



SPUD @ 118: After three years, Paulinians once again celebrated a face-to-face Foundation Day in the New Normal education setup. *(This photo was lifted from PPG | Kaycee A.)*

SPUD CELEBRATES 118TH FOUNDING ANNIVERSARY WITH THE JOURNEY OF *Veneration*

By: Princess Glory Bugtay

St. Paul University Dumaguete (SPUD) remained faithful to its commitment to pursue excellence in education and zealous piety over the years. This year, SPUD acknowledged its 118th Foundation Anniversary by becoming a framework and a home for its constituents and other stakeholders in the community--- as demonstrated by the accreditations and distinctions it has obtained and achieved in the recent years. This year's event, which occurred last October 22 to 29, kicked off with a Grand Parade (motorcade) and a Eucharistic Celebration, followed by engaging exercises, requiring the participation of Paulinian students and personnel. As such, interdepartmental activities were also held: Pet's Day, Lambigit 2022, opening of food booths and rides, jamming sessions with Under the Stars: Campfest (featuring an acoustic night for-a-cause), the Festival of Talents, and the Paulinian Night for-a-cause at Café Racer.

The plethora of events were planned to recognize and celebrate SPUD's rich heritage while also aiming forward to its promising future. This is exemplified by the theme of this year's Founder's Day, "SPUD at 118: Journeying Together Amidst Challenges, Changes, and Chances," which reflects SPUD's focus on providing better service to students and stakeholders despite the ever-changing educational landscape and as well as the continuous legacy of serving its purpose and commitment to excellence. In this accord, different offices and intra-school organizations had prepared activities and initiatives in support of the event and that the Paulinian community can participate in and witnessed at. Despite the New Normal education setup, SPUD continually served Paulinian learners by providing them with the opportunity to celebrate the Foundation Week in person after doing so virtually for the previous two years. Indeed, the Paulinians were able to create new and remarkable experiences while embarking on the veneration of the school's rich history.



WITH A SMILE. Paulinians all dressed-up for the Foundation Day Grand Parade. *(This photo was lifted from PPG | Blaise L.)*



This photo was lifted from PPG | Blaise L.

SHS CONDUCTS FAMILY FUN DAY

By: Princess Glory Bugtay

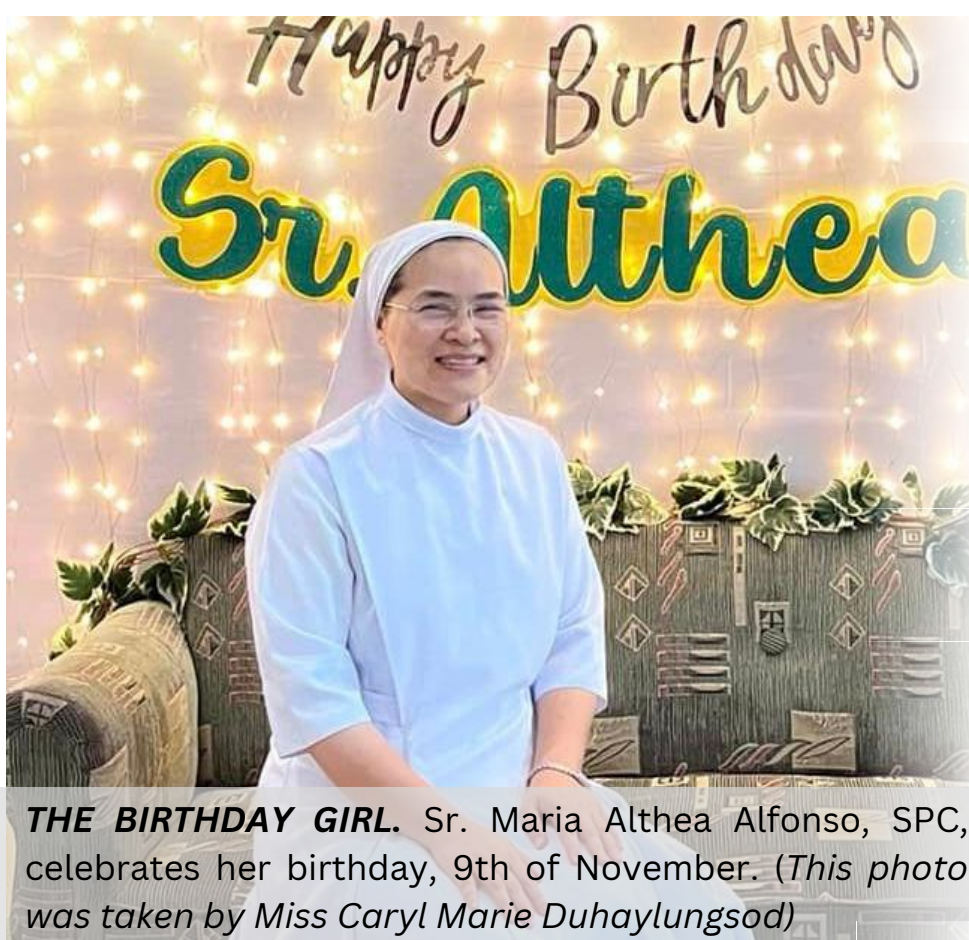


STICKING TOGETHER. Paulinians, and their family members, playing for a parlor game in the fun-filled Family Fun Day. (This photo was lifted from the SPUD FB Page)

To foster camaraderie and bring families together, a Senior High School Family Fun Day was initiated by the Basic Education Department at the Fr. Louis Chauvet Hall, December 17. This year's highlighted theme for the event is "Journeying Together: Bringing Joy to Every Paulinian Family," which provides a memorable experience for families as it promotes a sense of community and connection--- a great way to get the family closer. The event included a variety of activities, such as performances by the selected families and educators, interactive games with prizes, and a raffle draw. Among the prizes for the draw were packs of Noche Buena packages, 5 kilogram rice, and appliances given to the lucky winners. Afterward, every family gathered and ate lunch for a festive *salo-salo*. Each family brought food that is shared with other families also.

Theme: "Journeying Together: Bringing Joy To Every Paulinian Family"

"You are loved in every way," an excerpt from the message given by Sr. Maria Althea Alfonso, SPC to the families present. Sr. Althea emphasized the role of the parents in the total formation of their children and as well as the school's effort in aiding them to achieve such feat. The program ended with the above message from the Basic Education Department Principal and as well as the Vice-Principal, Mr. Kenneth Paul Duran, who have expressed his well wishes to everyone in the yuletide season and explaining how to value the gift of family in our modern society. Indeed, the event reminded the Paulinians why family serves as the foundation upon which to build a community. Hence, it is a gift from above that everyone should treasure.



