

# CHACHALANI



## Guam Community College PDF Newsletter

Campus Happenings ❖ President's Message ❖ Upcoming Events

**Mission:** Guam Community College is a leader in career and technical workforce development, providing the highest quality student-centered education and job training for Micronesia.

### Students host more candidate forums

Students in Fred Tupaz' Supervision & Management courses hosted gubernatorial and senatorial candidate forums on Oct. 8th-9th, 21st and 23rd in order to afford GCC students the opportunity to hear what the gubernatorial and senatorial candidates had to say about the issues, to question them about their stance on various issues, and to provide fellow students with the opportunity to register to vote in the Guam's general election. Several hundred students attended these very informative forums/ service learning projects. GCC thanks all the candidates for their willing participation!



### USDA loan to help GCC renovate Bldg. 100 & crime lab



Gov. Eddie Calvo, President Okada, and Joe Diego, USDA Guam Area Manager, gathered with other officials Oct. 8th in the GCC Multipurpose Auditorium to announce the USDA's \$5 million loan for the renovation/expansion of Building 100 and the construction of a classroom and DNA laboratory addition to the nearby Gregorio D. Perez GPD Crime Lab. The renovated Building 100 will house the GCC Criminal Justice Program and cosmetology classes, and the crime lab extension will provide classrooms and a DNA forensic lab. Groundbreaking is scheduled for spring semester 2015.

### GCC Best for Vets again!

For the second consecutive year, GCC's commitment to providing Guam's veterans with education and workforce skills has landed us on the Military Times Best for Vets Career & Technical Colleges list. GCC is among 36 CTE institutions recognized for their commitment. "We are honored to have made this list again this year, in large part because of our Keep Your Guard Up program, which offered accelerated training to returning vets, and we are proud of the over 150 soldiers that completed our program," said President Okada.



#### Inside:

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## From the President... Dr. Mary A.Y. Okada

October always proves to be one of our busiest months at GCC, and this year, with it being an election year, we had even more going on! Kudos to our students for leading the way: Supervision and Management students for hosting four successful candidate forums that served to inform student voters about where the gubernatorial and senatorial candidates stood on the issues and got some of them registered to vote; our postsecondary and secondary Education students for hosting Guam's first-ever Global Cardboard Challenge (both events garnered us much publicity!); COPSA for hosting a successful Fall Festival that drew nearly 600 students to campus despite the somewhat rainy weather; Culinary Arts students for their outstanding menu at the Nikkei Appreciation event in our MPA; and our Ecowarriors for continuously being "out there" with recycling and sustainability efforts. As an institution, we are again Best for Vets, according to Military Times magazine – so all you veteran students, please take advantage of your benefits here at GCC. Also, congratulations to our MagPro winners Kim Bautista from Accommodative Services, our CEWD staff for their awesome Keep Your Guard Up program, and Vicky Schrage for her efforts putting Guam on the map as the instructor of the two-time national championship SSHS ProStart team.

All these efforts, combined with the other service learning projects that our students performed this month, prove what a vibrant, dynamic learning community we have here at GCC. A belated Happy Halloween, and thank you to all who dressed up in the "spirit" of things and made the day so fun. As we finish up this semester, let us approach this holiday season being grateful for our students and their successes, because they reflect OUR SUCCESS as an institution. Be very proud. I know I am!



## From the ALO's Desk... Dr. Ray Somera, AVP

Hafa adai! I was part of a 13-member visiting team to Santa Ana College (SAC) Oct. 5-11 for purposes of accreditation reaffirmation – my third time to be a team member. This trip, and the two others I was part of, have allowed me to gain lessons and insights in preparation for GCC's next accreditation visit in March 2018. I have learned the following lessons that I believe will help GCC with its upcoming reaffirmation of accreditation visit:

1. Thoughtful and careful planning is the key to a successful visit.
2. A well organized and thoroughly-written Institutional Self Evaluation Report (ISER) is critical to the team's work
3. An institutional data repository, in either electronic or hard copy format, must be established early on.
4. What accreditation means to the college must be a core value entrenched in the life of the institution.
5. We should build on previous performance when it comes to improvement initiatives at the course, program, and institutional levels.

From my Santa Ana College trip, I also learned that integration of assessment, budget, and planning is one of the GREATEST CONCERNS for ACCJC. Also, and this is something we learned before our last visit that we need to remember, we need to limit AIPs in the self study report to no more than 20 or 25.

I will present all of the lessons and insights I brought back to AAD management team and Standard chairs and other committee chairs, as part of the preparations for the next visit. 2018 may seem far off, but in just two months, we will be at the halfway point of our six-year accreditation. As we prepare for the holidays, we also need to remember that with regard to accreditation, which is GCC's lifeblood, time is of the essence!

