

The

PAULINIAN



Fall 2025

Official Student Newspaper of St. Paul's College

AMDG

Our New Chancellor

Archbishop Murray Chatlain Installed as Chancellor



Signing of the Register - Chancellor Murray Chatlain (Left) - Rector, Dr. Christopher Adams (Right)

At the start of each fall term, St. Paul's College hosts its Opening Academic Exercises, an event to recognize student achievement and mark the new academic year. At this year's Opening Academic Exercises on Sunday, September 28, St. Paul's College not only welcomed the new year but also its new Chancellor, The Most Reverend Murray Chatlain.

With the retirement of Archbishop Richard Gagnon in December last year,

Archbishop Chatlain was appointed eighth Archbishop of Winnipeg by Pope Francis. Archbishop Chatlain previously served as Bishop of Mackenzie-Fort Smith from 2008 to 2012, and then as Archbishop of Keewatin-Le Pas from 2012 to 2024. In his ministry as a priest before this, Archbishop Chatlain focused on pastoral care in Northern Saskatchewan and the Northwest Territories.

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Pet of the Edition

By Ryan Waller

Welcome to the first instalment of "Pet of the Edition!" This edition's winner is Amber! Amber has won the election by having no running opponents and a singular vote by this writer. The election functioned perfectly for Amber and was obviously free and fair. For the next edition however, a less dictatorial style of vote will be established.

Meet Amber! - Continued on page 2.



Want your pet featured? Write to us at ThePaulinian1941@gmail.com

Become a Member

Interested in free lockers, free food, scholarships, and much more? Go to Aurora and declare membership with St. Paul's College today!

Bake Sale

On December 5th, stop by the General Council Office (in the Cafeteria). For a couple bucks you can get some tasty treats baked by your council members!

Social Coming Up

Keep an eye out for the upcoming Tropical Social to take place on first week back after the break!
Also lookout for a game night!

Calling all Writers and Artists

Whether you have an interesting story to write or a fun comic to show off, contributions are always encouraged!

Around The College

Pet of the Edition

Ryan Waller

(Continued from pg. 1)

Amber is a mini golden doodle (a cross between a poodle and a golden retriever), and she is a couch sitting champ! Amber was born July 16, 2015, and has been melting the hearts of those around her ever since. She loves a good 15-minute walk, but any longer

and it's nap time and you will be carrying her home. Apart from a good case of the zoomies, Amber is one of the calmest dogs you will ever meet. She loves people and dislikes other dogs, as she believes she is a human. Amber's favourite drink is an iced cold beer, and her favourite snack a

juicy steak. She obviously has fantastic taste!

Amber's lovable nature is further enhanced by her sassy attitude. Amber voices her approval, and disapproval, through a Chewbacca like roar. Amber is a round ball of love covered in a furry coat. A very fitting first pet of the edition!

To submit your own pet for "Pet of the Edition," please send us an email at:

ThePaulinian1941@gmail.com.

While Amber no doubt appreciated the process of this edition granting her an easy win, the next edition will be open to all.

Our New Chancellor

William O'Donnell - Editor

(Continued from page 1)

Among Archbishop Chatlain's many duties as Archbishop of Winnipeg is, in accordance with the by-laws of this College, the role of Chancellor of St. Paul's College. His installation as Chancellor was led by our Rector, Dr. Christopher Adams, who administered the oath of office.

Interestingly, this installation

ceremony featured a smudging led by Elder Norman Meade. Connection with indigenous communities and traditions has been a mark of Archbishop Chatlain's episcopate, with his official portrait featuring a sacred drum and eagle feather—gifts from the indigenous communities he has served. Indeed, Archbishop Chatlain studied the Dene language at La Loche, Saskatche-

wan, and served as a representative on the Canadian Catholic Indigenous Council.

In his installation address, Archbishop Chatlain spoke to students, expressing his commitment to be an advocate for them: "You as students, and each of you in your vocation of work that you're doing, it's important. You have a dignity and a responsibility of

passion, guidance, vision, spiritual health, that is so important. So, I will advocate for you with all my heart and being, and let us pray together that we are each able to live out those vocations in a strong St. Paul's College."

Following the installation ceremony, the new student council was presented for a blessing, and the presentation of awards began.

Award Recipients

Congratulations to this year's scholarship recipients!

