



**GIRL POWER.** Paulinians posed for a photo opportunity with the project initiators of the Girl's Congress. (This photo is lifted from the Girl's Congress Facebook Page)

# GIRL'S CONGRESS TAKES A STAND AGAINST SCHOOL RELATED GENDER-BASED VIOLENCE

**By: Princess Glory D. Bugtay**

Projecting a sense of empowerment for women and the rectification of producing a safe space forum for girls, School Related Gender Based Violence (SRGBV) was orchestrated by the Girl's Congress, a Saturday leadership program funded by the United States Embassy in Manila, which announced its plans to conduct an event and gather data in Dumaguete City.

The initiative, which began on October 11, International Day of the Girl, and continued through March 8, International Women's Day, sought to empower young women by giving them access to leadership opportunities and skills. The committee determined that SRGBV was a significant problem in the city and chose to concentrate on creating an SRGBV research series as a starting point for information gathering and bolstering advertising demands to solve it. As part of this effort, the Girl's Congress conducted

an event on March 22, 2023 at the Father Louis Chauvet Hall of SPUD with 50 Paulinian girls as participants.

The said event, which was led by the group's advisor, Shamah Bulangis, who was the co-chair of Transform Education, a young feminist network hosted by the United Nations Girls Education Initiative (UNGEI), gave all the girls from SPUD a chance to share their thoughts and experiences regarding SRGBV. The girls talked about their experiences with SRGBV at the event, including sexual assault, verbal and physical harassment, and discrimination. The event gave the girls a secure place to talk about these topics and freely express their ideas.

The Girl Congress sought the local community's assistance in their attempts to support lobbying activities to end SRGBV in Dumaguete City.



This photo is lifted from the Girls Congress Facebook Page

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# BED HOLDS FIRE AND EARTHQUAKE DRILL ORIENTATION

By: Jeric Nicole Macias



**SMOKE AND FIRE.** FO1 Mission guided a young Paulinian learner in handling a fire extinguisher. (This photo is taken by Anne Calumpang)

Theme: "Sa Pag-iwas sa Sunog, Hindi ka Nag-iisa"

St. Paul University Dumaguete's Basic Education Department recently held a Fire and Earthquake Drill Orientation to educate students on how to prepare for and respond to these types of disasters. The event had the theme "Sa Pag-iwas sa Sunog, Hindi ka Nag-iisa," which emphasizes the importance of being ready and not feeling alone in times of crises. The orientation was graced by the presence of the speakers from the Bureau of Fire Protection, Fire Officer (FO) 1 Lora Jane Mission and FO1 Kent V. Torregosa, who each gave an interactive talk on the causes of fire and proper procedures to follow before, during, and after a fire. The orientation aimed to equip Paulinian learners with knowledge and skills that will enable them to respond effectively to fire and earthquake emergencies.

In addition to the talks, the event included a presentation of the evacuation plan for the earthquake drill that followed the orientation. The drill took place at March 24, 2023, 10:30 AM, when the students and teachers participated according to their assigned areas. The head counting began after the drill, and each class beadle reported to the Over-all Coordinator of every assigned area.

The Fire and Earthquake Drill Orientation and the actual drill provided the Paulinian learners with knowledge and skills that they can use in the future when such events might occur. The activity also emphasized the importance of preparedness, which is crucial in dealing with unexpected disasters.