## Congratulations to our MagPro winners!!!

October 11, LeoPalace Resort

## Notable!

**Kimberly Bautista**  
Accommodative Services Administrative Aide  
Customer Services Professional of the Year



**Continuing Ed. & Workforce Dev.**  
"Keep Your Guard Up" - Program of the Year. Gov. Eddie Calvo, Ben Rachielug, Esther Rios, Carmen Santos, Joann Muna, Tony Roberto, and Janna Fernandez accepting the award.



**Vicky Schrage**  
GCC CTE ProStart instructor of  
TWO consecutive SSHS ProStart  
national champion teams  
National Recognition Citation



### GRMC Breast Cancer Awareness workshops

GCC and Guam Regional Medical Center teamed up to highlight Breast Cancer Awareness Month, offering free workshops on Oct. 18th & 25th in the AALG Allied Health Lecture Hall. GRMC's Dr. Chadwick Mills highlighted the latest advances and treatment in breast health that will be available to Guam's women when the new hospital is operational, and helped spread the word about women's health issues.

### Recognition for high school automotive students

Current and former students in the GCC Automotive Program at Simon Sanchez High School received legislative acknowledgment for their participation in the program on October 24th. SSHS administrators, DRAG Board Members, Sen. Tina Muna Barnes and Jay Jones, president of GADA, were invited to attend.

### GCC's Sports and Recreation Club (SPARC)

hosted walk/runs in Tumon from 5:30pm - 6:30pm on Oct. 16th and 30th, and has walk/runs scheduled for Nov. 6th and 20th, starting at the Nikko Hotel parking lot.

### The College Access Challenge Grant Program

hosted two events this month: a presentation at the Southern High School parent-teacher conference on Oct. 3rd; and a Financial Aid workshop for Southern High students on Oct. 22nd.

### Building a Stronger Workforce

This annual fall conference organized by COPSA (the Council On Postsecondary Student Affairs), the Assessment & Counseling Department, the Center for Student Involvement (CSI), and Project AIM (TRiO Program), is a free training conference for GCC students that affords them the opportunity to learn the "soft skills" needed to be successful in the workforce. 146 students took advantage of this free training on Oct. 10th at the Marriott Resort.

**Thank you GCC Employees Association** for organizing a successful FUNdraiser Oct. 17th at Guma Tasa in Mangilao. (Next time, someone take pictures!)



# Fall Festival!

The rain stopped just long enough on Oct. 2nd for COPSA and the GCC student organizations to host their vibrant Fall Festival in the Student Center Courtyard. The event drew 589 students. Highlights included Science Club advisor Dr. Jay Sunga taking the Ice Bucket Challenge to raise \$175 for Alzheimer's disease, an Ecowarriors environment quiz, and some awesome food prepared by the GCC student organizations. The organizations again put on a "Tour of the Pacific," with each organization representing a different country in the Pacific or Asia. It's a chance for our students to experience the diverse cultures that come together on our campus. Thank you COPSA for this wonderful event!



# GCC Foundation Par Excellence Golf Tournament



The rain stopped just in time for the father-son team of Dr. Robert and Stephen Gatewood to win the GCC Foundation Par Excellence Golf Tournament October 4th at LeoPalace Resort, with their low net of 69.4. Nearly 100 players golfed to help provide scholarships to GCC students through tournament proceeds. Thanks to all the volunteers – including the scholarship recipients Janessa Roman, Abhay Godhania, Jaricel Roman, Naomi San Nicolas, and (back row) Liezel Tipples, Flori-Anne delaCruz, Eric Salas, Momoko Miranda, Anthony Reyes, and Dayanara Flores, along with tournament director Greg Manglona and Carmen Kwek Santos, GCC VP of Finance & Administration.

# Ecowarriors on the move!



The Ecowarriors enthusiastically acknowledged students, staff and faculty who signed pledges at the Fall Festival to reduce their use of plastic bottles and bags, and to stop car engine idling. About 70 people signed the plastics pledge and over 100 signed the car engine pledge! The group also planted trees for Arbor Day on Oct. 18th along Cross Island Road, and participated in a Shark Wave along Marine Corps Drive on Oct. 25th, to campaign for a Shark and Ray Sanctuary in the Mariana Islands.

Check out the scholarship opportunities at [www.guamcc.edu](http://www.guamcc.edu). Receive FREE \$\$ for college!



