

THE KASELEHLIE PRESS

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THE KASELEHLIE PRESS

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Skywalker Goes to the Dark Side in Seattle

Brothers Time and Skywalker Meippen of Chuuk get caught in a murder plot of brutal proportions.

By **BILL JAYNES**
The Kaselehlie Press
(source - Seattle KING 5)

Seattle Wed, 04 Oct 2006 - According to a news report on KING 5, a Seattle, Washington television station, two Chuukese brothers were stopped by police before they could carry out an apparent plan to kill two Seattleites.

Late last month the Seattle police were summoned to Seattle's King County jail where an inmate reportedly tipped them off that the brother of 16-year-old Time R. Meippen, awaiting trial for robbery and assault, was planning to kill witnesses in his case.

According to KING 5, "18 year old Skywalker Meippen, Time Meippen's brother, is now in jail on \$2 million bail for allegedly planning to murder a man his brother had already robbed and shot in the face.

In June, Time Meippen, 16 was arrested for allegedly robbing a Cigarland store in the Northgate neighborhood of Seattle. He is also charged with shooting the clerk in the face during the robbery. If convicted, Meippen, who

is being charged as an adult could be sentenced to nearly 20 years in prison.

The clerk survived. He, along with another employee of Cigarland are scheduled to appear as witnesses in the case against Meippen.

The inmate, one of the younger Meippen's cellmates, told police, according to the report which cited court records that "he did not want to see two innocent people killed."

According to the inmate source, Meippen became convinced that the only way he would escape conviction would be if the witnesses did not show up at the trial. Apparently he began making jail-house arrangements to acquire clean handguns to be used in a double murder of his shooting victim and another witness from the store.

According to the report, soon after, Police sent undercover cops to the parking lot of a "Red Robin" restaurant where Skywalker had arranged to get the potential murder weapons.

Once the weapons were in Skywalker's possession, police moved in and made the arrest.

Police believe they had only a matter of days, if not hours, to prevent the murder of the two employees.

As a precaution, they put them and their families in protective custody until their bust ended successfully.

Police say the brothers were convinced that with the witnesses out

of the way, the 16-year-old would escape conviction.

The two apparently planned to escape murder charges by returning to Chuuk once Time had been released.

Time is still awaiting trial for the Cigarland robbery but has not yet been charged with the murder-for-hire plot.

The Meippen's are the sons of Johnny Meippen of Weno, Chuuk who recently announced plans to enter the FSM Congressional race.

Minginfel a Champ!

Story and Santo Domingo results on page 20



photos by Official IWF photographer, Jozsef Szalka



KING 5 Website

The Northgate neighborhood where the June robbery took place

WHAT'S INSIDE

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NEWS

Telecom Responds to Internet Customers' Complaints

By **BILL JAYNES**
The Kaselehlie Press

Conversation in Pohnpei for internet users in Pohnpei seems to have turned in one direction lately, "How many times did it take you to get a decent connection today?" With the cost for each prepaid phone card connection being 16 cents it's a significant question. The complaints include concerns about low internet connection speeds, no connection, or being unexpectedly "kicked off" the internet. Some users have even gone so far as to say that FSM Telecommunications, Incorporated is purposely providing poor service in order to make a higher profit. At least one user says it is because Telecom, as the public company is commonly named, is a monopoly in the FSM.

Takuro Akinaga, CEO and General Manager of Telecom when questioned about the reportedly bad internet service said that he had not been aware that there was dissatis-

faction with the service and that it was not the intent of Telecom to profit from poor service. He has taken steps since our interview to insure that does not happen.

Bernard Mendis, Manager of Information Systems said in an email that beginning Monday, October, 9, Telecom "will reconfigure our prepaid servers to close out prepaid Internet sessions only on normal user requested disconnect. So, a prepaid customer who loses his connection and reconnects within a 5 minute period will resume his session instead of starting a new session and will avoid the \$0.16 charge for the new session. For example, you connect to the Internet using a prepaid card and transfer 4.5 Mb. of data. If you lose your connection and reconnect within a 5 minute period, the billing will not charge an additional \$0.16 and start a new session, but continue with the old session and begin counting from the 4.5 Mb. of data transferred. This will only be



A few of the 30 servers that handle Telecom's internet service

active for terminate causes other than Normal User requested disconnect within a 5 minute period from disconnection."

ditional 192 dialup modems that will be placed into service in Pohnpei over the next few weeks to effectively, more than triple the

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See "Telecom" on page 8

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Olivier Wortel

Reporter at large

Bill Jaynes

Managing Editor

KPress is looking for dedicated correspondents in Chuuk, Yap, and Kosrae. We will pay you for articles and collection of ads. Contact us at the numbers or the email above.

MICRONESIAN CASUALTIES IN THE U.S. MILITARY SERVICES

US Embassy Media Release

(U.S. Embassy: Kolonia, Pohnpei, FSM) The Embassy has received reports of the deaths of two Micronesian citizens, both U.S. Army Soldiers, while on active duty in the Armed Forces of the United States.

Private First Class Glen H. Nery, age 23, United States Army, of Ulithi, Yap State, FSM, died on September 23, 2006, at Fort Hood, Texas. He was off base at the time and the cause of death is under investigation.

Private First Class Henry Paul, age 24, United States Army, of Kolonia, Pohnpei, FSM, died on September 26, 2006, in Baghdad, Iraq. Investigators are trying to determine why the M2A3 Brad-

ley Fighting Vehicle rolled over while maneuvering. Staff Sgt. Edward C. Reynolds, Jr., 27 of Grove, Texas was also killed in the roll over.

The U.S. Embassy in Pohnpei is working with the U.S. Department of Defense to ensure that both servicemen are returned as early as possible for burial on their home islands.

We wish to convey our deepest sympathies to the family and friends of these two brave young men. The United States deeply values and appreciates the support that the Federated States of Micronesia and so many of its citizens are providing to international efforts to bring peace, freedom and democracy to the people of the world.

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NEWS

Kosrae Politics Heats Up As Candidates Prepare for Debates

Voters repeat the age-old question: will the political landscape change, or will it be more of the same?

By **OLIVIER WORTEL**
The Kaselehlie Press

TOFOL, Kosrae – For the first time in a very long time the island of Kosrae will hold live debates modeled and moderated by an independent panel.

The event has been organized and will be hosted by the Kosrae Chamber of Commerce, where selected members will pitch questions and umpire the multiple-day events to be held in the second and third weeks of October.

The debates will kick off what is the official beginning of the stretch run for hopeful politicians seeking to gain Legislative and Executive branch power.

Candidates vying for the positions of Governor and Lt. Governor are scheduled to take the floor in the chamber of the Kosrae State Legislature on October 9. Legislative

contestants are scheduled to hold forth in each of the municipal districts in which their major constituent bases reside, on October 10.

Brian Rogers, a local businessman, and member of the Chamber of Commerce Debate Planning Committee, taking the event quite seriously, said, "This is very important to the island and the Citizens of Kosrae as well as the foreign residents on island," adding that the debates should include questions that "make the candidates think and provide answers to so that the public can be informed."

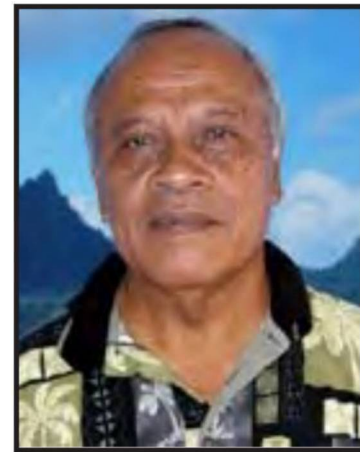
Rogers, who also owns and runs the only independent radio station on the island, 89.5 FM, will be transmitting the debates from Tafunsak to Malem, while the government radio station will likely seek to broadcast live across the

scope of the island.

The CoC would not reveal the questions before hand, not even to its' own members, so as to keep the debates as fair and balanced as possible, and ostensibly, to allow voters the opportunity to listen to candidates' ability to think quickly and independently, and answer to important issues effectively. Skills that the citizenry would like to see in any person given a leadership position.

The debates will be conducted in the Kosraean language.