This photo is lifted from PPGJ Siao Mei Li



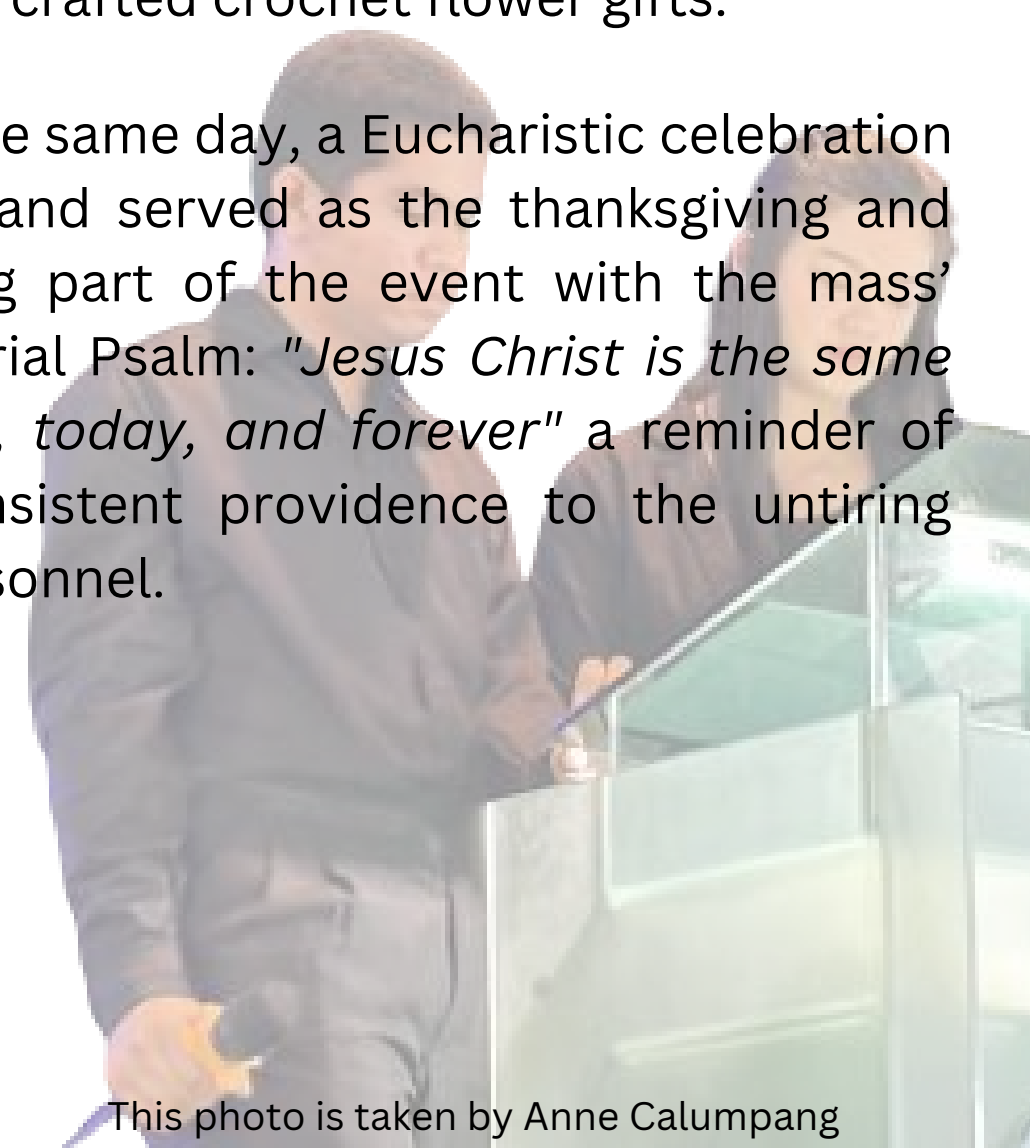
**DEDICATION & SERVICE.** Armando Garingo, lone 30-year service awardee delivering his address of gratitude to the Paulinian community. (This photo is taken by Mae Calumpang)

## SPUD CELEBRATES PERSONNEL'S DAY 2023

By: Danielle Thereze P. Bubole

Living the Paulinian Spirit, the Basic Education Department celebrates its Personnels' Day on the 3rd of February 2023, which all took place at the Fr. Louis Chauvet Hall. Tokens were given to the personnel who have worked hard with compassion and dedication with Mr. Duran, the BED Vice-principal, and Sr. Maria Althea Alfonso SPC, BED Principal handing it to them. The awarding was concluded with the teachers and students' resounding applause to Mr. Armando Garingo, who have worked in SPUD for 30-long years. Furthermore, learners were able to give their presents to the teachers---giving them bouquets, chocolates, and other essentials. Students' creativeness was also shown with their hand-crafted crochet flower gifts.

On the same day, a Eucharistic celebration was held and served as the thanksgiving and concluding part of the event with the mass' Responsorial Psalm: "Jesus Christ is the same yesterday, today, and forever" a reminder of God's consistent providence to the untiring SPUD personnel.



