

The
KASELEHLIE PRESS

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Adventist student missionary slain in Yap

By **Bill Jaynes**
The Kaselehlie Press



Yap, FSM - A 20 year old Seventh Day Adventist student missionary who was teaching at the Yap Seventh Day Adventist School was found dead on Thursday morning, November 19. Yap police are treating the death as a homicide. There is speculation that rape may have been involved.

Kirsten Elisabeth Wolcott went for a jog by herself in the early morning hours before classes began and didn't return in time for classes. SDA School Principal Nicholas Fonfek said that everyone on campus was worried about her and it became apparent that no school work was happening. He sent a few of the SDA teachers and two of the male High School students out to look for her. Sometime between 10:00 and 10:30 that morning they found her nearly naked body lying near a roadside approximately half a kilometer away.

The students and teachers were grief stricken and gathered together to talk and pray about the tragedy. Friday classes were canceled.

SDA Church officials from Guam flew to Yap to assist and to provide grief counseling for the students and teachers.

Police have a suspect in custody for the crime.

Yap's Acting Attorney General Bill Martin said that the AG's office is not yet ready to release the name of the suspect. He also confirmed that a Forensic Pathologist from Guam is expected as early as Saturday and that person will conduct a thorough autopsy in order to gather forensic evidence to establish the facts in the case.

Yap's Governor Sebastian Anefal, in a prepared statement had harsh words, "This incident has been the most senseless act of violence that has ever had the misfortune to occur in our fair State of Yap. This is a cowardly act that has no place in our society and must never be tolerated. We shall work to ensure that

swift and timely justice is brought to the perpetrator of this most heinous crime that is impacting the whole island community. We will strive and take necessary measures to never again allow this type of violent crime to take place."

The Governor also offered prayers of comfort and solace to the friends and family of Ms. Wolcott. He thanked them for her life and expressed the gratefulness of his people for the compassion and kindness she showed during her selfless service as a student missionary at the SDA School, "where she taught with exuberance and showed loving-kindness to the children and people of Yap."

The Adventist Church currently has more than 780 student missionaries serving around the world but they are not the only organization that sends volunteers to the Federated States of Micronesia. The United States Peace Corps also has volunteers in Yap.

There has been speculation that as a result of Kirsten's murder the U.S. Peace Corps decision makers had a meeting

See "Murder in Yap" on page 7

Top Story UPDATE

Escaped murder suspect recaptured

By **Bill Jaynes**
The Kaselehlie Press

Yap, FSM (November 22, 2009)—In a late breaking story, the suspect being held by Yap authorities charged with the murder of Kirsten Elisabeth Wolcott escaped at approximately 12:30 p.m. on November 21, Yap time. Authorities began a manhunt for the still unnamed suspect and recaptured him at approximately 5:00 that evening in the Fanif area. He is back in custody.

The suspect had been in custody since the afternoon of November 19, the day that Kirsten's body was found.

Acting Attorney General Bill Martin, earlier in the week said that his office was not yet ready to release the name of the suspect.

Fanian Dangin, an investigator for the Yap Police Department was unsure on the evening of the 21st whether or not he was permitted to release the name of the suspect and didn't do so.

Dangin said that the suspect had been fingerprinted and was being escorted to an adjacent building in order to be weighed. He was guarded by two Police Officers. Neither of them had the key to the building and one of them was sent back to get the key leaving the suspect in the custody of one officer. While he was guarded by only one officer the suspect escaped.

Police confirmed on the following day that the suspect had not been in shackles of any kind.

Four hours after the suspect had escaped Dangin was asked whether there were any leads on the suspect's whereabouts. "We have police officers all over where we expect him to be," he said.

Approximately 30 minutes later authorities recaptured the suspect.

Dangin said that the Forensics Examiner who was expected as early as Saturday was able to get a flight from Guam and arrived in Yap on the Saturday flight.

Crocodile Rock!



Nahnwarki of Sokehs H.E. Herculano Kohler in Kosapw Kepin, Sokehs seated on November 21 next to a crocodile-shaped basaltic rock recently discovered on the land belonging to Pohnpei Chief of Police Joe Roby. Roby said that all Pohnpeians know the legend of a crocodile from Madolenihmw. He said that the crocodile stacked the rocks years ago and this was his home. A traditional feast with dancing, food, and sakau was held in honor of the new discovery. Roby promised to share the full legend in time for the next issue of The Kaselehlie Press. The reported crocodile in recent news was never discovered and some now say that local fishermen made up the story to keep fishing waters for themselves.

United States military veterans honored, leaders challenged

By **Bill Jaynes**
The Kaselehlie Press

Veterans, their families, and U.S. and FSM dignitaries gathered at a U.S. Embassy hosted ceremony held at the Embassy in Kolonia, Pohnpei. The ceremony on Wednesday, November 11 was in honor of all Micronesians and Americans who have served in the U.S. Armed Forces.

November 11 is a national holiday in the United States and in the Federated States of Micronesia. In the United States Armistice day was a holiday set aside primarily to honor the veterans of World War I. It was recognized each year on the day that the Armistice between the Allies of World War I and Germany signed at Compiègne, France which ended hostilities on the Western Front took effect. The Armistice went into effect at the "eleventh hour of the eleventh day of the eleventh month" of 1918. After World War II the recognition was expanded to include all veterans.

This year was the sixth celebration in the FSM of Veterans of Foreign Wars Day in the FSM. During former President Joseph Urusemal's administration FSM Public Law 13-38 was signed on June 23 of 2004 adding November 11 as a national holiday to be observed throughout the FSM. It said that, "the eleventh day of November of each year, which is hereby designated as FSM Veterans of Foreign Wars Day to commemorate those citizens of the Federated States of Micronesia serving in Foreign Wars through its services in the Armed Forces of the United States of America.

Father Francis Hezel of Our Lady of Mercy Church opened the ceremony with the invocation, followed by the singing of the FSM and U.S. National Anthems by local band Pwihno. During the singing of the U.S. National Anthem, the American flag was raised by a color guard consist-

ing of the U.S. Embassy's Special Service Guards.

Remarks were given by William Douglass, United States Charge' d'Affaires in the FSM, Lorin Robert, Secretary of the FSM Department of Foreign Affairs, and SFC Benito Cantero (Ret.), and FSM citizen who served for 20 years in the United States Army.

The original Compact of Free Association between the United States and the Federated States of Micronesia ensures that Micronesian citizens have the same enlistment right as American citizens.

SFC Benito Cantero (Ret.) who is currently the FSM's Disaster Preparedness and Training Coordinator, used the time given to him to challenge the United States to equalize benefits for all veterans of the U.S. Armed Forces.

"The U.S. has set policies and limitations when it comes to when and where some of the benefits can be used. One of the classic examples is the VA home loans. A veteran can only get a VA home loan with the 50 states and territories. These benefits or entitlements are earned and should have no boundaries and should be treated the same across the board," Cantero said.

He suggested that the question of accountability rests on the shoulders of our political leadership at the national level and those in Washington. "U.S. has done its part providing benefits, creating policies, and ensuring that the young men and women are taken care of should something happen in the battlefield. Our responsibility is to ensure that our returning veterans get what they deserve," he said.

Cantero also had words for Pohnpei's veterans regarding progress on the rehabilitation of the building donated to veterans by Pohnpei State. He said that progress was

woefully lacking on that project and that veterans should unite and get to work so that progress can be made.

Attendees at the ceremony included FSM President Manny Mori, FSM Vice Speaker Frederico Primo, Pohnpei State Governor John Ehsa, Pohnpei State Legislature Speaker Nelson Pelep, members of the Diplomatic Corps, and other FSM and State government Officials, as well as local veterans and their families, including family members of soldiers who perished in combat.

Following the remarks FSM's President Mori, Pohnpei's Governor Ehsa, Vice Speaker Primo, Charge' Douglass, and First Sergeant (US Army retired Frank Semens laid wreaths at the Embassy flagpole in remembrance of those veterans who are have died. Master of Ceremonies Jason Wemhoener-Cuite asked for a moment of silence for all veterans and active duty personnel who have died in the past year, including Ron Kersey, Weiner Hadley, Charlie Felton, Waynold Yamiguchi, Cwislyn Walter, and Youvert

Loney. At approximately 11:00, trumpeter Bill Jaynes broke the silence by playing Taps and Father Frances Hezel closed the ceremony with a benediction.



First Sergeant (U.S. Army-ret) Frank Semens salutes the American flag after laying a wreath

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Bill Jaynes
Managing Editor

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Rotary Quiz Night in Pohnpei!

Rotary Club of Pohnpei

Pohnpei, FSM - The Rotary Club of Pohnpei held its annual Quiz Night fundraiser on November 14, 2009, at PCR Restaurant, sponsored by Continental Airlines and Bank of Guam among many other local businesses. If you can answer these questions, you should have attended the Quiz Night. How many movies and sequels were there in the Nightmare on Elm Street series? How many tablespoons equal a cup?

