

PONAPE-PER



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PONAPE-PER - "Sentinel of
the Senyavins"
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AGGIES GATHER HERE FOR FIELD TRAINING

Agricultural personnel from all districts are busy here with a full program of field training this week and next. Lectures and field work include such varying items as construction and operation of the Marshallese type copra drier, cacao development, and practical training in animal husbandry.

Dr. Glen Rea, Animal Industry Officer for the Government of Guam, is expected Monday to conduct field lectures and demonstrations in animal husbandry. District agricultural personnel already attending the field training course include Mr. Rechesengel from Palau; Mr. Bert Ogata and Mr. Magmay of Yap; Mr. George Davis and Mr. Benjamin from Truk; Mr. Joaje of the Marshalls; Mr. Warren Reinbold and Mr. Kesner Hadley of the local station.

Cacao Specialist Edward Iwaniec, District Agriculturist Leo Migvar, and Director of Agriculture and Fisheries Manual Sproat are also participating in the course. Demonstration lectures are being given at the Agricultural Station, the Cacao Center, and Metalanim Plantation.

NEWS

SQUAW VALLEY - Carol Heiss kept a promise made to her dying mother and brought the United States its first gold medal in the Winter Olympics when she easily won the women's figure skating championship. The 20-year-old honey blonde executed a complex routine with almost preposterous precision, leaving a chilled crowd of some 8,000 at Blyth Arena dazzled.

Sjoukje Dykstra of Holland took the silver medal. Third place went to Barbara Ann Roles of the U. S. Jana Mrazkova of Czechoslovakia finished fourth, Joan Haanappel of the Netherlands fifth, and Laurence Owen of the U.S. sixth.

* * *

PORTSMOUTH, ENGLAND - Countess Mountbatten of Burma, last vicereine of India, was buried at sea February 25. Her casket was cast from the deck of a destroyer to a grave as unconventional as was her life. Her sailor husband, Earl Mountbatten, stepped to the ship's side as the casket slid from view. He threw a wreath on to the water and stood bare-headed in meditation in the chill wind of the English Channel.

Others of the family followed suit- Prince Philip, the countess' nephew, in his admiral's uniform and his mother, Princess Alice of Greece, in the grey habit of her religious order.

* * *

MONTGOMERY, ALABAMA - A young Negro woman was hit with a miniature baseball bat and more than 80 persons were arrested as violence erupted in the south where Negroes are pressing for equal service at lunch counters. Student demonstrations and picketing occurred in several southern cities. Police said Christine Stovall, about 22, was struck on the head by one of about 25 white men who gathered in the downtown area carrying miniature baseball bats in paper sacks. The blow drew blood but she was not knocked unconscious.

* * *

NEWARK, N. J. - The captain of a British freighter berthed here told police last night that top secret British naval intelligence documents to be copied only in case of war were stolen from his vessel.

INSECTS IN THE DIET

By Marston Bates

(Continued from last week)

Termites are especially prominent in the diet of many of the peoples of tropical Africa. Travelers, from the time of the early European contacts, have commented on this food, so that there is a considerable literature describing the various ways of collecting and preparing the insects.

Many of the African termites (as well as those of other parts of the tropical world) form large mounds that make striking features of the landscape. These mounds are often staked out as the private property of individuals or groups, and they may be valuable enough to be the cause of fights. Various ingenious traps have been devised to catch the winged sexual forms when they swarm out of the mounds at certain seasons. The sexual forms are generally eaten, but some tribes also eat the worker and soldier forms that can be obtained by breacking into the termite nest. The big, fat termite queens two inches long or so, which live in a special chamber in the depths of the mound where they carry on their eternal task of laying an egg every few seconds, are always considered a great delicacy; but they can only be obtained by destroying the colony.

The Europeans who have been able to bring themselves to try eating the termites have generally reported them as pleasant, or at least unobjectionable. The Africans have a more positive appreciation of the taste of termites. David Livingstone nowhere admits to eating termites himself, but he does report on African opinion. "The Bayeiye chief Palani, visiting us while eating, I gave him a piece of bread and preserved apricots; and as he seemed to relish it much, I asked him if he had any food equal to that in his country. 'Ah,' he said, 'did you ever taste white ants?' As I never had, he replied, 'Well, if you had, you could never have desired to eat anything better.'"

