

THE KASELEHLIE PRESS

P.O. Box 2222, Kolonia Pohnpei, FM 96941

Tel: (691) 320-6547 Fax: (691) 320-6571

Email: kpress@mail.fm

# THE KASELEHLIE PRESS

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## Historic Hokule'a and Maisu Arrive in Pohnpei

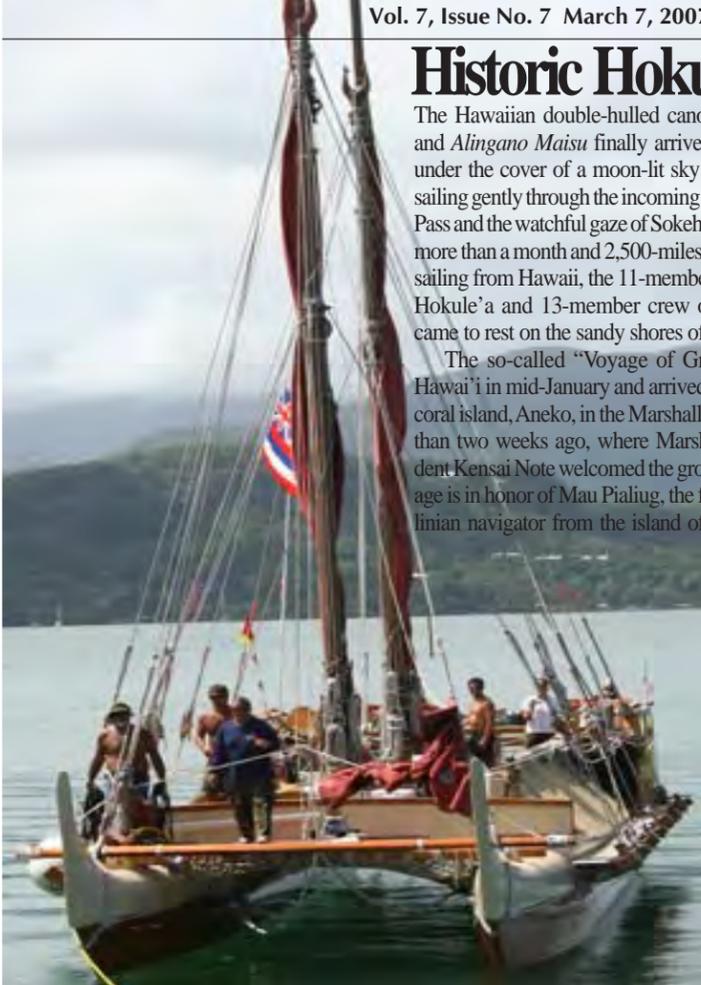
The Hawaiian double-hulled canoes *Hokule'a* and *Alingano Maisu* finally arrived in Pohnpei under the cover of a moon-lit sky on March 1, sailing gently through the incoming tide of Palikir Pass and the watchful gaze of Sokehs Rock. After more than a month and 2,500-miles of traditional sailing from Hawaii, the 11-member crew of the *Hokule'a* and 13-member crew of the *Maisu* came to rest on the sandy shores of the FSM.

The so-called "Voyage of Gratitude" left Hawai'i in mid-January and arrived on the small coral island, Aneko, in the Marshall Islands more than two weeks ago, where Marshallese President Kensai Note welcomed the group. The voyage is in honor of Mau Pailug, the famous Carolinian navigator from the island of Satawal be-

tween Chuuk and Yap. The Hawaiians revere Mau for his teachings on how to use wind, stars, seas, birds and other cues to make accurate land-falls after long voyages; for sharing the long-lost art of traditional navigation.

The next morning, amidst the baleful call of the conch shell, a *Sakau* ceremony held in the presence of U.S. Ambassador Suzanne Hale and traditional leader Iso Nahnken of Nett welcomed the sailing group, which includes five Micronesians, including the son of Mau. Iso Nahnken welcomed the group and passed a traditional chiefly title to the group's navigator, Chad Paishon.

Reporters from Pacific Magazine and the Honolulu Advertiser were also on hand to chronicle the momentous event. The canoes will go on to Chuuk and Yap, which is expected to be *Maisu's* home port. *Hokule'a* will leave *Maisu* in Micronesia as a gift to Mau and the Micronesian people, and continue to Japan, where Hawaiian voyagers will meet with residents in communities with ties to the Hawaiian Islands. - O. Wortel



## And Then the Dam Broke



A deluge of Pohnpeian proportions hit the island last week, the skies opening up and dumping perhaps as much rain in a 24-hour burst as the entire month of January - staving off the withering effects of the ongoing El Nino.

## World Famous Anthropologist Visits Pohnpei

Dr. Elizabeth Kapu'uwailani Lindsey and Crew Filming a Satawal Documentary for PBS and National Geographic

By Bill Jaynes  
The Kaselehlie Press

In my life I have been privileged to meet many spectacular people. They have been spectacular for different reasons and meeting them has changed my life. My wife changed my life and is still changing it daily. I met three Generals (world-wide leaders) of The Salvation Army who impacted me deeply. I met former President Bill Clinton while serving disaster services after a flood in Southwestern Washington State. As a musician, Lenny Kravitz (solo artist), Billy Gibbons (of ZZ Top), and even Eddie Van Halen (*Van Halen*) changed me in small ways. Last week it was Dr. Elizabeth Kapu'uwailani Lindsey who changed my life but not for the reasons I might have expected.

I was excited to meet Dr. Lindsey when I was invited by FSM Telecom to have dinner at Orchid's with her and her crew on the 23<sup>rd</sup> of February. What warm



Pius "Mau" Pailug and Dr. Elizabeth Kapu'uwailani Lindsey. Dr. Lindsey who studied under Mau for 9 years says the photo was taken when he was teaching her to predict the coming of a typhoon four days in advance.

blooded 44 year old man, married or not wouldn't jump at an opportunity to have dinner with a former Miss Hawai'i turned award winning film maker? Dr. Lindsey was in Pohnpei along with her logistics crew, one of whom is the famous Hawaiian and surfer, Buf-

falo Keaulana who was inducted into the Surfing Hall of Fame in 2005 and was also the steersmen for the historic passage of a double hulled canoe from Hawai'i to Tahiti.

The crew is on a stopover on their

way to film an hour long documentary in Satawal for the Public Broadcast System and the National Geographic Society. The one hour documentary entitled "Ancient Light" that will see air-time internationally will feature the only grand master navigator in the world, Pius "Mau" Pailug. The film crew will also cover the impact of global warming on the Micronesia atoll that is one mile long by only half a mile wide.

Neither during our dinner, nor during the two hour interview the following day at the Village did Elizabeth mention that she was once nominated for an Emmy for her role in the TV Series, "China Beach". Neither did she mention that she was a co-star in ABC's *The Byrds of Paradise*. I had to go to her website (<http://www.elizabethlindsey.com>) to find that out. She never mentioned that she was selected Woman of the Year, Hawai'i Island in 2004

See "Satawal Documentary" on page 4

## NEWS

# Yachtsman Says Pohnpei is Not a Friendly Place to Visit

## 20-year sea voyager calls FSM government personnel "unprofessional and intimidatory."

By **OLIVIER WORTEL**  
*The Kaselehlie Press*

DEKEHTIK, Pohnpei – A disgruntled yachtsman had some choice words for the Garden Island of the FSM after going through the ringer of an eight-day bureaucratic blundering and what he called the "cavalier attitude" of several state agencies.

The comments came in the form of a lengthy letter written by Mauro Migliorelli & Pauline Wilkinson aboard the *S.V. Shadow of Lorelei*, a Lord Nelson 41, cutter-rigged sloop that they have sailed around the globe with, and moored in Pohnpei from November 29<sup>th</sup>, 2006 to January 25<sup>th</sup>, 2007.

The letter was sent to numerous departments. "Not one single acknowledgement of receipt,

courtesy reply or reply to the problem posed has been received to this date from any of the people," said Migliorelli in an email from Guam, where he and Wilkinson are moored at the Marianas Yacht Club in Apra Harbor.

Further, Migliorelli said in an email to the KPress that "since leaving Pohnpei several yachts that had intended to transit have instead diverted to other ports after hearing from yachts that had stopped by your township of the unprofessional and cavalier attitude of your 'government of officers'."

A blow to the economy? Not likely. But still, the letter brings up an interesting point of consideration: how much of the duties of the agencies tasked with securing the welfare of the public at large should be tilted to-

ward the service of making sure visitors are made to feel welcome, particularly the growing segment of yachts people?

The FSM Congress Public Information Office, the FSM Department of Finance, FSM Department of Customs and Tax Administration, the FSM Department of Foreign Affairs, the Pohnpei Department of Economic Affairs, the FSM Department of Transportation, Communication, and Infrastructure, and the Pohnpei Port Authority were sent copies of the letter last month. The letter was also given to the Pohnpei Visitors Bureau.

By most local accounts, it is an isolated incident. An interview with FSM Chief of Immigration, Mohner Esiel, and Senior Immigration and Labor Officer, Aurelio Joab, revealed that this was a grievance that was rare. "This is the first time," said Esiel, on receiving a letter of complaint.

Edgar Santos, the General Manager of the PVB took the letter seriously and followed up by sending the letter of complaint, along with his own letter, to Esiel last week. "At the outset," Santos says in his letter, "I am deeply concerned for the legitimacy of Mr. Migliorelli's views of Pohnpei – in light of the fact that we spend precious dollars to attract visitors to Pohnpei but, most importantly, we are proud of our culturally ingrained hospitality."

On that particular day – November 29<sup>th</sup> at around 5:00pm – when the *Shadow of Lorelei* was at the Pohnpei Port, FSM Immigration officers may have an excuse for their actions.

At that time there was a Chinese *National* that FSM Immigration was pursuing. On August 26, 2003 the Chinese government

warned FSM Immigration about a Marshallese passport holder residing on the island. They warned them then also that the following day six Chinese women were to fly a chartered Caroline Island Air plane to Pohnpei from Yap, bypassing Guam and its maze of security.

"He will induce or even enforce the women to serve sex in Pohnpei," the curt letter of 2003 from the Chinese Embassy explained. "David has a vicious plan to set up his business of sex service in Pohnpei in disguise of such normal business as a pub or a restaurant. It is no doubt that David's action is illegal, will bring instability to the local society, and even undermine the bilateral relations between China and the FSM."