Entrance Scholarships:

St. Paul's College Alumni and Friends Association Entrance Scholarships:

- Oluwaseun Fatunmbi,
- Isabelle Leroux,
- Isabel Ostermann,
- Ben Safiniuk

The Jesuit Entrance Scholarships:

- David Hundeyin,
- Catherine James,
- Steven Kosa,
- Sanuli Weerakoon

The Ellen Dryden Finlay Entrance Scholarship for St. Mary's Academy:

- Eleni Ginakes

Scholarships:

The Archbishop Leonard J. Wall Scholarship:

- J. Paul Okechukwu,
- Damian Schreiner

Diane Dowling Memorial Scholarship:

- Hans Alday,
- Bara Bashir,
- Nathaniel Casiano,
- Ho Jin Cheong

The Dr. Y. C. Ma Scholarship:

- Nason Guinto

The Larry and Leta Lee Scholarship:

- Luca Calista

Todd Davison Memorial Scholarship:

- Sophia Alexander

Dr. Karl Schilling Memorial Prize:

- Rayna Schuster

Patrick Burke-Gaffney Prize in Mathematics:

- Punj Hritik

Eileen M.G. LeSarge (SPC'69) Scholarship:

- Melanie Alcantara Rajo,
- Sawyer Ramsay

Military and Hospitaller Order of St. Lazarus of Jerusalem Ecumenical Scholarship:

- AJ Saupan-Soriano

Timothy Desmond Prize in History:

- Anthony Fiorino

Elizabeth Desmond Prize in Medieval History:

- Caleb Dorge

Ayotte Fund for the Study of Faith and the Environment Endowment:

- Nathaniel Casiano

From the Rector:

Dr. Christopher Adams - Rector of St. Paul's College

A big and warm "Welcome" to new and returning students of St. Paul's College!

And welcome to a new issue of *The Paulinian*! Created in the early 1940s, this regular publication is supported by the St. Paul's College Student Council and has had a long and accomplished history.

The Paulinian serves the needs of over 800 University of Manitoba

students who are members of St. Paul's College. These individuals come from all parts of Winnipeg, Manitoba, and across the world to be part of St. Paul's College. This newspaper provides a forum for sharing ideas and news about current activities in the College while also providing a record for those in the future who will be looking back at what we were up to in the 2025-26 academic year.

This newspaper is also read by

hundreds of other UM students who are non-members. We enjoy seeing them in St. Paul's for classes, meals, and fellowship. Interested in joining? We provide lockers, scholarships, and financial assistance to our members. Information on how to join is at: <https://umanitoba.ca/st-pauls-college/student-experience>.

I want to congratulate the St. Paul's College's Student Council, as well as *Paulinian* editor Wil-

liam O'Donnell, on all their ongoing accomplishments.

I look forward to running into both new and returning students in our Belltower Café, Library, Chapel, and elsewhere in our good College.

Best wishes for the upcoming term, and the 2025-26 academic year!

Dr. Christopher Adams, Rector

From the Stick:

Hans Alday - Senior Stick of St. Paul's College

Hello Paulinians! Welcome to St. Paul's College! My name is Hans Alday and I serve as this year's Senior-Stick for the St. Paul's College Students' Association. I am in my fourth and final year of a Bachelor of Health Sciences in the Interdisciplinary Health Program at the Rady Faculty of Health Sciences. Further, the term "Stick" is a historical name synonymous with "president" and yes... I do have a physical stick often used during ceremonies (pictured right). This year's Vice-Stick, synonymous with "vice-president," is Nathaniel Casiano, who also carries a bat which emulates the history of the true stick.

As the Senior-Stick, I represent and advocate for you, St. Paul's College members and students, to various levels in the University such as the Board of Governors for the College, and the Executive Assembly. I also represent St. Paul's at the new Student Executive Council hosted by the Vice-Provost (Students), Laurie Schnarr.

Another one of my roles as Senior-Stick is to organize and facilitate the Student Council (SPCSA) alongside the Vice-Stick. We host executive meetings and general council meetings as well as pursue a variety of initiatives that aim to promote student experience, well-being, and inclusivity.

Before the role of Senior-Stick, I had served on council for the previous 3 years in other roles. In my second year, I served as the photographer for the council. I took photos at Masses and awards ceremonies. I also took the photos during our socials (keep an eye

out for our next one!). In my third year, I served as the Fundraising Director for the Council. In this role, we hosted a variety of initiatives such as group volunteering

Manitoba. Through these roles and initiatives, I have formed connections with students and staff at the College. I was fortunate to hear about a variety of



Nathaniel Casiano (centre-left) - Hans Alday (centre-right)

and fundraising for Light the Night by the Leukemia and Lymphoma Society of Canada and hosting a Fair-trade Hot Drink Fundraiser in collaboration with Development and Peace Caritas Canada. Towards the end of the academic year, we hosted our annual Cerebral Palsy Manitoba Bike Race team and fundraiser at the Goldeyes stadium. All proceeds went to Cerebral Palsy

student and staff experiences which then shaped and persuaded me to pursue the Senior-Stick position. As the Senior-Stick, I continue to advocate for students on a personal level when possible, and on an academic level by seeking initiatives, in partnership with the Vice-Stick, that address interests of belonging, inclusivity, more food, and increasing student engagement.