This photo is taken by Anne Calumpang

# BED REVIVES PAULINIAN DEBATE TILT

By: Krisha Mae Calumpang



**BATTLE OF THE BRAINS.** Paulinian debaters, represented by each unit, proved that the debate culture of SPUD is still alive. (This photo is lifted from PPG| CN P.)

St. Paul University Dumaguete has always been in the Top Fifty (50) schools ranked in many debate societies, says Mr. Zecariah Chito Jumawan --- the Student Activity Team Leader for Senior High School, and a former Paulinian debater himself. That's why on April 14, the Basic Education Department, spearheaded by Mr. Jumawan, conducted a debate competition with the theme, "PAULITA: Paulinian Debate 2023," given its preposition: **Classes next Academic Year Shall be held whole day.** The program started to hype up as the esteemed adjudicators were introduced. In the debate proper, the affirmative side first presented their case followed by the negative side. Both sides strongly defended their case and many rebuttals happened.



This photo is lifted from PPG| Chillzea A.

To sum up the affirmative side, they believe that:

**"More time is needed because it enhances the students learning capabilities and time management. To consider the fact that some students might learn less and cannot report in time within a 40 minute class. And to promote more engagement with peers and ask guidance and help to the teachers."**

Whereas the negative side believes that:

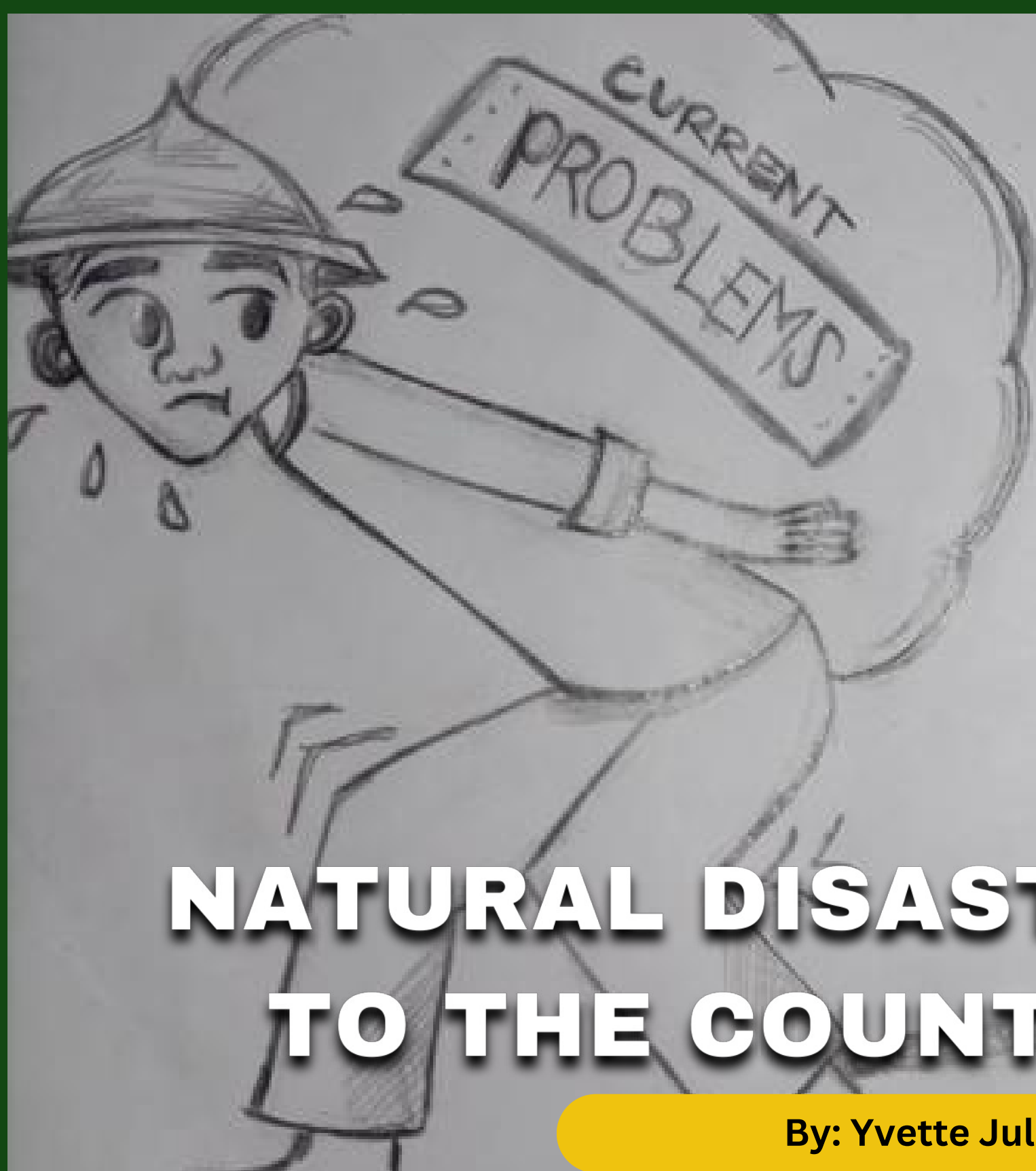
**"School day's should not be prolonged but shortened since it causes mental problems such as depression, anxiety, stress, and even suicide not only to the students but also to the teachers and staffs. A longer school day do not result a greater knowledge. It can enable the teachers to deliver high quality education and allows students to have enough time to do co-curricular activities."**

