

THE KASELEHLIE PRESS

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THE KASELEHLIE PRESS

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MERRY CHRISTMAS!!

This bi-weekly publication is \$1.00

Like a "James Bond" Image U.S. Navy Ship *SWIFT* hits Kosrae

[U.S. EMBASSY: KOLONIA (Pohnpei, FSM)] The U.S. Navy ship *HSV 2 SWIFT* is making a port call in Kosrae this weekend, arriving this morning while en route from Guam to the U.S. mainland. In U.S. Navy service since August 2003, the *SWIFT* is a 320-foot high speed catamaran. It currently serves as an interim mine warfare command and support ship, as well as an experimental vessel.

The *SWIFT*'s greatest contribution to the global community may be as a humanitarian relief platform. With its 70-ton ramp, high speed,



Photo by DAVID FETTER, Kosrae

maneuverability, and precision navigation equipment, it can quickly load, transport, and unload up to 500 tons of large trucks and/or palletized cargo, even in remote, shallow draft ports without tug boats or cranes. The *SWIFT* has performed numerous humanitarian relief missions, such as in the aftermath of the deadly Asian tsunami in 2004, Hurricane Katrina in the United States in 2005, and the Beirut evacuation earlier this year.

CDR Charles Rock commands the *SWIFT*'s Ingleside, Texas-based

See "SWIFT in Kosrae" on page 2

Court Orders Pwohmaria Resort and PPA to Compromise

Acting Governor Jack Yakana weighs in on the issue, questioning a proposed increase in lease rates.

By **OLIVIER WORTEL**
The Kaselehlie Press

DEKEHTIK, Pohnpei – On the day of the planned eviction, the owners of the Pwohmaria Beach Resort (PBR) filed a Complaint and asked for an Order restraining the Pohnpei Port Authority (PPA) from terminating their lease in the Transportation Zone on Dekehtik Island. State Supreme Court Associate Justice Benjamin Rodriguez granted a seven-day reprieve to the PPA Board decision to terminate the PBR lease, allowing, for the time being, Misko Edwin and her family to remain on site, and at the same time, ordering the two sides to meet in an effort to reach a com-

promise.

PBR is one of Pohnpei's oldest and most recognizable locally-owned hotels and restaurants. The PPA is a financially independent government organization that controls all air and seaports within the state, particularly the approximately 80 million square meters of land known as Dekehtik Island, site of some of the biggest industrial and commercial developments on the island.

The PPA issued a letter of eviction to the decades-old establishment on November 14, with the statement for PBR to "peacefully va-

cate the premises within thirty (30) days," deciding to move forward with its long-term plans of demolishing the area, and rebuilding it into a commercial dock.

A 1994 Master Plan for the PPA, formulated three years after it became a legislated entity, calls for the "expansion of the port to the northeast" requiring "demolition of the Pwohmaria Hotel." One of the primary reasons for such a move, according to sources close to the PPA organization, is for "beneficial economic benefits" to PPA and the state.

The courts, says Sheila Edwin,

manager of the resort, have always been the option of "last resort" (see *Kaselehlie Press*, December 6 Issue, "PPA Issues Letter of Eviction to Pwohmaria Beach Resort.") Instead, the Edwin family has sought other ways to resolve the impasse with the PPA, including the on-the-record desire to continue negotiations with PPA, gaining legislative support through amendments of the Port Authority Act and the nearly 25,000 square meters of land to be transferred from the PPA back to the Public Lands Trust, as well as public input and the backing of

See "PPA vs PBR" on Page 3

Five Island Nations Get Serious About Micronesia Challenge (inside page 2)



NEWS

Five Island Nations Get Serious About Micronesia Challenge

Philippo of the RMI commends "excellent Micronesian spirit" in focusing on common purpose in the region.

By **OLIVIER WORTEL**
The Kaselehlle Press

KOROR, Palau – Other than the historical Congress of Micronesia meetings of the 70's that ultimately steered these thousands of islands into the five major Micronesia jurisdictions of today – Guam, the Commonwealth of the Northern Mariana Islands, the Republic of the Marshall Islands, the Republic of Palau, and the Federated States of Micronesia – there has been no greater galvanizing force to bring together these cultures and environments, these people and governments of the region, than the globally-recognized Micronesia Challenge.

The Challenge, as it has been called, may in certain ways be the antithesis to the Congress of Micronesia era, when these islands splintered from a Trust Territory into separate federations, republics, and commonwealths aimed at their own independence after decades of

collective colonial rule by one European, Asian, or American nation after another. The Challenge has now brought these entities, these islands as close as they have been politically since their births as nations.

That was certainly one of the defining themes of the recently concluded 1st Micronesia Challenge meeting held in Palau in the first week of December. Palau has continued to lead the charge by the Micronesian governments, as the statements of Palauan President Tommy Remengesau Jr. clearly showed, to promote a direction toward "sustainable livelihoods for Pacific communities" in the region.

"A commitment to our environmental and cultural futures," said Remengesau, whose popularity locally and recognition abroad have climbed due to his continuous focus on environmental considerations in all matters of development and politics, "reflects, I believe, an

understanding that we must once again begin to stand together, with one voice, to achieve our Micronesian goals...of environmental stewardship."

"While our islands cannot compete with the developed world in many areas of economic endeavor, we have one thing that the rest of the world does not have – our pristine natural environments," said Remengesau to open the meeting. Any person who has been to Palau, or the CNMI, or any of the 607 insanely beautiful and massively remote islands of the FSM, will recognize the true weight of this statement.

"The environment is the economy," and "preserve the best and improve the rest," are two of his most well-known and oft-copied statements to this effect. Remengesau called for "quality development opportunities within the context of conservation."

The Challenge has set as goals the "effective conservation" – through both modern and traditional ways and means – of at least 20% of all the forests of the region, and 30% of the marine areas across the region by the year 2020. Forests can be the watersheds high in the rain

producing cloud forests of Pohnpei, the mixed agricultural forests of taro, coconuts, and pandanus of garden lagoon islands like Fefen in Chuuk, the freshwater Terminalia "Redwoods of Micronesia" in Kosrae, or the massive swaths of mangroves in Palau. Marine areas refer to some of the world's premier seagrass beds, coral reefs and channel passes in the region.

Palau, and by association, the rest of the Micronesian region, stated Remengesau, is "the world leader in the area of natural resource conservation," that allows for the "opportunity to grasp a moment in time and take real and concrete steps to implement a long-lasting and responsible conservation scheme for our people."

There was a concerted effort by all of the nations present to promote and solidify a "long-term environmental commitment that will extend beyond administrations and political winds of change," as Remengesau succinctly put it.

Environmental leaders and heads of state called for the institutionalizing of the Challenge into policy and development frameworks, and to see "Micronesia Challenge" on page 6

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...SWIFT in Kosrae

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crew. It has a second crew based in Little Creek, Virginia. With two crews rotating every four months, the SWIFT remains forward deployed for all but a few weeks out of each year. During the ship's three years of U.S. Navy service, it has circumnavigated the world three times and visited every continent but Antarctica.

Shortly after the SWIFT's arrival, CDR Rock paid a courtesy call on Kosrae Governor Rensley Sigrah. The two will co-host a reception tonight for ship personnel and local residents. The SWIFT's crewmembers are generously do-

nating a portion of their shore liberty to perform community projects, including the painting of a portion of Lelu Elementary School. After welcoming CDR Rock and his crew, Governor Sigrah challenged them to a friendly canoe race with a local team, offering a ceremonial paddle as a prize to the winner. After CDR Rock accepted the challenge, he reiterated his thanks for Kosrae's hospitality, for the contributions of Kosraeans who serve in the U.S. military, and for this opportunity to demonstrate the United States' continued commitment to its defense relationship with the Federated States of Micronesia.

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NEWS

...PPA vs PBR

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traditional leaders.

The PPA has continued to stand firm upon its decision to evict PBR from Dekehtik Island, and according to its legal counsel "remains one hundred percent committed against a long-term lease" to the hotel.