The Chinese/Marshallese citizen is David Mingfa Xu and shortly after that letter in 2003, was declared *persona non grata* in the FSM.

While the *Shadow of Lorelei* waited, David Xu, who was placed under house arrest at the Harbor View Hotel because he was "considered a flight risk", shortly after deplaning, indeed did manage to elude two National police and an FSM Immigration officer in order to seek private counsel with his lawyer, Mr. Martin Jano. Ultimately, David Xu was tracked down at the South Park Hotel, where he was drinking tea.

Aurelio Joab would later say this about Xu, once they returned him to his room at China Star: "He was very uptight. Every once in a while we would look up at his room and check to make sure he didn't jump out..."

(Called later about his client, Jano said he that he fully supported the nation's exclusion of

See "Immigration" on page 10

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## NEWS

# Health and Health Care in the FSM

Health care costs are on the rise, and so are the occurrences of diabetes, obesity, and heart disease

By **OLIVIER WORTEL**  
The Kaselehlie Press

*"When you lay things on the table you bring them into the light, and you can begin to heal."*

Dr. Elizabeth Kapu'uwailani Lindsey

**KOLONIA, Pohnpei** – A recent study by the World Health Organization, as reported by *Forbes.com*, tells us what we already know, reinforcing the grim reality of a health crisis: that the Federated States of Micronesia is listed second in the world in its percentage of overweight people. According to the report, nine out of ten Micronesians are overweight, the result of a number of factors, cultural, sociological, and economic

Visit Kosrae State Hospital – renamed the Arthur Sigrav Memorial Hospital in 2005 – on any given Tuesday during the week,

and you're liable to think you've entered some sort of War Zone with the number of casualties you'll see wheeling, bandaged, and hobbling around in wheelchairs and crutches with half legs, amputated feet, missing fingers, stumpy arms, persistent sores, eye patches, and so forth and so on. It nearly defies explanation. It's a rather grim and depressing site, yet the locals here carry on their customary pleasant island style, accepting the rapacious Diabetes as a fact of life these days, a wink, and a good afternoon, and a smile, thank-you-very-much. Similar situations are prevalent in the other islands.

Adelino Laurens, Director of the State Agriculture program, as well as the President of the active NGO, Island Food Community of Pohnpei, likes to repeat the fact that the average family diet consists of barely 30% local food con-

sumption, with the remaining 70% dedicated to huge portions of non-nutritious rice, loads of fat and animal lard, heaping amounts of salt, sugar, and all the chemicals and intoxicants the so-called modern life-style hammers home. As that gap widens, so do the waistlines.

A brief internet discussion through the membership of the IFCP focused on the World Bank report and whether western standards of obesity can accurately be applied in Micronesia. The discussion tended to veer toward some of the particular cultural and socio-economic realities that might lead to being placed so high on the world's obesity list. Most felt the ranking was not the primary issue, but rather that there needs to be a recognition that there is some kind of a health problem – an "epidemic" as one doctor put it – and that efforts need to be made "on becom-

ing more healthy."

"Until the past few decades," one nutrition and exercise expert stated, "heart disease and diabetes were almost unheard of...now they are the most serious in the world."

The top seven countries on the obesity index are Nauru (94.5%), FSM, Cook Islands, Tonga, Niue, Samoa, and Palau (nearly 8 out of 10 people). Kuwait and the U.S. are listed at numbers eight and nine, with Kiribati rounding out the top ten.

"Modernization is causing countries with small populations and few resources to depend on imported, often over-processed food. The Western diet overwhelms, and many people are not genetically engineered to cope with this," says

See "Health" on page 7

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# NEWS

## ...Satawal Documentary

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either, but she was.

Dr. Lindsey, who, to the best of her knowledge is one of only three native Hawaiians currently holding a doctorate in Anthropology, specializes in ethno-navigation and studied under Mau for nine years. Though she attracts awards and honors in the same way that honey attracts flies, talking to her one discovers that those honors only serve to further empower her to do the work she loves so much. It is obvious that Elizabeth is passionate about her commitment to the conservation of indigenous knowledge.

She said that when she was a young girl, the native Hawaiian elders who raised her prophesied that she would become a recorder of ancestral knowledge. Her Hawaiian name means "Heart of Heaven" and from all observations she is living up to both of the mission statements given her by her elders and her late father, Henry K. Lindsey who had the serious task of naming her. Henry Lindsey was an esteemed college professor, genealogy expert and as columnist, Jeanette Foster put it, "all around Renaissance man". Lindsey, when asked why she took an interest in anthropology said

that anthropology means to, "bear witness and to suspend judgment."

On Monday, February 26<sup>th</sup>, Dr. Lindsey gave a talk and screened her award winning video "And Then There Were None" at the SPC Conference room as she has done at many venues. Washington D.C.'s Capitol Hill, Oxford University, and the American Museum of Natural History are but a few of the venues where Dr. Lindsey has appeared along with her film which was released in 1996. Employees at Hawai'i's Ritz Carlton, Kapalua on Maui are required to view the film as part of their training before they can receive their first paycheck. The film is screened there weekly for guests as part of its *Sense of Place* encounter.

In 2002, she did a live narration of her movie along with a simultaneous performance of the Honolulu Symphony Orchestra. She said that letters to the editor appeared in the newspaper for a month afterward. Along with letters congratulating her for attracting a larger crowd of native Hawaiians to the Symphony Hall than had ever been there before, the praetorian (old guard) members of society wrote in to criticize her movie as unnecessarily harsh on

the white community that runs most of what makes money in the state. In our interview, Dr. Lindsey told me that her friend, Roger Ebert (of "Siskel and Ebert" fame), who was present that evening and watched the exodus of the upper crust said, "It was like being in Mississippi in the 1940's and having Rosa Parks as the special guest."

Perhaps a young boy sitting on his mother's lap said it best during the film screening. He asked, as the archival images flashed on the screen, "Where are the Hawaiians?" It was the point of the entire presentation. Where indeed, are the Hawaiians and what happened to their culture? What, in fact, will happen to other indigenous cultures throughout the world as we move headlong into globalization and economic "betterment" possibly without a thought about what has come before and the cultures that might be left behind if they are not carefully guarded?

The theme runs throughout the 26 minute documentary which left most of the small audience in the conference room speechless and full of emotion. Micronesians spoke of their fear that what happened in Hawaii may be happening in their home. I could not help but wonder, as an outsider in Micronesia if perhaps I am contributing to the process. Perhaps

those reactions are what have won the film so many awards throughout the world.

On the topic of the documentary on Mau, one person spoke in hushed tones about having met him in Satawal while traveling on Government duties. Satawal elders harshly criticized Mau for sharing his knowledge with Hawaiians. The art of instrumentless navigation had been lost to Hawaiians and would have been lost completely if not for his sharing it. Mau is dying of diabetes. Dr. Lindsey says often that it has been said, "When an elder dies, a library is burned."

Because of Mau, new master navigators are making a historic journey from Hawaii to Satawal in a double hulled canoe guided entirely by the elements and passed down knowledge. The Hoku'ea will return to Hawaii but the Maisu, which was built as a tribute to Mau from the people of Hawaii will stay in Satawal. Both vessels arrived in Pohnpei on March 1st on their way to Satawal.

Leighton Tseu of Matson Navigation in Honolulu was one of the recipients of Mau's knowledge. He said that because Mau came his children now speak fluent Hawaiian. He spoke in a voice thick with emotion, "One man came back to our kingdom to remind us of who we are."

## Pohnpei State Firefighters Assist at Dump Fire

### Pohnpei Port Authority Fire Fighters get a \$100 pat on the back



Public Safety Firefighters and Pohnpei State Police battle the smoldering fire

By **BILL JAYNES**  
 The Kaselehlie Press

According to Ieske Iehsi, Director of the Pohnpei Port Authority, at 4:00 on the morning of February 5, the Pohnpei landfill was a "huge raging fire moving in the direction of Mobil [Oil Tank Farm]." Pohnpei International Airport firefighters were dispatched to the scene and began battling the flames

which according to landfill sources were smaller than the ones that it experienced just over a year ago.

Iehsi spoke at an awards ceremony, of an approved \$25.5 million grant from the FAA to improve the airport that "was at stake if we failed to utilize our manpower and resources."

PPA Firefighters, for their role in putting out the fire each received a plaque thanking them for their



Ieske Iehse, Albert Panuelo and Senator Nelson Pelep distribute money to PPA firefighters

efforts along with a \$100 bonus.

Pohnpei State's Firefighters were also dispatched. They, along with the PPA firefighters left when the fire was under control though it was not "dead out".

Pohnpei Waste Management employees utilized a pump to continue to flood the landfill with water until there were no smoldering embers in the deep landfill. Landfill officials say it's the only way to

control a dump fire.

Neither the Fire Section of the Pohnpei State Police Department nor the employees at Pohnpei Waste Management (the landfill operators) received remuneration beyond the hours they worked while putting out the fire.

The Fire is thought to have been started on Sunday afternoon by scavengers who sometimes comb the dump for "treasures".

# NEWS

## Invasive Mammals Take Pounding at Pohnpei Symposium

Rats, pigs, and goats pose some of the greatest threats to native island ecosystems

By **OLIVIER WORTEL**  
The Kaselehlie Press

**KOLONIA, Pohnpei** – Imagine this scene, you know, the one right out of Paradise. You're standing on a shimmering white beach, your feet sinking into the silky, warm sand as the water gently laps to the shore. The water is the same color as the sky, an assuring, azure blue. The smell is of ripening breadfruit, tropical flower perfumes,

and a crystal, crispy sea. The sounds are perfect, calming bliss – sea terns fluttering out to the great Pacific, fruit doves cooing in the forest, chattering, whistling red honey-eaters everywhere as the distant boom of waves rumble on the reef. Little, white crabs scurry to their holes on the gently sloping beach, just as a giant green sea turtle emerges from the water and begins its slow crawl up the deep, cool sandy shore. Baby turtles, just hatched loped

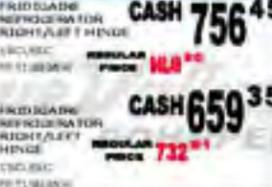
by the hundreds the other way, making...but wait. What's this? Arat! Could it be...yes, a big, black, slimy beast with beady eyes. Good heavens! No! Then another, and another, and then ten, twenty, thirty, until the beach is swarming black with them, crunching little turtles between rabid, razor teeth, eating bird chicks, gnawing on everything in the forest. Paradise lost.