The fundraiser was a terrific success. 28 teams competed. The winning team consisted of Father Fran Hezel, Simon Ellis, Frankie Harriss, Uta Krause, Kevin Cronin and Mary Chang. Each first place winner received as their prize, \$100 donated by Bank of Guam.

Continental Airlines was the major sponsor of the night. They donated two tickets to anywhere Continental Micronesia flies. The tickets were auctioned off at the event.

The Rotary Club is a local civic organization made up of local business and government people and affiliated with Rotary International. The Rotary Club seeks to help the community, and has many public service projects including setting up a scholarship fund, arranging doctors to come to Pohnpei

for eye care and eye exams, donating goals to help bring soccer to schools, and assisting with safe drinking water projects. The Quiz Night is the largest fund raiser of the year for the Club. Through the generous support of our sponsors who made significant donations, and the assistance of all of the players who attended, the Rotary Club raised over \$8,000.00. This money will go to support our scholarship fund and our other projects. For school year 2009-2010 the Rotary Club provided \$8,000.00 in scholarships to local students for college education. With the suc-



Art Day of Continental (center) with high bidders for Continental tickets and Rotary representatives

cess of this year's fundraiser we can continue to award scholarships at this level.

The quiz night is set up so that teams consisting of a maximum of six people answer trivia questions over the course of the night. This year there were 28 teams competing, the most we have ever had. Additionally, we had auctions, raffles and other giveaways.

We wish to heartily thank Continental Airlines, Inc. and Bank of Guam along with our other sponsors, FSM Telecommunications Corp., Etscheit Enterprises, The Village Hotel and Restaurant, Napa Auto Parts, Do It Best Hardware, Ace Office Sup-

plies, Palm Terrace, Genesis Hospital and Pharmacy, Pohnpei Surf Club, WCPFC Tuna Commission, Petrocorp, College of Micronesia-FSM, Pohnpei Service Station, INS, Pohnpei Transfer & Storage, Moylans Insurance, Ace Hardware, DJ Store, Pohnpei Computer Consulting, Perfume & Things, Pohnpei Cinemas, Quik Stop, Visual Impact, Pohnpei Utilities Corp., Bank of the FSM, Allison McConnell, Pohnpei Waste Management, FSM National Olympic Committee, the U.S. Embassy, the Australian Embassy, Movieland, MedPharm Pharmacy & Clinic, Pohnpei LP Gas, Pohnpei Family Health Clinic, Pohnpei Arts & Crafts, Island Food Community, Nihco, the FSM President's Office, Jed's Gas Station, En's Seven Star Store, Western Union, Neime's, the Melner Isaac family, PCR Restaurant for the venue and the Kaselehlie Press for the publicity.

It was an entertaining night for everyone, and we hope all who attended had a good time. The support for the Rotary Club was phenomenal. For those who didn't make it this year, the next quiz night will be in November, 2010.

For those of you who made it through the article, the answers to the questions above are: 10 movies, and 16 tablespoons.



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I WANT, BUT....

Br. David Antonelli S.J.

The following "I Want, But..." catch phrases regarding current health and wellness issues are proving to be a valuable teaching tool for primary health education on the island of Pohnpei. The author firmly believes that all our island communities can benefit some by sharing messages in this form with their populations. On Pohnpei, hung posters (soon to be posted along road ways), and the handouts in classrooms and church gatherings, have people shaking their heads with approval of this health education model, simple to understand, with a clear relevant message for all age levels. The free advice offered with each topic provides a sound starting point for individuals own thought process

for changes necessary, while taking the shape of real primary healthcare intervention.

I want to eat sugar and sweet things, / But I don't want diabetes and rotting teeth!

One answer: drink lots of water, exercise daily, brush teeth often, and cut down on sweet junk foods.

I want to eat salt and salty things, / But I don't want high blood and kidney disease!

One answer: drink lots of water, exercise

daily, and use smaller amounts of salt and soy on your food.

I want to use my cell phone a lot, / But I don't have big money to spend or waste on phone cards/ bills!

One answer: talk to more people and friends face to face, and use your cell mainly for emergencies.

I want to watch T.V., DVD's, and computer screen, / But I do not want to waste my life sitting in a chair!

One answer: limit your time to one or two hours for these each day, and watch the clock to be sure.

I want to eat fast food like rice, ramen,

and kool-aid, / But I want and need better food with good nutrition for my body!

One answer: make/take time to cook and eat real food, local food, fruits and vegetables daily.

I want to play sports, / But I am not very good and I hate to lose!

One answer: people need to play sports for fun and fitness; in the end, you win some, you lose some.

I want to smoke and chew tobacco, including marijuana, / But I do not want lung or oral cancer!

One answer: don't waste money on this bad habit with strong addiction; don't bother to try it, or quit now if you have started, before it is too late. (also causes bad breath, shortness of breath, and many fires).

I want to drink alcohol, /But I don't want to be drunk and crazy out of my mind!

One answer: when reach the legal age to drink (21), just spread out the time between drinks, or stop at one or two. Alcohol is a strong drug, and just two drinks are enough to have a good feeling in one day.

I want to drive a car and speed, but I don't want to get tickets, cause accidents, injuries, or die young!

One answer: hold back your speed, and you will enjoy driving, and reach everywhere you go on the island safely.

I want to have a love relationship, / But I don't want a sexually transmitted disease or pregnancy!

One answer: True Love Waits! Dance, play and sing, and wait for that sacred thing! Happiness follows!

I want to get married, / But I want to finish my education, have a job, own some land, and a car first!

One answer: So why rush? Meet your goals first for a better future and solid love life.

I want to know God better, / But I don't know how to pray well!

One answer: Make time alone to meditate each day. Knock at God's door. God will answer. No knock, no answer! Take a short time daily for this, and you will find you are glad you do it.

I want to have lots of money, / But I don't want to work very hard!

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U.S. President Obama signs an Executive Order to increase participation of Asian Americans and Pacific Islanders in Federal Programs

By **Bill Jaynes**
The Kaselehlle Press

Washington D.C. –October 14, 2009 – “The more than 16 million Asian Americans and Pacific Islanders (AAPIs) across our country have helped build a strong and vibrant America...” So begins an Executive Or-



der signed by U.S. President Barack Obama designed to increase participation of Asian Americans and Pacific Islanders in Federal Programs. The Executive Order establishes a President’s Advisory Commission on Asian Americans and Pacific Islanders and a White House Initiative on Asian Americans and Pacific Islanders according to a White House press release dated October 14, 2009.

“The AAPI communities represent many ethnicities and languages that span generations, and their shared achievements are an important part of the American experience. They have started businesses and generated jobs, including founding some of our Nation’s most successful and innovative enterprises,” the Executive Order said.

President Obama acknowledged that there are still challenges faced by AAPIs in the United States. His order said that there are more than a million AAPI businesses in the U.S. Of them many firms are sole-proprietorships that still need assistance to access available Federal resources such as business development counsel-

ing and small business loans.

According to the Executive Order AAPI challenges include lower college enrollment rates by Pacific Islanders than other ethnic groups and high poverty rates among Hmong Americans, Cambodian Americans, Malaysian Americans, and other individual AAPI communities. Additionally, one in five non-elderly AAPIs lacks health insurance.

The Advisory Commission on Asian Americans and Pacific Islanders and the White House Initiative on Asian Americans and Pacific Islanders will each work to improve the quality of life and opportunities for AAPI’s. The order says that the new entities will work to increase access to, and participation in, Federal Programs in which they may be underserved.

The two entities will also work to advance relevant evidence-based research, data collection, and analysis for AAPI populations and subpopulations.

The Commission will consist of 20 members appointed by the President who have a history of involvement with the AAPI communities. President Obama will appoint the Chair of the Commission. Unless renewed by the President the Commission will cease to exist two years from the date of the order. The Commission is to provide advice to the President through the Secretaries of Education and Commerce who will co-chair the White House Initiative on the matter.

The White House Initiative will consist of senior officials from 24 separate executive branch departments, agencies and offices, each named in the order. The Department of Education will provide funding and administrative support for the Initiative and the Co-Chairs will convene regular meetings of the Initiative, determine its agenda, and directs its work.

