

MESEISET

Volume 3, Number 17

August 25, 2014



FALL SEMESTER 2014: LET'S MAKE THE BEST OF IT

Student registration went down, and courses had to be canceled due to low enrollments. This fall our student enrollment reached 258.

We at Chuuk Campus should be worried. For one thing, Caroline College and Pastoral Institute (CCPI, the Chaminade outreach college in Chuuk) is becoming more attractive to students, while Chuuk Campus is beginning to look less attractive. According to some students, the reason is simple — CCPI does not require an entrance test, while COM-FSM does. Many students in Chuuk cannot pass COM-ET, and so they do not come to Chuuk Campus and, rather, apply for CCPI admission.

A second reason is called “marketing and recruiting”. CCPI staff members visit high schools and campaign actively to “sell” CCPI and therefore to recruit high school graduates and others to sign up for admission to CCPI. Chuuk Campus makes little, or no, effort to market COM-FSM and to recruit potential students to Chuuk Campus.

A third reason is that Chuuk Campus does not offer many academic programs for students to want to register and remain at Chuuk Campus. For instance, there are two certificate programs (bookkeeping and secretarial science), and a single degree program for teacher education. To be sure, there is the middle-ground ACE. Students are interested in much more than that, and they cannot find career opportunities at Chuuk Campus.

Something is wrong with us at Chuuk Campus, and we need concrete solutions as soon as possible, or student enrollments will continue to decline in the next year or so.

What solutions? It is a three-step goal or process: **MARKETING, RECRUITING, and RETENTION.**

- First, Chuuk Campus (the three departments of Administration, Instruction, and Student Services) must formulate a **master plan to market our services.** In effect, we must “sell” the idea at high schools for their students to want to attend our Chuuk Campus.
- Second, we must implement the master plan as soon as possible to attract high-school students. How? We must visit high-school campuses often, talk with their students, and offer them academic, career, and technical programs that fulfill their diverse needs and interests.
- Third, once students enroll at Chuuk Campus, we must provide quality education in order to retain them and help them graduate.

Come on — Kind and Mariano. Do your job and market, recruit, and retain! Do not fail us! Φ

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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.

CHUUK CAMPUS ORGANIZATION

Chuuk Campus is organized into three departments — ADMINISTRATION (Admin), INSTRUCTION (Inst), and STUDENT SERVICES (SS). In addition, CRE (Cooperative Research and Extension) sponsors the Land Grant Program and operates as part of the Chuuk Campus administration. The heads of the departments are, as follows: Kind Kanto (Admin and SS), Mariano Marcus (Inst), and Mike Abbe (CRE). Administration and Student Services were integrated as one department by our Palikir administration (specifically VPSS). Φ

COM-FSM VISION STATEMENT FOR OUR STUDENTS

MEMORIZE: *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.*

This is your VISION STATEMENT. Do you understand what your vision is at Chuuk Campus? Here are simple definitions from the vision statement:

- (1) assist = to help you
- (2) FSM citizens = you the students
- (3) well-educated = to complete your certificate or degree program and to learn what the program expects you to learn
- (4) prosperous = successful and fortunate; likely to be successful in achieving your future goals in life
- (5) globally connected = knowledgeable and skillful in using computer technology, including Internet and e-mail services, and in communicating with others in the world (especially in English)
- (6) accountable = responsible to yourself and to others [which includes “not plagiarizing”]
- (7) healthy = in good physical and mental condition [which includes “morally and psychologically sound”, plus no smoking cigarettes and no betel nut chewing]
- (8) live in harmony = keep the campus clean and beautiful, do not spit around, and be agreeable with others.

This vision is easy to achieve — for young men and women — **IF YOU THINK, FEEL, AND ACT LIKE ADULTS**. So, do not think, feel, and act like immature children. Be mature, not childish, on campus. Be part of a happy and pleasant community — the **CHUUK CAMPUS COMMUNITY**. Good luck and best wishes for a successful semester! Φ

NAME GAME: MAINTENANCE and SECURITY PERSONNEL

An essential component of Administration is the dual function of Maintenance and Security. Do you know the M/S personnel? The head honcho⁽¹⁾ is Benjamin Akkin. He supervises 13 workers. Their names are listed below — first names only, no last names. What are the last names of these employees?