Some state political leaders have continued to voice their considerable opinions on the matter. The 6th Legislature's Floor Leader, Fernando Scaliem of Kolonia, expressed shock at what he coined a "heavy-handed" approach by the PPA to one of PBR's foreign clients, the Pohnpei Surf Club, in the PPA's ongoing efforts to move forward with its termination of its lease with PBR.

The Pohnpei Surf Club (PSC) is one of PBR's main customers, us-

ing the complex as its base of operations for the numerous world-class surfers who continue to flock to the island for the top wave action, and the uncrowded and peaceful setting.

In a December 13 letter, Scaliem summarily blasts the PPA for issuing a letter to the owner of the PSC to also vacate the premises "only three days prior to the effective date of the (eviction) order."

"This type of letter makes our whole Pohnpei Government look petty and mean," Scaliem wrote in his main paragraph, adding that PPA involvement with a PBR client "seems completely unnecessary." Scaliem rests part of his argument on the fact that the PSC "has created a viable new tourist industry" in the state.

The letter of December 11 is an Order to Depart Premises, and tells

the PSC to "take whatever steps you deem necessary to remove your personal property from the premises," and that "all persons occupying the subject premises after the 14th will be trespassing."

Acting Governor Jack Yakana was also quick to weigh in on the matter, saying that he "remained deeply troubled by the (PPA) Board's decision to summarily evict Pwohmaria Beach Resort and all its tenants," which he states further would lead to the "complete destruction of a business venture that has been in operation for a couple of decades."

In a separate interview with the KPress, Yakana said that his main thrust in the matter is for the PPA Board and the owners of the PBR to "come up with something workable."

The PPA has made it clear that its decision is not one based on favoritism, charity, or even emotion. According to the PPA, it is simply

carrying out its legally mandated requirement to seek the best financial return for the land that it manages, as well as exhibit economic responsibility in the era of Compact II to generate revenue and promote economic development.

The ongoing stalemate between the two sides is partly due to the current lease rates, which the PPA says are far below actual market value. PBR feels it should be recognized for the millions it has invested into the land over the years. Security and airport expansion have also entered into the discussion as being pivotal issues.

The two parties to the ongoing struggle over control of the six acres of prime transportation zone land have until Wednesday, December 20 to come to an agreement, the date of the expiration of the TRO and next court hearing to determine future legal and judicial actions, if any.

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U.H. Increases Rates for Pacific Islanders, Effect Will Be "A Wash"

By **BILL JAYNES**
The Kaselehlie Press

Dr. Michael Rota, Associate Vice President for Academic Affairs (Community Colleges) in the University of Hawaii system is on a whistle stop tour throughout the Pacific meeting with officials to explain the recent tuition increase at the UH. In September the Board of Regents at the College changed residency requirements for Pacific Islanders which angered many islanders who felt that their opportunity for an undergraduate baccalaureate degree had been all but eliminated.

Dr. Rota says that is not the case and that the University System is merely doing what most Pacific Islands Community Colleges have already done. He said the new scheme maximizes the amount of Federal Grant money

that will flow to the University system under the Pell Grant. The rate increase was established as the result of a years long study undertaken by the University.

Under the plan, which is scheduled to begin in the 2007 fall semester, non-resident Pacific Islanders who currently pay the resident rate will pay 150% of the resident rate. This non-resident rate is available only to Pacific Islanders who are residents of islands that have no public higher education institution granting baccalaureate degrees. Those include students from American Samoa, Commonwealth of the Northern Mariana Islands, Cook Islands, Federated States of Micronesia, Kiribati, Nauru, New Caledonia, Niue, Republic of Palau, Republic of the Marshall Islands, Tokelau, Tonga, Tuvalu, Vanuatu, Wallis, and Futuna.

Pacific Islander students already enrolled in the University of Hawaii system will continue to be charged at the resident rate as long as they remain in the school system.

The University of Hawaii Opportunity Grant which previously was an entitlement to all Pacific Islanders now requires that students show financial need according to U.S. federal financial guidelines. Essentially, students that qualify for the Pell Grant will also qualify for the Opportunity Grant which will cover the additional 50%. Dr. Rota said that most Pacific Islanders do qualify for the grant but that the University estimates that less than 2% of students who under the old system would qualify for the grant will no longer be eligible.

Dr. Rota stressed that the increase is not at all designed to limit the



Dr. Michael Rota, Associate Vice President for Academic Affairs (Community Colleges) University of Hawaii

access Pacific Islanders previously enjoyed. Essentially, he said, with the grant opportunities available to Islanders in financial need the effect will be "a wash."



by
President Joseph J. Urusemal
Federated States of Micronesia



During this joyous Holiday Season, it is fitting that I express on behalf of Vice President Killion and I, and our families, our heartfelt gratitude to you, our fellow citizens, for all the support and kindness that you have shown us throughout the years of our administration.

Christmas is a time of giving and sharing, so we ought to take pause from our busy schedules to give thanks to God the Almighty and to each other as a people of earth and also fellow Micronesians. As one people dedicated to a common wish to live together in peace and harmony, we ought to be grateful for all that has been given in our name.

Though our Nation is rather young having only reached twenty years of independence, we stand proud as sovereign equals among the community of nations. With this opportunity, I would like to dedicate this moment, in our prayers, to our forefathers whose ideals of peace, friendship, cooperation and love in our common humanity, continue to be the foundation of our Nation's existence.

As Micronesians the true guardians of these islands, we have much to be proud of. During this joyous Season as we reflect on the past and look forward to the future, I call upon each and everyone of us to reaffirm our solidarity to one another, to our people, to our islands, and to our Nation - in the Federated States of Micronesia.

The Vice President and the entire staff of your National Government in Palikir, joins me in extending to each and everyone of you a Merry Christmas and Happy New Year.

**Pwapwan Kirsmas me Pwapwan Ier Sofo
Felfelan' ko Kirsmas nge Bieche Duw**

**Peren en Kirsmas oh Parakapw Mwahu
Meri Kirsmas Ac Acpe Nuya**





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NEWS

Japan Funds Fruit, Community

Sokehs Powe Elementary School in Pohnpei State, FSM was the recent recipient of funding assistance under Japan's Grant Assistance for Grassroots Human Security Projects. The fund which amounts to about \$1,011 in US Dollars will be used to fund the school's Project for Sokehs Powe School Fruit-Tree Planting.

The aim of the project is to plant fruit trees on its campus to educate students about the importance of agriculture and nutrition/health issues, and to promote fruit tree planting in school and in communities. The school plans to plant several different kinds of fruit trees such as guava, apple, pandanus, banana, sugarcane, and soft taro.

This will be a school-based project, where teachers and students are actively participating

in promoting good nutrition, while learning the importance and kinds of fruit-trees involved in the project. Also this project will build stronger relationships and cooperation between the community and the school since it will also set up community-based small projects where students go out into the community and help plants and educate the community about the project once it gains momentum.

A signing ceremony of the funding agreement was held at the Embassy of Japan in Pohnpei, FSM on December 14, 2006. Present on behalf of Sokehs Powe Elementary School were Principal Mr. Esirom Neth, the project coordinator Mr. Morthy Solomon, and the teacher Mr. Jasper Lorin. Mr. Toshio Omura, Chargé d'Affaires signed on behalf of the Embassy and Government of Japan.



Photo by BILL JAYNES

Principal Esirom Neth and Charge d'Affaires Mr. Toshio Omura sign grant agreement

...Micronesia Challenge

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include local communities and traditional leaders. After some political fisticuffs, on the last day of the historic meeting Palau agreed to allow the Micronesian Conservation Trust in Pohnpei to be the financial mechanism for the Challenge, which is expected to require tens of millions of dollars to achieve. It was also recommended that the Regional Challenge Coordinator will be based in Palau, and that a Regional Challenge Communications Specialist will be based in Guam.

All of these recommendations and others will be acted upon and potentially ratified at the upcoming Chief Executives Meeting and Presidential Summit, both to take place in early 2007.

