

Lose Weight and Feel Better

*Are you having trouble Training by Yourself?
Join The Public Health Walking Program!*

The program will guide you with proper stretching, walking or just dancing to aerobic music. Weight assessment and nutrition advice to help you lose those extra pounds is also provided.

Place: Track and Field

When: Monday, Wednesday, Friday

Time: 7pm - 8pm

Free T-shirts for participants who attend more than 20 times.

No fees to sign up, just sign up at the Track and Field with Tino Faatuuala or Sachkio Oahashi during the said schedule.

For more information contact The Health Promotion at P.O. Box 6027, Koror, Republic of Palau 96940
Phone: 488-3116 or 488-2450.

Celebrating Birthdays

Felix Domingo	April 23
LeoBen Teriong	April 24
Virginia (Hinia) Ikeya	April 27

Happy Birthday to you !

PCC is Looking For a Few Good Teachers

This year, Palau Community College will be offering a wide variety of classes on a 6-week schedule from June 5th to July 14th. Teachers are needed for the following areas:

<i>English</i>	<i>Science</i>
<i>Math</i>	<i>Bookkeeping</i>
<i>Marketing/Business</i>	<i>Computer Literacy</i>

If you are an experienced teacher and/or have a college degree (MA preferred) in one of these area, please contact Academic Affairs or the Human Resources Office at 488-2470.



Palau Community College MESEKIU'S NEWS



Friday, April 21, 2000

Weekly Newsletter

Volume 2, Issue 15

Federal Work Study Tutoring Program

FREE COPY



PCC tutors, Sharon Elbelau and Carmelita Sangalan one on one with the students.

Palau Community College Work Study Program is offering a new area of service to students interested in becoming teachers someday. This program pays PCC students to tutor students from the community particularly elementary school students. This semester the program is being pilot-tested on PCC staff's children attending various schools in Koror.

The tutors this semester are Carmelita Sangalan, and Valence Joseph, Julita Lorenzo, Aharon Elbelau, Jacques Idechong, Pasqual Theodore, Lorren Sugiyama, and Deidra Debedebek. The students being tutored include six from Koror Elementary School. These students are from kindergarten through eighth grade.

This semester the subject being tutored is in Basic Reading Skills. If it proves successful, other subjects may be added in the future. The tutoring sessions take place on PCC campus from Monday through Friday,

3:00 to 5:00 p.m. Saturday sessions are scheduled for students tutors and children who are unable to meet for the required number of hours during the week. Parents are responsible for bringing their children to the PCC campus for the tutoring sessions.

The program is supervised by Skills Center staff Ms. Teory Idechong. On April 4th, LR Director Laura Mangham conducted a Tutoring Workshop for the tutors. Tutors will be doing daily lesson plans, and keep records on students' work and progress. The program will be evaluated by the students being tutored, the student tutors, and the supervisor at the end of the term. If it proves successful, the program will be offered to the community.

**SUMMER COURSES
AT A GLANCE**
Insert

JICA/JOVC Volunteer

*By: Rodney T. Kazuma
Student Activities Specialist*

The college recently received a JICA/JOVC volunteer from Japan who will be working at Recreation Unit serving as a Student Activities Specialist. His name is Mr. Hirotaro Yamada from Nagano Prefecture, Japan.

Mr. Yamada earned his Master Degree in Human Science from Waseda University in Japan in 1994. He studied bio-mechanics in graduate school, and conducted research on the function of the biarticular muscles in motor control. After graduate school, Mr. Yamada worked for three years as a full time lecturer in the Food & Nutrition Department at Ehime women's Junior College. He also taught exercise physiology, sports medicine, pediatric care, and held seminars on health sciences. He also worked as a Director of the Student Affairs Division, Manager of the Exchange Planning Division and also became involved in planning and managing extracurricular cultural activities for students.

Mr. Yamada will be staying in the PCC dormitory and will be here for two (2) years. He will be assisting Recreation Unit staff in planning, organizing, and implementing activities/programs to students' population. His research and survey knowledge will be put to use by the Recreation Unit in terms of program diversity and improvement. Let us all welcome him, as he takes on his new assignment with the college. The college also needed a volunteer at this time to assist the college in providing recreational programs and activities for the students.



Mr. Hirotaro Yamada and Mr. Rodney Kazuma, PCC Student Activities Specialist.

Mesekiu's News
Palau Community College
P.O. Box 9
Koror, Palau 96940

Summer Extension Apprentices Program

The Cooperative Research & Extension (CRE) department of PCC is seeking two (2) high school students who are interested in the field of Agriculture and related areas for the Summer 2000 Extension Apprentices Program. This apprentices program will provide training opportunities to high school Juniors and Seniors that would generate interest, motivation, and appreciation of the opportunities in the field of Agriculture or related areas.

To be eligible, students must have completed their sophomore year in high school, have a strong background in science and mathematics, have previously been enrolled in agriculture or home economics classes, and be committed to pursuing an interest in the field of Agriculture.

