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Marianas Variety

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IN Micronesia, islanders continue to celebrate their cultural independence through the performing arts — vocals, instrumental music and dance.

They include numerous cultural expressions that reflect human creativity and are also found, to some extent, in many other intangible cultural heritage domains including rituals, festive events or oral traditions.

The following individuals help promote the importance of Micronesia's balanced environmental culture and traditional lifestyle.

Best photos of the month

Culture and lifestyle — Chamorro Culture by Bryan Manabat, Palau Culture Dance by Kambes Kesolei, Saipan Culture by Junhan B. Todino and Guam Chamorro Culture by Bryson Kim.

Environment — Palau Sunset & Sunrise by Harry Rubasch Fritz, Saipan Environment Beauty by Antonio Cabrera, Palau Under Water by Richard Brooks

Environmental variations — Ann Singeo, Tim Rock, Andrew West, Tania Torwan and Harry R. Fritz

Culture and lifestyle — Sasha Ishmael-Daniel, Sing Miyozawa, Akiko Udoi, Uduch Sengebau Senior and Taliea Guerrero

Sports — Jenifer Chieng, Felisha Brel, Frank "The Crank" Camacho, Vicente Ben Salas II, James Sablan, Kambes Kesolei and Emmanuel T. Erediano

Culture and lifestyle

Humanitis Guahan Celebrates 25 Years — Photography by Manny Crisostomo, Traditional Maak of Fais by tatatau-manulua blogspot, Palau Culture Dance Film by Saula Andrew, Young Micronesia Expore Nan Madol by Dan Li, Archaeology In Palau Micronesia 3,000 years of Life and Death in the Chelechol ra Orrak Rock Shelter by Scott Fitzpatrick, Pohnpei Archaeology by Dr. Takuya Nagaoka, Beautiful Culture Breathtaking Kosrae by Ashley Baker, Beautiful Woman of Yap by Tim Rock, Indonesia and Micronesia by Sonia Siliang,

Environment, Health Sports and Nutrition

Nutrition and health — Nora Glasby and Palau Fitness group with Clint Wachi, Josy Termeteet, Julia Lieb Sage, Elgin Lo Elwais and CJ Morros, writers Daisy Iekar, Elaine Cramer, Ellen Toribiong Marcia, Roxenn RTC, Telael Kinsman, Violet Ngirabiang, Tacia Dawson, Willa Melilt, and Barney Antonio Jr. on local delicacy

Environment — Richard Brooks and Striking Light Production, Barney Antonio Jr., Belau Recipe, Wilhelmina Brock, Sing Miyozawa,

Sports — Ray Santos, Angel San Nicolas, Jenifer Chieng, Janyssa T. Ford, Felisha Brel and Frank "The Crank" Camacho

Entertainment

Neal Fisher, Kelau Remeliik, Malo, Ohana, Ngeremlengui, and Meyuns dancers, and for comedy —Chuukese Vine, Paul Ueki, Merv Melatk, Bernie Ngiralmau, Dee Masang and Lenny Rubak Neal, and Telael Kinsman

Youth and community

Peleliu Youth by Harry R. Fritz, Ngardmau Youth by Akiko Udoi and Peggy Hanser, Motherread/Fatheread Saipan, Kobleville Youth Learning Center with Shelane Borja, Christine Quitoqua, Sandra Christopher, Vernon Lee Manglona, Evelyn Hermosilla, Gloria Kaipat and Palau Cultural Youth Dance by Palau Night Market

Men and women in uniform

Palau Bureau of Public Safety cadets by Kambes Kesolei, Francisco O Iginoef, Jason Tarkong, and Peter Palacious Jr.

Culture and tradition

Culture Icons of the Month — Manny Crisostomo, Dr. Takuya Nagaoka, Harry Fritz, Kambes Kesolei,

Culture Advocacy and Preservation — Gus Kaipat, Diego Kaipat, Bryson Kim, Bryan Manabat, Sonia Siliang, Tapita Alokoa, Floria James, Marilyn Rideb, Cinta Kaipat,

Culture Beauty — Princess Hana by Scarlet Wilhence

Humanitarian and social work

Saipan Loves Animal


Journalists

Civil Beat Hawaii, Pacific Daily News Lifestyle, Raquel Bagnol Crime Journalism, Tia Belau Culture and Lifestyle with Kambes Kesolei and Harry R. Fritz, Kaselehlie Press Pohnpei with Bill Jaynes, MV editor Zaldy Dandan and MV sports reporter James Sablan, Palau 2013, Marilyn Rideb of Hawaii, Chuuk News Update Dan Suda, Belau Photo Group by Harry Fritz, Belau Useful Information with Merv Melatk, Olilai Ikesiil, Palau Fitness by Nora Glasby, Chamorro People on Facebook David Atalig, Chuuk Youth, PEC Youth Bradley Kumangai, MV reporters Bryan Manabat, Junhan Todino, Emmanuel Erediano, Guam Daily Post reporter Jacqueline de Guzman, Island Times' Leilani Reklai, Merirei Media LLC Sha Merirei, Palau 2014, '15, '16 News Work Ololk Kazuo.

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