

MESEISET

Volume 3, Number 16

August 13, 2014



Welcome to Our New School Year 2014-2015:

VISION AND MISSION

QUESTION: *Do you know why we are here at Chuuk Campus?* **ANSWER:** *Because we should have a vision and a mission. All of us — students, faculty, staff, and administrators alike — share a vision and a mission.*

QUESTION: *What is a vision?* **ANSWER:** *It is a far-sighted and mental picture or image. At COM-FSM we call it a “vision statement”, and each one of us must be able to visualize that picture. Read our COM-FSM vision statement on page 2.*

QUESTION: *What is a mission?* **ANSWER:** *It is a particular task or assignment given to a person or group to perform. At COM-FSM we call it a “mission statement”, and we all have various tasks and assignments for the good of COM-FSM. Read our COM-FSM mission statement on page 2.*

Remember — **Reading both vision and mission statements without understanding them is almost like a waste of time.** As German-born American scientist Albert Einstein once said, “*If I can’t picture it, I can’t understand it.*” First, visualize the vision statement. Then, identify your mission tasks at Chuuk Campus.

Reading words and making sense of them is called, in education, the transactional theory of reading. As Professor Jeffrey Wilhelm of Boise State University (Idaho) explained, “*Visualization is [a] prerequisite to what strong readers do.*” Poor readers, on the other hand, “*don’t have a connective and reflective dimension to their reading that cues them to draw on prior experiences to visualize the text.*”⁽¹⁾

QUESTION: *Are you a strong reader or a poor reader?* **ANSWER:** *If you are a strong reader, congratulations! However, if you are a poor reader, you need assistance in every classroom and office on campus to make sense out of what you read. Always ask staff and faculty to explain what is written or said. Remember — ask.*

Now, go forth and read correctly! Φ

⁽¹⁾ Cited in Laura Varlas, “When the Screen Goes Blank”, Education Update (Alexandria, VA: ASCD, Vol. 56, No. 7, July 2014), page 1.

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MESEISET DISCLAIMER POLICY

Any expression of opinion or viewpoint of the writer(s) of an article in this Meseiset publication is solely the responsibility of the writer(s), not of the COM-FSM system.

MEMORIZE, VISUALIZE, and UNDERSTAND!

COM-FSM VISION STATEMENT

*COM-FSM will **assist**
the citizens of the FSM
to be **well-educated**, **prosperous**,
globally connected, **accountable**, **healthy**,
and able to **live in harmony**
with the environment and the world community.*

COM-FSM MISSION STATEMENT

(May 2014)

*COM-FSM is a **learner-centered**
institution of higher education
that is **committed**
to the success of the FSM
by providing
academic, career and technical
educational **programs**
characterized by **continuous improvement**
and **best practices**.*

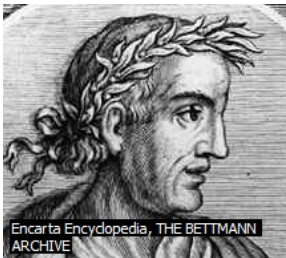
MY PERSONAL PHILOSOPHY, by Erson Louis (EN 208)

TOPIC = IGNORANCE

The simplest definition of ignorance is “lack of knowledge”. Another way to define ignorance is very unfortunate – “too much self-pride in not wanting more knowledge and not admitting that you need help or guidance”.

Take, for instance, Greek philosopher Plato’s myth of the cave. According to Plato (428-347 BC), people like to live in caves where darkness surrounds them. This darkness is called ignorance, and the people choose to live in the darkness. They do not want to live outside in the light – the light of knowledge, or enlightenment. They are too proud and comfortable in their ignorance, and they do not want to learn new ideas.

I believe that too many Chuukese people like to live in caves called “old-fashioned traditions” and choose not to become knowledgeable or enlightened. They are actually proud to hold on to the past while the present and the future move us into the 21st century. Nowadays, in Chuuk, we have good advice from other philosophers – Danish Søren Kierkegaard (1813-1855) and American Maxine Greene (1917-2014) – who told us to take that “leap of faith” and to use our “power of one”, respectively. Both are, of course, right.



