

# MESEISET

Volume 4, Number 2

January 28, 2015



## **FUTURE POLITICAL STATUS: SHOULD CHUUK BECOME AN INDEPENDENT REPUBLIC?**

Yes — according to the Chuuk State Political Status Commission. No — according to a number of Chuuk Campus staff and students. Yes or no. On March 3 (Election Day in Chuuk) you will vote yes or no in a plebiscite on the question: “*Ka tipe-ew an Chuuk epwe imwusen i FSM an epwe utá won muun (independence)?*” Election Day (Tuesday) is a school day (i.e., classes will be held on campus); however, each registered voter will be given two hours to leave campus to vote, according to Dean Kind Kanto. Plan ahead.

On January 21, Commission members visited our campus to discuss with an overflowing crowd of staff and students issues related to the political-status question above. The discussion was originally scheduled for one hour (12 noon to 1:00 pm) but exceeded three hours! Commission members spoke in favor of a “yes” vote, but many questions and comments raised by staff and students seemed to support a “no” vote. That is why, near the end of the discussion, a Commission member chided Chuuk Campus stakeholders, “*Why are you here at this meeting when you have already made up your minds?*” An afterthought by a staff arose, “*The Commission already made up its mind to support the republic position before it came to campus; so why should they have this meeting with us? Why should they worry about whether or not we have also made up our minds before the meeting began?*”

Another Commissioner said, “*Without political independence there is no way we can progress or succeed as a nation. Economic prospect will be unlimited under secession.*” To some staff and students, this Commissioner’s claim was unfounded without any evidence (or hard data) to show how a Republic of Chuuk can achieve economic development in the future. A Chuuk Campus instructor asked, “*The Commission lacks data in its planning for the future. So, how is this republic plan being proposed without data?*” A Commission-supported response was, “*We cannot give you facts for the future plans.*” The response was not well received by the audience.

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# Chuuk Campus News

## EMPLOYEE OF THE MONTH

### ADAUO TOM



for his quiet but diligent support of campus beautification, particularly in tending the faculty garden between the computer lab and Student Center as well as the vegetable garden behind A2.

## STUDENT OF THE MONTH

### CRYSTAL INCHIN



for her spirited optimism and joie de vivre on campus. She is in the A.A. degree program for teacher preparation, and she has demonstrated creative thinking in psychology and philosophy.

## ALL-CAMPUS MEETING

Our first All-Campus Meeting (ACM) of the New Year was held on January 14 in the Student Center. Campus Dean Kind Kanto hosted the meeting. He welcomed students to the Spring Semester 2015 and encouraged them to be successful in their studies.

Personnel in administration, instruction, and student services were introduced.

A major highlight was a video presentation by CRE staff on how to cook water spinach, better known as “horenso” or “seeri” in Chuuk. Then, to cap off the presentation, samples of cooked water spinach were tasted. CRE’s presentation was a direct student service — to teach students how to prepare and eat this vegetable. Unfortunately, first in line to taste samples were greedy personnel such as administrators, faculty, and other staff members. Many hungry students for whom the samples were prepared failed to taste the food.

We owe CRE and its staff for an outstanding contribution to the All-Campus Meeting, and we condemn the selfish and greedy personnel for their lack of tender loving care of students. Φ

## IPOMOEA AQUATICA

Did you have the chance to eat ipomoea aquatica on January 14? According to CRE’s Dr. Lolita Ragus, ipomoea aquatica is the scientific name of a familiar vegetable in Chuuk — “seeri” or “horenso”, also known as water spinach, Chin-ese watercress, or kangkong.

This plant is a trailing vine found in waterways in Chuuk. When cooked and eaten it provides us with a lot of vitamins and minerals. Both the green-stemmed and purple-stemmed varieties are extremely nutritious. Its health benefits are far-

*(continued on page 3)*



## TWO NEW SBA OFFICERS: Vice-President and Secretary

Our Student Body Association (SBA) has two new officers — Vice-President Filemino Kilicho and Secretary Roxanne Nedlec. On Friday, January 16, President Ray Chiwi nominated and the SBA Council approved Filemino and Roxanne as the new officers. As in the case of all other SBA officers, their terms of office end when new officers are elected for the school year 2015-2016.

