

## Social games between Priests and Pastors

By Warren Marape

LAYING ASIDE THEOLOGICAL DIFFERENCES, THE SCHOOL OF THEOLOGY OF PACIFIC ADVENTIST UNIVERSITY (PAU) HOSTED A FRIENDLY FOOTBALL GAME ON SUNDAY WITH THE CATHOLIC TRAINING INSTITUTE (CTI) OF BOMANA. The event was described by many as a “historic event”.

President of the Theology League, Mr. Danny Philip, and the entire theology student body worked together to make this historic event an enjoyable one. Many students from other schools also joined the Theology students in the games.

The social games were initiated by Pr Thiele, Dean of PAU School of Theology and Father Joseph Vnuk, Dean of CTI, as an initial step to foster understanding and build relationships between the two Theological Schools and the future SDA ministers and future catholic priests.

While speaking on theological differences, Father Joseph said that our theological difference should not hinder our common goal to preach the good news of salvation and allow people to come to know the truth. “Our theological differences should be understood in the context of our relationship and in the process people will come to know the truth.” He also revealed that the

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Elizah Parapu, a 3rd year Nursing student is trying to make a break in the touch rugby games. Elizah is one of many students from other schools who helped out in the games.

## Bougainville students receive ABG scholarships

By Vagi Vele

REPRESENTATIVES FROM THE AUTONOMOUS BOUGAINVILLE GOVERNMENT (ABG) WERE HERE LAST SUNDAY to present a cheque containing part of the school fees for Bougainville students attending PAU.

Miss Dorothy Kenneth, who is the Executive Officer of the Bougainville Education Board, made the presentation on behalf of the group. While addressing the students she said “ABG recognizes the need for education in its young people and want to invest their money in the right place-the future human resources of Bougainville.”

She added “that due to the socio-economic situation caused by the Bougainville crisis, it has placed a lot of people in helpless situations. Hence the ABG has taken the initiative to provide assistance to the children of Bougainville”.

This scheme has been in place since 2004. The allocation is divided into three categories: ABG pays 10% to students who are on HECAS, 20% for students who are on HECAS and their parents are taxpayers, 40% to students whose parents are unemployed, church workers or subsistence farmers. Miss Kenneth said: “the sponsorship is available throughout the four to five years of study of the recipient”. All other Bougainville students attending the other tertiary institutions also benefit from this scheme.

Mr Seth Gaimate, Senior Standard Officer-Secondary education, challenged the stu-



PAU Bursar Karo Matainaho receives the cheque from Dorothy Kenneth while Bougainville Student President Stanley Nou looks on.

dents to play their part by working hard and aiming to strive. He told the students that Bougainville needs you and it is up to you to decide whether you want to go back and help your people”.

Recruitment and selection officer, Mr Shem Satoriri, said: “there are opportunities available for students to apply and get jobs to work back in Bougainville. “We are here to assist you with job opportunities,” he said.

The ABG group was treated to light refreshments provided by the students and staff. Before the refreshments were served, Nigel Taniung, second year education student uttered a few words of appreciation on behalf of the students. He said: “The assistance is a big relief and it helped reduce the burden on the parents.”

# Sleep

(By Allan R. Handysides and Peter N. Landless)



**SLEEP IS A MYSTERIOUS, ESSENTIAL INGREDIENT OF LIFE.** Persons totally deprived of sleep eventually become psychotic, hallucinating and behaving strangely.

Many people live in a constant state of sleep deprivation. These people function at a level below their optimal performance, and they may cause accidents and problems to others. The inability to sleep is called insomnia. This is a complex group of conditions, which is a whole study in itself.

Sleep requirements seem to vary with age. Everyone knows babies sleep most of the time; a 12-year-old may require nine hours; some adolescents need a little more, especially as they grow. Older people seem to require a little less. Whether this is because they “cat-nap” during the day is not clear.

