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Audit raises serious concerns about government overtime payments

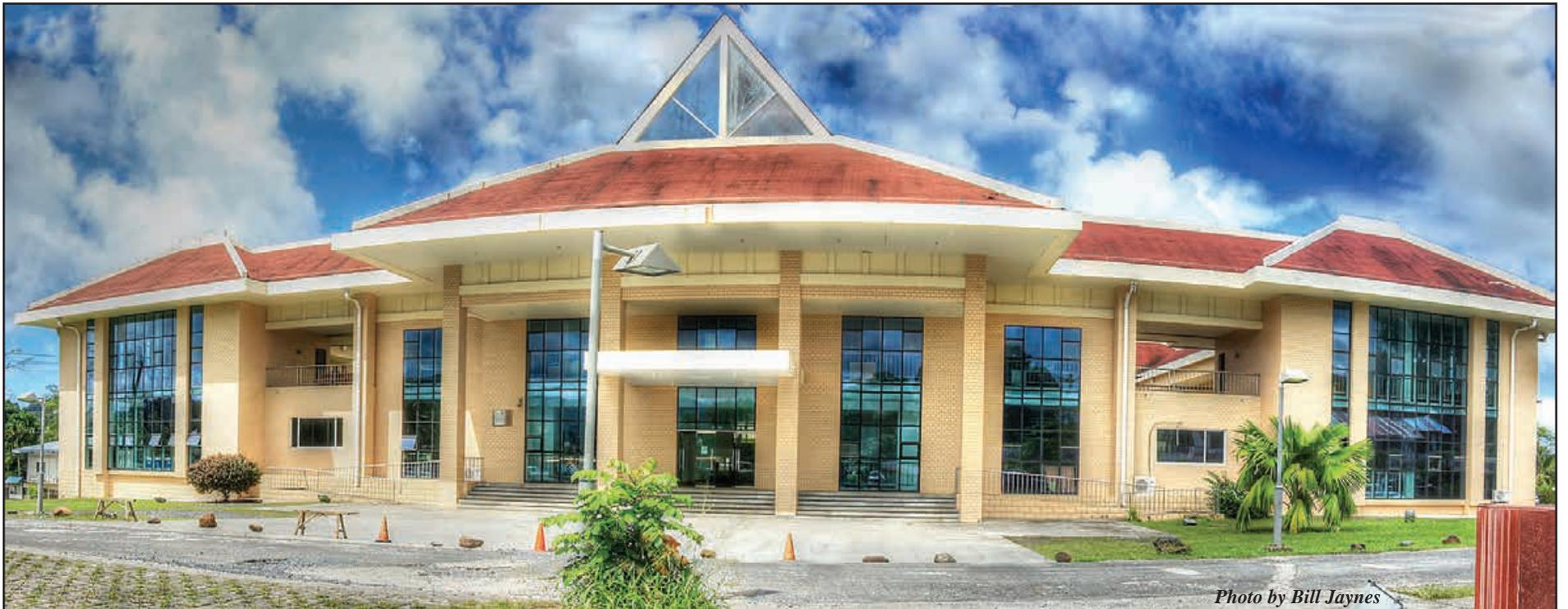


Photo by Bill Jaynes

By **Bill Jaynes**
The Kaselehlie Press

November 13, 2013

Pohnpei, FSM—Last week Pohnpei's Office of the Public Auditor (OPA) released their audit of Pohnpei's Payroll System for fiscal years 2011 and 2012. Though the audit says that the Pohnpei State Government payroll system has basic controls in place it also says that there were serious management deficiencies in the use and payment of overtime during the two fiscal years they audited.

Mr. Ihlen Joseph, Pohnpei's Public Auditor said this afternoon

that by tomorrow he will have sent an official letter to Pohnpei's Attorney General recommending an official law enforcement investigation into the matter of overtime payments.

OPA produced two findings on its audit of the Payroll System. Both of the findings have to do with substantial overtime expenditures. The first finding says that "overtime expenditures exceeded budgets". The second says that there are "overtime

management weaknesses and deficiencies"

The audit includes a spreadsheet that shows that the government overran its budget for overtime expenses by \$164,247.52. The total overtime budget for 2011 and 2012 was \$312,146 but the government actually spent \$429,479.51.

Mr. Thomas Pablo, Director of the Department of Treasury and Administration did not concur with the first finding, saying that the total expenditures for all personnel services including overtime payments were within the total budget for personnel

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Pohnpei eco-adventure maps show the way

By **Bill Jaynes**
The Kaselehlie Press

November 13, 2013

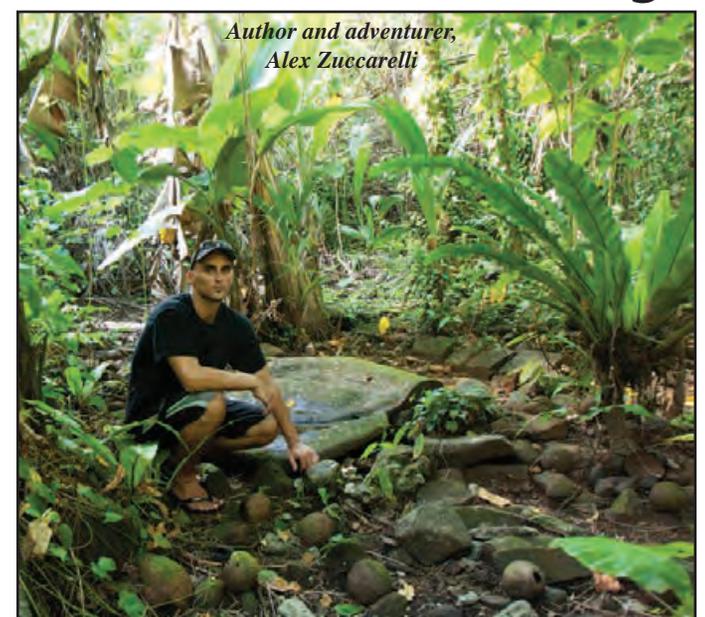
Pohnpei, FSM—For the last year and a half Alex Zuccarelli has been wandering and exploring every nook and cranny in Pohnpei. His has been no aimless meandering. He carried a small GPS (geo-positioning satellite) unit and thoroughly documented his highly systematic wandering. From that documentation and scads of other research, he produced a series of highly informative eco-adventure maps, the first three of which arrived on island one month ago.

The first three maps in the Pohnpei eco-adventure series cover Lenger Island, Sokehs Island, and the Temwen Vicinity including The Nan Madol Ruins. Each of the highly detailed maps include points of interest, biking, hiking, climbing, and kayak routes. The maps additionally offer a wealth of helpful information including important rules of etiquette for each site as well as background information on the area. They include well researched information on each of the features, and even a listing of seasonal events in the areas. If there are access fees the current rate is listed. Don't know how to get there? It's in there. There's even a very helpful listing of lodgings in the vicinity, many of them private accommodations that even long term residents of Pohnpei might not have known about.



Inside the Temwen/Nan Madol map

Zuccarelli says that he has travelled every inch of what he has mapped. "If it is a bike route I ride it. If it's a hiking trail I hike it," he said and added that he usually does each

Author and adventurer,
Alex Zuccarelli

route at least two, maybe three times.

He spends time talking to the locals in the area, learning about the attractions and the legends that surround the area and has local fact checkers make sure the

See "Tourism" on page 6

US provides \$33 Million in Compact payments in October

Embassy of the United States of America

The Fiscal Year 2014 Trust Fund payment of \$26,104,960 was deposited to the FSM Trust Fund in October. The FSM Department of Finance received Compact Infrastructure Grant and Supplementary Education Grant payments from the United States Government totaling \$7,202,837 for a total of \$33,307,797.

Trust Fund Deposit	\$26,104,960
Supplementary Education Grants	\$ 5,000,000
Infrastructure Grants	\$ 2,202,837
Total Amount	\$33,307,797

The \$33,307,797 was divided among the States and the FSM National Government as follows:

FSM Trust Fund	\$26,104,960
National Government	\$ 1,185,460
Chuuk	\$ 2,333,354
Kosrae	\$ 954,138
Pohnpei	\$ 1,288,974
Yap	\$ 1,440,911

OIA's Education Grant Manager, Ryan Edgar, visited Pohnpei in October. Ryan came to assist the



Clockwise from top: Nett Elementary School Garden. Saladak School Garden Beds. Ryan Edgar with "The Lesson Plan Book"



Pohnpei State and the FSM Education Departments prepare for the FY 2015 budget process. In addition to Ryan's meetings with Pohnpei State and FSM Education Departments as well as COM, he visited several elementary schools and PICS High School. When he stopped at Nett and Saldak Schools, he was happy to see that the newly built schools had adopted the school garden program, which has been encouraged by USDA/NRCS and the U.S. Peace Corps. A highlight of the trip was when Edgar saw the U.S. Compact funded lesson plan book being used in the school.



