



# Global Matters

The newsletter of the Office of International Affairs

Volume 16, March—April 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
- Tuesday  
April 5  
John Thomas, MD  
Operation Hope
- Wednesday  
April 6  
Doula staff  
UMC
- Wednesday  
April 13  
Chinese Medicine  
panel
- Wednesday  
April 20  
Meredith Aikman  
School of Nursing
- Wednesday  
May 4  
Nicole Hines, RN  
Employee Health &  
Infection Control

## Saving Our Sisters in the Congo

by Harjot Singh, School of Medicine,  
Class of 2013



Every day 1,000 women are raped in the Democratic Republic of Congo (DRC), formerly known as Zaire. Rape is used as a weapon of war

in a longstanding conflict in the Congo, fueled in part by the rich supplies of precious metals and minerals inherent to the country. The conflict stems from deep-seated issues between 2 ethnic groups that began in Rwanda and spilled over the eastern border of the Congo. Despite peace agreements, the conflict continues as the Congolese government has not been able to overcome the rebels of the Forces Democratiques de Liberation du Rwanda (FDLR). The conflict between the 2 groups manifests itself in the mass raping and killing of civilians.

In 2006, Lisa Shannon, a Portland native and businesswoman, was oblivious to the events taking place in the Congo until she tuned in to Oprah one afternoon. The episode featured a spokesperson from Women for Women International, an organization that provides resources for women affected by war, civil strife or other conflict, who detailed the events taking place in the Congo.

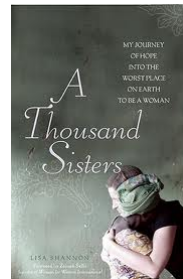
Moved by her newfound knowledge of such atrocities and violence inflicted upon women of the Congo, Ms. Shannon immediately signed up to support a woman through the Women for Women sponsorship program. She also began to research the conflict in the Congo, but to her surprise, found very little, if anything, on the topic. Baffled by the fact that nobody was talking about it – a war that had killed more than 5 million people, a war that had ravaged an entire country, a war that still has no end in sight – Shannon decided to become a voice for Congolese women.



She began by simply talking to her friends and fam-

ily about the events unfolding in the Congo and urged others to sponsor a woman. She collected what little she could find in the news media about the conflict. She contacted politicians and journalists to inquire about the lack of action and lack of attention the precarious situation in the Congo had received.

Angered by the indifference of journalists and unwilling to accept excuses that the US can only handle “one African conflict at a time,” Ms. Shannon decided that she had to do something – anything – to help Congolese women victimized by the war. She concluded that doing nothing was the same as siding with the militia of the FDLR, the same as sending a message that the lives of Congolese women were not worth her time.



She set a lofty goal of raising one million dollars to benefit Congolese women and vowed to train for a 30-mile run, despite the fact that she was not an avid runner by any means. She reached out to family and friends and began to fund-raise. Her first run raised over \$27,000, enough to sponsor 80 women for a year. She later traveled to the Congo to meet her “sisters” who were sponsored through Women for Women and other women affected by conflict in Eastern DRC.

Upon her return, she recounted the stories of the Congolese women and hopes to inspire others and raise awareness with her book, *A Thousand Sisters: My Journey into the Worst Place on Earth to be a Woman*. What began as a 30-mile run with a sole runner has since turned into a national grassroots movement. Shannon’s Run for Congo Women charity events takes place throughout the US and raises awareness of the atrocities executed in the Congo as well as efforts to support women wounded by the violence.