In their famous Alameda County study, Drs. Breslow and Balloch showed that eight to nine hours of sleep seemed optimal. Those habitually sleeping longer or shorter periods had shorter life expectancy.

Sleep does several things. It is a time of restoration of the wear and tear of the day. Our muscles need rest to rebuild their energy stores and repair damage. Also our brains, too, need rest. Furthermore, the body has a natural hormone “tide” that rises and falls. Sleep promotes the release of hormones such as growth hormone, cortisol, prolactin, sex hormones, etc. These rhythms are often disturbed when sleep patterns are disturbed. For improved sleep, particularly avoid caffeine, and even some drugs that seem to help sleep, such as alcohol and sleep pills, because the sleep so induces is often not the needed deep sleep.

Sleep is also enhanced by regular physical exercise, though preferably not within two hours before bed. Regularity is a very important factor aiding sleep. The routine of daily living, which should include a devotional time, assists in sleep. Avoidance of stimulating talk, TV, argument, or tension just before bedtime is helpful to sleep. A gentle walk, a soothing warm bath, a dark quiet room, a period of prayer all help sleep. ¶

## PAU ministers to Cheshire Homes

By Warren Marape

A group of thirty dedicated students reflected PAU’s motto, “Educate to Serve”, on Sunday when they visited the Cheshire Home. The purpose of the visit was to prepare the soil to make a garden for the residents. Cheshire Home is home to many disabled people, including children.

This project was arranged by the Dean of Student Services, Mr. Simon Luke, as part of the community service program in which half of the total hours worked will be added to student’s normal work-line hours.

Many students expressed satisfaction from participating in the community service program. Mr. Isau, a second year education student said, “I feel great satisfaction knowing that I contributed towards helping the dear ones who cannot help themselves”. The work done on Sunday was just one of many things that needed to be done at Cheshire Home. There are flower gardens that need trimming and weeding. Their lawns also need mowing. The question is -who will be willing to do the work?

Mr. Luke is making arrangements for PAU students to help out at Cheshire Home again in the near future and he will need more dedicated students to carry out this worthy service. So don’t miss out on the fun of serving others when the opportunity comes. ¶

## Pastors play Priests

from front page

relationship between CTI and PAU School of Theology will be further strengthened through the sharing of resources.

Pr Thiele who in the past had been invited to teach Greek at CTI also admitted that in the past there has been much bitterness and unchristian attitudes manifested between Adventists and Catholics. Then he added that “We need to recognize that, while we differ in important ways, we are humans trying to do the best we can for God”.

Many who enjoyed the games are looking forward to the return match in August or September when Theology students of PAU will go and play at CTI campus at Bomana. ¶

# Department of Health links with SOHS



SOHS Dean Dr Lester Ross stresses that the Department of Health is our biggest and most important stakeholder.

## By Vagi Vele

Last week a delegation from the Human Resource section of the Department of Health visited PAU to meet with lecturers from the School of Health Science. The purpose of the meeting was to:

- promote collaboration,
- identify priority areas in Health Care,
- outline the level of assistance the Health Department can provide in our training programs, and
- work together in developing human resources to address the health needs of individual communities and the country as a whole.

At present PNG Health priorities are Maternal and Child Health, HIV and AIDS, Malaria, Tuberculosis, Public Health, and Leadership & Management.

As a result of the high rate of deaths among children and women during child bearing, maternal and child health is regarded as a major concern. The four Universities currently teaching 'Maternal and Child Health' in their curriculum are Pacific Adventist University, University of Papua New Guinea, Divine Word University and the University of Goroka. All students studying this subject are fully sponsored by the Department through donor agencies.

The types of assistance that can be provided by the Health Department are Scholarships for both Pre-Service and In-Service, Resources to Schools and Hospitals that are involved in training, Training Workshops in Preceptorship and Leadership, and support of salaries in Schools.