Two public health workers depart for NCD prevention training

Embassy of the United States of America

The U.S. Embassy in Kolonia is sponsoring an International Visitor Leadership project entitled "Improving Health and Nutrition" to be conducted from November 10-30, 2013. Two Public Health Specialists, Dr. Elizabeth Keller and Moria Shomour were selected to participate. All other participants in the project are from Pacific Island nations.

During the three week project, Dr. Keller and Moria Shomour will be provided opportunities to examine the role of U.S. Federal, state, and local governments and nongovernmental organizations in providing health and nutrition information and education. They will also be given the opportunity to learn how to advocate for policies that prevent non-communicable diseases (NCD) through the use of increased activity levels and informative marketing for food consumption. They will visit Public Health Departments in Washington, D.C., Minneapolis, Albuquerque, and Seattle.



Moria Shomour and Dr. Elizabeth Keller

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Bill Jaynes
 Managing Editor

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Quality Coffee in Pohnpei

John Ranahan

November 12, 2013

Kolonia, FSM- Earlier this year, the Pohnpei Buzz pilot project team started the first of many quality trials on the taste of Pohnpei Buzz coffee to prepare for its first and limited edition scheduled for early December.

What does it taste like? Does it have that great coffee aroma? Is it a quality product? As part of the Pohnpei Buzz Pilot Project to develop a viable specialty coffee business with Wilbur and Magdalena Walter, around forty samples of dark and medium roasts have been offered to 'target market' potential customers since July. The 'Buzz' Team has also invited coffee lovers to the project office for a few tastings as they further develop the product's quality.

"I am on a mission to produce a beautiful cup of coffee for my customers. I want to develop a quality product that Pohnpeians can be proud of. I am learning a lot and still have much to learn but what I know for sure right now is that quality is everything. It starts with growing healthy trees and ends with positive customer feedback," said Wilbur Walter, grower, roaster and owner of Pohnpei Buzz Coffee.

In July, a gathering to taste-test the first of the medium roasted coffee was organized by Ms. Wanpen Ordonez. These first respondents made positive comments, using terms such as "distinctive" "clean," "delicate," and "pleasant" to describe Pohnpei Buzz coffee. Some in this initial group also said that they were impressed with the business idea and the tasteful

packaging of the coffee.

Since then, other coffee drinkers have tried dark roasted beans. All those who have sampled the dark roast commented enthusiastically about its fine taste and strong aroma. "The taste is indeed quite different from the coffee we usually drink. It has a nice flavor which becomes more noticeable after a few sips. We both find it is a very strong coffee. We liked it and will be willing to buy," said the proprietors of Nett Ramen restaurant. One taster of the dark roast was so impressed that he joined the Pohnpei Buzz team.

The team has also taste-tested Pohnpei Buzz coffee against internationally known coffee such as a breakfast blend by Godiva and Tanna Coffee from Vanuatu, and have found that the taste is comparable, if not better.

In order to obtain professional advice on the initial quality of Pohnpei coffee beans, the Buzz Team sent green bean samples to the Coffee Quality Institute, to Shawn Steiman, a master taster based in Hawaii, and to Michael Lambros of Global Delights, a specialty coffee shop based in Oregon, who wrote "We received the sample, roasted the beautiful beans,



"Ladies' lunch" enjoys one of the first tastings of Phonpei Buzz Coffee in July 2013

and truly enjoyed the outcome." He then proceeded to express interest in securing a future supply of Pohnpei Buzz to sell at his shop.

However, five out of forty sample reviews were not so positive, including the sample sent to Shawn Steiman whose quality seems to have been affected in transit. The team has since sent him a newly roasted and better-packaged sample, and are awaiting his response. The team has also worked to improve the taste quality of those samples that received negative reviews and are now confident that Pohnpei Buzz coffee is ready for sale.

Coffee sales will begin in late November, are limited and subject to harvest, which is projected to continue until May 2014. The first commercially available quality coffee grown, roasted and packaged in Pohnpei is coming. Warm up your taste buds.

Coffee Fact: Green coffee beans can be stored in climate-controlled conditions for up to a year. However, uncontrolled conditions drastically reduces the shelf life and quality of the beans. To maintain the quality of the beans, growers should keep the air temperature for storage at approximately 70° F (21.1° C) and the relative humidity between 50-70%.

Global climate conference opens in Warsaw, Poland

11 November 2013, UNFCCC COP 19, Warsaw Poland - Sobering messages were delivered at the opening of the 19th Conference of the Parties to the United Nations Framework to Convention on Climate Change in Warsaw, Poland today.

Findings of the 5th Assessment Report of the Intergovernmental Panel on Climate Change were presented by the Chairman of the IPCC, Dr. Pachendra Pachauri, strengthening the call for urgent action.

According to the overview, each of the three decades has been successively warmer at the Earth's surface than any preceding decade since 1850 and it is extremely likely that human influence has been the dominant cause of the observed warming since the mid-20th century.

Since the early 1970's, glacier mass loss and ocean thermal expansion from warming together explain about 75% of the observed global mean sea level rise.

"Mahatma Gandhi said A technological society has two choices. First, it can wait until catastrophic failures expose systematic deficiencies, distortion, and self-deceptions...secondly, a culture can provide social checks and balances to correct for systematic distortions prior to catastrophic failures" said Dr. Pachauri.

"I hope this would be the kind of direction in which our discussions would take place supported by the science and findings that we have brought up in the report of the IPCC."

On the 95th anniversary of independence for Poland the President of the UNFCCC COP 19 called for the world to close ranks and act together, referring to the typhoon tragedy in the Philippines as an 'awakening'.

"I say awakening because it is yet another proof that we are losing this unequal struggle between man and nature. It got the better of us yet again, and will continue to do so in the future if we do not close ranks and act together to strike back. Climate is a global issue, global problem and global opportunity at the same time," said His Excellency, Mr. Marcin Korolec during his opening statement.

"It is a problem if we cannot concert our efforts. It becomes an opportunity where we can act together. One country or group cannot make a difference but acting together, united as we are here, we can do it."

All 14 Pacific Island Countries that are members of the UNFCCC are represented at the global conference on climate change, as well as delegates from Tokelau who are attending as part of the New Zealand delegation.

Although they contribute to less than 1% of the world's total greenhouse gas emissions, the Pacific islands are amongst the most vulnerable to the impacts of climate change.

It's here in Warsaw, Poland that the Pacific region is hopeful their voice will be heard and action is taken to help lower global temperatures.

Ms. Christiana Figueres the Executive Secretary of the UNFCCC called for a level playing field in the face of climate change.

"There is no doubt that climate change has created an unlevel playing field for future generations. Previous generations unknowingly had an advantage; and now we know that future generations face a monumental uphill struggle. We must urgently level the playing field."

The international political response to climate change began with the adoption of the UNFCCC in 1992, which sets out a framework for action aimed at stabilising atmospheric concentrations of greenhouse gases (GHGs) to avoid "dangerous anthropogenic interference with the climate system." The Convention, which entered into force on 21 March 1994, now has 195 parties.

This year the 19th Conference of the Parties to the United Nations Framework Convention to Climate Change (UNFCCC COP 19) is hosted by Warsaw, Poland from 11 to 22 November.

To access the opening statements of the COP 19 please visit: http://unfccc.int/meetings/warsaw_nov_2013/statements/items/7948.php

FSM President Mori and Speaker Halbert join “double play” celebrations in Tokyo

FSMIS

November 8, 2013

Federated States of Micronesia (FSM) President Manny Mori and Speaker of FSM Congress Dohsis Halbert attended a “double play” celebration at the Royal Park Hotel in Tokyo on November 1, 2013 – an event that attracted over seven hundred attendants from Japan.

According to Mr. John Fritz, FSM Ambassador to Japan, the ceremony marked the 25th anniversary of the establishment of diplomatic relation between FSM and Japan and the 27th year of FSM Independence.

President Mori arrived in Tokyo on October 29, giving himself time to also attend the opening of the Captive Insurance Council Seminar and the Seminar on Investment for Major Corporations. These seminars were organized by the Micronesia Registrations Advisors, Incorporated (MRA), which is contracted by the FSM Government to promote the FSM captive insurance program in Japan.

The November 1st celebration brought in the handful of FSM citizens in Japan as well as a number of dignitaries and friends of the FSM who joined in the festive commemoration of the “strong bond” that exists between Japan and the FSM.

The most “stand-out” guest at the function was Japan First Lady Akie Abe who surprised everyone by showing up almost un-noticed. First Lady Abe is a friend of Mrs. Moemoe Fritz, the spouse of FSM Ambassador Fritz.

