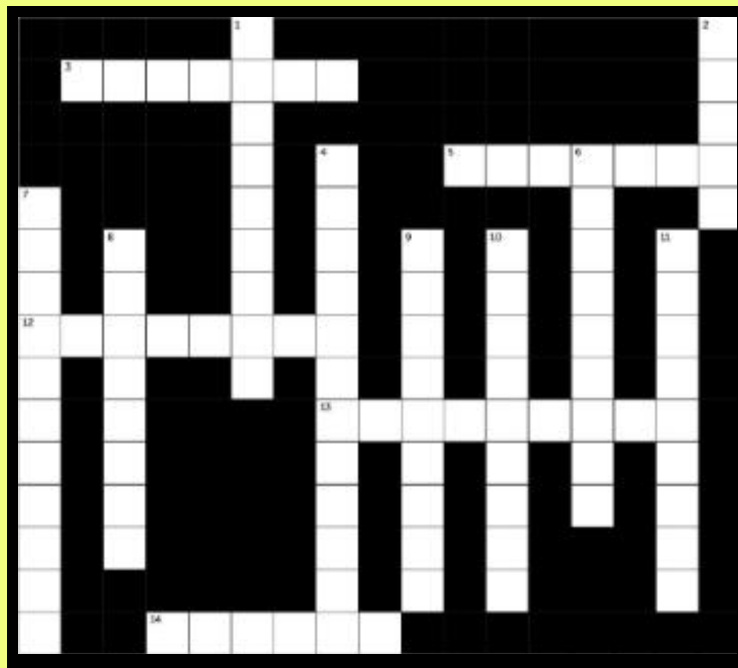
7 usual, expected, or ordinary performance

9 what students are supposed to know and be able to do

10 a unit of coursework given for satisfactory completion of the course

11 notification of an action that usually contains information about legal rights to appeal a decision

PUZZLE 2: BUSINESS



ACROSS

DOWN

3 this refers to the income from a business activity in a given time

5 the total expenses exceed the overall revenues

12 a negotiable promissory note which one party can use to pay another party a specific amount of money

13 The action or business of promoting and selling products or services

14 This refers to the business' cumulative financial holdings

10 a corporate symbol that contributes to the image the company is trying to build

1 a rise in prices, which can be translated as the decline of purchasing power over time

2 total amount or quantity before deductions or expenses

4 a group of consumers most likely to buy a company's products or services

6 An investment or commercial venture

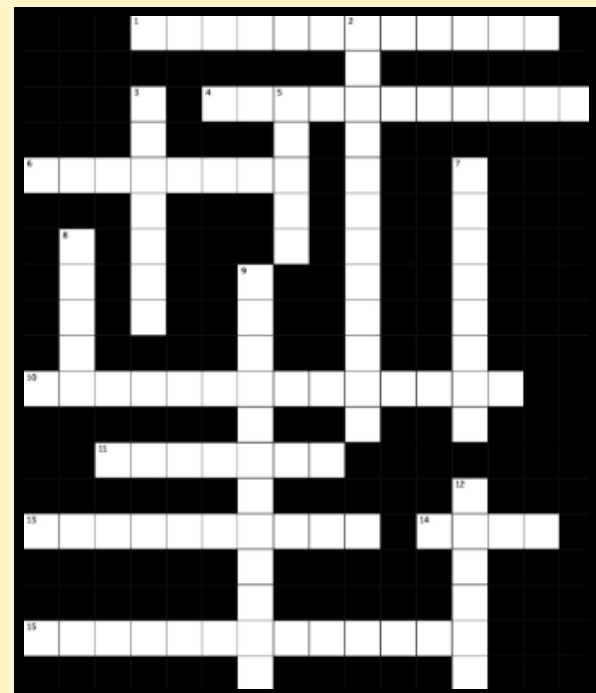
7 These are debts one's business owes another person or entity

8 make money from a product or activity

9 this represents total revenues less total expenses

11 content that is valuable to a consumer regardless of

PUZZLE 3: MEDICAL



ACROSS

DOWN

1 a substitute for the excretory functions of the kidney

4 a potentially life-threatening inflammation of the peritoneal membranes

6 a hormone that increases uterine contractions

7 the production of this glycoprotein increases when the oxygen level in the blood decreases

11 the tissue that protects the kidneys from mechanical shock

13 Its major effect is to inhibit osteoclasts

14 it neutralizes stomach acid and emulsifies fats

15 the most hardworking chamber of the heart

2 a hormone that inhibits urine formation

3 pregnancy that occurs outside the uterus

4 an enzyme that helps in the regulation of filtrate formation and blood pressure

7 this refers to difficulty coping

8 the largest internal organ of the body

9 one of the chemical signals that activate platelet

12 its primary function is to regulate body fluid composition

Trivia Questions

1. What is a group of crows called?
2. How many dots appear on a pair of dice?
3. In which city did the Olympic games originate?
4. What is the fastest aquatic animal?
5. How many Earths can fit inside the sun?

