

# CHACHALANI

CAMPUS HAPPENINGS • PRESIDENT'S MESSAGE • UPCOMING EVENTS

LEARNING RESOURCE CENTER

## GCC presented with AACC SEED Genome Award for sustainability

GCC received word in September that it was one of only nine colleges across the nation selected as a 2016 Green Genome Award winner by the American Association of Community Colleges. This \$10,000\* award highlighted GCC's Photovoltaic and Intro to Renewable Energy courses, the Environmental Technician Certificate and upcoming Hybrid/Electric Vehicle Specialist concentrations designed to prepare graduates for jobs in the sustainability industry. Also, highlighted were our campus sustainability efforts; the Sustainable Technologies and Environmental Education Program; our Leadership in Energy & Environmental Design (LEED) buildings; and the efforts of our Ecowarriors student organization. Keep up the GREAT work, everyone!

**“To be one of the few recipients of this national award speaks volumes about our commitment toward a sustainable future and workforce.”**

— Francisco “Kiko” Palacios  
GCC Sustainability Coordinator

**GCC**

GUAM COMMUNITY COLLEGE

*Kulehon Kumunidát Guáhan*

# Table of Contents

Postsecondary News & Events	<b>3-6</b>
Secondary News & Events	<b>7</b>
Adult Education	<b>8</b>
From the President	<b>9</b>
From the ALO's Desk	<b>10</b>
Sustainability Corner	<b>11</b>
Employee News	<b>12</b>
Community Events	<b>10-15</b>
Health Corner	<b>16</b>
Employee Birthdays	<b>17</b>

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 NEWS & EVENTS

## The Need to Lead

A new Council on Postsecondary Student Affairs (COPSA) presented its first student conference October 7 at the Westin Resort Guam. The Need to Lead brought together over 150 GCC students to attend sessions on time management, handling stress, communicating with confidence, teamwork, managing finances, and how to present yourself in a job interview. Thanks to COPSA, the Center for Student Involvement, and the Assessment & Counseling Office for hosting this conference!

## 3rd annual Global Cardboard Challenge

Parents took away their young children's iPads and learned how their youngsters could have an amazingly fun and creative time with cardboard during the Education Department's 3rd Annual Global Cardboard Challenge October 8 in the MPA. GCC students in various postsecondary programs, working with young children and GW high school students, designed playhouses and other imaginative items out of cardboard for this free event. A special section allowed children to design and decorate their own items. The first 100 children got a free T-shirt, and most did not want to leave!



The Criminal Justice & Social Sciences Dept. held its convocation on October 11, and the Education Department held its annual ConBooCation and mini-job fair on Oct. 27, for students in their respective programs. Convocations are an opportunity for students to learn about the job opportunities in their chosen majors, and to make sure they are on the right track with their course schedule for graduation.

Congratulations to the winners of the

## GCC English Department's annual Halloween Short Story contest

- 1st Place** Joanna Blaquera, "Hyakkai-Zukan"  
**2nd Place** Sarah Dotson, "La Bruja"  
**3rd Place** Liza Ann San Agustin "Housewife"

*"We had a record number of entries this year, which made making a selection difficult. We truly enjoyed reading all of your pieces and hope you will consider participating again next year!"*

- Desiree Ventura, English Instructor, Contest Coordinator

Link to 1st place story, "Hyakkai-Zukan" by Joanna Blaquera:  
<https://goo.gl/2Qn22Y>



## Keyboarding Champions!

Keyboarding faculty hosted a competition in October to see which students had the fastest fingertips. Thank you to all who participated!

- 1st Place** Lucand Camacho - 81 AWPM (*Adjusted Words Per Minute*)  
**2nd Place** Nesia Aguon- 78 AWPM  
**3rd Place** Cassandra Reyes- 74 AWPM

## 2nd AMATYC Student Math League at GCC

The 2nd AMATYC Student Math League at GCC, Round 1, took place at the GCC Allied Health Center Rm. 3120 on October 25.

Congratulations to GCC students Rodeson Basto, John Albert Martinez, and Angel Mar Pamintuan, who were awarded scholarships from the University of the Philippines Alumni Guam (UPAG) association on October 12 at the UOG Lecture Hall. Pictured with the scholarship recipients are Christie Ginson, GCC Math faculty and UPAG member; Tessie Marcos, President of the University of the Philippines Alumni Guam (UPAG); and our own AVP Dr. Ray Somera, also a UPAG member.