Dr. Bodenheimer, with his usual thoroughness, has combed the literature for information on the nutritive value of insects. The results are rather meager, for Western dietitians tend to ignore insects in their nutritional studies. French and Belgian colonial agencies, however, have given some attention to the subject, and it is interesting that termites turn out to be among the richest of all foods in terms of calories, comparable with peanut oil. A Belgian analysis gave a value of 561 calories for 100 grams. This is several times the caloric value of local beef or fish. Apparently no study has been made of the vitamin content of termites.

Ordinary ants (as distinguished from white ants or termites) are also eaten in many parts of the world. The nests may be dug out for larvae, pupae and workers; but most commonly the winged sexual forms are eaten at the times when they swarm. I used to live in a small town in the interior of South America where, at the right season, bags of the toasted sexual forms of the leaf-cutting ants were sold at the movie theater. They had the same quality, and served the same function, as popcorn. The Japanese now export canned fried ants to this country, but these canned ants seem to me quite tasteless, lacking the crisp, toasted quality that I remember from my South American experience.

In the semiarid regions of the southwestern United States and Mexico, and in Australia, there are a number of species of honey ants. Some of the workers in these species convert themselves into living bottles, clinging to the roof of a nest cavity and taking honey from the active workers until their abdomens are completely distended. They thus provide a system of food storage to tide the colony through adverse seasons. The Indians of America and the aborigines of Australia discovered this source of honey and utilized it as fully as they could.

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INSECTS IN THE DIET

(continued from page 2)

The honey ants were especially important in the meager diet of the aboriginal Australians and were sometimes tribal totems. The Australian tribes, in fact, often had insect totems, which shows the importance of insects in their way of life. I have been especially intrigued by the "witchetty" grub people ever since I first came across them in the writings of Sir Baldwin Spencer, the great authority on aboriginal Australian customs. These insect-descended people, with their ceremonies to insure that their totem grubs will flourish and multiply, should have the sympathy of every entomologist.

Unfortunately no one is quite sure what animal the witchetty grub is -- the field studies have been made by anthropologists rather than entomologists. Probably "witchetty" is a collective word for the larvae of several of the giant ghost moths that are as characteristic of Australia among the insects as are the kangaroos among the mammals. Large, wood-boring grubs are fancied in many parts of the world, even though they do not play as an important a part in the human diet anywhere else as they do in Australia. Generally they are occasional delicacies.

Among such delicacies in America is the famous maguey worm of the highlands of Mexico. This is the larva of a butterfly *Aegiale hesperialis*, which bores in the maguey or agave plants -- the source of pulque, the national drink of Mexico. The same plant thus supplies the drink and the snack to eat with the drink, and the two have been combined by Mexicans since ancient times.

The maguey worms have been canned for the local market in Mexico for some time, and now they are being imported into the United States by the stores that specialize in fancy foods. The canned worms are best if eaten hot; they have a pleasant, nutty flavor, which blends as well with a martini as with mescal, the potent drink that the Mexicans distill from the fermented pulque. In my home we have been trying these worms on cocktail guests. As yet we haven't found anyone

who disliked them, although our guests have shown considerable variation in the degree of their enthusiasm. The worms at least provide a topic of conversation.

From these experiments of ours with guests, I get the idea that while Americans may be prejudiced, they are far from being proud of their prejudices. They want to be broad-minded and tolerant and understanding. This is the only conclusion you can draw after watching a lady shut her eyes and open her mouth to take a bite of a worm, and then, after a few moments for recovery, try another worm. The moral seems to be that if the Mexicans eat worms, we should at least be willing to try them. Maybe, then, there is hope for international understanding -- or, of course, maybe our guests are unusual people.