Filemino and Roxanne are both in the A.A. degree program for teacher preparation. Φ



### 5% + 15% + 80% = 100% and then 95%, by Alton Higashi

How many Chuuk Campus students understand English — I mean, really understand the language? I asked students in mid-January to answer this question. By definition, “understanding English” means to understand oral lectures of instructors, as well as reading textbooks and hand-outs.

The result is approximate: **5% understand well, 15% understand with some difficulty, and 80% understand almost nothing.** So, for instance, if a class has 20 students, only one understands well enough, three will understand something, and 16 will understand practically nothing!

I asked a second question, “*Have you ever written an assignment by plagiarizing from Internet sources?*” **A whopping 95% of the student respondents said, “Yes.”** Is this the general nature of a Chuuk Campus student: (1) lack of English comprehension, and (2) abundance of plagiarism?

Now, what do you think? Is this a problem? Is there a solution (or a set of solutions)? Φ

## IPOMOEA AQUATICA = HORENSO = SEERI = KANGKONG = CHINESE WATERCRESS = WATER SPINACH (continued from page 2)

reaching as anti-diabetic and anti-epileptic. It also lowers cholesterol, protects against heart diseases, and prevents cancer as an anti-oxidant. For you students, it enhances memory.

[NOTE: *If you want to be healthy and smart, you should eat a lot of water spinach.*]

Best of all, it grows locally in Chuuk, and it is free!

Remember, at our All-Campus Meeting January 14, CRE staff prepared and served a special dish called “kangkong chicharon”. Well, here is the recipe (below). Now, all of us can deep-fry our own kangkong chicharon at home!

So, go home, look for horensa, get a bundle of it, deep-fry it “kangkong chicharon” style, and eat to your heart’s delight. Φ

### Recipe for Kangkong Chicharon (<http://vanillahousewife.com/kang-kong-chicharon>)

#### Ingredients:

- 1 bundle of kangkong
- 1 large egg
- 1/2 cup whole-wheat flour
- 1 1/4 cups cornstarch
- 1 cup water
- a dash of salt
- 1 teaspoon PorkSavor™ (All-in-One Seasoning)
- cooking oil

#### Instructions:

- Wash and remove kangkong leaves from stems, then pat dry with paper towel.
- Make a batter by whisking well-beaten egg with flour, cornstarch, cold water, salt, and seasoning.
- Pre-heat oil in a wok or deep fryer.
- With clean hands, dip kangkong leaves one by one in the batter and deep-fry until they turn stiff and crunchy.
- Place on paper towels to remove excess oil.
- Serve immediately with your favorite dip.



## Global Warming in Micronesia: Part One

Some Chuuk Campus students believe that global warming is only fiction or just imagination. They are wrong, because they do not accept the empirical reality of global warming.

- The simple truth is that global warming is real, and it is already here in Micronesia. A few years ago, the United Nations Intergovernmental Panel on Climate Change (IPCC) reported that, if the world could stop the causes of global warming right now, the problem of global warming would still continue for the next 300 years.
- In addition, Chuukese disbelievers feel that, if global warming is true, its one-and-only-one effect is island-sinking. The truth is that there are eight known effects, and seven of them are already happening in Micronesia. Refer to the chart on page 5 and learn the eight effects.
- A third truth is that island-sinking has already begun in the Pacific, specifically in Tuvalu, Kiribati, and Marshalls. The next place will be the FSM, including Pohnpei, Chuuk, and Yap. Unfortunately, some disbelievers claim that it will never happen in the Mortlocks because God will not let it happen.
- Here is a fourth truth. When global warming became apparent in the mid-20th century, it occurred primarily around the equator. However, in this 21st century, it has begun spreading northward and southward of the equator, moving into the temperate zones. Refer to the map below to see the expanding area of global warming in the oceans. Follow the arrows to see how global warming is increasing in area around the world — moving northward and southward from the equator.

The purpose of this special issue is to begin a series of what Chuuk Campus students in SS 125 (Geography of the Pacific) wrote about global warming in 2014. They did research on the eight effects, and their essays on the effects are reported in this series — disease-spreading, ocean acidification, sea-level rising (and island-sinking), coral reef bleaching, El Niño, increase in typhoons, and increase in surge waves. The topic of disease-spreading begins with two articles on pages 6-7.