**Political status forum “teach-in”**

Students packed into the GCC MPA on October 13 to hear all of the government of Guam’s political status task forces – independence, free association, and statehood – during the GCC English Department’s Political Status “Teach-in.” Kudos to the English Dept. for hosting this very informative event for our students!



**KUAM Sustainability Forum**

GCC played host to the KUAM Sustainability Forum for the island’s senatorial candidates on October 15 in the MPA. The forum was taped and aired on KUAM several times before the November election.



**GWCC Conversations with the Women Candidates**

GCC also hosted the Guam Women’s Chamber of Commerce Conversations with the Women Candidates in the MPA on October 19. Students heard all of the female senatorial, congressional, and public auditor candidates’ stances on the issues during a question and answer format. Great job, ladies!



## Scholarships

From left: Catherine Solidum, a member of the Aklan Association of Guam, and Patrick Luces, Aklan Association of Guam President, presented Dr. Mary Okada and Danilo Bilong, Development & Alumni Association program specialist, with a \$500 check to be awarded as a scholarship to one GCC student.



GCC students FloriAnne Dela Cruz and Jonita Cepeda were awarded Businesswoman of the Year Scholarships in October at First Hawaiian Bank in Maite. From left: Frank Arriola, GCC Board of Trustees chair; Lynn Manalo, GCC Foundation Board member/FHB representative; Dela Cruz and Cepeda; Lorraine Okada, GCC Foundation Board chair; and Maureen Maratita, Glimpses of Guam publisher.



*“The competition illustrates the magnificent relationship between the GCC Culinary Arts program, the Micronesian Chefs Association, and the island’s top chefs. You can see from the top three places in each category that GCC Culinary Arts graduates are making their mark in the island’s professional kitchens.”*

— Chef Paul Kerner  
head GCC Culinary Arts instructor

## Salon Culinaire

It was clear in this year’s Salon Culinaire’ “Black Box Battle” that took place in the Guam Community College kitchen on Oct. 25-26, that the GCC Culinary Arts and high school ProStart programs are a dominant force in the island’s culinary industry. In the junior chef, professional chef, and pastry chef categories, seven of the nine top finishers were GCC graduates, and most had completed the high school ProStart program before attending GCC.

In the Junior Chef category, 2nd and 3rd place finishers James Opena and Kimberly Dompur are GCC graduates, and Dompur was in the JFK ProStart program; in the Professional Chefs category, both 2nd place finisher Jasmine Nadres and 3rd place finisher Regine Olarte are from the SSHA ProStart program and Culinary Arts graduates, and in the Pastry Chefs category, all three top finishers, Marivic Capati, Marnie Zaldivar and Grace Enriquez, are ProStart and Culinary Arts graduates.

## GWHS ECE program helps out

Four GWHS students in the Early Childhood Education CTE program volunteered during the Guam National Guard's Annual Family Symposium at Pacific Star Hotel back in August. The students - Kaeleen Mesa, Tawni Flores, Ivannah Trinidad and Joshua Kloulubak - had just completed the CTE program in May 2016. Their assistance, positive attitude and early childhood activities allowed for a safe and fun environment for the young children (ages 5 and under) of soldiers, airmen and their families attending the symposium. The students earned five hours of Service Learning credit and a Certificate of Appreciation.



## ProStart, LMP students gain experience

Students in the GCC Culinary Arts and ProStart high school programs helped with the first-ever Guam Chefs' Table benefit dinner in early October. The event paired participating chefs with postsecondary and high school student chefs. Students in the GCC Food and Beverage Management and high school Lodging Management Programs assisted with set-up and service at the event.

## Par Excellence: Another Successful Tournament

A net score of 69.6 garnered Andy Balajadia and Joseph James the top prize in this year's GCC Foundation Par Excellence Golf Tournament on October 1 at the scenic LeoPalace Golf Resort. The team of Joey Lacson and Robert Manalo shot a net of 70 for second place, just edging out third place finishers Rick Cruz and Sonny Jomok, who shot a 70.0. The annual two-man best ball tournament benefits the GCC Foundation, which provides scholarships to GCC students.

**"We couldn't have asked for better weather. Everyone had a great time, and we hope to see all of these players and more back next year, when GCC celebrates its 40th anniversary."**

— Greg Manglona, Tournament Director,  
GCC Health & Safety Administrator



## Adult High School

For about five years, the GCC Adult High School Program's Volunteer Students and Counselor have been conducting, "Be Cool, Stay in School" presentations among the Guam Department of Education's high schools. The group provides information about Guam's drop-out crisis and societal consequences. Additionally, the students, who are former high school drop-outs, provide first-hand knowledge and real-life experiences with regard to the difficulties of living without a high school diploma or equivalency. The purpose of the presentation is to motivate present high school students to do well in school, graduate, and go on to higher learning.