To date, Run for Congo Women has raised more than \$700,000. Ms. Shannon has been featured in the New York Times and has been named one of the most influential women of 2010 by Oprah’s *O Magazine*. She has also been instrumental in the passage of anti-conflict mineral legislation that urges technology companies to obtain minerals through



## Available from the OIA Library

The following resources are available for check-out:

### Book

#### ***A Thousand Sisters: My Journey into the Worst Place on Earth to be a Woman***

by Lisa Shannon

In this book, author Lisa Shannon details how she left her comfortable life in Portland, OR, to aid women in the Democratic Republic of Congo suffering abuse and death in what has been termed Africa's First World War. Shannon's painful first-hand accounts of the violence inflicted upon Congolese women will hold any reader's attention. This book provides a much-needed view of how one inspired American woman can act with hope, drive, and courage to aid women in a part of the world too often overlooked.

### Movie

#### ***The Devil's Miner***

This film is an astonishing portrait of two young brothers who work deep inside the silver mines of Cerro Rico, Bolivia. Raised without a father and living on the slopes of the mine, the brothers must work the mines when they are not in school to help support their family and afford supplies vital to their education. In the mines it is an ancient belief that the Devil determines the fate of those who enter, and the brothers must place their faith in the mountain devil's generosity.

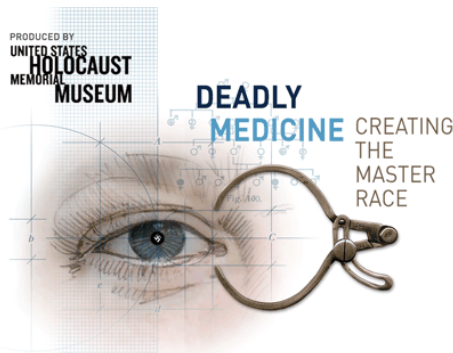
To view a complete selection of books and movies available, visit our website at [ttuhsc.edu/cima/library](http://ttuhsc.edu/cima/library)

## Who Are the Victims of Deadly Medicine?

Thought provoking vastly understates the *Deadly Medicine – Creating the Master Race* exhibit at the Texas Tech Museum. This exhibit will undoubtedly challenge you to re-visit and possibly reconstruct your philosophies regarding humanity, individual autonomy, government, and economics. *Deadly Medicine* is an alarming education on eugenics, the science of improving the genetic composition of the human race.

While we most often associate eugenics with Hitler's Nazi Party, this exhibit exposes the international participation in the practice of eugenics, including that of the US.

After World War I, many nations struggled under economic challenges. Weighing the cost of caring for patients institutionalized with long term infirmities against that of sending healthy young men to the battlefields to die provoked a political reform movement to promote the practice of this new science. Eugenics involves not only the overt extermination of races but also includes the promotion of birth control and sterilization of populations judged to be



inferior. The uncertainty lies therein, who will make those determinations of inferiority?

Thirty states adopted sterilization laws in the forty years prior to World War II. Legislators were lobbied to pass laws permitting the involuntary sterilization of epileptics, the "feebleminded," and "hereditary defectives." In 1927, in *Buck v. Bell*, the US Supreme Court upheld a Virginia law that allowed the sterilization of the "feebleminded." In their decision, Supreme Court Justice Oliver Wendell Holmes, Jr. wrote:

*We have seen more than once that the public welfare may call upon the best citizens for their lives. It would be strange if it could not call upon those who already sap the strength of the State for these lesser sacrifices, often not felt to be such by those concerned, in order to prevent our being swamped with*

*incompetence. It is better for all the world, if instead of waiting to execute degenerate offspring for crime, or to let them starve for their imbecility, society can prevent those who are manifestly unfit from continuing their kind. The principle that sustains compulsory vaccination is broad enough to cover cutting the Fallopian tubes. *Jacobson v. Massachusetts*, 197 U.S. 11. Three generations of imbeciles are enough.*

Continued at the top of page 6.

## Babies

### A movie review by Meera Subash

*Babies* is a one-of-a-kind documentary.

While chronicling the birth and first months of life of four babies from around the world, the creators and producers are able to captivate audiences through pure visual charm and musical amusement. There are very few words spoken in this film---to the benefit of the viewers. Without the added layer of complexity that dialogue brings, viewers can focus on the true heart of this film—the babies and their interactions with their social and natural environments.