THE BIRTHDAY GIRL. Sr. Maria Althea Alfonso, SPC, celebrates her birthday, 9th of November. (This photo was taken by Miss Caryl Marie Duhaylungsod)

SR. ALTHEA CELEBRATES BIRTHDAY WITH BASIC ED

By: Yvette Julienne Pis-an

Basic Education Department's faculty and students surprised Sr. Maria Althea Alfonso, SPC, Basic Education Principal, with a birthday party in the morning of November 9, 2022 at the Father Louis Chauvet Hall. Sr. Althea, assisted by some teachers and students,

CATHOLIC SOCIAL MEDIA SUMMIT HITS ITS 11TH VERSION

By: Danielle Thereze Bubole

Catholic Social Media Summit gives participants informative modules, talks from appointed speakers, in its 11th version. Host, Sky Ortigaz, said she had a sneak peek of what the talks are all about, "it is fun, very fun because I have learned a lot". On the first day of the Catholic Social Media Summit, November 26, two modules were discussed which are: Module 1, Exposing Fake News in Disguise, and Module 2, Targeting and Capturing Social Media Audience. Its second day talked about modules 3 and 4 which are: Module 3, Optimizing Aesthetics, and Module 4, Demystifying The Power of Data. Moreover, a live forum was conducted during the second day of the Catholic Social Media Summit where questions from the participants in different countries were answered by the speakers. One of them is from Myanmar, Mr. Thang Ha, asking about the security system of Meta or Facebook which was then answered sufficiently by the speakers. The Catholic Social Media Summit declares success and extends gratitude to the participants as the Catholic Social Media Summit Version 11 approached its ending. An anchor verse for the summit guides the event--- from Romans 11:36 and it states, "For from Him and through Him and for Him are all things. To Him be glory forever. Amen."



This photo was lifted from CSMSv11 Live Forum

entered the venue and witnessed the surprises prepared began to unravel. The birthday celebration started with a fervent liturgy in which all pray that she may continue to live a holy and meaningful life. After which, line-up of performances, giving of gifts, letters, and flowers, and overflowing birthday greetings from teachers and students from each unit were presented. At the end of the surprise, Sr. Althea expressed her words of gratitude and birthday wish - for the Almighty to her with good health.

Continued on next page →

To conclude the said event, teachers and students altogether sang a 'Happy Birthday' song to Sr. Althea and flashed a video montage of greetings and messages. In the performances, students and teachers showed off their dance moves and sang wondrous songs dedicated to the newly-installed Basic Education Department Principal.

In response to the surprise, Sr. Althea mentioned that it was a first for her to celebrate her birthday with the whole Basic Education Department. She thanked everyone for their thoughtfulness and warm greetings. Indeed, a birthday well spent together with her Basic Education Family.

“ Youth has the powerful role to play in fighting disinformation

— Diana Marie C. Hermosa —



The PowerPaul members, with Mr. Tilos (club moderator), attending the Project Tinuod campaign at Every Event, Daro.

TRUTH BE TOLD. PowerPaul members are one with the Negrosanon youths in campaigning for the truth. (This photo was taken by Mr. Carl Joel Tilos)

SEEDLAK NEGOR CAMPAIGNS PROJECT TINUOD

By: Diana Marie Hermosa

Seedlak NegOr, a newly-established socio-civic organization in Negros Oriental, launched an event called *Project Tinuod* in coordination with the Silliman University Student Government. The said event took place at Every Event- Growpoint Dumaguete, Diego De La Vina Rd, Daro, Dumaguete City on December 2, 2022. Students of SPUD from the College and Basic Education Department actively participated on its first launched event. The said project is a campaign against the proliferation of misinformation, malinformation and disinformation on social media that seeks to educate participants about their duties and rights as online users as well as defensive measures. The speakers who led the frontlines are Atty. Golda Benjamin, Raffy Cabrisante, and Van Earl Perpetua.

The event tackled on three main topics: press freedom, digital rights, and digital threats. In the talk proper, it has been highlighted that the “Youth has the powerful role to play in fighting disinformation.” Consequently, since youths are mostly engaged on social media, it is crucial to use this advantage to stop the wildfire spread of disinformation. Mr. Cabrisante and Mr. Perpetua, who were both seasoned in the field, educated the participants that “Fake news” is not the right term to address disinformation, misinformation, and malinformation because news should always be true. After the talk, an open forum where participants are allowed to speak their curious minds was done. The speakers then answer the questions of the participants to fill their curiosities.

Afterwhich, plaques of appreciation are given to the speakers, and also certificates for the participants of the event. The event successfully ended with an oath taking ceremony from the participants, where in they pledged that they will no longer fall prey to fake news and will rebuild the habit of truth-seeking.



This photo was taken by Rorik Ramos

PAULINIAN LEARNERS JOIN PET'S DAY 2022

By: Krisha Mae Calumpang

On October 26, at exactly nine in the morning, participants converged during the 118th Paulinian Foundation Anniversary event dubbed as Pet's Day -- with a theme, "Celebrating Our Little

Champs". The activity began with an excited feels from the crowd. Before the participants entered Room 116-117 at the College Building, the adorable pets were first blessed at the SPUD Ballfield by the School Chaplain, Fr. John Renil Quiliope, together with the opening and blessing of booths and rides which were available as part of the celebration. Pet breeds like Samoyed, Shih tzu, Maltese, Mongrel, and Domestic Short



This photo was lifted from PPG I Kate L.

Continued on next page →

Hair are just some pets who had participated in Pet's Day. The event began with the emcee introducing the esteemed board of judges, which included, Dr. Marites G. Arapols Dr. Lourdes S. Socorro, and Ms. Rina Aujeso. The participants of the said event were interviewed with the questions, "What is your pet's best

feature?" or "What makes your pet different?" which all received different and unique responses as answered by their respective pet owners. After which, participants had their individual pet walks, which prompted the crowd to react with how precious and adorable the pets looked like while walking. Before announcing the

awards, the participants were given a certificate of participation and had the photo taking opportunity with the judges and facilitators. The event ended successfully with Jodi Samantha Merquita, a Grade 11 – St. Augustine student with her pet dog, Trixie, taking home the 1st prize win.

BASIC ED LEARNERS CELEBRATE CHRISTMAS PARTY 2022

By: Krisha Mae Calumpang



GLORIA IN EXCELSIS DEO. The angels proclaimed the birth of our Saviour and Redeemer--- Jesus Christ. (This photo was lifted from Jz Photography FB Page)

DUMAGUETE CITY --- The Basic Education Department of St. Paul University-Dumaguete celebrates its Departmental Christmas Program and Homeroom Christmas Parties, December 17, a preparation for the warmth and joy of the birth of our Lord, Jesus Christ. The event started with the lighting of the 4th Candle of the Advent Season, the Angel's Candle (which symbolizes love), as well as the carrying of Baby Jesus Christ.