Running for the position of Governor are Yosiwo George, a two-term governor previously and currently the Administrator for the FSM Health Insurance Plan known as MiCare, current three-term Lt. Governor of the State, Gerson Jackson, and Robert Weilbacher, a relative political



Yosiwo George, running for Governor of Kosrae State, states that the Government of Kosrae must work with honesty, integrity and transparency, principles that he says will guide his run up to election time in November 2006.

See 'Kosrae on page 5

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New Field Trip Ship for Pohnpei?

Pohnpei State Information Services

Kolonia, Pohnpei - The acting Governor Jack E. Yakana called meeting on September 22 and 25 to review a proposed design for a new field trip ship by the Sanwa Commercial Co., Ltd., Tokyo Branch. The meetings were to meet the need for the owner of the ship to review the proposed design and suggest modifications, if any.

Aiding the acting Governor in his review of the design were representatives from the Public Affairs Office, the Budget Office, The Office of Transportation and Infrastructure, and Special Economic Advisor to the Governor.

According to acting Governor

Yakana, "The proposed modifications were made to accommodate our own needs". He instructed the Office of Transportation and Infrastructure to submit the modifications to Sanwa Commercial Co. Ltd. as soon as possible. Yakana went on to say, "when this phase is completed we will then explore all possible sources for funds."

DID YOU KNOW???

That...a possible world record hammerhead shark was caught in May. It weighed 1280 pounds and was pregnant with 55 pups - the most ever seen.

That...there are 40-45,000 people in Pohnpei. Last year 43,443 people died in traffic accidents in the United States.

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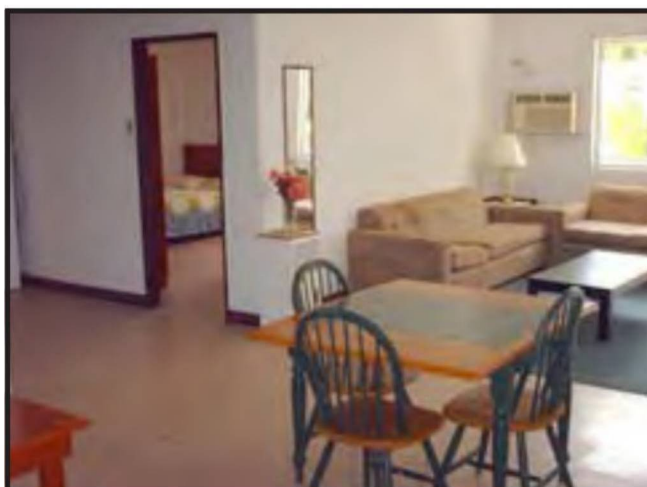
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Kosrae

continued from page 3

newcomer who serves as the Manager of SEMO, the large drydock and noni processing facility near Kosrae International Airport. Governor Rensley Sigrah, serving out the remaining months of his eight-year reign, will not seek reelection to the post.

Running for Lt. Governor are Weston Luckymis, Manager of Micronesia Petroleum Corporation, William Tosie, local businessman and developer, and Tulensa Sigrah, former Principal of Kosrae High School.

Four challengers will seek to unseat legislative incumbents Albert Welly, Chang William, Gibson Siba, Bob Skilling, and Ilai Abraham of Lelu: Bolden Abraham, currently the Budget Director for the State, Alik Isaac, the Administrative Officer for the Legislature, Aaron Alokoa, the Administrator for the Workforce Investment Act program, and Palikkun A. George, who currently works for the FSM National Government.

Attempting to unseat the five legislative incumbents of Tafunsak – Josiah Saimon, Lyndon Jackson, James Palsis, Carson Sigrah – are Mathias Mongkeya, a Kosrae High School Counselor, and Wil-

liam Mongkeya, Administrator for the FSM Custom and Tax office in Kosrae.

In Malem, Legislators Palikkun Shrew, Semeon Phillip, and Hiteo Shrew will face three challengers: Jefferson Timothy, a long-time Navy man, and formerly State Police Chief and the Safety and Security Officer for U.S. Peace Corps, Jarinson Charley, a teacher at Kosrae High School, and Lipar George, currently the principal advisor for the Resources and Development and other Committees at the KSL.

In Utwe, the status quo will remain. Incumbents John Martin and Patterson Benjamin will run unopposed.

Although Kosrae enjoys one of the higher standards of living throughout the entire nation – the 2000 Census indicated that it topped all other states with a median family income of \$8,039 and the lowest population density with 179 people per square mile – it finds itself walking a precarious financial tightrope with the smallest local revenue base of the federation, due to its relatively small private economic sector, and continuous pressure from the Compact's Joint Economic Management Committee to perform or risk funding cuts and reductions in the government work force.

Opinions vary on this year's elections, always a time for discussion and intrigue at the possibility of what will transpire come election time. One candidate suggested that change in the political scene would be detrimental, maintaining that continuity of personnel and ongoing projects are paramount. Yet another, by way of phone, suggested that the various disruptions of the last year, the fuel crisis, the cash crunch caused by delays in sectoral fundings under Compact II, would only serve to instigate voters to opt for much needed new leadership.

As for citizens, several that were questioned as to who they preferred would not commit, generally stating that several new faces to the political scene certainly made for an interesting election year.

It's always tough to call the races in Kosrae, as both voters and politicians often play it close to the sleeve until voting time – at least publicly. More often than not, constituencies vote along family lines moreso than on issues or candidates' capabilities. Not always, but often.

The debates are an effort by the hard-working and earnest CoC to open up the political arena and create some dialogue and transpar-

ency into the political scene.

Kosraean voters will have special voting and polling places in Pohnpei, Guam, Honolulu, Kona, Hilo and Seattle. Guam and Hawaii voters can have their registration forms notarized by their respective FSM Consulate Offices.

Election Day is November 7. Good luck to both the voters and the candidates.

Funny Exam Answers...

...Actually, Homer was not written by Homer but by another man of that name.

...Socrates was a famous Greek teacher who went around giving people advice. They killed him. Socrates died from an overdose of wedlock. After his death, his career suffered a dramatic decline.

...Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out: "Tee hee, Brutus."



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NEWS

250 New Wheelchairs Donated to Chuuk

Moen, Chuuk - Three years ago, Perty Eter fell down and was unable to walk. The local doctors have tried everything possible to help Perty get back on her feet but to no avail. Finally, they said that they could do no more for her and that she would spend the rest of her life in this condition. With no wheelchairs available on Chuuk, she has spent the past three years at her home, unable to leave without assistance from her family.

Her husband was excited when he heard about the upcoming donation of wheelchairs from the Mormon Church. He rushed to the Chuuk Chapter of the Micronesia Red Cross Society to sign Perty up to receive a wheelchair. During a ceremony held on September 18, 2006, Perty sat in her wheelchair and expressed her gratitude for the new wheelchair she received from the Church of Jesus Christ



Perty Eter sits in her new wheelchair. (Standing left to right): Darwin Halvorson-Welfare Manager, Bill Davis-Service Center Manager

of Latter-day Saints. She hopes to be able to travel to Kansas one day with her daughter to undergo an operation that may help her walk once again. In the meantime, the wheelchair she received is a great blessing to her. Now, she is able to attend her services at a nearby Protestant Church and move around on her own.

Perty was one of 250 people who received a new wheelchair as a result of this donation by the Church of Jesus Christ of Latter-day Saints. For many years, the LDS Church has been actively involved in humanitarian relief and development activities throughout the world. Programs such as the above are funded by donations from members of the Church and others. These programs help children and families of all nationalities and religions by relieving suffering, helping people help themselves, and providing opportunities for service. The Church of Jesus Christ of Latter-day Saints pays for the entire cost of the wheelchairs as well as all of the expenses related to their distribution.

People's Republic of China 57 Years Old



On September 29, two days before the actual date, H.E. Ambassador Yang Qiang who finishes his term as the Chinese Ambassador to Pohnpei in the middle of this month hosted a celebration at Cliff Rainbow, of the 57th anniversary of the founding of the People's Republic of China. President Urusemal and the Governor of Pohnpei, Johnny David were just two of the many dignitaries on hand at the celebration. Sebastian L. Anefal, Secretary of the Department of Foreign Affairs announced in his speech that the "14th FSM Congress had passed an appropriation of a budget to fund the preparations for the establishment of an FSM Embassy in Beijing."

FANGO Hires First Staff Person

Pius Roby takes on mission to help NGOs and communities of Pohnpei and the FSM.



