

Scholarship Announcement

The Palau National Scholarship Board is proud to announce a new scholarship opportunity for Palau Community College students.

| | |
|----------------------------|-------------------|
| Name of Scholarship | Deadline |
| Bank of Hawaii Scholarship | December 28, 2001 |

You must be a full-time and a 2nd year degree student with a minimum G.P.A. of at least 3.50. For application forms and more information, please contact the Palau National Scholarship Office at 488-3608.

Office of Admissions & Financial Aid Fall 2001 Enrollment Statistics

| <u>Programs</u> | <u>Number Enrolled</u> |
|--|------------------------|
| Air Condition & Refrigeration | 7 |
| Agricultural Sciences | 8 |
| Automotive Mechanics Technology | 21 |
| Business Accounting | 76 |
| Construction Technology | 16 |
| Criminal Justice | 78 |
| Education Program | 75 |
| Environmental/Marine Science | 9 |
| Electrical Technology | 16 |
| General Electronics Technology | 35 |
| Liberal Arts Program | 30 |
| Nursing Program | 9 |
| Office Administration | 125 |
| Small Engine & Outboard Marine Technology- | 13 |
| Tourism & Hospitality | 51 |
| Enrichment/Unclassified | 17 |
| TOTAL | 586 |

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

BADEK

The mother of one of our employees, John Kebou passed away on October 17, 2001. Also Marianne Temaungil's father was recently called to his eternal rest. As PCC family, let us express our sympathy by contributing whatever we can to assist Marianne and John during their time of need. Let us also keep them and their families in our prayers. Contributions "badek" for John are to be given to Tmur at WIA Title I Office by Friday, November 2, 2001. Give your contributions for Marianne to Ms. Fidelia Tengoll or Ms. Mane Mesengei at Academic Affairs Office by 4:30 p.m. the same day.

Part-Time Jobs for PCC Students

Masami Asanuma Enterprise is looking for part-time Store Clerks.

Prefer: Part-Time College Students
Ages 20-30 years old
Dependable

Stop by M.A.E.'s Downtown Store and pick up an application!



Celebrating Birthdays

| | |
|--------------------------|-------------------|
| Besechel Kiuluul | October 27 |
| Todd Ngiramengior | October 27 |
| Sophia Gibson | October 29 |
| Jefferson Thomas | October 31 |

Happy Birthday To You!!!



Palau Community College MESEKIU'S NEWS

FREE COPY



Friday, October 26, 2001

Weekly Newsletter

Volume 3, Issue 43

PCC CRE & AG Club Participate In Olechotel Belau Fair



The PCC-CRE tent attracted a number of fair-goers as they offered samplings of taro, tapioca, and giant yellow taro prepared in many different ways. Tapioca & taro cookies and yellow taro ice cream were the most popular.



PCC Agricultural Science Club

The "Olechotel Belau Fair" held this week provided a great opportunity for the PCC Agriculture Club to showcase their program. Club members attended the fair all day on Wednesday, and Thursday afternoon. Class schedules prevented them from further participation. The club members agreed that Wednesday was the best day; they learned a lot from observing all of the agricultural products and seeing which products won top prizes.

The Club also successful raised over \$200 from the sales of vegetable seedlings and chicks. As usual, the funds the club raised will be used to further the purposes of the club. The Club members would like to thank the College administration and the CRE Department for their support.



Dr. Aurora DelRosario(l), Dr. Wan Jun Han(r), and other CRE staff manned the CRE publication tent.

**PCC ENDOWMENT FUND
THANKSGIVING FUND RAISER
November 21, 2002
PCC Campus
1-6PM**

Tickets are on sale for \$10.00 each. Hurry up and secure that lucky ticket number for a grand prize of \$1,500 or one of many fabulous prizes.

Give away prizes are listed on page 2

Seminar Explores Myths of Getting Old AGING: 'DEMOGRAPHIC REVOLUTION' DUE

By: Jean Christensen, Advertiser Staff Writer
Pages A27 & A33

To be old is to be sick. An old dog can't learn new tricks. Genes determine how long you'll live.

Myths about getting old were explored during a conference that brought baby boomers together with the generation that raised them to suggest new ways of thinking about aging.

The need to explore the subject becomes more urgent as the baby boom generation nears retirement age, said Marilyn Seely, director of the Executive Office on Aging, which is part of the state Department of Health.

"We want to have the whole community in Hawaii understand that this is coming," she said. "We need to make this a place where there is quality of life for all ages and to inspire people to lead healthy lifestyles."