Mr. Kenneth Paul C. Duran, the BED Vice Principal, welcomed the Paulinians with a warm opening remark. He reminded the Paulinian learners in his message: "May you all remember that Christmas is a powerful time for reflection..." On the other hand, a delightful production number by the Kindergarten Pupils amazed the audiences, which was then followed by the astounding Musical Play Competition of Grades 7 and 9, Grade 11, and Grade 12. Before the announcement of winners, Certificates of Appreciation, were given to the Board of Judges, who were, Ms. Jou Grace Vale, Mr. Mico Argallon, and Mrs. Elsa T. Abrasado. After minutes of careful deliberation, the winners of the Musical Play were announced. Grades 7 and 9 were awarded 3rd place,

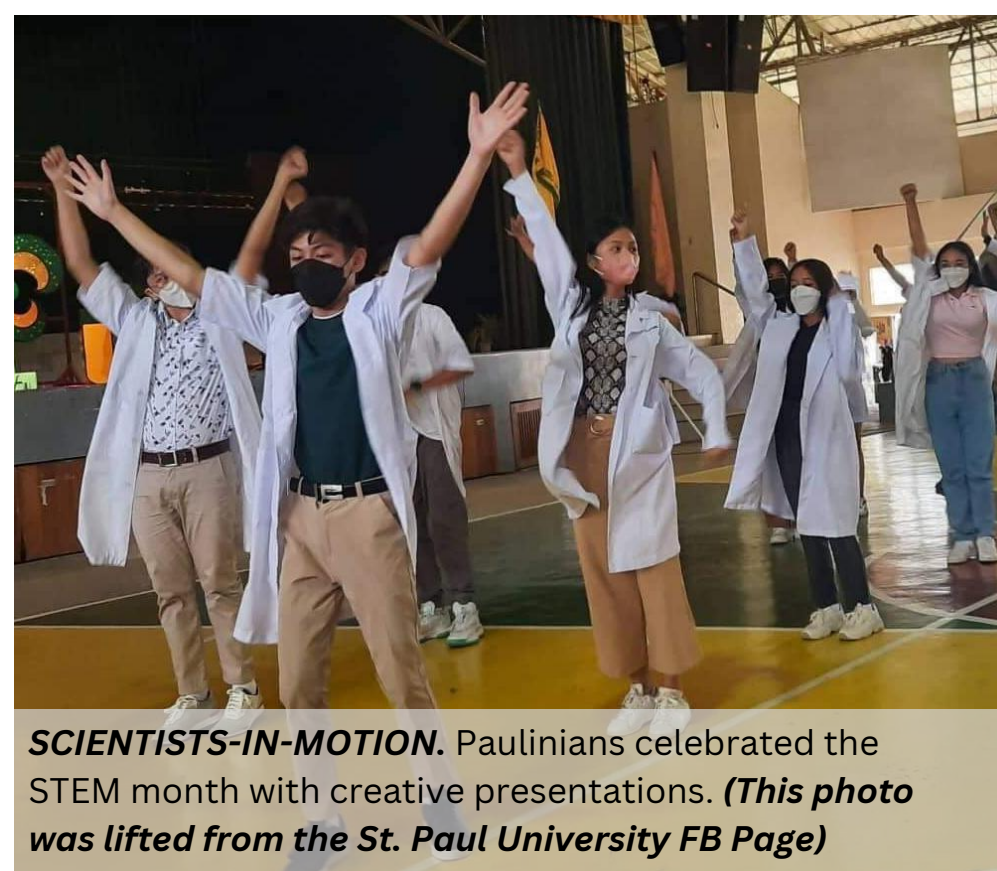


This photo was lifted from Jz Photography

followed by Grade 11, who was ranked 2nd, and finally, Grade 12 grabbed the 1st place award for the Musical Play. The winner of the Belen Making Competition was also announced in which the award was given to the students of HUMMS Grade 11–St. Teresa of Calcutta. Sr. Althea Alfonso SPC, the BED Principal, who have witnessed the entire presentations, said in her heartwarming message, "The word 'Hohoho' is a sign of expression and happiness." Indeed, the activity reminded the Paulinian learners of the true essence and joy of Christmas and the entire Yuletide Season.

PAULINIANS CULMINATE MATH & SCIENCE MONTH

By: Karelle Masamong



SCIENTISTS-IN-MOTION. Paulinians celebrated the STEM month with creative presentations. (This photo was lifted from the St. Paul University FB Page)

Fr. Louis Chauvet Hall of St. Paul University-Dumaguete was filled with budding Paulinian scientists and mathematicians from the Basic Education Department last September 30. The fun-filled event was the Culminating Activity of the Math and Science Month Celebration with the theme: "Journeying Together towards the Futures of STEM in Paulinian Education."

The event was formally welcomed by the Science and Math Subject Team Leader, Mrs. Elsa Abrasado with her welcome address. One of the highlights of the said event was the introduction and spotlight of the representatives from every section, portraying their chosen scientists and mathematicians--- wearing and acting like them. Victors for the said competition were: Henri Benedict Noay as Stephen Hawking and Nitchina Ybo as Amalie Emmy Noether. Awards were also given to the winners of the best in ECO-Bulletin Boards: Champion (ABM 11 & 12); 1st Runner Up (STEM 11) ; and 2nd Runner Up (Grade 4). For the DAMATH competition, the champions were: Chris Fel Ramos for SHS while Marty Rodriguez won for JHS. Aside from the said competitions, an array of creative performances were also given by the Junior High School students with their Math-Sciyaw presentations while selected Senior High School students performed an acoustic rendition. Finally, Junior High School students were also able to have their trade day for Math Entrepreneurship. Nutritious and delicious foods were sold during the program.

The Basic Education Department is united in learning, discovering, innovating, and becoming living stewards of God's creations — moving forward for the future of STEM.

Karelle Masamong

2 PAULINIAN SHS ALUMS TOP BOARD EXAMS

By: Mr. Carl Joel Tilos

Two (2) Paulinian Senior High School alumni were hailed as toppers 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 on the 6th and 5th places, respectively. Tenido got a rating of 80.80% among 154 passers nationwide, while Kitane had a 89.2% rating among 18,000 passers.

Tenido and Kitane were among the pioneering batch of the Senior High School program when SPUD first offered it in 2016. Both of them took the Science, Technology, Engineering and Mathematics (STEM) Strand and graduated With Honors. After graduating, Tenido took 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 towards achieving 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."

Most notably, Tenido was the former layout artist of *The Pauliteen* in 2018 and an active member of the PowerPaul club.



TOPNOTCHER. SHS Alumni, Ralph Martinez Tenido. (This photo was lifted SPUD FB Page)



TOPNOTCHER. SHS Alumni, Angela Claire Nicolau Kitane. (This photo was lifted from SPUD FB Page)

BASIC ED COMMEMORATES UNITED NATIONS' MONTH

By: Diana Marie Hermosa

Basic Education Department of St. Paul University Dumaguete celebrates the annual United Nations' Month with a theme: "Traditions of Peace and Non-Violence." It was celebrated last October 21, 2022, at the Father Louis Chauvet Hall. The culmination, spearheaded by the Social Studies Subject Area, aims to acknowledge the unification of international organization, where peace and order are developed to promote social progress among nations. Before the students went inside the FLC Hall, a parade was held just around the campus. The program begins with an opening production number by the Grade -12 HUMSS students from Our Lady of Peace, setting the atmosphere for the said event.