As a council, we have several priorities and goals for this year. First and foremost, we want to have an opportunity to interact with you on a personal and community level. Our primary focus is student engagement. As student members, you pay membership fees which should and must be put toward improving and diversifying your student experience. Our plan is to host a variety of free food events and community initiatives on a variety of dates and times so that you have ample opportunity to make the most out of your membership here at the College. We aim to ensure that the College and the Student Council initiatives remain accessible and welcoming to you, no matter your background. Further, for those who are not members, we also want to hear from you.

Through my four years of university, I continue to appreciate the diversity that the University holds. We want to hear about initiatives you would like to see and what has been holding you back from becoming a member. In conjunction with student engagement, we hope that we can create a fun, and welcoming environment.

Through initiatives such as socials, game nights, and study nights, we hope you have opportunities to make new friends and connections on campus. No journey must be taken alone. We hope to meet and see you throughout the school year.

Please feel free to stop by our office beside the BellTower Café, or follow and message us on Instagram @spsca for any inquiries or suggestions!

St. Paul's - The Hidden Gem on Campus

Rashed Kabir

Tucked away on the Fort Garry campus, St. Paul's College has a quiet charm that's easy to miss until you step inside. While the majority of the University of Manitoba buzzes with energy from thousands of its students rushing between classes, St. Paul's College moves at a different rhythm and pace. It's calm, close-knit, and grounded with a sense of community that feels rare in the traditional university setting.

The moment you walk through its doors, the noise of campus life seems to fade away. Whether it's the soft and subtle typing of laptop keyboards in the study carrels or the echo of footsteps coming down the hall toward the Father Harold Drake Library, there's an unmistakable stillness to the place. The library itself to me is one of the best study spots on campus as it is quiet, cozy, and somehow untouched by the chaos

of midterm season. It's the kind of place where you can hear yourself think and reflect.

Just a few steps away within the college is the Belltower Café, it brings a different kind of warmth. Known for its friendly staff and weekly specials, it's a favourite stop not only for St. Paul's students but for anyone who stumbles upon it from the rest of campus. There's something comforting about sitting there with a coffee, chatting with friends, or simply people-watching as familiar faces are met and non-familiar faces become known. It's less of a café and more of a community hub — a space where professors, students, and staff all blend together over a good meal and a bit of conversation.

Then there's the bricked sitting area by the classroom 100 St. Paul's; a small but special spot where students gather between

classes. On sunny days, it becomes a peaceful escape, like a little pocket of stillness surrounded by the rhythm of university life. It's the kind of place that reminds you that sometimes the best parts of campus aren't the biggest or loudest, they're the ones that make you take a step back and slow down.

But St. Paul's isn't just about peace and quiet; it's also about purpose. Inside the College is the Arthur V. Mauro Centre for Peace and Justice, a space dedicated to the advancement of human rights, conflict resolution, global citizenship, and social justice through research, education, and outreach. It stands as a reminder that peace isn't passive, it's something we work toward together.

What makes St. Paul's truly stand out though, isn't just its spaces, it's the people. There's a genuine sense of belonging here. Whether

you are part of the Catholic community or another community, a student in one of the College's programs, or simply someone who's found their favorite study space, the college welcomes people from all walks of life. The St. Paul's College Student Association (SPCSA) represents student interests, and plans events like Orientations, BBQ's, Graduation Celebrations and much more! There's a welcoming energy that makes even first-timers feel at home and encouraged to engage in events hosted by the association. Everyone is welcome!

In a university as large and bustling as the U of M, St. Paul's College feels like a hidden gem — a reminder that community still thrives in the quieter corners. It's a place where you can find peace without isolation, connection without pressure, and a little bit of home in the middle of campus life.

The Pursuit of the U of M Pisser

Sawyer Ramsay - Assistant Editor

You have probably heard about or may have even watched the very popular crime drama *Dexter*. In this show, a blood splatter analyst by the name of Dexter helps the Miami police solve crimes during the day, but during the night he is Miami's most prolific serial killer. The show's second season is particularly notable for the police department coming very close to catching on to Dexter's crimes as they come across evidence of his work which they label as the work of "The Bay Harbor Butcher." A similar but much less severe pursuit is happening at universities around North America as anonymous videos are being posted online of people urinating on university campuses as others attempt to decode their identities.