In terms of providing assistance through scholarships, Mr. Carmen Yakopa, Senior Staff Development Officer with the Health Department said there were scholarships available mainly to Post Graduates for long term and short term studies. The major sponsors of the scholarships are AusAid and NZ Aid Fund and it covers tuition, board and lodging, practicum and supervision.

At present PNG's hospital facilities and resources are deteriorating fast and we need to ensure that something is done in order to carry out proper treatment and care for patients. Students need to work in an environment where their learning is proficient and they are able to become competent.

It was stated in the meeting that the PNG Nursing Council and PAU will work together to ensure that when the nurses graduate from here, they are competent and well equipped and have met certain requirements in order to be registered into the Nursing Council.

In addition, preceptorship training is provided to support and guide an experienced health worker to assist less experienced staff. The person could be a student, a newly qualified person or a new employee. The workshops are currently being held in Port Moresby and run for a period of one to two years. A trial is currently being conducted in the Southern region and if successful, will be extended to other regions. Mrs. Aketa Burete is currently participating in the program.

This was the first meeting ever held between the Department of Health and the School of Health Science at PAU. Dr Lester Ross, in closing the meeting said: "We have developed a good relationship, and that is a positive sign of cooperation and collaboration between SOHS and the Health Department, who are our biggest and most important stakeholder".



While the rest of the PAU students are asleep the 2nd and 4th year education students are up as early as 5am with their Outdoor tennis sessions. Pictured are Emma Tuese and Vula Keremama hard at training for the "PAU Open Championships". Emma represents the Samoa Islands while Vula trains for the Solomon Islands.

**Fastest Tennis Serve-** The fastest tennis service by a man is by Andy Roddick when he blasted a whopping serve of 155mph during the Davis Cup against Belarus in September 2004. He had clocked 153 mph earlier in the year at Queen's Club in London during a Stella Artois Championship match against Paradorn Srichaphan (Thailand).

# Cannabis cause to Psychotic Illness

Adapted from materials provided by Cardiff University.

Cannabis Could Increase Risks Of Psychotic Illness By 40 Percent. There is now enough evidence to warn young people that using cannabis could increase their risk of developing a psychotic illness later in life, a collaborative Cardiff University study has found.

Cannabis, or marijuana, is the most commonly used illegal substance in most countries, including the UK and USA. In studies over the last decade up to 20 per cent of young people (aged 14-21) in different parts of the world have used cannabis regularly (at least once per week) or used heavily (on more than 100 occasions in total).

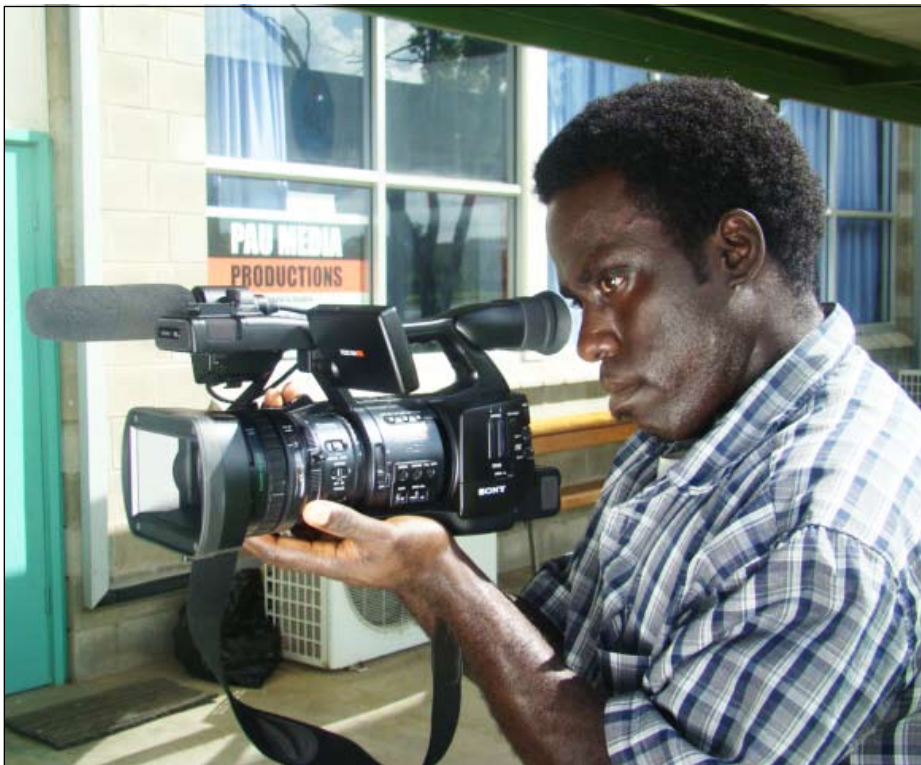
Dr Stanley Zammit in the School of Medicine's Department of Psychological Medicine and colleagues at the Universities of Bristol, Cambridge and Imperial College, London analysed 35 studies dated up to the end of 2006. The researchers assessed the strength of evidence for a causal relationship between cannabis use and the occurrence of psychotic or other mental health disorders.

