



Global Matters

The newsletter of the Office of International Affairs

Volume 15, January—February 2011

Global Health Lecture Series



**12:00 Noon CST
ACB 120**

- **Wednesday
January 19
Jack Rudd, DDS
Teethsavers**
- **Wednesday
February 2
Kelly Bennett, MD
TTUHSC Free Clinic**
- **Wednesday
February 16
Ambassador Nagy
Int. Affairs, TTU**
- **Wednesday
March 2
Tom McGovern,
EdD, Psychiatry**
- **Wednesday
March 16
Mauricio Pinto, MD
Fam. Med., Odessa**
- **Wednesday
April 6
Doula staff
UMC**
- **Wednesday
April 20
Meredith Aikman
School of Nursing**
- **Wednesday
May 4
Nicole Hines, RN
Employee Health &
Infection Control**

El Paso—Room 235
(11:00 am MT)
Amarillo—Room 4720
Odessa—Room 2C91

FREE LUNCH!

provided to the first 35
attendees
(Lubbock campus only)

Teethsavers, International: Teach a Few to Teach Many



Dr. Jack Rudd founded Teethsavers, International in May 2000. Driven by the disparity of dental health care around the world, he made it

his mission to provide dental health care to the underprivileged in third world countries. Dr. Rudd's greatest concern is the six year molar. Six year molars are used 100's of times each day, doing 65-70% of the work in chewing a meal. Ninety percent of the funds spent on health care in third world countries is spent on HIV, Tuberculosis, and Malaria. Little is left for dental health care. For example, there is one dentist to every 917,000 persons in Sierra Leone, while there is one dentist to every 1,700 persons in the U.S. This disparity compelled him to carry out his mission work in Sierra Leone.

His tool chest consists of a toothbrush and water. He travels to primary schools located in remote villages of Nicaragua, Malawi, Zambia, Uganda, and Sierra Leone to



instruct children how to care for their six year molars. This year, Teethsavers instructs children grades 1-4. Next year, they plan to treat children in grades 1-5 and add a grade each year. A six-year old child does not have the manual dexterity or muscle development to brush properly. Therefore, Dr. Rudd teaches the mothers how to properly brush their children's teeth. He states, "Mothers all over the world want to learn something to give their child a better life." His simple instructions are: "Brush 8 times back and forth, straight and flat." Parents are encouraged to brush their children's teeth once a day to disorganize the plaque. This will prevent tooth decay by disrupting the breeding ground for sugar. If the mothers are not present, he teaches friends to properly brush each other's teeth.

Teethsavers distributes approximately 1,200 toothbrushes per week. Dr. Rudd told of the time he

shipped 70,000 toothbrushes to Nepal, only to have Customs hold them for nine months until a fee was paid for their release. For this reason, he prefers to purchase toothbrushes in the countries he services. The local cost is approximately eight cents per toothbrush.

In addition to providing education on dental hygiene, Dr. Rudd also teaches local people how to clean teeth and fill cavities. Teethsavers' mantra is: Teach a Few to Teach



Many. Students in Zambia complete a one-year dental training at a cost of \$2500 and fill a cavity for \$2. The cost of completing four years at Texas Dental School is approximately \$110,000, and the cost of a filling in the U.S. is \$75. Cavities are filled using the Atraumatic Restorative Treatment (ART). Because this treatment is virtually painless, no injections are needed. Jo Frencken, DDS, PhD spent 14 years in Africa developing this inexpensive filling material and treatment process. Twenty-eight percent of this material is fluoride, the only element known to prevent tooth decay, which is released for eight years. His students are instructed to refer complex cases to a more skilled dentist at the nearest hospital. Today, graduates from his school carry on Dr. Rudd's work in Nicaragua, Malawi, Zambia, Uganda, and Sierra Leone. Teethsavers is working toward securing for Teethsavers' students who complete their dental training employment by their governments.



Teethsavers has screened, provided instruction on how to properly use a toothbrush, and treated tooth decay (68,309 fillings) for 205,243 children.