In general, attempts to get people to eat insects in Europe and the United States have not met with any success. An Englishman, V. M. Holt, published a small book in 1885, now very rare, entitled "Why Not Eat Insects?". He gave recipes for dishes like curried cockchafers, wasp grubs fried in the comb, new carrots with wireworm sauce, moths sauteed in butter, and cauliflower garnished with caterpillars. But he did not succeed in arousing much enthusiasm.

Entomologists have sometimes experimented with different ways of cooking insects and reported on the results in the entomological journals. During the First World War, the leading American entomologist, L. O. Howard, strongly advocated the use of insects as one way of relieving the food shortage. He and his friends tried various recipes and published their findings in the Journal of Economic Entomology. A stew of May beetle grubs was said to "taste agreeably like lobster".

My father-in-law, David Fairchild, famous for his work in introducing new plants into this country and always willing to experiment with new and interesting food, was infected by Howard's enthusiasm. One of my wife's earliest memories is of the time when her father decided the family had better get over prejudice and start eating grasshoppers.

He fried the grasshoppers in sugar, but even that did not help with the children. The experiment was not a success, and it took great will power on my wife's part to try eating grasshoppers again. She still does not really like them. The moral, I suppose, is that it is all right to experiment with cocktail guests, but be careful with your children.

Government employees this year will get seven three-day holiday weekends, the maximum number possible. The occurrence of seven long weekends in a single calendar year will not come again until 1988, since this happens only during leap years in which January 1 falls on Fridays. The 28-year spread from 1960 to 1988 makes ~~the~~ seven three-day weekends an experience that will be enjoyed by most Federal employees only once in a lifetime.

PONAPEAN PROFILES IV

by Diane Sammet

in basketball. His two years' college training was through U.S.A.F.I.

This week: Walter Murphy Ownbey

"Murph" Ownbey was generous enough to put aside the tools with which he has become an important part of the Ponape community long enough to provide us with a few facts concerning his life history. These "tools" might include pen and tablet (he is the Ponape Hospital administrator); paintbrush (in addition to his administrative duties, he donned work clothes and refurbished many of the hospital wards); gavel (he is the new Club Kolonia president); account books (Murph is temporary bar manager at the Club, entailing responsibility for keeping the books in order; spatula (he and Phil Mosher share the honors for Chef Supreme after the success of their now-famous Koloniaburger); and song book (for what party would be complete sans Murph leading the gang in "Hallelujah, I'm a Bum"?).

Murph joined the Navy soon after graduation, thereby commencing his interesting and peripatetic career as a hospital corpsman. He claims, "The PONAPE-FFR couldn't hold enough pages to list all of the places in which I served," but he provides us with a general picture: Murph's training began at a school in Norfolk, Virginia, and from there he went to Chelsea, Massachusetts, where he joined the staff at the Naval Hospital. Murph spent most of the war period on various ships and duty stations in the Pacific area, including Guadalcanal, Bougainville, the USS Pinkney (a hospital evacuation transport), and a minesweeper. Two weeks after the war he was sent to Aomori in northern Honshu.

Walter Murphy Ownbey was born in Catoosa County, Georgia, one of three children. He offered his birth date willingly- February 13, 1921. Surely this makes him one of the youngest retired Navy men (for that's what he is) in that service's history. It is the Navy's loss and Ponape's gain that this capable and friendly gentleman is one of us. The fruits of his efforts at the Hospital are happily apparent to all.

Beginning in 1946, Murph spent two years in the Philippines, subsequently returning to school in Portsmouth, Virginia, for an advanced hospital course. He turned teacher in 1951, instructing student-hospital corpsmen in Springfield, Massachusetts. In 1953 he began a tour of duty on the carrier USS Franklin D. Roosevelt, which found him sailing through the Mediterranean area and visiting various European countries.

The Ownbey family moved to Chattanooga, Tennessee, before Murph was a year old - where, says Murph, "I had a perfectly happy, normal home life". He graduated from high school there, where he starred

Murph returned to teaching, this time at the Naval Training Center in Austin, Texas. During this time he also taught Naval ROTC students at the University of Texas. Following this experience as an instructor, he spent two years on various destroyers.

