

MESEISET

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March 20, 2015



Staff Development Day (March 13) BAD LUCK DAY? NO WAY!

March 13 was Friday the 13th. Known also as Black Friday, Friday the 13th is supposed to bring bad luck, but there was no **paraskevidekatriaphobia**⁽¹⁾ on Chuuk Campus. Faculty and staff enjoyed a whole day of training blessed by a good day filled with positive learning — nothing bad at all.

Training contents included topics, such as **financial aid and registration policy** (by Memo Yesiki and Tandy Marar), **ACCJC standards translated in Chuukese** (by Miuty Nokar), **non-communicable diseases** (by Lolita Ragus), **models of teaching/learning and teaching guides** (by Alton Higashi), **maintenance and security duties** (by Marylene Bisalen and Kind Kanto), **faculty code of ethics** (by Mariano Marcus), **“not yet”** (by Ben Bambo, Sr., and Lynn Sipenuk), **improving students’ vocabulary** (by Rick Chiwi, Jothy John, Cecile Oliveros, and Deva Senarathgoda), **cooking demonstration** (by Lolita Ragus and other CRE staff), and **basic computer skills** (by Atkin Buliche). Φ

⁽¹⁾ “paraskevidekatriaphobia” = fear of Friday the 13th. In Western superstition, Friday the 13th is a day of bad luck. Greek etymology includes: (a) Paraskevi = Friday, (b) deka-treís = the number 13, and (c) phobia = fear. The next Friday the 13th this year will fall in November.

Remember

Monday, March 30

FOUNDING DAY

and

Tuesday, March 31

CULTURAL DAY

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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 News

EMPLOYEE OF THE MONTH **WILSON BISALEN**



for his steadfast commitment not only to his responsibilities as a counselor but also to other related student-services activities. He is a veritable asset to Chuuk Campus and an exemplar of youthful leadership-to-come.

STUDENT OF THE MONTH **JEFFERSON TERUO**



for his pursuit of classroom excellence, both for himself and for fellow students. He speaks out on behalf of others, saying what he can to “save” a class of fellow students who often fail to help themselves get out of trouble.

A BREADFRUIT REVOLUTION

Lucky we live Chuuk! Why? Because we have breadfruit — many varieties — all good to eat!

One, for example, is the *Artocarpus altilis* with seeds (shown right). To most foreigners in Chuuk, its general name in Chuuk is “maai”. Its specific name is “óneas” or “meias”.

There is only one thing bad about breadfruit. With so many varieties in Chuuk, too many Chuukese people love rice too much! They must be crazy, lazy, or just plain foolish. The nutritional value of rice is far, far below that of breadfruit. True — breadfruit has so many kinds of vitamins and minerals for extremely good health — and yet some Chuukese people claim that they prefer to buy rice from stores rather than to harvest breadfruit and prepare it. Well, easy to get rice, easy to get sick. We may conclude that Chuukese who love rice also love to get sick — very stupid people.

At the last All-Campus Meeting (March 4) CRE’s Lolita Ragus, with Hattie Raisom and Merly Nelson, did a powerpoint presentation and cooking demonstration on breadfruit. They prepared and served breadfruit soup, chips, and biscuits! Absolutely delicious!

For two breadfruit recipes, go to page 9. Φ



10x10 WORD SEARCH #1 by Eweneirek Sukiol (SS 170)

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

There are 21 words, each five letters or more, in this word search. Find and circle all 21 words:

ARMIES
CAPACITIES
CLASH
CRETE
EGYPT
EMPIRE
EUCLID
HUNGRY
METALLURGY
MOIST
MORALE
PALEO
ROOTS
ROYAL
SINAI
SCREWS
SOLAR
STEPS
SYRIA
TODAY
YEARS

CASSAVA/MONIOK: DOTTED-LINE CIRCLES ABOVE

Do you see the dotted-line circles around letters in the Word Search #1 above? Count them — there are seven, and they form a scrambled word: A A C I O P T . Unscramble the seven-letter word to form the name of a starch plant in Chuuk. Every child in Chuuk knows the answer.

The plant is shown below. It is called “**Manihot esculenta**” (in Latin), “**cassava**” (in English) or “**moniok**” (in Chuukese). What is the starch called? Its name is almost the same in English and Chuukese.



It is grown as an economic crop in a few tropical countries. The roots are harvested, mashed into a paste, and used to make products to sell in stores around the world, including Chuuk, such as Jello Instant Pudding and Snack Pack.

The name of the starch is found on page 9.