Finally, there is one more truth — the fifth one. Global warming is real, it is happening, and we will not be able to stop it for 300 more years. We can slow it down, but not stop it. Φ

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### MAP OF THE EXPANSION OF GLOBAL WARMING (as shown by arrows)

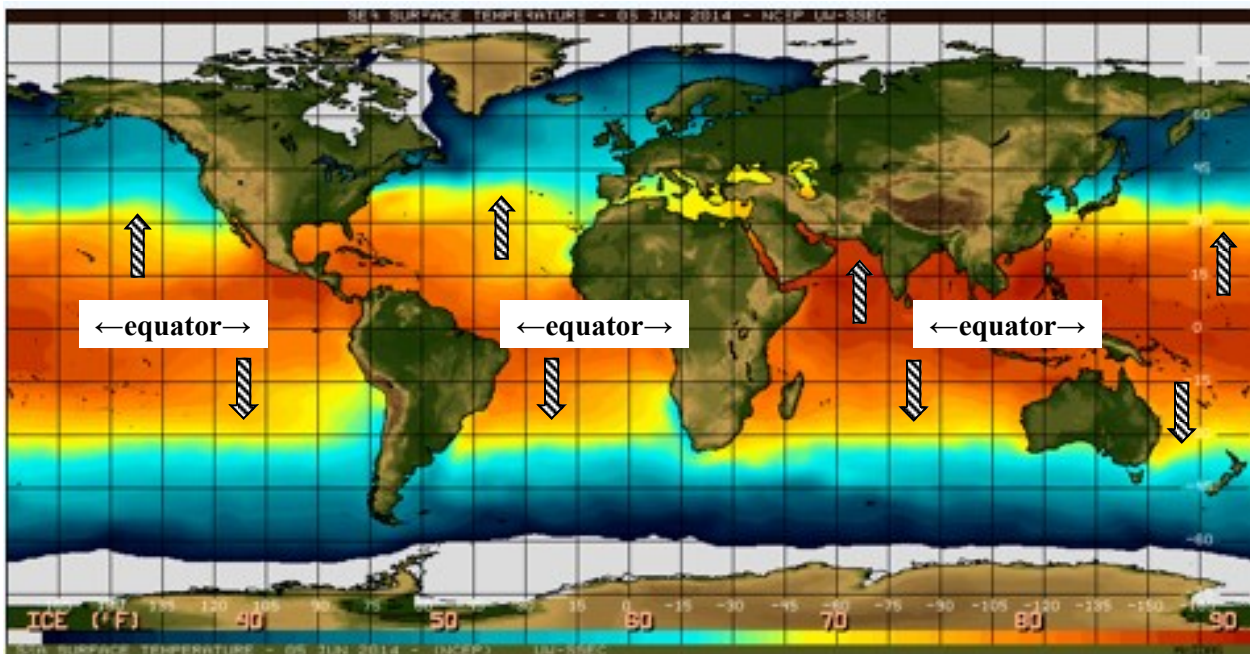


Photo from the National Oceanic and Atmospheric Administration (NOAA)

## DISEASE-SPREADING I: CHIKUNGUNYA IN YAP

by Linnia Ruben

We in Micronesia have a new enemy, and it is a female mosquito. It is the Asian tiger mosquito called *Aedes albopictus*. It likes very hot places, such as the tropics, where air temperature is quite high. This mosquito bites you, and you get a new disease called “**chikungunya**”.

It has already started in our neighboring FSM state of Yap. On December 23, 2013, the Yap Memorial Hospital reported in the FSM Forum a total of 1,404 cases of chikungunya — about 90% in Yap Proper and 10% outer islands. Plus, the incidence is just beginning to spread. On December 3, the total number of cases was 1,102. In other words, during the three-week period December 3-23, the incidence increased 27%. This is extremely bad news.

According to a September 2007 article from the United Nations’ World Health Organization (WHO), more than a million people in South and Southeast Asia get sick from this disease every year. Chikungunya has several symptoms: fever, headache, tiredness, nausea, vomiting, rash, and muscle or joint pain. The symptoms can last from a few days to a few weeks. As far as we know now, chikungunya does not kill human beings.

Yap had never experienced this disease before. So, how did it get started? South and Southeast Asia are located in the narrow tropic zone — along the equator. As global warming spreads northward, winds blow the *Aedes albopictus* northward too — into Micronesia. As air temperature rises (in Micronesia) the mosquito will survive and spread the disease. Maybe the mosquito was blown into Micronesia before 2013, but the temperature in Yap was not hot enough — yet. Nowadays, we are all complaining about how hot the weather has become since 2013.

