

## ALUMNI NOTES:

Class of 2000



Mr. Weldon Gideon is an Alumnus who graduated from PCC with AS Degree in General Electronics Technology (GET). Mr. Gideon is working at the Management Information System (MIS) in the Judicial Branch as a Computer Technician for the Supreme Court.

Class of 2003



Ms. Sabina Andrew is an Alumna who graduated from PCC with AS Degree in Tourism & Hospitality. Ms. Andrew is now teaching Tourism courses at the Palau High School.



Peleliu State teachers having a lunch break after morning class.

## Celebrating Birthdays

	Ezra Takeo	June 22
	Geraldine Rengiil	June 22
	Sebastian Ngiratrang	June 25

Happy Birthday To You!!!



**Mesekiu's News**

Palau Community College  
P.O. Box 9  
Koror, Palau 96940

## 7th South Pacific Mini Games Facilities/Venues

### Athletes/Officials Housing

- Four (4) Public Schools - up to 500 people in each schools
- Palau Community College - Officials and Main Cafeteria
- Schools equipped with restrooms facilities, shower stalls and additional restrooms will be built at village sites
- Local Motels and Hotels close by to Sports venues and mini village of the games

### Sports Facilities

- Palau National Gymnasium: capacity 2000+. Venue for Basketball, Wrestling and possibly Table Tennis
- Palau National Swimming Pool: 25m pool with 6 lanes
- Outrigger Canoe- Meyuns Seaplane Ramp with eight canoe lanes (500m)
- Weightlifting venue: Kalau Gym, Meyuns-up to 500 people
- Triathlon: Meyuns Seaplane Ramp, run through the main town of Koror and end at the starting point
- Beach Volleyball: Palau Pacific Resort beach area and Japan-Palau Friendship Bridge Airai Side
- PHS Gym: Additional Court for Basketball Games
- Tennis: Airai Tennis Court
- Baseball: Asahi Ball Field

**Sports:** Athletics (men/women), Baseball (men only), Basketball (men/women), Beach Volleyball (men/women), Canoe (men/women), Softball (fastpitch) (men/women), Swimming (men/women), Table Tennis (men/women), Tennis (men/women), Triathlon (men/women), Weightlifting (men/women), Wrestling (men only)



PALAU  
COMMUNITY  
COLLEGE

# Palau Community College MESEKIU'S NEWS

FREE COPY



Friday, June 17, 2005

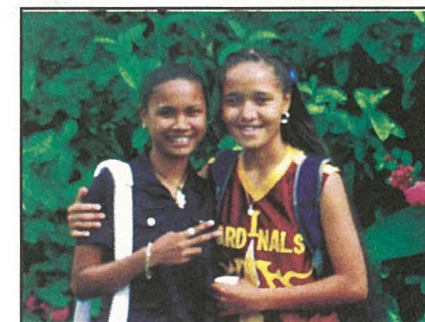
Weekly Newsletter

Volume 7, Issue 24

## Over 350 PCC Students Enroll for Summer Term



PCC students taking a short-break from their classes.



Incoming PCC freshmen students are all smiles.

The latest figures coming from the Office of Registrar and Records indicate that the PCC 2005 Summer Term is expected to reach almost 400 students. As of this Friday, June 17, 2005, a total summer enrollment for the Palau Community College is 382. This number will increase as the College receives the final number of students enrolling from Yap State of the Federated States of Micronesia who are taking PCC summer classes in Yap.

Final enrollment for Summer 2005 enrollment is expected to reach 375, which is a 12 percent increase as compared to the Summer Term of 2004 where only 336 students were enrolled at the College. Out of these newly enrolled students, a hundred seven (107) are incoming freshmen who have recently graduated from local high schools throughout Palau.

Indeed, PCC is excited to be serving so many students and continues to encourage everyone to take advantage of our programs and services. This number of students is only the beginning as even more students are turning to PCC for their educational needs. Why choose PCC? Well, for one, PCC has great staff, faculty and is a fully accredited two-year college where credits earned here at PCC are transferable to many institutions of higher learning in the U.S. PCC offers a wide variety of classes for everyone regardless of age and learning level and is very affordable.

PCC can provide a quality education with the best price and insures that anyone who wishes to fulfill their dream of receiving a college education has the opportunity to do so here at PCC. Call PCC Admissions and Records at telephone number (680) 488-2471 for information about program offerings, or contact PCC Continuing Education Office to find out about our short-term training programs and activities.

## SSS-Project Beacon Summer Activities

Student Support Services-Project Beacon will hold a series of summer activities to supplement its on-going services for program participants. Activities will include movie days, career and study skill workshops, and cultural site visits. Due to the condensed summer session, these summer activities will be scheduled on Fridays when classes are not in session. On Friday which was June 10, program participants were invited to view a movie at the Project Beacon Tutoring Center. Participants were asked to complete a questionnaire regarding the movie. The purpose of the exercise is to engage students in an activity that they can enjoy as well as learn from. A study skill workshop was to follow the movie, but due to time constraint, it was rescheduled. The next activity is scheduled for June 17, Friday, and this will include a trip to Dolphin Bay, followed by a career workshop to be conducted at the "Emerald Lagoon". The workshop will focus on career opportunities in science related fields.