Videos of public urination at universities are flooding social media, and they usually follow a similar pattern to each other. They are mostly taken at night when nobody else is around from a first-person perspective, and depict urination on or various recognizable signs, monuments,

or buildings within the university. The videos are then posted by unidentifiable accounts under names like "The U of O Pisser" or "The U of R Pisser," depending on the name of the university. The videos also use music from *Dexter* in the background which signifies that the intent of this trend is to create a cat and mouse hunt for the specific university urinator, similar to the one in season 2 of *Dexter*. However, you can't have a manhunt without someone else trying to solve the mystery. Many of these "pisser" accounts have been answered by the creation of other anonymous accounts that aim to find the identity of the pisser and catch them. They usually have account names that are a combination of the university's name and the name "Doakes" which is another reference to *Dexter*. Sergeant James Doakes is the most dedicated officer in season 2 who aims to prove Dexter is the Bay Harbor Butcher. Videos posted on these accounts usually portray someone visiting the places that were "vandalized" by the pissers in hopes of determining

who they are. They sometimes even create evidence boards with pictures of all the places the pissers have struck.

The University of Manitoba is no stranger to this trend. In fact, multiple such videos have surfaced on TikTok and Instagram under two accounts under the name theumanitobapisser and "Manitoba pisser." These videos portray public urination on familiar landmarks of the U of M such as the U of M sign at the beginning of Chancellor Matheson Road, in the bushes in front of the Tier Building, the sign for the Drake Center, as well as on the Statues outside of the UMSU building. Additionally, an account by the name of "Manitoba Doakes" has posted many videos that follow the footsteps of the pisser in an attempt to determine their identity. Many people in the comments claim that both pisser accounts are the same person. However, Manitoba.doakes has uploaded a video that compared the two account's levels of hydration and other urination related

patterns visible in their videos to conclude that there could be two culprits instead of just one. "Manitoba.doakes" claims that the pisser's days are numbered and that they will be caught, it is only a matter of time until they are.

This online trend is certainly capturing the attention of university students all over North America, reaching tons of major universities and even high schools with videos reaching tens of thousands of views. However, people question how real these videos are or whether they are simply created using a water bottle with a hole in the top. Whether real or not, they create an exhilarating manhunt for people to follow online, reminiscent of the hunt for the Bay Harbor Butcher in *Dexter*. As for the pisser(s) here at the University of Manitoba, the hunt is still on and only time will tell if they will continue striking, or if "Manitoba.doakes" will find them and put an end to their pattern of public urination.

Arts, Culture, and Sports

Urban Agriculture

Meghan Lagadi

Maintaining green spaces can help keep up a positive morale, not only emotionally but also nutritionally. The concept of urban agriculture explores this idea of growing crops year-round within various urban spaces. Urban agriculture itself refers to the practice of growing food within an urban environment (e.g. a city, community garden, or indoor greenhouses) with an emphasis on using the crops grown for human consumption. In Winnipeg we have many examples of urban agriculture, and despite not being as well-known as they should, they all play equally important roles in community building, eliminating food insecurity, and promoting healthier diets.

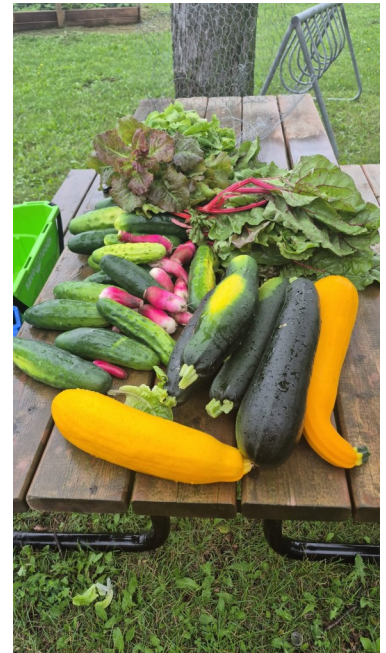
Within the city there are many outdoor community gardens, such as the Rainbow Community Garden, which provide new-coming families with plots where they are assisted in growing and cultivating their own choice of crops. These outdoor gardens typically

run during the summer months. However, the programs that run the projects often continue into the winter season. For example, the Rainbow Community Garden is offering a winter program running from November until March which includes djembe drumming, healthy eating, and Canadian life skills sharing. Projects such as these help new families adjust to a new lifestyle, learn more about Canadian culture, as well as sustain their own cultures and identities.