A star in his own right as a popular television actor, Mr. Takizawa Hideaki drew attention to the function where he joined President Mori and other FSM and Japan Government officials on stage in the sake barrel breaking ritual. He also made a brief remark. Mr. Takizawa is a goodwill ambassador for the FSM, a role conferred to him when he visited the FSM a year ago on the first Japan-FSM direct flight.

Speaking on behalf of the Government

of Japan at the reception were the Vice Minister of Foreign Affairs, Mr. Hirotaka Ishihara and the Minister of State in charge of Building National Resilience and Disaster Management, Chairman of the National Public Safety Commission and Chairman of the Japan-FSM Parliamentary Friendship League, Mr. Keiji Furuya.

In his remark, President Mori underscored the strengthened historical ties between Japan and Micronesia and thanked the Government and People of Japan for the years of friendship and mutual cooperation. He acknowledged a few events that took place earlier during the month as part of the highlights for the 25th anniversary celebration. These included the “friendship flight” from Kochi to Pohnpei and a golf tournament in Chiba, organized by the Association for Micronesian Development (AMD). He also highlighted the shared values that are foundational to Japanese and Micronesian way of life.

“I am proud to acknowledge our shared values such as our cultures, the love of family and respect for the elders, and we both love to eat fish! As island nations, we are seafaring peoples. We are blessed by the resources and abundance of the seas. We should commit ourselves, therefore, to protecting our ocean’s resources.”

President Mori said that he and Prime Minister Abe were committed to further deepening the relations between their countries in many ways. He also pledged to seek for the introduction of Japanese language in the school curriculum in the FSM to emphasize the value of the FSM-Japan mutual relationship.

The two Leaders held a bilateral meeting at the Prime Minister’s Official Residence on October 31st, followed by a press conference and a working dinner



FSM Ambassador John Fritz and Mrs. Fritz welcoming guests to the dinner reception at the Royal Park Hotel

where they were joined by former Prime Minister Mori-sensei.

Emphasizing the significance that the FSM Government has placed on the commemoration of the FSM-Japan diplomatic relation and the promotional engagements that have been on-going within the investment and business sector, a Congress Delegation, headed by Speaker Dohsis Halbert, took part in the seminars and the dinner reception.

Accompanying Speaker Halbert were Vice Speaker Paliknoa K. Welly; Senator Yosiwo P. George, Chairman of the Committee on External Affairs; Senator Wesley W. Simina, Chairman of the Committee on Judiciary and Governmental Operations; Senator Peter M. Christian, Chairman of the Committee

on Transportation and Communication; Senator Berney Martin, Vice Chairman of the Committee on External Affairs and Mr. Lam Dang, Legal Counsel for FSM Congress.

Members of President Mori’s delegation included Secretary of Foreign Affairs, Mr. Lorin Robert; Secretary of Justice, Ms. April Dawn Skilling; Secretary of Resources and Development, Mr. Marion Henry; Chief of Staff Leo Falcam Jr. and FSM Ambassador John Fritz.

FSM and Japan established diplomatic ties in December, 1988. FSM opened its Embassy in Tokyo in 1989. In 1991, Japan reciprocated with the opening of its Embassy in Pohnpei.

U.S. Awards \$53 Million in Compact Sector Grants for Fiscal Year 2014

In October, the FSM received notification from the U.S. Department of Interior, Office of Insular Affairs, that Fiscal Year 2014 Compact Sector Grant Awards totaling \$53,081,361 for the FSM States and COM-FSM had been obligated. The Awards are as follows:

Education	\$24,840,341
Health	\$19,459,713
Capacity Building	\$ 3,358,437
Environment	\$ 1,542,747
Private Sector Development	\$ 1,937,328
Reporting and Accountability	\$ 1,209,715
FSM Single Audit	\$ 500,000
Disaster Assistance Emergency Fund	\$ 233,080

This amount is in addition to the Supplementary Education Grant Award to be used in FY 2014 which totals \$11,121,582, and was obligated in September

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working hours on:
Wednesday, November 27th**

...Audit

Continued from front page

and were not handled separately.

He wrote that while the individual line item for overtime expenses is shown separately in the budget book, expenses for overtime are not being allotted separately by the Budget Office. He argued that his department's interpretation of the budget category for overtime was in line with the Attorney General's opinion and with that of the external auditor, Deloitte and Touche. That interpretation "gives us the flexibility to budget our Personnel to achieve our objectives effectively."

The audit reported that the Judicial Branch of the Government had no overtime expenses for the 34 employees who worked in that branch during the audit period. The Legislative Branch had 64 employees and overran its overtime budget by \$7,756.13. The Executive Branch had 1,180 employees and overran its overtime budget by \$149,165.51.

\$145,336.35 of the entire government's overtime budget overrun was for one department—the Department of Treasury and Administration. \$100,670.53 of that amount was for only five employees within DOTA who together were paid 9,172.5 hours overtime pay in addition to their regular time hours during the course of the 2011 and 2012 fiscal years.

The largest number of overtime hours the

audit listed under its second audit finding was for a DOTA Administration employee named "Employee A" who was paid a total of 2,648 hours of overtime in 2011 and 2012, the equivalent of just over 66 extra 40 hour weeks. The lowest figure on the list was for an employee of the Information Technology section listed as "Employee E" who, during 2011 and 2012 was paid a total of 1197 overtime hours, the equivalent of nearly 30 additional 40 hour work weeks during the two years.

Mr. Joseph said that he had received requests from the Legislature to list the names of the employees. He told them that he did not want to release any further information than was contained in the audit in order to avoid the possibility of clouding the results of an ongoing investigation.

"If you just read the audit on the surface," said Edwin Barnuevo, a financial consultant for DOTA, "you might make assumptions but it's very important to understand the context of the audit." He added that during the exit conference DOTA asked the auditors to include the context of the findings. He hadn't seen a copy of the audit and wasn't sure if they had done so or not.

Pablo's response which was included in the audit seems to have provided the context to which Barnuevo alluded. Pablo wrote that though the employees were paid substantial overtime hours in FY2011 and FY 2012, the hours for which they were paid during those years were not all actually accrued in 2011 or 2012. He wrote that one of

the listed employees carried 559 hours of accumulated overtime into the 2011 fiscal year. Another carried 458 hours into that year, and another employee carried in a whopping 1,104 hours of accrued overtime that he said was due to them prior to 2011. He wrote that the overtime hours they had accrued earlier were paid in 2011 and 2012 due to "availability of budget".

Barnueva said that accrued overtime hours are not listed as liabilities on the State's finance statements. He opined that if they had been, the Executive Branch could now go to the Legislature and request an appropriation in order to clear the current burden for overtime hours that State employees have accrued in previous years which he said now amounts to "maybe \$10,000".

A spokesperson at Deloitte and Touche, the independent audit firm that has conducted the Pohnpei State audits and has vouched for the accuracy of the State's finance statements said that there is no mystery regarding the listing of back overtime pay as liabilities. He said that according to Generally Accepted Accounting Principles for Government Institutions, such expenses are not booked until they are paid. Essentially they are handled on a cash basis rather than on an accrual basis.

In his response to the audit, Pablo made an effort to explain why the overtime hours were incurred. He said that extra work was required during the period of transition to the current Administration building while simultaneously meeting the demands of

various auditors.

"Since we first moved into the Administration Building, the Department experienced an exodus of staff to the National Government," he wrote. Key personnel had to fill the vacuum and that meant overtime hours.

"With its efforts and improvement, the Department ensured that the State complied with the Single Audit deadline(s) and requirements, and maintained 'Unqualified Opinions' on both financials and compliance since 2009," he wrote. "In the recent FY2012 audit, there is only one finding with no questioned cost(s). Significant improvements can also be seen in revenue/tax collection."

"Management should have considered economy measures and used other means of compensating employees like using Compensatory time instead of actual check payments," the auditor's comment on the auditee's response said.

Compensatory time, also known as "comp time" is paid time off granted to an employee for working extra hours. Barnuevo said that comp time has been an allowable form of compensation for government employees who are required to work overtime.

Just like overtime hours, comp time is usually figured at "time and a half", or one paid hour off for every hour worked overtime.

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Australian Embassy Pohnpei

Australian Development Cooperation Program Assistant Program Manager

Applications are invited from suitably qualified persons for the position of Assistant Program Manager for Australia's Development Cooperation program located at the Australian Embassy, Pohnpei. The Development Cooperation program is

implemented across the Federated States of Micronesia, the Republic of the Marshall Islands and the Republic of Palau.

The Assistant Program Manager will work with, and under the direction of the Senior Program Manager, in Pohnpei. The Assistant Program Manager is responsible for administering scholarships, the Micronesia Small Grants Scheme, and other development assistance activities.