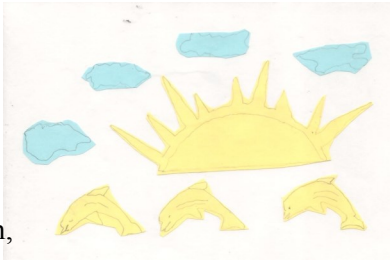


STUDENT POEMS: "SITTING BY THE SEAWALL"

(EN 201, Introduction to Literature: Instructor Deva Senarathgoda)

Sitting by the seawall,
We watched the sunset —
Like an everlasting flare
Slowly sinking into the sea.
It felt like an eternity
Since you stepped onto the plane.
We spent time walking on the beach,
Picking up on each other's brain.

by *Genevieve Liwis*



"Enjoying the Sunset"

Sitting by the seawall to watch —
Shimmering sea, blinding sunset.
Every evening I go and sit there,
To enjoy the sunset
And watch the leaping dolphins.
They jump into my heart.

by *Erleen Fichipwe*

Watching the setting sun,
Looking out into the distant ocean,
I hear the birds sing,
And feel cold —
Winds coming from northeast,
I feel myself like calming breezes
Sitting by the seawall.

by *Agnestaleen Kukkun*



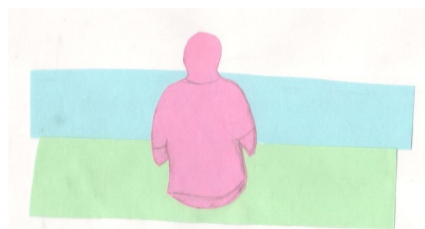
It is a good place to rest.
My body feels good.
The sea spray refreshes me
And I relax.
My heart feels calm.
The wind cools my soul
And I relax.
My mind becomes calm.
The setting takes me away
And I relax.
My body, my heart, my mind
Travel to a distant land
Where problems melt
And change to peace —
Just because I sit here,
Sitting by the seawall.

by *Merceleen Marco*

"My Fall"

Sitting by the seawall
Thinking about this Fall
Did I give my all?
Obstacles were too tall,
All I did was crawl
Was my effort too small?
I miss playing ball
Maybe I also missed his call,
This semester is my fall.

by *Darby Simina*



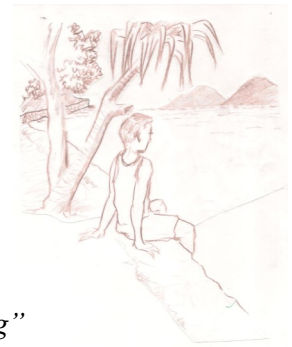
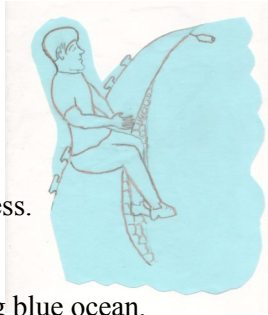
I sit by the seawall and think about you.
I listen to the sounds of waves whispering your name —
Over and over again.
I look up at the rolling clouds and see memories of days —
Our past days together.
I care not what curious eyes may see.
Can they see my inner smiles?
Can they witness my fond thoughts of you?
Can they envision the picture frame of love?
Nobody sees us, and I care not.
What a beautiful day for you and me.

by *Rinder Ruben*

"Wondering in Loneliness"

Sitting by the seawall seems like loneliness.
Hi, loneliness, my only friend —
Loneliness — by the seawall.
Wondering — staring curiously at the big blue ocean,
Looking at the incoming waves —
Whooshing and whooshing,
Crashing beneath my feet,
Banging and banging against the seawall,
Waiting for an ending — never ends!
Leaving the seawall — ending of whooshing,
Ending of crashing and banging of waves.
Good-by, my only friend, I must leave you now.

by Arison Osy



"Reminiscing"

