

# The KASELEHLIE PRESS

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## For the 38th time Pohnpei celebrates Liberation Day

By *Bill Jaynes*  
The Kaselehlie Press

September 11, 2017

**Pohnpei**—September 11 marked the 38th celebration of Pohnpei’s liberation from Japan. It was on September 11, 1945 that U.S. Naval forces accepted the surrender of Japanese forces in Pohnpei and raised the American flag, ending the Japanese occupation. Though it has been 72 years since the date of its actual liberation, this year’s celebration was only the 38th.

Today, the FSM and the government of Japan have had friendly diplomatic relations for 29 years. Japan’s Ambassador Ryoichi Horie and his wife Yuko were at the PICS track for the formal commemoration ceremony of Pohnpei’s liberation.

As the ceremony began, Miss Liberation Day Queen Chasity Salvador of Kitti and Princesses Zelain Perman, Frieda Abraham and Yasmine Ehpel took their seats on the dais. Afterward, athletes from each of the nine municipalities who participated in the games marched onto the track.

Youth for Change singers delivered a stirring slow rendition of the Pohnpei State Anthem.

Governor Marcelo Peterson gave his remarks, and Dr. Rufino Mauricio delivered the Liberation Day Address. His Highness Salvador Iriarte, Iso Nahnken en wein Nett gave his remarks, followed by a final song by the Youth for Change singers before the final track and field (athletics) events began at the track.

Nine of Pohnpei’s municipalities participated in the games that traditionally lead up to the Liberation Day events. Individual and team events have been taking place in Pohnpei for a few months. The Sports Commission did not provide names for any of the individual events. It did provide medal tallies for each event.

In the end, Nett had scored a total of 111 medals. Kitti

See “Liberation Day”  
on page 6



### Three Micronesian students visit the Arctic for Coral and Ice Exchange program



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# Congress convenes for Second Regular Session of 20th Body

Congress Information Services

September 14, 2017

**PALIKIR, POHNPEI** – On Thursday morning September 14, 2017, the 20th Congress of the Federated States of Micronesia convened in Palikir for its Second Regular Session also known as the national budget session to pass the national government’s budget operations for the upcoming fiscal year – FY 2018.

recognition of witnesses in the gallery, Speaker Simina appointed the Committee to Wait on the President to be chaired by Senator Alik L. Alik with Senator Esmond B. Moses, Senator Robson U. Romolow and Senator Joseph J. Urusemal as members. A time was set up for the Committee to meet with the Executive leadership and inform the President that Congress is in session and inquire as to the executive’s agenda for Congress attention, if any.

Witnesses to the morning’s opening session were the President Peter M. Christian and Vice President Yosiwo P. George along with members of the Cabinet along with the heads of the various offices and agencies of the FSM national government. Also present for the morning’s opening was the Governor of the State of Chuuk, Johnson Elimo, the Dean and Members of the Resident Diplomatic Corp and two newly accredited non-resident ambassadors: Ambassador Leon Malazogu of the Republic of Kosovo and Ambassador Karena Lyons of New Zealand.

After the dispensing with the day’s agenda, the Congress adjourned its ceremonial opening of the second regular session for the Body to get down to its work. Chairman Alik and the committee met with Vice President Yosiwo P. George and brought up five areas that Congress have agreed to focus on for its Second Regular Session: (1) FY-2018 Budget; (2) Assistance to foreign States for natural disaster relief; (3) Issues surrounding FSMTC; (4) pending nominations and grants; and (5) the possibility of establishing a consulate office on the U.S. West Coast.

The Vice President shared an Executive Branch priority list similar to the Congress with the following exception that he request Congress to consider: (1) Foreign Investment Policy Work; (2) World Bank Fiber Optic Cable project; and (3) MiCare.

The Second Regular Session of the 20th Congress is for 20 days and will adjourn on Tuesday October 3, 2017 unless shortened or extended by resolution. As usual, the Congress sessions are open to interested members of the general public.

Also in the gallery Thursday morning was a special delegation of students and staff from the private Jesuit research university in Japan, Sophia University. The former Ambassador to the FSM, Shoji Sato, was dual hatted as a professor of Sophia University and also the Executive Director of Japan’s Association for the Promotion of International Cooperation led the delegation. The Office of the Speaker hosted a few local delicacies, fruits and coconut drinks outside of the chamber for the visiting delegation.

Following the introductions and

# Pohnpei Rotary awards \$2000 for access ramp at Ipwitek Community Center, Madolenihmw

Rotary Club of Pohnpei

A lot of hard work and community effort has been put into the upgrade of the Ipwitek Community Center which is now in the finishing stages of renovation. The upgrade of the Center, which consists of a Nahs, guest house, restroom and the St. Augustine Church Building, has been made possible through donations, fundraising and dedicated community labour and input. Pohnpei Rotary awarded \$2000 to the Center to purchase materials needed for completion of the disabled concrete access ramp, a wall and safety railing. The ramp, completed by community labour, ensures access for all to worship and enjoy future events like school graduations and meetings, as well as temporary shelter during emergency declared situations.



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Bill Jaynes  
 Managing Editor

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# New community theater company starting in Kolonia

Four volunteers have begun a theater group in Pohnpei—The Pohnpei Players. They will be holding their first open casting call at Pohnpei Catholic School beginning on Friday, September 29.

Wayne and Kristi Parker, along with their children (ages 15, 14, 12, and 10) moved to the island in February to work as full-time missionaries with the Kolonia and Mesisou Churches of Christ, but their vision of work on the island didn't end with their church work; they had a desire to share their extensive education and experiences with performing arts and performance management with the community in Kolonia. Wayne and Kristi each have over 30 years of performance experience through acting, singing, and choreography and have performed with many choral and theater groups all over the world. They both have experience with directing, teaching, managing and working in all aspects of performances, both on and off-stage. Their children also began performing at very young ages, and theater has become a hobby bringing together their whole family.

Community theater unites communities through laughter, excitement, and awe for both the performers and audiences. A local theater company not only gives the town entertainment and something to do, but the patrons (audience) and participants are able to gain new life experiences without leaving

their own town, grow to be more accepting and understanding of other cultures, learn empathy and compassion, and become more self-aware. The people who become a part of a production, both on and behind the stage, gain and grow self-confidence and friendships as well as learn discipline, conflict resolution, responsibility, how to be a team player, the importance of helping the community, and much more, and little can beat the excitement and satisfaction of being a part of the hard work and completion of a successful production.

This summer, the Parkers were introduced to Dr Sandra Wang-Harris through mutual theater friends in their home town of Huntsville, AL before Dr Wang-Harris moved to Pohnpei in August. After much discussion, they decided to join together their performance education and experiences and start a local program in Kolonia. So, with excitement, understanding the importance of community theater, Wayne and Kristi Parker, Dr. Sandra Wang-Harris and Natasha Funke, through the help of many eager to get a performing arts program started in Pohnpei, have recently founded Kolonia's brand new community theater company, Pohnpei Players.

The founding board members are hoping to have a program capable of 2-3 performances each year. The first performance season will be kicked off in December with a hilarious comedy, The Best Christmas Pageant Ever,

from the book written by Barbara Robinson. The production staff is as follows: Directors, Wayne & Kristi Parker; Producer, Natasha Funke; Production Manager, Dr Sandra Wang-Harris; and Student Director/Stage Manager, Spencer Parker. The following performance will be a larger cast musical production under the direction of Wayne and Kristi Parker, with Dr. Sandra Wang-Harris as the Music Director.



Pohnpei Players is having its first auditions to cast for The Best Christmas Pageant Ever. Auditions/Try-outs are at PCS (Pohnpei Catholic School) on Friday, Sept 29 from 5:00 to 8:00p.m. and Saturday, Sept 30 from 9am-12pm (choose one) with call-backs (second round – invitation only) on Sunday, October 1 @ 3:00.

They will audition performers ages 7yrs –adults who can speak and read English. All participants under 16yrs old must have a parent/guardian present during auditions. No experience or preparation is needed.

They are also looking for a tech crew to help prepare for the show and a backstage crew during the performances.

Come and be a part of Pohnpei Players' very first Cast & Crew and kick off the holiday season with laughter and a reminder of what Christmas is all about!

Contact PohnpeiPlayers@gmail.com for more information.

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WILL BE RELEASED ON:  
October 9, 2017**

**Deadline for submission of articles or  
advertisements for this issue is the end  
of working hours on:  
Wednesday October 4, 2017**

## Kolonia Town celebrates 33 years since its Constitution was adopted



By **Bill Jaynes**  
The Kaselehlie Press

September 20, 2017

**Kolonia, Pohnpei**—Kolonia Town celebrated the 33rd anniversary of its constitution this morning at the Town Hall. The celebration began with a march from the Pohnpei State government building to the Town Hall.

The Town leaders and citizens shared the celebration with its new Chief Justice, former Pohnpei State Police Chief Kerley Araceley. Acting Chief Justice of the Pohnpei Supreme Court, Nelson Joseph administered the oath of office to the new Chief Justice of Kolonia Town. Associate Justice Gustin Harris conferred the Chief Justices robe after which, Chief Justice Araceley gave special remarks.