Few debaters selected by the adjudicators had achieved their own personal awards: Gio Benedict Alejado, from the affirmative side, won the "Best Speaker" award; Anne Beth Melodia, from the negative side, won the "Best Debater" award, and TJ Liu Ferollino, from the negative side, won the "Best Rebuttal" award. And after a careful deliberation, the activity ended with the negative side winning the whole debate.

Indeed, the event was truly extraordinary and intense. This exemplifies and resonates the core value, "Charism," of the Paulinian students --- showing the world how great a Paulinian is, through his thinking and speaking abilities, embracing the gift that God has given to us.



This photo is lifted from PPG| Chillzea A.



## NATURAL DISASTERS: A BURDEN TO THE COUNTRY'S GROWTH

By: Yvette Julienne Pis-an

The Philippines has already been facing various problems that have hampered the development of the country, but natural disasters never fail to add weight. The Philippines has been hit by an unending string of devastating typhoons, earthquakes, cyclones, and volcanic eruptions. This is owing to its location along the Ring of Fire, also known as the typhoon belt --- a wide region of the Pacific Ocean where many of Earth's volcanic eruptions and earthquakes occur.

On Friday, September 16, typhoon Josie reached the super typhoon category, thankfully, it spared the country from damages for it exited the Philippine Area of Responsibility (PAR) four hours after it entered, the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) explained.

Josie is the 10th storm to enter this year and the second for the month of September. There is still more to come and there is no assurance that they'll leave the country untouched. Thus, being prepared is our best line of defense.

The Philippines is suffering and still hasn't broken free from its challenges. Which includes corruption, drug war, poverty, poor education, extrajudicial killings, pollution, discrimination, unemployment, and violent crimes. These existing problems are consuming too much of the country's money and manpower. People in desperate situations struggle to make ends meet and often lead them to undesirable actions. Furthermore, our country is prone to natural disasters, which add to the people's burden because they cost lives, homes, money, and their safety.

According to the Climate Change Knowledge Portal, since 1990, the country has experienced 565 natural disasters, resulted to **killing 70,000 people** and causing USD 23 billion in damage. With the exception of earthquakes and volcanic eruptions, climate change is expected to exacerbate the Philippines' many natural dangers.

As the present progresses, climate change intensifies, natural disasters continue to come in, hindering the Philippines' social and economic growth. Along with fighting different battles, it is a hard time for our country. Other than money and action from the government, citizens should play their roles as well. All should carry out the responsibilities as people of our country; discipline, community-orientedness, and preparedness in disasters can be of big help for dear homeland.