By **OLIVIER WORTEL**
The Kaselehlle Press

KOLONIA, Pohnpei – FANGO stands for Federated Association of Non-Government Organizations. And FANGO has just hired its first staff in order to move it's aims of increasing public participation in the development and political process, helping to foster good, responsible government, and providing a central resource center for NGO information, as well as support and training to the FSM NGO's – women's groups, youth groups, and environmental groups amongst them – who compose its membership.

Pius Roby is the new Information Communication Officer for the young organization. Roby moved over from the Pohnpei Fisheries Corporation, where he served as Operations Manager. Roby looks forward to the challenge of helping FANGO move forward and networking with other NGO's in the region.

"I think FANGO will really help the NGO's in Pohnpei and the FSM by promoting transparency and networking between the many NGO's that we have. My job will be to promote this organization and these efforts."

Though still dominated by government sector employment and activity, the NGO and private sectors are growing and becoming a bigger voice throughout the nation. Combined, this active private sector pairing is often at the leading edge of progressive change and innovation in any society.

What interested Roby in coming over to FANGO, he stated, was the similarity that it has with much of his community work in his private life and with his church activities, which has to do with "empowering communities in the interest of the people."

"We look at the rights of the people and how we can help them. This is what makes us feel good. When I read about FANGO, it's almost the same concept. Basically, I believe that what is happening now is that the people are not well-informed, and I believe what we are doing here at FANGO now will help the communities be more informed and empowered over developments. Transparency is what FANGO is promoting, and what it can facilitate in the community and with other NGO's. I like that kind of responsibility."

FANGO's doors are always open to visitors during business hours. It is located behind the Pohnpei Fish Market. Its phone number is 320-2100 and email is fango@mail.fm.

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NEWS

Telecom

continued from page 3

number of simultaneous connections to the internet that will be available. The new modems will greatly decrease, if not completely eliminate the number of times that users dial up and receive no response from the computer servers at Telecom.

According to statistics provided for the month of September, Telecom handled 64,105 internet calls in Pohnpei. Of those, nearly 85% of disconnects for prepaid users in Pohnpei were as a result of the user requesting disconnect at their own computer—normal disconnects. Nearly 84% were normal disconnects for internet account users. The average length of call for those ended by a normal disconnect was over 30 minutes.

The second highest reason for internet disconnect for users was “server request” which can happen for a number of reasons including high traffic. This error stimulated

in Pohnpei over 9% of disconnects on account calls which had an average length of 8 minutes before disconnect. Nearly 8% of calls were disconnected after an average of 13 minutes for prepaid users.

The third highest reason for disconnect for users of both types was for lost carrier. A lost carrier disconnect occurs when one or the other party hangs up the line. Those disconnects ran in the 5 to 6% range in Pohnpei. The average length of call disconnected in that way was 12 minutes for account calls, and 21 minutes for prepaid calls.

Chuuk, Yap, and Kosrae’s normal disconnects averaged nearly 95% across the three states.

More than half of the internet calls handled by Telecom in September were for Pohnpei alone.

All of the 96 modems that Telecom currently employs have the capacity to communicate at rates of 300 to 56,000 kilobytes per second.

When a user dials up internet services at Telecom, the high pitched tone that you hear is your modem trying to send signals to the receiving modem which it does until it gets a response from the Telecom modem. At the point that it does an analysis on both sides of the transaction is performed that measures many things including the quality of the line. Slower speeds are required if the line is poor. A process called “retraining” occurs during the duration of the modem hook up and the modems frequently negotiate speed, error control, and other link parameters.

Mendis says that many factors control the speed of internet link up. What may work quite well for voice transmission may not work well for internet connections. 56,000 kbps transmission almost never occurs except on pristine lines. Some users have experienced connection speeds of 50.6 with regularity but there are many that connect at much lower speeds every day and every time. Mendis says that Telecom is committed to helping users who

constantly connect at lower speeds to solve the problem especially where the problem is a bad wall socket otherwise know as a connecting block.

Other factors that limit internet speed, according to Mendis include the length and quality of the connecting cord between telephone socket on wall and the user’s modem. The distance from the user’s location to Telecom or a remote substation can effect the quality of the linkup. Oftentimes users have their modem configured to communicate at lower speeds which can be reset on the user’s control panel. Sometimes the issue is as simple as the quality of the user’s modem.

Some disconnects have to do with the automatic disconnect or the Idle Timeout configuration on the user’s computer.

Both Akinaga and Mendis said that where there is a problem that Telecom can control they will find it and eliminate it.

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Advance Chinese delegation discusses new office building for the Executive Branch

Pohnpei State Information Services

Kolonia, Pohnpei - A 5 member delegation consisting of professional engineers and architects from construction firms in China paid a courtesy call on acting Governor Jack E. Yakana on September 26. The delegation was sent to Pohnpei by the People's Republic of China to pave the way for the construction of the new executive branch office complex for Pohnpei.

The tasks for the visit of the advance team include confirmation of the project's site, collection of basic data, samples and materials, preparation of a draft design. The group also hopes to have the project finalized and signed by FSM and People's Republic of China officials.

In his welcoming remarks, Yakana said, "We have been looking forward to this day with eagerness." He went on to say that Pohnpei State will realize many benefits of consolidating its departments, offices, agencies and other "instrumentalities" of government under one roof. He said, "Another example of benefits is the cost saving that [the] executive branch will realize as vehicles will no longer be running between offices and for that less fuel will be consumed than the current level."

On the question of the contract agreement, Mr. Carl Apis, Deputy Assistant Secretary of Asian Affairs told the China delegation that "whatever the Pohnpei State will agree on this matter, that will be the position of the national gov-

ernment."

Also present at the meeting were the Public Affairs Officer, Administrator for the Office of Transportation and Infrastructure (O/T&I), the Special Assistant to the Governor, Dickson Wichep, who is in charge of project inspection in the Dept. of Transportation, Communication, and Infrastructure and the national government, and Mr. Chen Wenlin, the First Secretary for Business in the Economic and Commercial Counselor's Office of the Embassy of the People's Republic of China in the Federated States of Micronesia. Mr. Wenlin is also the delegation's translator.

Acting Governor Yakana designated the Administrator for the O/

T&I to be the liaison between the group and the Pohnpei State Government. According to the Administrator, "We will do our best to assist you on your needs for [the] duration of your mission here." Yakana told the delegation that Governor David is very anxious to see progress on this project and that he would be arriving on the following day from overseas official business.

Pohnpei Government, especially the executive branch will soon have a modern office complex across from the present Governor's Office, overlooking the Pohnpei Harbor.

The delegation from China will be leaving Pohnpei on October 14.

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PACIFIC WORLD NEWS

Downer: "We don't know Moti's whereabouts."

THE AGE/PACNEWS

CANBERRA(Pacnews) - Australia is determined to bring fugitive Solomon Islands attorney-general Julian Moti to justice, foreign minister Alexander Downer says, *The Age* reports .

A clearly angry Mr Downer said Australia would not let the case rest, despite opposition from Papua New Guinea and the Solomon Islands.

"I don't care what they say about Australia, or what they say about the Australian government - we are dead right about this, we are dead right," Mr Downer told *ABC Radio*.

"And we are going to be very very determined, no matter what obstacles are put up, to make sure that people who face serious child sex charges are brought to justice." Mr Moti's whereabouts are unknown, a week after Papua New Guinea police arrested him at Australia's request over child sex charges.

He had been holed up in the Solomon Islands High Commis-

sion in Port Moresby after skipping bail to escape the extradition bid.

Mr Moti was suspended from the attorney-general's job by the Solomons Public Service Commission but Solomon Islands Prime Minister Manasseh Sogavare appears to be standing by Moti who is a friend and adviser.

He is thought to have left the High Commission on Thursday night after Papua New Guinea Prime Minister Michael Somare guaranteed him safe passage back home. Sir Michael said PNG police had improperly arrested Mr Moti as the Australian request had not been cleared by his office.

"If this man wasn't the attorney-general of the Solomon Islands, the media in Australia would be screaming at us to be active and make sure somebody was brought back to face charges," Mr Downer said.

"But because he's the attorney-general, the proposition here is that we should be endlessly polite about it. Well I think not, I think that's just a bad judgment."