The international conservation NGO's, Conservation International and The Nature Conservancy, have pledged a combined \$6 million to the Challenge. Each of the five nations have been tasked with com-

ing up with sustainable financing plans that will raise an additional \$12 million to help launch the bold initiative in the next five years.

"Quite frankly," said Patterson Shed, Director of the Conservation Society of Pohnpei, "I think the aim of the meeting was achieved," speaking in an interview on the outcome of building solidarity and consensus. "Pohnpei is certainly ready to meet the Challenge."

Decades from now, say in 2020 or 2030, when world populations will be massive, when climate change will be more severe, and competition for world resources brutal, this will be known partly as the Challenge Era, a time when this region known as Micronesia went forward and accomplished for themselves and the world a monumental and unprecedented scope of work that collectively and progressively moved the direction of these vast association of islands and expanse of ocean toward a sustainable future.

Financial Records Indicate Mismanagement of Compact Funds in Chuuk

[U.S. EMBASSY: KOLONIA (Pohnpei, FSM)] The U.S. Department of the Interior suspended all Compact payments to the FSM State of Chuuk effective December 1, 2006, because of inadequate internal controls and poor accountability governing the use of Compact funds by Chuuk State Government's Department of Administrative Services. Payments were suspended when a bank reconciliation indicated that the state of Chuuk misspent approximately one million dollars in Compact funds. Compact payments to the College of Micronesia, the FSM national government and the FSM States of Kosrae, Pohnpei and Yap

are not affected by the suspension.

The Federated States of Micronesia took immediate corrective action as requested by the U.S. Department of the Interior and promptly repaid the misused funds. The U.S. Department of the Interior is now working with the FSM National Government to put administrative controls in place so that funding to Chuuk can be resumed. Nikolao Pula, Director of the Department of the Interior's Office of Insular Affairs said, "We know these funds are important to the people of Chuuk, especially at this time of year. We are hopeful that this problem can be resolved quickly."

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NEWS

Pohnpei Police Announce New Discipline Process for Officers

Pohnpei Division of Police and Security

A widespread review of Pohnpei policing practices has resulted in the development of a new complaints procedure for members of the public wishing to report bad conduct of officers.

Over recent months, there have been some big changes happening within the Pohnpei police. All of these changes are designed to make the Pohnpei Division of Police and Security more effective, professional and disciplined says the Chief of Police, Joe Roby.

"If the public does not believe the police are disciplined and trust worthy, the effectiveness of the Division will be reduced. That is what police agencies around the world have learned and I intend to do what I can do to improve the image and effectiveness of the organization", said Chief Roby. He made this statement when unveiling Divisional Code of Ethics posters last week. These will be displayed in public areas and individual offices within Police Headquarters.

The posters focus on a police officer's Code of Ethics and a Self assessed integrity test. "These posters are being put up in locations where police officers will see them every day they are at work. They will remind officers of the need to behave in an ethical manner and display integrity when dealing with the community," Chief Roby told a group of his senior executive officers.



Director Phillip (seated), Chief Roby and Deputy Chief Pernet display the Code of Ethics in the Training Office.

The integrity assessment is called the SELF test. When faced with an ethical dilemma, the officer can ask them self four simple questions. If the officer can not satisfy the SELF test, the behavior is deemed inappropriate.

Police have been working very closely with the Attorney General's Office and the Police Commission. These discussions have focused on improving the investigation procedures when a member of the public wishes to make a formal complaint against the conduct or behavior of a police officer. "The level of support and commitment given to the police on this matter is very encouraging", the Director of the Department of Public Safety, Mr Rullens Phillip told the *Kaselehlie Press*.

The new complaint processes

stress that:

1. All complaints made to police will be properly investigated
2. Members of the public who make a complaint will be informed the outcome of investigations
3. All complaints will be recorded and responded to at the first possible opportunity
4. All complaints and information will be treated in confidence
5. Serious incident investigations will be conducted in conjunction with an independent special investigator appointed by the State Office of the Attorney General
6. The Police Commission will also provide independent oversight on each and every complaint received.
7. A Professional Standards Officer has been appointed to take charge of managing the discipline and complaints process.

A Public Announcement placed in this edition of the *Kaselehlie Press* by the Division of Police and Security, advises any person who wishes to report bad conduct of a police officer should contact the Professional Standards Officer on telephone number 320 2803.

The complaints against police process is one part of a broader discipline project being implemented by the Pohnpei Police. Technical assistance has been provided to the Pohnpei Police by the Pacific Regional Policing Initiative to ensure the project is soundly established. Chief Roby said, "I want the Pohnpei Police to move ahead. I believe that if this project is successfully implemented, we could become a model example for other Pacific Island nation's police agencies on how to deal with discipline".

The Pohnpei Police also intends to conduct a number of community forums so members of the public are made aware of the procedure to be taken when they wish to report police misconduct or breaches of discipline. "I believe that if an effective system for reporting complaints is in place, that on its own will discourage police from behaving unethically," Chief Roby concluded.

Members of the communities throughout Pohnpei have been encouraged to contact the Professional Standards Officer or the Chief of Police so arrangements can be made for further information awareness sessions to be held.

Improved Offender Booking Procedures May Help Police Solve More Crime

With assistance provided from the U.S. Embassy and the Pacific Regional Policing Initiative, Pohnpei Police has implemented a new and more efficient booking procedure.

Earlier this year, the U.S. Embassy facilitated the supply of fingerprint kits for use by the Pohnpei Police. Together with changes made to the operational procedures in dealing with persons who have been arrested, the booking of offenders now includes the taking of fingerprints and

photographs. This procedure will allow the arresting police officers to make a comparison with records held in the Administration Section to verify the identity of the person being arrested and charged.

Recent discussions with senior representatives of the Pacific Regional Policing Initiative indicate there is a potential for local Pohnpei Police officers to receive specialized training on lifting fingerprints at crime scenes and then making comparative examinations. This training may involve

officers working for an extended period of time with a large police agency, possibly in Australia. Negotiations on this training are yet to be finalized.

Chief Joe Roby told the *Kaselehlie Press* that fingerprint analysis would have to be one of the oldest and most reliable forms of forensic examination used by police agencies around the world.

"If Pohnpei Police are able to have officers receive training in fingerprint examination and together with

the procedures we now have in place, there is a real potential for an increase in the numbers of crimes solved", Chief Roby said.



New booking procedures include fingerprinting

NEWS**China Business Forum**

By **BILL JAYNES**
The Kaselehlie Press

Zhenge Zhao, Deputy Director-General Department of International Relations for the China Chamber of International Commerce had much to say about Chinese industry globalization in a Chinese Business Forum aimed at business people in Pohnpei on December 13 at Cliff Rainbow Hotel conference room. Though only one member of the private sector actually made it to the afternoon meeting to hear what he had to say Zhenge said that the trip had not been wasted because he had opportunity to meet with many community members during his trip.

Zhenge, in his detailed presentation on the Chinese business environment said that China now has attracted \$650 million in foreign investment to China and that of the Fortune 500 companies over 400

have operations within its now open borders making China the third largest trading nation in the world.

He said that in order to make bilateral trading agreements easier and more attractive to foreign investors the tariff rates have been decreased four times within the last five years.

When asked what he considered to be the FSM's largest industries he was quick to respond that fisher-

ies and tourism were the two biggest growth areas. He said that there are currently 30 fishing vessels authorized to fish FSM waters and that Micronesia has been designated as a destination point for Chinese tourists.

Though there was not a great deal of detail as to the nuts and bolts of trading in goods with Chinese vendors He said that he would like to see FSM businesses taking advantage of low prices being offered by the stimulated competi-

tive business environment in China.

In her keynote address Chinese Ambassador Liu Fei said, "China and FSM, both being developing countries in the Asia Pacific region, are engaged in economic revitalization and social development. We are facing a new international environment and increasing economic globalization, ardently hope to seize the opportunity, meet the challenge and keep abreast with the advance of the times..."