Nixon Aldan served as the Master of Ceremonies for the event. Deacon Berley Araceley gave the opening prayer followed by the raising of the colors by the Kolonia Town Police department in their smart new uniforms.

Speaker Jack Harris gave the opening remarks.

Mayor Jose San Nicolas gave the key note address followed by the laying of wreaths for those of Kolonia's constitutional framers who have passed on since that day 33 years ago. The honorable Bethwel Henry, one of the founding fathers of Kolonia was present at the celebration.



The celebration ceremony ended with a recognition of Kolonia's athletes who participated in the Liberation Day Games, followed by the closing prayer delivered by Reverend Billimon Henry.

The program listed special thanks for generous donations from 7 Stars Store, Black Sand Store, Senator Marvin Y. Yamaguchi, and Elizabeth Lowe.

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Clothing; clothing, namely, shirts, sweaters, sweatshirts, tops, pants, shorts, swim suits, shoes, socks, pajamas, undergarments, onesies, helmets, hats, gloves, scarves and wearable electronics incorporating functions for monitoring and reporting fitness and activity data, such as heart rate, pulse, temperature, perspiration, time, distance, pace, calories burned, and sleep patterns, as well as cumulative activity information; wearable electronics in International Class 25; and

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# Nepalese refugees accepted for resettlement in Sweden

By Bill Jaynes  
The Kaselehlie Press

September 10, 2017

**FSM**—Indra Ghimire, Hari Timsina, Khadga Bahardur Thapa, and Bishnu Tamang’s nearly three year wait is over. Several weeks ago the government of Sweden agreed to allow the refugees to settle in their country. Accompanied by Assistant Attorney General Craig Reffner as far as Guam, the men left the FSM for Sweden from Pohnpei International Airport this evening.

“IOM has helped coordinate the travel and resettlement of the four and wishes them the best of luck in their new home,” an International Organization for Migration Facebook posting said on the following day.

The four men and 13 other Nepalese citizens arrived in the FSM on ramshackle boats with the apparent intention of seeking refugee status in October of 2014. The UNHCR evaluated the individual cases and found that the four men were indeed, genuine refugees.

After lengthy negotiations with the Nepalese government, 13 of the Nepalese citizens were repatriated to Nepal over a year ago with the assistance of the International Organization for Migration. The four who were identified

as bona fide refugees voluntarily remained in the FSM.

They were under tight supervision while in the FSM as the UNHCR negotiated with potential host governments to find a new home for them. Though the four were still under tight supervision, the FSM Supreme Court ruled several weeks ago that the men should be allowed to freely move about in Pohnpei during the day light hours.

The UNHCR deals with hundreds of thousands of refugees each year but there are only a few nations in the world who have established quotas for accepting refugees. The United States has traditionally led the world in accepting refugees but under the new administration that number is decreasing, leaving even fewer spots for possible refugee resettlement.

The FSM Department of Justice has previously said that it does not have any mechanisms in place to deal with potential refugees. After having dealt with the complexities of the resettlement of the Nepalese refugees, it is unclear whether in the future they will agree to host identified refugees pending resettlement should more arrive. A previous Assistant Attorney General said that the FSM definitely should not be considered as a destination for potential refugees.



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## VACANCY ANNOUNCEMENT

ANNOUNCEMENT NUMBER: 401-17-018

**OPEN TO:** All Interested Candidates

**POSITION:** Volunteer Support Specialist, Pohnpei

**OPENING DATE:** 20-September- 2017

**CLOSING DATE:** 13-October-2017 @ 5PM Pohnpei time

**WORK HOURS:** Full-time; 40 hours/week

**SALARY RANGE:** \$16,279 to \$17, 902 per year (starting salary)

**POSITION TYPE:** PERSONAL SERVICE CONTRACTOR (PSC)  
*Long-Term 1 Base year plus 4 option renewal periods.*

**NOTE: ALL APPLICANTS MUST HAVE THE REQUIRED WORK AND/OR RESIDENCY PERMITS TO BE ELIGIBLE FOR CONSIDERATION.**

Peace Corps/ FSM and Palau is seeking an individual for the position of Volunteer Support Specialist (VSS). The duty station is located in Kolonia, Pohnpei.

A copy of the complete statement of work listing all duties and responsibilities is available at the Main Office in Kolonia, Pohnpei. Contact Jermis Noket at (691) 320-2531.

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## ...Liberation Day

*Continued from front page*

total number of gold medals won. Total medals only came into play if there was a tie between total gold medals earned.

Based on gold medals won, Nett athletes came in first with 50 followed by Kitti with 31. Sokehs was third place with 12 gold medals. U had eight and came in fourth. Kolonia had seven gold medals for fifth place. Madolenihmw had one gold medal as did Nukuoro but Madolenihmw had six silver and three bronze medals while Nukuoro only had the one gold medal. Madolenihmw was in sixth place and Nukuoro was in 7th. Neither Kapingamarangi nor Sapwuahfik earned any gold medals but Kapingamarangi scored three silver medals and one bronze medal giving them the eight place position. Sapwuahfik athletes scored three bronze medals and came in ninth.

Mwokilloa and Pingelap did not have competing athletes in this years, Liberation Day Games.

Sporting events for the games were separate men's and women's fast pitch softball, baseball, men's and women's basketball, men's and women's volleyball, soccer, men's and women's singles and doubles table tennis. Only males competed in singles and doubles fishing while there were categories for males and females in the Micro All Around. There were seven weight class categories for boxing (see separate article). There were eight weight class categories each for free style and Greco Roman

style wrestling. Women competed in three weight classes in free style wrestling. There were also competitors in men and women's lawn tennis.

In athletics there were 28 separate women's and men's running events of varying distances. There were 12 field events including javelin, high jump, long jump, discus and others.

Nett took the Little League baseball competition followed by two teams from Kitti for second and third places.

There were 27 separate men's and women's swimming events. Nett took the lion's share of the gold medals for those events.



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**PUZZLES - PUZZLES - PUZZLES - PUZZLES - PUZZLES - PUZZLES -**

**ACROSS:**

- 1-"Against" prefix
- 5-Constricting snakes
- 9-Seed covers
- 14-Bridle strap
- 15-Vane direction
- 16-Seaport in northwestern Italy
- 17-What a church feeding stray felines led to?
- 20-Impassive
- 21-When repeated, "Amen!"
- 22-Not quite eternity
- 23-Updates on current events
- 25-Light spray
- 27-Kid, as oneself
- 30-Parking place
- 31-Crew equipment
- 34-Eye part
- 35-Wine-growing part of Italy
- 37-William Tell's target
- 39-Like electric toys for tabbies?
- 42-"Farewell, my French friend"
- 43-Coward who told stories
- 44-Strauss of jeans
- 45-Half a score
- 46-Brought back by the P.O.
- 48-Like swords
- 50-Ark builder
- 51-Drummer's responsibility
- 52-LaBeouf of Hollywood
- 55-Scorch
- 57-Narrow
- 61-Result of tabby playing with a rattler and some steers?
- 64-Relieve, as anxiety
- 65-"... pan, \_\_\_ the fire"
- 66-Slender
- 67-Beast's love
- 68-Pert talk
- 69-Archaic attachment to "while"

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
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52	53	54			55		56			57		58	59	60
61				62					63					
64					65					66				
67					68					69				

**DOWN:**

- 1-Thrown-ball trajectories
- 2-Post-housekeeping
- 3-Jackson 5 member
- 4-Suggest on the sly
- 5-Steeler Roethlisberger
- 6-Oaths
- 7-Arthur the tennis legend
- 8-Furnace attachment, sometimes
- 9-Mature
- 10-Acquired a new roomer
- 11-Data, briefly
- 12-"Love" or "for" attachment
- 13-Emulates Simon
- 18-Made colder, in a way
- 19-Vivacity

- 24-"Tear" companion
- 26-Marquee name
- 27-Old gold coin
- 28-Successfully hide from
- 29-Permit access to
- 30-Offered one's seat
- 31-Made up one's mind
- 32-Advil rival
- 33-Performed over
- 36-Fusion
- 38-Pleasing to the taste buds
- 40-Continental cash
- 41-Hamburg's river
- 47-Deftness
- 49-Behind schedule
- 50-Regarding birth

- 51-Imps
- 52-Picket-line crosser
- 53-Hearty mate?
- 54-"\_\_\_ have to do"
- 56-"\_\_\_ Christie"

- 58-Ocean structure
- 59-BWI info
- 60-Monthly payment for many
- 62-Clog dissolver
- 63-Wins a fight decisively

- |                 |               |               |                |
|-----------------|---------------|---------------|----------------|
| ALL STAR        | I WISH        | ONLY YOU      | THA CROSSROADS |
| ALWAYS          | IESHA         | PUSH          | THE ONE        |
| BLACK VELVET    | INVISIBLE MAN | RHYTHM NATION | TOM'S DINER    |
| CARNIVAL        | JOYRIDE       | ROAM          | TORN           |
| COME UNDONE     | JUMP          | ROMANTIC      | VOGUE          |
| DO ANYTHING     | LITHIUM       | RUN AWAY      | WICKED GAME    |
| EVERY HEARTBEAT | LOSER         | RUSH RUSH     | WONDER         |
| FREAK ME        | MACARENA      | SCAR TISSUE   | YOU LEARN      |
| GLYCERINE       | MMMBOP        | SENSITIVITY   |                |
| HAZARD          | MOVE THIS     | SHOOP         |                |
| HEARTBREAKER    | MR. WENDAL    | SOMEDAY       |                |
| HEY LOVER       | MY ALL        | SUMMERTIME    |                |
| HOLE HEARTED    | NEVER EVER    | TENNESSEE     |                |

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# Fiber optic cable ship pays a port call in Pohnpei after laying cable in FSM

By *Bill Jaynes*  
The Kaselehlie Press

September 20, 2017

**Pohnpei**—The KDDI Pacific Link which laid the fiber optic line to Yap three weeks ago and to Chuuk last week paid a port call at the Pohnpei port. Today they offered a tour of the sophisticated vessel in small guided groups.

