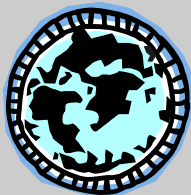




# Global Matters

The Center for International and Multicultural Affairs Newsletter Volume 14, November—December 2010

## CIMA Lectures on World Health



**12:00 Noon CST  
ACB 120**

- **Wednesday September 1**  
Desirae McKee MD  
[watch on line](#)
- **Wednesday September 15**  
Barbara Pence PhD & Chris Esperat RN, PhD  
[watch on line](#)
- **Wednesday October 6**  
Jennifer Roh SOM
- **Wednesday October 20**  
Michael Parsa MD
- **Wednesday November 17**  
Andres Pedroza  
Community Health Center of Lubbock
- **Wednesday December 1**  
Yolanda Flores  
Catholic Family Services

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)

## Student Photo Exhibit Awakens Local Communities



Friday evening, October 1<sup>st</sup>, students enrolled in Texas Tech University's Schools of Medicine and Nursing displayed photos taken during participation in study or service abroad

in an exhibit titled *Beyond Borders, Beyond Measure*.

The Louise Hopkins Underwood Center for the Arts Icehouse Gallery housed 25 inspirational photos taken in China, Honduras, Japan, Mexico, Nicaragua, Philippines, Portugal, Tibet, Spain, and Uganda. The exhibit was part of the First Friday Art Trail sponsored by Civic Lubbock, Inc., Visit Lubbock Inc., the Texas Commission on the Arts, National Endowment for the Arts, Helen Jones Foundation, and the CH Foundation.



The gallery enjoyed a steady flow of attendees from Lubbock and the surrounding communities from 6:00pm to 9:00pm, closing time. Student photographers and CIMA staff were on

hand to greet the art enthusiasts and share with them the humanitarian efforts performed by the students preparing for their futures at Texas Tech University Health Sciences Center. Many, who came to

see the snapshots of resource-poor communities, were touched by the vivid descriptions that accompanied the photos on display. Several of those who were moved by the exhibit, asked that we convey their gratitude to the students for their willingness to serve others less fortunate.



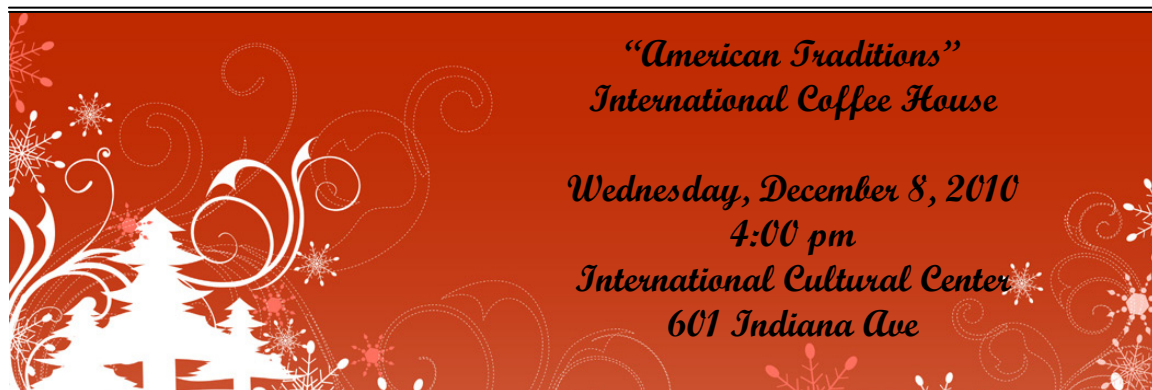
The purpose of the photo exhibit was two-fold: (1) The Center for International and Multicultural Affairs (CIMA) wanted to inform the community of the good works accomplished by

the dedicated students enrolled at TTUHSC, and (2) the students at TTUHSC wanted to demonstrate their resourcefulness by raising money to help other students participate in international programs and activities. Both CIMA and the students hope to not only make this an annual event, but also to involve students from all TTUHSC schools.

CIMA would like to acknowledge and thank all the students who submitted breathtaking photos and moving descriptions that impacted the local communities: Meredith Aikman, Katy Britten, Whitney Boyce, Emily Calasanz, Mohammed Hamzeh, Karen Luk, Craig Milner, Christine Pan, Kaiti Severson, Tracy Soledad, Meera Subash, and Brenda Watkins.