"Ladies and Gentlemen, there are many good things we can work on. I hope that the Chinese and FSM entrepreneurs could join hands for bilateral economic and trade cooperation to create a better future for China-FSM relations. I believe the prospect for the future development is even brighter."

Ambassador Liu also detailed the significant contributions the Chinese have made in the FSM during her keynote address.



Photo by BILL JAYNES

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- 256k TFT color screen
- Symbian OS
- 3.15MP camera
- *2048x1536 pixels
- *flash, video (CIF)
- *secondary VGA videocall
- Bluetooth, Infrared, USB port
- MP3/AAC/MPEG4player
- EDGE Class 10



SONY ERICSSON K790i
\$528

- 256k TFT color screen
- Symbian OS
- 3.15MP camera
- *2048x1536 pixels
- *autofocus, flash, video (QCIF)
- *secondary VGA videocall
- Bluetooth, Infrared, USB port
- MP3/AAC/MPEG4player
- EDGE Class 10



SONY ERICSSON
P990i
\$720

- 256k TFT touch screen
- QWERTY keyboard
- Handwriting recognition
- Bluetooth, Infrared, USB port
- 2MP camera
- *1600x1200 pixels
- *autofocus, flash, video



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NEWS**Huawei signs GSM/GPRS/EDGE network agreement with FSMTC in Australia**

Sydney, Australia -24 November, 2006, Huawei Technologies Co., Ltd. ("Huawei"), a leader in providing next generation telecommunications network solutions for operators around the world, today announced that it has signed a GSM/GPRS/EDGE agreement with the Federated States of Micronesia Telecommunications Corporation (FSMTC), to replace and upgrade its existing GSM network to a GSM/GPRS/EDGE network with high speed packet data service capabilities.

Under the agreement, Huawei will provide FSMTC with a to-

tal EDGE network solution from basic call services, packet data services, through to Intelligent Network capability, including value added services like short messages, voice mails and prepaid. In the mean time, Huawei will deploy Mobile Softswitch solution based on the advanced R4 architecture to satisfy FSMTC's network expansion requirements, and enable the telecom service provider to evolve into 3G smoothly in the future.

Mr. Joseph Zhou, Managing Director of Huawei Australia said: "Huawei has extensive experience in the development of net-

work solutions and rich experience in telecoms industry worldwide. We are extremely pleased to be partnering with FSMTC to expand and upgrade their system with Huawei's more advanced EDGE solution."

The network rollout is to be deployed in three stages across the four major islands, which are Pohnpei, Chuuk, Yap, and Kosrae in Micronesia. This project starts immediately and is likely to be completed by January 2008.

Mr. Takuro Akinaga (CEO) from FSMTC said: "Micronesia has a unique environment where we need to construct a network across four islands. Each of the four groups of islands present its own network coverage challenges. We recognize the limitations on our current network and appreciate how we would like to continue to upgrade our services so it

was important for us to choose a supplier who not only had reliable and future proof technology but also has the flexibility to increase our network capacity quicker. In the end, we chose Huawei because of their proven technological expertise and their vast experience around the globe in building reliable and high performance networks. This is an exciting time for FSMTC and our partnership with Huawei will allow our valued customers in Micronesia to enjoy state of the art services parallel to those enjoyed in the developed countries like USA or Australia."

FSMTC currently has approximately 20,000 mobile subscriber base. With the construction of the new EDGE network it is envisioned that FSMTC will grow through the ability to offer packet data services, increased performance and advanced value added services.

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Ei tungoal kaping oh wauniki kauno koht, sapwelime lapalap keidi waun oh sarawi koaros en pali kan koaros oh tohn pei sarawi en Pohnpei koaros.

Ih men patowen sekerehki wei pokon en Pohnpei ahpw ni mehleh wein Madolenihmw oh Kitti me ih patowen pwurehngehr kapidolongei tungoal ahd en iang wia emen mehn pilipil ni usuhs lap en FSM Congress ni March 6, 2007 ong ni sehr en pahr riau (2), en lopidi en usuhs #2 (Madolenihmw oh Kitti).

Ih men patowen wiliandi pein ngehi, ei tungoal peneinei tik, peneinei lap oh komwpakapai kan koaros oh wia aht tungoal sekeren kaping ong tohn wein Madolenihmw oh Kitti pwehki utuht me sansalehr ong ier. Ih pil pekipekihte sapwelimamwail utuht.

Kalangan en kupwur koaros oh peren en Christmas oh rahn mwau en pahiamwau en pahr kapw en ieiang kupwur koaros.

Dion G. Neth

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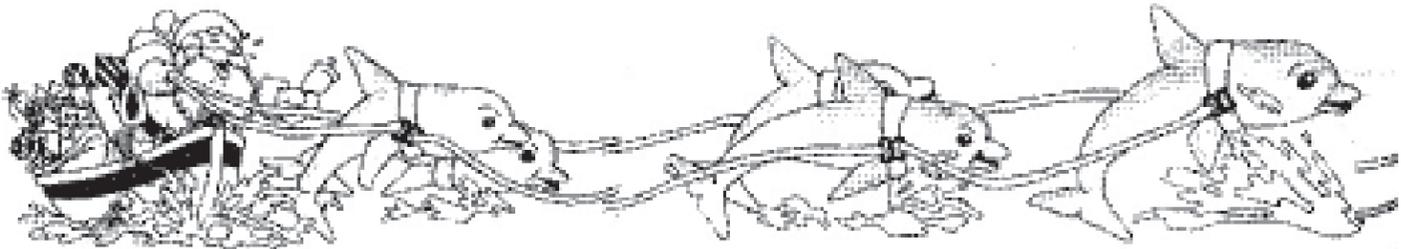


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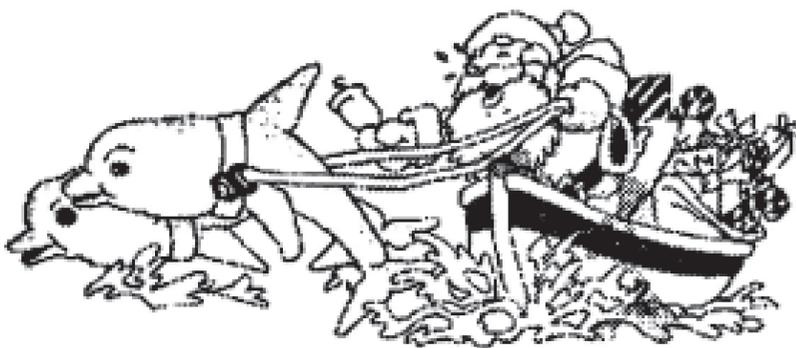
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KP-Perspective**Another Bang on the Head**

Sometime around 1989 in a class called Homiletics where we were taught the art of preaching the instructor said that if we wanted to get a message across to a congregation we should, "tell them, tell them that we told them, and then tell them again." I'm reminded of that class as I sit to write this K-Press Perspective because apparently I'm doing the same thing here. "Wherever you go, there you are."

The subject of "trash" continues to rear its ugly head. Even before I got to the Kaselehlie Press, I read Letters to the Editor and K-Press Perspectives on the issue and here it is again. It was the front page, number one article two issues ago and here it is again. I dedicated an entire "Center of the Universe" column to the issue and here it is again. We've run ads for the Pohnpei Visitor's Bureau. You remember "Sohte Kasamin", the cleanup Pohnpei initiative? I'd bet there are cleanup initiatives on other islands as well and yet, here is the issue again.

The new concrete picnic benches along the causeway that the Filipino Community built are wonderful and it means that even more people can enjoy the causeway. That's great but have you seen the piles of trash scattered around each one of the tables and the parking areas that service them? Is that the Filipino Community's fault? I don't think so.



Photo by BOB SPECIAL

I received six photos of the Dekehtik causeway this morning. I'm only printing two but I'm hoping you'll get the idea. Wherever people gather on the causeway many leave their trash behind. Once the 55 gallon drums placed there for trash are full they start throwing their trash around the bin and if that's too much hassle they just throw it wherever they're done with it. It's the Pohnpei welcome mat.