## Education participates in Global Cardboard Challenge!

On Oct. 13th & 14th, the GCC MPA became a place of creativity and imagination as GCC took part for the first time ever in the Global Cardboard Challenge. A fishing pond, a treasure hunt through a castle, a child-sized town and a medical center were just a few of the cardboard creations on display. The GCC Education Department brought this awesome creative exercise for children to Guam after Melissa Palomo, the CTE Early Childhood Ed instructor at GWHS, saw an internet video about the challenge. ECE postsecondary and secondary students set up and displayed the cardboard projects they created, and partnered with San Vicente Catholic School on this initial project to encourage students to create cardboard projects either as a class, or at home with their families.

“Next year, we hope to host a giant Guam Global Cardboard Challenge here at GCC where students bring their projects and set them up for everyone to see,” said Palomo.



## Education Convocation

Over 100 students signed up and attended the 2014 Education Convocation Oct. 30th in the MPA – and more came and forgot to sign in, according to Dr. Clare Camacho. Dr. John Sanchez, dean of UOG’s School of Education, did a wonderful job speaking to the students about transferring to UOG – and even dressed in a vampire cape for Halloween. Quite a few students picked up educational plans and made appointments for advisement, too. Also, the Education Department reports that just four days into spring registration, the total enrollment in ASL/ED/CD courses was already 177 students, with the highest enrolled course being 17 in ED231.

## Sustainability! A new feature by Kiko Palacios

As a community, we have become so accustomed to a lifestyle that was inconsiderate of our natural environment, even though we need to protect that environment in order to survive. Fortunately there is a movement to encourage us to change our ways as the issues of climate change, rising fuel prices, overflowing landfills, and deteriorating health become more and more evident in our communities. Now more than ever, it is vital to move towards a more sustainable lifestyle; for the sake of our environment, our health, the economy, and last but not least, for future generations who haven’t had a chance to experience this beautiful world.



Guam Community College has been leading the way with LEED certified buildings, investments in clean and renewable energy, a commitment to sustainable waste diversion (recycling), and an ever-evolving master plan that is highly considerate of our natural environment. In many ways, GCC is one of the greatest advocates for island sustainability.

With the support and commitment of campus leaders, we have a mission to promote sustainability throughout our campus community as a WHOLE; from employees to students and even to their families and friends. This type of change is invaluable to our island and we are confident that our campus community will not only make the change, but also, will promote sustainability with a passion.

For this purpose, keep an eye on upcoming issues of Chachalani for simple, creative and innovative “Green” tips and ideas that will actually save you money\$\$, time, resources and even have you feeling and looking healthier. The proof is out there and we want to share it with you! Be on the lookout for the green tip of the month in Chachalani and on the Guam Community College Facebook page! GCC encourages everyone to join the move towards a more sustainable island community by taking simple steps. If you have green tips, ideas or a green success story you want to share, please feel free to submit them to Kiko Palacios, GCC’s Sustainability and Project Coordinator, at francisco.palacios1@guamcc.edu.

We would love to hear from you!



Be sure to use the new recycling bins around campus - there are separate bins for aluminum cans and plastic bottles - without the caps, please!



## Nikkei Appreciation Night

The Japan CLUB volunteered at the Guam Nikkei Appreciation Night II fundraiser at the MPA on October 10th. Members helped put up decorations, sell drinks and raffle tickets, and demonstrated origami-folding for participants. Culinary Arts students, under the direction of Chef Paul Kerner, prepared the sumptuous Japanese menu!



## PTK Habitat volunteers

GCC’s Phi Theta Kappa officers volunteered at Habitat Charity Golf Tournament at Country Club of the Pacific on Oct. 10th. From left: Jeff Alano, Mel Rey, Alicia Aguon (Exec. Dir., Habitat for Humanity), Eric Chong, Jessica Galang, and Oran Hill.



## CTE Secondary Activities



### SSHS Prostart/LMP Capstone project

The Sanchez ProStart and LMP seniors presented their capstone marketing project “Marketing of Hospitality Products” to industry professionals and GCC/DOE school administrators on October 17th. The presentation was the culmination of a quarter-long project where Tourism students incorporated Common Core standards to CTE. The ProStart seniors developed a marketed cupcake business, and the LMP seniors crafted marketing events for hotels to increase revenue and guests.

### SSHS ProStart hosts GHC guest chef

Visiting Chef Robert Stehling showed SSHS ProStart students how to make his signature Sweet Potato Layer Cake on Oct. 1st. The owner and chef of Hominy Grill, a renowned restaurant in Charleston, South Carolina, Chef Stehling was on Guam as a guest chef for the Guam Humanities Council “Eat Your Heritage Tour” project. Chef Stehling was honored by the James Beard Foundation Award as the best chef in the Southeastern United States in 2008.