We are introduced to Ponijao from Namibia, Mari from Tokyo, Bayar from Mongolia, and Hattie from San Francisco before they are even born. The directors spotlight the remaining days of pregnancy for each baby's mother and showcase the different birthing rituals that take place from the northern expanses of Mongolia to more technologically dependent nations like Japan.



As each baby enters the world, we are entertained by the curiosity they bring as they interact with their new surroundings. Ponijao experiences the chain of command under his older siblings in the Namibian savannah. Mari's jaunts around busy downtown Tokyo leads her to story time with other Japanese infants atop a skyscraper. Bayar in Mongolia befriends the goats and cattle inhabiting his parents' land. And Hattie enjoys the sunlight of Northern California with her parents.

*Babies* does an excellent job of recording each babies' different experiences, but it does an even better job of revealing the universal similarities of infancy and childhood. Whether interacting with mother for the first time, breastfeeding, playing with siblings, learning to share, or taking first steps (which is how the film ends), viewers

will appreciate precious milestones of the life cycle that unite the human race, regardless of one's birthplace.

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

## International Medicine Club Column

### The Challenge for Clean Water

by Simi Abraham, School of Medicine, Class of 2013

It is a sobering statistic: according to the United Nations' Children's Fund (UNICEF), 884 million people in the world do not have access to safe drinking water. The quality of drinking water is an important factor in a person's health. The medical journal, *Public Library of Science Medicine*, recently stated that poor sanitation and hygiene, in addition to unsafe drinking water, lead to the deaths of more than two million children annually. These basic needs should be addressed with greater intensity on the global stage.

The World Health Organization (WHO) has several projects, including Water Sanitation Health (WSH), which oversees causes of disease and quality of drinking water worldwide. Diarrhea is just one of the results of poor quality drinking water and sanitation. Unsafe levels of arsenic and fluoride in drinking water can lead to cancer and bone diseases. Micro-organisms which live in unsafe drinking water can cause diseases such as cholera and schistosomiasis.

I have personally seen how these issues can affect families. I recently had the opportunity to participate



in a mission trip to Honduras. I worked with a pediatrician to examine sick children. I was amazed that the majority of the children we examined suffered from gastrointestinal problems, particularly diarrhea. Because the children in the villages have no other option, they drink contaminated water. It was difficult to provide treatment for children who, having no access to safe drinking water, will continue to suffer.

It is disheartening that these diseases are preventable with education and proper equipment. Learning good hygiene, such as hand washing, can greatly lower one's chances of contracting an illness. Access to toilets can also prevent fecal contamination of the water supply. Pumps or wells that provide clean drinking water would be beneficial in helping people, especially the children, ward off illness.

Although there are many groups involved in providing clean drinking water and education, there is a sense of urgency to do more. Aggressive steps need to be taken to better target aid money for safe and clean drinking water and sanitation. As the world population continues to grow, we need to find ways to keep children healthy right from the start. My desire to continue working with children motivates me to do what is necessary to provide access to clean drinking water worldwide.

To read more about WHO's Water Sanitation Health project, visit their [web site](#).



presented by the TTUHSC School of Medicine  
International Medicine Club

Tuesday, April 19, 2011  
6:00 - 8:00pm  
International Cultural Center  
Hall of Nations  
601 Indiana Ave.

Tickets: \$7

Speaker:  
Randy Weddle  
Interim CEO of International Red Cross

Purchase tickets outside the TTUHSC cafeteria, 12-1 pm, April 11th-19th  
All proceeds go to Breedlove Food Inc.

### 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 April 14
- Thursday May 5
- Thursday June 2
- Thursday July 7
- Thursday August 4

**April  
feature film:**

*Gray Matter*

*Gray Matter* chronicles filmmaker Joe Berlinger's journey to Vienna to witness the burial of the preserved brains of over 700 handicapped children, victims of a "euthanasia" clinic established as part of the Nazi eugenics program.