On the entrance of a victorious matador in Mexico, or Spain, rose petals (biodegradable) are thrown at his feet. When a head of state arrives in another country she might

get the red carpet treatment at the airport but the red carpet is rolled up, cleaned and used for another important visitor later. In Hawaii you might get "lei'ed" when you enter the State, another completely biodegradable welcome. In Pohnpei you might receive a biodegradable mwahr mwahr at the airport but your welcome after you leave the airport is plastic bags, plastic bottles, Styrofoam takeout containers, aluminum cans and whatever other crud we had the wherewithal to bring with us to the causeway but lacked the wherewithal to remove when we left. What's up with that?

I don't get it. You bring an illegal six-pack of beer to the causeway and it weighs a certain amount. You swill the beer in the can which was stored in a plastic bag and instead of sticking it back in the plastic bag for later disposal you chunk it out the window of the car you're sitting in even though the can is much lighter without the beer in it. What really is up with that? You brought it there, take it out with you.

It's not just at the causeway, the problem exists all around the island and probably not just on this island. I was at Mid Town Tire Company in Pohnpei. While waiting on the sidewalk for my tire repair to be completed two older teenagers who appeared to be very healthy walked down the sidewalk not quite three feet away from me. One of them was finishing up a frozen snack wrapped in plastic. Apparently he was done with his snack because he threw the empty plastic wrapper right where he was. No one seemed to be appalled about it even though there were two trash cans four feet away. I scooped up his detritus and threw it away. I guess he wasn't as healthy as I had thought. Perhaps he had an inability to turn left to where the trash cans were but could only walk in straight lines.

I had two tires to fix that day and on my second trip I witnessed a *slightly* better scenario. A young girl had finished with whatever snack she was eating and headed toward the trash cans. I was encouraged. She launched her trash in the general direction of the cans but being young and without the practice of older people she missed the trash can. The three steps it would have taken to pick the trash up and

See "Bang on Head" next page

LETTERS TO THE EDITOR**Open Letter of Thanks to the Wonderful People of The FSM**

December 15, 2006 was my last day of work in the FSM and I wish to take a moment to say thank you. Thank you to all my colleagues in the Department of Justice and friends in Palikir and the States of the FSM – with a special nod to Vice-President Killion and Secretaries Andon and Yatilman. I was honored to work closely with these people on significant projects and issues affecting the FSM. Of course, ultimately I worked for President Urusemal to whom I owe thanks as well for his dignity, wisdom, insight and wry wit.

It was the people of the FSM who really made this a most pleasurable and interesting place to live and work. Not a day went by without a smile or a thoughtful word from a kid in the street, a shopkeeper or someone at the fish market. Yes it helped that I was "Bubba" from the MicSem "Going Yellow" video. Oh my, how many times did I hear "You're in that karat banana video" as I was pressed to say Yeh Hah! to the delight of some child (or adult!)

Work in the FSM was fulfilling, impactful and serious – and I tried to exercise the utmost in professionalism and ethics. The AG's Office sees such a diverse workload on most matters of importance to this country. I was fortunate to work in all four States and see action (and, unfortunately, sometimes inaction) at all levels of government. And I recognized issues affecting the FSM private sector. As this was my first "government" job I keenly empathize with the private sector in the FSM on issues such as investment, growth, taxation and government assistance/

interference. Guess what? That balance between government and the private sector and these same issues are similar in Russia, Ukraine, Cyprus, the US Virgin Islands and the US – all places where I've lived and/or worked. The precise issues may be unique to the FSM but not the broader problems, tasks and goals.

So, while saying thank you I also wish to say "don't let up." Keep pushing for the growth and sustainability of this small, island nation. Keep your beautiful culture and identity while integrating your economy into the region. Don't be the US or Australia or Japan or China – be Micronesia. However, learn from global experiences. (Yes this sounds too preachy). Many, many countries provide useful models: from tax reform to building tourism to retaining culture to improving health and education. Let's not reinvent the wheel on each occasion – let's customize what has worked elsewhere and avoid what hasn't. The uniqueness of Micronesia can and should be cherished and nurtured: without compromising advancement opportunities for the good of this nation's people.

With a joyful heart and fond memories I say again Thank You and best wishes for a prosperous, healthy and secure future. From afar I shall keep a keen eye on this country and look forward to witnessing all that is wonderful, unique and possible in Micronesia.

Kind Regards,

Douglas Hastings
drhastings@yahoo.com

Letters to the Editor are not researched in the same manner as articles. They are simply the opinions and views of our readers. However, the policy of the paper is that we have your name, address and phone number in order to have it in print. The Editor has the right to edit Letters to the Editor. We still appreciate all tips and letters sent but just can't print them without a name.
Thank You. The Editor

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Guidelines from the Center of the Universe is Back!!

I don't know how I neglected a tool that can immeasurably aid nearly anyone in their quest to be the Center of the Universe. We in the FSM are granted this tool for which we should be grateful since a good number of the world's other countries don't allow them—tinted windows! Why didn't I think of that before? Tinted windows are great for establishing yourself at the center of the universe!

What's that you say? Of course I'm talking about tinted windows in cars! When's the last time you saw a house or an office building cruising down the street wiping people off the side of the road at night or, for that matter, at any other time.

I think that tinted windows should be on houses rather than cars. Many things happen in houses that people really shouldn't see or at least "normal" people wouldn't want to see. Despite my feelings about tinted windows they can be used as great tools to help establish yourself at the center of the universe.

Closely related to a house but not quite as big is the SUV. An SUV with darkly tinted windows is like a wall with wheels. You just can't see through it, try as you may. Adoring drivers throughout the FSM gaze on the sight in wonder. We wonder who the important person is inside and what you might be doing. We especially wonder when you have your blinker on and we can't make eye contact with you to see if you're serious about your intent to turn.

By the way, eye contact while driv-



ing is highly overrated and can be used as yet another tool in your arsenal but only if you don't have tinted windows. Let's say a bicyclist is pedaling down the street and you are waiting at a stop sign. Make close eye contact with the rider so that they know that you know they're there. Keep your eye contact with them and pull out in front of them anyway. Even the eyes of Asian cyclists go completely round if this maneuver is handled properly. It's what happens when people have a sudden epiphany and realize that you are the center of the universe. If you'd like to hear them admit it, stop and check on them while they're picking gravel from their bottom and trying to reshape their formerly round front tire. If they have any breath they'll probably tell you all about it—loudly.

Back to tinted windows for a moment. Let's say that you arrive at a stop sign and there is a driver patiently waiting for traffic to clear so that she can turn right. You're turning left at the same stop sign. Pull up right next to the car that was there first. If your windows are tinted properly she won't be able to see a thing and will have to wait until you pull out to continue on her way. Sometimes people who realize that you are the center of the universe use funny sign language to let you know about it. Don't be dis-

tracted by that.

The visibility factor also works well when you pull your "moving wall" into a parking space that requires backing directly into the street in order to get out of it. This maneuver will require all drivers backing out from adjacent parking spaces to play reverse gear roulette or to contort like the rubber man of the "Fantastic Four" in order to get their eyes into a place where they can see oncoming traffic out the back window while simultaneously remaining in the driver seat.

One of the cool things about tinted windows is that you don't have to stay at the bar to continue your party. Everyone knows it's illegal to have open alcohol containers in your car but since you have tinted windows no one will know. Your rolling party can continue as long as the beer holds out.

Tinted windows also mean that you can transport any number of people in your car without having the whole island talking about you. This is especially good if you want to have a little chat with a member of the opposite sex (or, if you're so inclined, the same sex) who just happens not to be the person to whom you are married.

Drivers with tinted windows tell me that tinting doesn't affect night time visibility. I have noticed though that those same people tend over time to develop a squint that comes from trying to drive their vehicles at night on dark FSM streets without killing children or other useful commodities that inhabit the sides and sometimes even the middle of

roads. The eyes of those drivers must be better than mine. I always feel when I'm driving one of those vehicles about the same way I feel when I turn off the hallway light, open the door, and grope my way into the bedroom where my wife is sleeping. Those drivers must be related to cats. That makes sense since cats are most definitely the center of the universe.