THE BIG BAMBOO-ZLE

PONAPEAN PROFILES IV

(continued from page 4)

A lady we know experienced some difficulty with the plumbing at her place the other day and called in the PW employees whose job it is to keep such things operating properly. She reports the incident was fraught with the incredible and the mysterious: the plumbers brought all their tools on the first trip, and they extracted two pairs bloomers and a lava-lava from the offending apparatus.

* * *

We strongly recommend that all Kolonials read F. W. Christian's book, "The Caroline Islands", published in 1899. It gives valuable background material for present day application. It is also interesting to note the errors in language and fact that occasionally crop up in the book. Most of these are innocent enough, but serve as warnings never to assume anything or interpret your informants' material in the light of a pre-conceived notion. Copies of the book are available at the Intermediate School office.

* * *

There is a school of thought which holds that as long as a language gets its meaning over to the other person it is adequate. This view gained some support the other day when a requisition for typing paper came in from a local unit having no direct American supervision. Item: typing paper, thick and thin.

* * *

Such books as "The Status Seekers" have everyone quite concerned over their relative position in life these days. We came across an account of what we think is the zenith in status seeking. Seems there was this call girl who had an unlisted telephone number.

In late 1955 Murph landed in our area with the position of supervisor of the dispensary at the Naval Communications Station in Guam. On this trip he was able to bring his family. In between tours of duty he had met Rose Costrino in Newport, Rhode Island. They had the necessary "whirlwind courtship" - for Murph didn't want to lose this lovely lady while off on one of his frequent voyages - and they married in 1943. They have two handsome sons, - Nick, 13, and Walter Murphy Junior, 11.

Murph and Rose will be lonesome come August, for plans are that both boys will leave for Chattanooga, where they will live with their paternal grandparents while attending McCallie Military Academy. In Rose's family, two brothers are doctors and one a dentist, and her sister is a supervisor of nurses at Bellevue Hospital in New York. Son Nick perpetuates the family interest in medicine and hopes to become a doctor himself. Murphy has ambitions in engineering, and he plans to study toward a position in this field. Presently Nick is attending the Father Duenas School in Guam, and Murphy is studying here at the Catholic Mission.

While on Guam, Murph managed the Chiefs' Club at N.C.S. and, later, the civil service club at Asan, The Breakers. Equally busy was his wife, who managed the beauty shop in that civil service community and then had a shop of her own, The Barbazon.

Murph arrived in Ponape with his family in September last year, where-in addition to his duties official and extra-curricular-he manages to maintain his interests in cooking, music, and his favorite weekend diversion - fishing.

THEY IS, OR AIN'T! - A lady who was at a person's house the other night told the Ponape-per staff that she heard from a local man who talked with a woman on Guam who lives on Ponape that someone told her they had seen Harriet Weinrich in a store in downtown Agana. Should this be reliable information, the Weinrichs may be expected on Monday's flight.

MODES OF TRAVEL

This second of a series on travel by Dr. McNutt touches on comparative costs and actual conditions of transportation.

Every man to his own taste; however, we felt in tramping around the world with our children that ship travel was the best for us. It is far less expensive, although certainly much slower. For the children your huge liner, a floating hotel, lends a feeling of security in strange lands. Small children are happier with this feeling of security and enjoy their trip more. You also have time for forming friendships. No man travels around the world and profits much who only sees things. The food and water on a liner is safe and the cuisine is comparable to the best available on land. Laundry and ironing facilities are available at no extra cost, an important item, when five people are involved.

Most of us are aware that airlines have First Class and Tourist prices, but some do not know that across the Atlantic Deluxe and Economy fares also are available. Further, if you are not traveling on a round the world ticket, family fares are available. Perhaps, too, you did not know that in routing you around the world agents make use of perhaps a dozen different airlines. Many of these have only one class, and whether you paid for a first class or a tourist ticket makes no difference. You get the same food and treatment. On short hauls, say from Rome to Naples, air travel is no faster than the Express when you consider the time from hotel to airport.

In Spain it is cheaper to ride the plane than the rails first class and of course on longer hauls a great deal of time is saved.