It is an all too common thing to see rats amongst us in Micronesia, and indeed, in over 85% of the islands the world over. An impressively destructive critter that can and will eat everything in its path, spread disease and sickness, and take out bird and crab populations. Presenters from various international conservation organizations describe the ecological consequences of what are

Just a nightmare? Unfortunately, no.

See "Rats" on page 7

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## **JOB ANNOUNCEMENTS**

### **Bioterrorism and Emergency Preparedness Program of the FSM Department of Health, Education and Social Affairs.**

#### **Emergency Preparedness Exercise and Training Coordinator**

**The Position:** Responsible for the implementation of an emergency preparedness training program plan, and to assist in the coordination of public health and hospital emergency preparedness activities within the National and State Health Departments; develop training plans and conduct emergency preparedness training needs assessments of department personnel. Interpret and incorporate FSM laws and regulations into training programs and interpret NIMS compliance requirements and provide appropriate training to identified staff; collaborate and consult with other health care providers and community organizations to coordinate multi-agency training, drills and exercises related to emergency preparedness; facilitate preparation of emergency preparedness reports and perform other duties as assigned.

**Qualifications:** Graduation from a recognized college or university with a Degree in education, public health or related field plus five years of work experience as a training coordinator, project manager or program supervisor providing services for public health or emergency medical response.

**Benefits:** A salary range from \$21,000 but not to exceed \$26,000 per annum depending upon qualifications. Housing, travel and relocation will be provided if applicable.

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#### **National Bioterrorism and Emergency Preparedness Coordinator**

**The Position:** The National Bioterrorism and Emergency Preparedness Coordinator is responsible for coordinating all preparedness activities related to potential bioterrorism threats and emerging infectious diseases. The position is funded by the Centers for Disease Control and Prevention (CDC) and HRSA (hospital-based) grants. The coordinator will develop and implement work plans according to the goals and focus areas defined under cooperative agreements and will prepare and submit all grant applications. The coordinator will represent the FSM at international and local preparedness meetings and will plan and coordinate joint activities with each state's public safety department, disaster management offices, Red Cross Societies and all other entities (government and private) relating to preparedness activities. The Coordinator will be responsible for identifying and hiring all consultants and contractors as required and will be accountable for the fiscal management of grants in collaboration with the Administrative Office of the department of HESA; as well as being responsible for the day to day management of the BT office, supervision of support staff and performance of other duties as assigned.

**Qualifications:** Bachelor's degree from an accredited college or university in public health or a related field. Three years successful experience in managing and coordinating health programs. Knowledge of principles, methods and techniques of program planning and evaluation is necessary.

**Benefits:** A salary range from \$20,000 but not to exceed \$26,000 per annum depending upon qualifications. Housing, travel and relocation will be provided if applicable.

To apply for either position: Send resume or application by mail or fax to the following addresses:

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**Division of Health Services**  
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or [lbarrow@fsmbiot.fm](mailto:lbarrow@fsmbiot.fm)

## ...Rats

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considered the most common and most destructive invasive mammals on islands.

On goats: "They prefer the native plants...and can 'hammer' a forest...they will overgraze an area impressively."

On pigs: "They hit everything in an ecosystem. More than goats...and will eat anything...uproot massive areas."

On cats: "Impressive as a predator. When they come in, they kill...are responsible for more extinctions than any other invasive, other than rodents."

On monkeys: "Monkeys have never been eradicated...they are 'turned on'...you have to use their biology against them."

And on rodents: "The silent killer...they get everywhere and they can breed all year-round...omnivorous."

Karl Campbell of Island Conservation, an eager eradicator with an animated manner, says that when exterminating mammals on islands one must have "an eradication mindset...you have to have a killer attitude." Being passive about taking out invasive mammals from the environmental loop is not an option, Campbell maintained toward the end of the day-long symposium. The whole point, he said, is to get rid of them completely, not leaving a single one behind. "You can not take a day off," he said to the regional participants at the Invasive Mammal Eradication Symposium held in Pohnpei on February 28<sup>th</sup>. "If you are going to do it at all, do it right."

## ...Health

continued from page 3

Neville Rigby of the International Association for the Study of Obesity.

Other notable countries on the list are Australia (67.4% of its population is considered obese), Canada (ranked 35<sup>th</sup> in the world), Germany (60%), Israel (50<sup>th</sup>), the Marshall Islands (ranked 105<sup>th</sup> with just under half the population considered overweight), Papua New Guinea (30%), with China just behind at 148<sup>th</sup> in the world, and the Philippines (25.2%), Japan (22.6%), Vietnam, Bangladesh, and Ethiopia (5.6%) falling near the bottom.

With the rise in life-style related diseases come what are known as Referrals, the need to send people off island for medical treatment

Eradication efforts over recent decades have mostly been on smaller islands, with less diverse environments, and sometimes devoid of human habitation. However, as techniques and eradication systems and methods have been perfected, eradication efforts are being done on larger, more complex islands. In all there have been 625 island eradications involving 25 species of *invasive* mammals. Amongst them, rats, pigs, goats, cats, and dogs.

Rats were by far the main focus of the meeting, and there are efforts ongoing in Pohnpei that are testing the viability of various agencies' ability to rid at least some of the magnificent atolls of the nefarious mammal. Pohnpei has four species of rats and they are the House Mouse (not so cute once you've seen them gang up to eat an Albatross chick alive, as participants did in a short film during one of the presentations), the Polynesian Rat, the Black Rat, and the largest and deadliest, the Brown Rat, otherwise known as the Norwegian Rat.

But why should we care, you might ask? Rats, after all, have been here for hundreds, if not more than a thousand years. Alex Wegmann, a biologist with Island Conservation who has been on Pohnpei for the last couple of months working on a trial rat eradication program in Madolenihmw with the staff of the Conservation Society of Pohnpei, says that "the impacts of rats on island ecosystems is very serious and very negative." Studies have revealed that rats spend much of their time in the canopy, eating nuts, leaves, seeds, fruits, bird eggs, and sleeping in the safety of the branches of the trees. "They thrive

that cannot be handled locally. Although MiCare has been working to reduce the expenditures in this area of the system – sending patients to the Philippines instead of Hawaii, and treating more patients locally due to increased capacity – it remains a financial burden. The total referrals were reduced by 35% from 2005 to 2006, going from 1,294 patients down to 832, with the associated costs also dropping from \$3.5 million to \$2.7 million.

Chuuk and Pohnpei have state health insurance plans that are in place as potential co-providers, if nothing else, to the national MiCare Health Plan in the spiraling problem of both health disorders and costs. In Chuuk, the State Plan is mandatory. That is, everyone who is employed pays 2.5% of their gross pay toward the plan. Everyone is covered. Although patients are encouraged to utilize the Chuuk State Hospital for medicinal needs and laboratory work,

where humans go," said Wegmann, on rodent's love for human food and scraps as well as crabs and other invertebrates. To hammer the point home on why we should care about eliminating rats, Wegmann showed a photo of a baby's nose eaten off by a rat. He also said that they carry fleas that spread bubonic fever, otherwise known as the *black plague*, and can spread rat-bite fever. Because we are accustomed to their presence, Wegmann said, "Rodent impacts are huge but often hard to see."

"We can take rats off these islands. We know how," said Wegmann.

Perhaps an eradication program can be geared toward the local teenagers in the villages of Pohnpei who make deadly sling shots and like to pick off birds from the trees as they walk bored and aimless along the road – redirecting their efforts at killing rodents instead of native birds. The boys are generally good marksmen.

There are several eradication methods that have been proven. Common is the use of poisons and pesticides, or rodenticides. They can either be applied in measured amounts by hand in targeted areas, or the poison can be dispersed in bigger amounts over broad swaths from the air with the aid of helicopters. Another method is to set up traps over an island or atoll, a method that is more labor intensive, but less toxic.

An open-floor discussion amongst the nearly-40 person symposium that represented islands from California to the Marshalls, to Palau, to Fiji, down to New Zealand brought out some interesting topics.

people can use their coverage at the private clinics for all services as necessary.

Pohnpei has capitalized its own State Health Plan with approximately \$1 million, financed through *sin* taxes on alcohol and cigarettes. The law setting up the plan was passed last year but to date the program remains stalled. If and when it does start, like Chuuk, it would seek universal coverage. Less than one-fifth of the FSM population has any sort of organized health care coverage.

The recent rate increases for the MiCare plan, along with some lower caps at which providers can be remunerated for services rendered to patients are a start in making MiCare, the only national health care plan, sustainable. These costs will be passed along to the public and potentially, the private providers themselves; for now at least

The basic underlying theme of the entire event came down to people and their health. This was alliterated in several ways. Willy Kostka of the Micronesia Conservation Trust said, "The main issue is that we need to work with our communities to lead this." Steve Why of the Marshall Islands Conservation Society was vociferous yet calm when he pointed out the "flagrant" and "pathetic" use of pesticides the world-over, pointing to the brutal environmental and health ramifications. "It's up to the people to figure out the risks...but it's (also) important to make sure categorically that the poisons that are used are not worse than the problem they are intended to rid." Perhaps most precise, Tiare Holm of the Palau Conservation Society said, "Conservation is about people. Everything we are doing is about people, not about birds and trees and nature."

Patterson Shed, Director of the Conservation Society of Pohnpei, who moderated the event, stated summarily, "It's good to look at all angles." This in regard to the benefits and costs associated with eradicating rats. It is proposed that in the near future, the beautiful *Ahd* atoll of Pohnpei will be the first to attempt a full rat eradication program within the FSM.

Palau, for their part, appeared to show some interest in the eradication of the feral Macaque monkeys of *Angaur*, a small island to the south of Koror, the nation's capitol. The monkeys were introduced during the German Era. It would be the first attempt of its kind.

"This is a temporary fix...in the intent of a sustainable future," says Yosiwo George, MiCare Administrator. "We have other ideas, other pieces that will make this work, but ultimately health care in the FSM needs to be addressed by the *leadership*."