Bill Jaynes
The Center of the Universe

Occasionally I yield my position at the Center of the Universe to older, wiser people who, I'm sure, have their finger on the pulse of Micronesian culture. At least one of them told me that he didn't think Micronesians "get it". He of course meant the irony and sarcasm of the column.

Apparently you do because several of you have said that you miss it and that you "laugh your heads off". That makes me happy! At least one of you told me when I was delivering the last issue that she always turns there first. What a rush for a writer! I'll never forget the day that I walked into Susaia store and two store clerks were standing at the counter reading "The Kaselehlie Press". They had it open to the "Center of the Universe" column and had no idea who I was. They were "laughing their heads off". I don't think I've felt better in a long time. Okay, there were several times but those times will always be private.

If you have a subject you'd like me to write on in this column I'd love to hear from you!

...Bang in the Head

continued from previous page

put it in the can were probably just a bit too much for her and so she shrugged her shoulders at me and continued on with her business.

The K-Press could write on this subject in every issue from now until the end of time but until attitudes change regarding disposal of trash it's just not going to change a thing. Perhaps the mindset is that someone else will come behind you and pick it up someday. How rude and how dependent!

Sometimes what we write does

change things. The boys at the hospital have changed the way they're dealing with medical waste disposal. Now instead of just dumping the sharps on the side of the road at the dump they're dumping the nasty stuff and then covering it up with other trash if the picture I



Photo by BILL JAYNES

More "sharps" at the Pohnpei dump

took on the 12th is any indicator. Of course, everyone knows that if you can't see something it isn't there.

Maybe no one cares about the problems of trash and its disposal. If that's the case please forgive our hubris. I don't think that's the case, however. Maybe next time you're walking in a neighborhood or on the causeway and you see someone abandon what they no longer need why don't you point it out to them? Maybe you could ask them to pick it up so that they will learn that it's not acceptable to trash your island and your neighborhood.

Bill Jaynes
The Kaselehlie Press

Funny Exam Answers

Benjamin Franklin were two singers of the Declaration of Independence. Franklin discovered electricity by rubbing two cats backwards and declared, "A horse divided against itself cannot stand." Franklin died in 1790 and is still dead.

Word Search - YOU DO SAY! (Bonus Puzzle)

The 1989 film "Say Anything..." focuses on Diane, class valedictorian, and the two men in her life: Lloyd, whose ambition is to become a professional kick boxer, and her father, with whom she is so open that she can say anything.

BROOKS, Amy
CARING
CLASS BRAIN
COMEDY-drama
COREY Flood
CROWE, Cameron
(director)
CUSACK, John
DATE
DEAN, Loren
DIANE Court
ENDEARING
FATHER
FRIENDS
GOULD, Jason
IRS investigation
JAMES Court



JOE
KICK BOXING
LLOYD Dobler
MAHONEY, John
MIKE Cameron
MOVIE
PARTIES
PLOT
REBECCA
RELATIONSHIPS
ROMANCE
SCENES
SCHOOL
SEGALL, Pamela
SKYE, Ione
TAYLOR, Lili
TEENAGERS

We hope this bonus puzzle makes up for the mistake in the last issue!

Public Announcement

Complaints by Members of the Public against the conduct of Police Officers

Issued by the Director of the Department of Public Safety and the Chief of Police - Pohapei Division of Police and Security:

The Pohapei Division of Police and Security is committed to:

- Improving the effectiveness of police service delivery to the community
- Ensuring the community of Pohapei State receives quality police responses to all complaints
- Ensuring the community is safe, secure and protected from the effects of crime
- Ensuring police officers conduct their duties efficiently and ethically and behave at all times with integrity
- Ensuring any complaints relating to the conduct or behavior of officers are fully investigated and resolved in accordance with the laws of the State and the expectations of the community
- Ensuring the community is kept informed of changes to the police discipline process through community awareness sessions.

In partnership with the Pacific Regional Policing Initiative (PRPI) the Pohapei Division of Police and Security is implementing a new system which is intended to enhance the levels of discipline within the organization. An important aspect of this initiative is to ensure the community is aware of the correct and proper procedure for making a complaint against an officer who is suspected of having broken the law or behaved in a manner which violates the Division of Police and Security Rules and Regulations.

Creation of the position of Professional Standards Officer (PSO)

The Division of Police and Security has appointed a senior ranking officer as a Professional Standards Officer (PSO). This officer is responsible for dealing with any complaints from members of the community relating to the conduct of police officers. The PSO is also tasked with responding to breaches of internal police discipline.

Process for making a complaint by a member of the community

- Any person who wishes to make a complaint against a police officer is encouraged to contact the PSO on telephone number 320 2803.
- All complaints will be responded to at the first possible opportunity.
- All complaints and information provided will be dealt with on the basis of strict confidentiality.
- Any investigation by the PSO may be conducted in conjunction with an independent special investigator appointed within the State Office of the Attorney General.
- The Police Commission will also provide independent oversight on each and every complaint received.

Community awareness Program

The Chief of the Division of Police and Security will be implementing a detailed community awareness program which is intended to inform the community on the process which is being adopted to deal with complaints against police. Any individuals or community groups who wish to receive further information are requested to contact during business hours, either the PSO (320 2803) or the Chief of Police (320 5353). Specific community information sessions will then be arranged.

* PRPI program activities have been endorsed by police agencies in all Pacific Island Forum countries. The PSM is a member of the PIF and supports this initiative.

The deadline for ads and news items for the next issue is January 5, 2006.

Earlier is better!

Our printer is closed for the holidays so the Kaselehlie Press will be out one week later on the next issue.

The next issue will be January 10, 2007
Happy New Year!

LAST Issue's Solution



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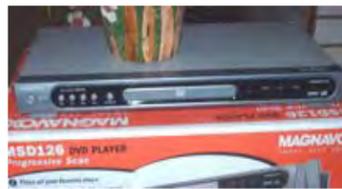
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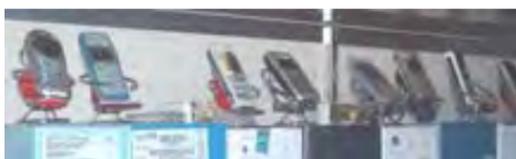
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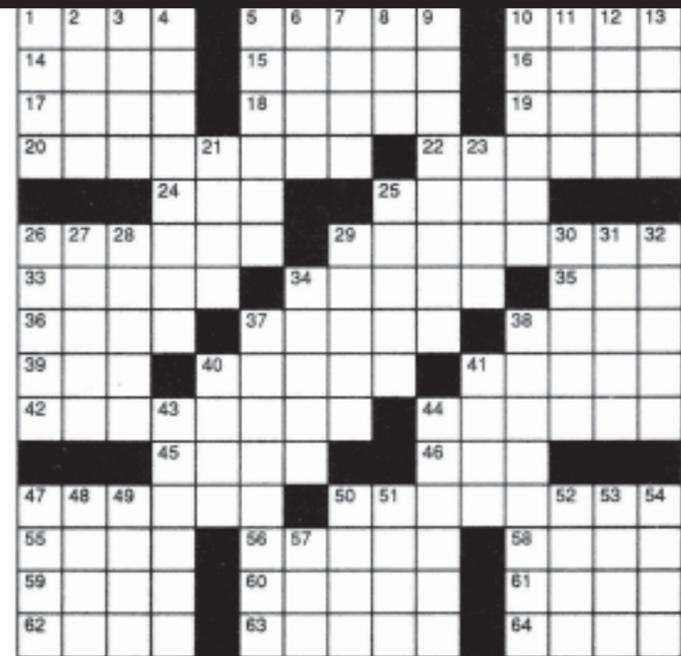
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CROSSWORD PUZZLE