A much closer example of urban agriculture is the recent Community Garden program which utilized unused plots of land around our very own St. Paul's College to grow and harvest a variety of produce and herbs. The project was a tremendous success, with many participants benefiting not only from the fresh produce, but also from the chance to grow together as a community. Participants set up their own plots complete with soil provided by the U

of M's Physical Plant centre, collected seedlings from the Agriculture Greenhouses, and used supplies such as plywood and metal cylinder sheets to build garden boxes. Excess produce was never wasted, with many vegetables either being donated to the college or given to other students. In fact, many harvested plants were able to be fully used (fruit and leaves), a specific example being bell peppers (their leaves are edible).

Community gardens are a wonderful way for people who may not have access to a backyard or green space due to current living situations to be able to cultivate a garden of their own. It provides a safe space and a community for people to work together towards common goals of growing nutritious produce and taking part in physical outdoor activity. Green spaces, especially community-based ones, are a terrific way to improve your mental and physical wellbeing!



Produce harvested from the garden at St. Paul's College

Our Neighbour

Jablue Floorer

God teaches that all people have an obligation and a commitment to help those in need. This applies especially to our neighbours. While our neighbours may not always live physically close to us, they are always close in spirit and must be shown respect. We as people have a responsibility to help our neighbours whenever they are in need, even ones that are far away from us. People must be able to understand that distance is never truly a boundary to how people can love each other and support one another.

A core issue that is prevalent in the world today is alienation. While there are many different types of alienation, one that affects people as neighbours is people-alienation. The belief that certain groups must stick together and that they are the only ones that are there for each other is a major problem in the world. People should see that groups do not

matter as we are all children of God and should be able to respect and help one another. In this way, our neighbour is anyone who is human since it does not matter what country they may live in or what they may look like, we all have an obligation to each other. It is easy to believe that the only neighbours we have are those who live next to us, but there is more to it than that. People who are living in poverty only 10 minutes away from us are still our neighbours, and so are those who live 10 hours away. While the people who live next to us may be better known to us, they are not the only ones that matter.

We as a people have a responsibility to help and provide for our neighbours whenever they are in need. This goes for those who live close to us and our neighbours who may live across the world. When a call for help is put out, people should treat it like it is

happening right beside them. The reason for this is that our circle of people physically close to us may be small, but there are always more people in the world who can provide for us when in need. If everyone around the world viewed each other as being their neighbour, there would be much less suffering in the world as we would have a deeper commitment to one another.

Respect is another responsibility that people have to their neighbours, and it is fundamental to a just and loving society. When we look at our neighbours, we should not view them as strangers but as family. We are all living in the same world, regardless of where we might be. People may look different from us or have a different culture, but we are more closely related than we are different. If we can grow to respect people, a greater understanding of each other and the importance we

place on certain practices can be achieved. It can also promote less conflicts in the world since countries would not see each other as enemies or separate bodies that need to keep their borders up, but as neighbours who are always ready to lend a helping hand.

Being a good neighbour is not as simple as lending sugar to the house next door; it involves so much more. A good neighbour is someone who sees everyone in the world as their neighbour and is ready to lend a helping hand in whatever they may need. This promotes a culture of kindness and understanding in the world and creates less of a divide between people. While those who are physically closest to us may know us the best, people across the world or even on the other side of the city may be begging for help, and it is our responsibility as neighbours to help them.

Is Kindness the new Punk-Rock?

Owen Kochanski

Look! Up in the sky! It's a bird, it's a plane, it's... another Superman movie, or is it?

Since his first appearance in "Action Comics #1," Superman has become the epitome of a costumed adventurer and has cemented himself as an icon in pop culture, yet since his first appearance in 1938, not much has changed in terms of the character's origins or boy scout character (aside from a few darker interpretations like *Injustice*). Like many people, when the relatively unknown David Corenswet was announced in James Gunn's reboot of the DC cinematic universe, I was skeptical about the replacement of Henry Cavill and Corenswet's ability to portray the Man of Tomorrow in a way that felt new and respectful to the rich heritage of the character. As the

release date for the movie loomed closer on the horizon and the official trailer for the movie dropped, like many I found myself becoming more and more excited for the movie's release and the chance to see a hopefully fresh and original take on the character.

I still held onto some of my doubts as the lights went low and the feature presentation started. However, as soon as the movie started, I realized just how wrong I was to doubt this film. I was blown away and at times moved to tears while watching it, and I truly remembered, like many of the movie's audiences, why Superman holds a special place in our hearts. Corenswet seamlessly blended the dual identities and personalities of Clark Kent and Superman with a well-timed comedic charm that, along with his

super-powered canine Krypto, helped cultivate the light-hearted moments of the film. The A-list cast also embodied their roles perfectly, from Nicholas Hoult (Lex Luthor) and Rachel Brosnans (Lois Lane) to the side characters like Nathan Fillion (Guy Gardner/Green Lantern). Most importantly, the movie succeeded in portraying Superman in a way that almost seemed to be forgotten—a symbol of hope. From saving people and squirrels to the epic version of the classic Superman march theme, Superman was not portrayed as the familiar trope of a "god among men", but as a man from Kansas trying his best to be a friend to those in need. The now famous line from the movie, "Kindness is the new punk-rock," showcases this refreshing take on Superman

perfectly and sends an important message to the audience that kindness and hope still have a place in today's world and its Superman.