Each of the executive departments and agencies designated by the Initiative will prepare a plan and will document its efforts to improve the quality of life of Asian Americans and Pacific Islanders. The plan will address among other things, the agency’s efforts to:

Identify Federal programs in which AAPI’s may be underserved and improve the quality of life for AAPI’s through increased participation in these programs;

Identify ways to foster the recruitment, career development, and advancement of AAPIs in the Federal Government;

Identify high-priority action items for which measurable progress may be achieved within two years to improve the health, environment, opportunity, and well-being of AAPIs, and implement those action items;

Increase public-sector, private –sector, and community involvement in improving the health environment, opportunity, and well-being of AAPIs;

Foster evidence-based research, data collection, and analysis on AAPI populations and subpopulations, including research and data on public health, environment, education, housing, employment, and other economic indicators of AAPI community well-being; and

Solicit public input from AAPI communities on ways to increase and improve opportunities for public participation in Federal programs considering a number of factors, including language barriers.

Measurable objectives will be set and at the end of the first year each agency will be assessed according to its performance on the goals set in the previous year’s plan. The plans will be submitted to the Co-Chairs for review and compilation for submission of a Federal interagency plan on the matter for submission to the President.

VISION
Micronesia-wide system of protected areas enhancing the lives and livelihoods of our people and the environmental integrity of our islands.



MISSION
To support Biodiversity Conservation and related sustainable development for the people of Micronesia by providing long term, sustained funding.

REQUEST FOR PROPOSALS

Through the financial support of the David and Lucile Packard Foundation, The Micronesia Conservation Trust (MCT) is conducting a Call for Proposals for Advancing the Micronesia Challenge: Strengthening Protected Area Networks. The fund will provide grants for the development of resilient protected areas networks and ensure sustainability of resources stewardship in the Federated States of Micronesia, Palau and the Marshall Islands. This project will build upon the initial implementation of the Challenge in expanding areas for biodiversity conservation as well as employing strategies that provide tangible resilience and adaptive capacity for climate change.

OBJECTIVES:

- 1) Develop conservation sites to meet the approved protected areas network criteria in each of the MC jurisdictions.
- 2) Support the improvement/development of protected area networks (PAN) that will strengthen and coordinate the role of protected areas and will reflect local priorities into broad-scale planning for biodiversity conservation.
- 3) Gather momentum for the Micronesia Challenge at the site-level
- 4) Provide funds to specific on-the-ground preparatory activities, testing of approaches and incentives in protected area sites across the three countries.

AWARD RANGE: \$10,000-\$25,000 **DURATION:** 8-12 months

ELIGIBILITY:

- Legally recognized Not For Profit Organizations (including associations, schools, colleges and universities, religious organizations, research organizations, and other institutions), Community-based organizations, Government agencies (national, state and municipal) can be partners but not primary applicant.
- Applicants must be incorporated in the Federated States of Micronesia, Republic of the Marshall Islands, or Republic of Palau, but co-applicants and partners from elsewhere and government entities can participate in collaboration.

CONCEPT NOTE SUBMISSION:

Concept notes must be received no later than end of business day December 15th, 2009.

TO RECEIVE THE COMPLETE CONCEPT NOTE GUIDELINES and FUNDING

PRIORITIES go to www.mctconservation.org or **MORE INFORMATION PLEASE CONTACT:**

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mcfunds@ourmicronesia.org

6th Annual Budweiser Fishing Tournament

Pohnpei Fishing Club

On November 21, 2009, the skies were clear, sort of, and the sea was calm, for the most part, but there was plenty of good fishing available. Budweiser and Ambros Distributing in Guam sponsored the 6th Annual Pohnpei Budweiser Fishing Tournament.

Twenty boats entered the tournament, which was a record for the tournament. The format was new this year in that it was a catch-5 tournament. Each boat that entered was attempting to catch all five species, and the biggest fish of each species. The five species that were sought, were billfish, skip jack, all other tunas, wahoo and mahi mahi.

\$1,500.00 in prizes were awarded. Winners received \$500.00 for first place, the boat with the most species; \$300.00 for second, and \$150.00 for third. The an-

gler with the largest fish of each species won \$100.00.

Allois Malfitani and the Pohnpei Surf Club boat took the top prize, capturing all five species along with the biggest fish of the day, a 187.5 pound marlin. Second place went to Bavaria, captained by Konrad Englberger. Bavaria only captured four species, but had the largest four fish of the species caught compared to the other boats that caught four species. Thanks to a suicidal mahi mahi, True Blue, captained by Paul Ruhl came in third.

In the big fish category, Allois Malfitani, had the largest and only billfish, a marlin at 187.5 pounds. Paul Luhk caught a huge wahoo, weighing in at 44 pounds. Konrad Englberger had the largest yellowfin, weighing 14.5 pounds, while Noel Boylan had the largest skip jack, weighing 12.5 pounds. Three boats tied for the largest mahi mahi, at 9.5 pounds, Jeremy and Shermick,

Bavaria, and Pohn Pohn. This was Pohn Pohn's first time in the money. However, no one went home empty handed as Budweiser awarded every boat that finished, two cases of beer. Nothing tastes better after a hard day fishing than a nice cold Bud.

The weigh in and barbecue were held on the Dekehtik Causeway. Many friends and family turned out to support all of the boats and to cheer on the competitors. There was even a \$50.00 raffle for the spectators. A good time was had by all the anglers involved.

We wish to especially thank Budweiser and Ambros Distributing for all of their support, which included the beer and prize money, along with numerous other extras. Other big thanks go out to all of the folks who helped out to make this tournament a success.

This is the fishing club's last tournament of 2009, but get ready for the next tournament in January, 2010.



Alois Malfitani, Bill Pendergraft and a marlin. (Marlin is in the center)

Three Presidential Nominations Transmitted for Second Special Session of Congress

FSM Information Services

In preparation for the Second Special Session of the 16th FSM Congress, President Manny Mori has transmitted three nominations for Congressional confirmation. Two of these nominations are resubmissions based on Congressional Resolutions 16-45 and 16-51 passed during the Second Regular Session in October of 2009, nominating Mr. Akillino H. Suisaia to be FSM Ambassador to the Government of the People's Republic of China and Mr. Resty R. Shotaro to be a Member of the Board of Directors for the FSM Telecom Board.

The third nomination is a new one and is for Mr. Patrick Mackenzie to serve as a Member of the Joint Trust Fund Committee. Mr. Mackenzie has prior experience in banking and has served on prior bank Board of Directors. He has previously been on the Board of Directors for the Bank of FSM from 1993-2004 (Chairman from 2002-2004) and on the FSM Development Bank Board of Directors from 1992-2003 (Chairman from 1996-2002). Mr. Mackenzie also has previous work experience being a financial consultant to the Trust Territory Government in 1986-88 and worked for the FSM National Government as the Director of Budget from 1992-1997, Deputy Secretary of Economic Affairs from 1998-2003 and an economic consultant/special advisor from 2003-2004. He is currently the Vice President/Head of Branch Banking for the Bank of FSM. President Mori believes that Mr. Mackenzie is well-suited for the position and now the FSM Congress is to consider the nomination.

There are three pending nominations with Congress that were sent up during the last Regular Session that have not been acted upon. These nominations are for Mr. William Hawley to be the National Government Representative to the PetroCorp Board, for Mr. Joseph Habuchmai to be on the Banking and Insurance Board, and for Hon. Churchill Edward to be Pohnpei State's Representative to the Board of Regents for COM-FSM.

Other nominations are expected to be sent up for the Special Session and will be announced accordingly.

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...Murder in Yap

Continued from front page

to discuss the possibility of pulling their volunteers out of Yap.

"That's not true," said Kevin Carley, FSM and Palau Country Director for the United States Peace Corps.

He said that the Peace Corps trains its volunteers to avoid situations where they are alone and have been specifically instructed not to jog alone.

Carley said that he is pulling the volunteers together for a meeting to discuss the murder and to reiterate the training the volunteers received. He said there are absolutely no plans to pull Peace Corps volunteers out of Yap.

Kirsten, originally from Laneview, Virginia was a junior at Southern Adventist University in Colledgeville, Tennessee. She was an education major. She had been teaching second graders at the Yap SDA School.

Kirsten was an accomplished student. She graduated from Richmond Academy in 2007 with high honors. As a junior in high school she won first place for her science project on biofuels. She was on Southern Adventist University's distinguished dean's list.

A press release from Southern Adventist University said that she was known for her love of music and for running. Wolcott played the harp and piano and sang in Bel Canto, the university's women's chorus. She won several 5k runs, placed third among women in the Toys for Tots 10k race in Newport News, Virginia, and competed in the Kinetic Sprint Triathlon in Spotsylvania.

According to the Adventist News Network, Yap was not her first mis-

sionary service away from home. She previously volunteered on week-long mission trips to Alaska and the Galapagos Islands.

Jose Rojas, SDA's North American Volunteer Ministries Coordinator quoted for the Adventist News Network, a line from Kirsten's student missionary application. She wrote there, "My goal is to be the teacher that inspires them academically, pushes them spiritually, and comforts them emotionally."

An on-campus memorial for Kirsten will be held at Southern Adventist University the week after the Thanksgiving break. Details have not yet been released for the memorial. The school is also offering counseling.