To see more images from the Beyond Borders, Beyond Measure photography exhibit visit the [CIMA website](#).



## “American Traditions”

### International Coffee House

Wednesday, December 8, 2010  
4:00 pm  
International Cultural Center  
601 Indiana Ave

## Available from the CIMA Library

The following resources are available for check-out:

### Book

***Pathologies of Power***  
by Paul Farmer

*Pathologies of Power* uses harrowing stories of life-and-death in extreme situations to interrogate our understanding of human rights. Paul Farmer, a physician and anthropologist with twenty years of experience working in Haiti, Peru, and Russia, argues that promoting the social and economic rights of the world's poor is the most important human rights struggle of our times. With passionate eyewitness accounts from the prisons of Russia and the beleaguered villages of Haiti and Chiapas, this book links the lived experiences of individual victims to a broader analysis of structural violence.

### Movie

#### ***Babies***

The babies in *Babies* are four newborns, photographed in their natural habitat in distinctly different parts of the world. Hattie is in San Francisco, Mari's in Tokyo, Baryarjargal lives out in the Mongolian steppes, and Ponijao is born amid the simple straw huts of Namibia. In the film we follow this quartet through their first year of life, a chronicle that director Thomas Balmes and producer Alain Chabat have likened to a nature documentary that happens to focus on humans.

To view a complete selection of books and movies available visit our website at [ttuhsc.edu/cima/library](http://ttuhsc.edu/cima/library)

## The Black Lion Project Part 1

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



Of the 130 million babies born each year around the world, approximately 4 million die in the first four weeks of life. A similar number of

babies are stillborn. Most neonatal deaths (99%) occur in low- and middle-income countries and about half occur at home. Within the first 24 hours of life, infant mortality is at its highest with  $\frac{3}{4}$  of the total deaths occurring in the first week of life. It is tragic that millions of newborns die every year, particularly when their deaths are preventable.

Approximately 75% of neonatal deaths could be avoided with simple, low cost tools that already exist. Estimates of the distribution of direct causes of death indicate that severe infection (26%), preterm birth (28%), perinatal asphyxia (23%), tetanus (7%), and diarrhea (3%) account for most neonatal deaths. Remaining cases are secondary to congenital anomalies and other causes. Poverty is the underlying cause of many neonatal deaths due to either the increased prevalence of risk factors such as maternal infection or reduced access to effective care.



In Ethiopia, about 120,000 babies die every year in the first four weeks of life. This accounts for 32% of all deaths in children younger than five

years of age in Ethiopia. The 2005 Ethiopian Demographic and Health Survey (DHS) indicated that primary causes of neonatal death are due to prematurity (17%), perinatal asphyxia (25%), sepsis (37%), tetanus (7%), diarrhea (3%), and congenital anomalies (4%).

I am a Neonatal Nurse Practitioner in Amarillo, Texas working with Baptist St. Anthony's Hospital full time and occasionally with Texas Tech University Health Science Center. Both units partici-



pate in Vermont-Oxford Network (VON), a Quality Improvement organization. We, along with over 800 NICU's, submit patient demographics, treatments and outcomes to the database, and in return, we are able to benchmark our outcomes on the most fragile of patients.



Two years ago, VON reached out to Ethiopia in what is called Global Neonatology. We have partnered with Addis Ababa University Medical School and the Tikur Anbessa Hospital (Black Lion Hospital) in The Black Lion Project to help improve the quality of medical care for newborn infants and their families in Ethiopia through training and research.

In order for improvements to develop, there must always be change; change is not necessarily always good. Therefore, it's important to focus on change that can be measured. A quote I learned from VON several years ago is 'every system is perfectly designed to get the results it gets'. If we are content with our outcomes, then we shouldn't change a thing. In order for infection rates at the Black Lion to improve, we must implement change.

VON has committed to sending four teams (consisting of two healthcare volunteers) per year to walk alongside our colleagues. I had the opportunity to travel and serve at the Black Lion for the last two summers. Each time I spent four weeks in the B6 unit working alongside the nurses, residents and attending staff.



