

# CHACHALANI

GUAMCOMMUNITYCOLLEGE NEWSLETTER



## GCC CELEBRATES 40 YEARS WITH 70'S GALA

Nearly 350 people, including members of Guam's business community, alumni, and GCC employees and some students partied like it was 1977 during the GCC 40th Anniversary Gala on Nov. 10 at the Dusit Thani Guam. The band "79 & Friends," featuring GCC Board of Trustees Vice Chairman Richard Sablan and First Hawaiian Bank President Ed Untalan, rocked on at the gala, and GCC presented the family of the late Alfred Ysrael with a plaque in appreciation of their \$30K donation in memory of the late Guam hotelier. Special kudos to GCC 40th Anniversary Platinum sponsor Bank of Guam.



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## **GCC 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.



## POSTSECONDARY

### **HYBRID ELECTRIC VEHICLE PROGRAM LAUNCHED**

GCC's Automotive Department officially launched its Industry Certification in Hybrid Electric Vehicle Program on Nov. 29 in Building 500 (the Auto Shop) on the GCC campus.

Christopher Dennis, GCC Automotive Department chair, and his instructors gave presentations about the program structure and requirements, and host a Q & A session afterward. Mike Fejeran, Technical Training Manager for Triple J Auto Group and GCC Advisory committee member, was on hand, as were representatives from Cars Plus and Medlerz' Auto (representing independent service shops), to offer input about the program.

*"We will also showcase our newly acquired training equipment, including two hybrid vehicles configured specially for training," Dennis added.*



### **GCC HOSTS 1ST ANNUAL MTC CONFERENCE**

Joni Kerr, GCC science professor, was again instrumental in coordinating to allow university, agency and contracted researchers to share the latest information on the unique land habitats in the Mariana Islands at the first annual Marianas Terrestrial Conservation Conference and Workshop on Nov. 17-18, in the Guam Community College Multipurpose Auditorium (Bldg. 400). The event was free and open to the public. Researchers also discussed invasive species management, research on endangered birds and plants, watershed management and other ecological topics.

# POSTSECONDARY

## GCC HOSTS 5TH JOHN LEE 5K, AWARDS JOHN LEE SCHOLARSHIPS

The GCC Foundation, First Hawaiian Bank, and the students of GCC's Supervision and Management program hosted the 5th annual John K. Lee, Jr. Scholarship Fund2K/5K Run/Walk on Nov. 12 at the Chamorro Village in Hagatna. GCC students Zyrelle Joe Madlangbayan (Medical Assisting) and Cyndal Abad (Marketing) were each awarded a \$1,500 John K. Lee Jr. Scholarship from the 5K proceeds at First Hawaiian Bank Maite on Dec. 4.



## GCC STUDENT AWARDED BWOY SCHOLARSHIP

First Hawaiian Bank and Guam Business Magazine handed out a Businesswoman of the Year scholarship of \$2,450.00 to GCC student Helen Garcia at FHB in Maite on Dec. 1. Helen is an Accounting major who plans to earn her associate degree at GCC and then transfer to UOG for her baccalaureate degree in accounting, and then earn her CPA. Students, APPLY for these scholarships!



# STUDENT VOICE

## THE KELAGUEN ABSTRACT

BY KENT QUEJADO

GCC STUDENT IN HU120-03

NOV. 7, 2017

Guam's political system can be compared to a bowl of spam kelaguen. Each ingredient in the kelaguen can represent the people/things that are involved with Guam's politics. The spam itself can represent the people of Guam (since spam is the main ingredient for spam kelaguen). They are always present, but they often get saturated (affected) by the other ingredients where their flavor (lives) may either benefit from it or be covered completely. Just like how spam was incorporated into being a modernized ingredient in kelaguen, the people of Guam are also influenced by the United States by adapting their laws. Lime/lemon juice should be added to bring up the acidity of the dish to bring a sour, yet sweet taste. This could symbolize Guam's political status with the United States. We receive the benefits of being U.S. citizens such as traveling and living in the states, but we are not able to vote for president and they can overturn laws that were passed in Guam. It's a bittersweet moment just like the taste of the lemon juice in the kelaguen. Onions, such as green onions, are usually there to bring a small amount of flavor, but are often used as a garnish to make the dish look better. These onions could represent the governors/mayors in Guam. They may sometimes give back to people, like cleaning up areas and fixing up roads, but it is sometimes just to make them look good in front of others (just like the green onions). The hot peppers and salt can symbolize the money being given and spent. Since hot pepper has both good and bad outcomes (tastes great, bad for your stomach), it is the same with money. It may taste good temporarily, but too much of it can eventually mess up your digestive system. However, some people might withhold these hot peppers back just like how the government may be keeping money away from the public. Lastly, coconut shavings can also be put into the dish, but are usually optional. This is the exact opposite of hot peppers where we sometimes receive small benefits from the government with things such as tax refunds.