SOLUTION IN NEXT ISSUE

ACROSS

- 1. Allow to elapse
- 5. Maintain
- 10. Cut cover
- 14. Dryer residue
- 15. Therefore
- 16. You (Bib.)
- 17. Smell
- 18. Go in
- 19. Told
- 20. Explode
- 22. Wood containers
- 24. Lease
- 25. Keep away from
- 26. Loses freshness
- 29. Normal
- 33. Yielded
- 34. Eras (var.)
- 35. Sheep cry
- 36. Mimic
- 37. Used a broom
- 38. Type set
- 39. Not a Dem. (abbr.)
- 40. Separate
- 41. Flat-bottomed boat
- 42. Pilgrims
- 44. Bother
- 45. Obey
- 46. Dine
- 47. Gazed
- 50. Wield
- 55. Openwork fabric
- 56. Suitor
- 58. Capital of Italy
- 59. Fermented drinks
- 60. Utilize
- 61. Tiny particle
- 62. Netting
- 63. Tall tales (colloq.)
- 64. Tail movements

DOWN

- 1. Work laboriously
- 2. Assistant
- 3. Brat (sl.)
- 4. Baby transportation
- 5. Swindles
- 6. Pre Easter
- 7. Poker stake
- 8. Frozen water
- 9. Trader
- 10. Cable member
- 11. Talk
- 12. First-rate (2 wds.)
- 13. Insects
- 21. Necessity
- 23. Goes hurriedly
- 25. Halted (poet.)
- 26. Blemishes
- 27. Wigwam
- 28. Skilled
- 29. Fortune tellers
- 30. Cut short
- 31. Stove
- 32. Socializer
- 34. Grant
- 37. Indianapolis track
- 38. Mat Dillon's forte (2 wds.)
- 40. Toward sheltered side
- 41. Kidney-shaped seed
- 43. Beat out grain
- 44. Oyster gems
- 47. Bang
- 48. Story
- 49. High cards
- 50. Wild hog
- 51. Horse guide
- 52. Small quantity
- 53. City hazard
- 54. Garment borders
- 57. Ovum (pl.)

Word Search - YOU DON'T SAY?

Actions speak louder than words with pantomime, the art of acting with gestures. Popular since the 18th century, the art lives on, with France's Marcel Marceau as one of today's most famous pantomimists.

- ACTION
- ARMS
- AUDIENCE
- CLOWN
- CONVEY
- COSTUME
- DANCE
- DRAMA
- EMOTION
- ENJOY
- ENTERTAINING
- EXPRESSION
- FUNNY
- GESTURE
- GRIN
- HANDS
- IMITATE
- LAUGH



- MAKEUP
- MASK
- MOVEMENT
- MUSIC
- PANTALOON
- PERFORM
- PLAY
- PROP
- ROLE
- SHOW
- SKILL
- SPEECHLESS
- STAGE
- STORY
- THEATER
- THOUGHTS
- TRAGEDY
- WATCH

This time the Word List matches the puzzle - sorry for the confusion in the last issue

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RELIGION

Celebration of Immanuel

By **BERT EDMUND**
Christ For All Church

This month marks the time that we celebrate Christmas, which means the birth of Jesus the Son of God, the Savior of the world. Most of the Christian world chose this time to observe and honor the wonderful birth of the Lord that took place about 2000 years ago in Bethlehem. Even the non-church people observe the holidays through out the world gladly. Most people celebrate Christmas at home, at work place, at church, at the beach, at the park or at any good place of gathering. There is much preparation as each family is getting ready to rejoice Christmas together. It is not uncommon to see christmas parties taking place all the way to the month of January. This is the time that people give and receive gifts from each other, but the most import



Berthold Edmund
Christ for All Church

thing is the birth of Jesus Christ.

The story of the birth of Jesus is very important in the human history because It tells about how God fulfilled His promise to give us a child that would liberate the world from sin and death. This could also means how God reaching down to help

men in his helpless state. It is the heart of God to set man free. This is what makes the birth of Jesus so wonderful, his virgin birth from a young maiden name Mary, the place of his birth which was in a stable, angels appearing in a multitude to a group of shepherds out in the field at night singing and proclaiming the good will of God, an unusual rising of a very bright star that also led the wise men to the new born King, the killing of infants during that time, and Joseph, Mary and the Baby fled to Egypt for safety as directed by the God (Matt 1, 2; Luke 1:2).

As we celebrate Christmas this year let us keep in mind what the Lord God has given us about 2000 years ago in the manager of Bethlehem in the city of David. And as we are getting ready to enjoy the holidays with our families this year we should not forget

true meaning of Christmas. Here are three reminders:

1. Jesus is Immanuel, which means God is with us. When Jesus came into the world He confirmed God's word to be true. Jesus brought back God's favor to man. God longs to be with man and to help man in his helpless state. Remember when God used to visit Adam and Eve in the beautiful Garden to fellowship with them? That relationship is broken when Adam and Eve breach their vow with God not to touch the forbidden fruit (Gen 3). Thus, a great separation took place in between God and man when Adam and Eve ate the fruit of knowledge in the garden. Because of the separation death also entered the earth so man is destined to die and perish eternally. That is why God the father sent His son Jesus to be born in the stable of Bethlehem about 2000 years, and 33 years

See "Immanuel" on page 18

Tide Table December 20, 2006 - January 9, 2006						
POHNPEI, KOSRAE				CHUUK		
Wednesday	20 03:04AM 2.4 08:11AM 1.0 03:06PM 4.5 10:11PM 0.5	27 02:10AM 1.1 08:33AM 2.6 01:40PM 1.9 07:54PM 3.1	3 03:24AM 2.2 08:20AM 0.9 03:15PM 4.5 10:22PM 0.3	20 02:08PM 2.3 10:41PM -0.5	27 01:57AM 0.1 04:12PM 1.3	3 02:14PM 2.3 11:07PM -0.6
Thursday	21 03:44AM 2.4 08:47AM 0.9 03:41PM 4.6 10:48PM 0.4	28 03:00AM 1.3 09:56AM 2.8 03:46PM 2.0 09:11PM 2.6	4 03:59AM 2.3 09:00AM 0.9 03:50PM 4.6 10:53PM 0.3	21 02:41PM 2.4 11:16PM -0.5	28 01:42AM 0.2 01:51PM 1.2	4 02:43PM 2.3 11:25PM -0.5
Friday	22 04:23AM 2.4 09:24AM 1.0 04:18PM 4.6 11:26PM 0.5	29 03:58AM 1.4 11:17AM 3.1 06:08PM 1.8 11:03PM 2.3	5 04:33AM 2.4 09:38AM 0.9 04:23PM 4.5 11:21PM 0.4	22 03:14PM 2.4 11:55PM -0.5	29 12:53AM 0.2 12:41PM 1.4 11:08PM 0.0	5 03:10PM 2.3 11:41PM -0.4
Saturday	23 05:04AM 2.4 10:02AM 1.0 04:55PM 4.5	30 05:00AM 1.4 12:20PM 3.5 07:33PM 1.4	6 05:05AM 2.5 10:13AM 0.9 04:53PM 4.3 11:48PM 0.5	23 03:46PM 2.3	30 12:32PM 1.7 10:15PM -0.2	6 04:36AM 0.0 07:02AM -0.1 03:33PM 2.2 11:55PM -0.2
Sunday	24 12:04AM 0.6 05:46AM 2.4 10:42AM 1.2 05:34PM 4.3	31 12:42AM 2.2 05:58AM 1.3 01:11PM 3.8 08:27PM 1.0	7 05:36AM 2.6 10:47AM 1.1 05:21PM 4.1	24 12:36AM -0.4 04:16PM 2.2	31 12:47PM 1.9 10:16PM -0.5	7 04:46AM 0.2 07:44AM 0.1 03:51PM 2.0
Monday	25 1 2:44AM 0.7 06:32AM 2.4 11:27AM 1.4 06:15PM 4.0	1 01:55AM 2.1 06:49AM 1.2 01:56PM 4.1 09:13PM 0.7	8 1 2:13AM 0.6 06:08AM 2.6 11:19AM 1.3 05:45PM 3.8	25 01:16AM -0.3 04:39PM 1.9	1 01:14PM 2.1 10:30PM -0.6	8 12:02AM -0.1 05:04AM 0.3 08:19AM 0.2 04:04PM 1.8
Tuesday	26 01:25AM 0.9 07:25AM 2.5 12:22PM 1.6 07:00PM 3.6	2 02:44AM 2.1 07:37AM 1.1 02:37PM 4.4 09:49PM 0.4	9 12:36AM 0.8 06:41AM 2.7 11:51AM 1.5 06:06PM 3.4	26 01:46AM -0.1 04:49PM 1.6	2 01:44PM 2.3 10:48PM -0.7	9 12:02AM 0.0 05:27AM 0.5 08:51AM 0.4 04:10PM 1.6 11:53PM 0.1

..Immanuel

continued from page 17

later he died on the cross for our sins. John 3.16, "For God so loved the world (man) that He gave His only begotten son, so that whosoever believed in Him should not perish but have everlasting life".

