

FREE!!!



# Palau Community College

## MESEKIU'S NEWS



Friday, January 13, 2017

Weekly Newsletter

Volume 19, Issue 02

### Palau Community College Locally Produced Milkfish Fry

contributed by the Palau Community College Cooperative Research & Extension (PCC-CRE)



Milkfish eggs that were delivered to the PCC Multi-Species Hatchery in Ngermetengel, Ngeremlengui State

In support of Palau's aquacultural development in the area of commercial farming, the Cooperative Research & Extension of Palau Community College (PCC-CRE) recently implemented a project that supports the local production of milkfish (*Chanos chanos*). Milkfish (known as "aol" in Palau) seeds are imported from outside sources. By establishing a local source for milkfish seeds, PCC-CRE can guarantee that local commercial fish farms continue in support of Palau's economy.

The project was implemented in September 2014 with funding from the College of Micronesia (COM) Land Grant Program and the Center for Tropical and Subtropical Aquaculture (CTSA) based in Hawaii. It is also being conducted in collaboration with the Oceanic Institute of Hawaii Pacific University, Shallum Etpison (SE) Aquaculture, and the *Ngerdubech* Corporation that operates a milkfish farm in Ngatpang.

The project began by installing a cage stocked with forty-four (44) pieces of milkfish brood in Ngatpang. MILKFISH, CONTINUED ON PAGE 3

### Taiwan Scholarships Now Open

Two scholarship opportunities supported by the Republic of China (Taiwan) National Government are now accepting applications. The 2017 Ministry of Foreign Affairs (MOFA) Taiwan Scholarship is receiving applications until March 31, 2017. The 2017 MOFA Taiwan Scholarship aims to encourage outstanding international students to study in Taiwan in order to promote bilateral exchanges and friendships as well as diplomatic ties. This scholarship will be awarded to students who are interested in studying in a language enrichment program, undergraduate degree, masters degree, or doctoral degree programs. The scholarship will award a monthly stipend to students accepted into the language program or degree programs. Recipients will also be provided with one-way, economy class tickets for direct flights to and from Taiwan. Interested applicants must submit the following documents to the Republic of China Embassy in Palau: a completed application form, a copy of passport or other documents that prove nationality, a copy of the highest educational diploma or degree, documents that certify that education institution is affiliated with Mandarin training, and a copy of the Test of Chinese as a Foreign Language (TOCFL) results. ROC, CONTINUED ON PAGE 3

*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.*

## Spring 2017 New Student Orientation



*PCC Mathematics Instructor Jesna Nissam (standing at podium) introducing the new students to the STEM Disciplines Program*

Palau Community College (PCC) held its New Student Orientation for the 2017 Spring Semester on Monday, January 09, 2017. All new students registered for the upcoming semester were required to attend the orientation. The orientation was an opportunity to introduce new students to the learning services and academic programs available at the college as well as assisting the new students with completing the necessary documents for enrollment.

The orientation began with welcoming remarks from PCC President Dr. Patrick U. Tellei. PCC President Tellei welcomed all the students and thanked the students for choosing PCC as the next step in their educational paths. He encouraged the students to find balance between academic studies & personal commitments. Without balance, the students would not be able to fully experience college life. President Tellei also advised the students to take advantage of the learning services available at the college and to ask for assistance when needed. He also advised the students to find a grit in their every day commitment by making an effort to attend all their classes.

President Dr. Tellei was followed by PCC Dean of Students Sherman Daniel who introduced the student services provided at the college. He encouraged the students to take advantage of the resources available at the Learning Resource Center (LRC), such as peer tutoring, and to keep an open communication with their counselors at the Student Life Unit. PCC Mathematics Instructor Jesna Nissam followed with an introduction to the PCC Science, Technology, Engineering & Mathematics (STEM) Disciplines Program.

The orientation continued with a tour of the campus, meetings with the counselors from the PCC Student Life Unit, and a financial aid session.