The person that we are seeking will have experience in program or project management and implementation, with strong organizational, time management and administrative skills. He/she will use initiative and be able to work with minimal supervision. A high-level of communication and writing skills as well as sound computer skills are required.

Relevant tertiary qualifications, experience in working in a multicultural environment as well as experience in development programs or projects will be highly regarded.

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Interested applicants need to submit a resume/CV and address the Selection Criteria. The Information Pack which contains the Selection Criteria and Duty Statement may be obtained from <http://www.fsm.embassy.gov.au/phpi/home.html> or by contacting Erin Magee at erin.magee@ausaid.gov.au . .

Closing date for applications is December 8th, 2013.

...Tourism

Continued from front page

information is as accurate as it can be.

"It's something that I love doing and I always want to leave something of myself behind that people can use wherever I've travelled," Zuccarelli said.

The maps are full of excellent photos. Zuccarelli is a talented photographer who studied photo journalism at the Brooks Institute of Photography in California. He is a talented web designer and if the maps he has so far produced are any evidence, he also has excellent graphic art layout skills. He also teaches photography classes in Pohnpei when he has the opportunity

He first visited Pohnpei in 1996 and was disappointed that it was so difficult to find out what eco-tourism opportunities there were on the island. When he returned several years later he was disappointed again to find that the situation was essentially unchanged.

"People in Pohnpei should remember that there is more than one kind of tourist," Zuccarelli said. "People think it's all about luxury tourists and they tend to focus on that, but we don't have what luxury tourists want."

He said that eco-tourists are the kind of tourists who aren't going to complain if their cable television doesn't work, or if their drink doesn't have an umbrella in it. They don't hang around in their hotel rooms. They hit the jungle, and the trails. They climb rocks and mountains. They don't want an artificial memory. They want

the real deal. They want to be immersed in the culture. They want to get to know the people and to see the real Pohnpei.

It's for those kinds of tourists that Zuccarelli has been working on the Pohnpei eco-adventure map series. Ten more are in various stages of development. He said that he is not working on the maps in any particular order and only chose the first three to present to the FSM Department of Resources and Development because they cover compact areas with high concentrations of eco-tourism opportunities.

SOKEHS ISLAND
Pohnpei's largest island, Sokehs is the largest of Pohnpei's 16 islands and has the greatest diversity. A big undulating ridge runs from north to south, ending at Pohnpei's main port, Sokehs. Sokehs Island is historically significant for its role in a 1918 Rebellion against the German colonial government and because of several locations around Pohnpei heavily fortified by the Japanese for World War II. It is also an abode for many endemic and endangered people of Pohnpei, including Napsirew, and Morhokar descendents who were allowed to settle in Sokehs after most of the Pohnpei inhabitants were evicted to phosphate mining camps on Pohnpei for punishment for the uprising.

SOKEHS MOUNTAIN
RIDGE TO SUMMIT
Sokehs Mountain or Pohnpei Ridge, which means "the big hill" is characterized by a long, mossy ridge with a trail. The ridge runs north-south. The trail begins above the Municipal Office and extends north along the main Japanese Road. At the top a well equipped bushy forest leads to the archaeological site and a view over the island. Built by the Office of Tourism in the late 2000s, the forested part of the trail is beautiful with sprawling hardwood trees, colorful, bright flowering shrubs in the shade, and a misty thick of trees that were at the forest beyond the ridge.

COASTAL GUN BATTERY
The ridge, that stretches from north to south, is the main ridge of Pohnpei. It is a long, mossy ridge with a trail. The ridge runs north-south. The trail begins above the Municipal Office and extends north along the main Japanese Road. At the top a well equipped bushy forest leads to the archaeological site and a view over the island. Built by the Office of Tourism in the late 2000s, the forested part of the trail is beautiful with sprawling hardwood trees, colorful, bright flowering shrubs in the shade, and a misty thick of trees that were at the forest beyond the ridge.

ANTI-AIRCRAFT BATTERY
The trail leads to a site where a main defense trench hidden in a grove of bamboo and in a stone and coral structure along the Coastal Road, passing a stone bank and before ending in the first 12.7 cm anti-aircraft gun. It is a long, mossy ridge with a trail. The ridge runs north-south. The trail begins above the Municipal Office and extends north along the main Japanese Road. At the top a well equipped bushy forest leads to the archaeological site and a view over the island. Built by the Office of Tourism in the late 2000s, the forested part of the trail is beautiful with sprawling hardwood trees, colorful, bright flowering shrubs in the shade, and a misty thick of trees that were at the forest beyond the ridge.

HOW TO GET THERE
Head west from Sokehs, bear right on the Highway, and cross the bridge.

LODGING & FOOD
Small inns and guesthouses are located along the ridge. Some have good views of the ridge. Some have good views of the ridge. Some have good views of the ridge.

THE DOLDRUMS AT APSO QUARRY
The surrounding water is crystal clear with a visibility of more than 20 meters. The spot got its nickname from a giant barge that used to carry heavy machinery to the site. The water is clear and the view is great. The water is clear and the view is great. The water is clear and the view is great.

BIRD-WATCHING
Globe-trotting birders have noted about the resident forest and diverse avian populations on the ridge. Cardinal Honeycreepers, Micronesian Kingfishers, and endemic Pohnpei Larks are abundant. Local Crested Ibis, Swallows can be seen whirling around trees and buildings, and White-tailed Tropicbirds and Brown Noddies nest above the ridge. With a little patience, it is also possible to spot Micronesian Pigmy Long-billed White-eyes. Extensive General Fruit Trees are common. Pohnpei Rain falls in the dense woods. Visit www.pohnpei-adventure.com for detailed information about Pohnpei's unique species.

Aldis said that the plan is to have hotels sell the maps and then use the money they make from those sales in order to print more.

Zuccarelli said that Pohnpei has nearly endless potential as an eco-tourism destination but if no action is taken to develop that potential it will simply disappear. "Eco-tourism is a way to show us the value of our own resources," Zuccarelli said. He reasoned that if people in Pohnpei learn that tourists will pay to visit the natural beauty of their home they might act to preserve it. They might get their pig pens and outhouses away from riversides so that they won't be as polluted as they currently are. They might stop throwing trash around, or clearing pristine rainforests that people would pay to see.

He's passionate about eco-tourism and the environment; so much so that he has dug deeply into his own pockets in order to develop the series though he is not at all a wealthy man. He has paid the many guides who have taken him to so many places all over the island. He's hired fact checkers to make sure that he has everything straight. He's paid the cost of fuel, access fees, boat rentals, and printing and shipping costs. It's an expensive proposition that he can't, and shouldn't be expected to carry on his own.

He estimates that it costs approximately \$3000 to develop, print, and land 1000 copies of each map on island.

He is in the process of setting up "crowd sourcing" in order to try to raise funds so that he can "complete" the project. He is also in the process of developing a website (www.pohnpei-adventure.com) that is currently up and running and already has loads of very useful information. He said that when he has the "crowd sourcing" website ready to go, there will be a link to that site from the Pohnpei Adventure site.

The Kaselehlie Press will also add a link to the crowd sourcing site from its website (www.kpress.fm) as well.

Postal delivery begins in Kosrae while new post office is under construction

FSMIS
November 14, 2013

The FSM Postal Services expects to have a new facility in Tofol, Kosrae by summer of 2014 when construction on their service facility is all done.

At the moment, the post office is temporarily housed at Wiyac in Tafunsak Municipality. A once-a-week mail delivery service to the municipalities of Utwe and Malem has been in place since October 23, 2013 – a helpful step-up on the consumer convenience side.

Mrs. Ginger Porter Mida, Federated States of Micronesia Postmaster General,

confirmed that all four post offices in the FSM have been equipped with parcel tracking capability and recommended the use of such service for quick and more secure package delivery to destinations in the United States.

In Chuuk State, keys for an additional 2000 PO Boxes have been received. The new boxes are available and ready for operation.

In general, the FSM Postal Services has been undergoing some significant facility upgrading and management revamping system-wide to strengthen its overall operation.



Mr. Uemoto first FSM National to become an FSM citizen under changed immigration law

On October 25, Mr. Sei Francis Uemoto became the first National of the Federated States of Micronesia (FSM) to obtain his citizenship under a changed immigration law.

Mr. Uemoto was born in Pohrasapw Village, Kitti Municipality in Pohnpei on September 17, 1930 to a Pohnpeian mother and a Japanese father. He had twelve siblings who were born in Pohnpei, most of whom had passed on.

Sei Uemoto returned to Pohnpei in 1983 and took up residency ever since. He eventually became very active in the private sector area as a farmer of Pohnpei pepper and owner of a coffee shop, a restaurant and a number of business ventures. He would occasionally return to Japan to visit family. He has been living in Pohnpei for over 35 years.

