

**PCC Office of Admissions & Financial Aid
Dates to Remember*****Fall Semester 2000**

- August 2-16, 2000 - Pre-Registration for Continuing Students
- August 7, 2000 - Class Schedules for Continuing Students Issued
- August 7-9, 2000 - Placement Testing
- August 10-11, 2000 - Financial Aid Sessions for New Students
- August 14-16, 2000 - Orientation for New Students
- August 15, 2000 - Pre-Registration for New Students
- August 17, 2000 - REGISTRATION DAY
- August 18-25, 2000 - Late Registration Period
- August 21, 2000 - First Day of Instruction

**Graduate Record Examination
(GRE) Test**

The GRE test for school year 2000-2001 will be administered on October 14, 2000 at Palau Community College. The registration fee is \$125.00

Interested individuals may contact Marensia Edward, Palau GRE Center Supervisor at 488-3036.

**TOEFL Information for
School Year 2000-01**

| Test Dates | Registration deadline | Scores mailed |
|---------------|-----------------------|---------------|
| Oct. 21, 2000 | Sept. 4, 2000 | Nov. 29, 2000 |
| Jan. 20, 2001 | Dec. 4, 2000 | Feb. 28, 2001 |
| May 12, 2001 | Mar. 26, 2001 | June 20, 2001 |

* Registration fee is \$110 and you may contact the PCC Counseling Office at 488-3036 for more information.

**PCC Library Designated as
UN Depository**

Palau Community College received word that college's library is being designated as a United Nations depository to receive printed publications in English, including masthead documents of the Economic and Social Commission for Asia and the Pacific, free of charge.

President Patrick U. Tellei received communication from the Depository Libraries Officer at the United Nations in New York. The Working Committee of the Publications Board had met on May 31st and designated the college's Library at that meeting. PCC is proud to become a new member of the United Nations depository library system.

The PCC Library also has applied for depository library status with both FAO and UNESCO, and a favorable decision is expected on these applications in the near future.

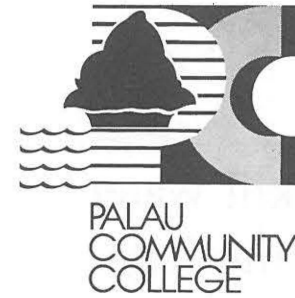
For more information about the PCC Library programs, please contact Jane Barnwell at 488-2471 or 488-3540. For more information about PCC, its programs and services, contact Armstrong Debelbot or Jay Olegeriil at the PCC Development Office at telephone number 488-2471, extension 253.

Celebrating Birthdays



- Grace Merong July 22
- Takemura Erungel July 25
- Sarah Clayton July 26

Happy Birthday to you!!!



Palau Community College

**MESEKIU'S
NEWS**

FREE COPY



Friday, July 21, 2000

Weekly Newsletter

Volume 2, Issue 28

**17th Annual Pacific Educational Conference
(PEC 2000) Comes to Palau Again**

For the third time in 16 years, the Pacific Educational Conference (PEC) is once again, coming to the Republic of Palau. The 17th annual conference will be held, for the first time on the campus of Palau Community College.

From its humble beginning in a school library in Guam, PEC has grown into one of the largest educational conferences for the Pacific region with an average attendance of over 1,000 participants every year.

The majority of the workshops at PEC 2000 will be led by Pacific educators, sharing their successes and innovations in the field of education with colleagues from throughout the region as well as the United States.

Over 1,050 participants are expected to arrive this weekend as the pre-conference will start on Monday (July 24) with the opening ceremony to be held at the Palau national Gymnasium later in the evening.

The PCC Cafeteria will be used by the PEC exhibitors while the classrooms will be used for the concurrent sessions. Palau High School classrooms will also be used for some of the sessions.

The PCC Bai will serve as the Central Information Center with the surrounding



Most of the conference participants will be staying at local hotels/motels but some will be staying at the PCC dormitories and Meyuns and Harris Elementary School.

Delegations are expected from American Samoa, the Commonwealth of the Northern Mariana Islands, the Federated States of Micronesia (Chuuk, Kosrae, Pohnpei, Yap), the Republic of the Marshall Islands, Hawaii and mainland U.S. and the Republic of Palau. (see page 2 for countries and number of participants)

courtyard to accommodate concession stands that will sell mainly food and drinks.

Conference tradition also provides for the sharing of traditional songs, dances, stories, gifts, and activities that promote and expand learning, and these special cultural presentations will be held each evening of the conference at the Palau National Gym.

The three-day conference will officially start on July 25 and conclude on July 27 with the closing ceremony to be held in Peleliu, hosted by ROP President Kuniwo Nakamura and the State of Peleliu.

Pacific Resources for Education and Learning (PREL) is co-sponsoring the conference with ROP-Ministry of Education and Palau Community College.

For more information contact:

PEC 200 Organizing Committee
P.O. Box 1346, Koror, PW. 96940
Telephone: (680) 488-1003
Fax: (680) 488-2830
E-mail: emesioem@palaunet.com
Web address: www.prel.org

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

PCC-Cooperative Research & Extension

Telephone #: 488-2746, 488-4983

Healthy Body, Healthy Mind Summer Campaign

An enrichment program called Healthy Body, Healthy Mind Campaign was held during the last two weeks of June at the CRE Food Lab. Seventeen students between the age of 10-16 participated in the program.

The program introduced new information to students, reinforced what they have learned, and worked with students to develop the skills they need to make appropriate eating habits and physical activity choices now and in the future.

