

Alumni Notes

Class of 2003 (PCC)



Evelyn Demei-
2003 PCC graduate
with a BA in Tourism
and Hospitality. She is
currently working as a
cook for the PCC
Cafeteria.

Great Job, you make us proud!

Alumni Notes showcases MOC/PCC alumni who contribute to the quality of life in their local community and are positive role models for other PCC students to emulate. If you are that alumni or know someone who is, please contact the PCC Development Office at telephone number 488-2471. We would like to feature you in future issues of the *Mesekiu's News*.



Celebrating Birthdays

Joseph Tutii August 28
Mistsko Walter (Retired) August 28

Happy Birthday To You!!!



Mesekiu's News

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

Printed By:
PRA EXPRESS PRINTING
Ph: 488-3420
Fax: 488-2732
Email: printing@reklai.com

Vacancy Announcement

Position: (1) Secretary

Salary : \$9,913.00 to \$13,284.00 per annum
(Depending on qualifications)

Location: Student Support Services Office (SSS)
(federally funded program)

Examples of Duties:

Perform a variety of secretarial and administrative tasks.

Monitor office supplies and equipment.

Maintain record of office expenditures.

Compile and organize a variety of data for reports including basic statistical information.

Maintain and organize a filing system for a variety of office documents.

Perform related duties as assigned.

Minimum Qualification Requirements:

A.S. degree in secretarial science, office administration or related field with at least one-year experience in secretarial/administrative work, or a high school graduate with supplemental courses in secretarial science, or office administration and one year experience in related work. Preferably, with experience in TRIO programs and/or a former program participant.

General Information:

Application forms can be obtained from Human Resources Division or at our website: www.palau.edu. Send completed application with transcripts, resume, and verification of previous employment(s), if any, to same address. For further information, call the number above or come in and see us.

PCC IS AN EQUAL OPPORTUNITY ACTION EMPLOYER

PCC CAFETERIA THANKS DONORS

The Palau Community College would like to acknowledge the generous donation of the following individuals, businesses and community groups for their donations to the PCC Cafeteria for the Seventh South Pacific Mini Games. All donations were used to supplement the daily menu of the athletes, officials and volunteers. PCC expresses its warm gratitude to the Republic of China (Taiwan) through the Chinese Technical Agricultural Mission who donated hundreds of pounds of star apples, water melons, bananas, pineapples, and large guavas; the Surangel & Sons Company who donated the use of a 40 footer Container Van Freezer for the duration of the games; Mr. Hank Takawo who donated 75 lbs of ripe bananas; Ngara Boes, Women's group from Ngiwal State for the donation of lemons and PCC student Stephanie Lorenzo for her donation of a large basket of ripe bananas. Thank you very much!



Palau
Community
College

Palau Community College MESEKIU'S NEWS

FREE COPY

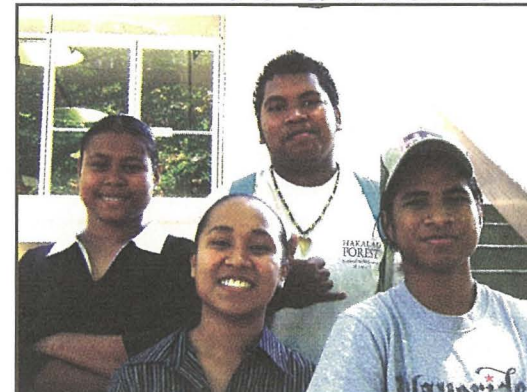


Friday, August 26, 2005

Weekly Newsletter

Volume 7, Issue 34

Four PCC Students Complete Summer Training at UH Manoa



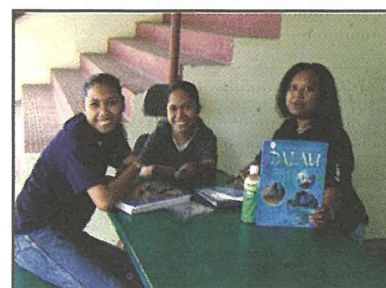
PCC students in the front row are Sierra Isalias and Victor Nestor and in the back row are Gerda Ucharm and Keib Delemel.

PCC students Sierra Isalias, Gerda Ucharm, Victor Nestor and Keib Delemel recently returned from Hawaii after participating in a rigorous, 10-week student summer training in environmental biology held at the University of Hawaii-Manoa (UH-Manoa). UMEB is an interdisciplinary program in environmental science funded by the National Science Foundation that provides an opportunity for students from the Pacific Islands to assist scientists and researchers from UH-Manoa in different research projects. Students were paired up with UH-Manoa researchers based on their statement of interest submitted as part of the application process. In addition to working with professionals in the field of science, the students were trained in different scientific techniques in research, participated in data gathering, data analysis, and were required to write a scientific paper on their summer project. The highlight of the training was a symposium where all participants presented their papers to their peers, the program mentors, and alumni of the UMEB program. The students appreciate this educational training opportunity and expressed their appreciation to UMEB Director, Dr. Michael Hadfield, Dr. Bob Richmond, and all researchers and mentors from University of Hawaii school system. According to Sierra, "Although I am not an environmental science major, the training was a great exposure to the field of science and an eye-opening to the many different environmental issues at the global level, and how we contribute to all these environmental problems at the local level." The students are commended for completing the 10 weeks training program. With the knowledge and skills acquired, they add-on to the growing effort within the community of Palau to preserve, protect, and conserve the biodiversity unique to Palau so we can continue to enjoy Palau and its natural beauty.