There is no medicine — yet — for patients with chikungunya. Meanwhile, all of us in Micronesia must take better care of ourselves. Good luck! Φ

## FLU AND LOCAL REMEDIES

Fever and chills? Body aches and pains? Just feeling tired? You may have the flu, or influenza, and the illness may last 1-2 weeks! The flu is a respiratory tract infection in your nose, sinuses, or throat. And it is worse than the common cold.

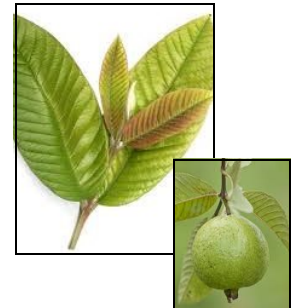
If you have the flu, then you need to stay at home and rest a lot, and drink lots of fluids. Plus, you should take a pain reliever, such as Tylenol, to ease your aches and pains. There are extra things that you can take, and they are all local Chuukese remedies. On Monday, January 19, our nurse Marcelly Mariano conducted a one-hour workshop at the Student Center, during the free time, on how to take care of yourself, using three types of local remedies.

- First, drink a cup of hot water, with **lime juice or honey**. Just squeeze a lime into the hot water, and drink it slowly.
- Second, pick some young “**niyóór**” or malbau (*premna serratifolia*) leaves, mix them into a cup of hot water, and drink.
- Third, if you prefer, pick a handful of young **guava leaves**, mix them into a cup of hot water,

and drink. Or, you can simply chew the young guava leaves and then swallow it.

Remember — flu is contagious. In other words, you can spread it to other people. So, if you have the flu, do not come to campus and make others sick. Stay away!

The workshop was attended by not more than 40 students, or only 17% of 238 registered students. Where were 83% of the students? Φ



## DISEASE-SPREADING II: MALARIA IN PALAU

by Beaulah Kumo

Be very much aware! There is another female mosquito called *Anopheles*, and it causes a disease called “**malaria**”. This is not — I repeat, not — the same as chikungunya. Remember the following analogy:

*Aedes albopictus* : chikungunya : : *Anopheles* : malaria

The photo (right) shows us what the *Anopheles* mosquito looks like — tiny, insignificant — but it is a dangerous blood-sucker. It is very common throughout Southeast Asia and Papua New Guinea.



The United Nations' World Health Organization (WHO) advises hospitals throughout the Asian and western Pacific regions that malaria is increasing in tropical areas. UN doctors believe that malaria has already begun in Palau when winds from Papua New Guinea blow northward into Micronesia. We have to be careful because, as global warming increases throughout Micronesia, the next destination may be Yap and Chuuk.

Malaria begins when *Anopheles* bites you and then you experience chills and fevers. The disease attacks and destroys red blood cells in the human body. Without proper medicine, you can die. However, before you die, the malaria disease can turn your urine black. That is why malaria is sometimes called the “**blackwater fever**”, according to science writer Tony Dajer in an article entitled “Blackwater Fever” in Discover Magazine (May 1992). One problem is that the malaria disease can enter your liver and remain dormant there for 3-5 years. Then, it recurs.

Is there a cure for malaria? Yes, the medicine is called “**quinine**”. It comes from the bark of the “cinchona” tree in South America. The photo (right) shows what the cinchona leaves look like. No, the cinchona tree does not grow in Micronesia.



To end this essay, let me show you a map (below). *Aedes albopictus* and *Anopheles* come from Southeast Asia and Papua New Guinea into Micronesia, thanks to global warming. ☺





## **MATHEMATICS: A CHUUKESSE LOCAL HOUSE (Part 2)**, by Gilbert Lippwe [a project in MS 210 (Math for Teachers): Instructor Danie Mamangon]

Construction of a traditional Chuukese local house requires a few materials — all from our own natural resources:

- Coconut leaves: woven or plaited, to be used for the roof of the “uut”;
- Rope (nuun): made from coconut husk fiber and used to tie the sticks that make the house frame;
- Sticks: straight long stems of trees, such as mangrove or others with strong wood; and
- Pillars: logs (úúr) used as foundation which support the roof.

Plus, to construct a local house, builders had to know and apply mathematical equations for use in estimation (such as measurement), lines (both perpendicular and parallel), and patterns. Let us go over each one.