The objective of the program was to teach the skills in making wise food choices, how nutrients affect our health and food safety practices relevant to preventing or reducing causes of food-borne illnesses.

Topics covered included:

1. The five major food groups in the Food Guide Pyramid.
2. The importance of making wise food choices.
3. Balance the food we eat with physical activity to maintain/improve weight.
4. Washing hand before preparing food and after using the bathroom, handling raw food, or playing with pets.
5. Cooking foods well to kill bacteria especially important for meat, poultry, fish, and eggs.

6. Refrigerate perishable food at all times such as milk, cheese, and eggs.

Hands-on activities also included preparations of healthy snacks. If you are interested in trying out one of the recipes the students made, here it is!

Purple Cow Shake

From the kitchen of 4H Nutrition/FSQ Food Lab

Ingredients:

- 4 cups of Vanilla Ice Cream
- 1 can Concentrated Grape Juice
- 4 cups Milk

How to:

Put vanilla ice cream in blender. Add grape juice and milk. Blend thoroughly. Serve right away or place in freezer for 15 minutes to thicken.

Health Note:

Milk is an important part of a healthy diet. Health experts recommend 3-4 servings of milk or milk products each day. Milk and milk products are rich in calcium and other vitamins and minerals. Calcium is important for the growth and maintenance of our bones.



Vernice Yuzi (c) watches over her students as they display proper food techniques in sushi preparation.

Ngerikiil Water Monitoring Program Continues

The Public Water System was created to safeguard the public's health by ensuring and providing consumers with safe, clean and potable water.

The Koror/Airai Public Water System (K/A PWS) supplies approximately two-thirds of the Palau population.

Ngerikiil River and Ngerimel Dam are the two main sources of water that supplies the PWS. The Water Quality Program at PCC-CRE has been monitoring the Ngerikiil river for almost two years. Its purpose is to monitor the river for possible contaminants and educating the farmers along the banks of the river of the effects of discarded waste especially chemical usage/disposal that may run-off into the river.

Best Management Practices (BMP) are offered and shared with farmers around the Ngerikiil River area. To date, various farmers have adopted these BMPs in trying to correct several activities which could possibly jeopardize the quality of the river.

People living in the Ngerikiil area who are using the water supply straight from the river without any form of treatment should be mindful of contaminants that might be in present in the water.

The Ngerikiil River monitoring Project is a joint collaboration between PCC-CRE and the Environmental Quality Protection Board (EQPB).

Water analysis are performed on a regular basis and further information about the monitoring program can be obtained by calling PCC-CRE at 488-4983 or faxing 488-3307 or e-mailing Asuta@palaunet.com.

RETENTION WEB PAGE

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

ATTENTION 2000 HIGH SCHOOL GRADUATES!!!

PCC would like to encourage all 2000 high school graduates to seriously consider enrolling at PCC for the first two years of your higher education endeavor. PCC has successfully been an accredited institution since 1977, by the Western Association of Schools and Colleges (WASC). Our accreditation status has been reaffirmed time and again with no exception. Moreover, we have articulation agreements with many universities and colleges in the Pacific region such as the University of Guam, University of Hawaii-West Oahu, Hawaii Pacific University, Chaminade University of Honolulu, University of Hawaii-Hilo, Brigham Young University-Hawaii, and others. PCC offers programs and certificates/degrees in the following areas:

Agricultural Science
Liberal Arts
Office Administration
Automotive Mechanics Technology
Electrical Technology

Criminal Justice
Nursing
Tourism & Hospitality
Construction Technology
Small Engine & Outboard Marine Technology

Education
Business Accounting
Air Conditioning & Refrigeration
General Electronics Technology

Come to PCC and let us provide you with the foundation for a successful experience in higher education. Come to PCC and secure your future! Please call Bennie, Lourdes, Losii, or Elsie at 488-2471, ext. 265 for an application form and assistance.

17 Annual Pacific Educational Conference PEC 2000

| Country/State | Number of Participants |
|----------------------------------|------------------------|
| American Samoa | 15 |
| Chuuk | 132 |
| CNMI | 96 |
| Guam | 43 |
| Hawaii | 68 |
| Kosrae | 27 |
| Republic of Palau | 429 |
| Pohnpei | 58 |
| Republic of the Marshall Islands | 135 |
| Yap | 9 |
| U.S. mainland | 48 |
| Total | 1060 |

PEC 2000 Organizing Committee

Chairman, Masa-Aki N. Ernesioch
Co-Chair, Mario Katosang

| Committee | Chairman |
|--------------------------|---|
| Finance | Presley Etibek, Palau Community College |
| Logistics & Food | Sinton Soalabai, Palau High School |
| Gift | Alvina Timarong, Palau Community College |
| Social | Hermana Umetaro, Ministry of Education |
| Facilities | Ray Mechol, Palau High School |
| Transportation & Housing | Felix Okabe, Maris Stella Elementary School |
| Registration | Dahlia Katosang, Palau Community College |

Aimeliik Elementary School 7 & 8 Graders Visit PCC



Aimeliik students and their teachers enjoyed their field trip to the PCC campus and expressed interest in a similar trip next Summer.

PEC 2000 Novelty Items On Sale at the PCC Bookstore!!!

| | | |
|----------------|---|---------|
| Polo Shirts | - | \$15.00 |
| T-Shirts | - | \$10.00 |
| Insulated Mugs | - | \$5.00 |

Call PCC Bookstore at 488-2471, ext. 236