Ambassador Ryoichi Horie and his wife Yuko were part of the first group.

The tour guide explained a map that showed thousands of fiber optic lines around the world. He said that the two largest users of that capacity are Google and Facebook companies.

He also explained some of the technical features of the massive vessel. He said that in addition to forward and reverse functions, the ship also has thrusters on each side of the vessel that allow it to maintain its position on the ocean to within one meter, left or right, forward or backward even in heavy seas. The ability is vital when laying carefully mapped out and planned runs of cable on very deep ocean floors.

He explained that the cable is not simply dropped randomly on the floor of the ocean but is carefully mapped so that it will lay out on the floor of the ocean properly. The ship uses sophisticated algorithms for its navigation during cable runs. Every motion is calculated and planned. Because of the great depth of the ocean, oftentimes the cable doesn't hit the ocean floor until the vessel is as much as 15 kilometers away.

From the bridge the group descended to the deck of the vessel where the tour guide showed us the deep wells where the cable is stored and staged for implementation. Since they had already made the runs to Chuuk and to Yap, there wasn't much cable left in the deep wells. From the wells, the cable moves through the use of a software controlled engine that uses multiple tires to control the speed that the cable is paid out.

He showed us a robotic machine that can be dropped on to the ocean floor and that is controlled by the use of joy sticks. He said that machine wasn't needed on this trip but



is often used when they need to do work on deep cables.

He explained that the principal enemy of fiber optic cables is not nature but man. Ships sometimes illegally drop anchor and sometimes those anchors damage cable that has been laid. Busy harbors are particularly prone to that type of damage. In places like

that, the ship has a sled that can be dropped into the water that digs a trench for the cable to lay in.

The cable is laid to Chuuk and to Yap. It will yet be some time before the details for service through those lines can be organized.

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## RIT uses lasers to make detailed measurements in Pohnpei's mangroves



By *Bill Jaynes*  
The Kaselehlie Press

September 22, 2017

**Pohnpei**—Ethan Hughes, a graduate student at the Rochester Institute of Technology (RIT) was in Pohnpei at the end of August with a new technology to measure accretion levels in Pohnpei's mangroves. Accretion is the growth or increase by the gradual accumulation of additional layers or matter.

Planners, researchers, and conservationists need to know how much the sediment in the mangrove rises or falls each year. If areas don't keep up with sea level rise, the mangroves will drown. If the rate of sediment deposits is too fast, the mangroves will suffocate.

Hughes and a small team of locals used a terrestrial LiDAR (Light Detection and Ranging) system developed by Rochester Institute of Technology. Essentially the LiDAR sends out laser pulses over an area and measures the time it takes for the pulse to return. By knowing the time and speed of light, the distance from the center of the scene is found. The LiDAR repeats the process millions of times in order generate a three dimensional point cloud.

By having a dense point cloud of the scene, larger portions of the ground are recorded and can be used in the analysis of the sediment rising or falling.

## Pohnpei Boxers go at it for the Pohnpei Liberation Day games

By *Erick Divinigracia*  
Pohnpei Boxing Club

**Pohnpei**—The Pohnpei Boxing Club and the FSM Boxing Association hosted its second annual Boxing Competition at the 2017 Pohnpei Liberation Games.

This year was the first time that a boxer representing the fledgling Kosrae Boxing Federation competed in an event. Dalton Kihleng (representing Teyac, Kosrae) and his coach DJ Max were flown in from Kosrae State by the Kosrae Boxing Federation to participate in the event making this the first time in FSM history a match was fought between two boxers from different FSM states. Kihleng lost his match in the 140 pound division by decision but it was still a historic event for boxing in the FSM.

The FSM Boxing Association donated new head gear, gloves, wraps, mouthguards, ring ropes and groin guards to Kosrae Boxing Federation in appreciation for building the sport of boxing in Kosrae with the hopes that in the near future, Kosrae Boxing Federation can send a team of boxers to compete against a team from Pohnpei making it a true interstate competition, thereby hopefully

jumpstarting more boxing clubs in the state of Chuuk and Yap.

Reginalt Joseph (U) defeated Mark Abello Martinez (Nett) by unanimous decision in the 170lb division. Kody Boylston (U) defeated JT Edmund (Nett) via TKO in the 3rd round in the 160lb division. Maverick Manalastas (Madolenihnw) defeated Madmardigan Joel (Kolonias Town) by unanimous decision in the 200lb+ division. Tarhyn Phillip (Nett) defeated Maximus Carl (Kitti) by split decision in the 120lb Youth division. Royce Johnston Rott (Kolonias Town) defeated Mike Abello (Nett) by unanimous decision in the 140lb division. Ray Salazar (Kolonias Town) defeated Dalton Kihleng (Teyac, Kosrae) by unanimous decision in the 140lb division. Kenneth Edmund (Nett) defeated Jarden Primo (Kolonias Town) by unanimous decision in the 140lb division

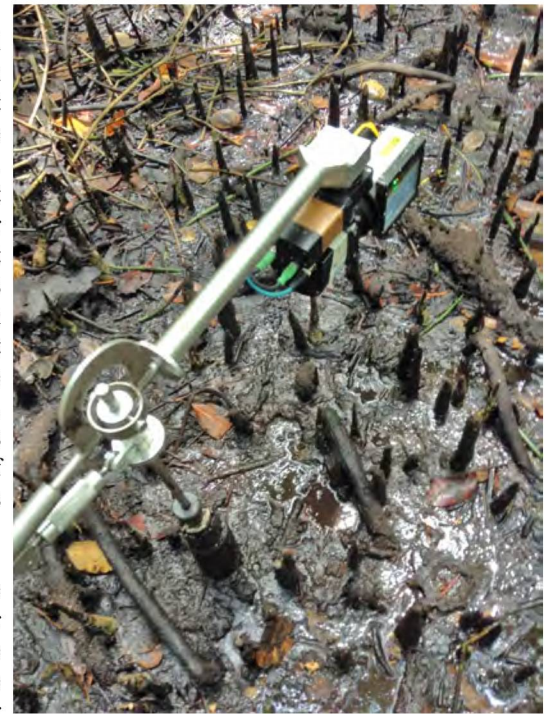
Kenneth Edmund was awarded the Champion's Trophy as the "Best Overall Fighter" and Kody Boylston was awarded a trophy for the "Best Performance" by surviving a gritty first round and then earning a third round TKO. Other honorable mentions include Tarhyn Phillip and Maximus Carl for putting on the "Best

Pohnpei has been using a classical technique involving poles driven into the ground until they can't be driven further after which the posts are concreted into place. A measurement is taken at that place and then revisited at a later point in time to see the amount of change. The measurements at several of those posts are then averaged to estimate the amount of accretion during that time and an estimated rate over time. The classical technique bases its information on a hand full of measurements while the LiDar is based on millions.

Since LiDar generates a dense point cloud of the scene, larger portions of the ground are recorded and can be used in the analysis of the sediment rising or falling.

The data has been taken back to RIT for analysis. Hughes said that when he returns to RIT they will begin writing algorithms to properly handle the data that has been collected from all over the island.

Someone from RIT will return to the same sites sometime next year to measure the changes that have taken place since the initial measurements were made.



Overall Fight."

Pohnpei Boxing Club and FSM Boxing Association would also like to thank Director Mikhail Loyola and Commissioner Jose Joab from Pohnpei State Sports Authority and FSMNOC Sec. General for supporting the sport of boxing in the FSM and also to all the volunteers who help make the event happen. Volunteers were the Judges, Pavle Vizinten, Krysti Atkinson, and Memorina Sablan; the Ringside Coaches, Kenneth Welles and Kembo Mida Jr.; the Second Assistants, Toa Nanpei, Teddy Jack, Devon Linus; the Referee, Jun Gorman Booth; Ringside Chief Nurse, Steward Joel; the Time Keeper, Brandon Taiwemal; the Cameraman, Yuuki Omura; Event Supervisor, Erick Divinigracia; Event Coordinator, Kimberly Mida and lastly, Caroline Fisheries Corporation for donating all the new competition gear for the event.



