

FREE!!!



Palau Community College

MESEKIU'S NEWS



Friday, February 09, 2018

Weekly Newsletter

Volume 20, Issue 06

Peer Educator Workshop for NCD Prevention



NCD Prevention workshop participants during table-top exercises

On Wednesday and Friday, January 24 and 26, 2018, Palau Community College (PCC) hosted the Peer Educator Training Workshop for Non-Communicable Diseases (NCD) Prevention at PCC Assembly Hall. Professor Atsuko Aoyama and Assistant Professor Chifa Chiang from the Department of Public Health and Health Systems at Nagoya University School of Medicine conducted the workshop to the students of PCC taking Health and Physical Education course (HP) and Ministry of Health, Public Health nurses. The training aims to educate the students and nurses about understanding the concept of healthy dietary habits, develop a positive attitude toward dietary habit improvement, and attain the skills to help others learn about health. Through specific behavioral objectives, participants can explain what NCDs are, list the causes of NCD, explain healthy dietary habits, explain appropriate intake of salt and sugar, and coordinate this workshop. Participants also learned how to prevent NCDs by making lifestyle modifications such as daily exercise, healthy dietary needs, and lessening unhealthy habits (smoking tobacco and drinking alcohol). Professor Aoyama chair the Public Health and Health Systems Department

NCD, Continued on page 3

Adult High School Orientation



Inset: Dean Jefferson Thomas and MOE Director Andrew Tabelual welcoming participants

Adult High School held their orientation on February 5, 2018 at the Palau Community College (PCC) CE Training Room. The orientation began with opening remarks by the Dean of Continuing Education Jefferson Thomas followed by special remarks from MOE Director Andrew Tabelual.

Dean Thomas encourages students and challenges them to study hard and work with the each other, the AHS staff/teachers to make their learning experience more rewarding and beneficial. Director Tabelual added to Dean Thomas' welcoming words and encourage students to work for their own benefit and not to give up. The Adult High Program's goal is to provide an opportunity for adult Palauans to earn a high school diploma and gain valuable occupational skills to improve their lives and expand their choice of careers. The program at the Main Campus at Palau Community College runs on a semester basis.

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.

Financial Aid Pell Grant Sessions, and Orientation

Financial Aid Night Sessions

It is that time of the year for high school seniors to fill out the 2018-2019 Free Application for Federal Student Aid (FAFSA) form, if they are planning to attend the college or university between July 1, 2018, and June 30, 2019. The annual activities for Financial Aid Night sessions will be conducted in the evenings for two hours to meet with the high school seniors and their parents. The Director of Financial Aid, Ms. Dahlia M. Katosang, will meet with high schools seniors and their parents during the evenings to discuss various types of Federal Student Financial Aid Programs and their requirements. During these sessions, financial aid forms including FAFSA will be provided to all seniors and we will assist them in completing the forms. Below is the Financial Aid Night Schedule for all the high schools in Palau.

Date	High School	Time	Place
2/12/2018	Emmaus-Bethania High School	6:00 - 8:00 pm	PCC Assembly Hall
	Belau Modekngai School		
	Palau Mission Academy		
2/13/2018	Palau High School (Last Name: A-M)		PHS Multi-Purpose Building
2/14/2018	Palau High School (Last Name: N-Z)		
2/15/2018	Mindszenty High School		PCC Assembly Hall

Financial Aid Orientation 3 sessions

It is that time of the year again for the PCC Continuing Students to fill out the 2018-2019 Free Application for Federal Student Aid (FAFSA) form, if they are planning to attend the college or university between July 1, 2018, and June 30, 2019. The Director of Financial Aid, Ms. Dahlia M. Katosang, and Financial Aid staff will meet with the students to discuss various types of Federal Student Financial Aid Programs and their requirements, including the new federal updates. During these sessions, financial aid forms including FAFSA will be provided to students and we will assist them in completing the forms.

Below is the Financial Aid Orientation 3 Session Schedule for all continuing students.

Palauan /US citizens with last name beginning from:	Group	Day	Time	Place
A-H	1	Monday (2/19/18)	11-12 NOON	PCC Assembly Hall
I-M	2		12-1 pm	PCC Assembly Hall
N-R	3	Tuesday (2/20/18)	11-12 NOON	PCC Assembly Hall
S-Z	4		12-1 pm	PCC Assembly Hall
Chuuk, Kosrae, Pohnpei, Marshall, Yap	5	Wednesday (2/21/18)	11-12 noon	PCC Assembly Hall
Open: Students who missed their scheduled sessions	6	Thursday (2/22/18)	11-12	PCC Assembly Hall

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:

DWELL MAGAZINE



Dwell is a design and technology brand. It was launched with a magazine in September 2000[3] to bridge the gap between design professionals and enthusiasts by Lara Hedberg Deam with architecture and design critic Karrie Jacobs as its Editor-in-Chief. Current Editor-in-Chief and EVP Content Amanda Dameron joined Dwell in 2008. As Editor-in-Chief of Dwell Media and EVP Content, she directs content across all the company's platforms, extending from print and digital to live events, e-commerce, research, and other ancillary products.