## WATER AND ASPIRIN preventing heart attacks

information courtesy of <http://www.mayoclinic.org>

Gravity holds water in the lower part of your body when you are upright (legs swell). When you lie down and the lower body (legs, etc.) seeks level with the kidneys, it is then that the kidneys remove the water because it is easier.

### CORRECT TIME TO DRINK WATER FOR MAXIMIZED EFFECTIVENESS ON THE BODY

2 GLASSES after waking up helps activate internal organs

1 GLASS of water 30 minutes before a meal helps digestion

1 GLASS of water before taking a bath helps lower blood pressure

1 GLASS of water before going to bed avoids stroke or heart attack

Most heart attacks occur in the day, generally between 6AM and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened.

If you take an Aspirin or a Baby Aspirin once a day, take it at night. Aspirin has a 24-Hour "Half-Life." Therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system when taken at night.

Aspirin lasts for a very long time in your medicine cabinet. When it gets old, it smells like vinegar.

Why keep Aspirin by your bedside?

There are other symptoms of a heart attack besides the pain on the left arm. One must also be aware of an intense pain on the chin as well as nausea and lots of sweating. However, these symptoms may occur less frequently.

There may be NO PAIN IN THE CHEST during a heart attack. The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve TWO (2) ASPIRIN TABLETS in your mouth and swallow them down with a bit of water.

Afterwards, CALL 911 or phone a neighbor/family member who lives nearby.

## Dr. Roberts Donates to PCC Endowment

Palau Community College (PCC) would like to recognize Dr. Emais Roberts for his recent donation of \$227.09 in support of the PCC Endowment Fund. The donation will help sustain the future stability and programs of Palau's only institution of higher learning. Dr. Roberts is a General Surgeon who runs the Family Surgical Clinic in Meyuns. He is also the Secretary/Treasurer of the PCC Board of Trustees. PCC would like to thank Dr. Roberts for his generous donation and continued support of the PCC Endowment Fund.



## BITS AND PIECES...

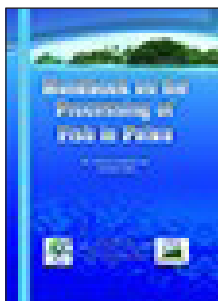
### Tan Siu Lin PCC Library

#### 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:**  
"HANDBOOK ON PROCESSING FISH IN PALAU"  
BY DR. LYDIA MARERO & THOMAS TARO



"Handbook on the Processing of Fish in Palau focuses on the Research & Development Station's efforts on processing local foods that will help Palau create food micro-enterprises. Palau depends mainly on fish as a food source. Processing of fish is needed for self-reliance, rural development, and food security. This book provides information regarding processing fish in Palau to cover these objectives."

### Academic Calendar: Spring 2017

#### January 16 (M)

First Day of Instruction

#### January 16-20 (M-F)

Drop/Add Period

#### January 23-27 (M-F)

ID Card Processing Period

### 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](mailto:tchuziet@palau.edu) or [tchuziet@gmail.com](mailto:tchuziet@gmail.com).

Articles from MOC/PCC Alumni are also welcomed.

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

## Milkfish CONTINUED FROM PAGE 1

After two (2) years, the eggs were fully matured into breeders that started to spawn and successfully produce hundreds of quality milkfish eggs. The eggs were transported to the PCC Multi-Species Hatchery in Ngermetengel, Ngeremlengui State where a series of larval rearing trials was conducted. The larval rearing trial is a simple and reliable technique for milkfish fry (*fry* refers to a fish that has reached a stage where its yolk-sac has almost disappeared and its swim bladder is operational to the point where the fish can actively feed itself) production.

About 80,000 healthy milkfish fry were produced from the eggs within the months of May, October, and December of last year. The highest survival rate that was achieved during development was 46.25%. These milkfish fry are stocked at the fish ponds in Ngatpang State for further monitor & evaluation of their growth and survival during their nursery & grow-out phase.