Some of those other ideas are to institute a co-payment by patients when they see doctors, the establishment of a Health Trust Fund administered by MiCare to offset patient costs and increase coverage, as well as a pending Bill in Congress to make the MiCare plan mandatory for all government employees. (It is currently optional.)

The hard truth is that most people in this nation are largely very cash-poor. A continuing upward surge in the cost of imported food, electricity, water, and fuel is putting an additional strain on families already struggling to survive

## NEWS

# Peace Corps Micronesia Goes Nuts

By **DAMIAN RICHARD**  
*U.S. Peace Corps*

In a wonderful example of Peace Corps' tradition of looking at local resources to enhance sustainability of its projects Peace Corps Micronesia recently converted the two diesel-engine vehicles used at their Kolonia office to coconut oil as the source of fuel. This effort helps support a local business, decreases Peace Corps' reliance on imported fossil fuels, provides significant savings in expenditures for fuel and replaces those noxious diesel exhaust fumes with the wonderful smell of coconut.

The coconut oil is produced locally by Pohnpei Coconut Products, a private enterprise that buys copra (the dried inner meat of the coconut) from local producers on nearby islands. The copra is then processed in mechanical presses to produce the oil that can be used directly in powering diesel engines. In the warm temperature environment of

Micronesia the coconut oil can be used to replace 100% of the diesel fuel with no recorded difference in the mileage obtained by the vehicles converted to coconut fuel.

"At half the price of diesel, coming from a renewable and sustainable resource and being locally produced, it's a win-win situation for all of us" says Administrative Officer, Damian Richard. With limited opportunities for generating income on the outer islands of Pohnpei, the copra producers have found the production of coconut oil for fuel to be a real boon to their local economy.

But the benefit is not just in saving money. "We feel like we are setting a good example for the community by practicing what we preach: use what's locally available and try to promote change by serving as an example. It's also nice to know we are minimizing our impact on the reliance of non-renewable



resources and removing ourselves, at least in part, from the social and political issues surrounding the use of fossil fuels" says Country Director, David Reside.

The conversion to coconut oil was not done without a bit of initial hesitation. Director Reside and AO Richard both converted their personal

vehicles to coconut oil more than six months ago. After monitoring how their vehicles operated on this fuel source and being impressed with the results they made the decision to convert the two Peace Corps vehicles as well. Peace Corps is the first large organization on Pohnpei to make this conversion but hopefully others will follow.

# Peace Corps Volunteer Works to 'Make It Better'

*U.S. Peace Corps*

Peace Corps Volunteer Jon Martin thinks his fellow Volunteers deserve their place among the most rugged outdoorsmen, and he has found a unique outlet to gain them acclaim – an Outside magazine contest.

Outside recently announced that Martin is one of four winners of their "Make It Better" contest. Martin, a 32-year-old Volunteer in Pohnpei, Micronesia, entered the contest featured in Outside to celebrate the magazine's 30th anniversary. An entry ballot appeared in the October and November 2006 issues asking readers about their interests, inspirations, what they would change in the world, and their efforts in making the world a better place.

Realizing the positive impact he makes every day as a Peace Corps Volunteer, Martin decided to mail in his ballot.

Reflecting on his decision to become a Volunteer, Martin said, "I've only made a leap so many others have, and more importantly, that so many others will." He continued, "Hopefully someone out there is waiting to take the step to become a Peace Corps Volunteer



*Martin on right with MERIP Sponge Farming Outreach Worker Walden Lohn*

and will be inspired to do so not because of my name, but because of the 'Peace Corps' written after it."

Martin currently works with MERIP (Marine and Environmental Research Institute of Pohnpei) in the Southeastern municipality of Madolenihmw, engaged in developing sustainable income generating ventures through aquaculture projects. With MERIP, he works with local fisherman in giant clam and soft and hard coral farming for the marine aquarium trade, sponge farming for the bath and beauty trade, and shell craft-

ing to provide community members with a traditional trade for the arts and crafts market. He has also had the opportunity to help in the maintenance and harvesting of a medium scale black pearl farm that has begun using Black-Lip Pearl Oyster spat some years ago.

In addition to being featured in the January issue, contest sponsor Timberland-Smartwool will donate \$1,000 on Martin's behalf to a community-based organization in the United States that focuses on preserving the environment and promoting outdoor sports and activities.

"Peace Corps is a great organization, and during these times, with the way much of the world views the U.S., it deserves to be recognized and supported, both from within and from the outside," said Martin.

Since 1961, more than 187,000 Volunteers have helped promote a better understanding between Americans and the people of the 139 countries where Volunteers have served.



*The cover of "Outside" Magazine from January*

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- Bluetooth, Infrared, USB port
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- \*1600x1200 pixels
- \*autofocus, flash, video

## ...Immigration

*continued from page 2*

foreign nationals who have been convicted of crimes, but was "offended" by the arbitrary removal of David's civil rights with "no strong evidence" to support such an action. Frankly, he stated, it "violated the Vienna Convention" on human rights.)

Joab stated at his office that it is always the procedure to meet private yachts with "no less than two" officers, and furthermore, that the Immigration officer who initially boarded the Lorelei was reprimanded for not only boarding solo, but also for failing for several days thereafter to report that a vessel required a permit. Although Joab cited "the bigger challenges coming every day" to Pohnpei's borders, he said in no uncertain terms that the individual(s) could potentially face suspensions over the incident.

The chief complaint lodged by the Migliorelli and Wilkinson letter related to the "check in/out procedures" at the "Port of Kolonia", explaining that the "solid concrete wharf walls" endanger both the integrity of the yachts' hulls, and the safety of the crew aboard.

"Small private sailing yachts are being directed by the Pohnpei Port Authority and other Government departments to tie up to the same concrete wharves that fishing vessels and cargo ships use for that purpose," the lengthy letter begins. It continues, "PPA, Customs, Immigration, Agriculture, and the EPA are opening themselves up to litigation...(and make them) culpable of negligence." The letter also blasts FSM Immigration for "unprofessional and intimidatory behaviour," noting the fact that it took eight days and several trips to get a passport stamp that should have been done "on the first day."

"We believe that after some 25,000 sea miles - 20 years and 85 countries - we can speak with some authority...as to whether a particular location is visitor friendly or not. Pohnpei is not," the letter concludes, revealing that the "4,000-4,500 private sailing vessels touring the South and North Pacific" stay away from Chuuk because of "a very negative reputation", and that Pohnpei "seems to be headed a similar way."

Migliorelli and Wilkinson make the central recommendation that the PPA undertake efforts to construct "an appropriate-sized facility" such as a "yacht basin...or a floating, caisson type of pontoon with yacht sized cleats." They also recommend that check in requirements be coordinated and streamlined through all agencies, and that a training program be undertaken for "personnel that have contact with incoming tourists."

Santos in his letter says, "those

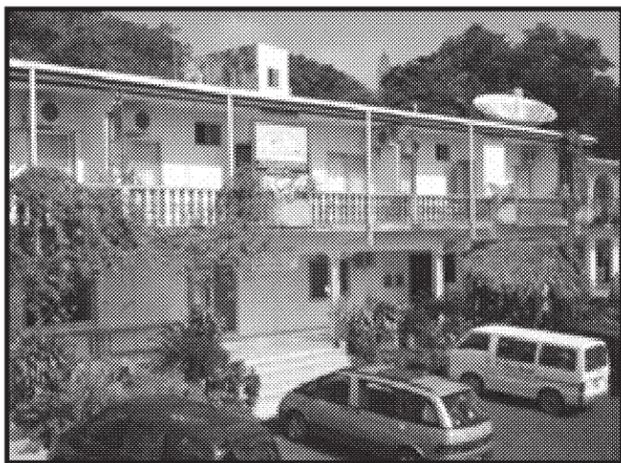
are very good recommendations", in contemplating the Migliorelli letter.

Esiel was not defensive in his retort to the letter and seemed to take it positively. He quickly and effortlessly said that such comments present constructive criticism that can be used "as a tool to improve our services."

"Generally we try our best to accommodate all visitors, and I think that most of the time we do. It's unique. I truly appreciate it though and we need to see what we can do to make sure we welcome these people." Esiel agreed "that berthing is difficult" for the smaller private vessels, and vowed to look into ways to accommodate them better in the future.

Some investigation revealed that the Seaport division at the PPA has a budget item for the construction in 2008, of a special pontoon of the sort that Migliorelli and Wilkinson suggested.

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## KP-Perspective

### “Please, Can I Have One Dollar?”

The election is over but the excitement of it is not near over. Who will be the next Senators seated in Congress? Will they be as good as they said they would be for the FSM or will they look after their own interests? Will it be more of the same or will we see a much improved National Government in the FSM? Will there be more private sector development and economic stimulation that might result in more jobs or will we have more half measures at the end of the session looking as if they are designed to garner votes? Will there still be hordes of unemployed people standing in front of stores asking that question that seems to have developed lately, at least in Pohnpei, “Please, can I have one dollar?”

I appreciate the “please” when it is offered. Sometimes it is not. I don’t appreciate the fact that sometimes I have to lie and say I don’t have anything when I know full well that I do. I suppose that it’s not always a lie. Usually it’s that I have one dollar or more (usually not much more) but I already have plans for it.

Some of the people who ask are earnest. They really need it. Maybe they need to meet Pohnpei Utility Company’s minimum cash power purchase of \$5 but they have no job. Perhaps they are trying to buy a can of mackerel to feed themselves and their family, one can for four or five people. Some would be willing to work to raise the money to meet their own needs and others would not. Some, if you asked them would walk with you into the grocery store and point out to you what it is they need to survive one more meal time and would be happy, nearly ecstatic if you put a can of mackerel in their hand even though the canned mackerel taken in quantity with its load of sodium (salt) might eventually lead to heart disease and high blood pressure. One more day to stand and ask for “just one dollar” would be good enough.

Maybe it would be better to just give them the dollar and not think about how they are spending it. Many of the “one dollars” I have given out have likely gone to 80 proof rum, or whiskey or, even worse, 151 proof rum; more bang for the buck. Some have even told me that they intended to spend the

money I gave them on a bottle. Although I admire their candor I almost never fork over the buck for that purpose. Worse still are the gasoline huffers who want my buck to buy themselves a soda can full of gas so that they can make themselves crazier than their habit has already made them. Some say we don’t have a drug problem in the FSM. You couldn’t prove it by me.