Bus travel in Europe is generally more expensive than the train, and much cleaner. However, if you like to dip down into your suitcase and pull out a long loaf of bread, swap an orange for a chunk of cheese, or a candy bar for a slab of salami, or trade a cigarette for

a swig of wine with an indigent indigene, the second class train is the place to ride. You meet too many Americans riding the bus. Warning: always reserve your seat, or you'll be like the McNutts, left standing in the aisle for 13 hours. It only costs about \$1.50 extra on an \$8.00 fare to reserve the seat. Do not be fooled by wordings such as 'first class seat' or 'second class coach'. You can still be left standing unless you are on the train first. You can pay almost double for first class and can still be left standing. You may also get a first class seat and then purchase a supplement. This entitles you to ride on an extra fast air-conditioned train, assures you of a seat and the porter even takes your luggage and coat (for a price). Trains are also classified as to speed. Talgo is boarded only with the supplement. Directo is the same as our non-stops. Expresso is fast but with more stops. Then there is the Rapido. Don't be fooled, its the village milk train and can be as bad as the village streetcar.

The relative costs from Madrid to Barcelona will be helpful.

Airtravel - \$7.50 (but don't forget the bus to and from the airport, \$2.00)

1st Cl.Train - \$7.70

2nd Cl.Train - 4.50

(Reserved seats - \$1.50)

(Supplement - \$3.00)

Bus- - - - - 10.00

In all large European cities where they have subways, tubes or Metropolitans, it is by far faster, easier and cheaper to travel this way than by bus, taxi, or streetcar. In London or Paris, for example, you go to the tube, punch a button which designates the station to which you wish to go and a luminated map shows you your route, where you transfer, and the cost.

Most taxis are licensed to carry, as for example in Manila, four people. In places where they can carry five at the regular rate we found a taxi for the family was cheaper than the bus and certainly more convenient.

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By: Tony Mesa

Donkey, carabao, gondola, camel, victoria, or helicopter are all special forms of travel and you will in the long run pay more for these. You may, for example, walk to the front entrance of the central railroad terminal in Rome, take a streetcar to the Vatican for 25 lire (about 4 cents) and it will get you there just as fast as a \$3.00 taxi.

BLUE EAGLE THUMPS PUBLIC WORKS, 6 - 5
INTER. SCHOOL OVERPOWERS NET, 14 - 7

The 1960 championship league game opened with top-notch playing last week.

The Blue Eagles, sparked by Benjamin Franklin, Henry Moses and Sumang Rengil, grabbed their home-run during the fourth inning Saturday morning, overpowering Public Works, in the opener of 1960 baseball.

In the afternoon game, Intermediate School team captured its first triumph, crushing Net, 14-7. Intermediate's team had a lot of trouble in the third inning; however, tallied 6 points while holding Net to only 4. Net's 3-point spurt in the final period was not enough to overcome the Intermediate squad.

PICS was to meet Ngatik Club team on Sunday as scheduled but Ngatik players were not available that day.

THIS HAPPY FEELING
AT FLICKS TONIGHT

Tonight's cinematic offering stars Debbie Reynolds and Curt Jurgens in "This Happy Feeling". Eastman color combines Cinemascope in this jolly presentation. Sunday's film will be a black and white offering with Betsy Palmer and Jack Lord called, "I Don't Dare Show My Face". This will be bolstered considerably by two PAN-AM travel films on Alaska and New Zealand.

Next Sunday, March 13, the Kolonia-burger will make its second appearance at the flicks. The show that night will be "The Garment Jungle".

HEALTH INSURANCE
RATES SET BY CSC

The Civil Service Commission has officially set premiums for Government employees to pay on a biweekly basis for the new health insurance program that starts in July.

An employee enrolled for self alone, \$1.30; an employee enrolled for self and family, \$3.12; a female employee enrolled for self and family which includes a non-dependent husband, \$4.42.

Employees who select the "richer" alternate health insurance plan will pay higher premiums, but the amount of the premiums has not yet been decided on by the CSC.