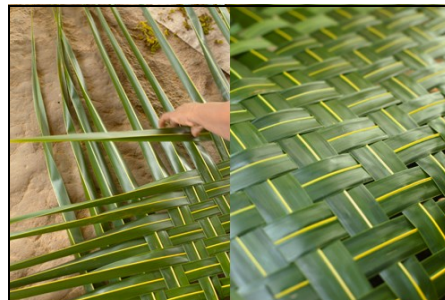
Estimation skills were needed in planning for space. For instance, if the distance between two pillars is expected to be five feet, then the same distance must apply between all pillars on any one side of the house. Also, the roof frame needs the “olofat” (i.e., backbone or spinal cord of the house) along the “uung” (i.e., the peak of the house). The frame itself is a set of sticks parallel to the “olofat” on both left and right sides of the house, and also a set of sticks perpendicular to the “olofat” from the “uung” down to edges of both sides of the roof. Then, of course, to tie all sticks together firmly, the men use ropes about four feet in length for each cross-over of sticks, and even more rope to tie the plaited coconut leaves to the roof frame. In effect, the builders need a lot of rope (nuun) ahead of time. They have to estimate the number of bundles of coconut rope needed.

The second math is the use of lines. It begins with setting up the pillars in straight lines. In effect, the pillars must be perfectly aligned, in two separate parallel lines. Then, of course, the roof frame is filled with parallel and perpendicular sticks, all intersecting each other in perfect 90 degree angles.

The third use of math is pattern. An example is the weaving or plaiting of coconut leaves for the roof. The pattern for weaving is always in sets of three or four. More specifically, in a pattern of four, the weaver starts by picking up one strand of leaf and crosses it over and above a second strand, holding the two strands perpendicular with each other. Then, the weaver picks up a third strand and crosses it over the first two strands, the first and third strands parallel with each other and perpendicular with the second strand. When you look at the weaver, he holds in one hand three strands criss-crossed, and then he picks up the fourth strand and crosses it over the first three — the first and third strands are still parallel, and the second and fourth strands become parallel — but the first and third are perpendicular with the second and fourth.

This patterning system seems confusing, and it is. However, to the skilled weaver, it is a simple task. I have watched weavers do this many times, and I still get confused. Their fingers move rapidly and accurately, interweaving coconut strands. There is, of course, a mathematical precision in all of this, but I believe that this kind of patterning is more an art form.

*(continued on page 9)*



## **CHUUKESSE LOCAL HOUSE (Part 2)** *(continued from page 8)*

Another way to tie ropes had a definite pattern of organization. The picture (right) is not local Chuukese rope patterns, but it shows how builders used organized patterns to tie rope.

In this essay I presented only three ways to use math in building a traditional Chuukese local house: estimation (for measurement), use of lines (parallel and perpendicular), and patterns. There are more equations and formulas, and these three alone demonstrate how effectively our ancestors knew and used math. House construction knowledge was transmitted from father to son or nephew, from one generation to the next, for hundreds of years. There were informal and non-formal training activities in a meeting house, and hands-on activities followed in which boys were apprentices to the skilled men. Today, we might call this kind of education field experience.

Let me end my essay with more pictures just to show different ways to construct a local house on the inside. Φ



### **ACCREDITATION QUIZ**

Our Western Association of Schools and Colleges' Accrediting Commission for Community and Junior Colleges (or WASC/ACCJC) has four standards for COM-FSM to promote student learning. What are the standards, in order from I to IV?

[NOTE: Only students can take this quiz. Whichever student is first to tell Alton Higashi the correct answers will win two free t-shirts, and the second with the correct answers will win one free t-shirt.]

Clue: Standard I has eight words, and the first word is "Mission,...."

### **THE ARTIST RETURNS**

David Nokar is at it once again. This time he has redrawn our Campus Dean Kind Kanto. David's first sketch of the Dean was published in Meseiset on December 3, 2014 (Vol. 3, No. 21).

In this sketch the Dean looks innocent enough, pretending to work on his laptop and, in truth, watching pornography online. Φ





# I AM GOOD FOR YOU!

## CHINESE CABBAGE

by Marlyn Selifis

- (1) Hi! I am Chinese Cabbage.  
My Chuukese name is “Napwaa”.



- (2) I was born so little.



- (3) Now, I am big and oblong.



- (4) Meet some of my relatives. Do you know them?



- (5) I come from China, but I live in Chuuk now.