This photo is taken by Anne Calumpang



## SPUD-BED ATHLETES, NANGALAMPAG SA PALARONG PANLUNGSOD 2023

Ni: Rorik Vince Ramos

Rumatsada ang mga atleta galing sa Basic Education Department ng St. Paul University Dumaguete sa ginanap na Palarong Panlungsod 2023 noong February 18, 19, 25, at 23, 2023 sa Dumaguete City.

Ang mga atleta ay nagpamalas ng kanilang mababagsik na galing at talino sa iba't ibang kategorya ng palakasan. Sa katunayan, nakasungkit sila

ng kabuuang 1 gold medal, 10 silver medals, at 9 bronze medals. Nakamit ng secondary boys and girls ang silver medal sa 4x50m medley relay at nakamit rin ng secondary boys ang silver medal sa 4x50 freestyle relay sa larangan ng swimming. Hindi rin nagpahuli ang secondary boys sa basketball dahil nakamit nila ang bronze medal sa nasabing larangan. Kaya naman, umaasa ang lahat

at nanabik sa susunod nilang maipapakitang gilad sa susunod na mga kompetisyon. Hindi lang sa Palarong Panlungsod, pati na rin sa CVRAA 2023, kung saan inaasahang ibabandera nina Carlos Benedict Generoso sa Archery at Francis Carl Sesnorio sa Table Tennis ang watawat ng SPUD. Patuloy na magbibigay ng walang humpay na suporta ang SPUD sa mga atleta tungo sa tagumpay.



This photo is lifted from Dumaguete Sports Today FB Page



This photo is taken by Anne Calumpang

This photo is lifted from the SHSCC



# "KAMAY NG PAGBABAGO"

Ni: Samantha Nicoli Valdez

"Kahit sino naman ang uupo ay nanakawan naman tayo at hindi naman na uunlad ang Pilipinas." Ito ang naging sagot ng isang Pilipino sa nakaraang pakikipanayam na ginawa ng isang vlogger tungkol sa kung sino nga ba ang karapat-dapat na maging susunod na Pangulo ng Pilipinas. Totoo nga ba na wala ng pag-asa ang Pilipinas at hindi na ito uunlad? Sang-ayon ka ba sa naging sagot ng iyong kapwa Pilipino? Wala na nga bang saysay ang ating pagboto? "Bagong Pilipinas, bagong mukha! May prinsipyo may isang salita! Kaibigan niyo, kaibigan ko, siya si Bongbong Marcos! Bongbong Marcos!", "Heto na ang ating pinuno, handa nang magsilbi! husay at tibay ng puso at isip, kay Leni tayo! Leni Robredo, woah! Kay Leni tayo!" Ito ay ilan lamang sa mga pahayag at awiting nagbibigay ingay sa ating paligid nang magsimula ang pangangampanya ng mga tumatakbong Pangulo ng Pilipinas sa taong 2022 na sina Leni Robredo, Bongbong Marcos, Ping Lacson, Manny Pacquiao, at iba pa. Eleksiyon. Pagpili.

Pagboto ng susunod na mamamahala ng Pilipinas. Ayon sa batas, ang mga Pilipinong may edad na labing-walong taong gulang pataas ay maaari ng bumoto sa kung sino ang dapat na mamuno ng bansa. Ito ay isa sa mga kwalipikasyon upang magkaroon ng pagkakataon na baguhin ang sistema ng pamahalaan o mas lalo pa itong pauunlarin. Kahit magkakaiba ang pipiliing kandidato ng mga Pilipino, pare-pareho tayong uhaw sa pagbabago at mabuting pamamahala. Ang epekto ng pagboto ay masisilayan natin sa darating pang mga araw, buwan, at taon. Makikita natin ito sa pagtakbo ng ating ekonomiya at pagbunsod ng mga platapormang inilaan para sa mga mamamayan upang mapaunlad ang buhay ng bawat tao. Tunay ngang makapangyarihan ang boto at may kakayahan itong baguhin ang mundo dahil ito ang ebidensiya o repleksiyon ng ating desisyon kung hahayaan na lang ba nating bumagsak ang ating bansa o sabay-sabay tayong aangat.

This photo is lifted from: PPG | Kaycee A.