For audiences looking for a movie with a great cast and plot and for those who want to leave a theatre truly believing that a man can fly, James Gunn's *Superman* is your next Friday night movie!

Introduction to Formula 1

Fasanmi Oluwatomileye

Formula 1 has been a pinnacle of motorsports for the past 75 years with over 1146 races held across 34 countries. Starting out with only 7 races, 22 drivers, and 14 teams, the sport has grown to be enjoyed by over 827 million fans worldwide.

Here are a few facts about F1 that every beginner fan should know as of 2025:

The governing body of Motorsports is known as the FIA. They are responsible for setting regulations, regulating races, ensuring safety, and handing out super licence points.

The teams in order of constructor standings are McLaren, Mercedes, Redbull Racing, Ferrari, Williams, Racing Bulls (sub-team of Redbull Racing), Aston Martin, Haas, Kick Sauber, and Alpine. Of these teams, Ferrari is the only one which has been in F1 since the beginning.

Some of the leading drivers in F1 are: Lando Norris (McLaren), Oscar Piastri (McLaren), Max Verstappen (RedBull Racing), George Russell (Mercedes), Charles Leclerc (Ferrari), and Lewis Hamilton (Ferrari). Like

footballers and other athletes, the drivers are also given the opportunity to pick their number. In F1, these numbers range from 2 – 99 with the exemption of 17 which is retired and 1 which is reserved for the World Champion.

At the end of every season, the driver with the highest number of accumulated points is awarded the title of "World Drivers' Champion" (WDC). On the current grid there are only 3 drivers who have been awarded this title: Lewis Hamilton (x7), Max Verstappen (x4), and Fernando Alonso (x2). This year the WDC is between Lando Norris and Oscar Piastri, who was leading the championship before the summer break.

A typical race weekend starts off with 3 practice sessions which take an hour to complete. However, during sprint weekends there is only 1 practice session. Teams use the practice session as an opportunity to test out new upgrades made to the car, give drivers the opportunity to learn the track, and collect vital information for analysis. Following the practice session is qualifying, which is divided into 3 stages: Q1 (18 minutes)

where only the top 15 move forward, Q2 (15 minutes) where only the top 10 proceed, and Q3 (12 minutes) in which the driver with fastest lap time gets pole position. Then follows the main purpose of the weekend—the race. An F1 race takes about 2 hours, with the teams and drivers given the opportunity to make 2 pit stops to test out various strategies and to switch out tires and broken parts. Fun fact: the longest race was the 2011 Canadian Grand Prix which lasted 4 hours 4 minutes and 39 seconds with 6 safety cars and red flags.

Speaking of flags, there are 10 different flags that one will typically see marshals waving in F1. The green flag signals that all is clear while the red flag signals the stopping of a session. There are also many flags that signal hazards such as the yellow flag (signal of danger on the track), the yellow flag with red stripes (deterioration in track grip levels), and the white flag (slow vehicle ahead). Certain flags also indicate when a driver has broken a rule such as the black flag (driver disqualification), and diagonal Black and white flag (tells a driver that they have been marked for un-

sportsmanlike behaviour). The remaining flags are the blue flag (driver is about to be overtaken, meaning changes based on conditions), the code 60 flag (speed limit of 60), the black flag with orange disc (driver car has mechanical problems), and the famous chequered flag (end of the session).

During the race weekend, teams are also tasked with deciding which tires are the best to be used for optimal results there are 5 different tires supplied by Pirelli that may be used depending on track conditions: soft (red), medium (yellow), hard (white), intermediate (green), and wet (blue). The soft, medium, and hard tires are more commonly used. Their compounds range from C1 to C6 from which teams are required to pick 3.

For the past 75 years, Formula 1 has relentlessly prioritized evolution and innovation with the help of the drivers, analysts, engineers, team principals, and fans. The ideas continuously shared and refined by team members build a sustainable and dynamic sport that will be enjoyed for generations to come.