American fishing boat fined for illegal fishing

COOK ISLANDS RADIO/
TELEVISION - PACNEWS

06 OCTOBER 2006 RAROTONGA - The master of an American-registered longliner caught fishing illegally in Cook Islands waters in 2004 was this week fined NZ\$450,000 (US\$297,000), *Radio Cook Islands* reports.

The Cook Islands High Court fined Harry Burgess, whose boat "Adelita" was caught in November 2004. It also confirmed the forfeiture of the boat's catch. He pleaded guilty in exchange for a number of conditions, including that he would not be jailed.

Mr Burgess was fined NZ\$200,000 (US\$132,000) for illegal fishing, \$100,000 (US\$66,000) for transiting and

\$150,000 (US\$99,000) for obstruction.

Adelita was seized in the country's Northern Group after a joint operation by a New Zealand air force patrol plane and a Cook Islands police patrol boat.

Meanwhile, a major campaign is on in the Cook Islands to prevent a mosquito-borne dengue fever outbreak, *Cook Islands Television* reports.

The Cook Islands Health ministry is spearheading a clean up day throughout Rarotonga on Friday local time (07 Oct).

The campaign follows reports of 10 cases of dengue on Rarotonga

Small Island states stand to save millions from bulk purchasing

PACNEWS

06 OCTOBER 2006 SUVA - Small Island states stand to save millions of dollars from bulk purchasing of fuel if they agreed to the strategies proposed by the Pacific Islands Forum.

Representatives from the seven small island states were presented with a regional collaborative mechanisms, highlighting distinct components - regulatory oversight, energy risk management and product procurement.

Forum import management advisor Jared Morrison said a study conducted by the forum revealed how small island states could save million of dollars from fuel bulk purchasing to cushion the impact of high oil prices experienced in the world market.

"For those countries we did the study we identify something like US\$30 million worth of savings in the next 10 years if they did things better." Mr Morrison said, "If they took the most interventionist approach which is to move towards something like Samoa has done to own their own fuel farms and then the benefits were somewhere in the US\$100 odd million over the 10 years however it also come with some risks" Mr Morrison said officials have considered the strategies or the way forward that the forum has proposed to them.

"It proposed the formation what they called project control groups, framework agreements to govern the assessment and quantification of the benefits prior to moving down that line.

"There were quite extensive discussions about selling the concept, the process and the methodology

not so much commitment towards a certain course of action. I believe that commitment towards cause of action is going to be over the next six to 12 months.

"They will take this to their leaders retreat and get some directions from them whether they agree with the methodology and process from there I expect that will then take it to an energy ministers meeting which is expected to fall sometime next year and that's the forum I believe will expand on it."

Mr Morris said the seminar in Fiji was about consolidating and coordinating their responses to the high oil prices.

"We looked at a number of things, bulk purchasing, risk management and of course regulatory oversight being an important part. It is an issue common to all countries but I think the small islands states are much more affected by high oil prices, much independent on it and if you look at the generation mix its predominantly higydro carbon base or fossil fuel base and they really have little alternative"

Mr Morris said bigger countries were also involved in the discussion as the issue affects all countries. The Forum secretariat will assist all countries in their efforts to secure competitive petroleum prices on a bilateral type arrangement,

He also revealed that representatives from small island countries spoke of the heavy reliance on fossil fuel.

"They spoke of the market power or monopoly, supply arrangements that are in place, the need to build capacity not only nationally but regionally to help negotiate with large multinational oil companies and a need to have a formal arrangement where they can share information for the benefits of the consumer and consumer protection, he said.

and more on Aitutaki to the north. The health ministry is meeting island councils and mayors to get community support for its anti-mosquito clean-up campaign. Health secretary Doctor Roro Daniel has also appealed for pub-

lic support

A big school group going to neighbouring French Polynesia where dengue is more common - were briefed on precautions to take there.



Bank of the FSM wishes to announce to the general public it is extending teller service hours for Pohnpei Branch as follows:

<u>Effective October 16, 2006</u>	<u>Hours</u>	<u>Days</u>
• Drive-In Teller	8:30 a.m.-4:00 p.m.	Monday-Thursday
	8:30 a.m.-5:00 p.m.	Friday
	9:00 a.m.-1:00 p.m.	Saturday
• Branch	9:00 a.m.-4:00 p.m.	Monday-Thursday
	9:00 a.m.-5:00 p.m.	Friday

Effective November 13, 2006 (Until January 31, 2007)

• Drive-In Teller	8:30 a.m.-5:00 p.m.	Monday-Thursday
	8:30 a.m.-6:00 p.m.	Friday
	9:00 a.m.-3:00 p.m.	Saturday
• Branch	9:00 a.m.-4:00 p.m.	Monday-Thursday
	9:00 a.m.-5:00 p.m.	Friday

For the Drive-In Teller window on Saturdays, services will be limited to cashing checks, savings withdrawals and taking single deposits.

We have initiated this change as a result of demands by the general public to better serve their banking needs. This service effective October 16, 2006 will continue throughout the year and depending on the level of activity and demands by customers, hours may be extended.

Thank you and the BFSM is proud to be The Bank of First Choice and Micronesia's locally owned Bank.

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LETTERS TO THE EDITOR**Pohnpeian Protection?**

Dear Editor:

I would like to thank The Kaselehlie Press for printing the article titled "Pohnpei Water Wars" (Sept. 27, 2006, Vol. 6, Issue No. 18). In this regard, I'd like to address two important points, if I may.

First, on behalf of Pohnpei Water Company (PWC), I would like to publicly express my appreciation to our customers for giving us a chance to continue serving them with purified drinking water in Pohnpei. Our purified water (**Sparkle Pure**) is produced with US-made equipment and utilizes purification processes that are designed by US-licensed experts and meet any US standard.

The prices of our different product lines and services continue to be competitive especially when purchased directly from the PWC Plant.

Second, while your article focused on the "... Water Wars", there are much deeper issues regarding the economic development policies of Pohnpei State which your writer (Jessica Chapman) raised so clearly.

In your article, your writer asked, "Can three private water businesses (PWC, DOL & AS) survive on Pohnpei?" She continued: "While government officials and citizens alike cry for a more robust private sector, it is not clear whether an abundance of similar products in such a small market can assist with that goal."

It is apparent that all three water companies are now "racing to the bottom" in terms of price. As a result, the profit margin becomes smaller and smaller which limits any possible expansion or research and development of any new water purification technology.

Chapman further noted that Pohnpei Foreign Investment Board (FIB) has recently granted a foreign investment permit to an Australian company (Rainfarms FSM, Inc.) to enter Pohnpei for the purpose of producing small bottled water, supposedly for export. Your article concludes by including a statement saying that "Nothing prevents them (Australian company) from selling here (Pohnpei)".

As a Pohnpeian business owner who has carefully been nurturing my business for over 15 years (have paid my loans fully and on time; have tried to transfer technology and know-how to local people; paid my taxes on time; paid my suppliers and local vendors faithfully; paid my employees' social security and income tax deductions on time; have invested my business profits on research and development (R&D) for the new blow molding bottle technology) my question is how do the local government authorities expect a small local business owner to continue to be a contributor to the State's economic development, given the fierce competitive environment for this industry that the FIB and the local authorities have allowed to emerge?

see "Protection" on page 13

Letters to the Editor are not researched in the same manner as articles. They are simply opinions and views of our readers. However, the policy of the paper is that we have your name, address and phone number in order to have it in print. The Editor has the right to edit Letters to the Editor. We still appreciate all tips and letters sent but just can't print them without a name.

Thank You. The Editor

SEND US TIPS

phone 320-6547,
fax 320-6571 or kpress@mail.fm

KP-Perspective**Negotiation and Weakness**

I have a perception of Municipal, State, and FSM Government that may be inaccurate, in which case it would be great if someone from any of the branches of government would write a letter to the editor clearing it all up for me and perhaps for the readers. I do understand the idea of governmental checks and balances since I come from the U.S. There must be an Executive Branch to check the activities of the Legislature, a Legislature to check the activities of the Executive Branch, and a Judicial Branch to check the activities of both. Got it.

Things fall apart for me when I see the combative stance that exists between the Legislative Branch and the Executive Branch. The FSM does not have a multi-party system and so the dividing line seems to be the branch in which you sit. Municipal Councils are against the Magistrates, the Legislature is against the Governor, Congress is against the President who is actually one of them and vice versa back down the line.