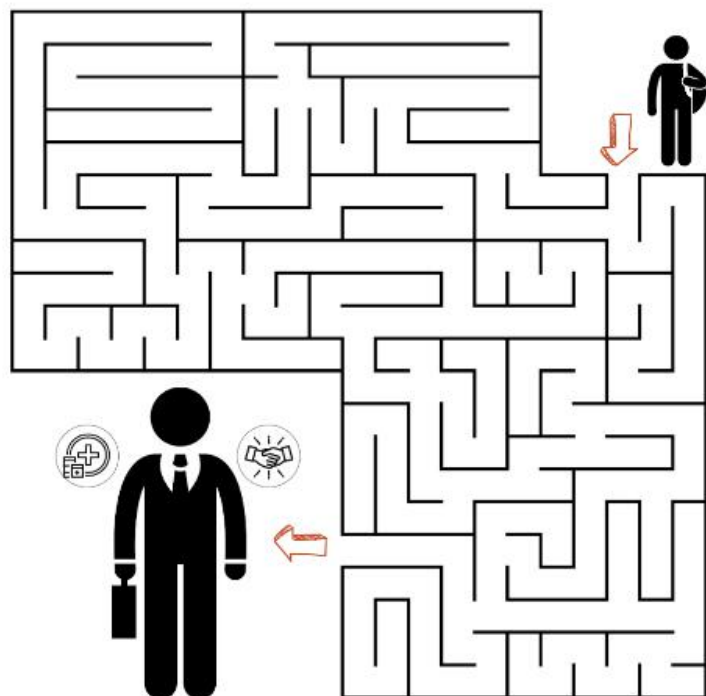
Trivia Questions

1. "Yahoo" is an acronym for?
2. What was Google was originally called?
3. What digestive enzyme did Pepsi got its name?
4. The most productive day of the workweek is?
5. What is the best-selling product of all time.

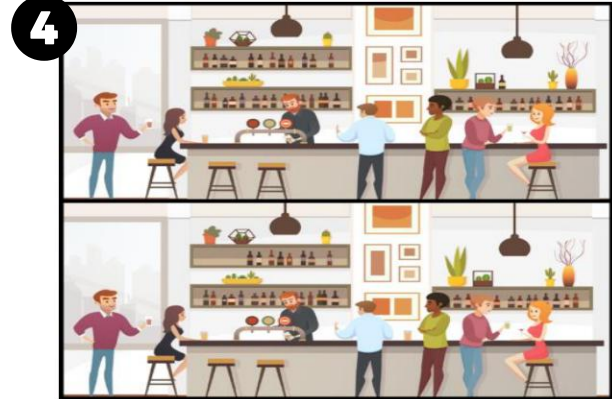
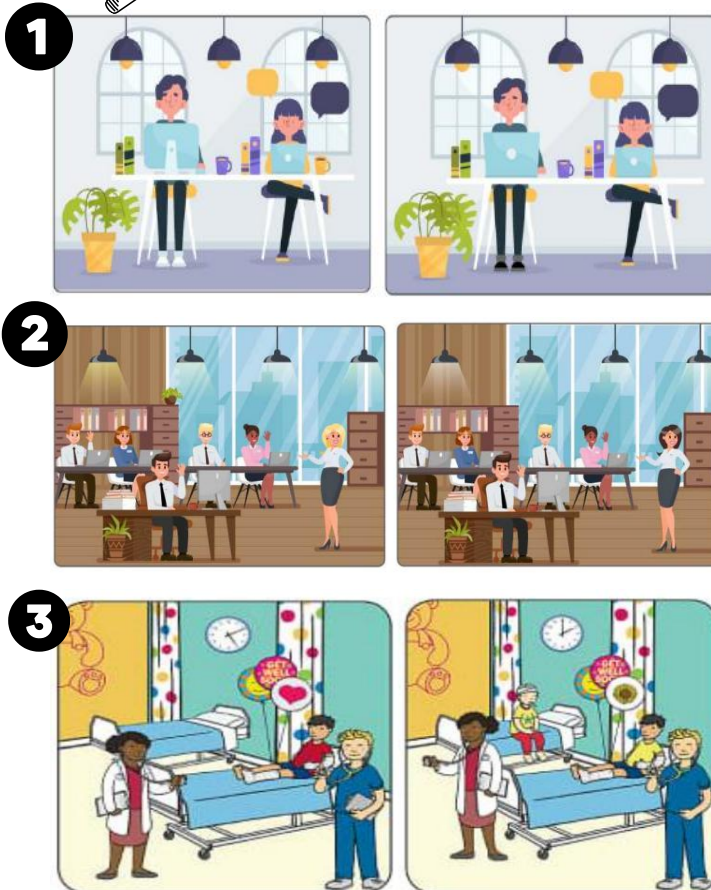
Trivia Questions

1. What is a keloid?
2. What is a high-density lipoprotein known as?
3. What is bromodosis the medical term for?
4. What are blood cells shaped like?
5. How many muscles does the human body have?
6. Who is considered the Father of Medicine?

BE AMAZED !



Find the 5 differences in each set of pictures



E	U	S	T	A	R	T	U	P	T	I	B	E	D
E	P	R	E	S	C	R	I	P	T	I	O	N	N
N	U	R	T	U	R	I	N	G	N	O	E	U	Y
L	U	T	D	M	A	L	T	S	O	R	G	S	H
I	U	B	R	A	G	E	C	S	I	S	D	R	I
G	L	O	A	N	R	S	R	N	T	E	E	L	G
H	E	N	O	A	C	C	E	Y	C	M	L	O	H
T	A	O	B	G	H	A	D	S	E	E	W	G	L
E	R	I	E	E	R	L	I	P	J	R	O	I	I
N	N	T	T	M	O	P	T	O	N	G	N	S	G
M	I	A	I	E	N	E	C	I	I	E	K	T	H
E	N	X	H	N	I	L	I	B	N	N	T	I	T
N	G	A	W	T	C	T	L	R	U	C	N	C	E
T	E	T	S	U	R	G	E	R	Y	Y	E	S	R

WORD SEARCH

# SCHOOL TO SCHOOL CAMPAIGN 19



SIQUIJOR

STA. CATALINA



SIBULAN

SIATON

ZAMBOANGUTA



SAN JOSE

GUIHULNGAN

LA LIBERTAD

TAYASAN

BASAY



DAUIN

BACONG



BAIS

TANJAY

BAYAWAN



AMLAN

JUNOB

TACLOBAN