The study found that individuals who had used cannabis were 41 per cent more likely than those who had never used the drug to have any psychosis (presence of delusions or hallucinations). The risk increased relative to dose, with the most frequent cannabis users more than twice as likely to have a psychotic outcome. Depression, suicidal thoughts, and anxiety outcomes were examined separately, and findings for these outcomes were less consistent, with fewer attempts made to address non-causal explanations than for psychosis.

Dr Zammit, School of Medicine said: "The studies we looked at showed a consistent association between cannabis use and psychotic symptoms, including disabling psychotic disorders such as schizophrenia."

"Despite the inevitable uncertainty, policy-makers need to provide the public with advice about this widely used drug. We believe that there is now enough evidence to inform people that using cannabis could increase their risk of developing a psychotic illness later in life."

If having ever used cannabis increases the risk of a psychotic outcome by 41 per cent as indicated by the results of the study, about 14 per cent of psychotic outcomes in young adults in the UK would not occur if cannabis were not consumed. ¶



**Media receives new camera:** Thanks to the Adventist Media Network, PAU now has a new camera. The Sony PMW-EX1 is the most talked about camera on the market today. It contains all the qualities of a large film camera packed into a rugged handheld body. The camera operates with two SXS Memory cards, thus eliminating the cost of buying tapes and spending hours digitising footage in the computer. Now it's a matter of "copy and paste" from the card into the computer and begin editing instantly. PAU Media has become an affiliate studio of AMN and will benefit from other agreements including airing of a new TV program on the Hope Channel. So, if you believe you have a great idea for a video, documentary, music video or just want to be on camera, call in and talk to us at the Media office. Picture: Wilfred Kaleva Jnr checks out the features of the new camera.

## EVENTS CALENDAR

FRIDAY MAY 2

**Friday Night Fellowship**  
**Pr Jeffrey Paul**  
 6:45pm @ PAU Church

SATURDAY MAY 3

**Branch Sabbath School**  
 Pick up @6am, front of Library.

**Sabbath school**  
**Kiribati, Tuvalu & Tahiti Students**  
 9am @ PAU Church

**Divine Service - Pr David Thiele**  
 10:45am @ PAU Church

**Bible Marking Class**  
 2pm on at T1

**Pathfinder and Adventurers**  
 2pm @ PAU Church

**Baptismal Class meet with Pastor**  
 10am @ SOHS Auditorium


MAY 4 - 8

**Adventist History Week**  
 7-7.30pm @ Amphitheatre

INVITATION

# Music Workshop

FOR SONG LEADERS, MUSICIANS, TECHNICIANS



PRINCIPLES • ARRANGEMENT • TIPS

@  
pau church  
SESSIONS AT  
2 PM

## may 3, 10

presented by Tracie, Taupo & Bevan  
-3 sessions