Besides the obvious security risks of having the three leaders of the branches of government living in the same place I like the idea that these gentlemen may be living in such close proximity. Perhaps, as Father Hezel prayed at the ceremony handing over the leadership housing complex, there may develop a sense of harmony amongst the nation's leaders. I certainly don't want to appear Pollyanna-ish but we can certainly hope, can't we?

No question about it. There should be checks and balances, after all, as has been said, "Power corrupts. Absolute power corrupts absolutely". The end result of having no checks and balances is

absolute power. I can't imagine the kinds of corruption that would result from that since we already have corruption with the checks and balances.

The number of costly law suits filed by one branch against the other branch all the way up and down governmental lines is astounding. You know that I am not an FSM citizen and so on these points I am uneducated but I have been told that before courts and lawyers, people in the FSM used to work out their differences amongst themselves. What happened to that? I have a lot of friends on this island who are lawyers and I'm certainly not against them making a living but could there not be some kind of negotiation and mediation that occurs between the branches that could avoid at least some of the law suits?

It seems that the first place of negotiation is beginning to be the courtroom. Perhaps I am mistaken about that but that's certainly how it appears. It seems that once a person is in power, and of course, this is not universally true, there is no room for negotiation because negotiation might appear to be weakness.

It seems that all three branches of the government need men and women of wisdom who are not afraid to use that bravest of all statements, "Hmmm, I never thought of it that way before. Let me think about that and get back to you. How's tomorrow morning at nine?" The "my way, or the highway mentality" is going to drown us all in floods of court paperwork.

Bill Jaynes
Managing Editor

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More Guidelines from the Center of the Universe

I've decided when I see an especially well executed guideline for those who wish to be the Center of the Universe to present an award for their efforts. Creativity in your pursuit earns extra points. The award may or may not be presented in each issue of the Kaselehlie Press and the awardees will probably never be named directly but I felt it important to point out my appreciation for specific acts of bravado in the quest to be the Center of the Universe.

On occasion a person will find that they have furthered their ambition to be the center of the universe entirely by accident. Today's top winner of the Center of the Universe Award goes to the babysitter of a one year old child who was left to watch him in an air-conditioned truck while the mother ran into the bank for a quick errand. Somehow, and no ones seems to know quite how, the laughing and giggling one year old managed to back the truck into a parked car pictured to the right with enough force to move it 4 to 5 feet and over a curb into a ditch. Cheers to the attentive baby-sitter and congratulations for winning the top award.



The end result of one baby sitter's efforts to be the Center of the Universe at the Moylan's Office Complex in Kolonia. Her efforts earned her the top prize.



The car of the second place winner of the Center of the Universe Award at Town Plaza in Pohn Rakied

Other times a person will find themselves at the Center of the Universe through choices they have made. Such is the case with the picture at the left. This individual gets the second Center of the Universe award. Apparently he thought that it was a great idea to get rip roaring drunk and then go for a high speed drive. Note, in the picture, his dedication to the task. The wall that he drove through, the pieces of which are shown scattered around his vehicle, was not enough to quench his desire to wrap the entire front end of his car around the supporting post at Town Plaza in Pohn Rakied. I'm sure that the police recognized his accomplishment when they were hand cuffing him in the wee hours of September 30.

The two awardees have shown their extraordinary dedication to the concept of the Center of the Universe both above and beyond the call of duty, for that matter, good sense. I would never recommend that anyone go to these extraordinary lengths to prove their place.

*Bill Jaynes
Center of the Universe*

Protection

continued from page 13

In this business venture, I don't ask for a hand-out or a subsidy or even a tariff protection from our government. But isn't it an implicit responsibility of the government(s) to give some preference to locally owned business owners to allow them to grow, hire more local people, and contribute their share to the development of our State?

It seems there is a good degree of disconnect when our government officials, on one hand, talk about the need for local people to be involved with economic development activities, and then, on the

other hand, grant permits, left and right, to foreign companies to enter the same small market to compete against, and crowd out, the local companies. I may be wrong about my perception but that is exactly how I feel regarding the water industry in Pohnpei at this time.

PWC will survive because we've developed a strategy for our survival, however, the new huge Australian company's arrival in Pohnpei in the future might just be the last straw that would "finally break the camel's back". We hope it won't happen but we'll just have to wait and see.

If you asked me, today, if I would be willing to start another business again, the same way I did with the PWC, I would emphatically say,

"NEVER!, I would not waste any more of my precious time, personal investment, and effort, given the current lack of support and protection for Pohnpeian business owners."

As a concerned citizen who dreams that Pohnpei will eventually become economically self-sufficient, I'm still hoping and praying that our State's collective leadership will work together to create an environment friendly to support and protect the Pohnpeian small business owners.

Sincerely,

*SeNellie Phillip Singeo
Owner, Pohnpei Water Company
senkeilani@yahoo.com*

Pohnpei Fishing Club

announces the

11th Annual TRUE VALUE FISHING TOURNAMENT

Saturday, 21 October 2006

\$1,400 in prizes

Registration - Friday, 20

October

5:30-7:00pm at PCR

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U.S. Government Sponsors FBI Training in Pohnpei for Local Police Officers

US Embassy Media Release

(U.S. Embassy: Kolonia, Pohnpei, FSM)
The U.S. Federal Bureau of Investigation (FBI) provided valuable professional development training for FSM National and Pohnpei State Police officers recently. Two agents from the FBI's Guam and Saipan Residential Agencies visited Pohnpei from September 25th to 27th to facilitate the two day seminar. Fifteen local law enforcement



officers completed the training with Special Agents Karen Lewis and James T. Barry.

FSM officers honed their skills in fingerprinting, interviewing, and report writing, and then received additional training in crisis negotiation tactics and weapons of mass destruction awareness. The course was designed to teach advanced techniques that go beyond normal police skills but can also be applied to basic law enforcement work. Results-oriented exercises using interactive DVD's allowed officers to experience and react to realistic crisis situations.



PACIFIC ISLANDS FORUM SECRETARIAT YOUNG PROFESSIONALS SCHEME

In recognition of the need to foster the development of young people with policy skills within the region, the need to scale up human resources required for our strengthened policy mandates and the associated effective implementation of the Pacific Plan, the Pacific Islands Forum Secretariat is looking for five highly motivated and qualified individuals to be attached to the newly introduced Young Professionals Scheme. The successful applicants will be placed in full-time internships for a period of no less than six months and no longer than 24 months. The positions we seek to fill are:

- Young Professional – Economic Policy (Economic Governance Programme);
- Young Professional – Trade Policy (Economic Governance Programme);
- Young Professional – Private Sector Development (Economic Governance Programme);
- Young Professional – Legal Assistant (Political & Security Programme); and
- Young Professional – Policy Coordination & Advice (Policy Coordination & Advice Programme).

Eligibility: To be eligible, applicants should be:

- Nationals of Forum Islands Countries
- No more than 30 years of age
- Fluent in spoken and written English
- In an early stage of their career or holders of public office if they are professional applicants
- Able to work fairly independently and demonstrate initiative and flexibility with strong team-working capacity in a multi-cultural environment
- Familiar with the standard features of word processing programs and be competent in MS Excel and HTML documents/Internet web sites

**Please note that applicants related to PIFS staff are NOT eligible*

Essential: Applicants can only apply for one of the internships and must meet the minimum qualifications as detailed below.

- Young Professional – Economic Policy/Trade Policy:
 - Undergraduate/Postgraduate degree in Economics (including experience and study of development issues) or Law and knowledge/experience of Pacific Islands Countries.
- Young Professional - Private Sector:
 - Undergraduate/Postgraduate degree in Business Administration, Development Studies or areas relevant to the development of the private sector and knowledge/experience of Pacific Islands Countries.
- Young Professional - Legal Assistant:
 - Undergraduate/Postgraduate degree in Law; study or work experience in a Forum Island Country and expressed career aspirations in government legal service and/or public international law.
- Young Professional – Policy, Coordination and Advice:
 - Undergraduate/Postgraduate degree in Governance, Political Sciences, Social Sciences or Development Studies.