This humanitarian organization has also trained most of their 37 volunteers to be dentists. Teethsavers' vision is to establish a dental school in Sierra Leone, three in Africa, and one in Central America.

To learn more about Teethsavers, International visit their website at www.teethsavers.org. To view Dr. Rudd's presentation for the OIA Global Health Lecture Series visit the [OIA website](http://www.oia.ttu.edu).

Available from the OIA Library

The following resources are available for check-out:

Book

Oracle Bones: A Journey Through Time in China

by Peter Hessler

A century ago, outsiders saw China as a place where nothing ever changes. Today the country has become one of the most dynamic regions on earth. In *Oracle Bones*, Peter Hessler explores the human side of China's transformation, viewing modern-day China and its growing links to the Western world through the lives of a handful of ordinary people. In a narrative that gracefully moves between the ancient and the present, the East and the West, Hessler captures the soul of a country that is undergoing a momentous change before our eyes.

Movie

King: Man of Peace in a Time of War

This film is a fascinating and revealing look at the life of Dr. Martin Luther King Jr. filtered through the prism of three major conflicts: the struggle between black and white America, divisiveness within the civil rights movement itself, and an undeclared war in Vietnam. *King: Man of Peace in a Time of War* is a remarkably relevant salute to a man who remains an inspiration and a force for social change over 40 years after his untimely death.

To view a complete selection of books and movies available, visit our website at

ttuhsc.edu/cima/library

The Black Lion Project Part 2

by Phillip L. Platt, RNC, NNP-BC
TTUHSC Amarillo

This article is a continuation of the article featured in [Global Matters, Volume 14](#).



The United Nations released a report on the Millennium Development Goals (MDG), in June 2010. Eight goals were strate-

gically developed in 2000 in an effort to help improve the lives of hundreds of millions of people around the world. Of the eight MDG's, one in particular stands out, Goal 4, Reduce Child Mortality. Although Ethiopia has seen reductions of more than 100 per 1,000 live births, Sub-Saharan Africa still accounts for fifty percent of all childhood deaths (8.8 million per year) under five years of age. An accelerated movement towards improvement has to occur in order for the goals to be met by 2015. Vermont Oxford Network, a world leader in Quality Improvement in the neonatal period, reached out to Ethiopia to help them identify areas for potential improvement. Much attention has been placed on infection control, especially hand washing. This area has been encouraged with subsequent follow-up teams.

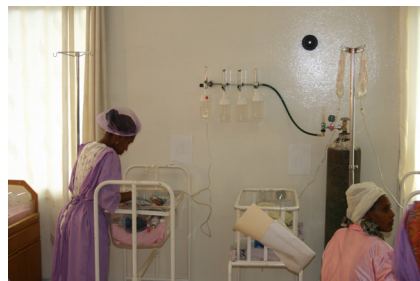
Our last visit focused on installing oxygen tubing and outlet manifolds to allow for individual flow meters.

The previous set-up connected one oxygen cylinder and flow meter to multiple stop clocks to supply small tubing to the patients. This set-up did not allow regulation for the proper amount of flow to each patient. The more patients connected to one flow meter, the less flow supplied. We built a system that allowed one tank to supply up to five individual flow meters through oxygen manifolds mounted on the walls. Limited resources and supplies in Ethiopia called for complicated engineering. As a result, thirty individual flow meters were created supplying each baby with a more accurate flow volume. Currently, the staff is measuring compliance with these new changes using the rapid Plan, Do, Study, Act (PDSA) cycle.



VON and the Black Lion Project are working on a database designed specifically for the Black Lion Hospital to assess the practices and outcomes of the Black Lion NICU and to identify opportunities for improvement. By identifying their own outcomes, they will be able to implement changes to bring about measurable improvements. The Human Subjects Committees from both the University of Vermont and Addis Ababa University have approved the database. A computerized version will be available soon.