The roles and responsibilities of a volunteer cover the areas of education, research and development, clinical and personal. Lectures and education are given over a variety of important topics including: bundles on sepsis, habits for change, hospital acquired infections, quality improvement, various respiratory diseases and treatments, hypoxic ischemic encephalopathy, fluid and electrolytes, nutrition, hyperbilirubinemia, resuscitation and stabilization.

Infection is responsible for an excessively high infant mortality rate at the Black Lion. We have placed much of our efforts in helping identify areas of systems processes in the clinical setting to improve infection rates. One of the easiest components, but the greatest challenge to implement, has been hand-washing. Water is not always available and sinks are not easily accessible.



## International Medicine Club Column

### The Importance of Improving Health in Developing Countries

by Ha Nguyen, School of Medicine, Class of 2013

A friend recently asked me why Texas Tech University Health Sciences Center has an International Medicine Club and does this organization care more about healthcare and civilians in other countries before our own? Shouldn't Americans provide healthcare to American citizens first and foremost before we provide healthcare to other countries' citizens? How can we fly thousands of miles overseas, spend millions of dollars of our taxpayers' money on other countries while we have people here in our very own cities needing the help and attention we are so generously donating to other places? Is it important to be involved with other countries' healthcare situations or should we seclude ourselves and focus only on improving our citizens' health first?

On December 10, 1948, the General assembly of the United Nations adopted and proclaimed the Universal Declaration of Human Rights, of which Article 25 states that "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing, and medical care and necessary social services. . . ." However, the majority of the population of the individual states of the United Nations do not have the privilege of exercising these rights. Even though their country signed a declaration stating that their people have "the right to a standard of living adequate for the health and well-being of himself and of his family," many people living in those nations, for example Nigeria and Rwanda, do not have access to this standard of health.

As the leading superpower of the world, should we, as Americans, intervene and offer our assistance to these other nations? Yes, we should. By being knowledgeable and involved with other countries' healthcare, we are wisely protecting our citizens and improving their healthcare as well. Many devastating and deadly diseases, such as West Nile, HIV, Avian Flu, and MRSA have traveled from other countries into the United States. By being active and aware of what diseases are currently inhabiting other countries and working to treat, contain, and eradicate those diseases, we are preventing them from spreading to our country in the process.

West Nile Virus was first found in the West Nile District of Uganda in 1937, but traveled to the West-

ern hemisphere in 1999 where encephalitis was reported in humans, dogs, cats, and horses. HIV is thought to have originated in southern Cameroon and traveled to America through AIDS Patient Zero, Gaetan Dugas, an air flight attendant who, while working for Air Canada, traveled to Africa and is believed to have brought HIV back to America. The H5N1 strain of the Avian flu, originally seen in Hong Kong in 1997, spread throughout Southeast Asia, and was considered to be a threat to the United States from 2004-2006. MRSA was originally found in Kettering, London in 1961 but is now seen in hospitals throughout the world, including the United States.

In a World Public Opinion survey, 64% of Americans think that the U.S. government should be making efforts to improve the health of other nations.

#### Improving Health in Developing Countries

As a general principle, what do you think about the US government making efforts to improve health for people in developing countries? Do you think:

The US should make such efforts

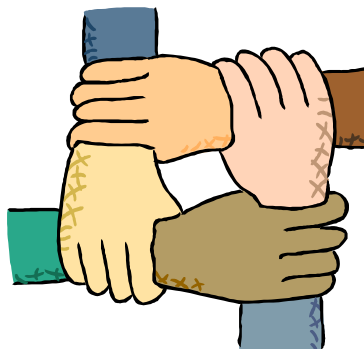


The US should not be involved in this kind of thing



WPO, 4/09

As one can see, through today's interconnected world of trade and travel, many diseases are spreading to the United States from other countries. A health crisis anywhere in the world could greatly impact America and threaten the health of our nation as well. Many Americans think we should provide healthcare assistance to foreign countries for altruistic reasons, but they also view healthcare issues as a global issue, an issue that is in everyone's best interest to resolve, whether it results in a domestic or international occurrence.



### Mark Your Calendar: the CIMA Film Series



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

**12:00 Noon  
CST**

**December Feature  
Film:**

Thursday  
December 2  
ACB 260 G

**Partners of the Heart**

A black genius  
A white surgeon  
A blue baby  
And a miracle

### Spring Dates

- Thursday  
January, 13  
ACB 250
- Thursday  
February 10  
ACB 250
- Thursday  
March 10  
ACB 250
- Thursday  
April 14  
ACB 250
- Thursday  
May 5  
ACB 250

Attendees are welcome to bring their own lunch.