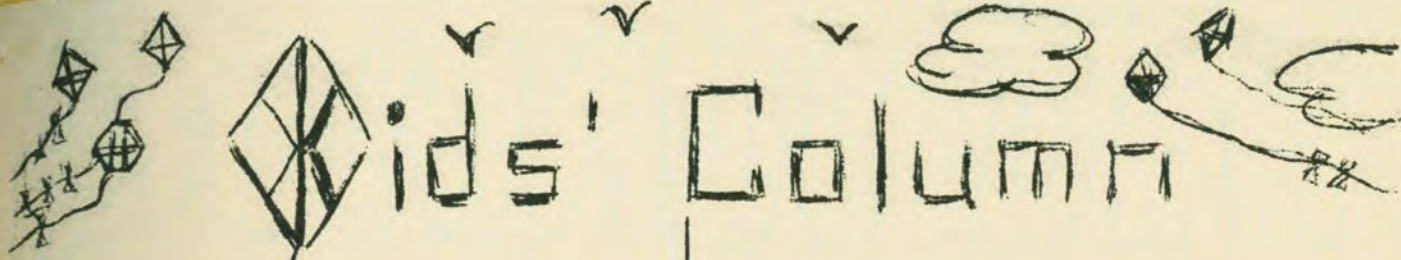
WELCOME ABOARD

Sam Eardley, from Newark, Ohio, and Jim Wheeldon from Grand Isle, Vermont, reported for duty with Page Communications. Both men had previous duty with Page on Midway Island.

HAPPY BIRTHDAY!

Among those celebrating their natal days this month are Simone Etscheit, 13th; Andrew Finale, 22nd, Marie Angela Germinaro, 10th; Charles R. Kroeger, 20th, Ada A. Pearce, 20th; Carole Rivard, 13th, Margery Terpstra, 20th; Marshall J. Terpstra, 27th.

SUPPORT YOUR CLUB



Kids' Column

?? PUZZLE CORNER ??

Each verse below, in this rhyming riddle, describes a word with two o's in the middle:

Two O's have I,
And I sail in the sky _ O O _

What does a locomotive say,
Approaching crossings on its way? _ O O _

I'm the part of a tree
You cannot see _ O O _

What kind of weather, after a storm,
Is said to be opposite of warm? _ O O _

In pretty colors I'm often bound,
The library is where I'm found. _ O O _

((answers below))

HAVE YOU A HOBBY?

Some of you Ponapals have shown an interest in sharing your hobbies. The KIDS' COLUMN is going to sponsor a hobby show soon. Before this time, why don't you look over your collections, if you have any, and begin adding to them? Glenn Murakami has a collection of stamps and weapons, including guns, knives, and swords; he also collects shells. Karen Peacock is another stamp collector. Her sister, Paula, collects coins and shells. Mark Murakami has a fine collection of airplane and ship models that he has made. Lynn McNutt is interested



((xooq 'rooc
'rooi 'rooz 'uoom))

in plants, and she has made a lovely scrapbook of different kinds of plants that grow on Ponape. She has pressed leaves in the pages. If you have a hobby, won't you share it in the KIDS' COLUMN? Maybe someone else has the same hobby, and you can have fun sharing your collections.

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♡ LI ANN WINS CONTEST! ♡

Li Ann Hirata, 7, wins the box of candy in the Valentine Word Contest. She found a whopping sixty-nine words, using just the letters in the word "valentine". Such good words as "enliven", "native", "lenient", and "event" helped her to win. Congratulations, Li Ann. You must have worked hard on your list, but we hope that it was fun too.

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Note: Murphy Ownbey has left for a vacation in Guam. He will let us know what happened to Goofy and Milly and their missile to the moon when he returns. Starting next week, there will be a new comic strip drawn by Karen Peacock. Watch for it!

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HINTS FOR HEALTH

"We Go Early to Bed"

We bathe in a tub, which we afterward scrub,
We wash our toothbrushes-in water that rushes.
We hang up our clothes-where the air softly blows.
We lie snug in our beds-with nice thoughts in our heads.
Mother puts out the light, you can't see usGOOD NIGHT