In some cities where I have lived in the U.S. homeless vagabonds line even the middles of the streets asking that same question, “Please, can I have one dollar.” I don’t like it but it is going, all the time, to be a problem. 2000 years ago even Jesus is recorded to have said, “The poor will always be with us.” I would imagine that 2000 years from now, if we haven’t destroyed the earth yet which we seem hell bent on doing there will still be poor people then.

Yes, the FSM has an unemployment rate running between 35 and 40% and many who are employed are what is called “underemployed”, meaning they either don’t have enough hours at work to sustain themselves or they have plenty of hours at a very low rate of pay. Even with the very low minimum wage, prices in many stores are, for many items, still quite high. That’s a strange economic anomaly since conventional thinking says that when the majority of people have more cash to spend prices go up because the market can stand it and demand is not affected by the higher prices.

What it says to me is that there is a segment of this population that has a significant amount of cash that keeps the businesses afloat with just their purchases. Economic stratification is what many call it. Others call it the division of the “haves” and the “have nots”. There are many “have nots” but not very many “haves”, just like in the West. When the final analysis is done it is the “West” (not to be confused with the U.S.) who caused it with their desire to “civilize the natives”.

I love one of the quotes from Dr. Lindsey’s movie (page 1), “Foreign missionaries came [to Hawaii] to do good and did well.”

If I were an omnipotent; no one  
*See “One Dollar” on page 12*

## LETTERS TO THE EDITOR

### Belated Response to Sabino Asor

Dear Editor

The fact that two issues of the *Kaselehlie Press* (editor’s note: this letter came in the day after the last deadline. There have now been three issues) have gone without a response to rebut the unfleshed allegations former Congressman Sabino Asor made against the Vice President in his January 10-23 letter to the editor may have sent a wrong signal to the public, especially the readership of the *KP* that such allegations are true and are without falsehood. In fact, another letter that follows in the next issue of that same paper calls for a resolution of appreciation for Mr. Asor as a whistleblower. The purpose of this letter is to shed some light on each and every allegation the good congressman has made as he tries to bat for his brother-in-law, Senator Manny Mori.

Firstly, Mr. Asor has alleged that, and I quote, “But the Vice President’s pursuit of his presidential ambition through **his part in perpetuating the divisive politics in his home state** is part of what may make a bid for the presidency impossible for him”.

To correct this allegation, let it be known that VP Killion has not and will continue not to have any part in perpetuating divisive politics in Chuuk since he is as concerned for the State and its people as any other leader from Chuuk. Just because he represents those people who have continuously bestowed upon him their trust, this doesn’t mean that he has a part in what some Chuukese leaders, including Mr. Asor have alleged. Should he get out of line and jump over the President’s head to stop the on-going criminal prosecu-

tion and would these people laud him as a peacemaker? What about those pledges every elected leader (including Mr. Asor) made under oath upon taking office?

Such claim, coming from an attorney, surprises me since it comes from someone I used to admire profoundly especially when standing up as a member of the Chuuk Congressional Delegation to the FSM Congress against the Amnesty Bill introduced in the 13<sup>th</sup> FSM Congress by other members of his delegation. I even wonder if that letter actually was bearing his signature for I suspected someone may have forged his signature. This is not the principled gentleman I used to know.

Secondly, Mr. Asor further claims that, and I quote, “it is now part of the political thinking in Chuuk that almost one half of the electorate believe the Vice President used the influence of his office to bring about the ongoing criminal prosecution of a number of the state’s political leaders who happened to be opposed to the Vice President”.

Mr. Asor should have been concerned that those political rivals of Vice President Killion have seen the positive results of their fabricated lies to the people of Chuuk State that Mr. Killion is a bad guy who rallied behind the investigation and jailing of Congressional leaders from Chuuk. The fact is clear that most Government leaders in Chuuk, with the exception of the few who refused to know the truth, know that all that is said about Mr. Killion during this time of campaign is false and points to a sign of desperation. The only reason why the Congress members are

*See “Response” on page 12*

The opinions expressed in the “Letters to the Editor” are not researched or verified by The Kaselehlie Press. They are simply the opinions and views of our readers. We invite you to submit your letters for publication. It is the policy of the paper that we have your name and a contact method in order to have it in print. The Editor maintains the right to edit Letters to the Editor. Letters do not necessarily reflect the opinions of The Kaselehlie Press, its staff, or its Board of Directors

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## OPINION

### ...Response

*continued from page 11*

effective in spreading these lies is because they have the backing of public funds for public projects at their disposal, funds whose uses are supposed to be decided on by the municipalities instead of the senators from the respective regions of Chuuk State. They may be arguing that they are not involved in the decision on the use of these funds, but we know the facts that they are the ones giving instructions to the Director of CSCIP. That is a matter that will be dealt with after the election. We the people are watching and we shall not allow anyone anymore to escape the long hands of the law.

Well, I am glad that I am seeing **justice** at the end of the tunnel and believe that the people of Chuuk State are seeing it too. Who in his right mind would not see this as the **wayward avenue** to justice? Has Mr. Asor suddenly relinquished his positive view on bringing justice to our people? It is sad to learn from his letter that now he has succumbed to what he calls "the political landscape" in Chuuk and has compromised what is legally and morally right to the political whims of those who have continually sought disunity among our people and henceforth portrayed an ugly picture of the Nation in the eyes of the international community. *Let's not lose sight of the fact that this Nation's financial fate hinges largely on grants from kind donor countries such as the USA, Japan, Australia, PRC, EU and others. These grants can discontinue if we "perpetuate" this politics of disunity which Mr. Asor himself has resurfaced. Why is it wrong that we allow justice to work the few crooks for the benefit of the 108,000 citizens of the FSM?*

(Thirdly, "Some believe that the Vice President's office may have been behind the recent publication of a former Public Auditor's letter which accused the current FSM Public Auditor for wrongdoing when the Auditor's Office published an Audit Report showing that the Vice President's business breached a government contract to supply cement for the expansion of the Ta Airport in the Mortlocks....."

The Public Auditor knows well how that letter came about the same way he knows that his former employee has nothing to do with what Mr. Asor alleged to have been the backing of the Vice President. Speculation from an ambitious politician who is guided by expediency rather than principle?

It appears that for purposes of his brother-in-law's "political expediency" Mr. Asor conveniently picks on the Ta airport issue to be one of those false accusations to level against the Vice President which by the way has been water under the bridge. While it is true that the delivery of the cement had been delayed, it was beyond control to send the cement on the ship on time given the shipping situation in Chuuk at that time. Furthermore, logistical problems including storage of the cement in question on Ta contributed to the delay. It is surprising that as an ex-manager of TRANSCO, unless he has a short memory, he has forgotten the difficulties involved in transporting 12,000 bags of cement to Ta given the space limitations on these ships. For information purposes, the Ta Airport construction is nearing completion, awaiting the turn-around ramp to be completed. In fact, it is anticipated that they will resume air services to the Mortlocks in February or March of 2007.

The fourth allegation that, and I quote "Many also believe that Compact funds misused by the current Chuuk State Government which temporarily caused a suspension of Compact funds disbursement by the Joint Economic Management Coordinating Office (JEMCO) and threatened the State's payroll during the holidays were in part used to fund Chuuk State Government's campaign efforts for the Vice President's re-election....."

Who are these **many Chuukese** who believe that the Chuuk State Government is funneling funds into the campaign for Mr. Killion's re-election? Are these many Chuukese those that Mr. Asor is appealing to the voters to win this Congressional election on behalf of his brother-in-law? Is it implied here that our National Government is part of such an alleged collaborative effort with Chuuk State Government to abuse public funds for Vice President's "political expediency"? I think Attorney Asor owes an apology to Governor Simina, Speaker Harper, Senate President Santos (his uncle) and the other state government leaders for making such baseless statement on the leadership of Chuuk State. Of course, he owes a bigger one to President Urusemal, his nominee? for the Presidency.

In conclusion, let it be known by all that the office of the Vice President exists merely to implement policy of the President's office and he has yet to receive that implementation order.

Francis Suda

### ...One Dollar

*continued from page 11*

is, but if I was, I would know when the first impoverished person came to be in the FSM. Dr. Lindsey said that in Hawaii poverty began to exist when Hawaiians were forced to give up their land. What really does poverty mean? Who judges who is poor and who is not? Who sets the standards? By western standards most of us in the FSM are poor. The U.S. says that a family of four living in the lower 48 states that makes \$20,000 or less is living at the poverty level. A person earning minimum wage in the FSM who is lucky enough to have a job that gives him or her 40 hours per week earns only \$2808 per year, nearly 10 times less. Is that the

standard of poverty, how much cash you have?

If Micronesians protect their environment and never give up the land that you own perhaps you will not go the way of the Hawaiians that Dr. Lindsey spoke about. Perhaps you could lease your land for the right price and wisely invest the proceeds to sustain your family in what has become a cash society, but never give it up. Eat your local foods. Go yellow. Go to the land. It's your birthright. You don't want to be another one standing in front of stores asking, "Please can I have one dollar?"

Your culture and your nationality deserves to be sustained.

Bill Jaynes  
Managing Editor

## Do You Have To?

Dear Editor,

Please settle something.

If somebody gives you some sakau do you have to vote for him?

Lokaia Tohtoh

## Election Is Not Just Going To The Poll

We, the people of The Federated States of Micronesia (FSM), in order to form a more perfect union, establish justice, insure domestic tranquility, share the common interest, promote the general welfare, and secure the blessings of liberty to ourselves and our posterity, do ordain and established our Constitution for The Federated States of Micronesia. Our constitution is just another version of the Constitution of the United States, a Constitution which mandates that most of the officials in the three branch of government be elected by the people.

This month, we were given the opportunity to vote in a national election to elect our public officials and to vote for amendments to our constitution. The election results will clearly indicate whether or not we are living up to our expectations. The number of eligible voters who do vote in this country has been on a steady decline. In the last national election, barely 23.6 % of Pohnpei's eligible voters went to the polls to vote for their candidates and the proposed amendments to the FSM Constitution. It requires 75 percent of eligible voters to show hands on any amendment to the

constitution. This decline has been attributed to apathy, and to a belief that it really does not matter who is in charge.