**Free snacks will be provided!**

## The Fulbright Program

### Facts and Figures

- The Fulbright Program is an international educational exchange program sponsored by the Department of State.
- Grants available for U.S. citizens to go abroad and for non-U.S. citizens with no U.S. permanent residency to come to the U.S.
- Established by U.S. Congress in 1946 and named after then-Senator J. William Fulbright of Arkansas
- Approximately 300,000 "Fulbrighters" have participated in the Program since 1946.
- \$253.8-million budgeted in the 2010 fiscal year
- 1,564 students and 1,110 scholars went abroad during the 2009-10 academic year
- Countries sending the most Fulbright students to the U.S., 2010-11: Mexico (34), Colombia (72), Brazil (47), Chile (105), Russia (62), Germany (199), Ukraine (33), Spain (39), Turkey (50), Iraq (57), Afghanistan (34), Pakistan (130), India (34), Indonesia (68)
- Countries sending the most Fulbright scholars to the U.S., 2010-11: Mexico (10), Argentina (16), Russia (24), Norway (14), Belgium (10), Britain (11), France (14), Spain (34), Czech Republic (12), Ukraine (10), Turkey (11), Iraq (25), Pakistan (11), India (38), China (34), Japan (14), South Korea (14), Taiwan (20), New Zealand (12)

## Mission Work in Ecuador Energizes SOP Student



P2 Andrew Willner teaches the "Guns Up" sign to some friends in Ecuador.

Amarillo P2 Andrew Willner felt a bit fatigued after completing his first year of classes, so he found a unique way to rejuvenate: he joined a mission team and took a week-long trip to Ecuador.

"It was a good way to recharge and get excited about working in the field," Andrew said. "Pharmacy school can be exhausting and it was really nice to be able to interact with people who were so receptive and thankful for advice or even just a friendly smile or hug."

Andrew said he developed an interest in mission work during previous trips to Mexico and Florida.

"It's the best way to experience a country in ways a tour guide could never show you," he said. "We also feel we have been given talents and abilities that need to be shared with other people in an effort to help them improve their lives."

Andrew's mother, Suzanne, is a pediatric ICU and operating room nurse at Children's Medical Center in Dallas and she also signed up for the mission. They joined a contingent that traveled to a Quichua Indian mountain village about three hours from Quito, the Ecuadorian capital. The village is located at an elevation of 12,105 feet, so the temperatures were often cold, even though it was late June-early July.

Suzanne Willner said an 18-month old baby had died of dysentery the day before the mission team arrived and others in the village were also becoming sick.

"The intent of the trip was to work on a construction project to provide a bathroom for their government-

run day care center," she said. "However the villagers were very concerned about the child's death and the spread of dysentery, so we could tell no work was going to progress until we addressed this need for them."

She said it was immediately apparent why dysentery had become such an issue in the village. Farm animals were kept just outside the door of the daycare center and stagnant water had collected around the facility.

"The workers at the center were sweet and wonderful, but they had no facilities to wash their hands," Suzanne Willner said. "They also didn't know about the importance of proper hand hygiene between diaper changes."

The mission team put together a makeshift clinic and worked with a local pharmacist to purchase multiple doses of bactrim, amoxicillin and Vermox. The pharmacy also donated expectorant and other supplies required to treat maladies such as malnutrition, intestinal worms, sinus infections and cardiac defects.



Amarillo P2 Andrew Willner answers questions from two day-care workers during a week-long mission trip to Ecuador.

"We saw clubbing of the fingers and the bluest hands you've ever seen on a child upright and walking," Suzanne Willner recalled.

"One woman came to us with a severe case of acne

and contact dermatitis. Her face was covered with a scarf and only her eyes were showing. She was understandably embarrassed and had no social life, but after a day of antibiotics she came back with her scarf off and a huge smile on her face! It's amazing to see what a difference antibiotics make for these people since they've had little to no antibiotic treatments in the past."

Article originally appeared in *From the Dean's Desk*, August—September, 2010.