Prioritizing the needs of the Black Lion Hospital can be overwhelming. The time needed to accomplish even the simplest change would, on occasion, be extensive. More than once, the task required to improve the current state seemed complicated and riddled with problems



To date, the volunteers have consisted of registered nurses, neonatal nurse practitioners and neonatologists.

Soon, volunteers from other disciplines will participate, addressing issues with a multidisciplinary approach. Each time I was in Ethiopia, I met many volunteers from around the world who were giving of themselves to the betterment of humanity. I also met medical students from the U.S. and Canada who were in Ethiopia to complete an academic elective. The opportunities available to those who desire a wide range of exposure to various diseases and pathology are astonishing. A personal example of my own was seeing more genetic anomalies in one month than I had experienced in ten years of practice. I would strongly encourage healthcare providers of all disciplines to seek out learning experiences abroad. An important consideration concerning Ethiopia is the fact that English is a primary language taught at the high school and college levels.

This past July, after I completed my volunteer assignment, I spent four days touring the Northern historical route of



Ethiopia. The history of Ethiopia dates back to the times of King Solomon and the Queen of Sheba. Life-changing experiences included touring the Aksumite Kingdom, standing at the gate of the Church of Saint Mary (the resting place of the Ark of the Covenant), exploring the rock-hewn churches of the

Continued at the top of page 6

International Talent Show

Saturday February 12th
7:00 pm
Allen Theater
Student Union Building

See the world in one night...

Advance sale:
Student \$3
Non-student \$4
@ Door: \$5

Presented by:




We specially thank our sponsors
and The CH Foundation

Contact: (806) 742-3667



Lost Boys of Sudan

A movie review
by Shamini Parameswaran

A war has been raging on in Sudan for 20 years, resulting in the death of more than 2 million people. One of the tribes hardest hit was the Dinka tribe, and in the late 1980s these attacks worsened. More than 20,000 boys were able to escape the attacks. They were found later by the United Nations, separated from their parents. They were called the Lost Boys of Sudan.

Lost Boys of Sudan is a documentary to watch when you think you have too many problems. This movie will remind you of just how small our problems in America are, compared to those in other countries.

This documentary tells the story of a boy named Peter and his friends who were fortunate enough to be given a fresh start in America. From the moment they got the news they were moving to a new home in Houston, Texas (yes it was exciting to know they ended up in Texas!), these orphaned boys began to learn new things they never imagined. What we take for granted (e.g., a plane ride, the constant availability of food in grocery stores, fresh water) was completely new to them.



Amidst the many surprises that greeted them in the United States, their love for basketball set them on common ground. The boys played basketball in their African village and now they play it here in the U.S. It was a simple ball that helped bridge many gaps that may have otherwise existed between the boys and the citizens of the states.

Even more remarkable were the responsibilities these boys took on at such a young age: going to work, attending school, and even saving money to send back to Africa. *Lost Boys of Sudan* is definitely no fairytale. The boys dealt with many physical and mental struggles, but their drive to overcome hardship surpassed any problem that came their way.

If you want to be inspired, *Lost Boys of Sudan* is the perfect film for you. They may have been lost in Africa, but in America they were found. More importantly,

their story convinces viewers that with a strong willpower and determination, no dream is impossible to achieve. *Lost Boys of Sudan* illustrates the meaning of the statement when life throws you lemons, make lemonade!

For more about the film visit www.lostboysfilm.com.

Shamini Parameswaran is a first year medical student. You can read more reviews of the movies OIA has available for checkout in future issues of Global Matters.

Mark Your Calendar: the OIA Film Series



You're invited to join the Office of International Affairs as we host a screening of one of the many films from our extensive library.

**12:00 Noon
CST
ACB 250**

- Thursday January, 13
- Thursday February 10
- Thursday March 10
- Thursday April 14
- Thursday May 5

February feature film:

A Time for Burning

A Time for Burning is a classic touchstone which poignantly captures the awakening of the civil rights movement as it challenged the nation to change its ways.

Attendees are welcome to bring their own lunch.

Free snacks will be provided!