- Sosiro A _____
- Eselet A _____
- Clayton C _____
- Fumiko C _____
- Ekit K _____
- Carlos L _____
- Nariano N _____
- Mira R _____
- Reagan R _____
- Silvester R _____
- Achily S _____
- Salcher S _____
- Adauo T _____

Their last names are identified on page 9. Check out their names. Φ

⁽¹⁾ The American term “honcho” comes from the Japanese word *hanchō* which means “group leader”. The word was adopted by U.S. soldiers during the Korean War (1950-1953) — more than 60 years ago. It is now a word in the English dictionary.

10x10 WORD SEARCH by Nofumi Benjamin and Scolastica Patis

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

This word search hides 17 words, each five letters or more.

Find and circle all 17 words.

- COPRA
- EBEYE
- ECONOMY
- ENTITY
- FUTUNA
- IDENTIFIER
- MACHINERY
- MYANMAR
- PALAU
- POPULATION
- PORTS
- RAROTONGAN
- REGION
- SAMOA
- TONGANS
- WALLIS
- YEARLY

SOUNDS AND SMELLS AROUND ME by W-Two Williander

[an essay written in EN 120a (Expository Writing I): Instructor Cecile Oliveros]

At Faithwalk Christian College, I used to wake up every morning, feeling the cool breeze at sunrise and hearing the sweet songs of the little lovely birds. When the wind blew I became an audience to the dancing leaves of the coconut palm.

I kept my eyes closed but my mind open — with a smile on my face. My heart would start to beat with the melody of the singing birds. In harmony with the birds, I would start to sing in a low, smooth voice, a song of praise that goes like this: *“Amazing grace, how sweet the sound that saved a wretch like me.”*

Slowly and smoothly, I continued singing aloud as my boys came out of their dormitory one by one to join me with their vocalized voices. First you hear one, then two, then three, coming out with their alto, tenor, and bass parts of the song. Their voices harmonized with the birds’ melody and with mine as well, all in praise to the one and only Creator, our Almighty God.

With this beautiful music and with the fragrance in the cool air, emanating from the flowering plants on campus, I began to meditate on God’s beauty and His grace. It made me wonder so much why among all that He created He chose you and me to be the best among all His creations.

Have you ever wondered why? Well, no one knows but all that I truly believe is that we have been created for His glory alone and that we live to bring honor and glory to His name. Φ

MY PERSONAL PHILOSOPHY by Poriann Edmund

TOPIC = OPEN AND CLOSE

Open and close – all of us know what these two verbs mean. For instance, according to Webster’s Dictionary, “open” means “to allow access into”. Therefore, “close” is the opposite – “not to allow access into”. A question to myself is, “Into what?” To answer my own question, I begin with Plato’s “myth of the cave”. More specifically, I would apply “open” and “close” to how our minds function – open-mindedness and close-mindedness. In other words, an open-minded person is someone who wants to escape from the darkness of ignorance, to allow himself access to the light of knowledge. So, a close-minded person is someone who wants to remain in the mental cave of ignorance, not to allow himself access to the light of knowledge.

I go one step further by describing our own Chuukese people. Too many Chuukese people, including some at COM-FSM Chuuk Campus, are close-minded. I hope that my personal philosophy can help close-minded people to become open-minded.

METAPHYSICS (Ontology)

- Anthropology
- Theology

It is the Nature of Man to change. The most obvious change is, of course, to grow up from babyhood through childhood and adolescence to adulthood. This kind of change is physical – the body changes. At the same time, the mind needs to change too; however, I see in Chuuk too many people whose minds do not change – they remain close-minded, like the people who choose to live in Plato’s cave. They must change in their minds as well.

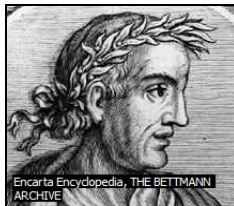
EPISTEMOLOGY (Sources of Knowledge)

- Empiricism
- Logic and Reasoning
- Intuition
- Undisputed Authority

My formula for Chuukese to change from close-mindedness to open-mindedness – or to get out of Plato’s cave – is, as follows:

close-mindedness → think → do → become → open-mindedness

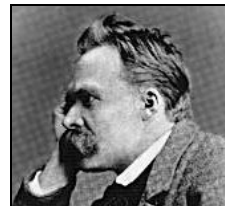
It should be obvious that people cannot make this change on their own. They must learn from others. First, they must learn how to think. This first step is not as easy as it may seem. Second, they must



Plato
(428-347 BC)



Locke
(1632-1704)



Nietzsche
(1844-1900)

(continued on page 5)

MY PERSONAL PHILOSOPHY *(continued from page 4)*

take action on their ideas – share/integrate ideas with others. Third, they must set themselves up to achieve/succeed in becoming open-minded, knowing that others around them may still be close-minded.