The Black Lion was already using a form of alcohol wash, although its accessibility and availability was limited. The efforts of the head nurse in obtaining multiple bottles of alcohol and glycerin hand wash, resulted in bottles being placed at each bedside. Furthermore, some residents began carrying individual bottles of their own. Compliance has gone from 5% to 60% within one year. Although compliance is not 100%, the staff has noticed a considerable improvement in infection rates.

Along with infection rates, other areas of clinical importance received close observation and atten-

tion. I will share these in the next issue of Global Matters.

**For more information about Ethiopia see Country Close Up on page 6. To contact Philip Platt, send correspondence to the following:**

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## Iraqi Delegation Visits West Texas



Members of the Iraqi delegation wait to tour the SimLife center

The United States Department of State (DOS), Bureau of Education and Cultural Affairs asked Texas Tech University (TTU) to host a delegation of high-ranking Iraqi government officials on October 4-5. The visit to TTU was intended to assist the Iraqi government with redevelopment of higher education and reconstruction of science, technology, and engineering capacity. All of these activities are critical to nation-building, stability, and success as a democratic country.

TTU was selected as a host institution because of their lengthy involvement with Iraq. Since 2003 TTU has developed multiple projects with Iraq. These activities put TTU in a unique position relative to U.S. policy goals for Iraq.



Members of the Iraqi delegation with Dr. Sharon Decker



Dr. George Henderson leads the tour of the SPAARC lab

During the visit the Iraqi delegation was seeking advice and information about the interrelationships among faculty, administration, and internal and extramural funding in the U.S. They were

particularly interested in learning about the infrastructure that is needed to support faculty research at major American universities. They also wanted to address questions about undergraduate and graduate research, funding sources for student research, and institutional expectations.

As part of the visit, the Iraqi delegation toured the TTUHSC facility. The tour included visits to the Academic Classroom Building, the new F. Marie Hall SimLife center, and multiple Graduate School of Biomedical Sciences labs.

The tour provided an opportunity for the delegation to observe how TTUHSC uses science and technology to enhance the education of its students. It also provided the delegation with an opportunity to view multiple concepts of research.

The visit of the Iraqi delegation to the TTU System provided an important opportunity to share our expertise on the international stage. It was also an opportunity for the TTU System to demonstrate its dedication to international outreach and research excellence on a world-wide stage.

In addition to visiting the TTU system, the Iraqi delegation visited Sandia National Laboratory in New Mexico and in Washington D.C. they met with the National Science Foundation, National Academies of Science, and the U.S. Civilian Research and Development Foundation.



A member of the delegation with Dr. Abdul Hamood and Dr. Guillermo Altenburg



The Iraqi delegation with Dr. Abdul Hamood and Peter Larsen, PhD of TTU

## International Flavor

### Malaysian Chicken Porridge

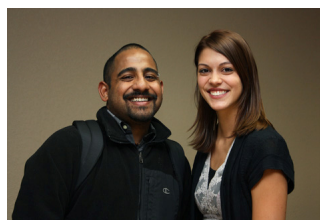
#### Ingredients:

- 1/2 cup jasmine rice, rinsed
- 5 cups water
- 1 chicken leg quarter
- 1 inch ginger julienned
- 2 stalks celery, sliced
- 1 carrot, sliced
- Salt
- White pepper (optional)
- 1 star anise (optional)
- 2-3 cardamom seeds (optional)
- 1 Tbl vegetable oil

#### Instructions:

- In a 3 quart saucepan, sauté the star anise and cardamom seeds in the vegetable oil over medium heat, until fragrant.
- Add the ginger and chicken and continue to stir. Turn the chicken leg quarter to cook thoroughly on both sides.
- Tear the chicken meat from the bone with a fork. Place the chicken meat in the pot and discard the bone.
- Add the jasmine rice, water, salt, and pepper, then bring to a boil.
- Turn the heat down and simmer for 30 minutes.
- Add the sliced celery and carrot. Stir occasionally. Continue to simmer for an additional 30 minutes.
- Serve hot with pickled leeks and salted eggs.