On May 28, 2013, Mr. Uemoto lodged his

declaration of intent to become a FSM citizen. On August 20, his application was approved, and he was informed that citizenship will be bestowed upon proof of his renunciation of his Japanese citizenship and a letter from his country accepting the renunciation. On the same day, Mr. Uemoto renounced his

Japanese citizenship and on October 21, a letter from the Japanese embassy in Pohnpei was received confirming that he had renounced his Japanese citizenship.

President Manny Mori administered the pledge of allegiance on October 25 and handed a FSM passport to affirm

Mr. Uemoto's new citizenship status, making him the first FSM National to have taken advantage of the latest immigration law.

The process was made possible when the Fifteenth FSM Congress put in place what became public law 15-28 on March 20, 2008.

According to the FSM Department of Justice, the law allows for FSM Nationals to become citizens following set procedures that included the renunciation of their former citizenship.

The event for Mr. Uemoto was witnessed by Pohnpei Governor, Mr. John Ehsa, Senator McGarry Miguel from Pohnpei State Legislature, Senator Berney Martin, FSM Congress, Secretary of Justice, Ms. April Dawn Skilling, Deputy Secretary of Foreign Affairs, Mr. Samson Pretrick, Assistant Secretary of Resources and Development, Mr. Hubert Yamada, various staff members from the Department of Justice, family members and Mr. Martin Jano, Uemoto's attorney.



Celebrating 30 years of service

INTERNATIONAL CALLS NOW REDUCED TO *SELECT COUNTRIES

30¢ / MINUTE[^]



*AUSTRALIA 61, CHINA 86, JAPAN 81, PHILIPPINES 63, USA 1, ALASKA 1-907, CNMI 1-670, GUAM 1-671, HAWAII 1-808, TAIWAN 886, SOUTH KOREA 82, AMERICAN SAMOA 684, NEW ZEALAND 64, RMI 692, PALAU 680

^PROMO EXTENDED TO DECEMBER 31, 2013!

What do you think is happening with the power in Pohnpei and where do you get your information?



"I think that the diesel is always running out... Some people told me that they are just shutting it off... that's what I think."

-Melvin Ludwig-



"All I know is that every day the power is off and on. Nobody told me what's going on."

-Natasha Hallers-



"The machine is way too old and broken"

-Ricky Santos-



"I'm sure the machines probably need gas or diesel."

-Edsin John-



"Only one generator is running. That's why the power is always off. I heard that from someone in Madolenihmw."

-Hadson Valentin-



"I don't know, man, it's messed up... all I know is that it's not good!"

-Randy Helgenberger-



Well, it doesn't go off all the time for very long. In Guam we had these kind of outages as well, but it was never this bad.

-Lefric Enwall-

I heard there were 4 new generators that came from Australia. They were connected and are running and that was from Petrocorp. ...that they were going to sell power back to PUC and put it into the grid. I also heard that the old diesel generators were going to be repaired but I'm not sure. I heard this from someone who works for Petrocorp and another employee who briefly worked with them.

-Randy Humphrey-



Yap recognizes World Food Day and International Day for Disaster Reduction

International Organization for Migration

COLONIA, Yap – The State of Yap joined the world in recognizing the 2013 World Food Day and the International Day for Disaster Reduction at the State Community Center on October 30, 2013. Since 2011, the Joint Risk Management Network (JRM-N) has organized events each year to remind the people of the FSM to prepare themselves for natural disasters and to raise awareness of the ever-present possibility of natural disaster occurrence. The theme for this year's worldwide

World Food Day event was "Healthy People Depend on Healthy Food Systems – Sustainable Food Systems for Food Security and Nutrition" but the local event organizer's the Yap Interagency Nutrition Education Council (YINEC) translated it locally and made the theme "Let's Celebrate Breadfruit-Breadfruit of the Pacific".

In addition, IDDR had its own theme, "Living with Disability and Disasters"; participants reminded attendees to take into account the requirements of individuals with special needs during natural disasters.

Speakers included Senator Jesse Raglmar-Subolmar who opened the event and delivered the keynote address, followed by Dr. Margie Falanruw of US Forest Service, Dr. Thane Hancock the NCD Physician of the Wa'ab Community Health Center, Ray Igechep, Director for Office of Planning and Budget and Disaster Coordinating Officer.

Senator Raglmar-Subolmar took this opportunity to share that he had introduced legislation tasking the Governor to explore the development of breadfruit for export and school lunches.

A joint statement by IOM

Yap Sub-Office and the State Disaster Coordination Office (DCO) was given by Director Ray Igechep. He stated that community preparedness at all levels is critical to ensuring that natural hazards don't escalate into unnatural disasters.

Throughout the event, over 170 visitors were able to walk about the booths and get their blood pressure and blood sugar checked, pick up disaster preparedness pamphlets from the IOM booth, watch a physical activity demonstration by students from the St. Mary's School, buy potted plants, seedlings and local food and fruit baskets, all the while snacking on healthy breadfruit recipes prepared by the various womens' and community groups.

For further information contact Mr Phillip Raffilpiy, Head of IOM Micronesia Yap Sub Office at +691 350 8510, or www.micronesia.iom.int



Improving Island Life...

FAA GRANTS & MATCHING FUND SUMMARY (2004-2012)

Year	Yap	Chuuk	Pohnpei
2004	~\$100M	~\$50M	~\$50M
2005	~\$150M	~\$75M	~\$75M
2006	~\$200M	~\$100M	~\$100M
2007	~\$250M	~\$125M	~\$125M
2008	~\$300M	~\$150M	~\$150M
2009	~\$350M	~\$175M	~\$175M
2010	~\$400M	~\$200M	~\$200M
2011	~\$450M	~\$225M	~\$225M
2012	~\$500M	~\$250M	~\$250M

PROJECT FUNDING

State	Funding
Yap	\$32.2M
Chuuk	\$18.2M
Pohnpei	\$66.8M
Kosrae	\$90.5M

Under FSM President Mori and the FSM Airline Taskforce and the US Federal Aviation Administration:

- \$180M has been invested
- Generated \$4M in local tax revenue
- Provided over 150 local jobs
- Significant training of FSM Inspectors, Engineers, and skilled workers

LYON has been working in FSM since the 1970's and has had the privilege of being a part of these major improvements.

Frank Lyon, Jr., P.E. Jim Lyon, P.E., LEED AP

FEDERAL AVIATION ADMINISTRATION

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College of Micronesia's (COM) Science Professor Dr Allain Bourgoin receives a DAP grant for the procurement of scientific research equipment from Third Secretary and Vice Consul Nikola Pejic and Public Diplomacy and Research Officer, also COM alumna, Jasmine Mendiola.



Pohnpei Public Library received donations of stationery from the Australian Embassy in support of after school programs to help foster students' learning (top photo). Pohnpei Public Library and Pohnpei Catholic School Library received various books donated by Ambassador Quinn (bottom photo).

AusAID's Assistant Program Manager, Eugene Amor, participated in the World Food Day Trade Fair and International Day for Disaster Reduction in Pohnpei, highlighting that food security and disaster reduction begin with education.



NOTICE OF LAND SALE BY AUCTION

Pursuant to the orders of the FSM Supreme Court entered on August 29, 2013 and October 7, 2013, public notice is hereby given that the parcel described below will be sold by auction to the highest qualified bidder under the following terms:

Parcel No. 021-U-10, land known as "Maal", together with any improvements thereon, situated in Utwe Municipality, Kosrae State, with an area of 6,928 square meters, more or less, as described in Certificate of Title and Cadastral Plat No. 021-U-01, registered at the Kosrae Land Court, Office of the Registrar.

