

**Ministry of Health  
Behavioral Health Division Presents  
Clinical Counseling Classes**

The ministry of Health along with Palau Community College Continuing Education presents the second round of Clinical Counseling Classes. Earn up to 295 hours of substance abuse specific education in counseling toward your international addiction certification license. Class syllabus is as follows:

- Introduction to Chemical Dependency Counseling
- Professorial Ethics
- Confidentiality
- Basic Counseling Skills
- Group Counseling Skills
- Counseling Theories
- HIV/STD's/AIDS
- Pharmacology
- Cultural Diversity
- Chemical Dependency Diagnosis
- Addiction/Treatment/Recovery
- 12 Core Functions of a Counselor (In Depth)
- Preparation Review for International Certification Examination

For more information please contact Mike Marinelli or Ellen Chiokai at 488-4711/1164. Sign up sheet is attached. There will be a \$50 Certificate fee. The class is limited to 25 students.

**Adult High School 2004 Fall  
Semester Calendar**

September 1-17	Registration For Old and New Students
September 20	Teachers' Workshop
September 21	Orientation for New Students
September 22	CLASSES BEGIN
October 1	HOLIDAY: Independence Day
October 8	Teachers' Meeting
October 25	HOLIDAY: UN Day
November 24-25	MIDTERM EXAMS
November 15-16	Midterm Teachers' Evaluation
November 25	HOLIDAY: Thanksgiving Day
November 30	Teachers' Meeting
December 8-9	Final Exams
December 15	Grades Due
December 20	Report Card Day/AHS Students' Christmas Get-Together
December 21	Teachers & Staff Meeting
May 21 (F)	Commencement Exercises

**PCC 2004 Fall Semester  
Academic Calendar Year**

August 2, 2004	Monday Faculty Report for duty
Augusts 9-13, (M-F)	Placement Testing
August 16-18, (M-W)	Freshmen Orientation and Advising
August 19 (TH)	Registration
August 23 (M)	First Day of Instruction
August 23-27 (M-F)	Late Registration/Drop and Add Period
September 6 (M)	Holiday Labor Day
October 1 (F)	Holiday: Independence Day
October 4 (M)	Last Day to Remove Incomplete Grades (Summer)
October 11-15 (M-F)	Mid-Term Period
October 22 (F)	Last Day For All Withdrawals
October 25 (M)	Holiday: UN Day
November 25 (TH)	Holiday: Thanksgiving Day
November 25-26 (TH-F)	Students Thanksgiving Break
December 10 (F)	Last Day for Instruction
December 13-15 (M-W)	Final Examination Period
December 20 (M)	Grades Due, End of Fall Semester, Student Fall Break

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

**Celebrating Birthdays**

Weilling Sked August 28  
Josepha Tutii August 28  
Mistsko Walter August 28  
*Happy Birthday To You!!!*



**Palau Community College**  
**MESEKIU'S**  
**NEWS**

**FREE COPY**



Friday, August 27, 2004

Weekly Newsletter

Volume 6, Issue 34

**Japan Foundation Donates Learning Materials To PCC**



Dean of Academic Affairs, Alvina Timarong Poses with Charge D' Affaires Suwa, School Principals and Teachers

This past Wednesday, August 25, 2004, the Palau Community College accepted donated Japanese language materials from the Japan Foundation during a formal hand-over ceremony held at the Japan Embassy. The honorable Kiyoshi

Suwa, Charge D' Affaires of the Embassy of Japan presented the donations on behalf of the Japan Foundation to PCC, Maris Stella School (MSS), Palau High School (PHS) and Mindzenty High School (MHS). Accepting the Donation on behalf of PCC was Ms. Alvina Timarong, Dean of Academic Affairs. Also in attendance and representing their respective schools were Felix Okabe, MSS Principal, Ms. Nobuko Doi, Japanese Language Instructor for MHS, and PHS Principal Theodore Borja. Honorable Suwa said that Palau has always had a deep appreciation of the Japanese language and culture; however today, with the younger generations, it is fading. Honorable Suwa hopes that with these new learning materials and with the help of our schools and community, Palau can revitalize the Japanese language by encouraging Palau's youth to learn Japanese culture and traditions. Dean of Academic Affairs, Ms. Alvina Timarong, on behalf of PCC's faculty and students thanked the Japan Foundation, and the people and government of Japan for providing these much needed Japanese language materials and for supporting the Japanese language programs at PCC throughout the years. She said, "This has been the fourth year that PCC has accepted such donations from the Japan Foundation. And throughout those years, these donations have made a difference in our programs by enabling us to improve our curriculum and provide quality learning materials to our students. No words can truly express our gratitude to the Japan Foundation for their generous and kind donation but we do so with our sincere and heartfelt thanks."