An event would not be complete without intermission numbers from selected students from the Basic Education Department, where they were able to present their talents and full potential that which relates to this month's culmination. Certificates were also given to those winners from various competitions held in the month-long celebration. Furthermore, this celebration will be at its best if there is an embodiment that relates to the United Nations. The chosen two representatives from each different grade level also highlight the different national costumes inspired by their chosen country. The elegant costume reflects the dedication and effort they poured into this activity. Indeed, this celebration unifies students from Basic Education Department just as how different countries become one in the United Nations. This activity reminded Paulinians of their core value of Community --- that being all to all is still our identity.



RAISE YOUR FLAGS. The Grade 11 ABM & STEM students representing their assigned country. (This photo was lifted from St. Paul University Dumaguete)



FOR JESUS AND MARY. From L-R (Dr. Mary Francis Laquinon, Rev. Fr. Jun Limbaga, & Sr. Maria Althea Alfonso). Father Jun is receiving his Certificate of Recognition as guest speaker of this year's Marian Camp. (This photo was lifted from PPG I Cyril F.)

SPUD BRINGS BACK THE MUCH AWAITED MARIAN CAMP 2022

By: Margarete Miot

After three years of the global pandemic, SPUD brings back its annual celebration of Marian Camp, December 7, in full blast and finally in flesh with the theme: *“Paulinians Journeying Together with Mary”*. The program commenced in its full form from three in the afternoon and ends at nine in the evening. Lots of activities were prepared for Paulinians to enjoy, including the special guest and speaker for the Talk and Sharing portion of the program, Rev. Fr. Carmelito “Jun” Q. Limbaga Jr. He shared that “God saves you and out of love Jesus saves you from sin” and with one last statement he leaves the Paulinians with a meaningful reflection of how we should see and reflect Jesus in ourselves and with each other.

Following the aforementioned gathering, the University Chaplain, Rev. Fr. Renil Quilope presided the Eucharistic Celebration in honor of the Solemnity of the Immaculate Conception at 4:30 in the afternoon. One of the most important events of the Marian Camp is the Opening of Lights, which took place in the University Garden, where Paulinians gathered for the Agape Dinner which aims to bring Paulinians closer together. Additionally, as another successful batch of PNLE Passers who brought honor to SPUD, alongside Ms. Abigail Ramirez who placed as Top 1 of the said examination, SPUD memorialized and decorated the Christmas season with a fantastic and spectacular firework display in line with this celebration. After enjoying a satisfying meal, Paulinians congregated at the ballfield for the Praise and Worship led by the Redemptorist Parish band together with the Paulinian Animators. Students from the Basic Education up to the College Departments actively took part in the said event. And for the last part, a living rosary was held in honor of the Blessed Virgin Mary --- concluding the Marian Camp and setting off the Paulinians a memory to remember.



This photo was lifted from: PPG I Gai

BUWAN NG WIKA 2022, IPINAGDIWANG

Ni: Krisha Anne B. Calumpang

Noong ika-26 ng Agosto, sa bulwagan ng Father Louis Chauvet ng St. Paul University Dumaguete, inilunsad ang kulminasyon ng Buwan ng Wika 2022 na may tema “Filipino at mga Katutubong Wika: Kasangkapan sa Pagtuklas at Paglikha.” Bago sinimulan ang kulminasyon, naganap ang isang parada upang ipakita ang iba’t ibang nag-gagandahan at nakamamanghang piling kasuotang Pilipino ng mga ginoo at binibining mag-aaral ng Basic Education Department. Opisyal na inumpisahan ang kulminasyon sa pangunguna ni Ginang Rhea Roxana A. Grefaldia, Subject Team Leader ng English at Filipino, sa kanyang Pambungad na Pananalita. Maraming mga gawain ang naganap sa araw na ito, kabilang na ang pagpapakita ng piling mag-aaral sa kanilang mga talento sa pagbigkas ng mga tula, paggawa ng mga *memes*, paggawa ng infomersiyal; maging ang pag-awit ng isang kundiman, spoken poetry, pagsasayaw ng mga katutubong sayaw at ang pag-awit ng isang awiting-bayan. Sa huling bahagi ng kulminasyon, itinampok ang mga larong pinoy na siyang naging dahilan nang aktibo at bibong paglahok ng mga mag-aaral sa iba’t ibang kategorya. Tunay na nasasalamon sa kulminasyong ito ang pagmamalaki ng mga kabataang Paulino sa kanilang Wikang Pambansa at sa makulay na kulturang ipinagbubunyi ng bansang Pilipinas.



Ang larawang ito ay nagmula sa SPUD Facebook Page



Tamang DISIPLINA: SOLUSYON SA BASURA

Ni: Ashiya Santiago

Hindi natin maikakaila ang katotohanang marami-rami pa rin ang mga mag-aaral na hindi sumusunod sa tamang pagtapon ng basura. Ang basura ay isa sa mga pangunahing problema ng ating paaralan subalit nangangailangan ito ng agarang aksiyon upang hindi na ito lumaki pa. Mayroong mga pagkakataon na iniwan lamang ng mga mag-aaral ang kanilang bote ng tubig at pambalot ng mga pagkain na pakalat-kalat kahit saan. Minsan, iniwan lamang ito sa loob ng kanilang mga silid-aralan kaya napipilitan ang ibang mag-aaral na ligpitan ang basurang hindi naman sa kanila. Ganito ang paulit-ulit na eksena na nangyayari sa loob ng ating paaralan.



Kami sa PauliScribe ay naniniwala na hindi na ito tama at dapat na itong wakasan. Kaugnay nito, malimit nating napapansin na ang mga basura ay hindi naitatapon nang mabuti sa tamang lagayan. May mga papel na naisasama sa plastik o hindi kaya mga bote ng plastik na itinatapon sa lagayan ng mga papel. Hindi kaaya-ayang tingnan dahil naghahalo-halo na ang iba't ibang uri ng basura sa isang lalagyan. Maaari rin itong magdulot ng hindi kanais-nais na amoy sa ating paligid. Kung tutuusin, hindi naman ito mahirap gawin at hindi mauubos ang ating oras sa pagbubukod ng ating basura.

Kung iisipin, sadyang pinapairal lamang natin ang ating katamaran at hinahayaan na lamang nating maitapon ang basura sa kung saan-saan kahit hindi naman ito tama. Kaya naman, nararapat lamang na maging disiplinado tayo sa pagtapon ng ating mga basura. Hindi matatapos ang ganitong suliranin kung ipagsasawalang-bahala lang ito ng ating mga kapwa mag-aaral. Ating pakatandaan na kung ang ugat ng problemang ito ay ang talamak na pagsasawalang-bahala sa disiplina, ang tanging solusyon lamang dito ay ang tama at patuloy na pagdidisiplina sa sarili.

"LIHAM PARA SA EDITOR"



Dear Editor,

Sumulat ako upang himukin ang ating paaralan na tumugon sa iyong Editoryal - Tamang Disiplina, Solusyon sa Basura, bilang isang panawagan sa pagkilos. Bilang bahagi ng Paulinian Community kailangan nating tanungin ang ating sarili kung ano ang maaari nating gawin upang makatulong, maisulong at ituro ang wastong paghihiwalay ng basura sa ating mga kapwa mag-aaral, guro, pamilya at ating komunidad.