"At a painful time such as this, we remember in prayer Kirsten's parents, friends, fellow student missionaries, and all on our campus who knew and loved her well," said Ingrid Skantz in a statement. Skantz is the University's Director of Marketing and University.

"This is devastating news, not only for the family but for the school and the Adventist Church," said Homer Trecartin, Associate Secretary for

the Adventist world church and director of Adventist Volunteer Service.

"Throughout the history of the church many have made the sacrifice to go serve and some have paid with their lives. Our prayer is that God will raise other people to finish the work that Kirsten and others started," said Trecartin.

Members of the church where Kirsten's family attends held a candlelight vigil to celebrate her life on Friday evening. "In spite of all the pain we are feeling, we all knew her love and dedication for the people of Yap," said Mr. Ernest Eiselstein, a friend of the family who posted a message on the Micronesia Seminar Forum. "Kirsten told a friend that she really liked the people and wanted to stay there. I'm sure if Kirsten could speak now after all of this, she would still feel the same for your people. As long as you need us we will be there. Though we are still at a loss explaining why this happened. The Wolcott family understands the desire for the work to be done. Christ died for all even the suspect, may we all accept His free gift of eternal life. May God Bless your island and its people, and may we all learn to live together in peace."

Household Listing Survey Shows Increasing Population Growth

FSM Information Services

Palikir, Pohnpei, November 20, 2009 - From August to September 2009, census mappers were deployed to the municipalities of the main islands of each state and counted the households and people usually residing in these areas. They also took accurate GPS locations for each household. This was the first major field operation for the 2010 Census.

The purpose of this exercise was to establish a master geographic database for use in ensuring all households are reached and counted during the actual census next year. It will also be used to determine workloads and be used for logistical planning purposes. The GPS technology is a new dimension to the 2010 Census in terms of data usage. It has the advantage of providing increased accuracy of household locations and will enable easy identification of household locations of vulnerable groups within the society to ensure a targeted response to their needs.

The results of the survey show that since the last Census in 2000, the populations of the main islands of Yap, Chuuk, and Pohnpei have increased. The highest increase was in Pohnpei (.54%) and the lowest increase was in Yap (.36%). Kosrae's population showed a decline over this period, at an annual rate of -1.23%.

Preliminary Population and Housing Counts by State and Sex: August 2009



Kirsten Wolcott displays her first place blue ribbon for a biofuel science project. She was in the eleventh grade at the time.

State	Population			Household	Average Household Size
	Total	Male	Female		
Total	90,724	46,014	44,710	15,194	6.0
Yap Proper	7,660	3,914	3,746	1,840	4.2
Chuuk Lagoon	42,078	21,519	20,559	5,882	7.2
Pohnpei Proper	34,188	17,097	17,091	6,161	5.5
Kosrae State	6,798	3,484	3,314	1,311	5.2

Note: Figures are actual counts and no imputations were made for areas not visited, estimated to be 18% of the population. Special Places or group quarters such as dormitories, hospitals, prisons, etc., are also included.

The Office of SBOC gratefully acknowledges the support from the FSM Government, US Government, the United Nations Population Fund (UNFPA) and the Secretariat of the Pacific Community (SPC) to the Census. Our utmost appreciation goes to the people of the FSM for their cooperation in this important Census activity.

Upcoming major activities for the 2010 Census are the Pretest Operation (ongoing) and the recruitment/training of field staff to carry out the actual interviewing process in FSM beginning April 4, 2010.

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Saipan reels after deadly attack by gunman

By *Gemma Casas*
Associated Press Writer

SAIPAN, Northern Mariana Islands -- After going on a shooting rampage that left a trail of victims on the Pacific resort island of Saipan, the gunman drove to a scenic, rocky cliff where untold numbers of Japanese men, women and children plunged to their deaths to avoid capture during World War II, according to police and witness accounts.

He parked his van and walked to edge of Banzai Cliff. But instead of jumping, the gunman shot himself - ending his life and the carnage. In total, five people were dead, including the gunman and two small children, and six were wounded in Saipan's most violent attack in recent memory, leaving this usually tranquil island reeling and shaken.

"The commonwealth has never experienced a tragic situation like this, and we are saddened by the appalling action of a single individual that has caused so much harm to our peaceful island community," Gov. Benigno R. Fitial said.

Fitial stressed the tourist haven was still a safe place and said precautions would be taken to prevent similar attacks.

Besides the gunman, the violence claimed

the lives of two men, a 4-year-old boy and a 2-year-old girl, all residents of the U.S. commonwealth, Public Safety spokesman Jason Tarkong said. Six people were injured: a 4-year-old local girl and five South Korean tourists, including a boy and a girl.

Police said the attack began Friday at a shooting range in the community of Kannat Tabla, where two men in their early 20s and the two children were fatally shot. The 4-year-old girl was critically injured with a gunshot wound to the chest.

Shortly after the first attack, the suspect drove several miles and began firing a rifle from a white van at a group of South Koreans visiting a World War II attraction in nearby Marpi, wounding five. Police do not believe the shooter was targeting tourists in what Tarkong termed the random drive-by shooting.

Roxanne Diaz told the Pacific Daily News about 60 people were in the area taking photos, "just like a regular tourist day."

"And next thing you know, they hear something that sounded like fireworks," followed by the bloody chaos, Diaz said.

Authorities said the suspected shooter was a contract worker in his 30s or 40s

from China. His name was withheld pending notification of family, which was expected sometime Saturday. Several residents said the man was known as "Mr. Lee."

The Pacific News Center identified him as Lee Zhong Ren, an employee at the shooting range. The news station also reported that Lee left behind a suicide note that spoke of a business deal gone bad.

The telephone at the shooting range has been disconnected.

Saipan is the main island of the U.S. Commonwealth of the Northern Mariana Islands, which has about 60,000 residents and is about 3,800 miles southwest of Hawaii. Saipan is a popular tourist destination among South Koreans, with more than 111,000 South Koreans visiting the island in 2008, according to the Marianas Visitors Authority.

Saipan officials feared the violence would lead to a drop in tourism, which has already suffered because of the sagging global economy.

The suspect was last spotted driving toward Banzai Cliff, the site where numerous Japanese jumped to their deaths to avoid capture by American troops in 1944 after the Battle of Saipan.

When officers arrived in the area, witnesses reported a man was shooting a rifle. Police discovered the van and found three rifles inside.

Officials said the gunman's body was found along the edge off the cliff with a .22-caliber rifle strapped around his shoulder.

The South Korean tourists were sightseeing in an area known as the Last Command Post, a World War II spot featuring remnants of American tanks. A memorial in the area is dedicated to Koreans who fought in the war.

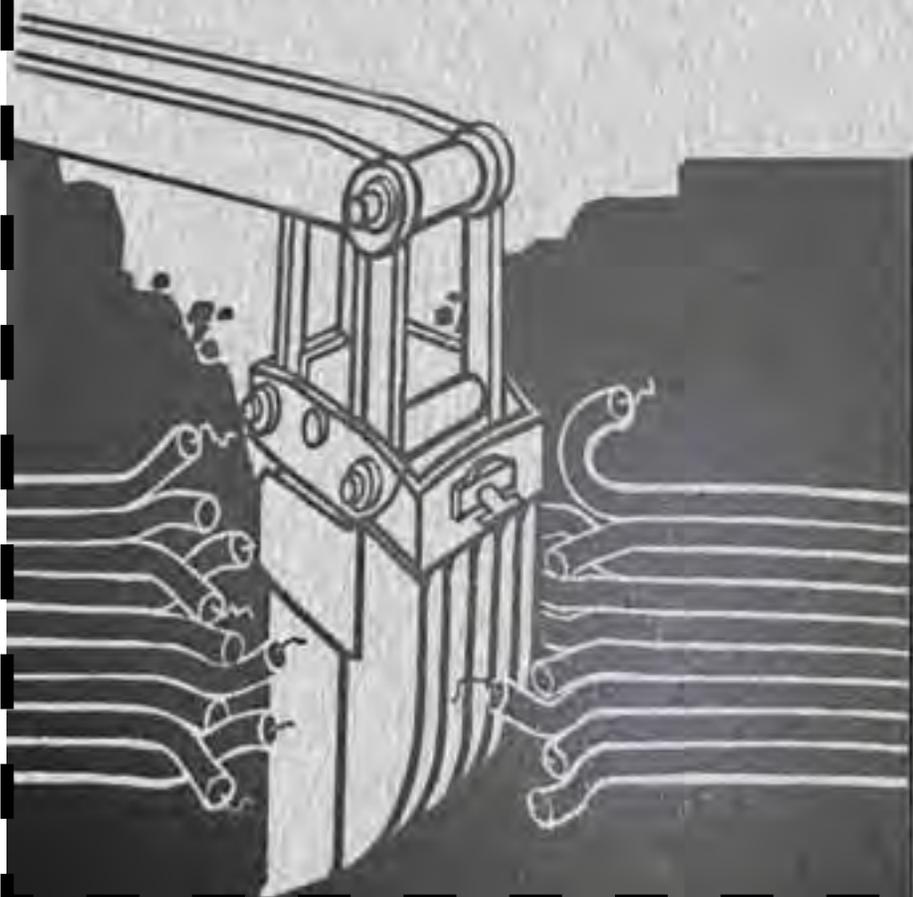
Among those injured, a 39-year-old man was critically hurt with a wound to his back. A 5-year-old girl and an 8-year-old boy were treated and released from the Commonwealth Health Center.