- There is no minimum bid amount for the parcel.
- Bids shall be submitted in a sealed envelope marked "November 26, 2013 Land Auction" by personal delivery to Mr Teroa George at the front entrance area of the FSM Supreme Court courthouse in Tofol, Kosrae State on Tuesday, November 26, 2013, between 2:00 p.m. and 4:00 p.m.
- The deadline for submitting bids will be 4:00 p.m. on November 26, 2013.
- All bid submissions must state the full name, mailing address, phone or fax numbers, e-mail address or other valid contact information for the person submitting the bid.
- All bid submissions must clearly state the bid amount for the parcel.
- All bid submissions must include a cashier's check for 5% of the total bid amount. Bids submitted without the required 5% deposit shall be disqualified.
- The winning bidder will be issued a Court order transferring title to the land, including all buildings, fixtures, equipment, and other improvements on the land, if any, following delivery of a cashier's check in the remaining 95% of the amount of the bid payable to the



- "FSM Development Bank" no later than ten (10) days after notice of award is given. The winning bidder must be eligible to hold title to land in the FSM.
- If the winning bidder fails to remit payment within the required time, the 5% deposit shall be forfeited to the Bank, the notice of award will be granted to the next highest qualified bidder and the same conditions will apply.
- Losing bidders shall have their 5% deposits returned promptly following conclusion of the auction.
- The parcel and any improvements thereon are offered for sale "as-is" with no guarantees or warranties as to its condition whatsoever.
- Questions concerning this auction may be directed to Nora E Sigrah, Legal Counsel, FSM Development Bank, PO Box M, Pohnpei, FM 96941, phone no. 691-320-2840, fax no. 691-320-6533, email: noras@fsmdb.fm, website: www.fsmdb.fm

Two men land huge marlin in tiny skiff

By Bill Jaynes

The Kaselehlie Press

November 12, 2013

Pohnpei, FSM—Ray Verg-in and Wilbur David had what may well have been a once in a lifetime fishing adventure in the waters off Pehleing Pass on the evening of November 9. On that evening, while fishing in a 21 foot open skiff powered by a 15 horse motor they latched onto a huge marlin.

Verg-in wrote an amazing account of their adventure. He wrote that the two had caught several fish during the day and were drifting with the engine off while they had lunch when they spotted a disturbance on the water. They started the engine and headed that way. They gaffed a 32 pound yellow tuna that had been speared by a marlin and brought it aboard. Shortly afterward they noticed the marlin circling the boat and the two fishermen geared up to go after it.

David had brought a brand new 200# test handline and they rigged up with the largest tuna hook they had and baited it with a small skipjack tuna. As the bait disappeared from view they saw a flash and the line started to scream out. They started the engine and followed the line in an effort to keep it slack thinking that would allow the marlin to completely take the hook.

They snapped two buoys onto the line. They didn't see the first of them for at least another hour. The line spun out so quickly they were afraid that they might lose it but then the marlin headed back to the boat and they had an altogether different problem—too much line coming in too fast and no efficient way to wind it up in order to avoid snarls.

After about an hour and half the fish began to make smaller and smaller circles around the boat and then lifted its bill from the water. By then it was very nearly dark and Verg-in had already several times thought of cutting the line and letting the marlin go but felt certain that David would be unhappy with that decision.

“Due to some quirk in nature, once a billfish's head is out of the water, it stops struggling,” Verg-in wrote. They grabbed the bill and pulled. “So there we were; (we) had the head of the fish up and into the boat,” he wrote. The weight of the fish threatened to swamp the boat and they were still several miles out in the open ocean in a tiny skiff.

They struggled to get the fish into the boat without also bringing the sea into it and really only just barely succeeded when the center of gravity shifted and they were able to pull the monster fish in.

At 8:00 in the evening it was fully dark with only a quarter-moon to light their way. The two made their way back through Pehleing Pass, past the channel light that hasn't worked for nearly a year despite the complaints of fishermen including Verg-in and David, and finally through a mangrove slough to David's home.



David's extended family met them and helped to haul the fish out of the boat. It measured 11 feet 8 inches from the tip of the bill to the tip of the tail. They didn't have a way to measure the weight of the whole fish and had to weigh it in pieces. Altogether the fish weighed a hefty 430 pounds.

He wrote that the largest marlin caught by the Pohnpei Fishing Club has recorded was 450 pounds.

They may have missed a record by just “that much”, but they will never forget their adventure.

PART TIME INSTRUCTORS NEEDED

COM-FSM National Campus is inviting applicants for part-time instructors for the 2014 spring semester. Anticipated openings are positions for:

- English reading and/or writing
- Math
- Physical and natural sciences
- Social Sciences
- Computer Science or Information Technology
- Business Administration/Accounting
- Nursing

**College of
Micronesia
FSM**

Qualifications: Master's Degree in math, science, social science, computer science, business, accounting, nursing, English or TESOL or related field from a US accredited institution. Applicants with a Bachelor's Degree in computer science or related field from a US accredited institution and over 5 years experience in teaching at the post-secondary level may be considered. Foreign credentials must be equated to meet US standards using World Education Services at <http://www.wes.org.com>.

Applicants must submit an interest letter, resume, COM-FSM Employment Application form, official college transcripts to be mailed directly to HRO, and 3 up to date letters of recommendation to Human Resources Office at the address above or send via E-mail to hro@comfsm.fm no later than December 27, 2013. Applications will be reviewed immediately following closing.

Letter to the Editor

I would like to submit my humble response to the FSM Telecom news that was recently published and issue of liberalizing communication services in the FSM. But before I start perhaps it's wise to go back and look at the regulation that created FSM Telecom to gather some perspective.

FSM Telecommunications Title 21 was established to manage communication services in the FSM and was a monopoly at first to protect itself from outside competition since it was at the time a very small telephone market. This designation was created by the FSM Congress with the understanding that FSM Telecom will be the only communication provider in the Nation. Under the same law that regulated FSM Telecom, it also stated its powers and responsibilities to provide services for the general public of the FSM States including the outer islands.

Section 203 of tile 21 as stated in the regulation is as follows:

203. Powers and responsibilities of the Corporation.

The Corporation has the following powers and responsibilities:

1. to operate as the sole provider of all telecommunications services, except radio and television broadcasting, within the Federated States of Micronesia and between points in the Federated States of Micronesia and points outside thereof;
2. to operate and manage such services on the basis of commercially accepted practices, treating all users of telecommunications services on equitable terms in accordance with its published tariffs, and requiring all users to pay for the services provided;
3. to plan for the expansion and improvement of telecommunications facilities and services;
4. to the extent practicable, to expand telecommunications services to areas and communities in the Federated States of Micronesia that are presently un-served or poorly served and to improve the quality, reliability, and variety of services available to all users in a manner consistent with commercial reasonableness and with promoting economic development, the advancement of education and health care, and the preservation of the cultural identity of the people of the Federated States of Micronesia;
5. to improve the telecommunications skills and promote the telecommunications training of Micronesian citizens who are employees of the Corporation;
6. to establish, publish, and implement a structure of tariffs and rates for telecommunications services calculated to ensure that, to the extent practicable, adequate and equitable charges are imposed for services and that the tariff structure promotes the increased use of telecommunications services;

Telecom - should it be a monopoly?

7. to invest all surplus revenues of the Corporation in the expansion and improvement of telecommunications facilities and services;
8. to incur indebtedness for the purpose of expanding and improving telecommunications facilities, to the extent and on such terms as are deemed commercially reasonable by the Corporation;
9. to provide on a reimbursable basis emergency telecommunications services to governments, individuals, and entities in the Federated States of Micronesia; and
10. to represent the Federated States of Micronesia with regard to telecommunications matters in such international organizations and fora in which the Federated States of Micronesia is represented, subject to the policy guidance of the Government of the Federated States of Micronesia.

A lot has changed since then in the communication and technology world and yet we still have a monopoly that recently introduced internet services with prices I can't even comprehend. By the way, we have a Submarine Fiber Optic Cable that was supposed to drive down the cost of internet services and offer increased internet speed and capacity. But in reality it is still very expensive and sometimes the internet does not work when it rains. So let us look at the math to determine if the opportunity cost is worth it to have competition introduced in the FSM. By the way the FSM Telecom IT manager has stated on several occasions that FSM Telecom will be able to compete with other providers if the law is passed to liberalize communication services.

To have a better understanding of the cost of internet services in the FSM let us compare it with services offered in the US State of Hawaii. The average internet service in Hawaii cost \$29.99 which is packaged with cable services. The speed is at 1.5 MegaBite compared to FSM Telecom's Home iSpeed ADSL service which cost \$194 for 1536 Kilobits Downstream or download and 384 upstream or upload. For every MegaBite there are 1024 Kilobits. So we are paying really high for internet services that do not even come close to the services offered in other areas like Hawaii and Guam. Now the minimum wages of Hawaii and Guam are \$7.25 per hour compared to our wage in the FSM of a little over a dollar. If you do the math only rich people in Pohnpei can afford internet services. If you travel around Pohnpei those that have internet services are FSM Telecom employees, Government workers, and private company employees who can afford communication services. A lot of people in the Municipalities no longer can afford the basic telephone service and have no internet service at all.

People can argue that the market in Hawaii is bigger then what we have in

the FSM. I will argue that it is true but I have not seen any survey's or market research conducted by FSM Telecom to determine the cost analysis of reducing its services to affordable rates and the best course of action if our market is too small. Secondly, as stated in the Powers and Responsibilities section above FSM Telecom has a responsibility "to the extent practicable, to expand telecommunications services to areas and communities in the Federated States of Micronesia that are presently unserved or poorly served and to improve the quality, reliability, and variety of services available to all users in a manner consistent with commercial reasonableness and with promoting economic development, the advancement of education and health care, and the preservation of the cultural identity of the people of the Federated States of Micronesia".