Sr. Althea AND HER SPC JOURNEY: A STORY OF 'SERVING MORE'

By: Wella Dee Garcia



FAMILY IN CHRIST. Sr. Maria Althea Alfonso, SPC with her family in a group picture. (This photo is taken by: Mario Alfonso)

SERVING MORE. Sr. Althea once served at the Christian Formation in SPU at San Miguel. (This photo is lifted from SPU at San Miguel FB Page)

Sr. Maria Althea B. Alfonso, SPC is the daughter of Mario and Nene, and the eldest among four (4) siblings. She hails from the City of Antipolo wherein she finished her elementary and high school in Our Lady of Peace School, an SPC administered school in Antipolo City. She took up Bachelor of Science Major in Economics at the University of Santo Tomas and graduated in 1999. After that, she proceeds on taking up Masters in Education Major in Administration and Supervision at St. Paul University Philippines. Before entering the SPC congregation, Sr. Althea worked at a corporate industry in the head office of Cocolife in the Group Marketing Division. As she works, she is also an active member of the Youth Ministry: National, Diocesan, and Parish level. Being a Youth Minister, she guides and acts as a

co-sojourner of the youth. Due to her active participation, she craves on giving more to others. **"I wanted to serve more,"** she said. Because of that, she entered religious life in the year 2005 to the congregation of the Sisters of St. Paul of Chartres. Currently, Sr. Maria Althea, serves as the Basic Education Principial of St. Paul University Dumaguete, but prior to that, she was first assigned to the Christian Formation Office in San Isidro Learning Center, a mission school in Burgos, Pangasinan. In that school, she used to teach Christian Living and Values Education for Grades 3, 4, 5, and 6. She was also in charge of their library; helps in the canteen and also the maintenance. Before her enclosure, she proceeded to St. Paul School of Medellin; later on she was assigned in the Grade School Department of St. Paul University-Philippines

and an Assistant Principal in St. Paul College of San Rafael. Lastly, before her mission in Dumaguete, she was in charge in the Christian Formation in St. Paul University at San Miguel.

And now, as the SPUD Basic Education Principal, she aims nothing but to relate the aspirations of the congregation in her years of service. She wants to mold Paulinian Students to be God-fearing and be Christ-like. Holistic formation is also her main goal to instill in the University. As she shared, **"I desire to commit myself to evangelize through Catholic Education, impelled by the Charity of Christ and imbued with the zeal of St. Paul. I also endeavor to inculcate the Paulinian Core Values in innovative academic programs, relevant research and meaningful community extension initiatives."**



This photo is taken by: Maan Alfonso Gabas



This photo is lifted from SPU at San Miguel FB Page



This photo is lifted from SPUD FB Page

As Sr. Althea commits to her obedience, she wants to leave a message to St. Paul University Dumaguete faculty and students.

For the Teachers:

“To all my dear teachers, I am grateful for the gift of your persons. As we discover each others’ strengths and weaknesses, may our love, care, compassion and acceptance to each other be strengthened and deepened. We have a long way to go as we prepare for our accreditation, but I hope that our every encounter be an avenue of learning and a testament, that indeed, we are loved by Jesus Christ.

Always remember that I love you. One with the Sisters --- be assured of our prayers for you and your family. Keep well. Be happy, healthy and holy. God bless!”



For the Students:

“To all my dear Paulinian Students, peace be with you! I believe that nothing happens by chance. Being a principal for the first time in St. Paul University Dumaguete is kairos. It is God’s time! This is His time so that I can share to you what He has in store for you and me. I want you to remember three things: First, know that you are good, beautiful, and unique. Each of you has varied talents and charisms. Your uniqueness shows your beauty. May you discover God’s gift to you and may you put them into good use. Second, problems are real and are part of your life, embrace them. When you fall and commit mistakes or experienced seemingly unforgivable events in your life, it is alright to cry. Feel the pain but do not stop there. Ang problema ay dinadaan lang at hindi tinatambayan!



“Lilipas din yan, magdasal ka lang. Transcend and go beyond the pain. Keep focus on Jesus who’s hanging on the cross so that you can be saved. And third, cultivate the values of Jesus in your life. Strive to be God-fearing, faithful, honest, loving, compassionate, and joyful to name some. You cannot give what you do not have. As you live out the traits of being Paulinians, I pray that you grow more and more like Christ, as you become catalyst of change to a world full of hope. To conclude, know that God loves you and I love you too. Your presence in SPUD is a blessing and grace to me. Through you, I was given an opportunity to journey with you as a Sister, your spiritual guide, more than a Principal. Your acts of kindness and thoughtfulness are greatly appreciated! May our gracious God bless you and your family with His choicest blessings and may you continue to feel His love and grace in your life.”



“*Sr. Althea may no longer aim to achieve a career, but she dwells into her obedience that God aspires her to be at.*”



“Look at how good and pleasing it is when families live together as one.” (Psalm 133.1) . Sr. Maria Althea Alfonso, SPC at Our Lady of Chartres Chapel, Antipolo City, with her family (This photo was taken by: Maan Alfonso Gabas)

This photo was taken from Arjames Gotib



INNOVATORS TINODAS ANG COLLABORATORS,

65-60; HINABLOT ANG TITULO

Ni: Rorik Vince Ramos

Todo hiyaw ang mga studyanteng kabilang sa District 5 bilang tanda ng suporta para sa kanilang distrito. Bumabangon sa pagkakalugmok ang Collaborators at sinusubukang humabol, subalit nag-aalab din ang puwersa ng Innovators upang mapanatili ang kalamangan, 34-26.

Nakagugulantang ang mga pangyayari sa pangatlong quarter. Hindi nawawalan ng pag-asa at patuloy na lumalaban ang Collaborators kahit na nahuhuli na sila, ngunit hindi talaga pumapayag ang Innovators na malamangan sila. Bumira ng mga umaatipukpok na 3 point shots ang Innovators sa pangunguna ni John Lawrence Laburada kaya sila pa rin ang namayani sa pangatlong quarter, 56-38.

Dumadagundong ang panghuling quarter. Mula sa pagkakasira ng depensa ng mga Collaborators sa ikatlong quarter ay mas naging determinado at desperado sila kaya binuo nila muli ang kanilang depensa pero mas pinalakas na ngayon.

Gayunpaman, napaghandaan na ng mga Innovators ang gagawin ng mga Collaborators kaya naglunsad sila ng isang tila 'ipo-ipo' na punung-puno ng mga atake nina Laburada, Fabugais, at Electona, sa pangyayaring ito nagtapos kaagad ang laban at sinungkit ang titulo, 65-60 bentahe.



This photo was taken from the SPUD FB Page

65
60

"Masaya kami kasi akala namin matatalo kami dahil malalaki ang aming kalaban. Sa awa ng Diyos, ginabayan niya kami tungo sa panalo."