**CRE Begins Invasive Weed Program in Peleliu**

Last Thursday, several members of the PCC's Cooperative Research and Extension (CRE) staff braved rough seas to travel to Peleliu as part of the Siam Weed Biological Control Program. The purpose of the visit was to release the beneficial insect, the gallfly, in order to help reduce the presence of the invasive Siam Weed (*Chromolaena odorata*, R.M. King and H. Robinson) and add to the genetic diversity of previously released gallflies. While in Peleliu, Felix Sengebau and Maria Teruzi also checked the status of the gallfly population and its effectiveness against the Siam Weed. They determined that the insect's population was increasing and definite strides were being made in combating the harmful weed.

This biological control program aims to decrease the Siam Weed's numbers by using a natural predator instead of chemical pesticides, which kill good and bad plants. In contrast, the gallfly is very selective and only harms the Siam Weed. The CRE staff while in Peleliu also checked on the status of the damaging taro leafhopper. In previous visits to Peleliu, CRE had released the mirid bug, which eats the eggs of the leafhopper. The staff was very excited that the taro leafhopper was not to be found in several taro patches meaning that the Biological Control Program was working.

In the next few weeks, the CRE staff is planning to visit Angaur to release the beneficial gallflies there as well as the mirid bug which helps



PCC CRE's Maria Teruzi Releasing gallflies in Peleliu State

to reduce the taro leafhopper population. For more information about CRE's Biological Control programs please contact Dr. Nelson Esguerra at the CRE Office at 488-4983.

## PCC's Nursing Program: A Sure Way To Secure Your Future

If you want a rewarding and challenging career, then Nursing is for you. Palau Community College invites you to start your journey toward your Nursing Career at PCC.

### History of the Nursing Program at PCC

The PCC Nursing Program started in 1998 with the assistance of two Nursing schools, Kapio'ani Community College and Maui Community College. The first group of students who participated in the Program were Licensed Practical Nurses. All thirteen of them graduated in May 2000 with associate in science degrees in Nursing. Eleven are currently employed at the Belau National Hospital as Registered Nurses. One returned to Yap, FSM and is now working as a Registered Nurse at Yap Hospital. The other decided to pursue a four-year degree in Nursing and is now attending the University of Hawaii at Hilo.

### Program Requirements

Must be a high school graduate. For associate in science degree in Nursing (Registered Nurse), minimum TOEFL score is 500. For Certificate of Achievement in Nursing (Licensed Practical Nurse), minimum TOEFL score is 450.

### Why Nursing

The Nursing profession is one of the most highly employable skills -- no matter where you go in the world, you'll be able to find a job. There are many specialties in Nursing, for example: Medical, Surgical, Public Health, Educator, Research, Insurance, etc.

## Keib N. Delemel Receives Class of '79 Scholarship

The highly competitive Palau High School (PHS) Class of '79 Scholarship has been awarded to Keib Delemel a 2004 graduate of Palau High School from the state of Ngiwal. As a recipient of this scholarship, Keib receives \$2,000 which he receives in installments of \$500 over four semesters. Keib, while attending Palau High School, also enrolled in the PCC Upward Bound Program during the last two years of his high school career. Under Upward Bound, he took PCC courses this summer; thus, he begins the fall 2004 semester with six college credits already under his belt. Keib is a full-time PCC student majoring in Agricultural Science. He expresses his gratitude to the committee that selected him to be the recipient of this scholarship and promises to do his best in his coursework to prove he is worthy of this generous assistance that he has received. Congratulations Keib, and good luck on your educational endeavor!



Keib '79 Scholarship Recipient

## Search Engines for Kids @ PCC Library

Written by PCC Library Technician Ms.  
Imengel Mad

General search engines can be difficult for younger surfers to use and understand. More importantly, even the most innocuous search (eg. "leather" or "bunny") can lead to age-inappropriate sites. Some search engines such as Altavista, offer password protected family filters that adults can activate to block inappropriate links. Software such as NetNanny and Cybersitter can be purchased and installed on home computers used by children.

Many search engines are specifically designed to fill the need for child-safe search sources of online information. Most of them also provide interactive games and activities, chat rooms, and links to educational and entertaining sites. The following sites are recommended for young surfers:

**CyberSleuth Kids:** [cybersleuth-kids.com](http://cybersleuth-kids.com)

With so much information available on the Internet, this site helps kids pinpoint the materials that will provide the answers or assistance they seek. Visitors can search within defined categories (eg. Art and geography), by subject (eg. Science fair and inventors), or by keyword. The reference section offers access to hundreds of additional resource tools including dictionaries, encyclopedias and other fact books, biographies, thesauri, literary quotations, and much more. You'll also find a wealth of links to sites in a wide range of categories.