Fall Enrollment Now at 574



These PCC students from the Federated States of Micronesia are all smiles.



These PCC students take a breather from a hectic first day of class to pose for a picture.

Ah, the signs of spring have been spotted on campus this week as 574 new, returning and readmitted students marched to and fro for their first day of class. This is one of our biggest enrollment yet and although it may seem kind of crowded, this is exactly how we like it. After all, we have lined up our courses and services for our students and we want them to take advantage of these offerings. Indeed, all our students provide a welcome sight as for the past few weeks, our campus has been somewhat empty. It goes to show that more and more people throughout Palau and Micronesia are turning to PCC to meet their training and educational needs! Welcome everyone to the Palau Community College 2005 Fall Semester!

PCC Welcomes Professor Hatada and APU Students

The College would like to welcome Professor Nobuyuki Hatada and his students from the Asia Pacific University's (APU) College of Asia Pacific Studies who have come to PCC to conduct their research. The delegation from Japan arrived in Palau last week and this week will be collecting data on Palau's Eco-Tourism industry. As always, the delegation will be staying at the PCC Dormitory while they conduct their research for the next two-weeks.

PCC thanks our friend, Professor Hatada and his students for choosing PCC as a venue for their research and wishes them success and an enjoyable stay here in Palau. PCC welcomes Professor Hatada and his APU students from Japan and look forward to strengthening the already warm relationship PCC shares with the Asia Pacific University.

PCC Science Instructor Completes Training at UH



PCC Science Instructor Vernice Yuji in the front row second to the left poses with fellow training participants and UMEB students from throughout Hawaii and the Pacific.

PCC Science Instructor Vernice Yuji attended a six-week faculty training in environmental biology held at the University of Hawaii-Manoa (UH-Manoa). Other college faculties who participated in the training included a representative from the College of Micronesia-FSM (COM-FSM) and one from the College of Marshall Islands (CMI).

The faculty training included instructive interactions with researchers at UH and active workers in environmental/resource conservation at agencies including the U.S. Fish and Wildlife Service, the U. S. G. S. Biological Resources Divisions, the Hawaii Department of Land and Natural Resources, and non-governmental conservation organizations. In addition, the college instructors were trained in faculty laboratories in the application of molecular-biology methods to understand biological diversity within and among species.

The faculties were also supplied with a "foot-locker" laboratory including the basic equipment for molecular studies to take back with them to their home institutions. Community college faculty who participate in this program will be expected to serve as mentors for UMEB students that return to their home institutions following their first summer as UMEB interns. According to Vernice, "the equipment and supplies will not only be used to mentor UMEB students, but will also be used for science courses instructive methods at PCC."

PCC Congratulates New Recruits For U.S. Military



(l-r) Leona Tkel, Secretary for the Office of Admissions and Financial Aid, former PCC student, Sonia Cepeda, Kaia Sasao, Dahlia Katosang, Director of Admissions and Financial Aid, and Sheldon Etibek, the proud son of Presley Etibek, PCC's Dean of Student Affairs.

Jesita T. Pedro, Poullette Reklai, Ysim Rengulbai, Kaia Sasao, Orville Sato, Tammie K. Sokau, Tara Techemang, Julie Temengil, Elway Ngiraboi and Calvin Sato. Congratulations and Good luck!

Special Bulletin

Attention all students and staff; the election of the Student Body Association and Student Trustee for school year 2005-2006 will take place on September 8, 2005. Qualifications for Officers and Student Trustee are as follows:

1. Full-time PCC student taking twelve credits or more with a cumulative GPA of 2.0 or above.
2. Student must have no criminal record.
3. Class Representative shall be composed of four (4) students. Two will be from the Freshmen class while two (2) more will be from the Sophomore Class.
4. Officers shall be from the following classes:
 - A. Student Trustee – Either a Freshmen or Sophomore with at least one fulltime term prior to the election.
 - B. President – Sophomore student
 - C. President Elect – Freshmen Student
 - D. Secretary – Either a Freshmen or Sophomore
 - E. Treasurer – Either a Freshmen or Sophomore

Election Procedure:

1. CANDIDATES FOR THE BOARD OF TRUSTEES, SENATE OFFICERS AND CLASS REPRESENTATIVES SHALL REGISTER AT THE OFFICE OF STUDENT LIFE.
2. CANDIDATES MUST ACQUIRE A PETITION FORM WITH SIGNATURES OF TWENTY-FIVE (25) STUDENT BODY ASSOCIATION MEMBERS, WHICH MUST BE SUBMITTED TO THE OFFICE OF THE DIRECTOR OF STUDENT LIFE ON OR BEFORE SEPTEMBER 2, 2005.
3. THE ELECTION OF STUDENT TRUSTEE, SBA OFFICERS, AND CLASS REPRESENTATIVES WILL TAKE PLACE ON SEPTEMBER 8, 2005.

