

FREE!!!

Palau Community College



MESEKIU'S NEWS



Friday, September 30, 2016

Weekly Newsletter

Volume 18, Issue 40

Induction Ceremony for New Student Trustee & ASPCC Officers



PCC Board of Trustees Chairman Masa-Aki N. Emesiochl (second from right, back row), PCC Vice President of Administration & Finance Jay Olegeriil (far left, back row), PCC Dean of Students Sherman Daniel (far left, front row), and PCC Dean of Academic Affairs Robert Ramarui (far right, back row) with the newly sworn-in ASPCC Officers/Senators and Student Trustee

On Wednesday, September 21, 2016 an induction & swearing-in ceremony for the new Student Trustee & Officers/Senators of the Associated Students of Palau Community College (ASPCC) was held at the Assembly Hall of Palau Community College (PCC). Attending the ceremony were the college staff, faculty, and students as well as family members & friends of the student leaders.


The ceremony began with welcoming remarks from PCC Vice President of Administration & Finance Jay Olegeriil. On behalf of the college administration, Vice President Olegeriil welcomed the new Student Trustee & ASPCC Officers/Senators to the college leadership team. He emphasized on the significance of their roles as student leaders, especially in promoting the welfare of the student body. PCC Vice President Olegeriil expressed the willingness of the college to work with ASPCC in support student activities. ASPCC, CONTINUED ON PAGE 4

Tuesday Night Dorm Program

On the evening of Tuesday, September 27, 2016 the dormitories of Palau Community College (PCC) hosted a program for its students. The Tuesday Night Program focused on the causes and prevention of non-communicable diseases (NCDs). Led by Dietician Yu Ting Chou, staff members from the Non-Communicable Diseases Unit of the Belau National Hospital conducted health examinations on the students in order to assess their blood pressure levels. In addition, Dietician Chou and the NCD Unit Staff advised the students on how to manage their salt & sugar levels in order to avoid NCDs. Posters highlighted foods that contained high levels of sodium and sugar. The PCC Dorms' Tuesday Night Programs are held twice every semester. They are opportunities for the dormitory students to learn about subjects outside of the classroom, such as health-related topics, or engage in events that promote social interactions between the students.



Dietician Yu Ting Chou (standing) checking the students' blood pressure levels

 **HAPPY INDEPENDENCE DAY, PALAU!**
from the PCC Board of Trustees, President,
Administration, Faculty, Staff & Students

Palau Community College is an accessible public educational institution helping to meet the technical, academic, cultural, social, and economic needs of students and communities by promoting learning opportunities and developing personal excellence.

Unofficial Ballot Count: Palau Primary Elections

PRESIDENT:

	Tommy E. Remengesau, Jr.	Antonio Bells	Surangel Whipps, Jr.	Sandra S. Pierantozzi
Koror	1,275	59	929	332
Airai	248	7	410	79
Bab/Iou	2,241	173	1,646	246
TOTAL	3,764	239	2,985	657

VICE PRESIDENT:

	Yositaka "Yosi" Adachi	Raynold "Arnold" Oilouch	Mlib Tmetuchl
Koror	936	1,108	542
Airai	177	247	307
Bab/Iou	1,246	2,197	845
TOTAL	2,359	3,552	1,694

Blue Bay Donates to PCC Fundraiser

On Monday, September 26, 2016 Palau Community College (PCC) received a donation of \$3,000 from Blue Bay Petroleum Incorporated in support of its fundraising efforts. The donation was presented by Blue Bay Palau Station Manager Ralph Moses and received on behalf of the college by ASPCC Sophomore Representative Harriencia E. Blesam. PCC would like to recognize and thank Blue Bay Petroleum Incorporated for its support over the years! For more information about the 2016 PCC Thanksgiving Endowment Fundraising Event, please contact the PCC Development Office at (tel): 488-2470/2471 ext. 251, 252, or 253.



ASPCC Sophomore Representative Harriencia E. Blesam (left) receiving the donation from Blue Bay Petroleum Incorporated Palau Station Manager Ralph Moses (right)

Improve Your SES with a College Degree

contributed by CPH Instructor J. Maireng Sengebau



Health and Wellness

Socioeconomic Status (SES) is often measured as a combination of education, income, and occupation. It is commonly conceptualized as the social standing or class of an individual or group (APA, 2016).

This means that higher education → bigger paycheck → better job = higher social standing or SES. In other words, PURSUE HIGHER EDUCATION. The higher your education level, the higher pay you will receive. You will also open yourself to more job opportunities. This will allow you to choose a career path that you enjoy or that will provide you with security and/or good benefits.