# Liancheng provides full scholarships to three FSM students



Three FSM students will be departing this month to take up studies at Quanzhou Normal University in China. Liancheng Overseas Fishery (FSM) Co., LTD. Is providing full ride scholarships to the students. Angie Edward, from Pohnpei, and Dorothy Sigrah of Yap will major in International Chinese Education. Shawn Braden Jim from Kosrae will be majoring in International Economy and Trade.

# Project Management is Focus of September 19th Workshop in Colonia

COLONIA, YAP FSM - The Yap Chamber of Commerce and the Yap Small Business Development Centre have continued to build upon their strategic partnership through a series of business training workshops. On the 19th of September they are running a three hour Project Management workshop which will be repeated in October due to high demand. This follows on from the Customer Management workshop they ran in August and in September, also repeated due to demand.

"We undertook a survey of YCC members to identify their training needs earlier in the year. As a result, the training we are offering is tailored to meet those requirements. This is reflected in the high attendance numbers at the workshops." YCC Executive Director Marie Laamar explained.

Each attendee is asked to fill out a feedback form at the end of the workshop to ensure the content delivered

has been useful to them and to help continually improve the series. There is a plan to run a "Train the Trainer" workshop later in the year to ensure there are people on island equipped to implement their own in-house workshops. This should result in reducing training costs whilst improving skills development.

"It's all part of our goal to improve business acumen and create a positive business environment throughout Yap. This is a core focus for both the Yap Chamber of Commerce and the Yap Small Business Development Centre." Marie explained.

For more information, please phone the Yap Chamber of Commerce on 691.350.8990 or email kim@ycc.fm.

# The Fastest Girl in Pohnpei



Diamondtra Paul is a very amazing and strong girl that dedicates herself to running. She is a very hardworking 7th grader attending, Palikir school. Diamondtra first started running for Liberation Games at Madolenihmw when she was 12. She did not win all her races, but although she fell down in tears, she got back up with strength and with courage. Right now, Diamondtra is the fastest girl runner in Pohnpei and is a great role model. She looks up

runs with passion, honor, and conviction. This girl is absolutely "THE BOMB"! Diamondtra is very stunning and has many opportunities. She is an absolutely overwhelming and inspirational girl who wants to continue running and one day win the world Olympics. She is merely one of the best runners in Pohnpei. Diamondtra fought hard and strong for her spot in 1st place.

By Kigo Apis, Age 13  
Philippians 4:13

to her 19 year old brother and wants to become a great police officer when she grows up. When this brave girl runs, she



# Miss Pohnpei Liberation Queen



Chasity Ann Salvador, that's right, this is the name of the young stunning girl who won the Miss Pohnpei Liberation Day. She is 15 yrs. old and a sophomore at Calvary Christian Academy School. So, I asked her some questions and her answers were absolutely priceless! Her favorite song is "Flawless" by Mercy Me, and her favorite memory verse is Proverbs 31:25. She even told me the way she felt when she won, and she said it was very overwhelming and joyful for her. But she said something to me that will never be forgotten. She said if it

wasn't for her biggest supporters which are her municipality and her family, she wouldn't have the strength and courage to fight back and win Miss Liberation day! As a matter of fact, this girl already has her mind set on her future, because she wants to be a doctor when she grows up. Not only to help Pohnpei, but to help each and every single country or island who is in need of help. She is and forever will be a great role model to the young generation, because when I saw her walk down that aisle, I saw her walk her with bravery, righteousness, and dignity. So, let us all pray that she stays strong to fulfill her goals and dreams, and to stay on the path God has led her to. "You GO GIRL"!!! "GOD BLESS YOU"!!!



By Atika Apis, Age 11

Proverbs 31:25

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# Three Micronesian students visit the Arctic for Coral and Ice Exchange program

By **Bill Jaynes**  
The Kaselehlie Press

September 22, 2017

**Micronesia**—Three students from the Micronesia region recently returned from the arctic where they participated in an innovative program known as the Coral and Ice Exchange.

Chloe Arnold of Chuuk, Karen Ehmes of Pohnpei, and Dylan Tellei of Palau applied for the program and were selected to attend after the application and interviews.

The program was envisioned and developed by the Canadian organization, the “Students on Ice Foundation” and the Micronesian organization, Island Research and Education Initiative (iREi).

iREi Founder and Director Danko Taborosi said that one of the outcomes from the visit that perhaps surprised the students the most was the remarkable similarities between the cultures of the north and their own cultures despite the dramatically different climate. Each of the students wrote a summary of their experiences that we will publish in this issue. He said that Mr. Martin Carl, the principal of Xavier High School was extremely supportive in the student selection process and helping

to prepare them for the visit.

Taborosi said that the plan is now to bring three Inuit students from Canada and Greenland to visit the Micronesia region sometime next year. This was the first Coral and Ice Exchange but the hope is to make it an ongoing, annual event.

iREi paid for the participation of Karen Ehmes. Chloe Arnold was sponsored by benefactors Tarek Sherif and Sophie Nicholson. Dylan Tellei was sponsored by Shallum and Mandy Etpison.

The brochure for the programs tells applicants, “We have created this opportunity because we believe that giving you a chance to experience how climate change affects people in other parts of the world and to share with them how it affects your own community will create long-term benefits in both Arctic and island societies. What you gain in this experience will empower you to help your community better adapt to climate change and together build a sustainable future.”

“The objective of bringing Micronesian students to the Arctic and Inuit students to tropical islands is to expose and educate them to the characteristics of vulnerability and resilience shared by their societies.



*Dylan Tellei on a Zodiac zipping through ice-filled ocean*

This reciprocal exchange creates a circular experiential dynamic beneficial to all stakeholders and creates a group of young people possessing a unique and direct understanding of climate change, empowered to become indigenous leaders in their communities and abroad, and able to work across cultures for a more sustainable future,” the brochure says.

After several days of pre-expedition activities in Ottawa, students and staff flew to Resolute Bay, in the Canadian province of Nunavut to board the expedition vessel there. They set sail to explore the communities, coasts, fiords, bays and islands of the Canadian Arctic before crossing the Davis Strait to explore the western coast of Greenland. The

expedition explored the eastern entrance of the Northwest Passage with visits to Pond Inlet, Beechey Island, and the breathtaking Sirmilik National Park. In Greenland, students explored a UNESCO World Heritage site, the Illulissat Icefjord, before sailing south to the quaint fishing town of Iitlleq. The expedition ended in Kangerlussuaq, where participants boarded a charter flight back to Ottawa. Each day was filled with exploration, discovery, presentations, workshops, hands-on research, hikes and lots of adventure.

Computer users can view a 16 minute recap video of the expedition at [www.youtube.com/watch?v=6SoK5frP9mw](http://www.youtube.com/watch?v=6SoK5frP9mw)

*Student summaries begin on page 14*

# Chinese Embassy to the FSM donates uniforms to Pohnpei State and Kolonia Town

By **Bill Jaynes**  
The Kaselehlie Press

September 15, 2017

**Pohnpei**—Ambassador LI Jie of The People’s Republic of China presented donations of brand new uniforms to the Pohnpei State and Kolonia Town Police departments this morning during a ceremony at the Governor’s conference room.

Director of the Department of Public Safety Benito Cantero said that the process of obtaining the uniforms took quite a bit more time than anyone had expected but that he was extremely grateful that all officers would now have uniforms. That had apparently not been the case before.

Ambassador Li explained that the initial idea had been to simply order three sizes, small, medium, and large but they thought better of that idea and instead sent the measurements of all of the officers in both of the police forces to the tailoring company in north China. The company made all of the uniforms based on those measurements but instead of inches, they



used centimeters and the uniforms all had to be re-made and then shipped to Beijing for ultimate transportation to Pohnpei.

He said that he was pleased to be able to help the police departments because during his time in Pohnpei he and his staff had always felt safe due to the work that the officers do.

Governor Marcelo Peterson also heartily thanked Ambassador LI and the government of China.

While the Pohnpei State police uniforms are quite similar to what they have been using, the Kolonia Town officers have made a change to a much cooler color. Their previous uniforms were dark black. The new uniforms have green cargo pants and a khaki colored shirt.

Rotary Club of Pohnpei

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Drawings to be held at Quiz Night  
Saturday, November 11, 2017  
Cupid's Bar & Grille

Proceeds will benefit the Rotary Club of Pohnpei Scholarship  
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Please contact any Rotarian or Steve Finnen' office 320-2871



### EMBASSY OF AUSTRALIA – POHNPEI VACANCIES

The Australian Embassy in Pohnpei is seeking applications from suitably qualified persons to apply for the following two positions:

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The successful applicant will report to the Senior Administrative Officer (SAO). The Property Officer is responsible for the management of the Australian Embassy property portfolio to ensure the Australian Embassy office, staff residences, facilities, equipment, furnishings and official vehicles are safe, well-maintained and reliable.