Plato



Kierkegaard



Greene



Buddha

METAPHYSICS (Ontology)

- Anthropology
- Theology

However, the big question is, “*What must I do to get rid of the ignorance inside of myself and to achieve enlightenment?*” My self-advice, as well as advice to all of us in Chuuk, is to refer to Indian philosopher Gautama Buddha (563-483 BC) and to apply his Noble Eightfold Path, or VISALE-MC: right views, right intention, right speech, right action, right livelihood, right effort, right-mindedness, and right contemplation. Let me demonstrate VISALE-MC below.

EPISTEMOLOGY (Sources of Knowledge)

- Empiricism
- Logic and Reasoning
- Intuition
- Undisputed Authority

First, begin with any social issue or concern. For the sake of discussion, I begin with a COM-FSM issue at Chuuk Campus – the requirement of passing an essay test for admission into the Third-Year program in Teacher Preparation.

(continued on page 4)

MY PERSONAL PHILOSOPHY *(continued from page 3)*

Right Views = Statement of Facts. When students complete their AA degree program in teacher preparation, they take an essay test to determine their qualification to enter the Third-Year Program. If they score low on the essay test, they may – or may not – be allowed to enter the Third-Year Program. And, if they are allowed, they are then required to take, concurrently with Third-Year Program courses, a remedial course called EN 220 (Writing for Teachers). At the present time, about two-thirds of Chuukese students take the essay test and score low.

Right Intention = Plan of Action. Chuuk Campus needs to recognize that most students score low because they have weak background during their AA degree program (or even before that) to write essays well. We need to strengthen writing courses (such as ESL 099 Writing V, EN 120a Expository Writing I, and EN 120b Expository Writing II) and, concurrently or subsequently, to direct all AA degree students to take EN 220 while they enroll in EN 120b. Students must pass EN 220 with the A/B grade (in effect, the letter grades of C/D/F require that students must re-take EN 220).

Right Speech = Pro-Active Initiation. Communication must be initiated among different offices, such as the SBA Council, the Offices of the Dean and of the Instructional Coordinator, and the Management Council, to discuss how the plan of action can be initiated. This kind of communication is better called collaboration and collegiality.

Right Action = Implementation. The SBA Council needs to approve a resolution to the Dean, IC, and Management Council to take pro-active initiation and implementation. By definition, implementation also includes follow-through and persistence.

Right Livelihood = Mind, Heart, Body, and Soul. This does not include the familiar “talk the talk” and “pass the buck”. No, Chuuk Campus must unite as a single community and work for the plan of action, as shown above.

Right Effort = Walk the Walk. This is not the time for lip service – just talking the talk. This is the time to walk the walk. For instance, Chuuk administrators need to set as their professional goal the persistent discussion with Palikir administrators to make the plan of action a reality. No lip service from our own Chuuk Campus administrators as well as from Palikir administrators is welcomed. Also, our own Chuuk Campus instructors need to improve their efforts to teach all SLOs in EN 220 and to get students to learn these SLOs. Then, let us not forget the students themselves. They need to put their energy to learning English-writing skills and grammar lessons.

Right Mindedness = Go for It! Palikir is responsible for right-mindedness, but Chuuk Campus must justify correctly. We do not want to embarrass Palikir; we must convince Palikir administrators that to get rid of the essay test and to let AA degree students take EN 220 are the right-minded actions.

Right Contemplation = Shared Decision-Making and Participatory Governance. Palikir must realize that we at COM-FSM are equally capable of decision-making and participation, from campus to campus. There is no superiority, or there should be no superiority, from Palikir to state campus. What we seek at Chuuk Campus must be given credit and credibility.

AXIOLOGY

- Ethics
- Aesthetics

Buddha’s VISALE-MC is pragmatic, requiring all of us at Chuuk Campus to become pro-active. Talk is cheap. Perceived action through empiricism and through logic and reasoning needs to be real, not just easy and cheap talk.