First day of the Summer Extension Apprentices Program is June 12, 2000, and will continue for ten (10) weeks until August 11, 2000. Each student will receive a financial assistance of \$1,000.00 upon successful completion of the program.

All interested individuals must complete all application procedures. Application and all supporting documents must be submitted to Sherry Ngirmeriil at PCC-CRE on or before May 27, 2000. For detailed program information and application, please contact Sherry Ngirmeriil at 488-1037/4983.



PCC construction students and crew putting up the roof of Palau High School's new Math Building.

The Construction crew and students would like to say thanks to the following people for their support. Without them, we could have not been able to finish the roof of our student project at Palau High School.

- President Patrick Tellei who was with us at the site until the end.
- Meridith Randall
- Sherman Daniel
- Eugene Uehara and his students
- Takemura Erungel
- Armstrong Debelbot
- Rogelio Vergara
- Peter Ulechong
- Neri Alcantara
- Cooks
- Mario Katosang

THANK
YOU!!!

With your support we were able to finish the roof work. Thank you!

Written by: Onesimo Santos
Besechel Kiuluul
William Mobil

Attention Attention!! Come One Come All!!

Come to the bookstore and buy fresh eggs and produce straight from the PCC student farm.

**Large eggs - \$2.00/dozen
Produce -priced as marked**

Hurry or you'll miss out on all of the good stuff!!

All income goes to the PCC Agriculture Club.

Thank you for supporting the PCC AG students!!

YEARBOOKS for \$15.00

The 1998-99 yearbook is now selling for \$15.00 a copy at the SBA Office.

The 1999-2000 yearbook staff is currently organizing and all interested students can sign up at the SBA office. The SBA welcomes ideas and suggestions for this year's yearbook. Call 488-2461 for more information

TOEFL Bulletin 1999-2000

**Test date: May 13, 2000
Registration fee: \$75.00
Deadline: March 27, 2000**

Registration by mail - Mail in the form at least three weeks prior to test date.

For more information, please contact Sabra at the PCC Counseling Office at 488-3036.

RETENTION WEB PAGE

By: Leslie Adachi, PCC Retention Office, Tel. #: 488-2471, ext. 247

Summer Session 2000 June 05 - July 14 th

Summer 2000 Pre-registration for Continuing Students In Progress (April 17th - 28, 2000)

Pre-registration for this upcoming summer session has started and advisors are standing by to assist their advisees. Students who have decided to take summer classes or who are wondering if they should are encouraged to talk to their advisors as soon as possible regarding program planning.

Step 1: Meet with your advisor for program planning and advising

Step 2: Complete the registration worksheet with your advisor, keeping in mind the following:

-Print all student information on the top part of the form correctly and neatly.

-Make sure course pre-requisites have been met.

-Check to make sure the proposed or desired schedule does not contain time conflicts.

-Student & the advisor review registration worksheet to ensure accuracy, then both sign and date.

Step 3: Submit your completed registration worksheet to the Office of Admissions & Financial Aid.

Step 4: The Office of Admissions & Financial Aid will pre-register students based on a first-come first-served basis.

Step 5: Pay the required initial tuition fee of \$50.00 & obtain a clearance from the Business Office.

Step 6: Present your CLEARANCE at the Office of Admissions & Financial Aid beginning on May 22-31, 2000 and pick up your Official Student Class Schedule.

Note 1: A student who pre-registers must pick up his/her official class schedule no later than 12:00 p.m. on May 31, 2000. Any student who fails to pick up his/her official class schedule by this deadline date will lose the pre-registered classes and he/she will have to go through steps 1 to 6 again starting June 02, 2000.

Note 2: Any continuing students who do not pre-register during the pre-registration period, or are dropped because he/she

failed to pick up official class schedule by the deadline date will have to go through steps 1 to 6 to get registered starting June 2, 2000. Note, however, that the College cannot guarantee slots/spaces in courses of your choice.

ATTENTION! ATTENTION!

Practice exams available for: English 091
English 093
English 095

Project Beacon tutoring center is standing by to assist any student who needs extra help in developmental English classes. Three different exams will be given. After the exam, come back and review. The tests will be given at the dates and times listed below.

<i>Test 1:</i> Tuesday, April 25th	8:30-11:00 1:30-3:00 pm
Wednesday, April 26th	8:30-11:00 1:30-3:00 pm
Thursday, April 27th	8:30-11:00 1:30-3:00 pm
<i>Test 2:</i> Tuesday, May 2nd	8:30-11:00 1:30-3:00 pm
Wednesday, May 3rd	8:30-11:00 1:30-3:00 pm
Thursday, May 4th	8:30-11:00 1:30-3:00 pm

If you are unable to make these times, just stop by Project Beacon or call 488-5654 and arrange another time.

Academic Calendar Spring Semester 2000

May 4	Last day of Instruction
May 5	Holiday: Senior Citizen's Day
May 8-10	Final examination period
May 12	Grades due
May 19	PCC Commencement Exercises