Voting is the most fundamental privilege of a democracy. With all sorts of individuals and groups asserting "rights" to whatever they want, the time is long overdue for more people to start thinking about their duties. The duty that I am alluding to is one of the most important duties and also one of the easiest-and yet one of the most neglected: the duty to vote. Many times, I hear people say, "I am just an ordinary person. What can I do to affect the way things are going in this country?" What makes this so painfully ironic is that it is precisely what thousands of ordinary people do that overrides what even the most powerful people in the executive branch of government want to do. Voting is the easiest and one of the most important ways to affect policy. This may not apply to our government but normally, when a new President is elected, every political appointee currently in the offices is required to offer his or her resignation immediately following the inauguration. The President then makes

See "Election" on next page

## OPINION

# Watersheds, Rivers, and Forests Vital to FSM People

Forester says that native, undisturbed ecosystems have recreational, educational, and spiritual value.

By **OLIVIER WORTEL**  
The Kaselehlie Press

PALIKIR, Pohnpei – Even though Karen Bennett of the United States Forest Service is a long-time expert in the restoration of forests and streams, she makes it very clear that it is *always* easier to not allow them to be destroyed in the first place.

*“There is so much we don’t know. So it is important to keep the forest in its original state.”*

*“We get things from the forest everyday, so we need to honor those services.”*

*“When you see poisoned water coming out of a landscape, it really represents our values and our thinking.”*

*“Tons of value in the forest...recreational, spiritual, educational...these ecosystems have value within themselves and we need to realize that.”*

These are not necessarily radical comments at this point in time, but they certainly represent a healthier, more advanced and rounded perspective on how we view *Nature*. All too often, and this is nowhere more apparent than in the developed world, a piece of natural habitat is viewed as being *idle*. It’s a preposterous way of thinking of course, from a naturalist perspective, but viewed through a hardcore capitalist lens

## ...Election

*continued from previous page*  
appointments for all of the agencies, which go well beyond the cabinet level positions in the government, and this is where so much policy is written. One of the penalties for refusing to participate in politics is that you end up being governed by your inferiors.

It is not enough just to show up at the polls on election-day not knowing what the positions of candidates are. An ill-informed public can mean ill-informed policies that needlessly jeopardize people’s lives, as well as the country’s freedom and its future. And, don’t we owe our children and their children more than that? It is because of the informed involvement of the public that women achieved the right to vote; that civil rights legislation guaran-



where everything and everyone is commodified, it makes perfect sense. *Wait a minute. That land, that piece of real estate is not producing money! Get out the bulldozers.* Dollars, once they are introduced, become the highest prize in a society that becomes addicted to them, valued above all else. They are *precious*. Everything else – the culture, the environment, the family – is almost secondary. But it does not have to be. A healthy marsh, an intact river, a functioning forest, a natural meadow provide the things that all the money in the world cannot buy: clean air, healthy food, pure water, unobtruded thoughts. Unfortunately, in a world languishing in a political, social, and environmental tailspin, these too are being directly commodified. Isn’t that why we like Micronesia? Because we know we don’t have to deal with the industrial swill? The development model, in case you have not noticed, follows one prerogative, one trajectory. And

teed the rights included in the Declaration of Independence for “all people;” and, that discrimination against any protected class of individuals was illegal.

Some find it too boring or too time intensive to read up on political issues and politicians. Lots of things in life are boring or take time-and yet they have to be done anyway. Our future and our children’s future depend on our good citizenship. I understand that it is too late for this past election but we need to remember that we have to exercise our rights and our privileges on any of our forthcoming elections. Encourage all other eligible voters to do the same. We owe it to those who have given everything to secure our right to do so.

Benito P. Cantero

that is *bigger* and *more*. All the time. Forever. There is no limit to it. Think about that...and then think about what you want for your island. Following is an interview with Bennett, who is with the Pacific Islands Forestry division, in Hilo, Hawaii, conducted as she and a team toured through all of the FSM states recently, giving a powerful and enlightened presentation on the specific, yet delicate value of tropical rivers and the forests that spawn and nourish them.

**Olivier Wortel: In a healthy watershed, how do underground aquifers function? (Particularly if we are talking about high-rain, tropical climates.)**

**Karen Bennett:** Ground water aquifers have a lot to do with the geologic structure in a watershed. An aquifer is water that is trapped in layers between less permeable rocks. In a volcanic system, it may be between different lava flows. A healthy watershed contributes water to the aquifer by water moving slowly through the soil profile

into cracks in the basalt (volcanic rocks). If there is a lot of disturbance in the watershed that would cause the rainfall to runoff quickly into the stream system and not infiltrate into the soil, it would not be available to replenish the aquifer. That situation would occur when soil is compacted or eroded so that less permeable subsoil is exposed.

**What are the biggest threats to island watersheds and river systems?**

From my limited time here and from talking to my colleagues at the Institute and at the local Forestry and Agriculture departments, the biggest threats to the functioning of the river system is conversion of forest to grassland, all the fill, narrowing, and hardening of the stream channel that is occurring due to increased population and development. The biggest threat to water quality is the human, animal, and chemical waste, and garbage that is washing into

See “Bennet” on page 14

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# OPINION

## ...Bennett

continued from page 13  
 the stream channels.

**In your presentation, you talked about the “recreational, spiritual, and educational value” of native, healthy forests. Could you elaborate on these three concepts?**

I would add “cultural values” to that. This is an interesting topic. A healthy watershed can create a “sense of place.” When people feel connected to the land, they are motivated to honor and protect it. If they are not connected, they don’t understand the value and continue to make decisions that degrade the area.

I think that it is the culture of the island communities that keep people connected to the land, they nurture and harvest medicinal plants and food products they utilize specific trees for canoes and festivals. This knowledge is passed down from one generation to the next. That’s the educational value. This leads directly to the spiritual values that one gets from a healthy watershed. When we visit a watershed that has not been degraded by the impacts of humans, there is a sense of awe that our God provides everything we need to survive and live a quality life. Island cultures have learned agroforestry techniques which enhance the food products they are able to produce while protecting the fertility of the fragile tropical soils in their watersheds. If they overtax the land, by exploiting the forest or soil resources, they lose the ability of the landscape to produce the products they depend on and they begin to degrade their culture as well. Westernization of island cultures has also degraded the “sense of place” and connection to the land.

**Why is it important to manage a whole watershed, from the top of the mountain all the way down to the reef? What is the relationship between these different environments/ecosystems?**

Through the flow of water into and through the soil and into the stream system, a watershed is connected from the ridges that capture the rain to the ocean where the water and everything it has picked up along the way is deposited. Different parts of a watershed will have different functions

and they are all connected. For example, a mangrove wetland, at the base of a watershed is affected by the amount of water that flows through the watershed. There is a delicate balance between the amount of fresh and salt water that mixes in the mangrove system and too much of either will cause a die off of the mangrove trees that are specifically adapted to the brackish water. Mangroves also need a certain type of soil (or substrate) in which to reproduce and grow. If their habitat is filled or degraded through coastal erosion, the mangrove forests will begin to die off.

Managing whole watersheds ensures not only that the quantity of water as it is produced, utilized and returned to the stream or groundwater systems is intact but also that the quality of the water produced is of a high quality so that the organisms (humans, animals, fish, plants, etc.) that depend upon it for survival are not harmed by the very substance that gives them life. Protecting forests in the uplands helps to capture water and the portions that are not evaporated back into the atmosphere infiltrate into the soil. Runoff in a forest system is minimized due to the forest canopy slowing down the impact of hard tropical rains and maintenance of an organic or forest litter layer that allows the rain to readily infiltrate into the soil. This minimizes erosion and stores water that will reach the streams much after the storms have passed to supply a base level of flow.

In addition, understanding how a watershed functions, with regard to the river systems and the parts of the river, especially flood plain and riparian areas, will help to minimize erosion and protect our communities from floods, storm surges and even ocean rise.

**Tropical island rivers seem to me to be a particularly special, unique, and certainly valuable resource, or ecosystem type.**

**They are literally the lifeline of the villages here. Yet we often see great abuse of them through garbage dumping, road building, tree cutting, burning, excavation, industrial development, and so forth. What can be done to bring sensitivity, meaning, and thought back to this realization?**

Agree. People love water, people need water, and they want to be near it. However, protection of rivers requires a lot of education. Rivers can and will be very powerful. During floods, they will remove everything in their path. We need to respect the area that is needed by the river. Most people think of the river as just the string occupied by water, however, the river also includes the valley adjacent to the open water and during high flows, it will occupy that valley. Anything we do within this corridor will degrade the river either through a change in channel shape, increased erosion or increased pollution. Over time, the cumulative impacts that we have on a river will degrade its condition, the ability of aquatic organisms to live in that river and ultimately our own ability to survive.

**Watershed Analysis. What does it mean/encompass?**

A watershed analysis is an attempt to understand both the existing and potential conditions of a watershed. It is an opportunity to look at the whole area and determine how the different parts of the watershed relate to each other. It forms a basic understanding so that individual projects, which may have an environmental impact on an area, can be evaluated in a larger context. Watershed analyses evaluates things like: climate; geology; soils; vegetation; wildlife; stream systems; wetlands; aquatic organisms; etc. The analysis attempts to determine how each of these elements operated prior to human impact and how they are functioning at the

time of analysis. With this product, a management plan can be developed that specifies areas that need to be protected, restored, or maintained.

**Any other thoughts, comments, ideas you would like to put out there?**

One of the most valuable things we, as a species, can have is an intact system from which to learn. As humans, we tend to want to manipulate every part of the landscape. Having areas, like the *Yela* watershed (in Kosrae) that has not been altered can help us to learn how to live sustainably in the watershed where we do construct our homes and businesses.

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RAM	LANGUID	ADO
CRETIN	LTD	USES
TRAM	BEE	APER
TTERS	ASH	
BATTLE	HIKERS	
HALL	MATED	LEND
ELSE	STOLE	DEAR
NEO	HOP	SPY



*Ihlen Joseph-Chairman,  
Board of Directors*



*The Bank of FSM  
Kosrae Branch*

## **Message from Ihlen Joseph Chairman of Bank of FSM**

On behalf of the Bank I am pleased to announce good news to the people of FSM regarding their Bank.