## Thanksgiving Coffee House



## When in... Poland

- Greet with a firm handshake and maintain good eye contact upon arrival and departure, and say, "Czesc" ("Hello") or "Do widzenia" ("Goodbye").
- Women and close friends greet each other with kisses. Older Polish men might kiss a woman's hand.
- First names are reserved for family and close friends. Otherwise, you should use the last name, preceded by Pan (for men) and Pani (for women, regardless of marital status). If you are invited to use first names, it is still common to use these prefixes.
- Tea is very popular in Poland. Some older Poles sip their tea through a sugar cube held between their front teeth.
- Polish vodka is world-famous, and Poles have a tendency to believe that no one can handle their vodka like they can. Beware of drinking too much—Polish hospitality will last much longer than your ability to stay upright.
- The most common toast is "Na zdrowie" ("Health"), but you may also hear "Stolat" ("100 years—long life").
- Keep your knife and fork in your right and left hands, respectively, at all times; don't put down your knife to eat with your fork in the United States style.

## Thanksgiving in Malaysia

Malaysia is situated in the central part of southeast Asia. The **Kadazan harvest** festival is Malaysia's version of Thanksgiving. It is celebrated every year in the month of May to thank their favorite Rice God for the bountiful harvest.

The festival is locally known as "**Tadau ka'amatan**". Tapai, a homemade rice wine, is distributed generously among the locals who wear their traditional costumes to mark the festival. Carnivals are an important feature during the festival.

The locals believe 'Without Rice' there is no life. Malaysians revere Bambaazon—the overall creator and thus revere his spirit in the rice plant and cooked rice. Tadau ka'amatan is a time for activities, cultural programs and agricultural shows, buffalo races, and traditional games.

The following is a Malaysian recipe to add a bit of culture to your traditional Thanksgiving feast.

### Malaysian Coconut Candy

1 lb grated white coconut  
2 1/2 cups granulated sugar  
3/4 cup evaporated milk  
1/4 tsp salt  
4 tbsp butter  
1/2 tsp rose essence

Red food coloring

Line a 9" tray with aluminum foil and grease the foil. Put the coconut, sugar, salt, and evaporated milk in a large microwave safe bowl and microwave on high for 15 minutes, stirring every 5 minutes. Cook until mixture thickens. Cooking time is only an estimate as wattage of microwaves differ.

Add in butter and continue to cook 1 or 2 minutes at a time, stirring occasionally. When the mixture is really thick, quickly add rose essence and coloring.

The candy is ready when the mixture pulls from the sides of the bowl, almost like a lump. Also, the mixture will lose some of its shine, almost going matte. To test for doneness, roll a small piece into a ball, and put the ball into a glass of water. If the ball does not disintegrate, it is done.

Working quickly, pour the hot mixture onto the greased tin and flatten top with the back of a clean rubber spatula. Let cool ten minutes and cut into squares with a pizza cutter. Let cool completely. Lift the aluminum foil from the tray and using a sharp knife, cut the edges where the pizza cutter could not reach. Break off the squares and serve or store in an air tight container.

An additional Malaysian recipe (Chicken Porridge) can be found on page 5.

## Country Close-up\*

\*every issue CIMA will select another country to feature

Written by Phillip L. Platt, RNC, NNP-BC

### The Federal Democratic Republic of Ethiopia

Ethiopia is located in the Horn of Africa and is bordered by Eritrea, Djibouti, Somalia, Kenya and Sudan. The land area is about the size of Texas, Oklahoma, & New Mexico combined. The terrain is very diverse with lowlands in the South, central plateaus ranging in elevation from 6,000-10,000 feet, and mountainous peaks up to 15,158 feet in the North. The climate is temperate on the plateau and hot in the lowlands. In the capital city of Addis Ababa, which ranges from 7,000-8,500 feet, the temperature ranges from 40 degrees F to 80 degrees F. The weather is usually sunny and dry with a small rains occurring in February-April and the big rains beginning in mid-June and ending in mid-September.

Ethiopia's population is highly diverse with most people speaking a Semitic or Cushitic language. The Oromo, Amhara, and Tigreans make up more than three-fourths of the population, but there are more than 77 different ethnic groups with their own distinct languages within Ethiopia. English is

the most widely spoken foreign language and is taught in all secondary schools. Amharic is the official language and was the language of primary school instruction but has been replaced in many areas by local languages such as Oromifa and Tigrinya.