Value Systems

- (1) ignorance and enlightenment
- (2) VISALE-MC

(continued on page 12)

10x10 WORD SEARCH #1 by Ariel Kanto and Beulah Kumo (SS 125)

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

This word search contains 22 words, each with 5 letters or more. Find and circle all 22.

ACTING
ALOHI
HAWAII
FRENCH
IMPORT
INAKA
INGOT
LAGOON
LOCATION
MELANESIA
MILES
NAURU
OCEAN
PACIFIC
PALAU
PHOSPHATE
POPULATION
REGION
SEOUL
SHALL
SINEM
TENURE

COM-FSM CHUNKING

Here are several words below related to COM-FSM. This is a word game called "chunking". Just re-arrange the letters in each word to spell the word correctly.

- (1) A A C D E L N R =
- (2) A A C C D E I M =
- (3) A C E I I I S T T V =
- (4) C I I N N O R S T T U =
- (5) A C D E I N O T U =
- (6) B E I N S S S U =
- (7) A A D I I I M N N O R S T T =

That was easy, right? Okay, you may go to page 12 to check your answers. Φ

NUMBER SERIES

Here is another game called "series". In each series below are 5 numbers in correct order. The 5th number is missing. What is that 5th number in the series?

- (1) 4, 8, 12, 16, _____
- (2) 4, 7, 12, 19, _____
- (3) 214, 123, 62, 25, _____
- (4) 16, 11, 6, 1, _____
- (5) $\frac{1}{6}$, $\frac{1}{3}$, $\frac{1}{2}$, $\frac{2}{3}$, _____
- (6) $\frac{1}{12}$, $\frac{1}{5}$, $\frac{3}{8}$, $\frac{2}{3}$, _____
- (7) $\frac{9}{11}$, $\frac{4}{5}$, $\frac{7}{9}$, $\frac{3}{4}$, _____

That was hard, right? Now, go to page 12 to check your answers. Φ

EAT THE RAINBOW: Part 3

by CRE's Lolita Ragus

[Editor's Note: In Part 2 we saw how good nutrition can reduce the problem of obesity. For instance, we must begin by "eating the rainbow" — red, orange, and yellow fruits and vegetables. Part 3 below continues the presentation on other rainbow colors.]

(13)

GREEN



Helps your body...

- Ⓡ Lower your chance of getting cancer
- 👁️ Keep your eyes healthy
- 🦷 Keep your bones & teeth strong

You should try:

spinach	bok choy	honeydew
green peas	cucumbers	green grapes
green beans	asparagus	green apples
broccoli	cauliflower	limes
cabbage	watercress	avocados

Source: U.S. Department of Agriculture

(14)

BLUE & PURPLE



Helps your body...

- 👴 Stay healthy when you get old
- 🧠 Keep your memory strong
- 🚽 Keep your bladder healthy
- Ⓡ Lower your chance of getting cancer

You should try:

eggplant	blueberries
purple cabbage	purple grapes
raisins	Okinawan sweet potato (purple potato)

Source: U.S. Department of Agriculture

(continued on page 7)

EAT THE RAINBOW — (continued from page 6)

- (15) “Eating the rainbow” refers to choosing fruits and vegetables of every color in the rainbow: RED, ORANGE, YELLOW, GREEN, BLUE, and PURPLE.

Fruits and vegetables with rainbow colors tell us that they have “super-powers”. These super-powers are called “**phytonutrients**”, or plant nutrients, including vitamins, minerals, and fiber that help us fight disease and stay stronger for longer life.



- (15) Now, add two more colors: WHITE and BROWN.

WHITE/BROWN



Helps your body...

- ♥ Keep your heart healthy
- ⚙ Have good cholesterol levels
- Ⓡ Lower your chance of getting cancer

You should try:

onion	chives	mushrooms
green onion	ginger	jicama

Source: U.S. Department of Agriculture

- (16) REMEMBER — BALANCE EACH MEAL by including all the rainbow colors!

↓ **RECOMMENDED PORTIONS** ↓
(more fruits/vegetables, less starch)



↓ **NOT RECOMMENDED** ↓
(too much starch, no fruits/vegetables)



(Part 4 will continue in another issue of *Meseiset*.)