**Ask Jeeves Kids:**

[www.qjkids.com](http://www.qjkids.com)

Similar to the adult version of Ask Jeeves, Ask Jeeves Kids lets you search using plain English. Jeeves will help clarify your search to ensure that you get the answers you need. Results are provided in the form of questions in drop-down box; select the closest match to your search and click ASK! to go directly to the best site (as determined by Ask Jeeves' editors). This feature simplifies matter for young users, who won't have to scroll over a long series of hits. However, youngsters looking for more obscure searches may be frustrated by the poor search results. The database is not very large, but Ask Jeeves tries to enhance visitors' chances of a successful search by providing matches from meta-search partners.

## BITS AND PIECES...

### PCC Offers Morning Exercise Program

Do you want to lose weight, become more healthy and look good for the new Fall Semester? If you do the PCC Recreation Staff have the exercise program for you. The program is open to all female PCC students, staff and people from the community. All interested individuals who wish to learn proper exercise such as walking and stretching will meet at the Palau National Track and Field. The exercise program is early in the morning every Monday, Wednesday and Friday from 5:30 to 6:30 am. If you have any questions or comments please call Eriko Yahagi, Ismael Anastacio or Norman Sato, our most friendly staff at the PCC Recreation Office at 488-3885.

### PCC Co-Ed Softball Tournament Begins!

Welcome all new students! This new semester PCC is announcing that the Fall Semester Intramural Co-Ed Softball Tournament is expected to begin this September 13, 2004. Interested PCC students and staff may register their teams. Deadline to register your team will be September 7, 2004 at 4:30 pm. A team will compose of at least seven males and at least three females. Games will be held on Mondays, Wednesdays and Fridays at 7:00 pm. and will be played at the Meyuns Ball field. A technical meeting will be called on a latter date to discuss the full details of this tournament. For more information, please the PCC Recreation Office at 488-3885.

### PCC Men's Team Looking for a Few Good Men!

Think you got the skills to compete at a Major League level? Do you think you can play baseball with the big boys? Let's see you prove that you got the right stuff and try out for The Palau Community College's Mesekiu Baseball Team. The Team is looking for a few good men. All male PCC students are welcome to try their stuff and see if they can make the team. The Mesekiu Baseball team is looking to recruit students who are interested in playing in the upcoming 2004-2005 Palau Major League season. If you are interested, you may contact Mr. Norman Sato at the PCC Recreation Office at 488-3885 for more information or to sign up.

## How To Boost Your Brain Power

The following article is taken from the February issue of TOP HEALTH, 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 lost 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.

## Transitions Within A School's Journey.....

The beginning of an exciting new journey began in 1976. Church and mission leaders in Micronesia deemed it necessary to begin the education work of the Micronesian Institute of Biblical Studies (MIBS). This school began in Chuuk, FSM and eventually developed into the Pacific Islands Bible College (PIBC) in 1999, moving this scholastic center of this ministry to Guam. Today, PIBC has extensions called Remote Teaching Facilities in Chuuk, Yap and now here in Palau. The vision of PIBC is to bring quality education in the Christian tradition that produces servant-leaders for the Pacific Community. Courses are designed to develop the student's heart, head, and hands...spiritual growth, Christian mind, and ministry skills. Dr. Roland Rauchholz and his wife Dorthea spent 38 years of their journey in Micronesia as missionaries with Liebenzell Mission. Most of these have been spent in Chuuk, FSM teaching and administering the PIBC.

The Rauchholz originally came to Palau in the early 1990's and recently returned to Palau as part of the last leg of their journey. Last week the couple returned home to Germany. They have handed over their work to Pastor Rob Watt and his administrative assistant, Josie Lukas. Pastor Watt, a Pennsylvania native, has come to Palau as a Liebenzell missionary primarily to teach here in Koror. An ordained minister, Rob brings with him over fifteen years of youth and pastoral ministry experience. As a service to the PCC community, PIBC is here to make some friendships with staff and students alike, learn of their dreams and teach some courses. Josie the most visible of PIBC team on campus will welcome question and take time to assist students as they consider PIBC in their academic journey at PCC. Pastor Rob Watt and Josie will be working out of PIBC Office in the Meluis building, so please drop in and introduce yourself and make them a small part of your experience here at PCC.