## NEWEST BOT MEMBER

It was smooth sailing for newly nominated GCC Board of Trustees member Carlo Leon Guerrero, who went before the legislature on Dec. 14 for his confirmation hearing.



## GCC AND S. KOREA'S BAEKSEOK U TEAM UP

Officials from GCC and Baekseok University in South Korea met at GCC on Dec. 29 to discuss opportunities for cooperation and educational exchange in the field of tourism and hospitality.

From left to right: Milton Morinaga, Managing Director, PHR Ken Micronesia, Inc; Prof. Steve Jang, Asst. Dean of International Affairs Tourism Division, Baekseok University; Dr Ray Somera, Vice President for Academic Affairs, GCC; Prof. Jeong Cho, Division of Business and Accounting, Baekseok University; Eric Ji, Chair, Hospitality and Tourism, GCC; and Philip Guerrero, Program Specialist, Continuing Education and Workforce Development, GCC.



## NOTABLE

The GCC Adult High School Student Organization conducted its annual "Read Aloud" activity to the Guam Memorial Hospital's Pediatrics patients in November. The group asked the GCC community for donations of reading books, coloring books, crayons, and magazines (for the caregivers).

The GCC American Sign Language program hosted a Deaf and DHH Thanksgiving Social November 9, that included a presentation by Sen. Frank Aguon Jr.

GCC Ecowarriors volunteers helped clean up and recycle during the island's annual Pig Derby on Dec. 2 & 3, and then at the Pork in the Park Cookoff at Ypao Beach Park on Dec. 9.

Winners of GCC 3rd AMATYC Student Math

League Round 1

1st place: Garred Redilla

2nd place: Jasmin Rose Zafra

3rd place: Austin Drews

4th & 5th (tie): Dashley Mae Awa & Jason Paet

The winners were issued certificates from the American Mathematical Association of Two Year Colleges (AMATYC). Prizes were donated by GCC Math Club.

The GCC Office of Accommodative Services facilitated a site visit hosted by the Guam Coalition Against Sexual Assault and Family Violence for representatives from higher education institutions around the region at GCC on November 14 in the Student Center Training Room.

GCC Criminal Justice students donated supplies and bottled water to Sanctuary Incorporated on Nov. 30.





## FROM THE PRESIDENT MARY A. Y. OKADA, ED. D.

Un dankolo na Si Yu'os Ma'ase to all who organized our 40th anniversary gala and to everyone who fundraised to attend or in some way helped out with this marvelous event. It was an awesome party and a great way to close out our 40th anniversary year. Special thanks go out to the Bank of Guam, our platinum sponsor for the event. I hope all who attended had as much fun "discoing down" as I did!

On the academic side, congratulations to our Automotive program for launching their Hybrid Electric Vehicle Certification, which was attended by nearly every big name car dealership on island. Clearly, as Chris Dennis said, this is the wave of the future, and I am proud that GCC is riding this wave. Also, kudos to Supervision & Management students for another successful John K. Lee 5k at Chamorro Village, and congratulations to the John Lee and First Hawaiian Bank/Guam Business Businesswoman of the Year scholarship winners. Proof positive that we need to encourage more students to apply for these scholarships, and that our partnerships with island businesses are working for GCC and for the community.

As we look forward to 2018, our big focus will of course be on our accreditation visit in March. I want to thank everyone who served on a committee or who helped prepare our ISER. Please read Dr. Ray's letter for more details on this important document that helps lead us into our accreditation visit. Have a productive semester everyone, and I'll see you around campus.