Countries With the Most Students Studying in the U.S. 2009—2010

- China
- India
- South Korea
- Canada
- Taiwan
- Japan
- Saudi Arabia
- Mexico
- Vietnam
- Turkey
- Nepal
- Germany
- Britain
- Brazil
- Thailand
- Hong Kong
- France
- Indonesia
- Colombia
- Nigeria

Top Places Where International Student Recruitment is Focused Fall 2010

- China
- Southeast Asia
- India
- South Korea
- Middle East
- Latin America

Information taken from The Chronicle of Higher Education November 19, 2010

Celebrating the Chinese New Year

February 3 marked the beginning of the Chinese New Year, the most important festival of Chinese culture. Chinese New Year is a fifteen-day celebration that commemorates a time of rebirth and the end of winter. It is a time to focus on new beginnings and fresh starts. The Chinese New Year is based on a lunar calendar, therefore it occurs on a different date each year. It begins on the new moon and ends on the full moon of the first month of the year.

The Chinese New Year is an important time for family reunions. Children who have left home to work in factories and other businesses usually make the trip home to celebrate the beginning of the new year with their parents. It is a time of feasts and gift giving much like the American Christmas tradition.

The Chinese believe that everything that occurs on New Year's Day impacts the rest of the year. As a result, they strive to make certain all the day's activities and events represent good fortune.

The preparations for the new year are as important as the celebration itself. The house is thoroughly cleaned, the brooms are put away, all debts are paid, and differences with family members are resolved. The home is decorated with bright colors, especially red, which represents happiness, and gold/orange, which represents wealth and prosperity. The preparations symbolize a desire to begin the new year with a clean slate. It is an opportunity to leave the problems of the previous year behind and welcome the possibility of prosperity and good fortune in the coming months.

The celebration typically begins on New Year's Eve. Families gather for meals and at midnight fireworks light the sky. The loud boom of the fireworks is believed to scare away any bad fortune or evil spirits still lingering from the previous year.

On New Year's Day, family and friends are met with a new year greeting of *Xīn Nián Kuài Lè* ("Happy New Year") or *Gōng Xǐ Fā Cǎi* ("Congratulations and prosperity"). Children receive red envelopes containing new, crisp bills, and the amount given must be an even number which symbolizes good luck. They also receive a new set of clothes to be worn in celebration of the occasion.

On New Year's Day people typically don't wash their hair or sweep the floor because they want to maintain the good fortune of the new year. They don't want to wash the good fortune away or sweep it out the door. They also don't greet people in mourning or say the number four, both of which represent bad fortune and are considered unlucky.

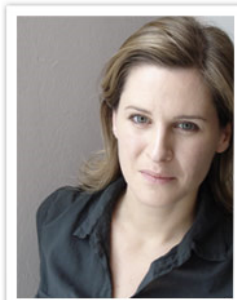


New Year's Day is an important time to visit local temples and offer prayers for family members and friends. The Chinese are predominantly Buddhist, and many of the temples host events for the new year including concerts, dances, and other cultural events. Candles and incense are burned, and the smoke is thought to cleanse the old, bad luck.

The festivities reach their climax on the final day of the Chinese New Year, a day known as the Lantern Festival. Thousands of lanterns are hung for people to appreciate. The lanterns represent a celebration of light to mark the return of the warmth and light of the sun.

In 2011, the Chinese will usher in the Year of the Rabbit. The rabbit is the fourth animal in the 12-year cycle of the Chinese zodiac. According to Chinese tradition, the rabbit brings a year in which you can catch your breathe and calm your nerves. It is also believed to be a time for negotiation. The Year of the Rabbit is associated with home and family, artistic pursuits, diplomacy, and keeping the peace.

Special thanks to Dr. Leslie Shen, Associate Professor, Pathology, who assisted with the preparations of this article and the Chinese New Year Coffee House (see photos on the opposite page).