Remuneration: Please note these positions are not for employment purposes but are aimed at helping further develop regional capacity. Successful interns will be paid an allowance to help with living expenses. Where necessary, airfares will be covered by PIFS.

Applications can be obtained by: downloading forms off the Secretariat's website www.forumsec.org (Click on the following links in this order; *Activities, Enabling Mechanisms, PIFS Young Professionals*) or collecting forms from the Pacific Islands Forum Secretariat, Suva, Fiji.

Procedure: Applicants should submit a completed application form with certified copies of completed certificates for each qualification stated and academic transcripts to the Development Cooperation Adviser, Private Mail Bag, Pacific Islands Forum Secretariat, Suva, Fiji. Applications close on 13 October 2006.

For further information, contact the Scholarship Assistant on email: info@forumsec.org.fj; telephone: (679) 3312600 or fax: (679) 3305880.

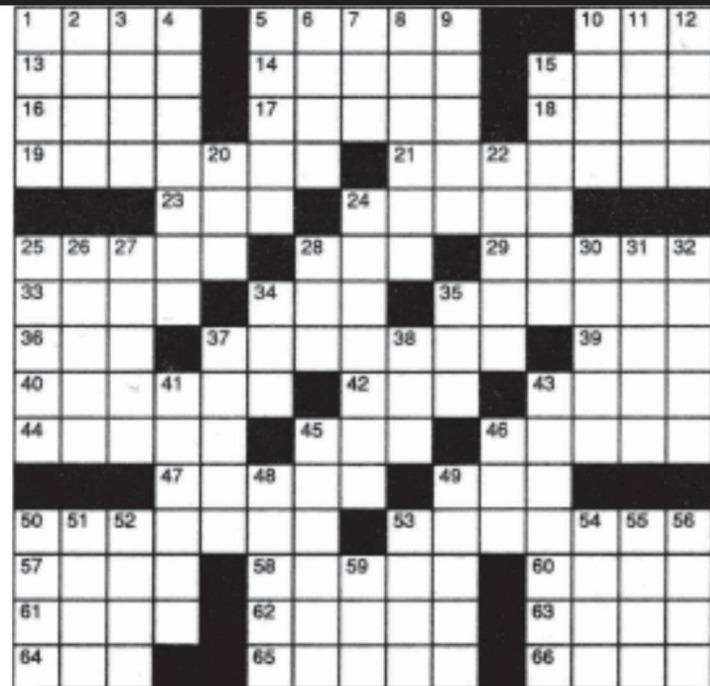
Special Agent Lewis said: "Our agencies are often asked to assist with law enforcement training throughout Micronesia. We always look forward to these opportunities to help our fellow law enforcement professionals. Our colleagues in the islands are always active participants, quite eager to learn and use the training we provide." Pohnpei State Police Chief Joseph Roby remarked, "We're really interested to learn more about these specialized subject areas. We're glad our FBI friends are here and really appreciate their assistance by providing this valuable training."

**The deadline for
submission of
items for the next
issue of the
Kaselehlie Press is
6:00 PM
October 20, 2006**

LAST Issue's Solution

CLAM SPACE ELF
HORN MULES SPEE
IRON INPUT VINE
PENDENT MEDICAL
ILE ASSBY
SLINK SPY ECHOS
PANG LAP ADHERE
ERG PILLARS ADE
AVOWED AWE IHED
HATED NUN ENTRY
BAKED RED
DOUBLES ALLERON
HUSE STONS PAVE
ICED PLANE TREE
PHO SETON HERD

CROSSWORD PUZZLE



ACROSS

- 1. Incite or encourage
- 5. Violent
- 10. Naval rank (abbr.)
- 13. Bellow
- 14. Baffle
- 15. Close loudly
- 16. Meditate
- 17. Consumer activist
- 18. Part of church
- 19. Liner
- 21. Belly
- 23. Stitch
- 24. Pilot
- 25. Scarf
- 28. Elevated railroads
- 29. Hatcheries
- 33. Claim on property
- 34. For
- 35. Declare
- 36. Kennedy or Koppel
- 37. Put in order
- 39. Golf aid
- 40. Active force
- 42. Part of foot
- 43. Article
- 44. Change the clock
- 45. Crimson
- 46. Trudges
- 47. Pierced with horns
- 49. Friend (colloq.)
- 50. Clipped sheep
- 53. Strength
- 57. Orient
- 58. Part of the ear (p1.)
- 60. Strong wind
- 61. Mature
- 62. Silly
- 63. Prayer ending
- 64. Saute
- 65. Pennies
- 66. Astrological lions

DOWN

- 1. Upper limbs
- 2. Boxing match
- 3. Lessen
- 4. Betrayal
- 5. Make fresh
- 6. Winged
- 7. Partly opened flower
- 8. Standards
- 9. Men's hat
- 10. Mollusk
- 11. Surface a street
- 12. Sign of the future
- 15. Sleeping sounds
- 20. Encountered
- 22. Thick
- 24. Drifted in water
- 25. Table of sacrifice
- 26. Blockade
- 27. Yields
- 28. Make a mistake
- 30. Contest (colloq.)
- 31. Wooded
- 32. Stalks
- 34. Snoop
- 35. Mature
- 37. Performer
- 38. Bow the head
- 41. Nullify
- 43. Unlawful
- 45. Did over
- 46. Tap
- 48. Memento from past
- 49. Sits for portrait
- 50. Slave
- 51. Head growth
- 52. Catch sight of
- 53. Confined
- 54. Title
- 55. Nile queen, for short
- 56. Wishes
- 59. Forbid

SOLUTION IN NEXT ISSUE

Word Search - BUTTERFLY ZOO

Since 1996, the Riverbanks Zoological Park and Botanical Garden in Columbia, South Carolina, has enchanted visitors with its annual "Jewels of the Sky" summertime exhibit. Folks stroll among free-flying butterflies contained within a 3,200 square-foot screen-encased garden.

- AREA
- ATTRACTION
- BUTTERFLIES
- COLUMBIA, (S.C.)
- DELICATE
- DISPLAY
- ENCLOSED
- ENJOY
- EXHIBIT
- FLOWERS
- FLY
- GARDEN
- INTERESTING
- "JEWELS of the Sky"
- MONARCHS
- NICE
- OBSERVE



- PAINTED ladies
- PRETTY
- PUBLIC
- RIVERBANKS Zoo and Garden
- SCREEN
- SOUTH CAROLINA
- SPECIES
- SWALLOWTAILS
- TREES
- VARIETIES
- VIEW
- VISIT
- WINGS
- ZEBRA longwings
- ZOO

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ARE YOU HIDING?

By **TRUDY I RUEHMANN**
*Assemblies of God World
Missionary, Senior Pastor*



Do you remember as a child, playing the fun and exciting game, "Hide and Seek?" Someone from the group was chosen to be "IT." He would close his eyes and count to 100. The rest of the people playing would go and hide so they would not be caught by "IT." The only safe place was to hide in such a good place that he or she would not be found. Then if a person thought he had hidden long enough and "IT" was not near by, he would try to run back to the safety base in hopes of not being caught.

It seems funny but many people try to play "Hide and Seek" with God. They believe God is "IT" and is out to get them. So, they hide. People hide secret sins and weaknesses thinking God cannot see them and therefore they must be safe. Yet, in God's Word, it says, "Can anyone hide himself in secret places, so I shall not see him?" says the LORD, "Do I not fill heaven and earth?" says the LORD," Jeremiah 23:24.*

There is no place we can hide from God. There is nothing we can hide from God. There is not one thought, attitude, motive, deed, action or sin that is hidden from the All-Knowing God. In Jeremiah 16:17, the Lord says, "For My eyes are on all their ways; they are not hidden from My face, nor is their iniquity [sin] hidden from My eyes." The Psalmist affirmed that by saying, "O God, You know my foolishness; and my sins are not hidden from You," Psalms 69:5.

Other people try playing "Hide and Seek" with God, only they feel like the "IT" trying to find God and the true love, peace, joy and acceptance He gives. They search in their work place, in human relationships, in drinking, in drugs, in more schooling, and even in religion. Yet, they still do not seem to find what they are looking for. Access to God is not found in those things, although God can use some of those things to lead you to His Access. Jesus Christ told us the way to find God. He said, "I am the way, the truth, and the life. No one comes to the Father except through Me," John 14:6.