Attendees are welcome to bring their own lunch.

**Free snacks will be provided!**

**New Non-Immigrant Student Check-ins at TTU / TUHSC Spring 2011**



Undergraduate Students: 52 (93% increase)

Graduate Students: 75 (24% decrease)

Total checked in: 127 (includes 12 exchange students)

Countries Represented: 38

Major Countries of Origin:

- India (32)
- China (11)
- Norway (8)
- Nepal (7)
- Saudi Arabia (7)
- Vietnam (5)
- Colombia (4)
- Iran (4)
- Nigeria (4)

*New non-immigrant check in numbers include students at both TTU and TTUHSC.*

*Information provided by TTU Office of International Affairs 1/28/2011*

## International Women's Day Celebrates Its 100th Birthday

by Shamini Parameswaran, School of Medicine, Class of 2014

March 8<sup>th</sup> marked the 100<sup>th</sup> anniversary of International Women's Day (IWD), a glorious day honoring women around the globe. It all started in 1911 when the first IWD was recognized. The turn of the 20<sup>th</sup> century ushered in the Industrial Revolution and with it, innovative opportunities to exploit women. The feminine community, having consistently paid the price of inequality, began to speak out in protest. Women no longer wanted their voices to go unheard. Clara Zetkin, a renowned German Socialist, suggested at the first international women's conference in Copenhagen in 1910 that women have a day of their own to be recognized for their efforts and hardships. A year later on March 19<sup>th</sup>, many countries, such as Austria, Denmark and Germany, reserved this day for celebrating the accomplishments of women worldwide. Women within these countries began to protest sex discrimination in employment, as well as in the political arena. The world was in for a great surprise as women gained the strength to stand up to their male counterparts.

In 2011, women continue to stand. Barack Obama acknowledged the progress of women in the U.S. and stated that women should continue to be honored for their struggle and accomplishments. In the United Kingdom, women are served pancakes all day on March 8<sup>th</sup> (traditionally known as Pancake Day). In other countries, the occasion is seen as a day for men to express their love for women (similar to Valentine's Day). No matter how it is celebrated, women worldwide continue to be remembered with the utmost respect, as originally proposed for the first International Women's Day. As designated by the United Nations in 1977, the purpose of IWD is to increase awareness of the social and political struggles of women.

Women's struggles were also heralded here at home, at the International Cultural Center (ICC). The film *A Powerful Noise* was screened at the ICC to raise awareness of three female leaders who are trying to change the world one woman at a time.

*A Powerful Noise* is an incredible documentary. Three women, with different stories and from different countries, are connected by a common desire

to empower women. Hanh, of Vietnam, is an AIDS patient. Though her body wages a daily battle with the disease, Hanh decides to look beyond her condition and fight the war in her homeland: the injustices impacting women infected with HIV. Madame Urbaine, who lives in Mali, one of the poorest countries of the world, doesn't allow the burden of economic distress to discourage her from helping financially distraught women. She stops at nothing until every woman or child she comes into contact with is educated or helped in whatever way they need to be helped. And finally, there is Nada, a woman living among the devastation of a brutal war that split her homeland and took the life she once knew. She binds women together based on their strengths and skills without regard to their ethnicities. All three of these women established important organizations within their countries, impacting and changing lives in ways unimaginable.



The women recognized in *A Powerful Noise* help to remind each and every one of us that no matter what battles or wars we may have to face on a daily basis, they are nothing compared to what is going on in the world outside. And when we learn to focus on the bigger picture, those bigger battles and do something about them, what once used to bother us no longer does. These three women refused to sit around and do nothing; and now, thanks to them, a girl who was once ostracized for having HIV can go back to school, and a woman whose baby was burned by the woman's employer, received retribution and saw her employer go to jail. And finally, women

who needed to support their families are able to work together to produce and sell their crops, with the support of one of these great female leaders.