10x10 WORD SEARCH #2 by Ermilio Aapwil and Justin Utha (SS 125)

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

Nineteen words, each with 5 letters or more, are in this word search game. Find and circle all 19.

ADAMSTOWN
CAROLINES
DENSITY
EARING
FUNAFUTI
HAGATNA
HAWAII
IDENTIFIER
ISLANDS
LABOR
LEMUR
LINES
LITERACY
NATURAL
PAPEETE
SOCIAL
TASMAN
TONGA
TUVALU

PY 101 STUDENTS & INSTRUCTOR

How do we celebrate the end of a semester at Chuuk Campus? There may be parties and photo sessions in the classroom.



In PY 101 (General Psychology) this summer there were both a party and a photo session. The only evidence of both is the picture below. Instructor Alton sits while students stand around him. The only male student in the class was Ermilio — like a big brother to a bevy of chatterbox ladies.

If anyone complains about the poor quality of the picture, go to Wanita and tell her to learn how to take better photos than this one. Of course, Wanita will blame Honesty because it was Honesty's digital camera. Φ


Photo (left to right): Ermilio Aapwil, Sherma Silluk, Rosaleen Neth, Alton Higashi, Bernardeta Asito, Kinisou Simor, Rinda Kaz, and Honesty Nakamura.

Photo credit: Wanita Ruben.

FICTIONAL BUSINESS CARDS

by ESL/BU 096 Students (Instructor: Cecile Oliveros)

Anisuk's Gas Station
(Opposite of Bank of
Guam, Nepukos, Weno)



P.O. Box 5899
Phone: (691) 330- 6470
Fax: (691) 330- 5565
Website: Anisuk's.com


Benson Aitaro
Owner-Manager

Apollonia's Showroom


Near Kurassa Store

Phone: (691)-932-7327
Fax: (691)-930-2503
P.O. Box Weno, Chuuk, FSM
96942

Apollonia Clemente
Owner- Manager



Erchelyn's Tattoo Shop




Location: Opposite Lei Side

P.O. Box 364 Weno
Chuuk, FSM 96942
Phone: (691)330-7776
Email : sorierch@comfsm.fm

ERCHELYN SORIS
Owner- Manager

JULITA'S BOOK STORE

Julita Walichu
(Owner-Manager)




P.O. Box 799
Weno, Chuuk, FSM 96942
Cellphone: 931-2700
Email: walijuli@comfsm.fm

Location: (Weno,
Chuuk)
Near the IDC's Store.
Across I Solution

Tito's Shoe Store

Located near the Court
House in Nantaku




P.O. Box 654
Nantaku Weno, Chuuk 96942
Tel No (691)- 933-1806
Fax: (691)-330-8769
Email: Nowetito@comfsm.fm

TITO NOWELL
Owner-Manager

Charlie's Automobile for Sale

Charlie Meika
Owner- Manager



P.O. Box 969
Weno, Chuuk, FSM 96942
Location: Across COM

Phone: 691-933-2258
Fax: 691-330-4173
E-mail: meikcha@comfsm.fm

SONIA'S RESTAURANT




SONIA NETH
OWNER-MANAGER

LOCATION: BESIDE MECHITW
ELEMENTARY SCHOOL
P.O. BOX 964, WENO
CHUUK STATE, FSM 96942

PHONE: 330-4255
FAX: 691-5846
E-MAIL: NETHSONI@COMFSM

D & B Store

Daiann Berdon
(Owner-Manager)



Location: Epinup Village
P.O. Box 1535
Weno Chuuk
FM 96942

Phone: (691) 330-2123
Cellphone: (691) 932-3269
E-mail: berddaia@comfsm.fm

Michael's Family Resort
Across Cathedral
Tunnuk, Weno





Michael Punzalan
Owner-Manager

Home Island: Weno
Tel. no. (691) 932-3463
E-mail - punzmich@comfsm.fm

P.O. Box 1382
Weno, Chuuk, FSM 96942

J & M Club Enterprise

Jeremiah Moses
OWNER- MANAGER



Phone: (691)330-6655
Fax: (691)330-2255
E-mail: mosejere@comfsm.fm

Sapuk, Weno near
Xavier High School

P.O. Box 1014 Weno, Chuuk
FSM 96942

TWO STUDENT ESSAYS IN EN 120a (Expository Writing I)
(Instructor Cecile Oliveros)