And yet the people who we elected to protect our interest as citizens of the FSM and make sure that telephone, internet and other services are affordable and efficient are the same people who continue to protect an agency that is charging too much with less. So it begs the question who are they really representing? What interest do they really have with regards to services that will benefit the people of the FSM and can lead to economic development? Yes, I can understand the concerns they have with regards to having a big corporation taking over communication services in the FSM. But to do nothing is a sin against those that you represent.

Perhaps we should invite IT experts to discuss this issue in public and invite FSM Telecom representatives to share their side of the story. We don't have to invite foreign corporations to compete against FSM Telecom; we can invite regional companies that understand the FSM market and have experience in the Pacific Islands. Furthermore, I think it's best to allow the

States to determine the most cost effective means for communication services. For example, Pohnpei State can contract PUC or other State or National corporations to manage communication services if it is cheaper to do so, and yes from a technical stand point, it can be done.

Guam USA is a neighbor and classic example of a Communications Monopoly market that recently changed their laws to allow better competition. Today, Guam consumers are paying lower long distance and internet rates as oppose to when they had a monopoly.

Finally, I want to share the following survey that was conducted in 2009 by leaders of the States of Chuuk, Yap and Kosrae which revealed an overall negative analysis of FSM Telecommunication services and prices. The full report can be accessed through http://www.fsmpio.fm/announcements/Survey_of_State_Leaders_on_Telecommunications_and_FSMTc-FINAL_for_Distribution.pdf or just type in survey on fsm telecom by state leaders into your space bar.

In the survey, 80% of the respondents indicated that FSM Telecom does not help or support Economic Development. All the State leaders that participated in the survey did not agree to continue having FSM Telecom a monopoly and majority of the respondents agree that they will pay more if the services are better, which can also translate into internet services as well.

Perhaps it is time to liberalize FSM Telecom and if it comes down to electing new leaders who will represent the interest of the people and who are willing to take a chance on liberalizing FSM Telecom, then so be it. After all liberalizing communications in the FSM will benefit consumers, businesses, schools, hospitals, tourism and economic development.

Kalangan
John Santos

NOTICE To Animal Owners

Kaselehlie,

Please take notice that Dr. Joseph will be on Pohnpei to service all your animal's needs on the following schedule.

Tickets have already been purchased, so these dates are as firm as possible.

Fri July 26 - Sun July 28

Fri Sept 27 - Sun Sept 29

Wed Nov 27 - Sun Dec 1
(American Thanksgiving time)

The Pohnpei Animal Hospital is located across the street from the American Embassy.

If you would like to make an appointment

please email Dr. Joseph
PacificIslandVet@gmail.com or
WiseOwl@WiseOwl.net

Office hrs

Day of arrival 2:30 - 5:00 PM

Other days 10 am - 5 PM

Sundays 10 am - 2 PM

Clinic Phone 923-1960
(only on when Dr. Joseph is on island)

Kalangan,
Dr. Joseph

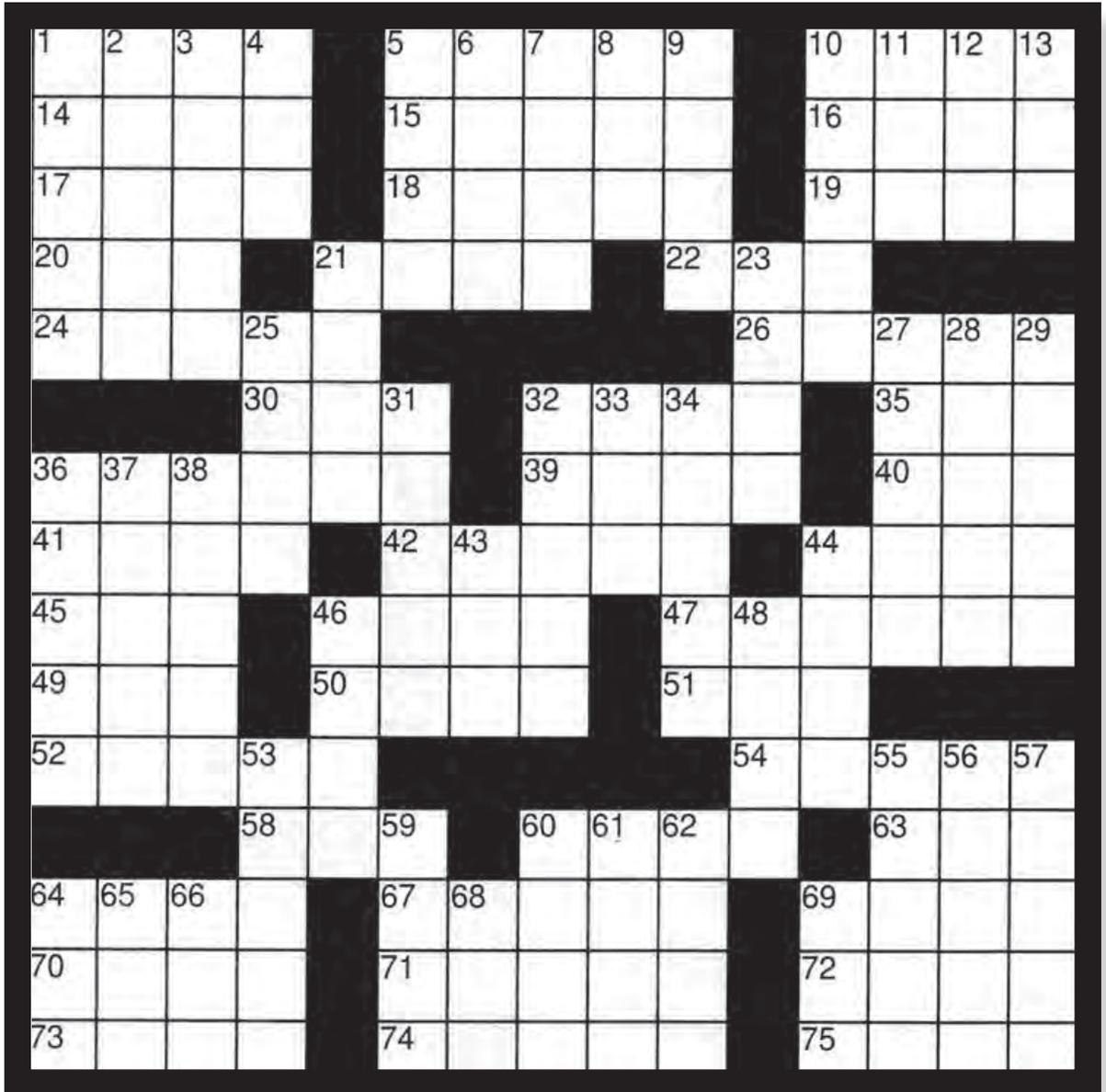
Crossword - Now that's a lot!!

ACROSS

1. Baja rahs
5. Stamps
10. Pts. and qts.
14. Cap-___
15. Trash
16. Sand
17. Jazz fans
18. "Halt, salt!"
19. Blvds. and rds.
20. Map abbr.
21. Plan part
22. Tarzan's pal
24. "Walk away ___"
26. Warms
30. Small flap
32. Las Palmas cash
35. RSVP part
36. Cash back
39. Latch ___
40. Jazz gp.
41. Track path
42. Bad lad's grab
44. Bawl
45. Ran
46. Charlatan
47. Warns
49. Change and ___
50. Aardvark snacks
51. Garland
52. Harsh
54. Warmth
58. Flap
60. Nana
63. ___Baba
64. Smart
67. Hallway
69. Dash
70. 24-Karat
71. Gap
72. Staffs
73. Marsh grass
74. ADAs and TAs
75. Flank

DOWN

1. AMPAS award
2. Strand
3. Had
4. Grad. class
5. Bat a gnat
6. Mansard part
7. Stat
8. AF rank
9. ___trap
10. Match
11. D.C. Cab star
12. Draw
13. AL and WA
21. Pants part
23. "Rats!"
25. Catchall abbr.
27. MTMs
28. Lama's land
29. Smacks
31. Start
32. Standard and ___
33. Naval grad
34. Snach
36. Play parts
37. Match
38. Pass
43. ___ bran
44. Small dam
46. Catch
48. Slant
53. Ran a 10K
55. ___Lama
56. Chan man
57. Wash
59. Man___
- Mancha
60. Scams
61. Nap
62. Mars
64. Y class
65. Cast
66. Wrath
68. 1948 pact
69. 911 abbr.



FOOD...DUDE

Is all this solving making you hungry? Then treat yourself to a nice meal at your favorite RESTAURANT. The 38 terms in this puzzle are all associated with dining out.