**Back row, from left:**

*Simon Sanchez School Counselors: Annette Galvez, Gina De Guzman, Cheryl Orland, John Mesa, Evangeline Perez, Blessa Ramos, Sharon Oliveros, & GCC Counselor Patty Terlaje.*

**Middle row, from left:** *GCC Adult High School students Rhonda James, Vanessa Ada, Devan Aguon, Jocelyn Reyes, Julie Olarte, & SSSH Principal Carla Masnayon.*

**Front row, from left:** *Jeremiah Mata (daughter: Jaleah) & Dawn Remoket*





FROM THE  
**President**

DR. MARY A.Y. OKADA

**H**ighlighting our very busy October at GCC was word from the American Association of Community Colleges that GCC had won a Green Genome Award for our sustainability efforts. Kudos to Kiko Palacios, our Sustainability Coordinator, for his successful award application, and to all of you for using our recycling atolls, water bottle refilling stations, and for promoting sustainability throughout our campus and community. Kudos also to all who helped coordinate and assist outside organizations with all of the political forums held on campus this month, from the English Department's Political Status Teach-in to the GWCC Conversations with the Candidates to KUAM's Sustainability Forum. These activities serve not only to educate and inform our students and the community about important issues, but also, they allow GCC to be an integral part of our community's information network. Speaking of community, our 3rd annual Global Cardboard Challenge and our GCC Foundation Par Excellence Golf Tournament also made their marks this month. Education Department personnel tell us kids did not want to leave the awesome cardboard challenge, and our Par Excellence tournament raised a record amount of money for student scholarships. Keep up the great work everyone. Also, thanks to all of our students and employees who got into the spirit of Halloween at the end of the month. We saw some GREAT costumes this year. Biba GCC!



# ALO's Desk

**DR. RAY SOMERA**

VICE PRESIDENT FOR ACADEMIC AFFAIRS

Congratulations to Dr. Ray Somera, our AVP, for being presented with the Gawad Ulirang Pilipino (Filipino Exemplary Award in Education) on October 29 during the gala event of the Filipino Community of Guam (FCG) at the Hyatt Hotel. Dr. Somera was one of three nominees for the award.



# ECOWARRIORS' OCTOBER ACTIVITIES

**Tasi Conservation Expo on Oct. 1 at UnderWater World -**

Ecowarriors raised awareness of the over-harvesting of sea cucumbers, more affectionately known on Guam as "balati."

**Arbor Day Ceremony** on Oct. 13, at Ypao Park.

**Tree Planting in Manell Watershed**

on Oct. 24. at Service learning event for GCC, GW, and Southern High students.

**Tree Planting at the Masso**

Watershed on Oct. 31. at Piti.

Thanks to the volunteers that assisted with **GCC's Clean Our House Day on October 24.** These dedicated environmentalists met at the Main Plastic Bottle Bin between Buildings 500 and 900, and sorted through plastic recycling bags, then transported the sorted recyclables to the recycling facility in Harmon.

During the September 2016 **Guam International Coastal Cleanup,** GCC environmental volunteers accomplished the following:

**Pago Bay**

250 lbs. of trash,  
over 4,000 items collected

**Marbo Cave site**

1500 lbs of trash,  
over 8300 items collected

Check it out:

<http://www.coastalcleanupdata.org/>



# ISER Training

GCC employees attended a campus Institutional Self Evaluation Report (ISER) training/information session on October 21 in the MPA, facilitated by ACCJC Vice President Jack Pond. The training was designed to afford employees a better understanding of the institutional accreditation process, as GCC continues to draft its ISER for submission to ACCJC in December 2017, in preparation for the upcoming March 2018 accreditation visit to our campus.



# Shooter on-campus training

GCC employees gathered inside and outside the MPA on October 24 to attend a shooter-on-campus training that was the most informative many had ever attended. Kudos to Sgt. Vince Naputi and the Superior Court Marshals Division for an excellent session that we hopefully never have to use.



## Faculty Focus

Thanks to Dr. KristiAnna Santos for her active membership and participation in the Association of Individual, Marriage & Family Therapists. GCC Human Services students are now eligible to apply for the Jeanette Tanos scholarship with the AIMFT Organization.