# GCC CTE HIGH SCHOOL PROGRAMS:

## ANOTHER SUCCESSFUL STEEP!

Over the Christmas break, the increasingly popular GCC Sustainable Technologies & Environmental Education Program (STEED) taught middle school students ages 11-13 years about the world of sustainability in a very “hands-on” way. Their final project for the one-week program was to make beautiful flower arrangements using local flora and fauna, and sustainable containers. The creations were up for bidding, and every single one of them sold.

*“This year’s STEED focused on the connection between human health and the natural world,” according to Francisco “Kiko” Palacios, GCC Sustainability Coordinator and STEED director.*

Over 65 Simon Sanchez LMP students volunteered at the 38th Japan Autumn Festival at Ypao Beach Park on Nov. 18. The students utilized their customer service and food sanitation skills for the festival and earned service learning hours.



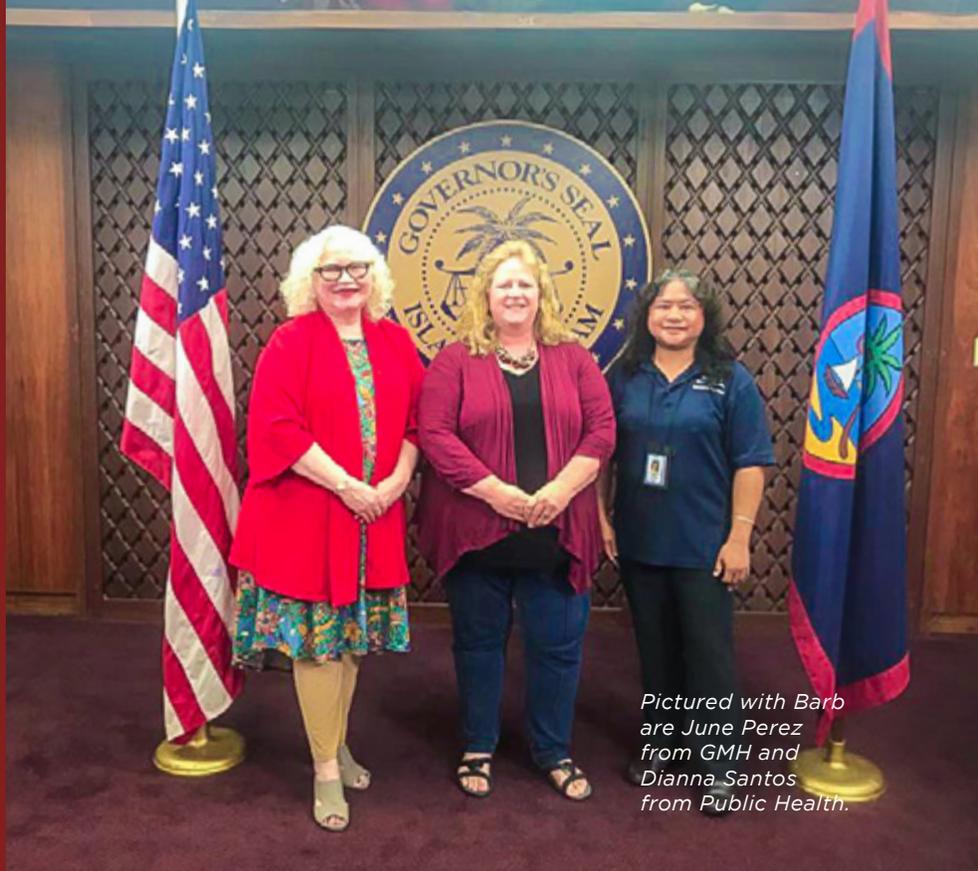
Mr. Bryan Shintaku, Hilton’s Executive Housekeeper, and Chyryll Crisologo, Hotel Associate Apprentice, spoke to SSSHS LMP juniors about hotel operations and the apprenticeship program on Dec 6. Chyryll was a 2015 SSSHS Certificate of Mastery LMP graduate and graduated from GCC with her AS in Hotel Operations and Management in December 2017.