BITS AND PIECES...

PCC Hosts Luncheon Welcoming Students.....

PCC President Dr. Patrick U. Tellei on behalf of the College hosted a luncheon welcoming all faculty, staff and especially students to a welcome luncheon for all new and returning students for this fall 2005. The lunch was held today at 11:30 at the Mesekiu Bai.

United Nations Conducts Recruitment Examination.....

The United Nations through the Republic of Palau's Ministry of State Office is conducting an examination and recruitment drive for interested individuals who wish to pursue an exciting career in the United Nations. For more information on whether a career in international relations and diplomacy is right for you, please call the Ministry of State Office at 488-2509/1189.

Birth Classes Available.....

The Family Health Unit at the Ministry of Health is offering Childbirth Education Classes to all pregnant women who are in their sixth or seventh month. Expectant mothers will learn how to control labor pain, learn birth positions to help labor progress, understand medical procedures and learn natal and prenatal care. Women are encouraged to bring one person who will serve as their support during labor. This is a seven week class that is held once a week from 6:00 pm to 8:00 pm at the PCC Campus, Btaches Building on the second floor in room 69. The class begins on September 1st, 2006. For more information, please call the Family Health Unit at 488-4804 after 1:00 pm to make a reservation or email at journey2birth@gmail.com. The Family Health Unit would like to express their appreciation to the Palau Community College for its support.

Website of the week...

This is a very helpful site from Secretariat of the Pacific Commission (SPC) called PRISM or Pacific Regional Information System. This site is an "initiative of the National Statistics offices of the Pacific Islands" and includes extensive "statistical information about Pacific island countries and territories." <http://www.spc.int/prism/index.htm>.

PCC Student Wins Nursing Award



PCC nursing student Michelle Ramos poses with fellow classmate Husayn Beketaut during a Health Fair conducted by the PCC Nursing Program.

PCC student Michelle Ramos has been nominated as a recipient of the National Collegiate Nursing Award. Ms. Ramos was nominated by her teacher, PCC Nursing Instructor Mrs. Tarmau Terry Ngirmang for her excellent grades, dedication and hard-work. As a recipient of this award, she will have the distinct honor of being featured in the USAA National Collegiate Awards Yearbook and be considered a candidate for USAA College Scholarships. Nursing students who qualify for the nomination have to have an academic GPA of a minimum 3.0, demonstrate leadership, a positive attitude, dependability, responsibility and enthusiasm for the nursing field. Currently,

Ms. Ramos is pursuing her Associate of Science degree in Nursing and scheduled to graduate in Spring 2006. After she completes her degree, Ms. Ramos plans to work as a nurse for the Palau National Hospital. Ms. Ramos is a positive example and inspiration to her fellow PCC students and we are all proud of her accomplishment!

How To Boost Your Brain Power

The following article is taken from *TOPHEALTH*, a health promotion and wellness newsletter. It is provided as a tool for fitness buffs to help them improve their overall health.

Do you sometimes feel as if your brain is on 'empty?' Here's how to keep it in shape so you can pump up your problem-solving abilities, fight forgetfulness and think more clearly and creatively:

Practice mentally. Studies of athletes indicate that imagining a tennis serve or ski run between competitions can boost performance. Possible reason: Mental rehearsals use most of the brain connections switched on during the real thing, so they help build mental muscle.

Capture creative peaks. Experts believe the brain to be in a highly creative state just before going to sleep and right after waking up. Action: Use these times to think about solutions to problems and jot down any ideas that come to you.

Focus your attention. To help remember 'where': If you tend to misplace your car keys, for example, say to yourself, "I'm placing the keys on the shelf by the hallway mirror." To help remember 'when': Note the weather, the day's headline news or what you're wearing at the time of performing a task.

Use it or lose it. Research suggests that as you age, you can reverse a decline in thinking abilities by becoming more mentally active. Smart moves: Learn a new language, study a new subject, play games like checkers and do crosswords and other puzzles.

Keep fit. Evidence shows that people in their 70s and 80s who stay healthy can expand their brain power - and easily match the mental abilities of a 30-year-old. Helpful: Keep physically active, manage stress and maintain a positive attitude.

More mental muscle builders: Read more... eat foods rich in brain-boosting beta-carotene (like apricots, carrots, papayas and sweet potatoes)... use rhymes and acronyms to help remember facts and names.