## "PAG-AARAL: NGITI AT LUMBAY"

Ni: Danielle Thereze Bubole

Ganap na mag-aaral. Pagsubok o kasiyahan? Bilang isang mag-aaral hindi maikubli ang naging agwat ng pagbabago, sinimulan sa pagiging bata hanggang binatang mag-aaral na tila toneladang pag-aaral ang pasan-pasan sa halip na ngiting walang buhay at bigat. Ngunit hindi maikukubli ang mga karanasan at mga napag-aralan na sa kalaunay naging ating kasangga sa pagharap ng buhay. Papel para sa pananaliksik, mga gawaing pang- edukasyon, tiwala sa pamilya, pag-asang makapasa ay dalang-dala ng bawat mag-aaral saan mang sulok ng daigdig. Buhat ang sariling mga sakripisyo na pilit at patuloy na itataguyod hanggang tagumpay ay maangkin.

Paulit-ulit na ipinapakita ang mga pangarap na sa bawat araw ay tinatangkang gawin ngunit aabutin lamang sa susunod na pagkakataon ay hindi pa rin naisagawa. Kabiguan at lumbay ay naiukit sa mukha na sa tuwing panahon ay nauubos ng walang dala. Magkagayunpaman, ito ay hindi hadlang sa kasiyahan na nakamtan sa bawat araw na iginugol ang sarili sa pagpasok sa paaralang puno ng mga pusong nagsisikap at pangarap na nagniningning. Ngiti ng mga mag-aaral ay tila masagana sa tuwing isat-isa'y nakikita. Lubos ang kagalakan sa mga panahong naiwi sa pagtutulungang may dalang tuwaan. Gawai'y magkaiba, nanggaling sa ibat-ibang

pamilya ngunit tila'y iisa ang pangarap --- pangarap na maaabot ang pinapangarap. Ganap na mag-aaral. Pagsubok o marami ang pagsubok na naidikta gayundin ang mga nakaraan at pagsasamang binubuklod ng kasiyahan. Mga biruan at halakhakan ay ganap sa paaralang pinapalooban ng magkaibang puso at iisang pangarap. Pagsubok at kasiyahan ay gawing diskusyon sapagkat ito ay mga dahilan sa pagkakaroon ng tagumpay at pagsisikap na walang makatitigil. Buhay ay naibubuklod ng dalawang bagay, ang pagsubok at kasiyahan na sa magpakailanman ay lalaganap nang may dalang aral saan man ang pinapangarap.

## PATLANG NA AKING NAIBIGAN

By: Jai Kairah Jade Semil

Mula elementarya,  
pagsusulat na ng balita ang aking kaya,  
Mapa ingles, tagalog, man o bisaya.  
Bumalik ito pag tungtong ko ng hayskul,  
Nang akoy inatang mag-sulat ulit ng balita,  
Isang artikulo na bubungad sa umaga.

Ngunit sa aking pagsusulat,  
Paulit-ulit man ako magrebisa,  
Parang hindi ko na talaga kaya,  
Ano ba tong aking nadama,  
Lungkot at kahinaan ay nagkaisa.

Salamat sa aking proktor,  
Na tinuruan ako nang tama,  
Na sa pag gawa nang balita  
Duon ako ay hindi mahina.

Tanggal lahat ng presyur at pagod,  
Na puso koy winiwika,  
Kaya ko na pala  
Ulit magsulat ng balita.

Sana, sa aking pagsali ngayon sa  
Powerpaul  
Maturuan ulit ako ng wasto at tama.  
Tatanggapin lahat ng gabay at payo  
Na sa susunod na leksyon  
Ay itatalaga.

## I love you

By: Samantha Nicol Valdez

*I wonder how you look me in the eyes  
It surely is as beautiful as the big blue  
skies*

*I wonder how I'd made you smile  
'Cause I've been in love with you for a  
while*

*You're my whole universe, that's for  
sure,  
To my darkest days,  
you're the cure*

*The high heavens could tell  
They know I'm in love with you pretty  
well*

*I love you to the Earth's biggest core  
Come inside my heart, I'll open the  
door*

*You'd hear a click once you go inside  
It's the sign of the lock, now it's die or  
ride*

## "How I hate to yawn"

BY: SHANEL VIANNEY CABORADA

A SILENT SCREAM FOR COFFEE, THE CAFE  
POSTER SUGGESTS

"HOW I HATE TO YAWN", MY BODY ATTESTS  
HOW DO I IGNORE THE EXHAUSTION MY BODY  
HAS DECLARED?