Maybe you feel like the one hid-

ing from God. Secretly, deep down inside, you are longing to be found by the One who loved you enough to send His Son Jesus to die for your sins and rise again so that you could have life more abundantly. There is good news for you! Jesus came to seek and to save those who are lost and hiding (Luke 19:10). All you have to do is say to God, "Here I am, come and find me," and the Lord will reach out to you.

Maybe you feel like the "IT" trying to find God. There is good news for you too. In Jeremiah 29:13-14 God says, "And you will seek Me and find Me, when you search for Me with all your heart. I will be found by you, says the LORD." The Lord is waiting to be found by you. Don't seek things, but seek the Lord Jesus and you will find God and His unfailing love for you.

Whether you are hiding or whether you are seeking, the Lord God has made a way for you to find Him through Jesus Christ. Why not call out to Him today! You will surely find God!

Key Bible Verses: *Isaiah 55:6-7* - Seek the LORD while He may be found, Call upon Him while He is near. Let the wicked forsake his way, And the unrighteous man his thoughts; Let him return to the LORD, And He will have mercy on him; And to our God, For He will abundantly pardon.

* The Scripture passages are taken from the New King James Version.

Trudy Ruehmann moved to Pohnpei in 1999 as an Assemblies of God World Missionary. She is a teacher at Micronesia Bible College and also the senior pastor of International Christian Fellowship (ICF) which meets at Kolonia Assembly of God on Sundays at 8:00 a.m. and Wednesdays at 7:00 p.m. The services are in English and opened to all people from all nations.

Editor's Note:

Religion, in its many forms is a large part of life in Pohnpei and should not be avoided in these pages. I would like to invite pastors and religious leaders to submit items of a devotional nature for print in The Kaselehlle Press.

The following rules will universally apply to articles submitted for the religion page:

1. Articles are to be for the common good, of a devotional or newsy nature.
2. Column length should be no more than 700 words.
3. I retain the right to edit all submitted articles though I will never change your message unless it violates any of the other rules.
4. Articles are not to be self-serving, e.g., "our denomination is the only right way because . . ."
5. Articles will not be printed that call into question any other religious group or denomination.
6. Please have your article submitted by the Friday prior to the next week's publication of the newspaper.
7. I would like to have a picture of the contributor, to print along-

side the article along with a description of your position within your religious organization.

8. Articles may be done in Pohnpeian. Because it is hard for me to edit Pohnpeian articles please pay extra attention to the above stated rules when writing in Pohnpeian. I will need a few extra days to place articles written in Pohnpeian.

9. All religions will be treated equally. Regardless, it may take some time to get your article printed. I currently have contributors stacked up until May of next year.

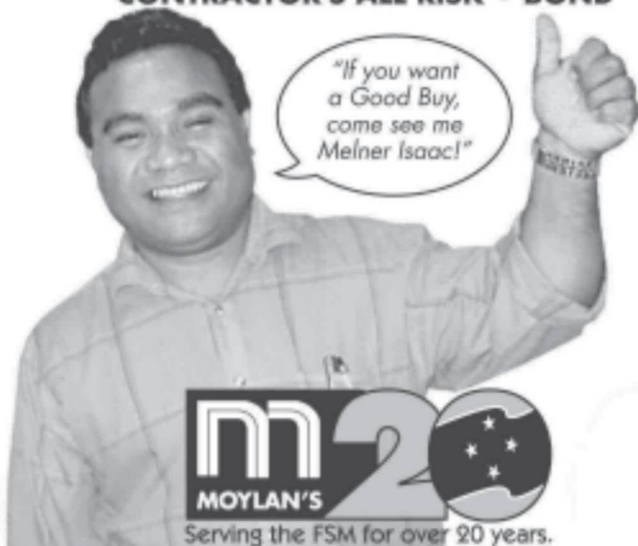
Please submit articles whenever possible, in electronic format to enable me to avoid the painstaking task of retyping your article. You can do this by email at the address kpress@mail.fm, or in Pohnpei, by stopping by the office, downstairs at the Namkiki building with a floppy disk (3.5"), a CD-ROM, or a memory stick. We look forward to hearing from the religious community of the FSM.

Bill Jaynes
Managing Editor

TIDE TABLE October 11 - 24, 2006				
	POHNPEI, KOSRAE		CHUUK	
Wednesday	11 05:01AM 3.1 10:31AM 1.3 05:20PM 4.6	18 01:12AM 3.8 07:47AM 1.3 02:08PM 3.7 07:49PM 1.9	11 02:19AM 0.4 07:40AM -0.2 03:47PM 2.3	18 12:37AM 1.4 07:45AM 0.1 02:22PM 1.2 07:14PM 0.8
Thursday	12 12:16AM 1.5 05:23AM 2.6 10:39AM 1.5 05:53PM 4.2	19 01:40AM 3.9 08:00AM 1.2 02:19PM 4.0 08:14PM 1.7	12 07:36AM -0.3 04:07PM 2.1	19 12:58AM 1.4 07:37AM 0.2 01:56PM 1.4 07:34PM 0.6
Friday	13 01:26AM 1.9 05:30AM 2.2 10:23AM 1.8 06:33PM 3.8	20 02:04AM 3.9 08:14AM 1.1 02:34PM 4.3 08:39PM 1.4	13 07:39AM -0.4 04:26PM 1.9	20 01:17AM 1.4 07:31AM 0.2 01:51PM 1.6 07:58PM 0.4
Saturday	14 08:13AM 1.8 08:08PM 3.4	21 02:28AM 3.9 08:30AM 1.1 02:51PM 4.5 09:05PM 1.3	14 07:45AM -0.4 04:41PM 1.7	21 01:35AM 1.3 07:28AM 0.2 01:58PM 1.8 08:26PM 0.3
Sunday	15 07:15AM 1.6 11:35PM 3.4	22 02:51AM 3.8 08:46AM 1.0 03:10PM 4.7 09:31PM 1.2	15 07:52AM -0.4 04:46PM 1.5 08:51PM 1.3 11:24PM 1.4	22 01:53AM 1.1 07:29AM 0.2 02:11PM 2.0 08:56PM 0.1
Monday	16 07:22AM 1.5 02:14PM 3.0 06:48PM 2.5	23 03:15AM 3.7 09:04AM 1.0 03:32PM 4.8 10:00PM 1.1	16 07:54AM -0.2 04:23PM 1.2 07:30PM 1.1	23 02:11AM 1.0 07:31AM 0.1 02:29PM 2.1 09:28PM 0.1
Tuesday	17 12:36AM 3.6 07:34AM 1.3 02:04PM 3.3 07:22PM 2.2	24 03:39AM 3.5 09:21AM 1.1 03:56PM 4.8 10:31PM 1.2	17 12:10AM 1.4 07:51AM -0.1 03:18PM 1.1 07:06PM 1.0	24 02:28AM 0.8 07:32AM 0.1 02:49PM 2.2 10:04PM 0.1

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COMMUNITY BULLETIN

Pohnpei Lions Club meets monthly every 4th Tuesday at Namiki 2nd Floor Restaurant at 6:30pm. Public Welcome.



The Christian Ministerial Association of Pohnpei State meets the third Wednesday of each month at 10:00 a.m. in Cantor Hall at the Roman Catholic vicariate office.



FSM Veterans Association meets the first Friday of every month at 6pm at The Rusty Anchor.



Devotions every Sunday 9:30 a.m. at the Baha'i Center in Dolonier. For details, call 320-2182.



Habitat for Humanity Pohnpei holds their meeting every Tuesday from 11:30 a.m.-12:30 p.m. at the Sei Restaurant.



Soccer practice/games at PICS field Monday, Tuesday, Thursday 5:30p.m. Everyone welcome.



The Rotary Club of Pohnpei holds its weekly meetings Thursdays at 12:15p.m. at PCR/Nantehlik.



St John's Catholic Church in Kosrae conducts services every Sunday at 9:30 a.m. For further information, call 370-3240 or 370-3209.

The Community Bulletin is a free message board exclusive to announcements. To post your announcements to The Kaselehlie Press

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HEALTH & NUTRITION

Taro is More than “Just Starch”

By **AMY LEVENDUSKY**
Island Food Group

Taro, in particular giant swamp taro, *Cyrtosperma chamissonis* (*mwahng*), is an important local staple food in Pohnpei. A misconception held by many people, including well-educated off-island visitors, is that taro is “just starch”. However, research confirms that taro is a rich source of essential minerals, vitamins, and fiber and is thus particularly important for maintaining good health.