Lt. Gov. Eloy Inos called it a sad day for the commonwealth.

"This is an unfortunate but isolated incident," he said. "It happened for reasons unbeknownst to us, but we can handle this type of situation."

Associated Press writers Greg Small and Jaymes Song in Honolulu, and Kwang-tae Kim in Seoul, South Korea, contributed to this story.

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The Pacific calls for a legally binding climate change treaty to be sealed in Copenhagen.

Secretariat of the Pacific Regional Environment Programme

Pacific delegations are angered by suggestions that the UN Climate Change Meeting in Copenhagen will lead to a political declaration instead of an international legally binding agreement.

This comes after years of negotiating text for a climate change agreement that the World can agree upon. The most recent climate change talks in Barcelona have seen the legal requirements finally come closer to reaching a stage of agreement. All that is needed now is the political will from developed countries.

"This is urgent, we cannot delay it any further, there is an urgency of wanting to achieve a deal out of Copenhagen," said Andrew Yatilman of the Federated States of Micronesia, the former chair of the meeting for the Secretariat of the Pacific Regional Environment Programme (SPREP).

"For us the climate change impacts are real, it is something serious that we are already experiencing, that is why it is urgent and that's why we must come to an agreement in Copenhagen. Some people they are talking as if climate change is going to happen down the road but for us the climate change impacts are happening now."

The Pacific islands contribute to 0.03% of the World's total greenhouse gases but are amongst the most vulnerable to the effects

of climate change.

A legally binding agreement in Copenhagen is an international vote in favour of keeping the 'Pacific way of life' alive.

Pacific islands nations are already affected by the impacts of climate change with droughts, threat to food security, extreme weather events and coastal erosion for which Pacific people are adapting to.

"Well I think for Nauru, our plea is we come to an agreement for a deal in Copenhagen. Nauru is feeling the impact of climate change food security wise and with water and we think there are more climate change impacts to come," said Russ Kunn, the Secretary for Nauru's Department of Commerce, Industry and Environment.

"It is very important for the sake of all small islands states, there is no time to drag the negotiations but, we need an agreement to be sealed as soon as possible."

The United Nations Climate Change Conference is scheduled for Copenhagen, Denmark, December 7 - 18. The Pacific islands delegations are part of the Alliance of Small Islands States (AOSIS) who is calling upon the international community to reduce global warming by keeping temperature increases well below 1.5 degrees Celsius and emissions below 350 parts per million CO2 equivalents.

"Many states put forward their proposed treaty texts nearly six months ago. There are

no practical obstacles whatsoever," said Ambassador Dessima Williams, Permanent Representative of Grenada to the United Nations and current AOSIS Chair.

"All that's lacking now is the political will to finish the job. Weak political declarations are not the solution. Leaders must come to Copenhagen ready to sign on to new targets under the Kyoto Protocol, and a new broader treaty to bind all countries."

Our key hope now lies on the political will of the developed countries to 'seal the deal' with a legally binding agreement on commitments for greenhouse gas emission cuts and the finance necessary to protect those already suffering climate change impacts.

SPREP are working with the Pacific delegations to provide assistance where necessary in order to ensure the Pacific voice is heard at the climate change negotiations. SPREP's Climate change Adviser, Espen Ronneberg

"The climate change talks are entering a critical phase where only political will can ensure a legally binding agreement being reached at Copenhagen. The Pacific Island Countries have been quite vocal on the need



Water tanks on Aitutaki, Cook Islands, as part of a project to ensure safe drinking water for families adapting to climate change

for an ambitious agreement, but also on an agreement that can be enforced to the highest extent possible."

For the Pacific region, the reasons why we need a legally binding agreement is viewed with crystal clarity. Some of our communities struggle to have safe drinking water, grow food crops in the ground and prepare ourselves for a harsh cyclone season as they battle against the impacts of climate change.

A legally binding agreement must be committed to at the UN climate change conference in Copenhagen in December, the longer we wait the harder it will be to protect our Pacific way of life.



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K-Press Perspective

Astounding signs of improvement!

Last week my wife and I decided to celebrate the 28th anniversary of our fifth month of marriage at home instead of at a restaurant. The plan was that I would go to some store somewhere and find a decent steak that we could barbecue on the grill. I wanted some corn on the cob if I could find some. I was also to get a bottle of champagne, not to go with the steak because it doesn't. We just wanted to share one on our special occasion.

Whenever I am faced with buying groceries I bring up my own personal "store ranking list." The ranking depends on how special the occasion is, how much time I have, and which store is likely to have what I'm after at a price that is close to reasonable. Those priorities affect each other in terms of which one is the most important. Until recently that list never included customer service.

I chose Ace Commercial on that day because in my experience, their meat prices would be the lowest, they would have a larger selection of meats than some other stores do, and because they might also have at least some of the other things I wanted at a price I could manage.

Off I went.

I didn't just fall off a turnip truck. I have been aware for quite some time that Ace Commercial's customer service has dramatically improved in recent months. I probably should have mentioned that fact in my article about steps we could take to make Pohnpei a more tourist friendly spot and their improvements would probably have fit. I just didn't think that tourists too often think to themselves, "That grocery store treated me really well. Pohnpei's a great place. I'll definitely come back and when I do I'll shop there!" That kind of reaction certainly doesn't hurt though and I should have mentioned the possibility.

When I arrived at Ace Commercial I noticed that no vagrants were hanging out on their front porch. You know the ones. They are those people who can't compete and are being winnowed from the pack, pushed aside and forgotten, victims of a competitive economy. They're the people I have previously mentioned who know the "one dolla" chant and the tug on the sleeve so well. There is a store where my wife refused to shop because of "those people" who hung out on the front porch and "bothered" everyone who came in the door. She only started shopping there again when the store got more stock at better prices and she could no longer economically avoid it.

When I got to the doors of Ace Commercial, not one but two employees opened both of the front doors and greeted me with a friendly, "Kaselehlie," and a slight bow.

I knew where the clean shopping baskets were and picked one up. If I hadn't I am nearly certain that one of the employees would have helped me to find one.

I'm not a cook and I don't pretend to be. A lot of guys are barbecue wonders but I'm not one of those. I looked at the meat selection and was overwhelmed—Pohnpei overwhelmed, not New York grocery store meat department overwhelmed but overwhelmed

just the same. There on the wall was a chart showing not only what part of the cow each particular cut of meat came from which I suppose could be considered too much information but the sign also showed what cooking method would be best to prepare the different cuts. I smiled to myself—well, no not actually to myself, I couldn't keep the stupid grin off my face, I was so pleased.

Andy, the manager, is a friend of mine. It could be for that reason—that or the stupid grin on my face—that he came over and asked me if there was anything he could help me find. But then Andy is friends with pretty much everybody and that, I think, is a good trait for a store manager. "No, Andy, I know how to get around but I want to tell you that I think this store is getting better and better."

He smiled broadly as Andy is prone to do.

I know that when Andy isn't there things are not quite the same as when he is but even then the customer service is better than that to which I've become accustomed.

I went to the freezer section where I would find some corn on the cob. At least for now, that is the place where that vegetable can be found and I did find some, for about three dollars cheaper than I'd bought it elsewhere just a couple of months ago. My stupid grin got stupider looking and I went and bought my family's Christmas turkey before they were all gone.

I went to the cash register and was ushered to the shortest line. I noticed that everyone was being ushered to the shortest line so it wasn't just me.

The cashier smiled broadly, said "hello" in the best Pohnpeian style and began to ring up my purchases. She wasn't talking on the phone and ignoring me, or talking to a co-worker and ignoring me or just having a bad day and ignoring me. She seemed, now get this: "happy to be at work serving my needs." Even if it wasn't real it was a great feeling. I swooned just the slightest bit. When she gave me my change in a way that did not require me to painstakingly dig it off a counter I nearly passed out.

I moved to hoist my bags and take them to the car but they would have none of it though I protested. I felt that anyone who had treated me so well didn't need to carry my few items to the car for me. After all, I'm a somewhat healthy 6' 4" grown man. Nothing would do but that they accompany me to the car and help me put my groceries inside.