## PCC Accreditation Updates

The Palau Community College accreditation with the Accrediting Commission for Community and Junior Colleges, Western Association of Schools and Colleges was reaffirmed in June 2004 based on the institutional self study report and the report of the evaluation visiting team which visited PCC in February 2004. The Commission reaffirmed the college accreditation with six recommendations. The Commission also required the college to complete a Progress Report on the six recommendations and submit to the Commission by October 15, 2005. Earlier in March, a committee was formed by the college President, Dr. Patrick Tellei to study these six recommendations and assess the college progress in meeting these recommendations. To-date, the committee has completed a second draft of the Progress Report. The final Progress Report is scheduled to be completed by the second week of July for submission to the Commission.

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## TOEFL Testing Schedule Year 2005-2006

Test Dates*	Mail-In Registration Deadlines (1)	Online Registration Deadlines (2)	Score Report Mailing Dates
Oct. 15, 2005	Aug. 29, 2005	Sept. 12, 2005	Nov. 23, 2005
Nov. 19, 2005	Oct. 3, 2005	Oct. 17, 2005	Dec. 28, 2005
Jan. 14, 2006	Nov. 28, 2005	Dec. 12, 2005	Feb. 22, 2006
March 10, 2006	Jan. 23, 2006	Feb. 6, 2006	Apr. 19, 2006

\*The Test of Written English (TWE) is given with the TOEFL test at all administrations. Examinees are expected to write TWE essay.

1. If your registration form arrives after these dates, it will be processed according to the instructions you give on your registration form.
2. Test takers with credit cards can register online for the paper-based test in the Learners & Test Takers Section of the TOEFL Web site at [www.ets.org/toefl](http://www.ets.org/toefl). American Express, Discovery, JCB Master Card, and Visa are accepted.

The test fee is \$140.00. Koror Test Center Number is V110. Students should pick-up their Registration Forms at Student Life Office. For inquiries regarding registration for TOEFL test, contact the Office of Student Life at telephone number 488-3036.

## Elvis in Hawaii!!!

Written by PCC Library Technician Ms. Imengel Mad

If you are an Elvis Presley fan, you may be interested in checking out the new book at the PCC Library's Micronesia-Pacific Collection, *Elvis in Hawaii* by Jerry Hopkins. Former resident and celebrity biographer Jerry Hopkins tells the story of the King of Rock and Roll's twenty-year love affair with the Hawaiian Islands and its people. Over 100 photos, many previously unpublished, document Elvis' ties to Hawaii, the site of two of his most important concerts, the setting for three of his films, and up to a few months before he died, a favorite vacation spot.

### HPD Wants You

Why in the world would anyone want to join a police force? If you are interested or thinking about joining the force, you may find *Honolulu Cop: reflection on a career with HPD* fascinating. It's "the toughest, dirtiest, most satisfying job in town," and in this book, retired major Gary A. Dias takes us with him as he learns the ropes as a rookie and moves from assignment to assignment, encountering stupid crooks, resourceful prostitutes, deadly snipers, ornery dogs, and even a few ghosts! With self-deprecating humor and judicious assessment of the strengths and weaknesses of those on both sides of the law, Dias provides an inside look at the evolution of law enforcement since the 1970's.

### Go Pidgin

Interested in learning Pidgin English? The PCC Library collection now has two books titled *Pidgin To Da Max - Hana Hou*. *Pidgin To Da Max* is for fun. The authors took a lot of pidgin words and put them down the way Hawaiians use them, the way they hear them. A word of caution to the non-local: if you don't already speak pidgin, you might need some help from local (Hawaiian) friends to understand this book. Remember, *Pidgin To Da Max* is not a tourist guide to pidgin. So don't try to speak it after reading this book. You'll just get into trouble!

## PCC's Student Support Services

Project Beacon is an in house name for Student Support Services, a federally funded program that is geared at promoting academic success, retention and graduation rate, and the successful transfer of students to four-year institutions. Project Beacon offers services such as math, English, and science tutoring; career counseling; personal counseling; academic counseling; and much more. Incoming students are encouraged to stop by Project Beacon office and see counselors Cynthia Malsol and Adora Nobuo-Andreas to find out more about the program and its many services as well as the eligibility requirements on becoming a participant.