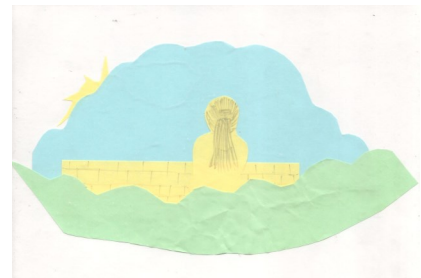
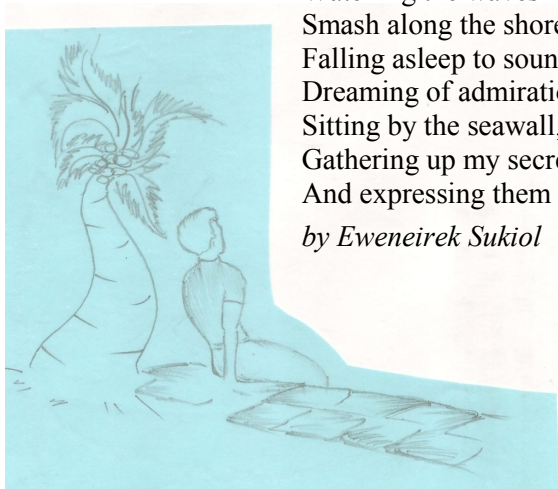
Sitting by the seawall,
Glancing about,
Thinking of nothing
But my home.
What are my friends doing?
I wonder.
How we used to fill our time
Chattering —
The laughter we once shared
Is now faded like smoke in the wind,
And now I am no longer there.
Sitting by the seawall,
All alone,
Reflecting on the past —
A past that may never come again.

by Ermilio Aapwil

"Feeling Lonely"

Sitting by the seawall,
Remembering the other day,
Watching the sunset
And feeling the blustering wind,
Watching the waves
Smash along the shoreline.
Falling asleep to sounds around me,
Dreaming of admiration of a girl,
Sitting by the seawall,
Gathering up my secret feelings
And expressing them in aspiration.

by Eweneirek Sukiol



"There's No You, Just Me Alone"

Sitting by the seawall
Me, myself, and nobody else.

I sit and stare

I hear and listen

I feel and rest.

Motionless I contemplate

If someone's with me,

How would it be —

Good? Bad? Impossible, cannot!

Me don't want, me can't do,

Me no fool — back off! Back off!

I'm all isolated and alone.

by Beritha Lynn Hainrick



I sit by the seawall.
I feel so lonely and small,
Because my dog died,
And I alone just cried.

by Terphina Sadlin

I AM GOOD FOR YOU!

CELERY

by Agnestaleen Kukkun

(1) I am Celery.



(2) I am a long and skinny vegetable.



(2) Read about me.
I am good for you.



(3) Eat me with peanut butter and raisins



or cheese dip.



(4) Drink me — juice or soup. Φ



10x10 WORD SEARCH #2 by Marty Martin (SS 150)

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| A | D | A | G | N | A | T | R | N | Y |
| R | O | G | N | O | M | A | O | A | A |
| A | N | H | I | N | G | R | P | U | R |
| M | I | L | C | A | R | E | R | A | M |
| A | L | I | G | O | S | B | U | L | A |
| S | A | M | M | E | H | I | A | A | T |
| L | L | A | K | E | B | C | N | P | E |
| I | H | U | W | E | N | E | U | K | J |
| C | H | A | R | T | A | O | T | A | O |
| E | N | G | O | N | G | I | K | E | L |

There are 22 words, each five letters or more, in this word search. Find and circle all 22 words:

ARAMAS
BEKALL
CHAMORRO
CHART
CHOCHO
ENGON
LALIN
LIMAU
LOJET
MONGO
NGIKEL
PALAUAN
RAGAG
RUANU
SINKO
SLICE
TANGADA
TAOTAO
TAREB
WENEU
YAPESE
YARMAT

CANANGA ODORATA

A particular plant grows in Chuuk. Its Latin name is *Cananga odorata*, and it originally came to Chuuk from the Philippines. The plant is shown in the picture (right), and its flower is shown in another picture (below). The flower is usually green-yellow in color, and it smells like perfume.

You know its Chuukese name — **pwanang**. However, what is its English name?

If you do not know, look at the word search game above. There are 10 letters in dotted-line circles. Put the 10 letters together to spell the English name of “pwanang”.

The correct answer is on page 9. Φ



LET'S COMMUNICATE (WITH PREGNANT MEN)

ABOUT NON-COMMUNICABLE DISEASES

Chuuk Campus people love to get sick. They also love to die. Why? Because they fail to communicate about their non-communicable diseases (NCDs). Here are some favorite and popular NCDs on campus: **ASTHMA, CARDIOVASCULAR DISEASES, DIABETES, GOUT, and OVERWEIGHT/OBESITY.**

According to our CRE researcher Lolita Ragus, NCDs are **not contagious** (good news), but they are caused by **imbalanced diet and sedentary lifestyle** (bad news). So, eat the wrong food and sit around all day long — you will be blessed with one of the five NCDs named above. That is what is wrong with too many Chuuk Campus people. For instance, just look around on campus. So many men look pregnant, or are they just overweight or obese?