- (6) Eat me! I am full of vitamins and minerals. Φ



# 10x10 WORD SEARCH #1 by Kerat Esechu and Jame Wichep

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

There are 20 words, each 5 letters or more, in this word search. Find and circle all 20 words:

AINUS  
AUTOMATIC  
BRAIN  
CHUNKING  
COGNITION  
EGOISM  
GROUPING  
IMAGINARY  
INNATE  
NEURAL  
PERFECT  
PERIOD  
MEMORY  
OCCUR  
SEXUAL  
STRONG  
TEACH  
THING  
THINK  
TRUTH

## A STUDENT POEM

(EN 201 Introduction to Literature: Instructor Deva Senarathgoda)

“I Do Not Understand”

by Poriann Edmund

I do not understand

Why my father always scolds me.

He is always angry.

He always makes me cry a lot.

My tears fall all the time.

I do not understand.

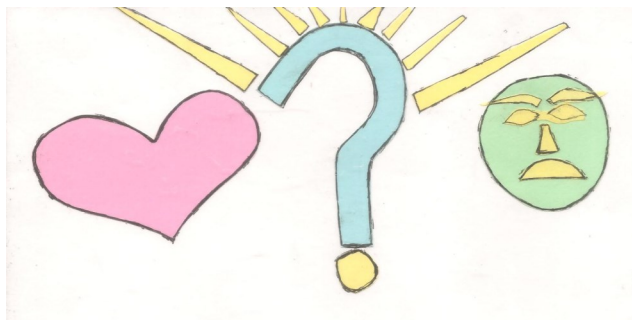
He always takes good care of me.

At the same time

He scolds me a lot,

And he always loves me.

I do understand.





## 10x10 WORD SEARCH #2 by Kind Kanto II and Gilbert Lippwe

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

There are 20 words, each 5 letters or more, in this word search. Find and circle all 20 words:

AXIOM  
BLACK  
CLARK  
CONSCIOUS  
CONTROL  
COOPERATED  
CURED  
EASIER  
ENERGY  
GRADE  
HAPPY  
LATENT  
PERSONAL  
PROBLEMS  
PSYCHOLOGY  
RENAL  
ROBOT  
SCLERA  
THEORY  
TOPIC

## **FUTURE POLITICAL STATUS**

*(continued from page 1)*

In late 2014, FSM President Manny Mori spoke in Hawaii against this secessionist effort by the Commission. He said, *"I cannot support this movement."* Instead, he advised the Chuuk State Government to *"work together to improve the management of Chuuk State's financial resources as the best remedy to the budgetary problem now."* This kind of anti-secession sentiment led a Commission member to caution staff and students, *"Don't listen to outsiders."* The Commission conveniently forgot to mention that its own consultant was an outsider (non-Chuukese).

Two points arise. First, it would seem that the Commission considers President Mori to be an "outsider", notwithstanding the facts that his being a national president does not remove his status as a Chuukese citizen and that each citizen has the

right to disagree. Second, the President's advice to improve "management" of Chuuk's financial woes is based on past errors in handling Chuuk's financial and budgetary resources. Apparently, the Commission has a hard time talking about past errors within the Chuuk State Government.

President Mori urged voters *"to vote against the movement to secede from the FSM."* In effect, the President recommends a "no" vote in the upcoming plebiscite.

In general, a large number of our staff and students at the January 21st meeting with the Political Status Commission asked valid questions that challenged Commission members. They just could not answer questions well. One student commented, *"They're hypocrites or Pharisees."*

Regardless of the debate on political status, it is incumbent upon each Chuukese citizen to vote in the March 3rd plebiscite. Yes or no, it is your future. Φ

## COOKING WATER SPINACH AND EATING IT TOO!

*Horensa is good-eating! Just boil it and add garlic, onion, and chili pepper. Mmmmm, good!*



*Or, make a soup with horensa stems and leaves. Add your favorite vegetables or small pieces of meat or fish. And don't forget tabasco sauce.*



*Remember what CRE staff said, "Deep-fry some horensa leaves as a snack for the kids." Fry it, like tempura, with whole-wheat flour for better nutrition!*



*Try a quiche — a crusty pie filled with horensa, eggs, and cream. What? You do not know what a quiche is? Rough and tough men, like Ermilio, eat it to be sexy!*



*Or, make a nutritious dip for your potato chips, crackers, or Doritos! And, if that is not enough, blend it to make a refreshing cool drink. Try it!*



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(Volume 4, Number 2)

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