The Ethiopian economy is based on agriculture, which contributes 46% to GNP and more than 80% of exports, and employs 85% of the population. The major agricultural export crop is coffee, providing approximately 35% of Ethiopia's foreign exchange earnings. Other traditional major agricultural exports are hides and skins, pulses,

oilseeds, and the traditional "khat," a leafy shrub that has psychotropic qualities when chewed. Sugar and gold production has also become important in recent years. Ethiopia's agriculture is plagued by periodic drought, soil degradation caused by inappropriate agricultural practices and overgrazing, deforestation, high population density, undeveloped water resources, and poor transport infrastructure. These problems make it difficult and expensive to get goods to market. Agriculture is the country's most promising resource.





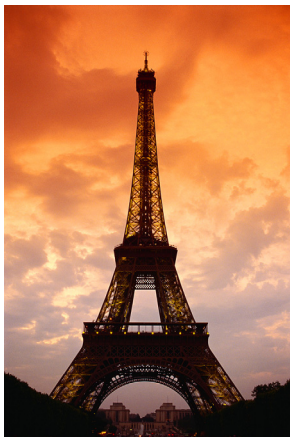
## Around the World: in the news & on the web

- [50 Years Later: Personal and National Lessons from the Peace Corp](#)  
Fifty years ago, presidential candidate John F. Kennedy, in now-famous remarks, challenged students at the University of Michigan to serve their country by volunteering a year or two abroad in the service of developing nations.
- [Cooking With the Grand Dame of Mexican Cuisine](#)  
Diana Kennedy is often referred to as the Julia Child of Mexico, and with good reason.
- [Ernest Madu on World-Class Health Care](#)  
Dr. Ernest Madu runs the Heart Institute of the Caribbean in Kingston, Jamaica, where he proves that—with careful design, smart technical choices, and a true desire to serve—it's possible to offer world-class healthcare in the developing world.
- [In Afghanistan, Midwives 'Are Like Guardian Angels for Infants and Mothers'](#)  
Midwife Farangis Sultani tells the story of a woman who was in a great deal of pain last winter.
- [Nina Jablonski Breaks the Illusion of Skin Color](#)  
Nina Jablonski says that differing skin colors are simply our bodies' adaptation to varied climates and levels of UV exposure.
- [Rare Photos Reveal Tibet 100 Years Ago](#)  
Part of Tibet's unseen history is coming into light, with an auction in London of photographs taken more than a century ago, during the 1903 British mission to Tibet.
- [Gaza Strip: MSF Opens a New Surgical Program](#)  
With a new surgical program in Gaza, MSF and local authorities are trying to reduce the time patients spend waiting for the surgeries they need.
- [Chile Miner Edison Pena Completes New York City Marathon](#)  
Edison Pena, the Chilean miner who famously jogged underground while awaiting rescue, has completed the New York City Marathon.
- [Fulbright Puts Money Where Problems Are](#)  
The U.S. State Department wants its premier fellowship program to help develop creative responses to problems as serious as climate change and pandemics.
- [My Arab Problem](#)  
This past August, I briefly occupied a small corner of the culture wars, and I felt like a fish in a fishbowl.
- [River of Life—Congo Odyssey](#)  
The nearly 3,000-mile Congo River is the backbone of one of Africa's poorest and most conflict-ridden countries. It supplies food and livelihood for the people of the DRC, and the way of life along the water route in many ways mirrors Congo's checkered fortunes.

## European Travel Alert

In early October, the Department of State (DOS) issued a travel alert for Europe. According to the alert, the DOS wishes to advise U.S. citizens of "the potential for terrorist attacks in Europe." The purpose of the alert is not to dissuade U.S. citizens from traveling to Europe but to remind travelers to "take every precaution to be aware of their surroundings and to adopt appropriate safety measures to protect themselves when traveling."

It is important to note that a travel alert is *not* a travel warning. A travel warning is much more serious and is "issued when long-term, protracted conditions that make a country dangerous or unstable



lead the State Department to recommend that Americans avoid or consider the risk of travel to that country."

The DOS suggests that when visiting Europe, travelers should remain watchful and aware (especially when using public transportation systems and visiting tourist attractions) and to register travel plans with the DOS.

Caroline Costello, in a recent article for [IndependentTraveler.com](#), offered the following suggestion: "When I'm standing in line at a popular international attraction, wedged into a plane seat or holding on to the ceiling bar on a crowded European bus, I'm continually conscious of two things: the location of my valuables (particularly my passport and wallet), and who and what is around me. I keep my eyes open."