Dr. Sam Betances presented to SSSHS Tourism Academy seniors about the art of public speaking on Nov. 21 in preparation for their TED Talks on Nov. 28 & 30, and Dec. 1 at the school. The seniors are enrolled in the GCC Career & Technical Education ProStart and Lodging Management programs. The three-minute TED-style talks were the culminating activity of a month-long unit of instruction on “Communication and Public Speaking.”

# FACULTY FOCUS

Barbara Mafnas, GCC Medical Assisting Program director, was part of the NCD-breastfeeding action team that receiving a group award at the MAGPRO. This is a national recognition regarding recent funding and collaboration with the World Health Organization. Way to go Barb!



*Pictured with Barbara Mafnas are June Perez from GMH and Dianna Santos from Public Health.*

## SUBSTANCE ABUSE PREVENTION & TREATMENT TRAINING

GCC awarded Course Series Completion Certificates on Substance Abuse Prevention & Treatment to eight (8) paraprofessionals in the substance abuse prevention and treatment field during a ceremony at the GCC Student Center Training Room on December 30. The trained paraprofessionals represented the Guam Behavioral Health & Wellness Center, WestCare Pacific Islands, the Lighthouse Recovery Center, Oasis Empowerment Center and the Department of Labor Employment Program. The course series was made possible through a regional workforce development grant funded by the Health Resources Services Administration to the Pacific Behavioral Health Collaborating Council (PBHCC) – a regional association comprised of behavioral health leaders from the six (6) U.S.-affiliated Pacific jurisdictions including American Samoa, the Commonwealth of the Northern Mariana Islands, the Federated States of Micronesia, Guam, the Marshall Islands, and Palau.





**DR. RAY SOMERA**

Vice President for Academic Affairs  
Accreditation Liaison Officer

## FROM THE ALO

I want to thank everyone who provided feedback and comments to our Institutional Self-Evaluation Report, or ISER, that was successfully sent to ACCJC on December 29, 2017. The report was due on January 7, 2018 – 60 days before our ACCJC visit, so we were ahead of the deadline. This ISER was a concerted, coordinated, collaborative effort that spanned six years. On pages 24-26 of the 257-page report that outlines all of the evidence compiled by the Standard Committees to document GCC's academic, governance, and financial excellence, you will find a list of everyone involved in bringing this report to fruition. They are all too numerous to mention individually, but I need to single out two people – Marlena Montague and Gary Hartz. Gary coordinated all of the reports that went into the ISER, and Marlena made sure that the over 500 links in the report were active and led to where they were supposed to with regard to evidence (no small feat!). The final draft of the ISER is on MyGCC – just click on the Accreditation Visit wording on the home page, and then the beautiful cover photo done by Angela Cabrera of our OCP to access the full report. I am confident that the ACCJC commissioners will look favorably upon this report and upon our institution when they visit us in March.

Again, thank you all for all of your efforts.

*Biba GCC!*

## HONORING OUR GCC VETERANS ON NOVEMBER 11<sup>TH</sup>

Jerome Blas, Jose Cejoco, Benedict de Leon, Eva DeVera, Ardyce Duenas, Morris Eblacas, Stephanie Ann Fernandez, Joseph Flores, Tasi Marina Mafnas, Corey James Mendiola, Richard Pritchard, John Camacho, Daniel Okada, Johanna Camacho, Felixberto Casimiro, Harold Cruz, Lucy Joo-Castro, Paul Kerner, Troy Lizama, Dorothy Lou Manglona, Greg Manglona, Jonathan P. Mantanona, Edgar Masnayon, Charles Roy Meno, Dennis Santo Tomas, Erwin Tudela, Fred Tupaz, Kat Uchima, and Dr. Julie Ulloa-Heath. Biba Veterans!