The problem with Plato was that he did not explain how anyone could leave the cave. So, let me help develop steps to guide anyone out of the cave of ignorance: think, do, and become.

- Think: English philosopher John Locke defined “thinking” as a two-step process: perception and reflection. First, use your five senses to search and find evidence for how you should live a good life. Then, think about how much you already know and how much more you need to know. It is like a choice. The choice is whether you want to see clearly or to live in ignorance. Second, reflect on the two choices.⁽¹⁾ Look at both sides – advantages and disadvantages, plus and minus.
- Do: Doing means action. It is like science in action – to test your own hypothesis, to set up an experiment, to find research data, and to reach a conclusion. In addition, if your conclusion reveals a mistake, then face the truth as you discover it, not accept fault or mistake and quit. And, of course, if you make a mistake in your own action, that is always better than letting others make the mistake for you.
- Become: Becoming is the step you take before being. You cannot be without becoming first. In other words, you are the master of your own life. You are not the slave to other people’s morality. That is what German philosopher Friedrich Nietzsche said. You can become what you want to be, and never be a member of the “herd”.

AXIOLOGY

- Ethics
- Aesthetics

Most Chuuk Campus students are close-minded. We would hope that they attend college in order to change from close-mindedness to open-mindedness. The main reason why they remain close-minded is that they do not take the first step – thinking. They often “do” before “think”, and there is an excellent chance that they will make many mistakes in their action. By doing before thinking, they are unable to reflect on their mistakes, and so they make the same mistakes over and over again. So, what they become is guesswork. They have no real plan, and they let their own experiences fall down.

Value Systems

- (1) think
- (2) do
- (3) become

⁽¹⁾ According to Encarta Dictionary Tools, “reflect” = “to think seriously, carefully, and relatively calmly”. So, when given a choice, you must take the time to think. Do not choose without serious, careful, and calm thinking.

EAT THE RAINBOW: Part 4

by CRE's Lolita Ragus

[NOTE: This is the last of a four-part series on nutrition and good health. Two major themes have been (1) how to identify and eat nutritious food and (2) how to avoid obesity.]

(1) "EAT THE RAINBOW"



Eating the rainbow refers to choosing fruits and vegetables of every color in the rainbow.

Fruits and vegetables' vibrant colors tell the story of their "super powers".

(2) Measurement of portion equivalents using the hands

vegetables



fats

proteins



fruits

snacks



carbohydrates

United States Department of Agriculture

(continued on page 7)

“EAT THE RAINBOW” — (continued from page 6)

- (3) Among adults, **regular physical activity** can lower the risk of:
- (a) Early death
 - (b) Coronary heart disease
 - (c) Stroke
 - (d) High blood pressure
 - (e) Type-2 diabetes
 - (f) Breast and colon cancer
 - (g) Falls
 - (h) Depression

Physical activity is anything that gets your body moving, such as:

- (a) Exercise
- (b) Sports
- (c) Gardening

(4) Growing your own vegetable garden can do more than provide tasty produce — gardening can improve health, save money, and even boost mood.

(5) All types of activities count — as long as you are doing them at a moderate or vigorous intensity for at least 150 minutes (or 2.5 hours) a week.

SOURCE: World Medical Association

(6) **SUMMARY**

- **Obesity has reached an epidemic level in Chuuk.**
- **Obesity is a major risk factor in the occurrence of major self-inflicted or self-induced diseases such as diabetes, cardio-vascular and respiratory diseases, and some cancers.**
- **Obesity can be prevented by eating 5 or more **COLORFUL** fruits and vegetables and having regular physical activities.**
- **Gardening can also be a good physical exercise.**

**HAVE A HEALTHIER,
STRONGER, AND LONG-
ER LIFE!!!** ☉

Chuuk Campus News

ALL-CAMPUS MEETING

Our first All-Campus Meeting of the school year 2014-2015 was held Wednesday, August 20, at the Student Center. In attendance were 20 employees and 80 students.