# Happy Retirement

GCC employees hosted a fond farewell luncheon for Joe Benavente from AIER, Bill Korenko, SHS ProStart instructor, and Frank Salas from Administrative Support Services. The three men retired in October. We will miss you, guys!



Kudos to the GCC employees that participated in the MagPro 5K on October 29th at Chamorro Village. Kneeling in front: Danilo Bilong and James Fathal. Standing from left: Margaret David, Dr. Julie Ulloa-Heath, Christine Sison, Dorianne Guerrero (daughter of Bertha Guerrero), Bertha, Huan Hosei, Emma Bataclan, R.N., Joann Muna, and Kat Uchima.



## Celebrating Halloween

Boo! If you ventured into Building 2000 on Friday, October 28, you may have thought you were entering a haunted house filled with witches, creatures, and characters of all sorts. It was only GCC employees, who get into the spirit of Halloween every year on the last Friday of October by dressing up in crazy costumes, parading around the parking lot, and enjoying a merienda afterward.



## Women in Journalism

GCC partnered with the Guam Humanities Council to host a Women in Journalism discussion in the LRC Training Room on October 25. GCC students attended and asked questions of a seasoned panel including Patti Arroyo, host of K57's Breakfast Show, Sabrina Salas Matanane, KUAM News Director, Marvic Cagurangan, Pacific Island Times Managing Editor, and Jayne Flores, GCC Asst. Director of Communications & Promotions. All four women have been journalists on Guam for decades.



## THE SECRET TO HEALTHY LIVING?

Respect Your Mind-Body Relationship

— By Avital Scharf

**In your role as a student, it is important that you are both physically and emotionally healthy. You can't do a good job in school, if you don't feel well. Being healthy makes you feel good and allows you to perform more effectively.**

What's the secret to healthy living? A good start would be by replacing negativity and any harmful elements in your life with positivity and beneficial, healthy options. Sounds easy, right? If it were, everyone would be in perfect mental and physical health.

By now, we all recognize the direct connection between mental and physical wellbeing. One impacts the other, for better and for worse. The question is how to achieve and maintain balance between our mind and body in today's fast-paced world, where stress is a top global health concern.

### The New Normal!

**Approximately 1 in 75 people may experience panic disorder at some point throughout their lives, according to the National Institute of Mental Health.**

### Healthy Mind, Healthy Body

Prioritizing mental health is a vital part of promoting and achieving overall health. You don't have to be an expert to invest in your own mental health. Simply recognizing the intimate relationship between the human body and mind goes a long way in successful treatment and preventative health care.

For instance, scientific research shows that a positive, self-empowering mindset not only greatly impacts how we feel, but also the way we move and how we live our daily lives. In turn, negative, self-limiting thoughts can be both mentally and physically crippling.

**Exercise** has been proven to nurture and strengthen both our mental and physical health. Scientific studies have shown that for those suffering from depression, exercise is an effective long-term alternative to medicine. Even if you aren't suffering from depression, exercise releases endorphins, which elevate our mood. The better you feel, the more likely you are to keep physically active. The more exercise and physical activities you do on a regular basis, the better physical and mental shape you will be in.

**The bottom line:** a healthy mind leads to a healthy body and vice versa. So be good to your mind and body; think about what you feed both of them. Be selective about what you expose them to on a daily basis.

Being healthy means that your body and mind function as they are supposed to.

*You can maintain your health by taking care of yourself and avoiding toxic situations.*— RonKurtus, School for Champions

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



MINAGOF HA'ĀNEN MANA'MA'AÑAO!



# Senmagof Komplí' años para i Empliao Kulehon Kumunidat Guahan Siha Ni mafañagu-ñiha gi Oktubri/Fanggualo' na mes!

Happy Birthday to the Guam Community College Employees celebrating their birthdays in October!

Sandy Balbin  
Emma Bataclan  
Eric Chong  
Narcisco Cosico  
Donna Cruz  
Van Cruz  
Liz Diego  
Christie Ginson  
Tamara Hiura

JoNita Kerr  
Steve Lam  
Richard Manglona  
Amada Manzana  
Edgar Masnayon  
Christine Matson  
Genny Mesa  
Rose Marie Nanpei

Lyndon Pajarillo  
Patty Palacios  
Ronaldo Paulino  
Vince Paulus  
Ken Perez  
Dan Romulo  
Rita Sawyer  
Albert Toves  
Pilar Willams

BIBA YAN MINAGOF KOMPLI' AÑOS!