Higher education begins at colleges or universities. In Palau, higher education begins at Palau Community College (PCC). As students, you have taken the first step towards a higher SES by enrolling at PCC. The next step would be to complete your courses and graduate. And you are well on your way towards improving your SES! Improved SES, continued on page 3

Fall 2016 Data Regarding Enrollment

Currently, a total of five-hundred-and-eighty-seven (587) students are enrolled in the 2016 Fall Semester of Palau Community College (PCC). This number includes students from the Republic of Palau, the United States of America (USA), the Philippines, the Federated States of Micronesia (FSM), the Commonwealth of the Northern Mariana Islands (CNMI), Guam, and the Republic of the Marshall Islands (RMI). The following is a breakdown of the enrolled students according to their ethnicity: Chuuk - 11, CNMI - 1, Guam - 3, Kosrae - 11, Palau - 426, Philippines - 3, Pohnpei - 36, RMI - 19, USA - 19, and Yap - 58. In total, one-hundred-and-seven (117) students from the Federated States of Micronesia are currently enrolled at the college with nineteen (19) students from the Republic of the Marshall Islands. Palau Community College is committed to the promotion cultural understanding by encouraging diversity within its student body.

BITS AND PIECES...

Tan Siu Lin PCC Library

Hours of Operation

Monday to Thursday 7:30AM - 7PM
 Friday 7:30AM - 5PM
 Saturday 9AM - 6PM
 Sunday CLOSED

For more information, call:
 488-3540.

AVAILABLE TO INTERESTED READERS:

DISCOVER MAGAZINE



"Take an exciting adventure with Discover Magazine as it reports captivating developments in science, medicine, technology, and the world around us. Spectacular photography and refreshingly understandable stories on complex subjects connect everyday people with the greatest ideas and minds in science."

Academic Calendar: Fall 2016

October 03-07 (M-F)

Mid-Term Examination Period

October 21 (F)

Last Day for All Withdrawals

October 27 (TH)

Spring 2017 Pre-Registration

December 02 (F)

Last Day of Instruction

News/Stories Wanted

Mesekiw's News welcomes stories/articles/announcements from students, faculty, and staff. Submission deadline is Wednesday at 4:30 p.m. in hard and/or electronic copies to tchuziet@palau.edu or tchuziet@gmail.com.

Articles from MOC/PCC Alumni are also welcomed.

Please call 488-2470/2471 (extensions 251, 252, or 253) for more information.

Improved SES CONTINUED FROM PAGE 2

Another good reason to get your college degree is that, in theory, education can affect health outcomes either directly or indirectly. Education may have a direct effect on health and healthy behaviors. This is because people may learn about the consequences of unhealthy behaviors at school, such as lessons taught in college health classes. Also, educated people tend to grasp the basic consequences of unhealthy living even if they do not understand the complex biology behind it.

Education may also have indirect effects on health. Educated people tend to have secure, higher paying jobs that help them afford healthier food selections and lifestyle choices, such as gym memberships or home gym equipment (Woolliscroft, 2013). Nowadays in Palau, healthy eating is an expensive choice. Yogurt, milk, olive oil, almond nuts, and fresh fruits are NOT cheap. Even chicken is cheaper than fish!

Pursue higher education and get that college degree so you can elevate your Socioeconomic Status (SES), protect your health, and invest in your children's health & futures!

If you are an "UNDECLARED" student or you are thinking of changing your major, please see Instructor J. Maireng Sengebau at the Community & Public Health (CPH) Office - KSID Building. The CPH Program will help you get your college degree and improve your SES, the CPH way.

References:

American Psychological Association (APA), *Education and Socioeconomic Status Factsheet*, 2016
 Woolliscroft, Chris. *Access Economics*, Oct. 25, 2014

8TH EUROPEAN FILM FESTIVAL IN PALAU

October 03-06, 2016

Screening Time is 6PM - 8PM

PCC Assembly Hall

ENJOY an array of movies from the different countries of Europe ranging from adventure to thriller to drama. **FREE ADMISSION!**

MOVIE TITLE	DATE	TIME
Brothers of the Wind	OCTOBER 03, 2016 Monday	6:00PM
Normal: The Dusseldorf Ripper	OCTOBER 03, 2016 Monday	8:00PM
Les Souvenirs (Memories)	OCTOBER 04, 2016 Tuesday	6:00PM
Jack	OCTOBER 04, 2016 Tuesday	8:00PM
Blancanieves (Snow White)	OCTOBER 05, 2016 Wednesday	6:00PM
L'Uomo che verra	OCTOBER 05, 2016 Wednesday	8:00PM
Sonny Boy	OCTOBER 06, 2016 Thursday	6:00PM

**AUSTRIA | CZECH REPUBLIC | FRANCE
 GERMANY | ITALY | NETHERLANDS | SPAIN**

PCC CAMPUS PROFILES

PCC GUESS WHO!