Salary: USD 16,140 to USD 19,000 Contract: 2 years

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The successful applicant will work as the Personal Assistant to the Ambassador, and organize administrative functions, public diplomacy events, have direct contact with local and regional authorities, arrange official travel programs and draft correspondence.

Salary: USD 16,140 to USD 19,000 Contract: 2 years

Please download the full Application Package, including full Duty Statement, and Selection Criteria, and for more information go to:

[www.fsm.embassy.gov.au](http://www.fsm.embassy.gov.au)

Applications for both position close on:  
Friday 13 October 2017

## Chloe Arnold on Coral and Ice Exchange

When I was introduced to the Coral & Ice Exchange program developed by Island Research & Education Initiative (iREi) and Students On Ice (SOI), I was drawn in by its goal which was to educate youth about climate change. As an islander, I first learned about climate change through my school, where it taught me that climate change would impact the people living on small islands like mine. So when the opportunity presented itself -- a trip to the north to learn about climate change -- I had to take it. And believe me, the Arctic expedition was an eye opener.

Before the expedition, I thought the impacts of climate change were only affecting my islands. I only knew climate change in the perspective of an islander. When I went on my expedition to the north, I began to see climate change from different perspectives. I learned that this is a shared issue. In the North, people suffer tragic loss every year because of global warming. The melting ice in the North is causing huge environmental, cultural, and social changes. Sea level rise threatens low lying islands in the Pacific. All over the world, natural

disasters occur. I thought I could not do anything to help and that I could only sit by and watch these problems happen. The expedition told me otherwise. The trip taught me that no matter how young I was, I could still join hands to help prevent climate change. The Arctic expedition offered much more.

The expedition offered a chance to see what an island girl like me could only see in pictures. On every daily excursion on land, I was amazed by the beautiful landscape, the ice caps, glaciers, sea ice and the living organisms. The islands I visited were filled with so much history about the Inuit and past whalers and explorers. I got to learn about the history of the Inuit on one of their historical sites. I could only imagine what they had gone through during the winter and how much hardship they had to endure. The trip to the north introduced me to the fascinating Inuit culture. A culture that was so similar to mine. Who knew places so distant could share so much in common? For me, learning about their culture was one of the best highlights of the trip.

The Arctic expedition was indeed an experience of a lifetime. For a while, I could not believe that I was actually in the north. Because of this expedition, I now know what I want to become in life. This was so much more than a trip to the North Pole. I was taught to get out of my comfort zone and experience new extraordinary things. I learned and experience so much in less than three weeks. I met so many wonderful people from all across the globe. We created friendships that are sure to last and help us in the future. By the end of the trip, we all had one ambition which was to protect the planet.

## Dylan Tellei on the Coral and Ice Exchange

Leaving home, alone, for the first time was definitely the first of the many new things I experienced that caught me off guard and had a lasting impact throughout the trip. That sense of being alone wasn't necessarily bad though, it gave me a sense of freedom, a sense of individualism going into the trip. Soon after, however, I found that I wasn't entirely alone. I found myself in the company of Chloe, a Micronesia from Chuuk, together we traveled to Canada, I had found someone similar to me and had begun to feel more comfortable going into the expedition. For the next few days we roamed the city of Ottawa, getting a chance to try local food, or "country" food as they call it. We walked around the city market watching street-performers and musicians, visited museums of history and nature and a gallery of Canadian and Inuit art, and cycled around the city to the waterfalls at the end of the canal.

Once our tour of Ottawa had concluded we embarked on our expedition starting with a flight to Resolute Bay, one of the northernmost communities in Canada. Before I go into this next section please keep in mind that Palauans were NOT meant for cold climate at all. I'll be honest once the doors of the plane opened and the slightest touch of the Arctic winds touched me I was ready to go back to Palau. Being from a place that is normally 30-40°C to 0° was a total shock! That intense cold was so foreign to me. As I got off the plane I saw my breath for the first time in that

See "Dylan Tellei" on next page

## Karen Ehmes on the Coral and Ice Exchange

Imagine three teenage students from the tropical islands of Micronesia walking on the ice of the Arctic. I'm telling you, as a student who went through the experience, it was indeed the best, most powerful, and the most life-changing experience of my life. But, I'll start off by saying this: the experience is very hard to explain. To understand it best is to experience it oneself.

Students On Ice is a program that accepts students from countries all over the world to take them on an expedition through the Canadian Arctic and off to Greenland. The program teaches students about climate change, Inuit culture and history, and many other scientific studies, arts, and humanities that any teenager may want to learn about.

As a Micronesian in the program, I noticed some similarities between the Inuit people and the Micronesian people. These similarities include the history of the people, some parts of the cultures, and facing the effects of climate change. I learned about the Inuit culture and history. The Inuits were once living their own lives before they were introduced to the Europeans. They lived in nice, warm igloos, they hunted and gathered food, and they even respected each and every other person in the tribe. Similar to the Inuits, past Micronesians lived in nice, breezy huts, farmed and fished for their food, and respected every single person on their island. These two groups of people share similar lifestyles. They're only slightly different because of their environment and the climate they're used to. Inuits were also removed from their original lands and were also introduced to modern government and businesses. Similar to Micronesians, specifically and the Marshallese, were removed completely from some of their islands to satisfy the U.S. needs.

Inuits also depended on the food around

them and they've made it their cultural food. Their type of food includes seal, walrus, narwhal, caribou, and many other animals. Before eating these animals, they skin them and use their skin to make clothing. On the other hand, Micronesians have breadfruit, banana, taro, yam, and many other recipes that are made for cultural activities. They also use plant fibers of their surroundings to make traditional clothing. These two groups of people may live in extremely different climates and yet have very similar lifestyles.

I also learned about climate change. I learned about how the ice melts to affect sea level rise. I learned about how the earth is heated to cause the melting of the ice, and how the melting of ice in turn makes the earth heat up even more. I saw with my own eyes the melting ice that causes our home islands to erode away. Being in a small boat in front of a glacier and witnessing icebergs calve from it and fall into the ocean was both really amazing and also heartbreaking. I was glad I got to see it with my own eyes and also very heartbroken when the thought of my own home came to my mind. The ice falling into water in front of me is what increases the sea level back home. Likewise, my Inuit friends were devastated to watch the ice in their home melt. The melting of their home is the sinking of my home. Climate change is very real and has to be dealt with.

I learned so much on this trip and I recommend every student in Micronesia to apply and learn from this—the more, the better. Lastly, I would like to thank the help of my parents, friends, Xavier High family, and most especially Island Research & Education Initiative (iREi) from Pohnpei for funding my expedition. All thanks to you, I learned so much and I'm willing to make this world healthy and alive.

times throughout the expedition.

Throughout my time aboard the Ocean Endeavor I was able to experience so much. Each day we were given a presentation about something new and exciting, along with that we participated in workshops that tested both our hands on skills and overall knowledge. Each workshop was designed to accommodate everyone's personal style of learning from artful crafting workshops to scientific data analysis workshops. Off of the Ocean Endeavor we were

## Japanese insurance corporation in the FSM donates sports equipment

By Bill Jaynes  
The Kaselehlie Press

September 9, 2017

**Pohnpei**—MAI (Mutual Service Aid Guarantee Insurance Corporation) presented gift certificates for sports equipment to volleyball teams in Pohnpei after the championship Liberation Day Games at the PICS gymnasium.

Mr. Shigeo Kakinoki presented the gift certificates to the winning men's and women's teams on behalf of the company's President, Mr. Yasuyuki Fujishima who could not attend this year due to other commitments. It is the second donation by the company to support Pohnpei's sports development with equipment and gift certificates for the Pohnpei Sports Commission. This year they donated more than \$6,000 to support the volleyball games.

MAI was established in the FSM on July 9, 2014. Mr. Fujishima was inaugurated as Chairman of the FSM Captive Insurance Council in September 2015, and continues to work to support the Captive Insurance

seminar in Tokyo and to contribute to the development of exchange of FSM and Japan.

MAI says that their longevity in the FSM is owed to the good investment environment of the Federated States of Micronesia.

"As the Rio de Janeiro Olympics have ended, Tokyo Olympics will be held in 2020," wrote an MAI representative. "The FSM sent their first delegation to the Sydney Olympics in 2000. MAI hopes that many delegates from FSM will be sent to the Tokyo Olympics in 2020 as well. MAI also hopes that its support and sponsorship may benefit in developing great athletes in the FSM."

The spokesperson said that MAI wants to contribute to making the Rainbownesia Project, the official promotional project for Japanese tourism that was established in 2009, even better than it is now.

"As long as MAI stays in FSM, it hopes to continue sponsoring activities of Pohnpei State for its development in sports," the spokesperson wrote.