The establishment of a brood-stock facility and the successful spawning & local production of milkfish fry in Palau informs the public that milkfish farming could become sustainable without relying on seed-stock from sources outside of Palau. The continued collaboration of Palau Community College with the commercial fishing industry of Palau has also provided an opportunity to share the experience, knowledge, and skills on brood-stock management & hatchery techniques for various aquaculture species that are economically important in the country.

## ROC CONTINUED FROM PAGE 1

The 2017 Taiwan International Cooperation and Development Fund (ICDF) International Higher Education Scholarship Program is open to applicants interested in pursuing undergraduate, masters, or doctoral degrees. Sponsored by the Government of the Republic of China (Taiwan), the 2017 ICDF Scholarship is receiving online applications from now until March 17, 2017.

Additional information about the Taiwan scholarships are available at the PCC Development Office (tel): 488-2470/2471 ext. 252 or 253. You may also visit the Embassy of the Republic China or call Second Secretary Jerry Lui (tel): 488-8150/775-8045 for additional information about the learning opportunities.

## Newest Contributor to the PCC Endowment Fund



Palau Community College (PCC) would like to recognize its newest Endowment Fund contributor, Ms. Helenda Oimei. Ms. Oimei currently works for the Office of the Special Prosecutor. She is also an Alumnus of the college. Thank you, Ms. Oimei, for your contribution to Palau's only institution of higher learning! Your donation will help sustain the future stability and programs of Palau Community College.

## PCC CAMPUS PROFILES

### GUESS WHO!

RULES: GUESS THE PEOPLE 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 two (2) administrative members who have been employed at the college for many years. If you could identify the two as well as their current positions/job titles, the PCC Development Office will reward you. 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 next week's newsletter!

## ALUMNI NOTES

### HELENDIA OIMEI

(Class of 2010)

ASSOCIATE OF SCIENCE - CRIMINAL JUSTICE



Helendia graduated from PCC in 2010 with an AS Degree in Criminal Justice. She is a Police Officer under the Palau Bureau of Public Safety. Currently, Ms. Oimei works for the Office of the Special Prosecutor.



### 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.



## SPRING SEMESTER 2017 ONLINE COURSES ORIENTATION SCHEDULE

COURSE	DAY AND TIME	LOCATION
EN 114-2	TUESDAY, JANUARY 17, 2017 at 5:00PM	ONLINE LAB
EN 114-4	TUESDAY, JANUARY 17, 2017 at 4:00PM	ONLINE LAB
HI 259-1	MONDAY, JANUARY 16, 2017 at 5:00PM	ONLINE LAB

Make sure that you have an **ACTIVE EMAIL ACCOUNT** so that you can create a course account when you attend orientation. Check your email account **BEFORE** your orientation schedule to confirm that your password and your account are still active! If your email account has been inactive, please check it **BEFORE** you attend the orientation. If it is no longer active or you forgot your password, create a new account to use for your online course. It is recommended that you use a **GMAIL ACCOUNT** (<https://www.gmail.com>) rather than Yahoo! or MOE Account for your online courses.

### Celebrating Birthdays

Suzette G. Hinojales	January 15
Harline Haruo	January 15
Stephanie B. Nakamura	January 15



**HAPPY BIRTHDAY!**

### VACANCY ANNOUNCEMENT

- (1) Air-Conditioning & Refrigeration Instructor  
(Academic Affairs Office)  
salary range: \$16,010 - \$28,280 per annum
- (2) Maintenance Technicians (4)  
(Administration Department - Physical Plant)  
salary range: \$8,155 - \$13,948 per annum
- (3) Counselor  
(Student Life & Housing Office)  
salary range: \$12,653 - \$19,479 per annum
- (4) Counselor  
(PCC Adult High School)  
salary range: \$12,049 - \$20,607 per annum
- (5) Secretary  
(Academic Affairs Office)  
salary range: \$9,892 - \$17,567 per annum
- (6) Admissions Counselor  
(PCC Admissions & Registration Office)  
salary range: \$12,653 - \$19,479 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](mailto: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](mailto: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