### PIC's Cruz speaks to SSHS LMP seniors

Guest speaker, Trina Cruz, PIC's Marketing and PR Manager spoke to SSHS LMP seniors about marketing on Oct 3rd. SSHS LMP seniors are collaborating with ProStart seniors for their integrated capstone project, “Marketing of Hospitality Services” scheduled for Oct. 17th. Ms. Cruz provided guidance to LMP students for their marketing project.

### SSHS Marketing Students assist at Elementary School carnival

32 GCC Marketing students from Simon Sanchez High School practiced their promotional skills and customer service by assisting with various booths at the Tamuning Elementary School Halloween Carnival on Oct. 24th. From left: Merilou Lumanlan, Jasmin Taulung, Amada Manzana (GCC Associate Professor), Jayna Mangatmag, and John Fernandez, Superintendent/Parent.



## From the GCC Health Center: High Blood Pressure Prevention By Emma R. Bataclan, R.N.

Recently, we have seen an increase in the number of hypertensive cases among clients at the GCC Health Center. Please read this important information to help you stay healthy!

About 1 in every 4 American adults has high blood pressure, also called hypertension, which is a major risk factor for heart and kidney diseases, stroke, and heart failure. High blood pressure is mostly dangerous, because it often gives no warning signs or symptoms. Fortunately, you can find out if you have high blood pressure by having it checked regularly. If it is high, you can take steps to lower it. Just as important, if your blood pressure is normal, you can learn how to keep it from rising.

### You Can Prevent High Blood Pressure by:

- **Maintaining a healthy weight.**

Being overweight can make you two to six times more likely to develop high blood pressure than if you are at your desirable weight. Even small amounts of weight loss can make a big difference in helping to prevent and treat high blood pressure.

- **Getting regular exercise.**

People who are physically active have a lower risk of getting high blood pressure -- 20% to 50% -- lower than people who are not active.

- **Reducing salt intake.**

When people with high blood pressure cut back on salt, their blood pressure falls. Cutting back on salt (like chips, canned good) also prevents blood pressure from rising.

- **Drinking alcohol in moderation, if at all.**

Too much alcohol intake can raise your blood pressure. Limit how much alcohol you drink to no more than 2 drinks a day. The “Dietary Guidelines for Americans” recommends that for overall health, women should limit their alcohol to no more than 1 drink a day.

- **Reducing stress.**

Stress can make blood pressure go up, and over time may contribute to the cause of high blood pressure. There are many steps you can take to reduce your stress-- Make it a point to relax every day. You can read a book, listen to music, meditate, pray, do yoga, journal, reflect on what is good in your life; be active! When you exercise, you'll burn off some of your stress and be better prepared to handle problems. Stay connected with people you love.

### Important nutrients that may help prevent High Blood Pressure:

- Potassium – fruits (banana), vegetables, dairy foods, fish
- Calcium – low-fat milk, yogurt, cheese, dry peas and beans
- Magnesium – whole grains, green leafy vegetables, nuts, seeds
- Fish Oils – mackerel, salmon
- Garlic

Additional source: WebMD

## CTE Secondary Activities (cont.)



### DECA students help feed homeless

High school students enrolled in the GCC CTE Marketing program in their respective schools are all members of DECA (Distributive Education Clubs of America), and as such, they donated canned goods to Kamalen Karidat, the homeless kitchen in Hagatna, on Oct. 25th as a community service activity.



## More from the GCC Health Center: **IMPORTANT: BE INFORMED** about Ebola Virus Disease (or viral hemorrhagic fever)

By Emma R. Bataclan, R.N., GCC Health Center

The Ebola viruses are found in several African countries. Ebola was first discovered in 1976 near the Ebola River in the Democratic Republic of the Congo. There are five identified Ebola virus species, four of which are known to cause disease in humans.

\*Ebola virus \*Sudan virus \*Tai Forest virus \*Bundibugyo virus \*Reston virus (non-human; primates)

### The Ebola virus is NOT spread through:

- \* Casual contact
- \* Air
- \* Water
- \* Food grown or legally purchased in the US.

### How can you get the Ebola virus? From DIRECT contact with:

- \* Body fluids of a person who is sick with or has died from Ebola – (blood, vomit, urine, feces, sweat, tears, semen, saliva/spit, breast milk, or other body fluids)
- \* Objects contaminated with the virus – (needles and syringes, medical equipment, clothes, bedding)
- \* Infected animals (by contact with blood or fluids; or infected meat)



The virus can enter the body through broken skin or unprotected mucous membranes – eyes, nose, or mouth.