Depression Mac' and Cheese

Serena Soc

What is better than warm carbohydrates covered in crispy, cheesy-saucy goodness? Nothing. That is why the first installment of Pauly's recipe is a simple, delicious macaroni and cheese dish that is sure to give you enough nutrition and energy to help you scrape your way through exam season! Whether it is your first Thanksgiving weekend away from family, or running on no sleep after a 3-day bender with an 8:30 AM class the next day, or a weeks-worth of bed rotting and living off Halloween candy, this is the perfect recipe for you!

Although many find cooking intimidating, it really helps to have some pantry staples readily available to make a multitude of dishes. Pauly recommends buying big containers of these ingredients:

- **Salt and pepper**

- **Garlic and/or onion powder** (seasoning salt or multipurpose seasonings work well to flavour the bland, 6th-day chicken and rice dish you meal-prepped to avoid eating out)

- The cheapest bag of **flour** you can find. Pauly does not mean the smallest, get a large, reasonably priced bag, especially on clearance! Most, if not all flours, can be used interchangeably for these recipes.

- **Milk** (if you are not a huge milk drinker, a 1-L carton should be good for 1-2 people for a month)

- **Cheese** (Pauly would recommend buying a big block of cheese and shredding it yourself to save coin, rather than taking the shameful, pre-shredded cheese route, but Pauly gets lazy and depressed too, so use whatever cheese your ancestors command you to)

- **Butter**. Need Pauly say more? Margarine also works, but Pauly prefers clogged arteries.

- **Pasta**. Macaroni is the classic shape, but you can get a 2.5 kg bag of pasta for cheap at the right places, and Pauly says they all feel the same when your tastebuds are fried off from inhaling flavoured air every 5 minutes.

The materials you need to have are a stove, oven (toaster oven could also work), a pot (with lid), wooden spoon or spatula, will to live, an OVEN-SAFE casserole dish, and oven mitts. You can also make it without all these items, but do not blame Pauly if it tastes like a horse ate a used toilet paper and spit it out.

Directions (Pauly will try to make this simple). Also, Pauly does not believe in measuring because why would you want to dirty more dishes? Pauly has ancestors that will tell them when to stop.



1) Fill a pot halfway through with water and cover it with the lid, then heat on the stove on high until the water starts to boil. (should take at least 20 minutes)

2) Remove the lid when it starts to boil and add more salt than the Dead Sea. Then add your pasta. Don't be stupid and add a whole bag into a small pot. Use around half of a box for a single serving and do the math from there.

3) Follow the directions on the pasta package for cooking times and then drain. If you do not have a strainer/colander, take your oven mitts and with the pot lid slightly open, dump out most of the water. Do not waste any noodles, it is fine if there is still a little water in the pot, it will either evaporate or mix into the sauce anyways, plus it helps to moisten the noodles. Place noodles in your casserole dish while you make the sauce (yes, this is basically a one-pot dish).

Note: The steam from dumping is a nice little facial, just close your eyes and don't burn your hands.

4) With the stove on medium heat, add roughly a quarter cup of butter. I say roughly because: A. you can never have too much butter, and B. it should be more than 2 tablespoons but less than half a cup. (half of a small stick or 1/8 of a big stick)

5) When the butter is melted, add 2 heaping tablespoons of flour. Pauly has made this so many times that I just sprinkle the flour in until it is enough, but for the newbies I included measurements.

6) Stir or whisk the flour and butter together until it is cohesive, and continue cooking until it stops smelling like flour, is slightly a darker beige than when you started, gets thicker, and smells like a chocolate chip cookie (stay tuned for next edition's recipe). Add your seasonings and continue stirring.

7) Add 2 cups of milk or just enough to cover the butter-flour mixture which is called a roux (Wow. Fancy and French, I know) and stir to combine.

Pro-tip: You can always add more later, so it is always good to use less initially than too much. This also works in life, underachieving to lower people's expectations and making it easier for yourself down the road. If not, people start expecting too much from you, then you are stuck rotting in bed, paralyzed by fear and anxiety.

8) When it starts to bubble a bit and looks thicker, like a sauce (it should not be runny, but not thick like paste, almost between the viscosity of ketchup and mayo), add your cheese. Pauly adds a lot of cheese. Pauly is also lactose intolerant, so Pauly keeps adding cheese.

9) Mix your pasta in with the sauce and dump the mixture into the casserole dish. If you are a heathen, you can just skip the casserole dish and baking step to eat it out of the pot, (no shame in this, Pauly has been there).

10) Top with more cheese and bake/broil/toast at a higher heat than 400°F until the top is toasty, light brown for at least 10 minutes, but no more than 20. Don't burn it, or else Pauly will cry.

Pro-tip: SET TIMERS! Especially if you have ADHD.

Finally, you have a filling, delicious, and comforting macaroni and cheese fit for binge watching Netflix shows and getting over your hangover or impressing your significant other and their family (I guess?) if their standards are that low.