About 300 people attended yesterday's conference. "A Journey to Successful Aging," sponsored by the Office on Aging. The keynote speaker was Robert Kahn, University of Michigan professor emeritus of psychology and public health and co-author of the book, "Successful Aging."

Kahn's book challenges the notion that genes determine the quality and length of life, arguing that lifestyle has a bigger impact. Improvements can come at any age if a person adopts a good diet and exercise plan and healthy outlook, he said.

But Kahn said society undervalues the older population by viewing contributions to society mainly in terms of wage earning productivity. Caregivers -- those who take care of ailing or disabled relatives -- are not recognized for what they contribute to the greater good, he said.

State leaders have launched Project 2011 to plan for what they say will be a "demographic revolution" when the first members of the baby boom generation turn 65 in the year 2011.

Hawaii is the third most rapidly aging state in the nation as the percentage of those age 65 and over continues to rise. In 1995, 13 percent of the state population was age 65 and over. State officials project that by year 2020, the proportion will grow to 18 percent.

"We need to make this a place where there is quality of life for all ages and to inspire people to lead healthy lifestyles."

—MARILYN SEELY
DIRECTOR OF THE EXECUTIVE OFFICE ON AGING

Because the number of people of working age is not projected to increase as much as the older population, state officials say there will be relatively fewer people of working-age to care for older relatives by that time. Also, the current sluggish economy could drain retirement savings, making it likely that more people will need financial assistance in their retirement years -- or will need to continue working past age 65.

Naturally, the health care problems that come with aging will be more prevalent with a larger elderly population. But Hawaii and the United States still have no consistent long-term health care programs, said Ah Quon McElrath, a University of Hawaii regent and retired social worker. She said states should be given the power to set up their own government-sponsored, or single-payer, health insurance systems to deal with the problem.

Terry Shintani, president of the Hawaii Health Foundation and director of preventive medicine at the Waiānae Coast Comprehensive Health Center, stressed the value of preventing costly health care problems through healthy lifestyles.

Aging results form "disuse" of the mind and body, he said, and diet and exercise can have a tremendous effect in discouraging disease.

"The first thing we have to do is not to be fatalistic. We must not believe that disease and disability are inevitable," Shintani said. "Disease and disuse are within our control. Use it or lose it."

Fund Raiser from page 1

PCC Endowment fund Thanksgiving Fund Raiser Prize List

\$1,200 Grand Prize
\$1,000 First Prize
\$500 Second Prize
\$250 Fourth Prize
\$150 Fourth Prize
\$100 Fifth Prize
\$50 Sixth-Tenth Prizes

Live Baby Pig!

Call
PCC Development
Office at tel.488-2471
and Purchase your
ticket(s) or obtain
more information.

Need not be present to win!

Gift Certificate for:
-Overnight Hotel Stay
-Washing Machine
-Dryer Machine
-Microwave
-Brand New Futon
-Television
-VCR
-CD/Tape Player
-Air Condition
-Cell Phone
-Free Electricity (\$250 worth)
-Free Cable (1 Year)
-Dinner
-Pizza
-Fishing Trip
-Internet Hours
-Car Tune-Up
-Beauty Packages
-& Many More!

RETENTION WEB PAGE

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

PCC Continuing Education

PCC-CE Office would like to announce its upcoming short-term classes available to the public for Fall Semester 2001:

1. Computer Training: Office 2000
2. Basic English Conversation
3. Palauan Conversation
4. Japanese Conversation
5. Chinese Conversation
6. Video Filming & Editing



Please call for more information.
Ph. 488-2471 ext. 270

WORK STUDY STUDENT EVALUATION

By: FWS Office

FWS supervisors are required to complete and submit Student Evaluation upon completion of the program. As you know, students must be evaluated through work performances during his/her employment with you.

Please note that the work experiences a student gains through your supervision is a valuable asset in skills development and career planning. The evaluation will be kept in a student's file and copy will be given to the student as reference for future employment opportunity. Please evaluate your students with total impartiality.

The evaluation forms are self-explanatory, however, if there should be any questions, concerns or comments, do not hesitate to call Mitsko Walter, FWS Coordinator.

The evaluation forms must be submitted to the Work Study Office before students complete his/her employment, and that should be no later than 12/03/2001.

ACADEMIC CALENDAR Fall Session 2001

| | |
|-----------------------|------------------------------|
| November 23 (TH) | Holiday: Thanksgiving Day |
| November 23-24 (TH-F) | Students' Thanksgiving Break |
| December 8 (F) | Last Day of Instruction |
| December 11-13 (M-W) | Final Examination Period |
| December 15 (F) | Grades Due |
| | End of Fall Semester |
| | Students' Fall Recess |