Early symptoms include:

- \*Fever
- \*Headache
- \*Diarrhea
- \*Vomiting
- \*Stomach pain
- \*Muscle aches
- \*Unexplained bleeding or bruising

### When is someone able to spread the disease to others?

- \*Ebola only spreads when people are sick. A patient must have symptoms to spread the disease to others.
  - \*Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is 8 to 10 days.
- Recovery depends on good supportive clinical care and the patient's immune response. People who recover develop antibodies that last for at least 10 years.

### To Protect Yourself:

- \* It is best to avoid traveling to an area with an Ebola outbreak.
- \* Also, you should always practice careful hygiene by washing your hands with soap and water or an alcohol-based hand sanitizer and avoid contact with blood and other body fluids; do not handle items that may have come in contact with blood and body fluids (Universal Precaution).
- \* Build your immune response (by eating 5 vegetables and fruits every day (foods like garlic and onions help your immunity).
- \* Exercise regularly.
- \* Get enough rest and sleep.
- \* Through stress management and healthy coping skills, maintain a positive outlook on life.

Source: <http://www.cdc.gov/ebola>

## Thank you GCC Employees for your enthusiastic showing at the MagPro 5K on Sept. 14th !



## The Building 200 Ribbon Cutting is set for 10 AM, Dec. 12th!



### \*A personal note from former CEWD Asst. Director Victor Rodgers:

August 28, 2014

To My GCC Family,

On behalf of my family and myself I want to thank you for five wonderful years of friendship, achievement, challenges, and most importantly, fond memories which will always be with me. I have never felt so accepted or appreciated in any work environment. You are the absolute best of Guam, and it has been my distinct honor to have been allowed to be a part of your team. Every one of you has contributed something to my life which I will always treasure...from the high heels, to the Relay for Life, to constantly being the best of the Gov Guam agencies, I am enriched beyond belief for having the experience of growing and striving with you. Leaving is always hard, but leaving GCC is probably the most difficult transition I've ever had to make (and this is from someone who spent 24 years having the Navy shuffle me all over the place); it is all because of how special this place is. From a dream of a staff, to a proactive leader, to faculty who actually care about our students, to the administrators and staff who believe that we can make a difference to our fellow Guamanians. It is with an extremely full heart that I take my leave, but I am encouraged because I will always be a part of Guam and GCC, and will always be a phone call or an email away. Again, thank you for the kindness and warmth you've shown my family and I, and God bless you all. Biba GCC!!!

\*This was supposed to appear in the August Chachalani, but the editor forgot to include it!



# Happy Halloween!

from the GCC Employees



## Malago' i Kulehon Kumunidat Guahan

mandiseha gi i empleao siha un  
Minagof yan Biba Kompliaños para

**Oktober/Fanggualo' 2014!**

Guam Community College would like to wish the following Employees a Happy Birthday!

October 2014

- Sandy Balbin
- Emma Bataclan
- Eric Chong
- Donna Cruz
- Van Cruz
- Mark Eclavea
- Christie Ginson
- Tamara Hiura
- Joanne Ige
- Jo Nita Kerr
- Steve Lam
- Amada Manzana

- Edgar Masnayon
- Christine Matson
- Genny Mesa
- Rose Marie Nanpei
- Lyndon Pajarillo
- Patty Palacios
- Ron Paulino
- Vince Paulus
- Robin Roberson
- Frank Salas
- Benjamin Sison
- Albert Toves



## Upcoming at GCC!

November 14 - PTK "A Cultural Legend Revitalized through Body Art) 6-9 PM in MPA

November 21 - Mandatory Professional Training for ALL GCC employees in the MPA

November 19 - Salon Culinaire competition hosted by MCA in MPA!

November 20 - CJSS Judge Hora presentation 12-1:30 in MPA

November 27 - Thanksgiving Day! Happy Thanksgiving!

December 12 - Building 200 Ribbon Cutting!

Join the over 1,500 people who "like" us on  facebook at

<https://www.facebook.com/pages/Guam-Community-College/188340884518673>



# Sinangan Siha para Oktobri/Fanggualo'

Lumamla: "Planting Season"

October 2014 Chamorro Phrases



**Kao malalago hao gi eggan antes di humanao hao para i che'cho.**

Do you run in the morning before you go to work?

**Ha nã'yi suni i kaddo para na' talo'ani.**

He/She put taro in the soup for lunch.

**Manunu si Chris guihan para i fiesta gi che'cho.**

Chris barbecued fish for the fiesta at work.

**Hihot i gima-ña gi che'cho-ña.**

His house is closer to his work.

**Hinemhom uchan na ha'ani.**

We have dark rain clouds today.