Ito ang katagang minarkahan ng District 8 Innovators sa pagmumukha ng District 5 Collaborators matapos nitong lampasuhin, 65-60 sa naganap na *The Paulinian Playdown 2022 Basketball Finals* na rumagasa noong ika-29 ng Nobyembre sa St. Paul University Dumaguete Basketball Court. Simula pa lang ng laro ay nagpamalas na ng galing ang Innovators. Naging malumanay lang din ang performance ng Collaborators kaya sinamantala ito ng Innovators at nagpamalas ng malalagkit na depensa kaya sila ang nanaig sa unang quarter, 16-11. Mainit at bumubulusok ang sagupaan sa pangalawang quarter.

GIFTED GIVERS, SINILAT ANG LIFE SAVERS

Ni: Rorik Vince Ramos

Magkasangga ang mga nagbabagang spike ng *Gifted Givers* upang ibandera sa kahihyan ang *Life Savers*, 2-0 sa ginanap na *The Paulinian Playdown 2022 Volleyball Women Finals* na idinaraos sa St. Paul University Dumaguete Father Louis Chauvet Hall, Nobyembre 29.

Umarangkada agad sa simula pa lang ng laban ang *Life Savers*. Hindi naman nagpasindak ang *Gifted Givers* at nagpamalas ng mga maiinit na spike sa pangunguna ng kanilang Captain Ball na si Jessieca Carin, dahilan upang manaig ang *Gifted Givers* sa unang set, 25-22.

Naging mainit ang sagupaan sa pangalawang set. Sinubukang humabol ng *Life Savers* para umabot pa ang laban sa pangatlong set, subalit hindi nagpasindak ang *Gifted Givers* kaya't itinodo nila ang kanilang mala-halimaw na mga spike upang mahablot ang titulo bilang kampeonato, 25-23

"Wala, happy lang kahit ganito. Ang mahalaga, na enjoy namin ang game at nakapasok lahat ng players," - Kristyl Fernandez, Ang Captain Ball ng *Life Savers*.



OPENSA AT-DEPENSA. Nag-aatikabong labanan ang naganap sa pagitan ng *Gifted Givers* at *Life Savers*. (This photo was taken by Angel Tan)



This photo was lifted from: PPG| CN P.



This photo was taken by Sheidhe Angel Tan



"Crimsyn Red"

By: Rica Rose Beltran

Emotions going awry
Scars and guilt are my agony
The wounded heart is thirsty
But the red rose is still in misery

Unknown tears are falling Hot
liquid is drifting
The red rose is suffering
Meaning the bloody hour is nearing

He tortures and crucifies
Does the red rose still want to comply?
He enters the fantasy whereby
I'm drowned in his goodbye

I'm once again soaked in gore
The descent of the fallen has more to bore
The blood moon is still crimsyn red
So let's savor the bloody night ahead

STOP BULLYING DEAR BULLY

NI: KRISHA ANNE CALUMPANG

Oo tama ka.
Ako na ang hindi kagandahan, ako na ang mataba, ako na ang maitim, ako na ang kaiba.
Ano? Masaya ka na?
Kasi ako, durog na durog na.

Ano pa ba ang gusto mo?
Sinaktan mo na nga ako,
Chinismisan at pinapahiya pa.
Pero please. tama na.

Sa lahat ng ginagawa mo, tinitiisan ko.
Tinitiiisan ko dahil hindi ko gusto ng gulo.
Pero bakit hindi mo ako lubayan? Bakit ako?
Pwede bang tama na? Mahina ang tao.

Ika nga nila sayo
"Ang Panginoon Diyos lamang ang makapanghusga sa iyo"
Pero bakit kung manglailait, parang sila ang Diyos?
Niluwal kaba ng Nanay mo para manglailait kung kikilos?

Ang mga gaya sa inyo ay dapat lang mabulok eh. Parang solid waste.
Unti-unting masisira habang tumatagal ang panahon,
Na dahan-dahan din bumabalot sayo ang konsensyang natipon,
At maiwasan namin ang "SOLID WASTE" ng kahapon.

Kapag nasa bahay,
Ang palangiti kong sarili ay namatay.
Pekeng ngiti doon, mga kasinungalian dito,
At mga magulang walang alam sa mga sikreto.

WALANG MAY ALAM, WALANG MAY PAKIALAM.
Sino ba naman ako?
Isa lamang hamak na tao,
taong napapagod, sumusuko, umiiyak at humihinto.

Tama na, sira na ang buhay ko.
Ang sakit na sakit na sakit na kasi.
Tigilan mo na ito,
Panalo ka na, bully.

To All The Souls We've Lost Before

By Travis Palubio

To all the souls we've lost before, I dedicate this note...

*As a message to those who've departed the surface,
And a plea of sorrow to those names lost in the deep.*

Like the sea that defines the islands surrounding, it pulls them back in time.

*Through the uncertainties and fortuities of it all, the sea chose you,
To return to the welcoming depths, whatever lies, be a mystery still.*

*For the trees and rocks and wild nature on its soil, it's a shame,
To see all that was established, come crashing beneath the waves.
But the memories, the treasures, the times of chaos and tame,
Are left adrift, to survive and pass on, like how history behaves.*

But when the sea removes all traces, and the remnants are left to rot and sink,

Those objects are lost below.

*As is the fate of a few... gone, especially forgotten, identities all a blue.
But for a chance to come and retrieve what was lost, we'd come to a link,
Though, a rarity that is, bound tirelessly by her relentless current flow.*

And so we come to recognize what has come past, engraved in stone or lost in the wind,

*We cherish, reminisce, see through them in glee,
To remember and learn, for our own time with the sea.*

"Pagtatapos sa simula"