SMELLS AND SOUNDS FROM GRANDMA'S KITCHEN

by Jayma Gouland

Getting up early to go to school is nothing to me — if it means coming back to my grandma's delicious cooking. There is definitely nothing that can beat her recipes. Just one step in the door, and the wonderful aroma of ingredients she's mixing up will be lingering in the whole house, hearing only the sounds of vegetables being chopped, pots sizzling and dishes clattering as she works her way in the kitchen. Whether it's local food or imported products (American food as Chuukese people would say), Grandma will mix it up like nothing you've ever eaten before.

And once it's all done, she doesn't stop there; she then sweeps up the kitchen, leaving it glistening clean with a fresh fragrance. Out to the dining room you go, breathing in nothing but yummy food that'll fill up your belly and keep you yearning for more.

Though she allows us to watch her do what she's best at, she still doesn't give out her ingredients on paper easily. She always says that it all comes from the heart of a cook and that there is no special ingredient in her recipe. I believe that she makes a good chef, probably the best that would keep her customers drooling for more when they get a taste of what she can make. I myself always look forward to eating what she prepares whether it's something old (she's already given me to try) or something new.

I have to say that I hate hearing all kinds of noise but only the noise which she makes in the kitchen is what I always enjoy. Just simply listening to the cry of the blender, the knife banging on the chopping board, a pot cover clashing onto the whole pot itself, dishes slightly bumping the sink as she drops them, and the fridge opening and closing as she gets everything she needs — they are all like music to my ears. After all, it's always worth the wait just for the delicious meal. Φ

SMELLS AND SOUNDS AT HOME AND IN MY NEIGHBORHOOD

by Leonila Rechy

I wake up so late every morning. The chirping of the early birds does not wake me up, not even the crowing of the roosters. It is the sound of kids shouting and running inside the house that awakens me. And I feel angry. All the same, what wakes me up happy is the smell of the kitchen, the aroma of scrambled eggs, hot coffee, and pancakes with syrup on them.

After breakfast when I go out of the house, this happy feeling is gone. My head aches, and I feel irritable because I pass by the pigpen in our yard and the air really stinks. Because of this, I rarely hang out outside of our house. I walk just a few steps farther and I reach the fish market. The smell of newly caught fish does not bother me. It's the smell of the stinking fish that offends my nostrils. The owners of the fish market just throw their unsold fish onto the sand near the lagoon, and there they rot and stink, emitting a very foul odor.

As I walk farther and farther away, I feel so excited because the smell of rotten fish is gone, and the aroma of barbecued turkey tail and reef fish fills the air. It is because I have not reached the local food store where I always buy my lunch, and I am very delighted.

In the morning, my sense of smell suffers. In the evening, specifically late at night, it's my sense of hearing that is greatly disturbed, and more so because it happens almost regularly. At night, I hear in my neighborhood the screaming, laughing, crying, cursing and fighting of drunken men. These neighbors really piss me off, especially during school days when I have to focus on my work and study. Sometimes, when they shout and say bad words, I cannot stop myself and then go out of the house, face the drunks, and curse them back. My parents get mad at me and tell me to stop. You know what I finally did? I just put on my earphones and instantly, I am able to get rid of all the noise in my neighborhood. Φ

SIX CHUUK CAMPUS STAFF ATTEND SUMMIT AT PALIKIR

Six Chuuk Campus staff attended COM-FSM's Fiscal and Accreditation Summit at Palikir (Pohnpei) August 6-7, 2014. They were Dean Kind Kanto, Instructional Coordinator Mariano Marcus, Business Manager Marie Mori-Pitiol, CRE Researcher Lolita Ragus, and Instructors Rick Chiwi and Alton Higashi.

An estimated count of summit participants numbered between 180-200 persons representing the Palikir administration and its various campuses.

