

Alumni Notes

Class of 2001 PCC



Portiana Franz - 2001 PCC graduate with an AS in Criminal Justice. She is currently working for the Ministry of Justice's Bureau of Public Safety.

Class of 2001(PCC)



Pauline Jerry - 2001 PCC graduate with a BA in Office Administration. She is currently working as a Secretary for PCC's Student Support Services-Project Beacon.

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

Patricia Maech	November 10
Leona Tkel	November 11
Hulda Lukas	November 13
Vernice Rechebei	November 14
Eugene Uehara	November 15
Pauline Jerry	November 16

Happy Birthday To You!!!

Mesekiu's News

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World AIDS Day

In recognition of the upcoming World AIDS Day event (December 1st) and to demonstrate care and concern about HIV and AIDS, the Ministry of Health's HIV/AIDS/STD Programs have submitted this story for our readers and encourages everyone to stop by their office located at the IA Business Center and get yourself a Red Ribbon pin in recognition of World AIDS Day. For further information, you can call Ms. Mayla D. Adolph @ 488-1757 or email: hircmoh@palaunet.com.

How are HIV and STI transmitted?

Unsafe Sexual Contact - The most common way is sexual intercourse, without a condom, with an infected partner. Infection becomes possible through unprotected penetrative intercourse whether vaginal or anal. In some cases, transmission can also occur with oral sex.

Blood Transfusion - Transmission can occur through transfusion with blood or blood products that have not been adequately tested. Fortunately, transmission through blood transfusion has never happened in Palau due to controls on the quality of blood screening and testing.

The program would like to thank every blood donors for their faithful efforts in blood screening and ask that we all continue to do so.

IV Drug Use - The sharing of needles contaminated with blood can also result in HIV and STI infection. Other causes include blood to blood contact through abrasions, cuts or open sores on the body.

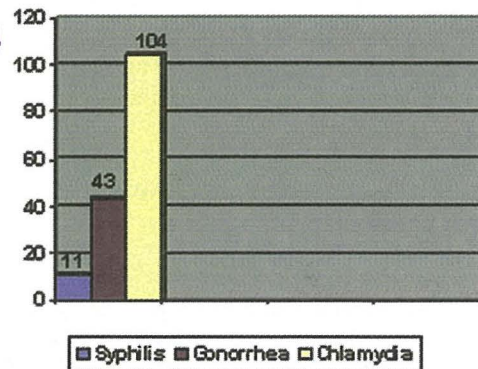
Mother to Child - HIV and STI can also be transmitted from a mother to her infant before birth, at birth, or after birth (through breastfeeding). We encourage early prenatal clinic to mothers; if found positive early, medications can be given to prevent transmission to the baby.

HIV Cases in Palau, 2004

First HIV case found in 1993; By end of 2004, 7 cases known; 4 have died, 3 living; Estimates suggest Palau has additional 5-6 cases not known in the community. (*Epi Profile 2004*)

Are you one of those unknown? To Tell you the truth, you'll never know unless you get tested!

Call HIV Hotline @ 488-3117 for a free and confidential testing



Be a STAR....

Start Taking Alcohol Risk Seriously

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Palau Community College MESEKIU'S NEWS

FREE COPY



Friday, November 11, 2005

Weekly Newsletter

Volume 7, Issue 45

FSM Vice President Pays Courtesy Call on PCC Students



PCC Student State Representatives Pose with FSM Vice President. (l-r) Victor Yatilman, Chuuk State Rep., Nixon Helgenberger, Pohnpei State Rep., Honorable Redley Killion, FSM Vice President, Mendilla Harong, Yap State Rep. and Mark Tolenoa, Kosrae State Rep.