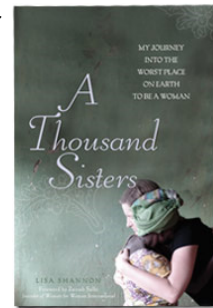
A talk by Lisa Shannon author of *A Thousand Sisters: My Journey into the Worst Place on Earth to Be a Woman*

Thursday, February 17
International Cultural Center (601 Indiana Ave)
6:00 pm

Lisa Shannon founded Run for Congo Women, which began with a lone 30-mile run, and blossomed into the first national grassroots movement for Congolese women.

She was named by Oprah's O Magazine as one of the most influential women of 2010.

Her powerful talk will explore the world's deadliest war through the intimate lens of friendship.



The talk is free and open to the public.

TTUHSC Celebrates Martin Luther King Day



On Tuesday, January 18, faculty, staff, and students, joined by members of the Lubbock community, gathered to celebrate the life and dreams of Dr. Martin Luther

King, Jr.

Attendees at the celebration were greeted by a string quartet made up of TTUHSC School of Medicine Students. The string quartet played several songs including We Shall Overcome.



Steven Berk, MD, Vice Provost for Students, welcomed those gathered by reminding attendees of the incredible impact Dr. King's life had on the shape of American History. He also reminded those gathered of the work still needed to ensure equality in all aspects of life.

Following Dr. Berk's remarks a clip from the PBS film *Citizen King* was screened. The clip recounted



the 1963 March on Washington where Dr. King delivered his famous I Have a Dream speech.

The program's keynote address was delivered by Ralph Ferguson, PhD, Associate Dean of the Texas Tech University Graduate School. Dean Ferguson's remarks touched on various events in Dr. King's life which shaped the man he would become.



Two guests presented special music at the celebration. Marion Williams, MD, shared a moving hymn called The Light-house, and Clifton

Menton, joined by a friend, presented a song he wrote in honor of the legacy of Dr. King's life and work.

To view more photos from the event, visit the [OIA website](#).

International Flavor

Chinese Sticky Rice Cake



Ingredients:

- 1 (16oz) box sweet rice flour (mochiko)
- 1 cup canola oil
- 2 ½ cups white sugar
- 1 tsp baking powder
- 3 eggs, beaten
- ½ (18.75 oz) can sweetened red bean paste
- 2 Tbsp toasted sesame seeds

Instructions:

- Preheat oven to 325 degrees F (165 C). Lightly grease a 9 X 13 inch baking pan.
- Mix rice flour, canola oil, milk, sugar, and baking powder in a large bowl. Stir in the beaten eggs.
- Pour the mixture into the baking pan. Drop small spoonfuls of the red bean paste into the flour mixture about 1 to 2 inches apart, making sure that the red bean paste is covered by the flour mixture. Sprinkle with toasted sesame seeds.
- Bake in the pre-heated oven until a toothpick inserted into the center comes out clean, about 55 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Recipe taken from allrecipes.com.

Chinese New Year Coffee House



When in... Israel

- Greet by saying “Shalom” (which means “Peace”, accompanied by a firm handshake.
- Be aware that personal space may be less than what you are used to, and do not step away if you feel that someone is standing too close. You may also find that there is more physical touching during conversation.
- Israelis take pride in their bluntness and directness, which they call *doogri*. This can often be interpreted as rudeness, aggressiveness, or arrogance. The positive side of this is the directness, warmth, and familiarity common in Israel.
- Israeli society is polychronic, which means that social interaction is governed by relationships, feelings, and intuition rather than objectivity or excessive formality.
- Your first experience of *doogri* will undoubtedly be at Customs, as you enter the country. You may be asked numerous questions, and you should expect to have your belongings and your person thoroughly searched in an uncompromising and assertive way. Be aware that this is for your own protection as well as that of the State.
- You must carry identification at all times and show it if asked to do so by the authorities.

The Black Lion Project cont.

12th century, and visiting the medieval castles of Gondar. Yearly visits would not afford enough time to experience all that Ethiopia has to offer.



The Ethiopian people are very friendly. In the nine weeks I spent in Ethiopia, I never witnessed acts of violence.