All types of taro are good sources of the essential minerals, in particular iron and calcium, important respectively for building strong blood and the bones and teeth. Recent studies have shown that Pohnpei *Cyrtosperma* cultivars are also rich in zinc (a mineral important for fighting infection) as well as iron and calcium.

Another exciting recent finding is that of the rich carotenoid levels in yellow-fleshed *Cyrtosperma* cultivars. Carotenoid levels ranged as high as 1700 and 1651 ug (micrograms) of beta-carotene/100 grams respectively in cooked Six-moon and Simihden cultivars, which are yellow-fleshed. A standard cup of taro weighs about 250 grams. Consumption of foods rich in provitamin A carotenoids, including beta-carotene, helps protect against vitamin A deficiency disorders and anemia. Consumption of foods rich in these and other carotenoids helps protect against chronic diseases, including cancer, heart disease, and diabetes. All *Cyrtosperma* cultivars (and other taro types) are superior to rice in respect to carotenoid

content, as all types of taro contain at least some beta-carotene, whereas rice contains none.

Due to the large amounts of taro that are often consumed, a non-pregnant, non-lactating woman could meet her estimated daily vitamin A requirements by consuming four cups per day of taro of the cultivars containing as low as 300 ig of beta-carotene/100 grams.

Taro, in particular, *Cyrtosperma*, is also rich in fiber, which helps control diabetes. Fiber appears to reduce the absorption of glucose (sugar) from the food that is consumed. Studies have shown that subjects who increased their consumption of fiber were able to decrease their total cholesterol levels.

IFCP thanks Mrs. Kasko Samson for her recipe of *Soro* (Giant Swamp Taro or *Mwahng*) from Pingelap which is shown below. ***Soro* (Giant Swamp Taro or *Mwahng*)**



*Kasko Samson holding her recipe of Soro (giant swamp taro or *Mwahng*)*

Ingredients:

- 1 good sized corm Giant Swamp Taro (*Mwahng*), ground
- 8 coconuts, grated
- 3 tablespoons sugar

Method:

1. Wash, peel, and grind taro.
 2. Place on leaves (ground giant swamp taro) and wrap up.
 3. Bake or boil the taro wrapped up in the leaves until done.
 4. Then remove the cooked taro from the leaves and place in a pan.
 5. Squeeze the coconut cream on top of the taro and then pound it in.
- *Note: If you add sugar, add sparingly, as sugar is not good for the health.

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SPORTS

SILVER MEDAL FOR FSM

By JIM TOBIN

Manuel Minginfel, FSM male weightlifter from Yap State, won a Silver Medal in the clean & jerk section in the 62kg men's weight division at the 2006 IWF World Weightlifting Championships in Santo Domingo, Dominican Republic on Sunday, October 1, 2006. Against 41 competitors in his division, from over 30 different countries, he lifted 165kg (363lbs). Manuel becomes the first ever athlete from FSM to win a medal at a World Championships in any sport.

Manuel is an International Olympic Committee Scholarship holder (Beijing 2006 Olympic Games Athlete Scholarship) and is a resident lifter at the Oceania Weightlifting Institute in Apia, Samoa. He now becomes the highest internationally ranked weightlifter from the Oceania region, including Australia and New Zealand.

A weightlifting championship has three competitions that awards medals: clean and jerk, snatch and overall (combined total weight). With a total weight of 293kg (645lbs), Manuel placed 4th overall in the men's 62kg division. He finished 10th in the snatch with a lift of 128kg (282lbs). As this world championships was also an Olympic Qualification event, this now means that Manuel has qualified for the Beijing Olympic Games on his own merit.

As a result of his performance, Manuel definitely looks like a medal contender in the 62kg category at the next Olympic Games in Beijing in August 2008. No Pacific islander has ever won a medal at an Olympic Games. After the 2008 Olympic Games, Manuel plans to move to Pohnpei and work for the FSM National Olympic Committee as a sport development officer.



photo by Official IWF photographer, Jozsef Szaka

Minginfel lifts a little more than twice his body weight which is 61.80 kilos or approximately 136 pounds on his way to a silver medal. He has qualified for the Beijing Olympic Games

75th MEN'S WORLD CHAMPIONSHIPS

62Kg Men								
Rank	Name	Born	Nation	B.weight	Group	Snatch	Cl&Jerk	Result
1	QIU Le	26.02.1983	CHN	61.41	A	140	168	308.0
2	FIGUEROA Oscar	27.04.1983	COL	61.62	A	137	160	297.0
3	SALAZAR Diego Fernando	03.10.1980	COL	61.70	A	131	164	295.0
4	MINGINFEL Manuel	28.09.1978	FSM	61.80	A	128	165	293.0
5	MAKHVEYENIA Henadzi	10.12.1983	BLR	61.97	B	130	160	290.0
6	CURBELO Adan A. Rosales	31.12.1977	CUB	61.79	A	127	162	289.0
7	JI Hun-Min	26.03.1984	KOR	61.81	B	132	155	287.0
8	ABDEL BAKI Mohamed	18.07.1987	EGY	62.00	A	131	155	286.0
9	TRIYATNO	20.12.1987	INA	60.98	B	130	155	285.0
10	POPOV Vladimir	23.01.1977	MDA	61.61	A	125	155	280.0
11	SABANIS Leonidas	28.10.1971	GRE	61.84	A	130	150	280.0
12	SKVORODNYEV Oleksiy	05.12.1980	UKR	61.90	C	128	152	280.0
13	JIGAU Adrian	06.01.1970	ROM	61.61	A	127	152	279.0
14	YANG Sheng-hsiung	01.06.1983	TPE	61.68	B	122	155	277.0
15	HUDAYBERGENOV Tokkunbek	04.01.1986	TKM	61.44	C	121	155	276.0
16	NDICKA Matam Samson	22.03.1976	FRA	61.88	B	123	150	273.0
17	LOPEZ Jesus	17.12.1984	VEN	61.53	C	120	152	272.0
18	PRAMOT Phetcharat	07.12.1984	THA	61.66	C	120	147	267.0
19	BAZARBAYEV Umurbek	17.09.1981	TKM	61.74	B	120	145	265.0
20	STOYANOV Yasen	17.09.1984	BUL	61.93	C	119	145	264.0
21	UECHI Katsuhiko	18.01.1986	JPN	61.75	C	115	148	263.0
22	CORNETTA Giuliano	19.12.1980	ITA	61.85	C	116	145	261.0
23	IMAMURA Toshio	25.12.1979	JPN	61.47	C	116	144	260.0
24	TRASHA Gert	31.01.1988	ALB	61.77	C	120	140	260.0
25	SIRGHI Oleg	09.07.1987	MDA	61.35	C	112	147	259.0
26	MALIKOV Asif	13.04.1971	AZE	61.59	C	115	142	257.0
27	MARQUEZ Carlos	20.09.1985	ECU	61.77	C	110	147	257.0
28	CALJA Briken	19.02.1990	ALB	61.31	D	116	140	256.0
29	GARCIA Ivan	17.01.1983	ESP	61.45	D	115	140	255.0
30	BARDIS Luca	05.05.1982	FRA	61.66	D	111	141	252.0
31	ERAZO Jose	20.03.1972	ECU	61.40	D	110	140	250.0
32	SLABY Petr	25.11.1983	CZE	61.79	D	107	142	249.0
33	ALPANOV Ruslan	07.06.1987	UZB	61.77	D	107	133	240.0
34	ALMANZAR Alberto	19.09.1989	DOM	61.35	D	100	128	228.0
35	MUSIC Ensar	30.12.1990	CRO	61.75	D	95	120	215.0
36	ARAYA Jose	12.04.1986	CHI	60.52	D	90	115	205.0
---	RUBIO Israel	11.01.1981	VEN	61.64	B	133	---	---
---	BILGIN Erol	20.02.1987	TUR	61.98	B	125	---	---
---	ZHANG Ping	21.08.1979	CHN	61.70	A	---	---	---
---	GOEGEBUER Tom	27.03.1975	BEL	61.81	B	---	---	---