The Honorable Redley Killion, Vice President of the Federated States of Micronesia and Sam Pretrick, FSM Council General met with PCC students and citizens of the Federated States of Micronesia this past Sunday November 6, 2005 at the PCC Cafeteria. During the meeting, Vice President Killion briefed the audience on the latest news on the Compact II as well as addressed issues on immigration, financial aid and other issues facing PCC students from the FSM. The meeting was held at the PCC Cafeteria and was attended by almost seventy students and FSM citizens. In his address to the students, Vice President Killion encouraged FSM citizens attending PCC to do their best in school and achieve success in the careers they wish to pursue because they will play an important role in the human development and nation building of the Federated States of Micronesia. PCC President Patrick U. Tellei said, "I thank the honorable Vice President Redley Killion and his delegation for taking time out of their busy schedule to meet with our students. I am confident that his visit has served as a positive inspiration for our FSM students to excel in their studies and achieve excellence." The honorable Vice President Killion and his delegation were in Palau for the International Coral Reef Initiative (ICRI) meeting and bi-annual meeting of the United States Coral Reef Taskforce (USCRT).

PCC Thanks Shell and PPR for Donating to Thanksgiving Fundraiser



(l-r) Frank Kyota, Country Chairman Rep/Area Manager for Shell Company Ltd. presents \$1000 check to PCC President, Dr. Patrick U. Tellei for the College's Annual Thanksgiving Endowment Fundraiser. In addition, Shell Company will be donating free gas as prizes for the Fundraiser as well as purchase tickets. Thank you Shell Company for your kind donation!



(l-r) Dilubch Samil, PCC Development Staff, accepts donation from Diane Odviar, PPR Executive Secretary for the General Manager, and Lucy Sugiyama, PPR Resident Manager. PPR donated five (5) gift certificates for hotel stays with buffet lunches for two and also bought \$500 worth of tickets for the raffle drawing. The donations will be used as prize giveaways for the upcoming PCC Thanksgiving Endowment Fundraiser. Thank you Palau Pacific Resort for your generous donation!

Accrediting Team Visits PCC for Progress Report

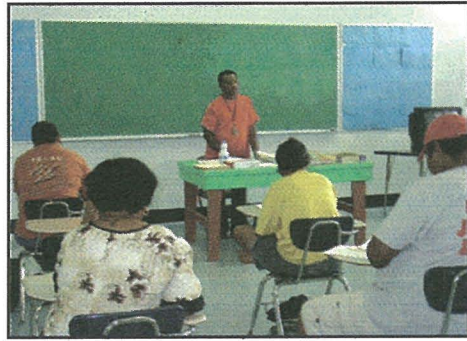


(l-r) PCC President Dr. Patrick U. Tellei, Dr. Shirley Kelly, President of the College of San Mateo and Dr. Lyn MacConnaire, Dean of Student Services, Ventura College

The College welcomed Dr. Shirley Kelly, President of the College of San Mateo, and Dr. Lyn MacConnaire, Dean of Student Services at Ventura College who visited the College earlier this week. Dr. Kelly and Dr. MacConnaire are commission representatives from the Accrediting Commission for Community and Junior Colleges (ACCJC) of the Western Association of Schools and Colleges (WASC). The visit is part of the Commission's assessment of the College's Progress Report. The report is based on the six recommendations given by the Commission when PCC's accreditation status was reaffirmed in June 2004. The College would like to thank Dr. Kelly and Dr. MacConnaire for visiting us and wishes them much success and a safe journey home. Thank you!

Turn to Page 2 for list of fantastic prize giveaways for this Year's PCC Endowment Fundraiser. Hurry up because tickets are running out fast!

Talent Search Provides Tutor In-Service Workshop



PCC Instructor Jemmy Blelai conducts workshop.