Campus Dean Kind Kanto welcomed everyone to the start of the Fall Semester 2014. In addition, he led the introduction of employees on campus. He reminded students that there are policies against the use of alcohol and marijuana on campus.

Kind explained that he had a special goal for this new school year — to reduce the number of students who receive letter grades of Ds and Fs. So, he encouraged students to study hard in order to help achieve this goal.

The next All-Campus Meeting is scheduled for Wednesday, September 3. ☐

UPCOMING STUDENT BODY ASSOCIATION (SBA) ELECTION FOR SY 2014-2015

Get ready, students! You shall be voting in the upcoming Student Body Association election of new officers for the school year 2014-2015. Date of election is to be announced.

According to the Chuuk Campus SBA by-laws, there shall be six officers: President, Vice-President, Secretary, Treasurer, Chaplain, and Sports Manager. Once elected, they shall serve a one-year term (fall/spring semesters and summer session).

Think about who would be the best officers to help develop and sponsor student activities on campus.

Remember — it is your right and privilege to elect your own student leaders. ☐

MINI-SUMMIT

with VPIEQA Frankie Harriss

There shall be a mini-summit of Chuuk Campus staff on August 26-28, Campus Dean Kind Kanto announced. To help coordinate and sponsor the meeting will be COM-FSM's VPIEQA Frankie Harriss.

The mini-summit is like a training session and information-sharing seminar — to discuss COM-FSM fiscal matters and accreditation policies. Staff members are expected to participate in the three-day meeting. Format will include small-group discussions and large-group presentations.

In early August six Chuuk Campus staff members attended a COM-FSM summit in Palikir on the same discussion topics. They are Kind Kanto, Mariano Marcus, Marie Mori-Pitiol, Rick Chiwi, Alton Higashi, and Lolita Ragus. They are expected to assist Frankie in conducting Chuuk Campus' mini-summit. ☐

TWO SPECIAL MEETINGS FOR ALL STUDENTS

(1) All students are invited to a "time management workshop" on Monday, August 25, at the Multipurpose/Counseling Building, from 12 noon to 1:00 pm. The purpose is to demonstrate how students can use their time wisely so that they can study better and raise their grades in all classes.

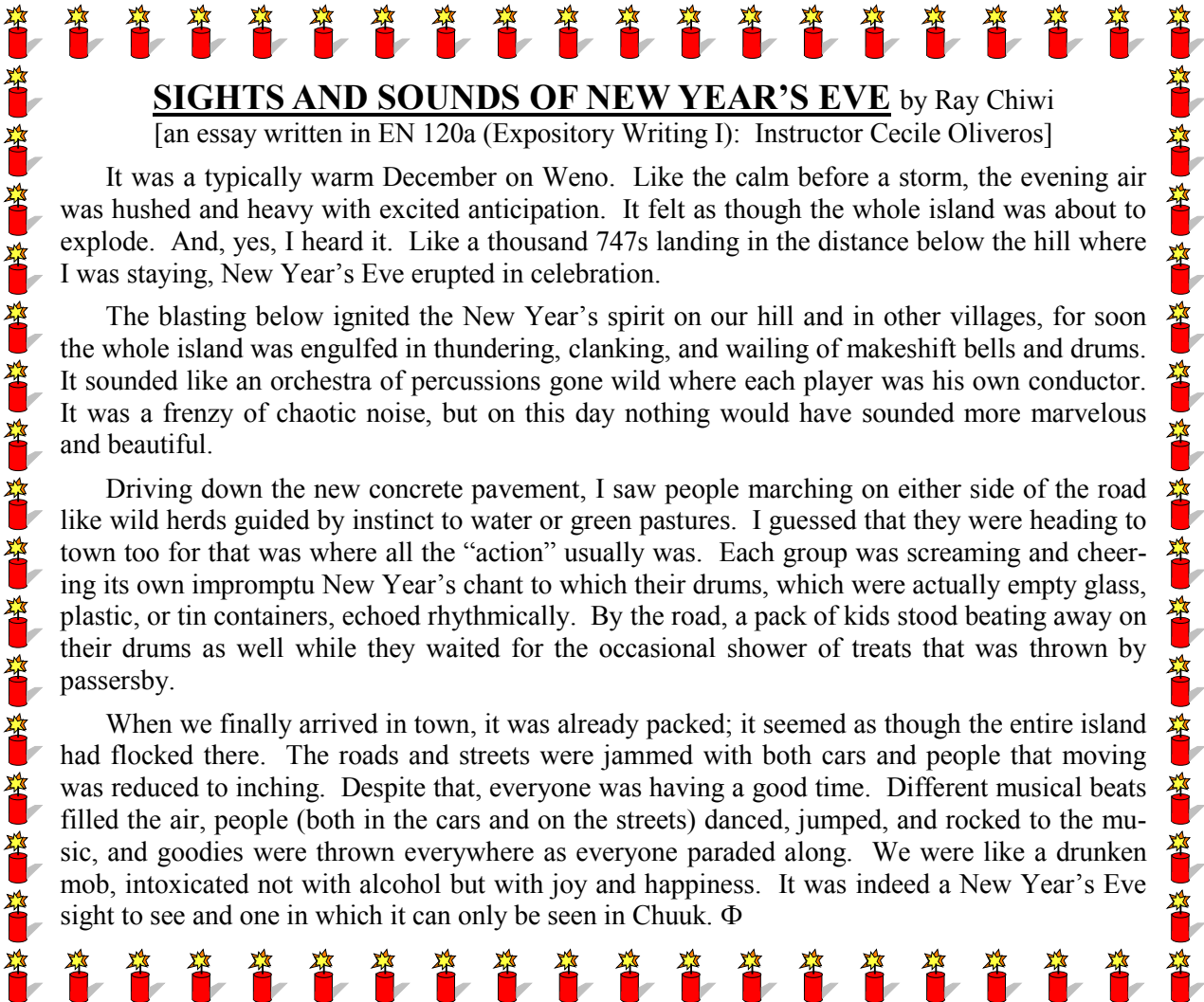
Counselor Wilson Bisalen will provide training for the students.