Most people are not in a hurry and the nature and attitude of the locals is laid back. The food is abso-

lutely fantastic. Just like in America, the food available is diverse, from the influence of multiple cultures. Many spices are used to provide the different local dishes of vegetables, lentils, and meats. Traditional flat spongy bread, called *injera*, is served with almost every meal.

Exposure to Ethiopian culture and history revealed to me the rich colors and depths of its people. Insight into this incredible country affirms my belief that Ethiopians are capable of rising above their disadvantages and improving their quality of life.

To contact Philip Platt, send correspondence to the following:

Phillip L Platt, RNC, NNP-BC
PO Box 31374
Amarillo, Texas 79120
pplatt2@amaonline.com
phillip.platt@bsahs.org
phillip.platt@ttuhsc.edu

Country Close-up* *every issue OIA will select another country to feature

Republic of Vanuatu

Vanuatu is a ‘Y’ shaped archipelago of 83 islands located within the area of the South Pacific called Melanesia. The islands (whose land area combined are about the size of Connecticut) are mostly volcanic mountains and narrow coastal plains. Volcanic activity is common with the last major eruption occurring in 1945.

The population of Vanuatu is approximately 234,000 people. Ninety-four percent of the population is indigenous Melanesian. Both English and French are the official languages; however, local pidgin, called Bislama, is the national language. In addition, the indigenous Melanesians speak 105 local tribal languages.

The early history of Vanuatu is sketchy. Pottery fragments and other archaeological evidence suggest Austronesian speaking peoples inhabited the island over 4,000 years ago. Portuguese explorer, Pedro Fernandez De Quiros, discovered the island Espiritu Santo in 1606. Europeans did not return to the islands until 1768. In 1774, Captain Cook named the islands New Hebrides, a name that lasted until independence.

In the mid-1800s, the discovery of sandalwood led to a rush of European immigration to the islands. Later in the same century, planters in Australia, Fiji, New Caledonia, and the Samoa Islands, in need of laborers, implemented a long-term indentured labor trade known as “blackbirding.” As a result, more than half the adult male population worked abroad.

At the same time, missionaries and British and French settlers arrived on the island. Initially, British settlers from Australia made up the majority,

but by the turn of the century the French outnumbered the British two to one. In 1906, the British-French Condominium was created. This allowed France and the United Kingdom to rule the islands jointly; however, it prohibited Melanesians from acquiring citizenship of either country.

Melanesians began challenging the government in the early 1940s. The first political party was created in the early 1970s. Instrumental to the party and the push for independence was Father Walter Lini, who later became prime minister. On July 30, 1980, the Republic of Vanuatu was formed.

Vanuatu’s independence suffered from a rocky start. Political allegiance was divided along linguistic lines. English-speaking leadership controlled the government until 1991, at which time the first Francophone prime minister was elected. From 1995-2004 government leadership changed frequently.

The islands’ economy is predominately agricultural. Copra is the leading cash crop. Coconut oil, timber, beef, cocoa, and kava root extract are also important exports.

According to World Health Organization (WHO) statistics the infant mortality rate for Vanuatu is 28/1,000. The life expectancy is 70 years of age. Malaria is the major public health problem in the country. Other communicable diseases of concern are tuberculosis; sexually transmitted infections; acute respiratory tract infections, including pneumonia; diarrhoeal diseases; viral hepatitis; typhoid fever; and measles. The leading causes of death are acute respiratory infection, including pneumonia; cutaneous abscess; malaria; asthma; diarrhea; injuries; food poisoning; diabetes; chronic obstructive pulmonary disease; and hypertension.