On Saturday, November 5, 2005, the Talent Search Program held an In-Service Training for its tutors at the PCC Btaches building, Room 66. Rechedioul Jemmy Blelai, the presenter, talked about learning outcomes and teaching styles. He emphasized that the two go together – that students' learning outcomes reflect on teachers' teaching. Blelai covered many good topics on teaching – such as characteristics of effective teaching. He also showed a video on the 7 Habits of Highly Ineffective Teachers to show what not to do as a teacher. According to some of the tutors, the training was very helpful and informative to them. After Blelai left, Project Director Laura Mangham showed a video on tutoring – how tutoring can make a difference in a student's life. The video is actually about tutoring drop-out adults, but it showed how the system had not served these adults' needs while in school. It tied neatly to what Rechedioul had shared earlier about assessing the needs of students in order to be able to reach them. Too often we test students on skills they have not learned or mastered. He used, as an example, testing students on adding two-digit numbers. This alone required about eight to ten separate skills which the students need to know in order to do it correctly. The tutors were also able to discuss some of the problems that affect the students' everyday performances & learning habits in the classroom as well as outside. They hope to utilize whatever they acquired from the training and to implement them in their classroom as part of their class instruction. They highly recommend that Rechedioul conduct this training to the tutors who couldn't come to this in-service workshop as well as other teachers in the schools. Talent Search staff wish to thank the Cafeteria staff for providing very healthy and delicious snacks for the tutors, and Academic Affairs for providing Room 66 for the workshop.

Participant Praises Customer Service Training

Comments submitted by a participant who attended the recent customer service training for PCC Staff members.

As a participant of the Customer Service Training conducted by Dean William "Willy" Wally of Continuing Education on Wednesday, November 2, 2005, I learned a lot regarding how to better understand the importance of customers to an organization. Most importantly, I learned that a satisfied customer is the best advertisement that any and all organizations/agencies must recognize in order to profit. And to ensure that customer satisfaction, the customer must feel welcome, comfortable, understood, and important. Therefore, an "extra" something, be it a warm smile or a friendly hello can go a long way in the business world. During the training, participants got involved and voiced out their opinions on how things should or could be. It was very informative because we became more open with one another as we learned to respect our differences while appreciating our similarities. All in all, customer satisfaction comes from Team Work. It's the root of getting and keeping a customer. Let us continue to build a stronger, friendlier and more family oriented environment for ourselves and for our customers here at PCC so that we may ensure the highest quality of service and satisfaction for our customer. And, remember to always "value our customers," as they are the reason we are here.

2005 THANKSGIVING PRIZE LIST

Once again, Annual PCC Endowment Fundraiser is near. It will take place here on campus on November 23, 2005, Wednesday, the day before Thanksgiving. Tickets are on sale now for \$10.00 each. Stop by Development Office and see Hulda, Dikubch, Temmy or Armstrong for a ticket.



CASH PRIZE:

\$1,000 GRAND PRIZE
\$500 FIRST PRIZE
\$250 SECOND PRIZE
\$150 THIRD PRIZE
\$100 FOURTH PRIZE
\$50 5th to 10th PRIZES



Other FREE Prizes Such as:

Round trip Ticket to Guam - Continental
Round trip Ticket to Philippines - Continental
Washer - Surangel & Sons
Dryer - Surangel & Sons
Beauty Makeovers - Kathy's Beauty Salon, Hironu's Beauty Salon & Hair Design Beauty Salon
Really Really Big Fish - PITI
Dinner Certificates - Palau Royal Resort, Penthouse & Emamelei Restaurant
Lunch Certificates - Sarah's YumYum, Emamelei & Furasato Restaurant
Live Baby Pig - Lucky's Farm
Computer - Philip Reklai & Associate
Cell Phone - Philip Reklai & Associate
Shopping spree Certificate - Western Caroline Trading Company
Hotel Overnight Stay - Palau Royal Resort, Palasia Hotel & Penthouse Hotel
Free T-Shirt - Bank of Hawaii
Free Pizza - Cafe @ Palau
Free Internet - Internet Cafe, & Cafe @ Palau
Free Plants - Palau Community College
Overnight Fishing Trip - Palau Community College

and much much more!

Thank you to all who participated in the 2005 Thanksgiving Fundraiser!

BITS AND PIECES... CE Hosts Grant Writing Workshop...

PCC's Continuing Education Office will be offering an interesting workshop on Grant Writing. The schedule regarding the time and date of the workshop is still being developed, however, interested individuals are encouraged to sign up for this very worthwhile and interesting workshop. For more information, please call Taruu Nakamura or Sharon Elbelau at 488-2470/2471 or 488-6223.