FROM A YAWN, WHAT I'D GIVE JUST TO BE  
SPARED

I DESPISE SUCH A REGULAR AND SIMPLE THING  
YAWNS, WHAT DO THEY REALLY BRING?

IT COULD BE A GOOD MATTRESS PRESSED  
AGAINST YOUR BACK

BUT TO ME, IT IS THE FOOD TOMORROW WILL  
LACK

DARK SLENDER BEINGS THAT CHASE ME, THE  
SETTING OF THE SUN

FRIGHTEN MY BEING FOR I KNOW NOT WHERE  
TO RUN

ITS MERE FEELING LEAVES MY BODY  
WRETCHED,

FORCING ME TO RUN IN THE COLD OF MY  
SWEAT, WITH SOLACE DREADED

A YAWN, SOMETHING YOU SENSELESSLY  
IGNORED

TO ME? A LUXURY I PRAY TO SOMEDAY  
AFFORD

AFTER ALL, THAT'S WHY MY WHOLE BEING  
SCREAMS, "HOW I HATE YAWN!"

BEING IN THIS INVERTED TRIANGLE, I FEEL  
LIKE A PAWN

## My almost lover

By Kim Alexis Amahit

The day i laid my eyes on you  
Was the day my brain and heart split into two  
My brain cannot bare the love that was given But  
my heart full of love was driven

We were strangers to each other  
But after a year we know one another Seasons passed us  
best friends last You knew what are my past

Suddenly been catching something  
It is not a cold or anything It was feelings of love lingering  
The idea of our friendship to be ruin was triggering

Can't handle it anymore told you what i adore  
What you said was my fear My face scream a tear  
We were almost the ending

My feelings are over  
When i lost you i was cower  
You really are my almost lover

## "The invisible thread"

By: Princess Glory D. Bugtay

I may not be the one they think of first,  
Or the one with whom they quench their thirst,  
But I am connected to them still,  
Through an invisible thread that weaves and  
fills.

I long to feel that I belong,  
To be part of something strong,  
But as a reticent girl,  
I often feel like a separate pearl.

It's hard to feel like I don't fit in,  
Like I don't quite match up to their kin,  
And to wonder if they truly see,  
The amazing person that I can be.

I may not have the loudest voice,  
Or be the one they pick to rejoice,  
But I have a heart that's pure and true,  
And a spirit that's always ready to renew.

Sometimes, it feels like I'm on the sidelines,  
Watching as others cross the finish lines,  
But I know that my journey is my own,  
And that my path will lead me to my throne.

I may not be someone's main friend,  
But that doesn't mean my journey's at an end,  
For I have a purpose that is unique,  
And a calling that's waiting for me to seek.

So I will keep walking the path with pride,  
Knowing that I have nothing to hide,  
And that my worth is not defined,  
By the people who are on my mind.

For I am connected to a greater plan,  
A purpose that's beyond the span,  
Of what I can see or understand,  
And that's the beauty of the land.

For I am not invisible or small,  
But a person with a heart that's tall,  
And a soul that's filled with grace,  
Ready to take on life's challenges with strength  
and pace.

So even if I feel left out or overlooked,  
I will keep my eyes on the horizon and not be  
hooked,  
For I know that my story is being written,  
And that my soul will never be beaten.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