Views of the World: in the news & on the web

- [Pioneering Medical Researcher is First Woman to Lead Israel's University of Presidents](#)
Rivka Carmi's new role, as the first woman to chair the Committee of University Presidents in Israel, has brought her tough challenges along with acclaim.
- [Hans Rosling's 200 Countries, 200 Years, 4 Minutes](#)
Hans Rosling explores stats in a way he has never done before—using augmented reality animation.
- [Female Heads of State: The Chosen Ones](#)
Glamour magazine chooses the world's 18 current female presidents and prime ministers as Women of the Year 2010.
- [How a Promise Led to Innovation: A Peanut Sheller](#)
Be careful what kind of promise you make. That's a warning you might get from Jock Brandis, whose life was changed after he promised some African women he'd help them find a better way to shell their peanut crop.
- [A Night with Greg Mortenson: How U.S. Higher Education Can Help Women in Afghanistan and Pakistan](#)
- [Kiran Bedi: A Police Chief with a Difference](#)
Before becoming Director General of the Indian Police Service, Kiran Bedi managed one of the country's toughest prisons—and used a new focus on prevention and education to turn it into a center of learning and meditation.
- [Skateistan](#)
To live and skate in Kabul.
- ['What is the What' Lost Boy Casts Sudan Vote](#)
Valentino Achak Deng was separated from his family for 17 years during Sudan's brutal civil war. One of Sudan's Lost Boys, Deng now has returned to his homeland and runs a school.
- [In Ghanaian Village, American Woman Reigns as King](#)
It was two years ago, at 4 a.m. at her apartment in Maryland, that Peggieleene Bartels got the news from West Africa. A relative called from Ghana to say that her uncle, the king of the fishing village of Otuam, had died. The news didn't end there. She was also informed that she had been anointed his successor: King Peggy.
- [Mexican Teens in Different World Share Tragic Fate](#)
Tanya Lozoya's parents stand by a mural of their daughter in her softball uniform, painted in the backyard of their home near El Paso, Texas. A stray bullet killed the teenager on May 16, 2009, while she attended a baptism party in Juarez, Mexico. She is one of more than 30,000 casualties in Mexico's drug war.
- [Egypt's Muslims Attend Coptic Christmas Mass, Serving as "Human Shields"](#)
Muslims turned up in droves for the Coptic Christmas mass, offering their bodies, and lives, as "shields" to Egypt's threatened Christian community.
- [Mobile Money Revolution Aids Kenya's Poor, Economy](#)
A man sends money through the mobile phone service M-PESA in Kenya's capital, Nairobi, in 2007. M-PESA is having a clear economic impact, including boosting consumer spending in the countryside.
- [Southern Sudan Braces for Independence](#)
Voters in southern Sudan cast their ballots in a referendum that will likely lead to the formation of the world's newest nation. The referendum is part of the peace deal that ended the 1983—2005 civil war between the north and south.
- [Lesley Hazleton: On Reading the Koran](#)
Lesley Hazleton sat down one day to read the Koran. And what she found—as a non-Muslim, a self-identified "tourist" in the Islamic holy book—wasn't what she expected.
- [Haiti, One Year Later](#)
It's been one year since the earth shook so violently below Port-au-Prince, Haiti, destroying and damaging hundreds of thousands of buildings and lives in mere moments. Twelve months of struggle and heartache have followed, with very little progress to show so far.
- [Students from Caribbean Med Schools Head for New York, Angering Some Local Programs](#)
The trend angers some medical educators, who say their trainees are being crowded out of clinical rotations.
- [Robert Crane, Biochemist Whose Discoveries Led to Treatment of Cholera, Dies at 90](#)
Robert K. Crane, a biochemist whose discoveries about how the body absorbs salt and sugar helped provide the scientific rationale for oral-rehydration therapy, has died.
- [Photo Essay: Chinese New Year Around the World](#)
China honored it's Lunar New Year on February 3, welcoming the Year of the Rabbit.
- [Extreme World](#)
How great are the world's divides? A special report from the BBC.
- [Free Diabetes and Blood Pressure Drugs for Brazilians](#)
Brazil is to provide free medicines for everyone suffering from high blood pressure and diabetes.
- [Thousands Gather to Mourn Hmong Leader Vang Pao](#)
Tens of thousands of Hmong from around the world will gather Friday in Fresno, CA, for the start of a six-day-long funeral. They're honoring General Vang Pao, who led guerrilla fighters in the CIA's secret campaign in Laos during the Vietnam war.