Figures alone do not give a complete picture, but the overall performance of the Bank in 2006 is considered the best result in the 20-year history of the Bank. Performance and accomplishments occurred across all aspects of the bank's operations.

In 2005 the Bank predicted a steady improvement in affairs and this has occurred at a faster rate than originally expected.

### **HIGHLIGHTS IN 2006:**

- For the year ended December 31, 2006 the Bank earned a net \$1.2 Million (or \$1.20 a share) compared to \$938,000 (or \$1.00 a share) - [an increase of 31%]
- Total assets of the bank stood at \$77.7 Million
- Lending increased by **19%** over the year from **\$22.7 Million** to **\$ 27.1 Million**. This is the highest loan level in five years
- During the year the Bank made **2763 loans** totaling **\$21.5 Million**
- Common stock book value at year-end was **\$14.56 per share**, the highest ever.
- Opening of limited service branch in Hawaii in January 2006 provided direct access into the US market for the first time in the 20-year history of Bank of FSM.
- Ratings from our outside regulators are the best in 20 years since the Bank opened
- Staff turnover has dropped substantially from previous years suggesting a high level of workplace satisfaction and good employee morale

### **PLANS FOR 2007:**

- The Bank is contemplating paying dividends in 2007 for the third consecutive year
- Dividends paid to shareholders ultimately benefit the people of FSM as the majority of shareholders are FSM citizens or FSM State and National Governments
- New premise in Kosrae opened and occupied in January 2007
- Work is underway for construction of new premise in Chuuk - completion in September 2007.
- Continental Onepass credit card to be available to our customers in 2007.
- Management is reviewing opportunities available to Bank in the Hawaii market, and we expect to introduce a number of great new products to FSM in coming months - because of our Hawaii presence and improved reputation.

Bank of FSM is dedicated to the people of FSM and is the only bank represented in all four States, and Hawaii operation has enabled Bank of FSM and its customers to access modern range of banking products and services previously only available to US banks.

Bank of FSM is also the only non United States Bank in the world that carries FDIC insurance outside the USA.

Bank is committed to returning more funds back to the community in future years:

- 1) **Indirectly** -through consistent dividend payments to all State and National Government shareholders, and
- 2) **Directly** - through support of any worthwhile charity, educational, sporting and cultural event.

The Board of Directors and Management of the Bank wish to thank all those that contributed towards its substantial improvement during 2006.

*Member FDIC*

## CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15					16				
17				18					19				
20				21				22	23				
24						25	26						
27	28	29				30			31	32	33	34	
35				36	37				38		39		
40				41				42	43		44		
45			46		47		48				49		
50				51		52			53	54			
55				56					57				
58	59	60						61			62	63	64
65						66	67	68			69		
70						71					72		
73						74					75		

**SOLUTION IN NEXT ISSUE**

- ACROSS**
- |                               |                               |                            |                                   |
|-------------------------------|-------------------------------|----------------------------|-----------------------------------|
| 1. Low temperature            | 49. Compass point (abbr.)     | 4. Discourages from doing  | 32. Helped                        |
| 5. bear                       | 50. Enclosed auto             | 5. Small meat cake         | 33. Backbone                      |
| 10. Coffee (SL)               | 52. Before (poet.)            | 6. Do as instructed        | 34. Cut in two                    |
| 14. On sheltered side (naut.) | 53. Command                   | 7. ___Chaney, Jr., actor   | 37. Angeles, Calif.               |
| 15. Residence                 | 55. Burns surface             | 8. "Much About Nothing"    | 38. Urge to attack                |
| 16. Ireland (poet.)           | 57. Lyric poem                | 9. Program repeated        | 43. New England State, ___ Island |
| 17. Space to sit              | 58. Hand covering             | 10. Rings, pins, etc.      | 46. Attaches                      |
| 18. Caruso's voice            | 61. Promises to give          | 11. Region                 | 48. Tax-collecting agency (abbr.) |
| 19. Unwanted plant            | 65. Great Lake                | 12. Competes               | 51. Before marriage               |
| 20. Truthfulness              | 66. Anticipate with tear      | 13. Andrew, for short      | 54. Buy back                      |
| 22. Restless                  | 69. British nobleman          | 21. Devil                  | 56. South American mountains      |
| 24. Light beam                | 70. Early part of day (poet.) | 23. Old horse              | 57. More aged                     |
| 25. Last                      | 71. Spooky                    | 25. Ermine, for one        | 58. Short note                    |
| 27. Explosion                 | 72. Singer Fitzgerald         | 26. Prison dweller         | 59. Press                         |
| 30. Small roll                | 73. Dollar bills              | 27. Consecrate             | 60. Grow weary                    |
| 31. Lawn plant                | 74. Beatles' drummer          | 28. Flood                  | 61. Two                           |
| 35. Actor Ayres               | 75. Come upon                 | 29. Prize                  | 62. Strong wind                   |
| 36. Warning signals           |                               | 30. Exchange without money | 63. Writer ___ Stanley Gardner    |
| 39. Cry of dismay             |                               |                            | 64. Venetian blind strip          |
| 40. Zsa Zsa's sister          |                               |                            | 67. Soak flax                     |
| 41. And not either            |                               |                            | 68. Historical period             |
| 42. Ventilate                 |                               |                            |                                   |
| 44. Roman 504                 |                               |                            |                                   |
| 45. Oppressed person          |                               |                            |                                   |
| 47. Sew                       |                               |                            |                                   |
- DOWN**
1. Ready money
  2. Margarine
  3. Incline

## Word Search - V-WORDS

The 5-letter words below are found in the diagram in a V shape pointing left, right, up, and down. The key to finding them all is just around the corner!

ABBOT  
 ABODE  
 ABYSS  
 ACERB  
 ACRES  
 ADAGE  
 ADDLE  
 AD-LIB  
 ADULT  
 AERIE  
 AFTER  
 AGILE  
 AHEAD  
 AISLE  
 ALARM  
 ALERT  
 ALIVE  
 ALLOT  
 ALONE  
 ALONG



ALTER  
 AMASS  
 AMAZE  
 AMBER  
 AMISS  
 AMPLE  
 ANGEL  
 ANGER  
 ANNOY  
 ANVIL  
 AORTA  
 APHID  
 APRON  
 ARBOR  
 ARDOR  
 ATONE  
 AUGUR  
 AWARE  
 AXIOM  
 AZURE

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**KASELEHLIE PRESS**  
 Olivier Wortel  
 CONTRIBUTING EDITOR

Tel: (691) 320-6547      P.O. Box 2222  
 Email: kpress@mail.fm      Pohnpei, FM 96941

**MARY BERMAN**  
 Attorney

Tel: (691) 320-2210      P.O. Box 163  
 (691) 921-4236      Kolonia, Pohnpei  
 Email: mberman@mail.fm      FM 96941

# RELIGION

## “Confess your sins to each other and pray for each other so that you may be healed.” (James 5:16, NIV)

My parents once went to a revival meeting where the town prostitute got saved. As the prostitute wet the altar rail with the copious flow of her tears she confessed her sins, all her sins, naming them one by one, names of co-sinners included. The saints of God kneeling around the prostitute listened to her prayerful confession of sin and woe with rapt attention. Needless to say, the prostitute's confession of sin while kneeling at an old-fashion altar rail during a revival meeting caused a bit of a stir around town. In fact, the prostitute's public example of repentance, contrition and confession encouraged several local business leaders and city officials of the male persuasion to do some very serious confessing on their own, most particularly to their wives.

your sins to each other and pray for each other so that you may be healed.” A central feature of Christianity is this business of people confessing their sins. Admittedly, confessing sin is difficult. For many of us, confessing something that is not a sin is often very hard. After all, how many husbands can tell their wives how much they love them with the lights on? In reality, how many husbands can tell their wives how much they love them with the lights off? I heard of one poor man who after fifty years of marriage was so overcome with grief and emotion at the near death illness of his wife that he nearly blurted out the words “I love you.” Fortunately, the woman recovered and the man was saved from such an embarrassing, awkward moment.

Of course, the Apostle James indicates that the purpose of confession is healing. Now as an addictions counselor I have colleagues who believe that people are as sick as their secrets and, therefore, it is necessary for people to confess everything to everyone. Personally, I get nervous around people who tell me their entire life story after the first hello. The real problem with brutal honesty is that it is often brutal. The public confession of the prostitute might have been a long overdue exercise in honesty, but such a display of honesty probably inflicted serious injury upon others. Confessions that the Apostle James advocates lead to healing and restoration, not to further harm. Our friends in the Alcoholics Anonymous reminds us to make amends to all people that we have harmed, except in cases where an attempt to make amends will cause further injury to people.

adultery sounding forth from the church's sound equipment and bouncing off the walls of the church building, due to the occasional forgetfulness of an absent-minded priest, has been a problematic issue at times. Yet, naturally, the advantage of the confessional is that people in anonymity can lay open their souls to a person hidden behind a darkened screen. Nonetheless, the darkened screen does not allow for the accepting face or the warm embrace, which people so often need when they are being vulnerable in discussing their pain and heartache.

Regrettably, the church setting is often a dangerous place for people to confess their sins and I have often warned people against confessing their sins in church. Obviously, not everyone in the church fellowship is worthy of trust. Furthermore, although the saints of God never gossip, some saints are way too eager when it comes to sharing titillating prayer requests with other people. Yet, ideally, in every church fellowship there are a few people who are worthy of trust and with whom the troubled soul can go and bear all, knowing that love and acceptance and wise counsel based upon good judgment will be the response. In that manner, the Christian Church can fulfill St. James' admonition, “Confess your sins to each other and pray for each other so that you may be healed.”