Academic Calendar: Spring 2018

February 05 (M)

Non Instructional Day-No Classes

February 23 (F)

Last Day to Remove Incomplete
Grades for Fall 2017

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.

Newest Contributor to the PCC Endowment Fund



FRANCES MARIE XAVIER



EL'ZEDER ELEDUI

Palau Community College (PCC) would like to recognize its newest Endowment Fund contributors, Ms. Frances Marie Xavier and Mr. El'zeder Eledui. Ms. Xavier is currently working as a secretary at PCC and Mr. Eledui is currently employed at Koror State Government.

Thank you, Ms. Xavier and Mr. Eledui for your contributions to Palau's only institution of higher learning! Your donations will help sustain the future stability and programs of Palau Community College.

NCD, CONTINUED FROM PAGE 1

at Nagoya University Graduate School of Medicine. Professor Aoyama oversees cohort study on obesity, diabetes, and other cardiovascular risk factors in Japan and abroad. She also provides health education, physical exercise programs, and healthy dietary habits. Assistant Professor Chiang is currently a lecturer at the Public Health and Health Systems Department who taught Integrated Medicine and recently published Profile of Non-communicable Disease Risk Factors Among Young People in Palau Vol. 25 and Profile of Non-communicable Disease Risk Factors among Adults in the Republic of Palau: Findings of a National STEPS Survey Vol. 77.

Palau Community College Welcomes New Employee



Queency Tailimepiy

Palau Community College (PCC) would like to welcome its newest employee, Queency Tailimepiy. Mr. Tailimepiy was recently hired as the new Maintenance helper. PCC extends its warmest welcome to Mr. Queency Tailimepiy.



Nomination and Application Forms for International Students interested in the United States Coast Guard Academy is **NOW** available at PCC Development Office. Telephone: 488-2470 ext. 251, 252, and 253

PCC CAMPUS PROFILES



Guess Who! Challenge Winner

Congratulations to the winner of last weeks newsletter challenge "Guess Who!", Mr. Ervin Itiyangmal correctly named all of the people in the last week Mesekiu's News photo which include their job titles. Mr. Itiyangmal received a prize of a \$10 Airtime card for providing the correct answers from the Development Office.

ALUMNI NOTES

AMANDA DAVID

(Class of 2017)

ASSOCIATE OF SCIENCE-BUSINESS ADMINISTRATION



Ms. Amanda David graduated from PCC in May 2017 with an AS Degree in Business Administration. Ms. David is currently furthering her education in Business Administration at Eastern Oregon University.



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.

VACANCY ANNOUNCEMENT

- (1) Math Instructor/ Tutor (2)
(PCC Upward Bound Program Office)
depending on qualifications & hrs,
salary ranges from \$100 - \$200 biweekly
- (2) English Instructor/ Tutor (2)
(PCC Upward Bound Program Office)
depending on qualifications & hrs,
salary ranges from \$100 - \$200 biweekly
- (3) Air Condition & Refrigeration Instructor
depending on qualifications & work experience
salary range: \$16,010 - \$28,280 per annum
- (4) Construction Technology Instructor
depending on qualifications & work experience
salary range: \$16,010 - \$28,280 per annum
- (5) Social Studies/Humanities Instructor
depending on qualifications & work experience
salary range: \$16,010 - \$28,280 per annum
- (6) Community and Public Health Instructor
depending on qualifications & work experience
salary range: \$18,009 - \$31,810 per annum
- (7) Maintenance Technicians (4)
(Administration Department - Physical Plant)
salary range: \$8,155 - \$13,948 per annum
- (8) Library Assistant
(PCC Education & Training Department)
salary range: \$6,086 - \$10,408 per annum
- (9) Counselor
(PCC Student Services Division)
salary range: \$12,653 - \$19,479 per annum
- (10) Admissions Counselor
(PCC Student Services Division)
salary range: \$12,049 - \$20,607 per annum
- (11) Cook
(Administration Department)
salary range: \$6,086 - \$10,408 per annum
- (12) Accounting Technician (Purchase Order Technician)
(Administration Department - Business Office)
salary range: \$9,913 - \$16,954 per annum
- (13) Researcher/ Aquaculture
(Cooperative Research & Extension Office)
salary range: \$30,000 per annum
- (14) Researcher/ Agronomist
(Cooperative Research & Extension Office)
salary range: \$30,000 per annum
- (15) Researcher/ Food Technologist
(Cooperative Research & Extension Office)
salary range: \$30,000 per annum
- (16) Director Human Resources
(Administration)
salary range: \$18,730 - 28,833 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."

Celebrating Birthday

Robert Ramarui
Demy Emesiochel
Lourdes Reksid



February 13
February 16
February 18

HAPPY BIRTHDAY!

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

SPECIAL BULLETIN

The sewer main installation at PCC parking lot has commenced, therefore all staff, faculty, students, and administrators are asked to cooperate and make use of all other available parking slots throughout campus to ensure that work on the sewer is unhindered and that the safety of all PCC constituents and patrons and their vehicles are secured.

For more information, contact 488-2470/2471.

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