MEATBRENNIDAVO
 MGRRGPUOSILVER
 LAEEUWSKMBKNLD
 YACASHIERUIPBE
 DRINKTSEDSSLAR
 LEVCCSAIIBKITN
 UYRHEKNUDOMSCG
 NFETFPCNRYEERY
 CNSAILSITACEEU
 HOSALADFFONRTN
 HTFKPTMOUYFTIE
 CSOFCEOREGANAM
 LOIOEDSMNOREWM
 CVLFBEGRKCEHCP

BOOTH
 BREAD
 BREAKFAST
 BUSBOY
 CASHIER
 CHECK
 COFFEE
 COOK
 COURSE
 CUISINE
 DINNER
 DISH
 DRINK
 ENTREE
 FARE
 FISH
 HOSTESS
 KITCHEN
 LUNCH

MAITRE D'
 MANAGER
 MEAT
 MENU
 MUSIC
 NAPKIN
 ORDER
 PLATE
 RESTAURANT
 SALAD
 SEAFOOD
 SERVICE
 SILVER
 SOUP
 SPECIAL
 TABLE
 TRAY
 UNIFORM
 WAITER

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Ref. 13554 **PRICE: \$2,550**
SUZUKI SWIFT (IGNIS)
Year 2003 MT 1,320cc PETROL
Mileage 67,000km Color Silver



Ref. 14121 **PRICE: \$2,480**
MITSUBISHI PAJERO MINI
Year 1998 MT 650cc PETROL
Mileage 86,000km Color Silver



Ref. 14122 **PRICE: \$3,490**
HONDA HR-V
Year 1999 AT 1,590cc PETROL
Mileage 75,000km Color Silver



Ref. 14037 **PRICE: \$4,270**
MITSUBISHI PAJERO IO
Year 1999 MT 1,830cc PETROL
Mileage 46,000km Color Blue



Ref. 13791 **PRICE: \$4,370**
HONDA CR-V
Year 1999 AT 1,970cc PETROL
Mileage 41,000km Color Pearl



Ref. 13251 **PRICE: \$4,810**
SUZUKI ESCUDO
Year 1998 AT 1,990cc PETROL
Mileage 56,000km Color Gold



Ref. 12850 **PRICE: 3,740**
TOYOTA RAV4
Year 1997 MT 1,990cc PETROL
Mileage 116,000km Color Wine Red



Ref. 13225 **PRICE: \$5,380**
TOYOTA RAV4
Year 2000 AT 1,790cc PETROL
Mileage 73,000km Color Dark Green



Ref. 13827 **PRICE: \$6,700**
ROVER FREELANDER
Year 2003 AT 2,490cc PETROL
Mileage 82,000km Color Dark Blue



Ref. 14103 **PRICE: \$5,560**
FORD ESCAPE
Year 2001 AT 2,960cc PETROL
Mileage 73,000km Color Green II



Ref. 13914 **PRICE: \$4,450**
CHEVROLET BLAZER
Year 2002 AT 4,300cc PETROL
Mileage 58,000km Color Black



Ref. 12913 **PRICE: \$5,670**
ROVER DISCOVERY
Year 2002 AT 4,000cc PETROL
Mileage 67,000km Color Dark Blue

*Price Include Car Cost & Freight up to Pohnpei, Yap, Kosrae or Chuuk

How to Buy

1. Select a Car Online
2. Issue an Invoice
3. Print out the Invoice
4. Pay from Bank

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Email: pboffer@picknbuy24.com Fax: +81-3-4330-9091

AGASTA CO., LTD. Address: 1-18-3 DOGENZAKA SHIBUYA-KU, TOKYO JAPAN

Letter to the Editor What color for the FSM?

Scarlet red is the color of betel nut spit. It is also the color of the FSM on the World Health Organization's Oral Cancer map.

There are only three colors on the map—green, yellow, and red. A country colored red on the map has an oral cancer rate greater than 6.9 cases per 100,000 people.

It might be time for the WHO to come up with a new color for several countries in the Asia-Pacific region that could be used to shade the map in order to accurately reflect the risk levels for oral cancer. Perhaps a new color deeper than "black"—the color of death—could be used specifically for the FSM.

Earlier this year Ears, Nose, and Throat specialists from Tripler Medical Center in Hawaii visited Chuuk and Yap. If they'd used the WHO Oral Cancer Map to project the number of people with signs of progressive oral cancer they might have expected to have seen four or five patients. Instead, of the 125 patients who bothered to come to see them in the two States, 100 of them had signs of the deadly disease—fully 80 percent of the patients they saw.

That's a rate of oral cancer that is more than 20 times higher than WHO's "RED" standard.

The visiting specialists said that if the remaining 25 patients they saw do not stop chewing betel nut, they too WILL have cancer within five years.

It doesn't take a degree in medical epidemiology to understand that betel nut is killing people in the FSM—real people, with real names, and real families who love them and who depend on them.

Besides the terrible and very real risk of

oral cancer, there are other side-effects of betel nut chewing. How safe is it for the driver to open the car door and spit? Then of course there is the damage to teeth, and bad breath. My friend tells me she no longer kisses her husband since he started chewing.

Carrying around a soda can or plastic bottle of spit must be a nuisance, but pity the poor person who accidentally takes a sip from the wrong can!

It is no secret that betel nut and/or tobacco and/or excessive alcohol consumption are significant risk factors for oral cancer and/or any combination of the above. They all contribute to premature death.

Add the lime to the coconut and you end up the crisis we are seeing in the FSM now. Yes, it's a national crisis, there's no question about that. More importantly, the problem of preventable cancer is an individual and family crisis for the people who suffer and die

So what should we do as health practitioners in the FSM? We can't take the betel nut out of your mouths.

We could potentially ask FSM and State Health services to develop the capacity to run a series of tests for the early detection of cancer. We could train health care workers in the specifics and specialties of the treatment of cancer patients. We could stock cancer drugs in the FSM's pharmacies. We could do all these things and more—all with great care, empathy and at great expense, but the answer is much simpler, isn't it?

It comes down to choices. Choose life or choose the "red devil"

Lisa Kohler, Sokehs

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Cakes & cookies can be good for you & our community!

By **April Turner**
Island Food Community of Pohnpei

Ever lamented about the fact that cakes, cookies and desserts are bad for you? Well, they don't need to be. There are healthy local alternatives to nutritionally-poor imported processed ingredients such as sugar, flour, milk and oil.

Coconut milk and coconut oil are the first that come to mind. These provide a wonderfully nutritious alternative that

supports our local coconut industry and provides many health benefits.

Alternatives to white flour can be taro, coconut, green banana or breadfruit flours. These are simply dried and grinded to a powder. Best to start off by substituting a small amount and increase until you find a good blend that works well with recipes of pancakes, doughnuts, bread and other baked items.

Purees of banana, papaya or even pumpkin are a substitute for both oil/butter and sugar. These island foods that grow plentifully can add moisture and sweetness to a cake allowing you to reduce the sugar and can replace the shortening or vegetable oil by using half to three quarters of the measurement in the original recipe. Without the oil, it may cook in a little less time so check early.

Given that white flour and sugar contribute to a range of health problems, travel many 'food miles', and do nothing to help our local economy, culture and people, why not try these healthy local substitutes the next time you crave something sweet?

Local Flours

Taro Flour

Giant swamp taro

Peeled & grated

Coconut Flour

Grated coconut flesh after milk has been extracted (wen mwangas)

Banana Flour

Mature, unripe cooking bananas

Peeled & sliced very thinly

Breadfruit Flour

Mature, unripe breadfruit

Peeled, cored & sliced very thinly

- Dry taro, coconut, bananas or breadfruit in sun until crispy dry
- Grind using a food processor/ blender, or pound & use a sieve to sift into a fine powder
- Use in baking to partially substitute wheat flour
- Note: Coconut flour needs extra eggs for binding



Drying breadfruit for flour

Banana Pancake recipe

- 1 cup wheat flour
- 1 cup local flour (taro, coconut, banana or breadfruit)
- 1 teaspoon baking powder
- ½ teaspoon salt (sea salt is best)
- 1 egg
- 2 teaspoons coconut oil, plus extra for cooking
- 4 ripe karat bananas, mashed
- Coconut milk, or water, as needed

Directions:

Mix all dry ingredients well with a whisk. In a separate bowl, whisk the wet ingredients including half cup of coconut milk. Add to the dry ingredients and mix adding enough coconut milk/water to obtain a thick batter.

Heat a little coconut oil in a fry pan at medium heat. Pour tablespoons of the batter on to the heated fry pan. Cover and cook for about a minute or two and turn over and cook the other side for a further minute or two or until light brown.

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