## ...Dylan Tellei

Continued from previous page

0° cold and kept breathing just to see it over and over again until I couldn't see it anymore. Finally when it was time to board the zodiacs, which are small rubber boats that use inflated pockets to stay afloat, I saw it for the first time, ice. This was the first time I had ever seen ice just floating in a body of water, excluding the ice I get in my iced tea or water, this was a joke I had told countless

given the opportunity to go on hikes to arctic glaciers and rock formations and mountains, go standup paddle boarding and kayaking around various fjords, and even do some fishing and foraging around certain areas.

All in all the expedition was great educationally but what really had a lasting impact on me was the hospitality and warmth of the staff, students, and people I met along the journey. Throughout the entire expedition I was met with nothing but open arms

and warm smiles. Each and everyday everyone would meet and be glad and we would all enjoy the day conversing and joking, each of us enjoying each other's company. The atmosphere surrounding our group reminded me of my home and my family, and soon enough that's what we became, a small little family nearly 200 strong all connected by the experiences and stories we all shared. My hope is that ALL future expeditions will develop a bond similar to ours and that each and every student and staff may stay connected as alumni and family.

# 10th Annual Blue Nile Fishing Derby



The 10th Annual Blue Nile Fishing Derby was held on September 9, 2017. It was a beautiful, warm sunny day, which seemed to drive a lot of the fish away. A few anglers figured it out though and there were some big fish that were landed.

We want to thank Blue Nile; Mangrove Bay; Ambros, Inc., Guam; WSTCO, ST Guam; Coral Reef Guam; Titan Imports; Go Fujita/Nihon Tekkan; Pohnpei Rain Water, and D & Q Saipan for their sponsorship and support. There would have been no tournament without them.

The tournament was a big fish tournament with lots of prizes.

The catch of the day was Ryan Hawley's 300.1 pound marlin. It was the clear winner.

Prizes are listed below:

#### Biggest Fish:

First biggest fish - Ryan Hawley for his 300.1lb marlin – Round trip ticket to Guam, \$200.00 cash and a 4.5 liter bottle of Chivas Regal

Second biggest fish – Emerald Eperiam for her 59.3lb yellowfin tuna - \$400.00 cash, 2.0 liter bottle of Chivas Regal, and a \$25.00 gift certificate for Mangrove Bay Hotel

Third biggest fish – MARY TRETNOFF for her 50.7lb yellowfin tuna - \$300.00 cash, 2.0 liter bottle of Chivas Regal, \$25.00 gift certificate for Mangrove Bay Hotel

Fourth biggest fish – Escura Guian for his 47.6lb Giant Trevally - \$200.00 cash, \$25.00 gift certificate to Mangrove Bay Hotel

#### Species prizes:

Biggest Barracuda – Konrad Englberger - 30.4lb - \$100.00 cash

Biggest Wahoo – Thomas Inatio - 20.9lb - \$100.00 cash

Biggest Yellowfin – Johnny Duffy - 23.6lb - \$100.00 cash

Biggest Skipjack – Nick Gilmete - 16.3lb - \$100.00 cash



#### Lady Angler

First – Naihila Peterson - 19.4lb Wahoo - \$150.00 cash, \$150.00 gift certificate

Second – Naihila Peterson - 14.1lb Skip Jack - \$100.00 cash, \$50.00 gift certificate

#### Junior Angler

First – Sean Michael Sohl - 14.1lb Skip Jack - \$100.00 cash, \$50.00 gift certificate

Second - Isaiah Hawley - 13.4lb SKIP JACK - \$50.00 cash, \$50.00 gift certificate

All boats that registered and weighed in received a free case of Budweiser. It was a hot day so that made many anglers very happy.

There was a big crowd at the weigh in. The Fishing Club sold hot dogs and sausages to support the Pohnpei Public Library.

Many thanks to all the people who helped out, Tina Albert, Bill Pendergraft, Uta Krause, Jim Tobin, all of Kumer's guys and everyone else. It was great to see some of our sponsors make it to the tournament.

All told it was a great day. Everyone who went out looked like they had a good time.

Without the help of our sponsors we could not have had this fabulous tournament.

Next tournament is True Value in October. See you then.

# Pohnpei EPA Environmental Surveillance Laboratory Certified

**Pohnpei, 08 September 2017**

The U.S. Freely Associated States Laboratory Certification Program has re-certified the Pohnpei EPA Environmental Surveillance Laboratory to analyze drinking water under the Colilert® Method and marine and other surface water samples under the Enterolert™ Method.

Laboratory Supervisor Fermin Scaliem and Lab Analyst Quinton Lawrence were also re-certified as Laboratory Analysts for the Colilert® and Enterolert™ Methods. New analyst Brad Soram received provisional certification for the Colilert® Method, and will receive full certification after an additional 90 days of experience analyzing samples.

The certification audit was done by USEPA Certification Officer Edna

Buchan. The certifications are effective until 2019.

Labs receive certification when they meet specific criteria, pass an on-site evaluation at least every two years, and have a certified technician on staff. Technicians are certified when they successfully pass a written exam and a practical demonstration of proficiency test. Certification provides assurances that the lab produces scientifically valid and legally defensible data, and that the staff are qualified to analyze water samples for bacterial contamination.

Certificates were presented to the Pohnpei EPA Environmental Surveillance Laboratory and to individual technicians at an awards ceremony held at the Pohnpei EPA Office on Friday 08 September 2017.

During the ceremony, Ms. Buchan recognized the accomplishments of the lab in maintaining full certification for both drinking water and marine water. “Executive Director Henry Susaia and his staff are very deserving of this re-certification, and I am extremely pleased to find that Pohnpei EPA has continued to uphold the highest level of laboratory practice standards since their initial certification in 2008. The laboratory is truly an excellent facility that provides the water quality data necessary to move forward with protection of public health and sustainable economic development in Pohnpei State.”



## How does fiber keep you healthy?

When most people talk about eating local food, they talk about benefits such as more vitamins or its being good for our food security. But one thing about local foods like taro, breadfruit and local fruits like bananas, mountain apples and mangos is that they have a lot of fiber in them. Fiber is the part of plant foods that our bodies can't digest or absorb. It is found in fruits, vegetables, beans, peas, nuts, seeds, and whole grains. There are 2 kinds of dietary fiber: insoluble and soluble. We benefit from both. Soluble fiber dissolves in water and becomes a gelatinous form, which may help to slow digestion and help your body absorb vital nutrients from some foods. Insoluble fiber stays in its fibrous form, helps food pass through the digestive system and adds bulk to the stool, which helps you to stay regular (not constipated).

Fiber also slows the rate that sugar is absorbed into the bloodstream. When

you eat foods high in fiber, such as taro and bananas, the sugar in those foods is absorbed more slowly, which keeps your blood glucose levels from rising too fast. A diet that includes foods that are rich in fiber can help lower blood cholesterol and prevent diabetes and heart disease. Also, foods with fiber make us feel full, which discourages overeating.

Fiber is an important part of a healthy balanced diet; however, many people don't get enough fiber. Since fiber can help prevent heart disease, diabetes, weight gain and some cancers, and can also improve digestive health, it seems we have one more reason to eat local foods. With all this good information about fiber, how can you include more fiber in your diet to receive all these healthy benefits?

This message brought to you by the Pohnpei REACH program.

## Here's why you should eat turkey tail only once a month

Turkey tail, although not commonly consumed in the U.S., is surprisingly popular among Micronesians regardless of the public's awareness of it being generally unhealthy to eat. The 3x2-inch fat nugget is only about 27% protein and 73% fat. It is packed with high cholesterol which can ultimately contribute to one of the most widespread health issues in the FSM – obesity. Being overweight can increase the risk for various health problems which include:

- high blood pressure
- stroke
- heart disease
- liver disease
- kidney disease
- type 2 diabetes
- (for women) pregnancy problems such as high blood pressure, high blood sugar during pregnancy, and high risk of cesarean delivery (C-section).

There are about 195 countries in the world today, and the FSM ranks number 12 in the world's most obese countries. 67% of deaths in the FSM are caused by non-communicable diseases (NCD's), and poor diet being one of the main causes.

Since its introduction, turkey tail cuisines have evolved. A new, but very gut-churning trend in the FSM is eating uncooked

turkey tail soaked in high sodium sauces. The origin of eating raw turkey tail is unknown, but we highly urge everyone not to try it and strongly advise those who do so to stop as it may lead to ingestion of harmful pathogens which can cause serious illnesses. According to the MODFAT diet regulations (Micronesian One Diet Fits All Today) turkey tail should be eaten only once a month. Healthier alternatives to high cholesterol turkey tail include chicken (without the skin), whole turkey, and fish.

REACH is a national program administered by the Centers for Disease Control and Prevention (CDC) to reduce racial and ethnic health disparities.