By the time I was ready to start my car I was nearly hyperventilating with excitement about what I'd just experienced and was eager to experience more of the same but would I be able to find excellent customer service anywhere else?

There are different levels of customer service and my next stop was Blue Nile Store. Some customer service is really more a matter of attending to customer's needs by stocking what the customers want in a way that is easy to find and I'm fine with that. No one store can do it all and you don't always want to be over attended as you walk down the aisles looking for what you want. I went

to Blue Nile based on a word of mouth recommendation from my wife who had heard it from a friend that they had champagne that was in my budget. I found it quickly, checked out quickly and efficiently and was on my way to celebrate my special occasion.

The next day we needed a fan. As I passed Ray and Dor's every day on the way home, I had been eyeing a stand fan on their front porch a price that was \$20 cheaper than I'd seen it in another store. I braved the entirely too limited parking and went in. At first I was certain that this would be another poor customer service situation. I went to the cashier to make my request. She was listening but not to me. The cashier on the other side of the door was talking to her. I realized that the short conversation was a question about store business when the extremely busy cashier turned to me and said, "How can I help you?"

"Huh?" No one asks me that!

I made my request and before I knew it three employees had grabbed an assembled stand fan from the back room and were plugging it in just to be certain that it worked. It did and we were all happy about that. I moved to pick it up and take it to my car but again, they would have none of that. They insisted that they carry it to the car for me.

They wished me a good day and I felt that stupid grin spread out on my face again. I'd better learn to control that stupid grin or someone's going to think that I've had a lobotomy rather than just shock treatment from being treated so well that my brain simply just doesn't know how to cope with it.

One last vignette—Sunday I needed fuel and rather than going to the place where I always go I thought I'd try out one of the brand new ones to see how they do. I went to Pohnpei Service Station. Let me just say that they do well. Before I could get out to unlock my gas cap for a fill up three employees were at my car with big smiles, obviously ready to take care of my needs. While I bantered with the young man who filled my tank the two other employees were washing my windshield and my back window. It's been years since I've received that kind of service while refueling my car. U.S. service stations long ago abandoned the practice unless the customer pays a full service price which also includes a fluid level check, something every service station did before the days of self service. I wasn't paying a full service price at Pohnpei Service Station and regardless of the job they did on my windows I, the customer, was quite happy for the attention.

So now I'm a customer service junky and I'm looking for examples of it everywhere in the Federated States of Micronesia I might be. I'll write about it when I find it.

Congratulations, by all appearances it seems that some things are certainly getting better in terms of customer service in Pohnpei. How are things going in the other three states?

Bill Jaynes
The Kaselehlie Press

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ARRIVE: Wed Nov 25th
Open at 2:30 - 5 PM
Thurs Nov 26 9 am - 5 PM
Fri Nov 27 9 am - 5 PM
Sat Nov 28 9 am - 5 PM
Sun Nov 29 9 am - 11 AM

Please bring all surgeries in early on Thursday, Friday, or Saturday
The clinic is located next door to Napa Auto Parts



Help cleanup PICS area and Kolonia Town
(Bring your own trash bag)

Start and finish at PICS Track and Field

\$5.00 registration fee, with t-shirts to all

Contact: FSMNOC (320-8914)

or MCT (320-5670)



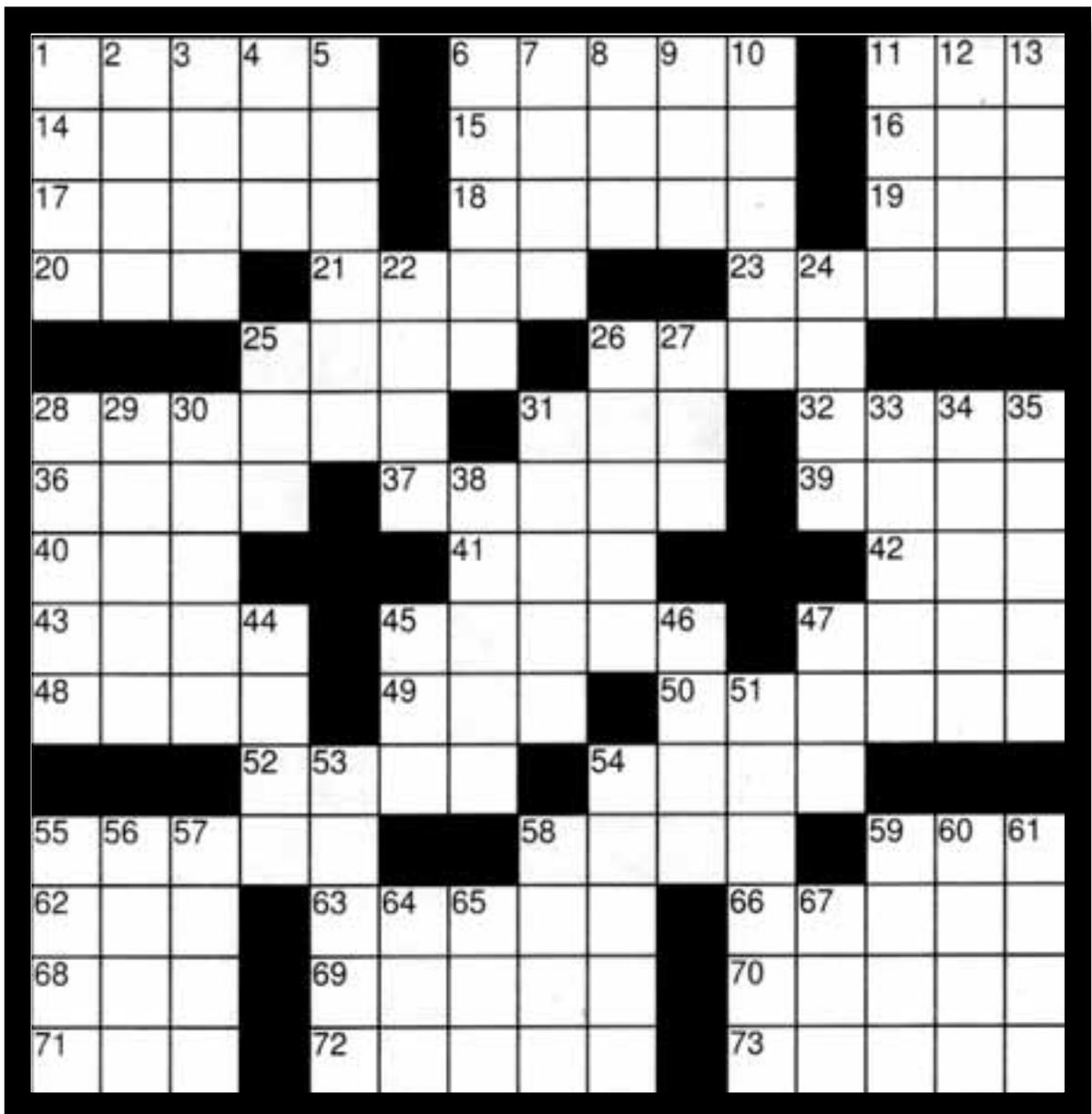
Crossword - A Lot (2)

ACROSS

1. *M*A*S*H** man
6. Tacks
11. Papa
14. ___branch
15. ___Days
16. Walkway hazard
17. Catch a catnap
18. Staff
19. Brand-___
20. Whack
21. NAACP part
23. Mad
25. Spasms
26. Chap
28. Sarcasm
31. Grad. class
32. Pts. and qts.
36. Map
37. S.A. mammals
39. Sway
40. Altar garb.
41. Wk. day
42. TNT part
43. Yarn
45. Chan man
47. Brash
48. Saw
49. Atlas
50. Tara clan
52. Draft
54. Pack away
55. Alma ___
58. Tall spar
59. Path
62. Tarzan's pal
63. Gnaws
66. "___ Dawn"
68. AF ranks
69. Llama land
70. *Law & ___*
71. D-Day craft
72. Bad
73. Clasp

DOWN

1. ___ Hashanah
2. "That's ___ask!"
3. Fast
4. Map abbr.
5. Darn
6. Gall
7. ___ *Man*
8. Attach
9. Fall flat
10. "Alas"
11. Bad mark
12. Yarn
13. Damp
22. Plan part
24. At hand
25. Shark part
26. Sap
27. Naval abbr.
28. Rash
29. Calm
30. Waylay
31. Fracas
33. Cab tab
34. Land
35. Mask parts
38. G sharp
44. Bank
45. Mantra chants
46. Dabs
47. Cat's hand
51. Ballpark snack
53. ___sprawl
54. Brash
55. Plaza
56. Small flats
57. Assay
58. Track ___
59. *M*A*S*H** star Alan ___
60. Map abbrs.
61. Nag
64. ___ flash
65. QB's stats
67. Stray



K Press Puzzle Pleasure K Press Puzzle Pleasure

IN THE GARDEN

It's time to head to the store for SEEDS and FERTILIZER and to begin pulling those WEEDS from your garden PLOT. See if you can uncover the 37 garden terms planted in this puzzle.