RULES: GUESS THE STAFF MEMBERS FEATURED IN THE PHOTOGRAPH BELOW AND WIN A PRIZE COURTESY OF THE PCC DEVELOPMENT OFFICE. ALL STUDENTS ARE ELIGIBLE TO ATTEMPT THIS CHALLENGE.



Palau Community College (PCC) has continued to strive because of the dedication & commitment of its employees. The photograph above features four (4) staff members who have been employed at the college for many years. If you could name the four (4) employees, PCC Director of Development Tchuzie Tadao will gladly present you with a reward. All students (except the students who are working for the PCC Development Office) are eligible to attempt this challenge. Please visit the PCC Development Office to submit your answer or call (tel): 488-2470/2471 ext. 251, 252, or 253 for more information. An answer will be featured in the next issue of the college newsletter!

ALUMNI NOTES

LYNN LEEMREY THARNGAM

(Class of 2015)

ASSOCIATE OF APPLIED SCIENCE - OFFICE ADMINISTRATION



Lynn graduated in 2015 with an AAS Degree in Office Administration. She currently works as a Secretary for the PCC Academic Affairs Office. Previously, Ms. Tharngam worked as a Cashier for the NECO Plaza Convenience Store. She plans to continue her education in the field of business.



Mesekiu's News

Palau Community College

P.O. Box 9 Koror, Palau 96940

ALUMNI NOTES showcases MOC & PCC alumni who are positive role models and contribute to the quality of life in their local communities.

If you are that Alumna/Alumnus or know someone who is, please contact the PCC Development Office at telephone numbers 488-2470/2471 (extensions 251, 252, or 253).

We would like to feature you in future *Mesekiu's News* issues.

ASPCC CONTINUED FROM PAGE 1

PCC Dean of Students Sherman Daniel followed with an introduction of the student leaders. He was followed by the administration of the Oaths of Offices for the Student Trustee and ASPCC Officers/Senators. The Oath of Office for the ASPCC Officers was administered by PCC Vice President Olegeriil. PCC Board of Trustees Chairman Masa-Aki N. Emesiochl led the new Student Trustee with her Oath of Office.

ASPCC President Julianne P. Brechtefeld was given the honor of speaking on behalf of the student body leadership. She recognized the diversity of the student population. To her fellow student leaders, ASPCC President Brechtefeld encouraged unity through a willingness to represent & support the needs of every student at the college. The purpose of the association is to support the general welfare of the student body.

Closing remarks were given by PCC Board of Trustees Chairman Emesiochl. He congratulated on the student leaders on behalf of the PCC Board of Trustees and welcomed them all to their new roles.

Celebrating Birthdays

Jade S. Kloulechad		October 02
Bellarmino Fagolur		October 04
Ann Sabra Ngirarorou		October 06

HAPPY BIRTHDAY!

VACANCY ANNOUNCEMENT

- (1) Instructional Assistant - Construction Technology
(Academic Affairs Division)
salary range: \$8,991 - \$15,378 per annum
- (2) Air-Conditioning & Refrigeration Instructor
(Academic Affairs Office)
salary range: \$16,010 - \$28,280 per annum
- (3) Maintenance Technicians (4)
(Administration Department - Physical Plant)
salary range: \$8,155 - \$13,948 per annum
- (4) Library Assistant
(Tan Siu Lin PCC Library)
salary range: \$6,086 - \$10,408 per annum
- (5) Twenty-Three (24) Part-Time Tutors
(Talent Search Office)
salary range: \$400 - 1,200 per annum

For application forms and information, contact Harline Haruo at the PCC Human Resources Office at 488-2470/2471 extension 227, or e-mail: hr@palau.edu, or download forms at <http://pcc.palau.edu>.

"PCC is an Equal Opportunity Employer."

PCC Endowment Fund

INVEST IN THE FUTURE

OF OUR STUDENTS, OUR COLLEGE, AND OUR NATION

To SUPPORT, CONTACT US TODAY!

P.O. BOX 9 Koror, Palau 96940

Phone: 488-2470/2471 (ext. 251/253)

e-mail: tellei@palau.edu

If you want to join the Bi-Weekly Allotment Program, contact us NOW!

FIND PCC ONLINE FOR MORE INFORMATION



<http://pcc.palau.edu>



Palau Community College - PCC

stamp here