Interns Wanted For Spring Semester...

Internship candidates for 2006 Spring Semester are reminded that applications for Internship placements are now being accepted at the Extension Program Office located in the TEMEKAI building. The deadline for processing the applications is December 23, 2005. Please see Mr. Vincent Ito right away so that you may be able to complete your forms and submit them on time. Internship is provided as a final requirement for students who have completed all their course requirements. Internships allow students to be placed on the job in their respective field of training while working on a full-time basis as an intern or trainee. The practical experience gained from their internship will be counted as credits required for students to graduate.

Candidates for Freshmen Reps Wanted...

Special Bulletin to all PCC Students regarding the special election to fill the vacancy for the freshmen representative position. This special polling will be conducted on November 17, 2005 from 8:00 am to 5:00 pm at PCC Mesekiu Bai. Qualifications for this position is as follows, must be full time (carry 12 credits or more) freshmen student, must have a CGPA of 2.00 or above, and must have no record of a felony. Any freshman student interested in seeking this position must obtain a petition from Student Life Office (located next to PCC Bookstore) and acquire 25 signatures from members of the freshmen class. The petition must be submitted to the Student Life Office on or before November 15, 2005 at 4:30 p.m. All freshmen students are encouraged to participate in this process to ensure that their interests are well represented in the Student Body Association Senate. Thank you!

SSS-Project Beacon Conducts Workshop



Cynthia Malsol, Career Counselor for Project Beacon conducts workshop.

Student Support Services—Project Beacon (PB) conducted a "Transfer Workshop" for PCC sophomores who wish to pursue their higher education at a four year college or university. The workshop was held on Thursday, October 27, 2005 at the Project Beacon Lab from 12:00 noon to 1:00 pm. The workshop was attended by seventeen sophomores and was conducted by Cynthia Malsol, Career Counselor for Project Beacon. The purpose of the workshop was to assist PCC students in securing admission and financial aid for enrollment in four-year institutions of higher learning as well as gain entrance to other professional programs. The workshop helped facilitate the students transition from one level of higher education to another.

Study Tips to Help You Make the Grade!

(Study Tips are taken from: <http://www.how-to-study.com/>)

Writing Techniques:

Writing is an important form of communication. Good writers use different writing techniques to fit their purpose for writing. To be a good writer, you must master each of the following writing techniques.

- 1. Description:** Through description, a writer helps the reader use the senses of feeling, seeing, hearing, smelling, and tasting to experience what the writer experiences. Description helps the reader more clearly understand the people, places, and things about which the writer is writing. It is the most common form of writing. You will find descriptive writing in newspapers, magazines, books, and most other forms of written communication.
- 2. Exposition:** Through exposition, a writer informs, explains, and clarifies his/her ideas and thoughts. Exposition goes beyond description to help the reader understand with greater clarity and depth the ideas and thoughts of the writer. Expository writing, like descriptive writing, is commonly found in newspapers, magazines, books, and most other forms of written communication.
- 3. Narration:** Through narration, a writer tells a story. A story has characters, a setting, a time, a problem, attempts at solving the problem, and a solution to the problem. Bedtime stories are examples of short stories while novels are examples of long stories. The scripts written for movies and plays are further examples of narrative writing.
- 4. Persuasion:** Through persuasion, a writer tries to change a reader's point of view on a topic, subject, or position. The writer presents facts and opinions to get the reader to understand why something is right, wrong, or in between. Editorials, letters to the editor in newspapers and magazines, and the text for a political speech are examples of persuasive writing.
- 5. Comparison and Contrast:** Through comparison and contrast, a writer points out the similarities and differences about a topic. Comparison is used to show what is alike or in common. Contrast is used to show what is not alike or not in common. Describing living conditions in 1900 and living conditions today would allow for much comparison and contrast.

By using the writing technique that fits your purpose, you will be able to communicate your ideas effectively.