Ni: Wella Dee Garcia

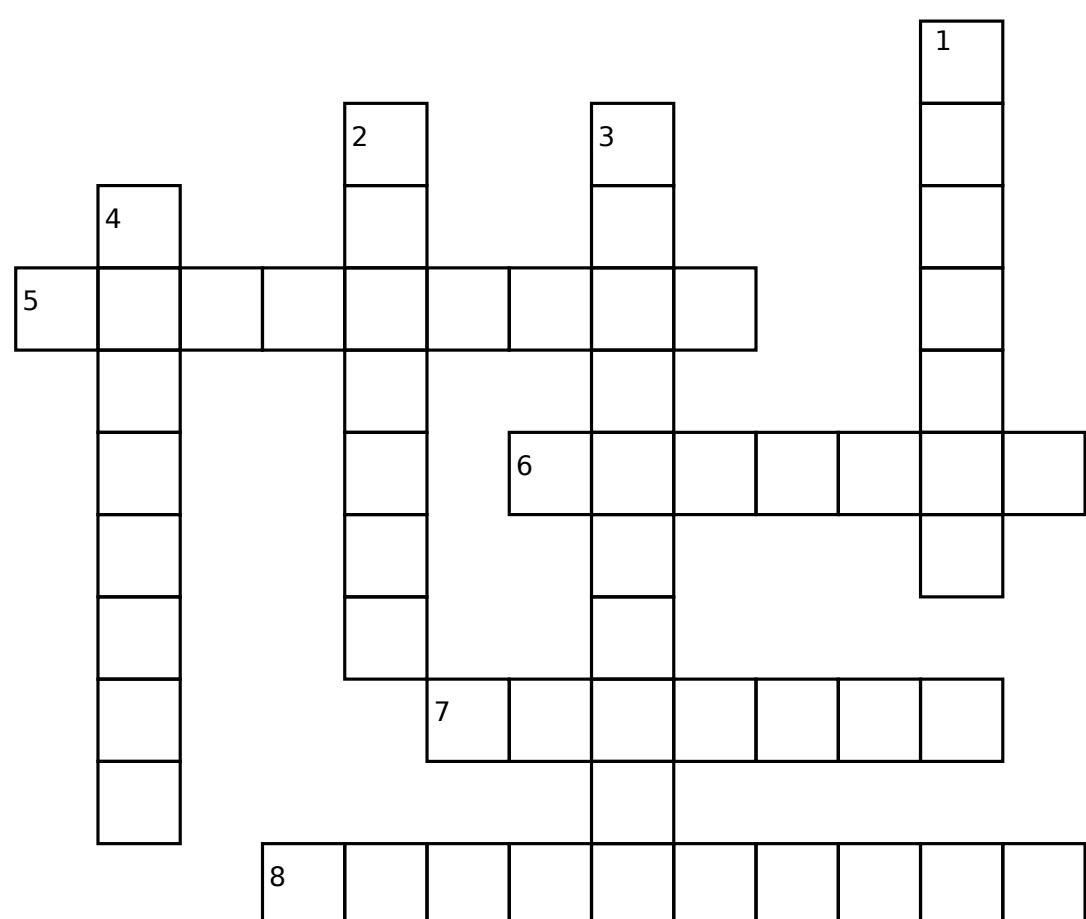
Umibig sa gitna ng pag-ibig na
pinagbabawal
Kinitil ang sariling hininga bago pa
masakal
Isinilang sa ibang katauhan at kaanyuhan
Lumaki sa bagong kapanahunang
kapaligiran

Tuldok sa hulihan sa simula aking nailaan
Patuloy na maghihintay sa ating
kapanganakan
Bantas ng kahapon na tumapos sa ating
dalawa
Daan upang makamit ang pagtatapos sa
simula

Sumiklab ang baga ng naglalagablab na
damdamin
Isinarado ang pinto upang muli pihitin
Kurtina ng entablado ay bumababa na
muli
Binangkas ang lubid ng buhay mula sa
pagkatali

Tubig sa lupa ay umaangat upang
maging ulap
Itinago sa banga upang muli lamang
mahanap
Paikot ang daloy ng mga daliri ng orasan
Pana ng kamatayan ay hindi mo
maiwasan

Paulinian Crossword Puzzle



Down:

1. _____ Christi Urget Nos!
2. The month of our Foundation Anniversary
3. The students of St. Paul Schools
4. Our Model

Across:

5. Our Patron
6. Mere Marie _____ - the youngest among the 3 sisters and the first teacher
7. Father Louis _____ - Our founder
8. The place where the first 3 sisters started their mission

Sudoku

LEVEL: EASY

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

This image is lifted from the World of Printables website

Who am I? Unscramble each name on the right using the clues given in each statement on the left. Your answers will be names of people who were important in the story of Jesus' resurrection.

Paul's Letter to Timothy Spot the Differences

Compare the picture on the left with the picture on right. Circle the 12 things that are different.



This image is lifted from the Sunday School Zone website

1. I had Jesus killed to try to keep the peace. Who am I?
2. When I saw Jesus die, I knew he was an innocent man. Who am I?
3. I asked for Jesus' body so I could bury it before the Sabbath. Who am I?
4. I wanted Pilate to post guards at Jesus' tomb. Who am I?
5. I was resurrected on the third day. Who am I?
6. I was crying in the garden by the empty tomb. Who am I?
7. I ran to the tomb with John to see if Jesus' body was gone. Who am I?
8. I did not believe Jesus was alive until I saw him. Who am I?