(2) Maintenance/Security Manager Ben Akkin announced that there will be a special meeting for all students on Wednesday, August 27, from 12 noon to 1:00 pm at the Student Center.

He and his M/S staff have important information to share with students. ☐

NOTICE TO ALL FACULTY

Please submit your lists of at-risk students, by class, to the Counseling Office no later than Friday, August 29. ☐



SIGHTS AND SOUNDS OF NEW YEAR'S EVE by Ray Chiwi

[an essay written in EN 120a (Expository Writing I): Instructor Cecile Oliveros]

It was a typically warm December on Weno. Like the calm before a storm, the evening air was hushed and heavy with excited anticipation. It felt as though the whole island was about to explode. And, yes, I heard it. Like a thousand 747s landing in the distance below the hill where I was staying, New Year's Eve erupted in celebration.

The blasting below ignited the New Year's spirit on our hill and in other villages, for soon the whole island was engulfed in thundering, clanking, and wailing of makeshift bells and drums. It sounded like an orchestra of percussions gone wild where each player was his own conductor. It was a frenzy of chaotic noise, but on this day nothing would have sounded more marvelous and beautiful.

Driving down the new concrete pavement, I saw people marching on either side of the road like wild herds guided by instinct to water or green pastures. I guessed that they were heading to town too for that was where all the "action" usually was. Each group was screaming and cheering its own impromptu New Year's chant to which their drums, which were actually empty glass, plastic, or tin containers, echoed rhythmically. By the road, a pack of kids stood beating away on their drums as well while they waited for the occasional shower of treats that was thrown by passersby.

When we finally arrived in town, it was already packed; it seemed as though the entire island had flocked there. The roads and streets were jammed with both cars and people that moving was reduced to inching. Despite that, everyone was having a good time. Different musical beats filled the air, people (both in the cars and on the streets) danced, jumped, and rocked to the music, and goodies were thrown everywhere as everyone paraded along. We were like a drunken mob, intoxicated not with alcohol but with joy and happiness. It was indeed a New Year's Eve sight to see and one in which it can only be seen in Chuuk. Φ

NAME GAME:
MAINTENANCE and SECURITY
PERSONNEL
 (page 2)

Adano TOM
 Salcher SORIZ
 Achily SORIM
 S!vester ROBERT
 Reagan REPEN
 Mira REMA
 Nariano NARIOS
 Carlos LUKAS
 Ekit KANAS
 Fumiko CHANIEL
 Clayton CANDIDO
 Eset AUPUTIW
 Sosiro ADOLIF

REMINDER

STUDENT SUCCESS =
 (1) study hard + (2) work hard +
 (3) be prepared + (4) finish
 your certificate/degree program

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 (Volume 3, Number 17)

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