## PCC-Based Scholarships Available!

This is an announcement to all graduating high school seniors and current PCC students from Palau who will be attending PCC this coming school year 2005-2006 that applications for all PCC based scholarship programs are now available. These scholarship programs are:

Moylan's Insurance Underwriters, Inc. Scholarship  
Prince Leeboo Scholarship  
Shell Company (Pacific Islands) Limited Scholarship  
Roman Tmetuchl Scholarship  
Pierantozzi Scholarship  
Carita Asanuma Memorial Scholarship

All interested applicants may stop by at the PCC Development Office to pick up an application. Application packets are to be completed and submitted to the PCC Development Office no later than Friday August 12, 2005, the deadline date. For more information about these above mentioned scholarship programs, contact PCC Development Office at telephone number 488-2471, extension 253.

## Deadline News Articles

Articles for Mesekiu's News are due on Wednesdays every week. Please submit your articles to any Development Office staff before 3:00 p.m. on Wednesdays. You can also send your articles through our PCC network to Temmy's shared document or e-mail them to [temmyt@palau.edu](mailto:temmyt@palau.edu). Thank you for helping us put together our newsletter every week.

## BITS AND PIECES...

### 2005 Summer Reading program

The Palau Association of Libraries (PAL) Summer Reading Program is open to all elementary students starting on June 13 to July 22, 2005. The goal is to have students read age-appropriate books over a month period and fill out a book report form for each book read. At the end of the program, those who reach their reading goals will get participation certificates when school starts in August.

For inquiries contact PCC Library, the Public Library or your local Librarian. The purpose of this program is to promote reading, stimulate curiosity, and attract children to the library.

### Tired of reading.....?

Well, do something different for a change. Come and relax and enjoy listening to the audio-tape. If you prefer listening to them in the library, there is a tape player and headphones available for use or you can check them out. Ask any library staff for assistance.

Here are the titles of the audio tapes available:

- Cloning of Christ by Peter Senese with Robert Geis
- American Beyond Our Grandest Notions by Chris Mathews
- The Big Picture by Ben Carson with Gregg Lewis
- Tunnel Vision performed by Pamela H. Vincent
- Cruel & Unusual by Patricia D. Cornwell
- Spanish for Travelers
- Murder, Madness and Mystery
- Famous Men of Mystery
- Radio's Top Suspense Thrillers
- Supernatural Thrills and Chills

### Important Dates to Remember

June	20-22 (M-W)	Mid-Term Period
June	29 (W)	Last Day for All Withdrawals
July	7 (TH)	Last Day of Instruction
July	8 (F)	Holiday: Constitutional Day
July	11-13 (M-W)	Final Examination
July	18 (M)	Grades Due End of Summer Session

## Beating College Stress

by Nataly Kogan <http://www.linkup-parents.com/www.studentshelpingstudents.com>

College is stressful. No doubt. Students are working hard, doing a thousand things outside of class, trying to figure out what to major in and what to do later in life, keeping in touch with friends, and probably a hundred other things. Sometimes it can seem like there's too much to handle.

There's no special sauce formula for handling stress at college, but here are a few suggestions based on experiences of current college students. Share them with your kids and help them get through college with a bit less stress and more enjoyment:

### EXPECT TO BE STRESSED OUT

You might be an ever-competent over-achiever, but you will get stressed out and overwhelmed at least a few times during college. Expect it.

### FIGURE OUT WHY YOU'RE STRESSED OUT

The worst is having this ambiguous heavy weight on your shoulders and now knowing what's causing it. Something is causing you to stress out. It might be a class where you haven't done as well as you wanted or expected, a professor who you think is being unfair, a paper that you have to write and just can't seem to start. Or it might be something more general than that, like not knowing what the heck you should choose as your major, doubting whether you belong in college in the first place, worrying about how you will pay for this expensive education.

Or perhaps your stress is more personal; you're having trouble communicating with a friend, you've gained weight and you don't feel like you can control it, your parents are bugging you. Force yourself to figure out what's causing you to stress out-it will make it easier for you to deal with it.

### MAKE ONE SMALL CHANGE RIGHT AWAY

Once you have a better handle on the cause or causes of your stress, do something about it right away. This will be a small step, a tiny change, but it will help you feel in control. If you're stressing about a paper you can't write, go to the writing workshop and talk to a tutor. If you're stressed about your major, write down five fields in which you're interested and look through the course catalogue for which classes are offered in each field. If you don't like what you look like in the mirror, go for a run or go to the gym. Do something right away, no matter how small.

### DISTRRACT YOUR MIND

While it's important to do something about what's stressing you out, in most cases, you won't be able to change the situation entirely in a short period of time. After you take the initial step and make one small change, find a way to distract yourself. It's too easy to get caught up, to get more and more stressed out, and then to stress about being stressed out.

Get your mind off the stress. Do something you love, something that makes you really, really happy. Go to lunch with a friend, read a chapter out of your favorite book, buy that CD you've been eyeing for months, take a walk off-campus. Giving your mind a chance to chill out will give you more energy to deal with your stress and you'll be able to see solutions more clearly.