The purpose of the summit was three-fold: (1) to review program assessment reports, (2) to study issues related to financial matters, such as budgetary constraints, and difficulties with student recruitment and retention, and (3) to understand new WASC/ACCJC Accreditation Standards (adopted June 2014). Discussion formats were small-group workshops and large-group presentations.

COM-FSM President Joseph Daisy welcomed all summit participants. VPIEQA Frankie Harriss served as the summit coordinator.

Additional meetings were held on August 8. Kind attended a Board of Regents meeting, and Mariano, Rick, and Alton attended a discussion meeting on plans for the Third-Year Program for

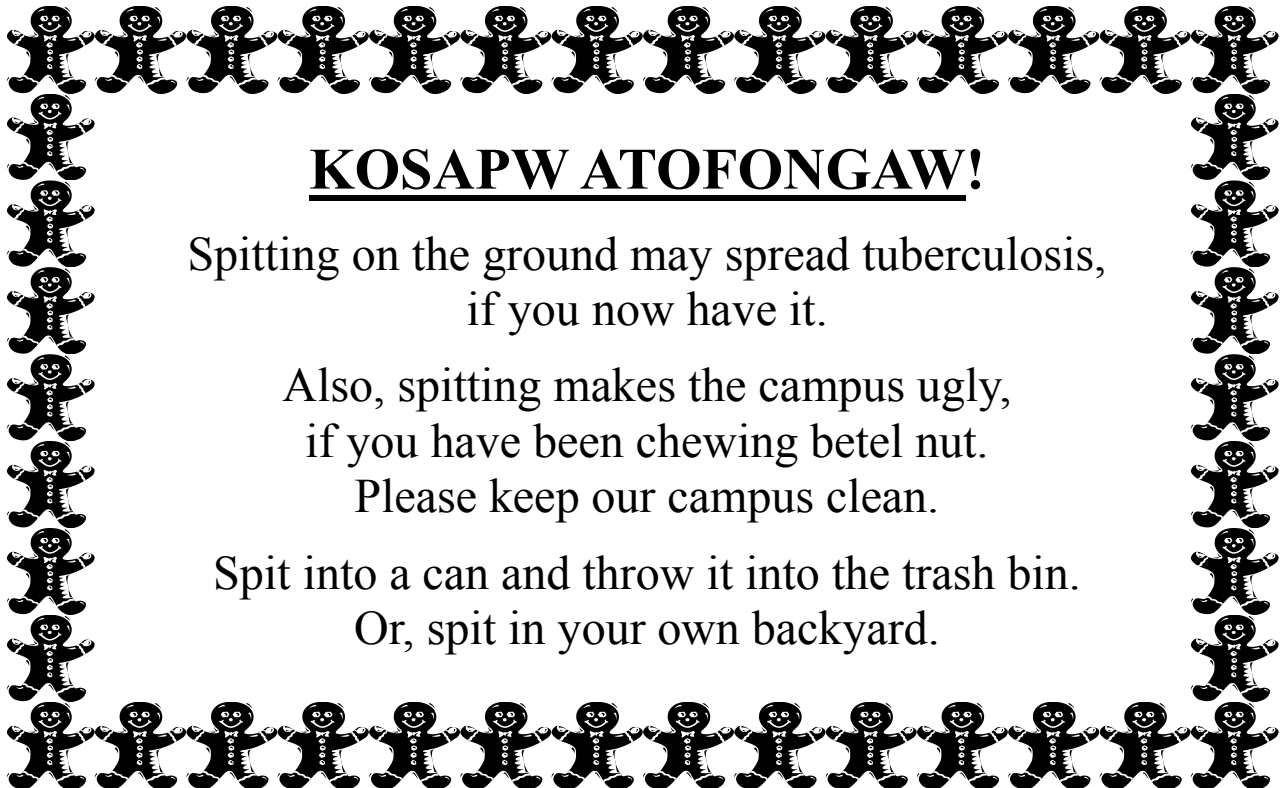
Teacher Preparation.