Major Scott Nicloy  
The Salvation Army

The Apostle James wrote, “Confess

Of course, the Apostle James indi-

### Tide Table March 7-20, 2007

	POHNPEI, KOSRAE		CHUUK	
Wednesday	07 Wed 04:48AM 3.8 10:48AM 0.9 04:44PM 3.7 10:52PM 0.6	14 Wed 12:31PM 3.4 08:13PM 1.1	07 Wed 03:42AM 1.7 09:35AM 0.4 03:20PM 1.5 09:28PM 0.2	14 Wed 11:55AM 1.8 08:50PM -0.3
Thursday	08 Thu 05:09AM 3.8 11:13AM 1.1 05:00PM 3.4 11:05PM 0.7	15 Thu 02:23AM 2.4 06:44AM 1.8 01:21PM 3.8 08:23PM 0.8	08 Thu 03:57AM 1.8 10:05AM 0.4 03:24PM 1.3 09:23PM 0.2	15 Thu 12:39PM 2.0 08:50PM -0.3
Friday	09 Fri 05:30AM 3.8 11:40AM 1.3 05:14PM 3.0 11:16PM 0.9	16 Fri 02:23AM 2.8 07:34AM 1.4 01:59PM 4.2 08:42PM 0.6	09 Fri 04:15AM 1.8 10:36AM 0.5 03:21PM 1.1 09:19PM 0.1	16 Fri 03:47AM 0.9 06:22AM 0.8 01:15PM 2.2 08:54PM -0.2
Saturday	10 Sat 05:55AM 3.6 12:11PM 1.6 05:23PM 2.7 11:26PM 1.0	17 Sat 02:40AM 3.2 08:14AM 1.0 02:34PM 4.4 09:05PM 0.4	10 Sat 04:36AM 1.8 11:11AM 0.7 03:02PM 1.0 09:14PM 0.0	17 Sat 03:12AM 1.0 07:12AM 0.7 01:48PM 2.3 09:00PM -0.1
Sunday	11 Sun 06:25AM 3.4 12:55PM 1.9 05:17PM 2.3 11:28PM 1.2	18 Sun 03:03AM 3.6 08:51AM 0.7 03:08PM 4.6 09:28PM 0.4	11 Sun 05:01AM 1.8 09:10PM -0.1	18 Sun 03:02AM 1.2 07:55AM 0.5 02:20PM 2.2 09:05PM 0.1
Monday	12 Mon 07:11AM 3.2 10:52PM 1.4	19 Mon 03:29AM 4.0 09:28AM 0.4 03:41PM 4.5 09:53PM 0.4	12 Mon 05:34AM 1.7 09:03PM -0.2	19 Mon 03:05AM 1.5 08:37AM 0.4 02:49PM 2.0 09:08PM 0.2
Tuesday	13 Tue 09:59AM 3.0 08:39PM 1.4	20 Tue 03:57AM 4.3 10:04AM 0.4 04:12PM 4.3 10:17PM 0.5	13 Tue 06:52AM 1.6 08:56PM -0.2	20 Tue 03:15AM 1.7 09:21AM 0.3 03:14PM 1.6 09:05PM 0.3

In that light, I personally think that the Roman Catholic practice of using the confessional has merit, providing, of course, that the priest remembers to turn off his lapel microphone. Unfortunately, having the confession of

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## CONSERVATION

### FSM Fresh Tuna Shark

By **BRADLEY PHILLIP**  
*Conservation Society of Pohnpei*

Each year industrial fishers make over US \$2 billion from Pacific's fish resources. Out of this, Pacific nations receive less than 5%, which is mainly from licensing and access fees and zero from illegal sale of bi-catch products. The capture and sale of bi-catch products like shark fins, squid, sailfish, billfish, turtle shells, and other exotic marine life are all extremely valuable in the world market, but none other than the Asian market, where commodities like these can easily generate millions of dollars. In addition to being swindled out of possible unreported revenue, these inappropriate catches are affecting our inshore reefs and health of our marine ecosystem.

What do we have to fight against illegal fishing in our Exclusive Economic Zone or EEZ? We have a new Tuna Commission Headquarters, patrol boats donated by Australian Government, and the National Oceanic Resource Management Authority (NORMA) who are eagerly doing their part in conserving, managing, and enforcing our tuna fisheries. But is it enough?

The lack of proper monitoring and enforcement continues in Pohnpei with the newly refurbished Pohnpei Fisheries Corporation (PFC) facility under new foreign management leasehold. There is evidence of sharks being exported in "FSM Fresh Tuna" cargo to foreign destinations. Who is selling or buying sharks from Pohnpei must be reaping in thousands or millions of dollars from unreported revenue and shark catch reports. There are sharks and other bi-catch products

being kept in the PFC cold storage rooms for sale and are usually the first items to be stacked in the back of containers and then filled with tuna to hide such precious cargo.

All this is truly distressing, however the most disconcerting idea is the long term affects this will have on a larger scale for Pohnpei. If this lack of proper monitoring and enforcement continues, Pohnpei will likely become another sad statistic among other Pacific islands that let foreign fishing fleets exhaust their marine resources until they almost completely collapse. While many countries, including the Republic of Palau, are already taking proactive shark conservation measures including total prohibition of shark finning, it is distressing to know that we do not seem to care about this in the FSM. This type of keeping a blind eye is contributing to the accelerating loss of Pohnpei's most valuable natural resources, our marine life.

In conclusion, FSM have committed to join four other Micronesian nations (Republic of the Marshall Islands, Republic of Palau, Guam and Commonwealth of the Northern Marianas) to the Micronesian Challenge, an initiative that will show the world our regional commitment to conserve Micronesia's natural resources. Will this be an initiative that we will be proud of by pushing positive efforts to the front while hiding illegitimate commodities in the back? How can our leaders go around the world parading the virtues of the Micronesia Challenge, while ignoring the certain local restaurants in Pohnpei that are serving shark-fin soup?

#### Message of Appreciation

From the family of

### Kedura Dewey James

We the family of our late mother would like to extend our heartfelt thanks to all of you who have extended your sympathy, moral, and spiritual support during the time of our bereavement. We sincerely appreciate your time, generosity and comforting words.

Our deepest gratitude,  
Semensin, Kids, and Family

## COMMUNITY BULLETIN

**Alcoholics Anonymous meets every Wednesday at Cantero 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 Seabreeze Hotel at 6:30pm. Public Welcome.**

**The Christian Ministerial Association of Pohnpei meets the third Wednesday of each month at 10:00 a.m. in Cantero 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 Bahai 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 general public is invited to attend revival services with Evangelist Randy Chovan at Calvary Baptist Church from March 11<sup>th</sup> - 16<sup>th</sup> at 6:30 PM each night.**

**Garden Club of Pohnpei has its first meeting (all welcome) on Tuesday March 13, 2007, 5 pm, at the COM Pohnpei Campus Nahs.**

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

P. O. Box 2222 Pohnpei, FM 96941

fax to: (691) 320-6571  
phone to: (691) 320-6547  
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### ANOTHER CLASSIC LIMERICK BROUGHT TO YOU BY **TRASHBUSTERS**

**There once was a woman quite sad,  
So she chose to do something bad.  
She curled up her toes,  
And pulled off her nose,  
And then she really got mad.**

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## HEALTH & NUTRITION

### What is Diabetes and What to Do About It

By **DR. LOIS ENLBERGER**  
*Pohnpei Island Food Community*

There is growing concern in Pohnpei about diabetes, with present estimates that 17% of adult men and 20% of adult women are suffering from this disease (Pohnpei STEPS Survey 2002). However, the Centers for Disease Control and Prevention (CDC) have projected that over half of adult Pohnpeians will be suffering from diabetes in the next quarter century if nothing is done to halt the present trends.

Two important questions to address are: 1) what is diabetes? 2) what can we do to avoid or control it?

What is diabetes?

A simple explanation is that everyone has some sugar in their blood and that healthy people have blood sugar levels that stay almost the same at all times. However, with diabetes there is too much sugar in the blood.

Too much sugar in the blood can cause damage to the body. If blood sugar levels are high over a long period, different parts of the body can seriously be damaged. For example, damage can be caused to these parts of the body:

- Eyes (leading to poor eyesight and even blindness)
- Kidneys (leading to possible kidney failure)
- Blood vessels of the heart (which increases the risk of heart attack)
- Blood vessels and nerves in the brain (which increases the risk of stroke)
- Blood vessels and nerves in the legs and feet (which increases the risk of ulcers and amputations, for



*Growing food and working on the land is a great way to help avoid diabetes as it provides both healthy physical movement and healthy local food. Here a youth group from Madolenihmw is clearing a plot of land at the Pilot Farm.*

example where a leg or foot is cut off in surgery)

- For men, blood vessels and nerves in the penis (which may cause impotence)
- Gum and teeth and other problems
- Other rare infections

A person contracts diabetes when the insulin in the body does not work properly or when the body does not produce enough insulin. Insulin is a hormone, a substance produced in the pancreas, enabling the body to use sugar properly. When a person's blood sugar level goes up, the body should produce enough insulin to help bring the blood sugar down to normal levels.

How to avoid or control diabetes

One thing to remember is that **DIABETES CANNOT BE CURED** and it is best to take measures to avoid it. However, you can control it (and help avoid it), preventing almost all the side effects and complications of diabetes and stay healthy, by doing the following:

- Eat a healthy diet (eat more local fiber-rich foods as taro, breadfruit, banana, yam and other starchy staples, fresh fruits and vegetables; eat less fatty, sugary, salty food)
- Keep a healthy weight and avoid overweight (for mothers be sure to breastfeed for at least 2 years and beyond and not overeat

during the breastfeeding period)

- Have regular physical activity (work on the land, grow food, fish, keep walking!)
- Maintain a healthy lifestyle (avoid or minimize alcohol, betel nut)
- Do not smoke

**ONLY YOU** can control your sugar level by your diet, exercises, and proper medications.

We thank the Secretariat of the Pacific Community Lifestyle Health Section for their information and useful Manual titled "Diabetes is Everybody's Business" and comments by Dr. John Hedson of the Pohnpei Department of Health.

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## SPORTS

# Champion Kite Surfers Love Pohnpei!



Joel Becus, faster than a speeding wave

Kiters Ben Wilson, Joel Becus and Daniel Bevan were impressed with the kiting potential Pohnpei has to offer. All you need is some wind and you have the lagoon, open ocean and passes to fly your kites and be towed behind on your wake or surfboard.

Ben Wilson has been traveling around the world and getting images for a Kite Boarding DVD to be released this year followed by Kite Boarding magazines articles in the USA, Australia and Europe.

According to Ben, Pohnpei has a giant open field and will become a world class destination for kitters in years to come.



Ben Wilson, carving up the waves

Photos by Stuart Gibson/Pohnpei Surf Club



Ben Wilson and Daniel Bevan make it look easy