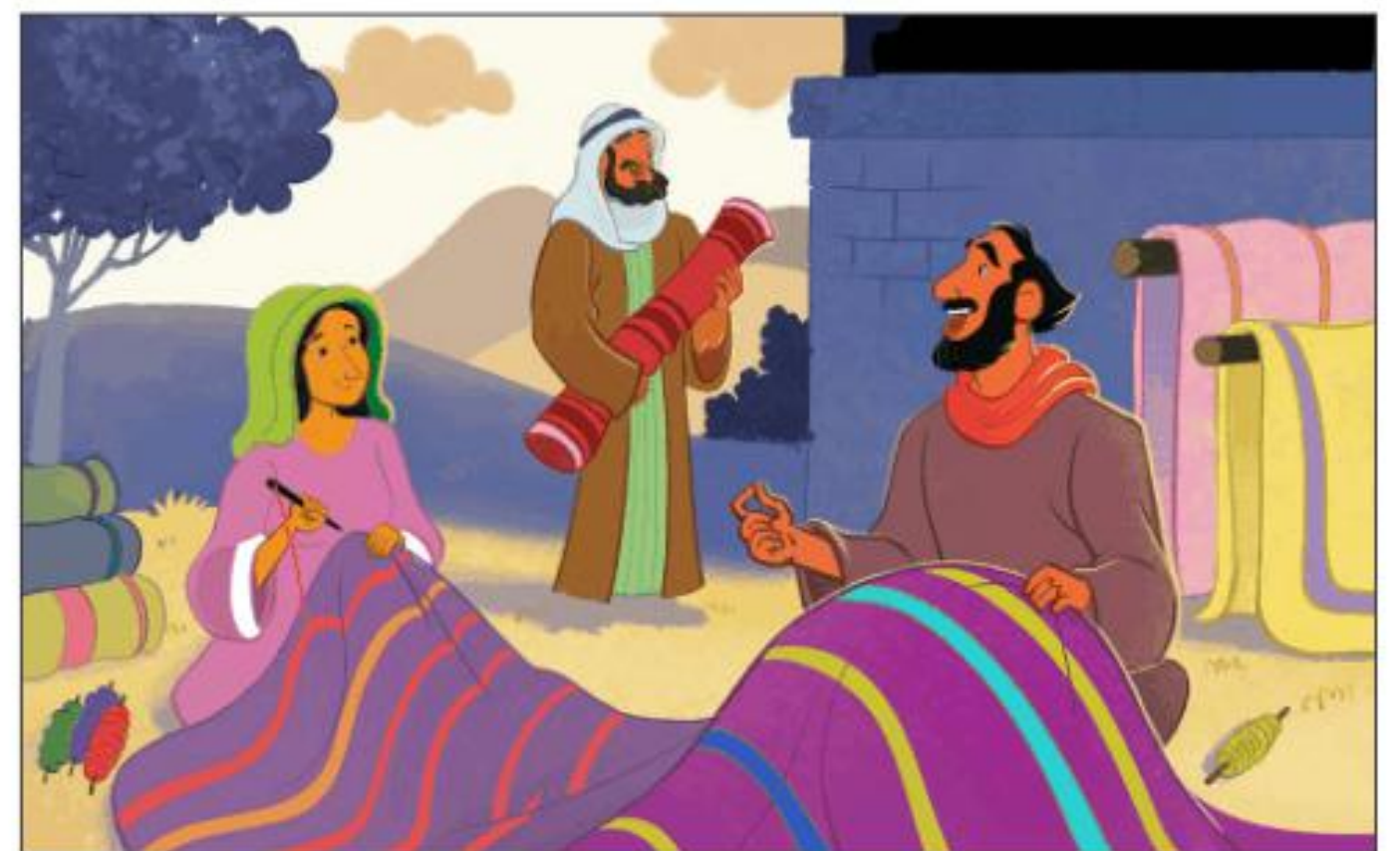
## APOSTLE PAUL

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

- |            |            |         |        |
|------------|------------|---------|--------|
| EARTHQUAKE | LETTERS    | CHURCH  | JESUS  |
| WORSHIP    | DOORS      | SINGING | CHAINS |
| JAILER     | MISSIONARY | PAUL    | PRISON |
| SILAS      |            |         |        |

### Spot the Differences for Paul and His Friends Taught About Jesus

Compare the picture on the top with the picture on bottom. Circle the 15 things that are different.



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## Sudoku

LEVEL: MEDIUM

1		6	3	2				
4			5			1		
					6	5		
				2				
		8				9	6	
		4	1	7	9		5	8
8								5
7			9					
			2		5	8		

ST. PAUL UNIVERSITY DUMAGUETE

# 118



"Journeying together amidst Challenges, Changes and Chances"







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