When in... Israel cont.

- Soldiers are everywhere. They are a fact of life in Israel (all Israeli men and women must do military service), and they are there for your protection.
- Israelis observe strict dietary laws. Observance of the kosher diet involves, among other things, never mixing meat and dairy, and avoiding shellfish and meat from an animal without cloven feet.
- You should always be acutely aware of and sensitive toward the religious sensibilities and customs. For example, the Shabbat (Sabbath) begins at sunset on Friday and is strictly observed until sunset on Saturday. Almost everything shuts down, including public transportation, shops, restaurants, and even El Al, the national airline. Avoid entering orthodox areas during this time.
- Taking photographs of orthodox Jews or Muslims may offend, and you should never snap a picture of the military or police.
- Driver's can't be relied on to stop at pedestrian crossing, and you may be shouted at for exercising your right to cross the road.
- Both males and females should cover their shoulders and legs before entering a place of worship.

January

01—Independence Day; Slovak Republic
02—Berchtold's Day; Switzerland
04—Independence Day; Burma
05—Dia de la Toma; Spain
06—Epiphany; International
07—St. John's Day; Bulgaria
08—Children's Day; Thailand
09—Day of Mourning; Panama
10—Traditional Day; Benin
11—National Unity Day; Nepal
12—Youth Day; India
13—St. Knut's Day; Sweden
14—Makar Sankranti; Hindu
15—Arbor Day; Jordan
16—National Day of Peace; El Salvador
17—Antonovden; Bulgaria
18—Revolution Day; Tunisia
20—Tu B'Shevat; Jewish
21—Errol Barrow Day; Barbados
25—Burn's Night; Scotland
26—Republic Day; India
27—Sainte Devote; Monaco
28—Democracy Day; Rwanda
31—Sadeh; Iran

February

01—St. Brigid's Day; Montserrat
02—Imbolc; Pagan
03—San Blaise; Paraguay
04—National Day; Sri Lanka
05—Constitution Day; Mexico
06—Waitangi Day; New Zealand
07—Independence Day; Grenada
08—Culture Day; Slovenia
09—Feast of St. Maron; Lebanon
10—St. Paul's Shipwreck; Malta
11—Foundation Day; Japan
12—Oruro Local Festival; Bolivia
14—Tifon Zarezan; Bulgaria
15—Prophet Mohammed's Birthday
16—Independence Day; Lithuania
18—Independence Day; Gambia
19—National Flag Day; Turkmenistan
21—Shaheed Day; Bangladesh
22—Abu Simbel Festival; Egypt
23—Republic Day; Guyana
24—Independence Day; Estonia
25—National Day; Kuwait
26—Intercalary Days; Baha'i
27—Independence Day; Dominican Republic
28—Andalusia Day; Spain



International Holidays and Celebrations

Language Lesson:



Say cheese!

Bulgarian	Zele! (cabbage)
Croatian	Ptičica
Czech	Vyletí ptáček!
Danish	Sig 'appelsin' (say orange)
Finnish	Sano muikku!
French	Souriez! (smile!)
German	Wo ist das Vögelchen? (where's the birdie?)
Greek	Pes tyri! (say cheese)
Hebrew	Tagid 'chiz' (say cheese)
Hungarian	Csíz (small bird)
Indonesian	Buncis! (green beans)
Spanish	Patata (potato—used in Spain)
Spanish	Diga 'whiskey' (say whiskey— used in Latin America)
Portuguese	Olha o passarinho (watch the birdie)
Romanian	Zâmbește! (smile)
Russian	Skazhi 'izyum!' (say raisins)
Swedish	Säg omelett! (say omelette)
Talossan	Ditz 'wisky'
Thai	Pepsi
Turkish	Gülümseyin (smile)

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Office of International Affairs staff:



Michelle Ensminger
Editor, Global Matters
Manager
International Affairs



Sonya Sherrod
Executive Administrative
Assistant

Visit our website at www.ttuhs.edu/cima