There are four Accreditation Standards:

- Standard I: Mission, Academic Quality and Institutional Effectiveness, and Integrity;
- Standard II: Student Learning Programs and Support Services;
- Standard III: Resources (human, physical, technology, and financial); and
- Standard IV: Leadership and Governance.

What else happened in Pohnpei? Well, on Friday night, August 8, several participants went to Pohnpei's Micro-Olympics track field. Kind and Rick walked several laps around the field. Mariano ____ed several times, and Alton smoked several cigarettes. In addition, COM-FSM Board of Regents Chairman Kasio Mida of Chuuk and his wife Ginger also walked around the field, with Yap Campus Dean Lourdes.

According to President Daisy and VPIEQA Harriss, mini-summits are being planned for all state campuses in the next few weeks. The six Chuuk Campus participants at the August 6-7 summit are expected to coordinate our planned mini-summit. Chuuk Campus staff, faculty, and students must learn and understand these four Accreditation Standards. Φ



KOSAPW ATOFONGAW!

Spitting on the ground may spread tuberculosis,
if you now have it.

Also, spitting makes the campus ugly,
if you have been chewing betel nut.

Please keep our campus clean.

Spit into a can and throw it into the trash bin.

Or, spit in your own backyard.

MY PERSONAL PHILOSOPHY

(continued from page 4)

The way out of Plato's cave of darkness and ignorance may be hard, but it does take an individual to apply the wisdom of Kierkegaard and Greene. However, the question is how. To apply the "leap of faith" and "power of one" means to specify Buddha's VISALE-MC steps. That individual must be strong within himself and also strong enough to convince others to step into the light. Φ

SUMMER 2014 TRAINING FOR PEER ADVISORS

A training program entitled "Leadership: The Transformation from I to We" was held on July 18, 2014, for the Chuuk Campus peer advisors. It was sponsored by our Peer Counseling Office, coordinated by Virginia Mamangon and Wilson Bisalen and supported by the Chuuk State Department of Health Services and the Behavioral Health and Wellness Program.

The over-all purpose of the training was to help our peer advisors demonstrate knowledge and skills in leadership, communication, advice to students, and time management. Speakers from various Chuuk Campus offices provided training seminars. Representing Student Services were Tandy Marar, Birikita Siver, Marcelly Mariano, Roslyn Reynold, Ben Akkin, Carlos Lucas, and John Dungawin. Representing Instruction were Cecile Oliveros, Danie Mamangon, Alton Higashi, and Edson Asito.

Keynote speaker, representing the Department of Health Services' Office of Substance Abuse and Mental Health, was Dr. Sylvia. Her Power-Point presentation was particularly outstanding on "how to counsel students who are victims of drug use" and "how to recognize someone who is mentally ill".

Who are the peer advisors, and what is their job on campus? They are mostly second-year students themselves, and their tasks include the following:

- to advise new students on campus;
- to explain how new students should conduct themselves in appropriate ways on campus;
- to serve as big brothers and big sisters to the new students;
- to listen to new students, empower them, and respect their differences; and
- to encourage new students to participate in campus activities throughout the year.

Welcome to the new school year! Φ

ANSWERS TO COM-FSM CHUNKING

(page 5)

(1) CALENDAR, (2) ACADEMIC,
(3) ACTIVITIES, (4) INSTRUCTION,
(5) EDUCATION, (6) BUSINESS,
(7) ADMINISTRATION

ANSWERS TO NUMBER SERIES

(page 5)

(1) 20 \rightarrow (use multiple of 4)
(2) $28 \rightarrow 3 + 25$
(3) $9 \rightarrow 3 \times 3$
(4) $5 \rightarrow$ (subtract 5 from each number)
(5) $6 \rightarrow$ (keep denominator = 6, and then
add 1 to numerator)
(6) $5/4$ or $1 \frac{1}{4} \rightarrow$ (begin first fraction with numerator = 1 and denominator = 12, and then add 1 to numerator and subtract 2 from denominator)
(7) $5/7 \rightarrow$ (begin first fraction with numerator = 9 and denominator = 11, and then subtract 1 from numerator and add 1 to denominator)

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(Volume 3, Number 16)

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