Note: Pauly listens and does not judge. Cheese-covered anything is always a win in my books. So, enjoy this meal, don't burn your mouth, and Bon Appetit!

Dilexi Te: Pope Leo's First Apostolic Exhortation

Thomas Bernardin

On October 9th, 2025, Pope Leo XIV released his first written work, an Apostolic Exhortation titled "*Dilexi Te*," Latin for "I have loved thee." The document derives its title from Apocalypse 3:9 and was started by the late Pope Francis and completed by Pope Leo, although the credited authorship has been entirely given to the current pontiff. This document is solely concerned with the poor, their dignity, and their treatment in all historical periods with an obvious emphasis on today's world. Within the five chapters many topics are discussed which aid in the moral formation of all Catholics today.

In Chapter One, the document outlines the various types of poverty, stating that a lack of material goods is not all that it constitutes. It is written that the forms are "the poverty of those who lack material means of subsistence, the poverty of those who are socially marginalized and lack the means to give voice to their dignity and abilities, moral and spiritual poverty, cultural poverty, the poverty of those who find themselves in a condition of personal or social weakness or fragility, the poverty of those who have no rights, no space, no freedom" (*Dilexi Te*, Pg. 2). Pope Leo then states that poverty is not a choice of the individual, but a set of circumstances given to them.

In Chapter Two, Pope Leo goes through the entirety of scripture, focusing on Jesus' public ministry

with a particular emphasis on how Our Lord chose to enter the world in poverty and to live his life having less. The document then states that "one cannot love God without extending one's love to the poor" (Pg. 5).



In Chapter Three, Pope Leo explains the historical actions of the church towards the poor. He then further explains the teachings of St. John Chrysostom, St. Augustine and St. Basil. This chapter is especially important as it lays out something that is entirely missing in today's treatment of the poor and it is that "The Christian tradition of visiting the sick, washing their wounds, and comforting the afflicted is not simply a philanthropic endeavor, but an ecclesial

action through which the members of the Church 'touch the suffering flesh of Christ.'" (Pg. 8).

In Chapter Four, the official teachings regarding the poor, especially those outlined in the Second Vatican Council and other

Lastly, in Chapter 5, practical applications for the rightly ordered treatment of the poor are outlined. Pope Leo emphasizes the absolute need of almsgiving, employment, and spiritual formation for the poor. He then concludes the document with an inspirational and timeless message, that Jesus loves everyone.

Since the document was released, there have been varied receptions. Traditionalists in the church have widely claimed that the document is out of touch in the wake of greater societal and ecclesial issues such as political extremism in the United States, doctrinal disunity, and liturgical suppressions of the Traditional Latin Mass. Liberals in the church appreciated this document as it had treated the issues of the marginalized in society, the importance of women, and immigration.

Dilexi Te is the first document written by Pope Leo XIV in his expectedly long papal reign. Although early, it is clear that Pope Leo is concerned with social justice and the spreading of the gospel through the Catholic faith. The document is best summarized in a quote from the first chapter: "The fact that some dismiss or ridicule charitable works, as if they were an obsession on the part of a few and not the burning heart of the Church's mission, convinces me of the need to go back and re-read the Gospel, lest we risk replacing it with the wisdom of this world."

A Note From The Editor

William O'Donnell - Editor

Welcome to *The Paulinian's* Fall 2025 Issue! This marks the first issue of *The Paulinian* since March of 2024. *The Paulinian*, under various names, has been published since 1941. This 84-year-long history has seen the coverage of events as varied as the Second World War to the removal of our college voting rights in UMSU, and opinion pieces as divisive as "Catholic and Socialist are Contradictory Terms."

This year our paper features a fresh set of writers, who in many cases are making their first con-

tributions to this newspaper. In fact, this is my own first time as the lead editor of a newspaper, having previously worked as a writer and layout editor for my high school's newspaper.

I hope that this issue of *The Paulinian* has proven to be a worthwhile read, and alongside Assistant Editor, Sawyer Ramsay, I hope you'll be back when our next paper comes out in the Winter Term.

William O'Donnell,
Editor of *The Paulinian*

Image Credits:

Our New Chancellor: Ritch Balute

Pet of the Edition: Ryan Waller

Urban Agriculture: Uche M Nwankwo

Dilexi Te:

Healing at the Pool of Bethesda Carl Heinrich Bloch (1883)

Staff of *The Paulinian*:

William O'Donnell - Editor

Sawyer Ramsay - Assistant Editor

Serena Soc - Volunteer Editor

Thank you to all our contributors! We hope you'll write again for our next edition!