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## REQUEST FOR EXPRESSIONS OF INTEREST FINANCE OFFICERS

**Federated States of Micronesia  
World Bank Financed Projects**

The Federated States of Micronesia has received financing from the World Bank for the implementation of a number of projects including the Pacific Islands Regional Oceanscape Project (PROP), the Pacific Regional Connectivity Program: Palau-FSM Connectivity Project (PFSMCP), and the Energy Sector Development Project (ESDP). The FSM government intends to apply part of the grant proceeds for consultant services to support the implementation of these projects. The services include support to these projects on the financial management aspects of the projects to ensure compliance with the government and World Bank's financial management policies and systems. It is expected that the Finance Officer/s will work full time and will be based in the Department of Finance and Administration providing financial management services to all World Bank financed projects. The Department of Finance and Administration is seeking to appoint at least two suitable candidates.

Eligible consultants should have the following qualifications:

- The Finance Officer must have a minimum of bachelor's degree in Accounting, Finance, Business Management, Public Administration or other relevant field.
- Training in relevant fields for management, financial management, or accounting (i.e. CA, CPA, ACCA) is preferable.
- S/he must have a minimum of five years of work experience in financial management, preferable with experience in the public sector and have a good understanding of Government accounting systems. Experience in donor - funded projects is preferable.
- Additional work experience with national and or international non-governmental organizations will be an added advantage.

The Department Finance and Administration now invites eligible candidates to indicate their interest in providing the above mentioned services. Interested candidates must provide information (such as their latest CV, and other relevant documents) indicating that they are qualified to perform the services.

A consultant will be selected in accordance with the procedures set out in the World Bank's Guidelines: Selection and Employment of Consultants by World Bank Borrowers (January 2011 edition).

Interested consultants may obtain further information, including terms of reference, during office hours from Sihna N. Lawrence, Secretary of Finance & Administration, (or designated staff) at the address and contact details provided below.

Expressions of interest may either be sent or be delivered to the address below on or before October 31, 2017.

Mrs. Sihna N. Lawrence  
Secretary

Department of Finance and Administration  
FSM National Government

Address: PO Box PS-158, Palikir, Pohnpei,  
Federated States of Micronesia 96941

Tel. No.: (691) 320-2640

Fax No.: (691) 320-2597

Email: [fmssofa@mail.fm](mailto:fmssofa@mail.fm); [sofafsmsg@mail.fm](mailto:sofafsmsg@mail.fm)



**COM-FSM Entrance Test (COMET)**

<i>Campus</i>	<i>Date</i>	<i>Contact</i>
Kosrae	October 18, 2017	370-3191
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Facsimile: (714) 283-1555  
Email: info@hilbornehawkin.com

## 23 Men and Women from FSM enlist in the U.S. Army

Photo by McClaine Gilmete



*Embassy of the  
United States of America Kolonia*

**Sept 15, 2017**

**Kolonia, Pohnpei** - Nineteen future soldiers were sworn in at the U.S. Embassy Compound (four were not able to join the ceremony). These young men and women will soon be departing for their basic training in the United States. The Compact of Free Association provides the opportunity for young men and women to enlist and serve in the U.S. Armed Forces.

In emphasizing the unique and special relationship between the United States and the Federated States of Micronesia, Ambassador, Robert A. Riley said. "The United States is solely responsible for the defense of the FSM. The U.S. is committed to defending the FSM as it would its own territory and that commitment will continue in perpetuity. There is no sunset to our dedication to the defense of the FSM. The soldiers who will be sworn-in today are a manifestation of this steadfastness. The U.S. Armed Forces will always be there to protect the FSM and its people." Ambassador also noted that ten U.S. Armed Forces from the Federated States of Micronesia have paid the ultimate price in the defense of these common ideals.

Samson Pretrick, FSM Department of Foreign Affairs Deputy Secretary, spoke on behalf of the FSM Government and spoke to the future soldiers. "As you

embark on your new career, anticipate new challenges ahead for life is not meant to be easy. When you reach a point of giving in, remember your families who have supported you all your lives and the choices you made today. As an advice, accept and take the challenges head-on with hard-work, perseverance and determination because these God-given values will make you successful in life. As the saying goes "There's a light at the end of the tunnel". Make a personal commitment to strive for that light. The more you endured, the more promising your journey will be in achieving your goals."

The twenty-three recruits from the FSM are: Malory Alikxa, Janet Alpet, Ruston Augustine, James David, Renee David, Ion Dick, Kalio Edwin, Marmelynn Eldridge, Alley Ferdinand, Celyan Hebel, Mcgyver Kaiapas, Hudson Kapinses, Sharisey Lee Ling, Jacob Mark, Leevae Molens, Sharon Mongkeya, Sigrid Olter, Clara Phillip, Triston Pluhs, Kohne Ramone, Cody Robert, Royce Rott, and Dayleen Santos.



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## Speaker Simina welcomes Ambassador Lyons of New Zealand

PALIKIR, POHNPEI – September 13, 2017. On Wednesday afternoon, Speaker Wesley W. Simina also welcomed to the Congress the newly accredited Ambassador of New Zealand to the Federated States of Micronesia - Ambassador Karena Lyons.

The Ambassador had earlier that morning presented her credentials to President Peter M. Christian as her country's representative to the FSM and extended courtesy meets to the state and national leaders.

Speaker Simina welcomed Ambassador Lyons to the Congress and expressed his congratulations on her accreditation to the FSM for it is an indication of both countries hopes to "strengthen the relationship through increased engagement and cooperation at all levels."

The Speaker and the Ambassador exchanged views on various regional issues and concluded with Speaker Simina encouraging her to visit the rest of the states when her time permits. The Ambassador is based out of Hawaii and was accompanied by Senior Policy Advisor Jake Hamstra. She is also cross-accredited to the Republic of the Marshall Islands and to the Republic of Palau

New Zealand established diplomatic relations with the FSM on June 30, 1988 and was the fifth country to do so after the FSM established independence and was recognized by the United Nations on November 3, 1986.

## Yap Canoe Summit announced: Seafaring traditions and their safeguarding to be highlight of one-day conference



**Colonia, Yap FSM-** The Yap Visitors Bureau has announced that a Canoe Summit will be held on Thursday, December 7, 2017 in Colonia, Yap prior to the annual Canoe Festival scheduled for December 8 and 9.

Pwo Master Navigator Ali Haleyalur will moderate the conference that will be sponsored by the Yap Visitors Bureau, Yap Traditional Navigation Society, and Waa'gey (Seafaring Future) of Yap.

According to Micronesian scholar and filmmaker Dr. Eric Metzgar, organizer of the Summit, "The one-day conference will provide the opportunity to discuss issues involved with the safeguarding of seafaring traditions as shared heritage in the region." The conference will be held at the Small Business Development Center in Colonia and will consist of activity reports by practitioners in the region and research reports by experts in the field of Canoe Culture in the Pacific.

Following the Canoe Summit, the annual Canoe Festival will take place at the Yap Living History Museum in Colonia and will include a parade of traditional sailing canoes, dances, skills demonstrations and a marketplace offering food and handicrafts for sale. Dr. Metzgar will provide the keynote address and present his video, *A Voyaging Odyssey*, featuring highlights from the 2010 ocean voyages captained by Pwo Master Navigator Haleyalur and Master Canoe Carver Chief Bruno Tharngan. The ocean crossings "rediscovered" the ancient, traditional sea routes between the islands of Lamotrek, Guam, Yap and Palau. A photographic exhibit of Yap's seafaring history along with other exhibits will be on display and visitors will have the rare opportunity to taste the traditional offertory, voyaging, and celebratory foods connected with successful long sea voyages.

For more information, visit [www.visit Yap.com](http://www.visit Yap.com) or email Tom Tamangmow at the Yap Visitors Bureau at [tomyvb@mail.fm](mailto:tomyvb@mail.fm) or by phone at (691) 350-2298.