A P G S P R I N K L E R H I
 T E S E S O H H C F D O N
 T S O P M O C G M E R B T F
 M T I Z E L M T R O W E L S
 N S L R U N V T C O O O E D
 E T S M O P I K A G W L F E
 U P O U W L S T L E B A B E
 T Z W L I A F S R A P I Z S
 R R E Z P I T S T O U N B T
 A L E R P N I E P O G N B E
 L R D L A N G F R A O E N M
 W L S L L E V O H S D R N A
 T S P C V I N E S B R E H A
 K S H R U B S B L U B P S P

- | | |
|----------------|------------|
| ANNUAL | PLANT |
| BED | PLOT |
| BIENNIAL | ROCKS |
| BLOOM | ROOTS |
| BULBS | SEEDS |
| COMPOST | SHOVEL |
| FERTILIZER | SHRUBS |
| FLORIST | SOIL |
| FLOWERS | SOW |
| GROW | SPADE |
| HERBS | SPRINKLER |
| HOE | STEM |
| HOSE | TRELLIS |
| MULCH | TROWEL |
| NEUTRAL (soil) | VEGETABLES |
| NITROGEN | VINES |
| PEAT MOSS | WATER |
| PERENNIAL | WEEDS |
| PESTS | |



COMMUNITY BULLETIN BOARD

- Alcoholics Anonymous meets every Wednesday at Cantero Hall at the Roman Catholic Vicariate office at 7:00 p.m. Public welcome. For details, call 320-8365.
- Pohnpei Lions Club meets monthly every 4th Tuesday at China Star Restaurant at 6:30 p.m. 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.
- Devotions every Sunday 9:30 a.m. at the Bahai Center in Dolonier. For details, call 320-2182.
- Habitat for Humanity Pohnpei holds their meetings every Tuesday from 11:30 a.m.-12:30 p.m. at the Sei Restaurant.
- Soccer practice/games at PICS field Monday, Tuesday, Thursday 5:30 p.m. Everyone welcome.
- The Rotary Club of Pohnpei holds its weekly meetings Thursdays at 12:15 p.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.
- FANGO holds its monthly Issue Based Dialogue (IBD) on the last Wednesday of each Month at the Sei Restaurant at 12:00 p.m. to 1:00 p.m. The public is welcome.
- The Rotary Club of Truk Lagoon holds its weekly meetings every Wednesday at 12:00 Noon at the High Tides Restaurant. You are welcome to attend and can contact us at:

- rotarycluboftruklagoon@yahoo.com
- Pacific Mission Fellowship - A Bible-based English Worship Service invites you to join us on Sundays for worship at 9am - 11am, Children's Church for the kids too!. Call: 320-2496

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

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

ANOTHER CLASSIC LIMERICK BROUGHT TO YOU BY **TRASHBUSTERS**

A Scotsman who lived down in Wilts
Was prevented from walking on stilts.
He would lose all his poise
At the thought of small boys
Who might laugh when they looked up his kilts

COMMERCIAL & RESIDENTIAL COLLECTION SERVICE IN KOLONIA, U, NETT, & SOKEHS

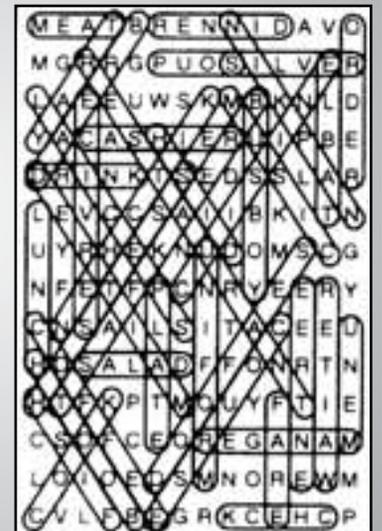
PLEASE HELP KEEP POHNPEI ISLAND
CLEAN & BEAUTIFUL

CALL ☎ 320-3868 or 320-5058

Puzzle Pleasure Previous Issue's Solution



Dining Out



A Lot (1)

Dollar Up Enterprises

320-6127

Table Covers
.65 Cents
Per Yd

Linoleum
or Tile
\$2.95/Yd

Men's Jean
Shorts
\$12.99

Waist Size up to 36

NMHS learns to "GO LOCAL"

By: Celeste M. Visser

Island Food Community of Pohnpei (IFCP) visited Nanpei Memorial High School (NMHS) and gave a fun-filled presentation about the benefits of growing and eating local foods. The entire staff and student body was invited to attend the event, which took place on Friday, October 30th. The presentation included singing, speaking, posters, an essay reading, and a contest to see if students could correctly identify three types of bananas.

In preparation for the event IFCP met an enthusiastic group of student volunteers earlier in the week. The students were taught two IFCP songs: 'Go Local,' and 'CHEEF,' which highlights the five reasons to eat and grow local food - Culture, Health, Economy, Environment, and Food Security. Throughout the week these students could be heard practicing the songs around campus.

The volunteers sang the 'CHEEF' song at the beginning of the presentation and encouraged their peers to chime in. Emerson Eperiam, a senior at NMHS, helped keep the melody by playing his guitar.

Areline Joakim, IFCP's Local Food Educator, spoke with the students about the bene-

fits of eating local foods, while student volunteers held up posters displaying examples of the local food she spoke about. Student volunteers, Berry Barnabas and Saimon Maximo Jr., both seniors, helped by holding up posters that compare the local foods banana, breadfruit, giant swamp taro and pandanus which are all rich in provitamin A. It was explained that eating foods rich in provitamins A helps protect against vitamin A deficiency, anemia, heart disease, diabetes and certain types of cancers. Benry Eperiam and Yoleen Gilmete, both seniors at NMHS, held posters informing everybody of the carotenoid rich varieties of pandanus (Kipar or deipw). Rockson Hebel, senior, told everyone the names and shapes of the 15 Pohnpei bananas highest in provitamins A carotenoids, beta-carotene, which were depicted in the posters Lillyan R. Manuel and he were holding.

This year the junior and senior students throughout Pohnpei participated in the World Food Day essay contest. An NMHS senior, Alsihna Manuel, won first place for essays written by high school seniors in Pohnpeian. Her essay discussed an issue crucial to the Federated States of Micronesia (FSM) - food security in times of crises. During the World Food Day activities on October 16th, 2009, Ms. Manuel read



Tony Azios

Students at NMHS eagerly watch as IFCP local food educator, Areline Joakim, speaks about the benefits of eating local food. Several student volunteers hold up posters depicting the local food Ms. Joakim is speaking about.

her essay to every one who was present, including Emmanuel Mori, FSM president. Manuel stood up once again and shared her essay, this time with her peers who did not get to hear her essay on World Food Day. Her essay highlighted how it is important to eat and grow local foods so that Pohnpei can enjoy both food security and good health. "Our own food can protect us from disease ... imported food can cause diabetes, strokes, and high blood pressure" read Alsihna. "Let us now try our best to live and eat on our own." The student assembly really enjoyed listening to her essay and clapped loudly when she finished.

IFCP brought three types of bananas (Kar-at, Akadahn and Utin Menihle). Previously selected volunteers Lillon Gilmete, Brian

Martin and Casey Route, all seniors, were blindfolded and then fed a bite of each banana to test if they could identify the variety. Amazingly, each volunteer was able to correctly identify each banana type and celebrated a three-way tie!

Island Food Community of Pohnpei would like to thank Nanpei Memorial High School for welcoming us to their school to share valuable information concerning the health benefits of eating local foods and World Teach for their help. Thank you also to the student volunteers whose willingness to sing, taste bananas while blindfolded, and hold posters made this "Go Local" assembly a success. Thanks also to the Australian Small grants programme for the funds for this activity.