- [Department of State Travel Alert for Europe](#)
- [Department of State Travel Warnings](#)
- [Register your trip abroad with the Department of State](#)

## When in... Poland cont.

- Before a meal, especially when dining at someone's home, you should say "Smaczno," or "bon appétit," before beginning to eat. After the meal, thank your host for the food and the other guests for dining with you by saying "Dziękuję" ("thank you") or "Dziękuję bardzo" ("thank you very much").
- Poles don't talk much while eating, but it is customary to stay at the table and chat after the meal is finished.
- Lining up doesn't happen in Poland! It's a free-for-all.
- Bathrooms are often marked with an upside-down triangle for men and a circle for women.
- In general, you should remove your shoes before entering a Polish home.
- If you are invited to dinner at a Polish home, arrive on time and bring an odd number of flowers or a modest gift for the hostess.
- Service is not included in a restaurant bill. Tip 10 percent or round up the amount. However, when the waiter collects your money, if you thank him by saying "Dziękuję", it actually means "Keep the change". It can be very awkward to get your money back if you say this unintentionally.

taken from **Behave Yourself!** by Michael Powell

# International Holidays and Celebrations



## November

01—Revolution Day; Algeria  
02—Día de los Muertos; Mexico  
03—Bunka-no-Hi; Japan  
04—Flag Day; Panama  
05—Guy Fawkes Night; United Kingdom  
06—Constitution Day; Dominican Republic  
07—New Era Day; Tunisia  
08—Queen's Birthday; Nepal  
09—Berlin Wall Opening Day; Germany  
10—Militsiya Day; Russia  
11—Independence Day; Poland  
14—Children's Day; India  
15—Proclamation of the Republic; Brazil  
16—Hari Raya Haji; Singapore  
17—Day of National Revival; Azerbaijan  
18—Fete de l'Independence; Morocco  
19—Liberation Day; Mali  
20—Día de la Revolución; Mexico  
21—Saint Archangel Michailo; Serbia  
22—Independence Day; Lebanon  
25—International Day for the Elimination of Violence Against Women; International  
26—Proclamation Day; Mongolia  
28—Independence Day; Albania  
29—W.V.S. Tubman's Birthday; Liberia  
30—Independence Day; Barbados

## December

01—Restoration Day; Macau  
02—Hanukkah; Israel  
03—International Day of Persons with Disabilities  
05—Sinterklaas; Netherlands  
06—Constitution Day; Spain  
07—St. Ambrose Day; Italy  
08—Battle of the Falklands Day; Falkland Islands  
09—Independence Day; Tanzania  
10—Human Rights Day; U.N.  
12—Jamhuri Day; Kenya  
13—Luciadagen; Sweden  
15—Kingdom Day; St. Martin  
16—Bijoy Dibash; Bangladesh  
17—National Day; Bhutan  
18—Republic Day; Niger  
19—St. Nicholas Day; Ukraine  
20—Day of Mourning; Panama  
21—Solstice; International  
23—Suez Victory Day; Egypt  
24—Independence Day; Libya  
25—Constitution Day; Taiwan  
26—Boxing Day; International  
27—Proclamation Day; Australia  
28—Holy Innocents' Day; Mexico  
30—Republic Day; Madagascar  
31—Hogmanay; Scotland

## Language Lesson: Welcome



Albanian  
Basque  
Chamorro  
Danish  
Ewe  
French  
German  
Hungarian  
Indonesian  
Italian  
Javanese  
Latin  
Manx  
Norwegian  
Occitan  
Portuguese  
Romanian  
Samoan  
Spanish  
Tagalog  
Uzbek  
Walloon  
Zulu

**Mirë se vjen**  
**Ongi etorri**  
**Bien binidu**  
**Velkommen**  
**Woezor**  
**Bienvenue**  
**Willkommen**  
**Üdvözlet**  
**Selamat datang**  
**Benvenuto**  
**Sugeng rawuh**  
**Salve**  
**Faillt royd**  
**Velkommen**  
**Benvengut!**  
**Bem-vindo**  
**Bun venit**  
**Afio mai**  
**Bienvenido**  
**Maligayang pagdating**  
**Xush kelibsiz**  
**Benvnuwe**  
**Ngiyakwemukela**

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