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Which is used in connection with computer software; computer hardware; computer utility software; computers; hand held computers; mobile devices; micro computers; mini computers; personal digital assistants; portable and hand held electronic personal organizers; smart phones; computer peripherals; computer electronic devices; consumer electronics equipment, namely, cameras, camcorders, audio and video recorders and players, MP3 players, CD recorders and players, DVD recorders and players, cellular phones, and global positioning systems consisting of computers, computer software, transmitters, receivers, and network interface devices; network interfaces; computer input and output devices; storage devices; computer memory upgrades; portable electronic memory devices which can be connected to any computing device through an interface for transporting data; and memory cards; computer parts; plugs, sockets and other contact connections; data processing equipment; couplers; cables and adaptors; routers, bridges, gateways, and hubs; modems; computer terminals and printers for use therewith; computer networking hardware; computer router, switch and hub operating system software; computer hardware and software for wireless communications; cables for electrical and optical signal transmission; optical fibers; computer hardware and peripheral devices that perform high-speed data transmission by way of optical communication; optical communication devices; optical transmitters, optical receivers, optical data links and optical transceivers; optoelectronic components; optical transmission, receiving, switching and networking equipment; computer software and hardware for transferring, storing, and transporting electronic data between electronic storage devices; computer data communication hardware; computer data communication hardware, software, and firmware for use in the field of computer communication to enable data communication between computers and computer related peripheral devices; software for interfacing with client applications; computer hardware and software for providing synchronous data acquisition, synchronous control, synchronous monitoring of equipment and instrumentation; digital interfaces for computers for audio recording; software for audio editing, recording and production; scientific, nautical, surveying, photographic, cinematographic, optical, weighing, measuring, signaling, checking (supervision), life-saving and teaching apparatus and instruments; apparatus and instruments for conducting, switching, transforming, accumulating, regulating or controlling electricity; apparatus for recording, transmission or reproduction of sound or images; magnetic data carriers, recording discs; automatic vending machines and mechanisms for coin-operated apparatus; cash registers, calculating machines, data processing equipment and computers; fire-extinguishing apparatus in International Class 9; and

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Any inquiry regarding said trademark may be referred to the attorneys for Intel Corporation, 2200 Mission College Boulevard, Santa Clara, California, 95052-8119 U.S.A., as follows:

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## FSMOPA auditors laud FSM Government for continued financial improvements

### Office of the Vice President

September 22, 2017

**Palikir, Pohnpei**—An exit conference was held at the President's conference room in Palikir on July 11, 2017 that discussed the results of the FSM National Government's Single Audit for the year ended September 30, 2016. The National Public Auditor, Mr. Haser Hainrick initiated the discussion with the Honorable Yosiwo George, Vice-President of the Nation and other Cabinet members and then turned the discussion over to Mr. Daniel Fitzgerald, Partner with Deloitte & Touche LLP. The discussion covered the financial results for fiscal year 2016 and compliance matters encountered relative to the change in audit processes brought on by implementation of the Uniform Guidance (UG), which was issued by the US Government pursuant to US law.

The auditors congratulated the FSM National Government for its continued financial improvements that resulted in surpluses. However, more noteworthy was the results of the compliance audit as no questioned costs were raised in

the 2016 audit (which was the first time this has happened in years) and the FSM National Government was able to clear substantially all prior year questioned costs from prior year audits, which is extremely important. If one looks at the audit as a report card, the FSM National Government as a whole did very well in fiscal year 2016 with some minor exceptions.

Lengthy discussion occurred surrounding the UG as that guidance clarifies that the National Government's Schedule of Expenditures of Federal Awards must account for all funds that pass through the National Government and on to its Component Units, the States or the component units of the States. Therefore, the UG clarifies the National Government's role in monitoring component units and States expenditures of federal awards. The discussion included various recommendations for improving the process including setting deadlines and timelines for completion of the audits at each level to allow all parties to maintain compliance with underlying US rules and regulations governing federal awards funding.



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## Health Corner

Welcome to the Health Corner.

As a visitor in Pohnpei I have had the opportunity to learn some things about Micronesian identity and history. As a Doctor, I think it is essential to have those facets in mind when doing health services.

I am an Integrative Medicine (IM) practitioner and would like to share with you some thoughts and information. I hope that you'll find it useful.

Integrative Medicine is based on looking at person as a whole, influenced by physical, emotional, mental, social, spiritual and environmental factors.

When I think of health, I think of identity. Understanding who I am, where I come from, and the story of each; identifying us each by name, a nationality, and purpose in life. Knowing who I am, accepting who I am not, being aware of my potential, and having a meaningful life are all elements of good health.

Integrative Medicine unites western and traditional medicine and other practices as complementary parts of a unique strategy for each individual. The human

being is permanently nourishing his body and senses, so IM considers nutrition essential. Diseases can be the result of an imbalanced nutrition on three cases: having excess, deficit or having a poor quality of nutrients. Nutrients can be food or sensorial stimuli: sound, sight, touch, smell, taste.

If we consider sickness as an imbalance or loss of identity; the cure is to restore the balance by gaining wholeness, self-sufficiency and freewill.

In the healthcare system there are many people involved, however you are the only person responsible for your health. The process of healing starts with the awareness of being sick and the understanding of what the illness is and where it really comes from.

Diseases can be an opportunity not only to restore a lost function in your body, to heal a sick cell, or to prevent further damage. Sometimes it can change your entire family's behavior. For example, a family who deals with a father who is diagnosed with mouth cancer is forever changed. If it is an early diagnosis and everything goes well, the sick father may have the malignant tumor removed, he

could stop the habit that caused the cancer (beetle nut chewing, for example) and the family might start practicing healthy life habits; local and diverse food, food free of preservatives and right portions, regular workouts, and the elimination of risk factors (beetle nut, alcohol, tobacco). This cancer has impacted a whole family to become healthier.

How are we connected to any sick person in FSM, or in another country? Humanity is all connected. The same way our heart cells are connected to the liver cells. Micronesians, Americans, Ecuadorians, and all nationalities are connected beings on Planet Earth.

Our Planet is sick. The most recent symptoms of our sickness on Planet Earth are the hurricanes affecting Central and North America. What are the symptoms in FSM? Fishermen and divers are experiencing the changes to our ocean.

How is the health of human beings related to this? Health is about wholeness, communion, harmony, cleanliness and balance not only inside our bodies, but also our personal relationships, our spiritual life and our interaction with nature and life in general.

A healthy cell can function properly. A healthy organ will function better. A healthy body can maintain basic functions, and the energy to be happy. A happy person is able to contribute to a better planet.

Next time I'll write about Non Communicable Diseases (NCD).

*Mabel Loján, MD  
Integrative Medicine*



### REQUEST FOR EXPRESSION OF INTEREST



The Government of the Federated States of Micronesia's National Oceanic Resource Management Authority (NORMA) has received financing from the World Bank toward the cost of the Pacific Regional Oceanscape Program, and intends to apply part of the proceeds toward four COMPETENT AUTHORITY (CA) INSPECTORS based at the FSM Department of Health & Social Affairs (FSMDHSA) (two in Kosrae, FSM and two in Pohnpei, FSM) and reporting to the Head of National Food Safety Inspection Program or his designate. The CA Inspector services include:

#### GENERAL SCOPE OF WORK

- To provide regulatory inspection and certification services to fishing industry vessels and establishments within Federated States of Micronesia in accordance with the National Food Safety Act (PL 7-116), Subsidiary Food Safety Regulations, associated amendments, as well as the National Control Plan (NCP) and other CA System documents;
- To provide advice to other organizations with regard to the safety of fish and fishery products.
- Perform routine inspection of food facilities and vessels engaged in receiving, storing or preparation of food and food products for commercial import or export and recommend regarding the formal approval of establishments and vessels;
- To perform sampling and testing as required in the NCP and the National Monitoring Plan and Regulation
- Effective and accurate recording and reporting of CA official control activities;
- Enter ports of entry, detain and search vehicles/vessels at such port of entry and examine and take samples of articles and anything which is capable of being used for such preparation, packaging, storage, sale or conveyance;
- Collect evidence, samples of suspected food, obtaining statements and preparing reports;
- Act as witness in support of the charges against offenders of the National Food Safety Act and Regulations;
- Assist in developing and implementing training programs in Sanitation Management and Hazard Analysis Critical Control Point (HACCP) for the food industry;
- Assist States with relevant education activities, surveys/investigations during outbreaks, conduct food inspections/recalls.
- Other duties as assigned.

#### MINIMUM QUALIFICATIONS:

- Bachelors degree in food science, health, fisheries or related field. AS Degree may be acceptable if proven extensive relevant experience.
- 2 years experience in food safety inspection, management, sanitation or related work
- Fluency in the English language.
- Good written and oral communication skills including basic computer skills.
- Proven ability to work independently and under limited supervision with strong attention to detail.
- Willingness to work outside conventional working hours.
- Good people skills
- Strong commitment to sanitation and hygiene.

The incumbent shall undergo one (1) year of field work to be administered by the CA Team Leader. The incumbent must also attend, complete and pass the biennial national food safety and health certification training course and examination.

#### DURATION and REMUNERATION

The position will be full-time for an initial two (2) year period. Salary will be based on the Local Labor Market Payscale and/or depending on qualifications under a Contract with FSM NORMA.

#### APPLICATION

The FSM NORMA invites submissions by electronic and/or hard copies of a) Letter of Interest, b) CV, c) support Degrees/Certificates and d) 3 reference letters to NORMA no later than October 20, 2017. Selection will be in accordance with the procedures set out in the World Bank's Guidelines: Selection and Employment of Consultants by World Bank Borrowers (January 2011 edition). Full Terms of Reference (TOR) can be obtained from: NORMA, FSM National Government  
Attn: OKean Ehmes, PROP Coordinator  
POBox 122, Pohnpei, FM 96941  
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# Family is Vital.

Our families are our greatest support.

On September 11th, 2017, Vital FSM Petroleum Corporation proudly celebrated its 9th Year of Service by hosting our Annual Family Day.

To our families and our communities, we'd like to say  
*Thank You* for your continued support over the past nine years.

*Kula ma lulap*

*Knisau chapur*

*Kalahngan*

*Kam magari*