Astronomical Tide Prediction November 25 Through December 8, 2009

	Pohnpei				Chuuk			
Wednesday	11/25		12/02		11/25		12/02	
	03:16AM	1.7	02:59AM	2.8	06:13AM	0.2	03:04AM	0.1
	08:11PM	3.1	08:20AM	1.0	04:08PM	1.3	05:50AM	0.0
Thursday	11/26		12/03		11/26		12/03	
	04:21AM	1.6	03:41AM	2.7	05:03AM	0.3	03:51AM	0.0
	11:56AM	3.0	08:56AM	1.0	02:36PM	1.2	06:00AM	-0.1
	05:12PM	2.5	03:45PM	4.9			02:41PM	2.5
Friday	11/27		12/04		11/27		12/04	
	05:13AM	1.6	04:24AM	2.6	04:39AM	0.3	03:14PM	2.4
	12:21PM	3.3	09:32AM	1.0	01:17PM	1.3		
	06:32PM	2.2	04:24PM	4.9				
Saturday	11/28		12/05		11/28		12/05	
	05:55AM	1.4	05:08AM	2.6	04:43AM	0.3	12:23AM	-0.5
	12:50PM	3.7	10:10AM	1.2	12:51PM	1.5	03:45PM	2.3
Sunday	11/29		12/06		11/29		12/06	
	12:41AM	2.9	12:15AM	0.8	12:24AM	0.5	01:27AM	-0.4
	06:33AM	1.3	05:56AM	2.5	04:57AM	0.2	04:12PM	2.1
Monday	11/30		12/07		11/30		12/07	
	01:31AM	2.9	01:03AM	1.0	01:26AM	0.4	02:40AM	-0.2
	07:09AM	1.1	06:52AM	2.5	05:15AM	0.2	04:30PM	1.9
	01:55PM	4.4	11:38AM	1.6	01:13PM	2.0		
Tuesday	12/01		12/08		12/01		12/08	
	02:16AM	2.9	01:55AM	1.2	02:17AM	0.2	03:39AM	-0.1
	07:44AM	1.0	08:04AM	2.5	05:34AM	0.1	04:28PM	1.6
	02:30PM	4.7	12:42PM	2.0	01:39PM	2.2		
	09:23PM	0.7	07:27PM	3.5	09:55PM	-0.4		



Local chicken with grated taro

By: Lolanda David

This was the second winning recipe in the any local food category of the 2009 World Food Day Healthy Cooking Competition, October 15, 2009.

Ingredients

- 1 whole local chicken
- 2 medium-sized Colocasia taro corms (sawa)
- 2 cups washed green leafy vegetables (e.g. chaya, pele, kangkong, sweet potato tops, Chinese cabbage)
- ¾ cups coconut cream
- 1 ½ cup salt water

Methods

- Put sufficient water in pot along with some salt water* and bring to boil.

- Clean local chicken and cut into serving-size pieces.
- Peel and grate taro.
- Add the local chicken and grated taro to the boiling water and cook for 15 minutes or until done.
- Add the coconut cream and vegetables, cook one minute and serve.

*Note: For health reasons it is best to avoid adding salt to recipes if possible. Also, many people like the taste of "natural foods". One can add seasonings at the table, if desired.

U.S. Department Of State Announces Video Contest

*Embassy of the United States of
America, Kolonia*

On November 17, 2009, the U.S Department of State's Bureau of Educational and Cultural Affairs (ECA) launched its second annual interactive Video Contest, "Change Your Climate, Change Our World". People all over the world ages 14 and older are invited to submit videos, no more than two minutes in length, containing any form of artistic expression including, but not limited to, dance, spoken word, poetry, and song.

Videos will be judged on originality, creativity, effectiveness, and production quality. Four winners (two in each of the age categories: 14-17 years and 18+ years; one non-U.S., one U.S.) will receive the Grand Prize: an all-expense-paid, two-week cultural exchange program to the United States (for the non-U.S. winners) or from the United States to a country to be determined (for the U.S. winners).

Members of the ExchangesConnect international social network community will vote on their favorite top 40 video entries, and these entries will then be ranked by a prestigious panel of judges who are ECA international exchange program alumni. ECA will select the Grand Prize winners. In addition to receiving global recognition of their videos on the ExchangesConnect network and through other promotional venues, the four winners will be eligible to participate in a fully-funded international exchange program of approximately two weeks' duration. (Visa eligibility applies.) Contest opened November 17, 2009 and closes January 12, 2010. Winners will be announced March 2, 2010.

For more information on the video contest or ExchangesConnect, please visit <http://connect.state.gov>

World Diabetes Day in FSM

FSM Information Services

November 12, 2009, Palikir, Pohnpei – Vice President Alik has signed a Presidential Declaration for President Manny Mori, declaring November 14th, 2009 Diabetes Day in the FSM. This stems from the United Nations and the International Diabetes Federation selecting this day to celebrate World Diabetes Day.

The proclamation states that the theme of World Diabetes Day from 2009-2013 is "Diabetes Education and Prevention" and that diabetes is a preventable and controllable disease. It stresses that public health education and awareness

programs are amongst the most important strategies in diabetes prevention and control and the President urges all citizens to think more about how to prevent and control diabetes, and to participate in this year's World Diabetes Day activities. Each State Department of Health is holding separate activities focused on prevention and control.

In addition to activities on the 14th, the Departments of Health Services in the states will be screening for diabetes and hypertension and giving updates for the immunization of the flu at various locations. Please contact your state Department of Health for specific information on activities, locations and times.

Pohnpei Premier League Pit Bulls 100 percent win record

By: Paul Watson

As the Pohnpei Premier League enters its closing stages, the question is: who can join the majestic Island Pit Bulls in the Final match?

The Pit Bulls have been superb throughout the competition and showed no signs of losing concentration as they maintained their 100 percent record.

The team nicknamed the kairu have class throughout the side from gifted shot-stopper Charles Welson in goal through to his brother Joseph Welson up front – a striker with an eye for goal that is rare at such a young age.

But precocious talent is a feature of the Pit Bulls. Defenders Rocky Henly and Roger Nakasuna look like they have been playing their positions for years, when in fact they have developed in a short space of time thanks to the influence of leader Dilshan Senarathgoda.

C.O.M-FSM FC and International FC look set to fight to the end for the right to play the Pit Bulls for the trophy. The C.O.M side have the advantage of a class act in goal in Andrew Falcam, whose blend of agility and authority make him a hard man to beat. They also have the powerhouse that is Tom Mawi – a towering defender who is also blessed with a great first touch and an accurate shot.

However, It's not just the leading sides with star-studded line-ups. Bob Paul's young Island Warriors side has no shortage of potential and winger Rodrigo Matamba

has spectacularly announced himself with some stunning performances, earning him a place in the State Team.

Meanwhile, Pohnpei Soccer's sponsorship drive has proved very successful. A number of businesses and private individuals in England have offered their support, providing funds to ensure that every player in the Pohnpei State squad will be given a pair of new football boots.

Equally important has been the support from on-island sources. Committed supporters of Pohnpei soccer Visual Impact and the Kaselehlie Press have agreed to sponsor trophies that will be awarded after the Final match at PICS Field on December 9.

There will be prizes for the winning team, second place and the third-placed side as well as individual awards for outstanding players in the competition. It promises to be an exciting night and we hope to see a good crowd to support their local soccer stars.

Pohnpei Premier League results:

Monday 9 November – International FC 3-0 COM FSM F.C

Wednesday 11 November – Island Warriors 0-3 Island Pit-Bulls

Thursday 12 November – SDA P-P COM FSM F.C

Monday 16 November – Island Pit-Bulls 4-1 COM FSM F.C

Wednesday 18 November – Island Warriors 3-4 International FC

Team	P	W	D	L	F	A	GD	Pts
Island Pit Bulls	5	5	0	0	29	4	+25	15
International FC	5	3	1	1	21	18	+3	10
COM-FSM FC	5	2	0	3	10	18	-8	6
SDA	4	1	1	2	14	18	-4	4
Island Warriors	7	1	0	6	13	33	-20	3

Take up the Pledge to eradicate violence against women!



Encourage your friends, family and colleagues to make the 'Pledge' this White Ribbon Day!

White Ribbon is challenging men to pledge never to commit, never to excuse, and never to remain silent about violence against women.

One in three women will be a victim of physical or sexual violence in her lifetime, this could be your sister, daughter, mother or friends, but there is something you can do to change this.

"We have a responsibility to speak up and say: I pledge never to commit violence against women, I pledge never to excuse violence against women, and I pledge never to remain silent about violence against women. This is my solemn oath as a man, and that is the oath to which all men should swear," said Pacific Leaders in 2009.

You can join your Police on Wednesday 25 November by taking the oath too.

White Ribbon promotes the importance

of men in the eradication of this criminal social stigma and focuses on the positive roles that men can play to create a culture where violence, and attitudes that support the use of violence, are increasingly unacceptable.

White Ribbon is calling on men to sign up and 'pledge' to end violence against women, as the first step in creating cultural change around the issue.

The White Ribbon Campaign is unique because it is aimed at prevention, and focuses on encouraging men to take the lead in their immediate communities and networks. White Ribbon encourages all members of the community, and particularly men, to speak out about violence, challenge the attitudes that condone violence in our society, and get involved in the campaign.

By wearing a white ribbon on White Ribbon Day, 25 Nov, the UN Day for the Elimination of Violence against Women, you can show your support for the campaign that is working to prevent this widespread human rights abuse.