In a one-hour seminar on Staff Development Day Friday, March 13, Lolita showed a powerpoint presentation on causes of NCDs and also on prevention action plans to overcome these health problems. She communicated honestly and advised us to eat better food and to exercise. For instance, she told us to stay away from turkey tail (not turtle tail)...but turkey tail is a popular food items among Chuukese. So, who listens to Lolita anyway? Pregnant men do not. Their action (to eat turkey tail) speaks louder than words. They would undoubtedly argue with Lolita, *"Don't tell me to stay healthy. I want to get sick. I want to die."*

Now, change the discussion. Let us discuss Alton Higashi. He smokes too much. Every day on campus, at least a dozen or more persons tell him to stop smoking. After all, they want him to be healthy and to live longer, right? Sure, at the very same time, they eat the wrong food and sit around a lot. They actually enjoy telling Alton to stop smoking, while they continue to get asthma, cardiovascular diseases, diabetes, gout, and overweight/obesity. Maybe they should look more in the mirror and tell the persons whom they see in the mirror to stop eating the wrong food and to start exercising more.

Alton may not be perfectly healthy, but at least he does not eat turkey tail, and he loves green leafy vegetables (including the ashitaba-like "cholesterol spinach"). In fact, he grows cholesterol spinach in his front yard at home and eats the leaves daily. Also, he steals tomatoes from Cecile and Adaao's garden behind his office, because tomato is an excellent anti-oxidant: no fat, no cholesterol, no sodium, lots of Vitamin A and Vitamin C.



So, before you scold Alton for smoking, you might want to scold others — especially pregnant men — on campus. Climb a coconut tree — go fishing — sweat in your home garden. And, let us not forget the fat ladies on campus. Chuukese culture may support obesity, but the culture must also be supportive of sickness and early death as well. Die well! Φ



A BRAIN GAME: NUMBER SERIES

Do you remember how to play the game of number series? In a set of 5 numbers, the fifth number is missing. For instance, here is a sample:

3, 6, 11, 18, ____

The missing number above is 27. Why? Just think of the following formula: $(x^2 + 2)$. Now, think of the following answers:

- If $x = 1$, then $(x^2 + 2) = 3$
- If $x = 2$, then $(x^2 + 2) = 6$
- If $x = 3$, then $(x^2 + 2) = 11$
- If $x = 4$, then $(x^2 + 2) = 18$.
- Therefore, if $x = 5$, then $(x^2 + 2) = 27$.

Now, do the following six number series:

Easy

(1) 3, 6, 9, 12, ____

(2) 13, 9, 5, 1, ____

Medium

(3) 35, 48, 63, 80, ____

(4) 197, 170, 145, 122, ____

Hard

(5) $\frac{2}{3}$, $\frac{5}{8}$, $\frac{3}{5}$, $\frac{7}{12}$, ____

(6) 32, 81, 64, 25, ____

Go to page 9 to check your answers. Let's hope that you got at least four correct! Φ

RECIPE #1: **BREADFRUIT BISCUITS**

Ingredients

1 cup mature breadfruit, grated
1 1/2 cups of flour
2 tsp baking soda
1 tsp salt
2 eggs
2/3 cup milk
cooking oil (for shallow frying)

How to Make

- mix breadfruit, flour, baking soda, and salt together
- beat eggs and milk together
- add egg/milk mixture to flour mixture and combine well
- drop batter by teaspoons into hot oil and fry until golden brown
- serve warm



RECIPE #2: **BREADFRUIT SOUP**

Ingredients

1 mature breadfruit
1-2 onions
salt and black pepper
small chunks of meat (fish, corned beef, pork, or chicken)
coconut milk

How to Make

- cut up breadfruit into small cubes
- boil breadfruit in hot water
- once water with boiled breadfruit thickens, add the meat of your choosing
- add chopped or sliced onion
- add salt and pepper (to taste)
- let it boil open and stir for 5 minutes
- pour in coconut milk and stir
- serve hot



CASSAVA/MANIOC

(page 3)

The English/Chuuksese name is TAPIOCA.
Every Chuuksese child knows that!

PWANANG

(page 7)

The English name is ILANG-ILANG. In the Philippines, it is called ylang-ylang.

NUMBER SERIES

(page 8)

(1) 15; (2) -3; (3) 99; (4) 101; (5) $\frac{4}{7}$; (6) 6

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