

issue 1 | september 2026

THE WARRIOR

Tristan Gagnon is the

**middle
school
spotlight**

meet
ms.tiozon
in the

**TEACHER
FEATURE**

club feature

learn effective

**STUDY
TIPS**

discover who
jamon carrera is
in the **high school** spotlight

spcs journalism class
layout by keely reklai

TEACHER FEATURE

written by aziah camacho



this year's first teacher feature is ms. dianne tiozon.

ms. tiozon is our spcs chemistry, biology, & life science. she is one of our newest teachers, starting this year. coming from a family of teachers, had influenced her decision to become a teacher. being a new teacher has come with some challenges, getting to know the school and students but with the guidance of her fellow colleagues and sister has helped her adjust to the start of the new year. aside from her career, she enjoys the ambitious feeling of adventures. mostly does paragliding and hopes to skydive.

lastly, a bible verse she always keeps in mind is 1 corinthians 13:4: "love is patient, love is kind. it does not envy, it does not boast, it is not proud."

club feature

written by joseph arriola



We interviewed Mrs. Olda Quejado on the club she spearheads, Key Club. Key club is an international youth organization centered in advancing youth leadership and connections with students abroad and across the world. The Saint Paul organization is focused on engaging during Japanese exchanges and incorporating our sister schools from Japan into our Christian fostered environment with the same intention in return. Visiting the schools in Japan and learning of their culture and practices. Typically the meetings are held on Friday's during high school lunch in Mrs. Quejado's classroom or in the A1 classroom

Striving for international and local networking with highlighted events like one of the members having the opportunity to attend one of the conferences in Australia. Stating that it was a really great opportunity to converse and connect with other students from other countries. Learning of new programs and techniques. Taking in the full Kiwanis International Program experience.



STUDENT

SPOTLIGHT

written by slade degracia

our high school student spotlight for this edition is jamon carrera.

jamon has been playing volleyball since 6th grade, after first trying out the sport back in 5th grade. he recently came back from an off-island trip where he got to play against some high-level athletes, taking everything he learned over there to help grow his game back here on guam.

for jamon, faith plays a huge role in how he plays—he trusts that whether winning or losing, it's all part of god's plan. before games, prays and stays hydrated, and off the court, he loves going out and hanging out with friends.

he leaves us with his favorite bible verse, james 4:8, "come near to god and he will come near to you," and sends a huge shoutout to his mom and sister for helping him be the person he is today.



student spotlight

written by jayden canales



favorite bible verse

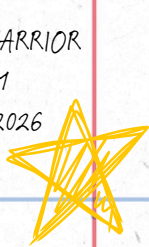
Jeremiah 27:11

"But if any nation will bow its neck under the yoke of the king of Babylon and serve him, I will let that nation remain in its own land to till it and to live there, declares the Lord."

OUR MS STUDENT SPOTLIGHT IS 7TH GRADE TRISTAN GAGNON

• **TRISTAN HAS JUST GOT BACK FROM TRAVELING OVER THE SUMMER. HE IS A RELATIVELY NEW STUDENT HERE AT ST. PAUL, HIS FIRST YEAR HERE BEING JUST LAST YEAR. HIS FAVORITE SPORT IS SOCCER AND HE DOES SWIMMING IN HIS FREE TIME. IN ORDER TO GET BETTER AT HIS SPORT, HE STRESSES THAT HE PRACTICES, EVEN BEFORE GAMES AS A PRE GAME RITUAL HE PRACTICES.**

His favorite places to swim are in Tumon, at Dusit Thani or where Outrigger used to be. During his summer, he visited Canada with his family and more specifically the province of Quebec. He also had visited a concert there with his sister. He enjoys spending time with his friends during free times and class. Another hobby of his is also gaming, as he spends time online after school.



study smarter not harder

written by lilly gagnon

tips for less stressful and more effective studying!!



Stay Organized & Plan Ahead

- Plan out assignments, projects, and study time ahead of time.
- A schedule helps you know exactly what you need to accomplish each day.
- Planning ahead can prevent you from feeling like you have to do everything at once.
- It also helps you balance schoolwork, activities, and free time.

Take Short Breaks

- Take short breaks while studying to give your brain time to rest.
- Breaks can help you stay focused and prevent you from feeling overwhelmed
- Try studying for a set amount of time, then taking a short break.

Getting Enough Sleep

- Being well-rested can improve your concentration and memory.
- Getting enough sleep can make it easier to remember what you studied
- Avoid staying up extremely late just to finish studying.

Remove Distractions

- Put away distractions, especially your phone, while studying.
- A quiet and organized study space can make it easier to focus
- Try keeping only the materials you need nearby.

Take Care of Yourself

- Make time for food, water, sleep, and relaxation.
- Taking care of yourself can help you have more energy and focus.
- Remember that studying effectively is more important than studying for hours without breaks.

meet the team

HEAD OF PHOTOGRAPHY



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SLADE DEGRACIA

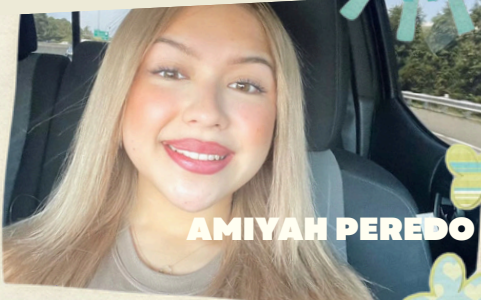


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