## HAPPY THANKSGIVING!

The GCC Thanksgiving Luncheon took place on Nov. 17 in Building E. Everyone ate and drank. Period! :)



## GCC HOSTS PEACE FESTIVAL AT GOV'T HOUSE

Kudos to those who helped host for GCC during the Government House 2017 Peace Festival on Dec. 23. Pictured are: Joanne Blas, Launie Sarmiento, Kimberly Taitano, Bertha Guerrero and her granddaughter, Bertha's daughter Dorianne Guerrero, Bobbie Blas' granddaughter, Ely Damian, Bobbie Blas, and Rose Siguenza. Volunteers not pictured: Stephanie Fernandez and Tasi Mafnas.



# HEALTHY EATING TIPS FROM THE GCC HEALTH CENTER

The holidays have come and gone, but these healthy eating tips from Nurse Emma and Nurse Eva can help you keep off the pounds throughout the year!

## 5 Healthy Eating Tips for the Holidays (or whenever!)

Your recipe for staying on track no matter what's cooking.

### 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast.

### 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food.

### 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year. Slow down and savor a small serving, and make sure to count it in your meal plan.

### 4. Keep Moving

You've got a lot on your plate, and physical activity can get crowded out. But being active is your secret weapon; it can help make up for eating more than usual and reduce stress. Get moving with friends and family, such as taking a walk after a meal.

### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. When you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

**Most of all, remember to celebrate and connect with the people you care about. When you focus more on the fun, it's easier to focus less on the food.**

References: [www.cdc.gov](http://www.cdc.gov)

## GCC SPORTS CORNER

Kudos to the GCC Men's and Women's College Volleyball Teams. Each team competed in the UOG Collegiate Volleyball League this Fall semester.

*Front row from left: Jorome Mendiola, Franz Gareza, Kyle San Nicolas, Marco Carlos, Melvin Rosario. Back row from left: Coach Steve Pangelinan, Stanley Lelman, Jay Martin, Anthony Quenga, Justing Quenga, Almario Gacia, Kristopher Leon Guerrero, Marvin Sablan, Asst. Coach Richard Borja. Not shown: Gio Carino, Zakhary Zacarias, and John Blas.*

*Front row from left: Tawnee Eustaquio, Tamara Falmeyog, Lorrin Luwan, Jonie Hartt, Denise Calvo, Caitlin Cabrera, Alexis Luchuu. Back row from left: Glesie Magro, Team Manager, Sally Sablan, Coordinator, Anne Aglubat, Leah Leemed, Kara Guerrero, Sylvania Amor, Alyssa Sablan, Savananah Mafnas, Nica Mojas, Raisa Fores, and Coach Steve Pangelinan.*



## GCC'S RECREATIONAL BASKETBALL TEAM.

GCC won the 2017 Sportsmanship award for the GovGuam Co-Ed Basketball league.

*L-R Standing: James Fathal, Carol Cruz, Julie Ulloa-Heath, Christine Sison, Francisco Camacho, and Paul Miyasaki.*

*L-R kneeling: Morris Eblacas, Benedict Deleon, and Roderick Angay.*

*Not shown are Edwin Limtuatco, Kiko Palacios, Andrew Marquez, Franklin Arriola, and Tricia Lizama (UOG). (Note that Paul Miyasaki is from DOL. We are allowed two players from other government agencies.)*

# December 2017

## Employee Birthdays

*David Arceo*

*Phil Guerrero*

*Christine Sison*

*Libby Borja*

*Lorainne Hussey*

*Wilson Tam*

*Angela Cabrera*

*Dan Lawcock*

*Trisha Unten*

*Nita Cepeda*

*Kathryn Maloney*

*Desiree Ventura*

*Victor De Roca*

*Cathy Mesa*

*Gil Yanger*

*Chris Dennis*

*R. Wayne Pritchard*

*Leilani Duenas*

*Dave Santos*

# November 2017 Employee Birthdays!

*Barbara Blas*

*Roland Manglona*

*Theda Rios*

*David John Dingcong*

*Doreen Manibusan*

*Barbara Rosario*

*Debbie Duenas*

*Doris Manibusan*

*Fermina Sablan*

*Frank Evangelista*

*Andrew Marquez*

*Kimberly Ann Taitano*

*Joseph Flores*

*Lucille Mayo*

*Ricky Tyquiengco*

*Yvonne Flores*

*Pilar Pangelinan*

*Ara Garcia*

*Wes Gima*

*Norma Guerrero*