I T L A P E

O R N C I T U N E

P O J E S H

A C A S H A P I

E S S U J

R A Y M

E T P R E

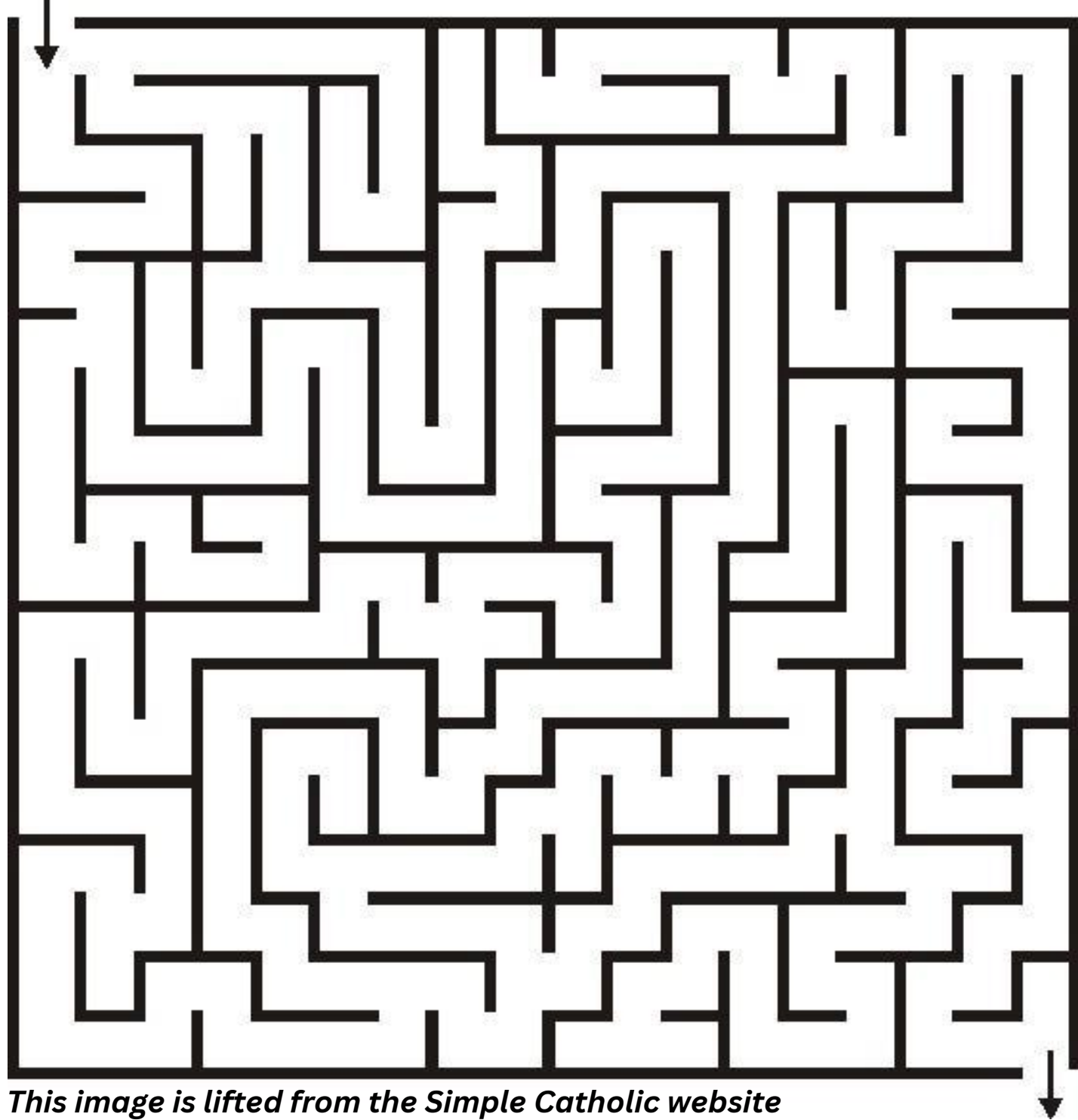
S T A H O M

This image is lifted from Pinterest



Paulinian Maze Puzzle

Good day, Paulinians! Can you direct Juan to the location of Maria? All you have to do is to trace and figure out which way leads to the maze's exit. Good luck Paulinians!



This image is lifted from the Simple Catholic website



MOVIE RECOMMENDATIONS



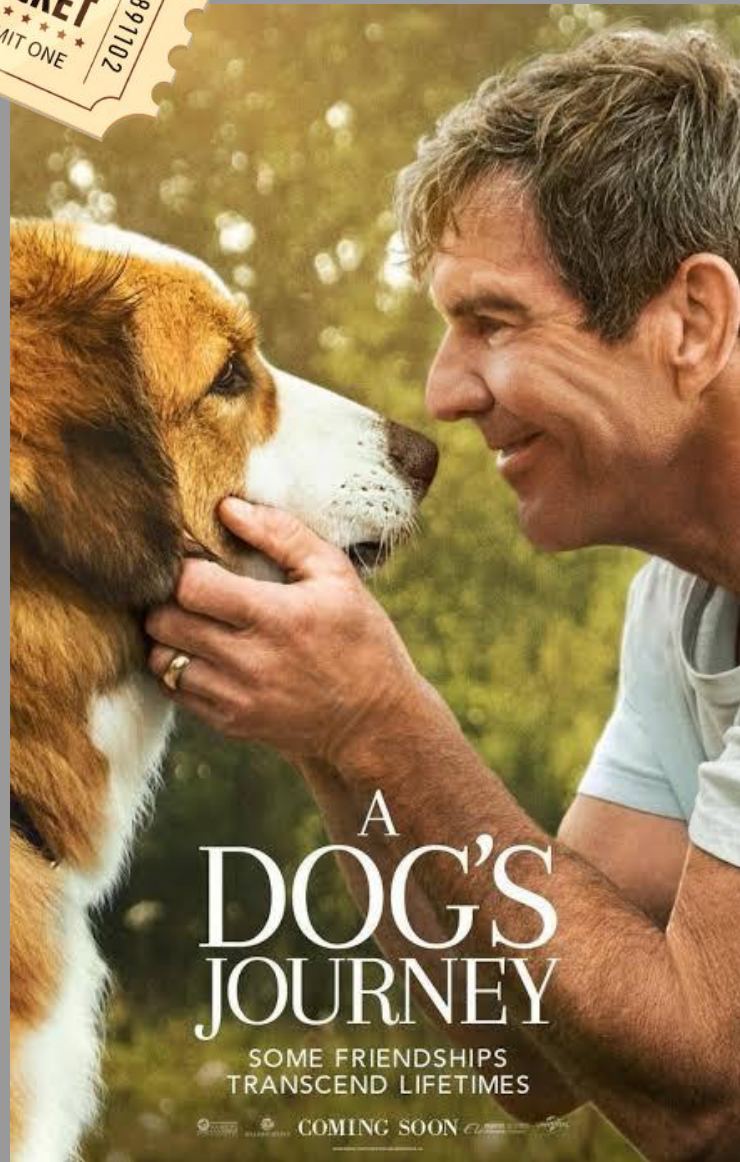
MATILDA THE MUSICAL

Musical, Comedy, Drama, Family film

★★★★☆ 4.5

Matilda is a little girl with astonishing wit, intelligence and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher, the highly loveable Miss Honey. Over the course of her first term at school, Matilda and Miss Honey have a profound effect on each other's lives as Miss Honey begins not only to recognize but also appreciate

Matilda's extraordinary personality. Matilda's school life isn't completely smooth sailing, however – the school's mean headmistress, Miss Trunchbull, hates children and just loves thinking up new punishments for those who don't abide by her rules. But Matilda has courage and cleverness in equal amounts, and could be the school pupils' saving grace.



A DOG'S JOURNEY

Adventure, Comedy, Drama, Fantasy

★★★★☆ 4.5

Bailey is living the good life on the Michigan farm of his boy, Ethan and Ethan's wife Hannah. He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria, decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through many lives filled with love, friendship, and devotion.



ENCANTO

Adventure, Comedy, Musical, Fantasy, Children's Film

★★★★★ 5.0

The Madrigals are an extraordinary family who live hidden in the mountains of Colombia in a charmed place called the Encanto. The magic of the Encanto has blessed every child in the family with a unique gift -- every child except Mirabel. However, she soon may be the Madrigals last hope when she discovers that the magic surrounding the Encanto is now in danger.

Credits to all of the owners



EDITORIAL BOARD

Academic Year 2022-2023

EDITORS-IN-CHIEF



Diana Marie C. Hermosora



Princess Glory D. Bugtay

ASSOCIATE EDITORS

MANAGING EDITORS



Krisha Anne B. Calumpang



Krisha Mae B. Calumpang



Yvette Julienne B. Pis-an



Wella Dee D. Garcia

CIRCULATION EDITORS

FEATURE EDITOR

NEWS EDITOR



Ashiya Santiago



Wynzeth Nicole O. Armas



Samantha Nicoli E. Valdez



Danielle Thereze P. Bubole

LITERARY EDITOR

SPORTS EDITOR

CONTRIBUTORS

CARTOONIST



Karelle E. Masamong



Rorik Vince G. Ramos

Margarette C. Miot
Kim Alexis Amahit
Jeric Nicole A. Macias
Rica Rose N. Beltran
Travis James L. Palubio
Jai Kairah Jade P. Semil
Shanel Vianney Caborada



Myrrh Francheska O. Vilan

SCHOOL PAPER ADVISER

CONSULTANTS



MR. CARL JOEL L. TILOS

MR. ZECHARIAH CHITO A. JUMAWAN
MR. KENNETH PAUL C. DURAN
SR. MARIA ALTHEA B. ALFONSO, SPC

Digital
COPY
AVAILABLE



SCAN ME