2. Jesus is the confirmation of God's peace to us in the world today. Now we can have peace with God through Jesus the son. Because of what Adam and Eve did (sin) against God, there was longer peace in the earth. Man is helpless and full of fear and doubt about God. Man no longer has favor with God until the time He sent His son Jesus to bring us back peace and favor with God. Only real peace of mind can be found in Jesus when a person puts his or

her trust (faith) in Jesus the son of God. Romans 5:1, "Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ." Jesus also said in John 14:27, "Peace I leave with you; my peace I give you."

3. Jesus is the Lamb of God. 33 and half years later Jesus became the sacrifice for all men. He died on cross of Calvary taking away the sins of the world upon himself. He purchased us back so that we may be able to have relationship with God again when we put our faith in Jesus. The Bible said that it was God's choosing to allow His son to suffer and to die for us to purchase us from sin and death (Isaiah 53:10). Jesus became the substitute for our sins and transgression so that we may not receive the punishment we deserve.

COMMUNITY BULLETIN

Alcoholics Anonymous meets every Wednesday at Cantor Hall at the Roman Catholic vicariate office at 7:00pm. Public welcome. For details, call 320-2123.



Pohnpei Lions Club meets monthly every 4th Tuesday at Namiki 2nd Floor Restaurant at 6:30pm. Public Welcome.



The Christian Ministerial Association of Pohnpei State meets the third Wednesday of each month at 10:00 a.m. in Cantor Hall at the Roman Catholic vicariate office.



FSM Veterans Association meets the first Friday of every month at 6pm at The Rusty Anchor.



Devotions every Sunday 9:30 a.m. at the Baha'i Center in Dolonier. For details, call 320-2182.



Habitat for Humanity Pohnpei holds their meeting every Tuesday from 11:30 a.m.-12:30 p.m. at the Sei Restaurant.



Soccer practice/games at PICS field Monday, Tuesday, Thursday 5:30p.m. Everyone welcome.



The Rotary Club of Pohnpei holds its weekly meetings Thursdays at 12:15p.m. at PCR/Nantehlik.



St John's Catholic Church in Kosrae conducts services every Sunday at 9:30 a.m. For further information, call 370-3240 or 370-3209.

The Community Bulletin is a free message board exclusive to announcements. To post your announcements to The Kaselehlie Press



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Contact: Meikie Flach, Charge d'Affaires 320 5448

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HEALTH & NUTRITION

Trans Fat, the Bad Fat Pacific Way Comes to Pohnpei!

By **AMY LEVENDUSKY**
Island Food Community

Trans fat (also called *trans* fatty acids) has been shown to increase the risk for heart disease. *Trans* fat is formed when liquid vegetable oils go through a chemical process called hydrogenation, in which hydrogen is added to make the oils more solid. As explained in an article in the Tufts University Health & Nutrition Letter December 2006, hydrogenated vegetable fats are used by food processors and restaurants because they allow longer shelf-life and give food a more “buttery” taste and texture.

The majority of *trans* fat can be found in shortenings, stick (or hard) margarine, cookies, crackers, snack foods, fried foods (including fried fast food), doughnuts, pastries, baked goods, and other processed foods made with or fried in partially hydrogenated oils. Some *trans* fat is found naturally in small amounts in various meat and dairy products.

According to research, *trans* fat is especially heart unhealthy, because it increases LDL (“bad”) cholesterol and decreases HDL (“good”) cholesterol. Earlier this year, a review of the scientific literature published in the *New England Journal of Medicine* concluded that, per calorie, *trans* fats raise the risk of coronary heart disease more than any other micronutrient.

One of the common fats used in Micronesia is shortening (known commonly here as Crisco), which is produced through the hydrogenation process. To protect our health and the health of our family, we need to avoid this fat and take it out of our diets. A healthy substitution for shortening would be to use coconut oil which has no *trans* fat.

Effective January 1, 2006, the Food and Drug Administration (FDA) in

the United States requires food companies to list *trans* fat content separately on the Nutrition Facts panel of all packaged foods (see the attached Nutrition Facts label). Under this rule, consumers can see the level of saturated fat, *trans* fat, and cholesterol in the foods they choose.

Kentucky Fried Chicken (KFC), a global chicken fast food company joins Kellogg Company in announcing the use of low-linolenic soybeans to reduce or eliminate *trans* fats in its products. The switch to the new oil to replace partially hydrogenated soybean oil will be completed by April 2007.

This fall, the New York City Board of Health voted unanimously to consider banning *trans* fat in food served at the city’s 20,000 restaurants. Days after the New York vote, the World Health Organization (WHO) recommended that governments worldwide move to phase out *trans* fats.

Thanks are extended to Dr. Mary Taylor who provided information to the Island Food Community of Pohnpei (IFCP) and helped IFCP to initiate discussions on this topic and to Moses Pretrick, IFCP Vice-Chairman, who encouraged that this information be provided to the KP reading public.

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 90
<hr/>	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
<hr/>	
Vitamin A 0%	



Larry Thomas and Joji Nabalarua of “The Pacific Way”

By **Dr. LOIS ENGLBERGER**
Island Food Community

A team from “The Pacific Way”, the flagship production of the Secretariat of the Pacific Community (SPC) Regional Media Centre (RMC) based in Fiji, arrived in Pohnpei on December 11, 2006, for a ten-day visit to film a documentary for television broadcasting. The focus of the film is conservation and use of food plant genetic resources, along with dietary change and its impact on health, nutrition, and culture.

Heading this team is Larry Thomas, Coordinator of the RMC, and Joji Nabalarua, camera/editor specialist. Their visit is being coordinated by the Island Food Community of Pohnpei.

The Pacific Way is a popular television program, which goes out to twenty countries in the Pacific. Many Pacific Way programs have been shown on local television in Pohnpei (Channel 6, now Channel 20), but few film teams from the Pacific Way have been able to come here in the past, due to the great distance.

Thank you Larry and Joji for helping us promote island foods and Luigi Guarino of SPC, who helped bring this about, and thanks to all in Pohnpei involved in this project!

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Women in Sports Conference in Pohnpei

By *Lestly Ashby*
FSMNOC

On November 21-23, 2006, The FSM National Olympic Committee hosted their 2nd annual workshop on Women and Sport here on Pohnpei and conducted by Ms. Kylie Bates from the Australian Sport Commission. There were more than twenty participants, three from each state and the rest from Pohnpei. The purpose for the workshop is to reorganize the FSM Women In Sport Commission, select new officers and revised our goals and objectives. The workshop was a successful one



New Officers:

President:
Ms. Sweeter Daniel, Pohnpei

Rep from Kosrae:
Mrs. Shra Alik

Rep from Pohnpei:
Ms. Ludwiga Ludwig

Rep from Chuuk:
Ms. Lilliana Sewell

Rep from Yap:
Ms. Patricia Ruecho

The FSM women In sport Commission want to take this opportunity to thank the International Olympic Committee, FSMNOC, Continental Micronesia and the Australian Sport Commission for their support.

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