Gandhi once said, "Be the change you wish to see in this world," and these women exemplify his statement. International Women's Day is not only an opportunity to thank them, but to thank each and every woman out there, whether mother or sister, friend or aunt, teacher or mentor. We take this opportunity to thank women for the impact they have on so many lives. Most of all, we thank them for holding onto hope, even amidst some of the darkest times in history.

To learn more about International Women's Day, visit the [International Women's Day website](#) or the [UN's International Women's Day web page](#).

To learn more about the film *A Powerful Noise*, visit the [film's website](#). You can also [watch the film on Hulu](#).

## “Don’t Mind, It’s Holi!”

Holi, also known as a festival of color, is a Hindu festival celebrated annually to commemorate the arrival of spring. It is celebrated on the last full moon of the lunar month Phalgun, which usually falls in February or March. During Holi, participants attend bonfires, cover friends and family with colored powders and water, and enjoy a time of peace, merriment, and the shedding of inhibitions.

Holi is celebrated over the course of two days. On the first evening of Holi (the night of the full moon), public bonfires and gatherings are held. An effigy of Holika is burnt to



represent the victory of good over evil. Holika was the aunt of Prahlada, a devotee of Lord Vishnu. Prahlada’s father, Hiranyakashipu, made several attempts on his son’s life. During one attempt, Prahlada is protected by Lord Vishnu, but his aunt, Holika, also a part of the plot against Prahlada, is burnt to death.

On the following day the festivities continue, including the central ritual of Holi—throwing colored powders on family and friends. The colored powders symbolize the beautiful vibrant colors of spring. Because this type of behavior could be considered offensive at other times, during Holi you will often hear people exclaim, “Don’t mind, it’s Holi!” (Hindi = *Bura na mano, Holi hai.*)

The colored powders, called *gulal*, were originally made from bright red and deep orange flowers. The followers were collected, spread out on mats to dry in the sun, then ground to fine dust, creating a natural colored talc.



Holi is mainly celebrated in India, Nepal and Sri Lanka. As with other Hindu festivals, Holi is a communal celebration whose rituals are intended to strengthen bonds

between and within families and communities. Regardless of social status, age, gender, or professional standing, the entire community participates in the Holi rituals. The colors equalize all, and for a moment the social hierarchy is non-existent.

Holi is perhaps the second most important celebration of the Hindu culture (second only to Diwali). Despite its significance, it is generally considered to be the least religious festival in the Hindu calendar.



It is more of an agricultural holiday than a holy day. It is widely loved possibly because it is a time when the strict social norms are loosened and a bridge across social divisions is temporarily constructed. The holiday is a boisterous occasion for all people, regardless of gender, age, wealth, or caste, to enjoy the festivities taking place in the temples and streets.

## International Flavor

### Pierogi recipe provided by Celeste Kulinski, Director, Business Services

#### Ingredients:

- 2 cups flour
- 2 egg yolks
- 1 cup (8 oz) sour cream
- Pinch of salt

#### Instructions:

- Mix yolks and sour cream.
- Add to flour and salt, cutting it in with a pastry blender.
- Knead dough on lightly floured board until smooth. Break dough into 26-28 walnut-size balls.
- Roll out each ball into a circle, place filling to one side of each circle, dampen the edge of 1/2 circle, fold over and seal.
- Drop into boiling water—count cooking time after water returns to boiling (about 5 minutes).
- Pierogi will float to the top when done. Remove with a perforated spoon.
- Serve plain or drizzle with melted butter or brown in pan with butter.

#### Kraut Filling:

- Drain large can of kraut (rinse kraut lightly if you desire a less sour kraut).
- Chop kraut.
- Melt 1/2 stick of butter or margarine in a frying pan with diced onions (optional).
- Add kraut and pepper to taste. Fry for about 1/2 hour. Cool before filling pierogi.

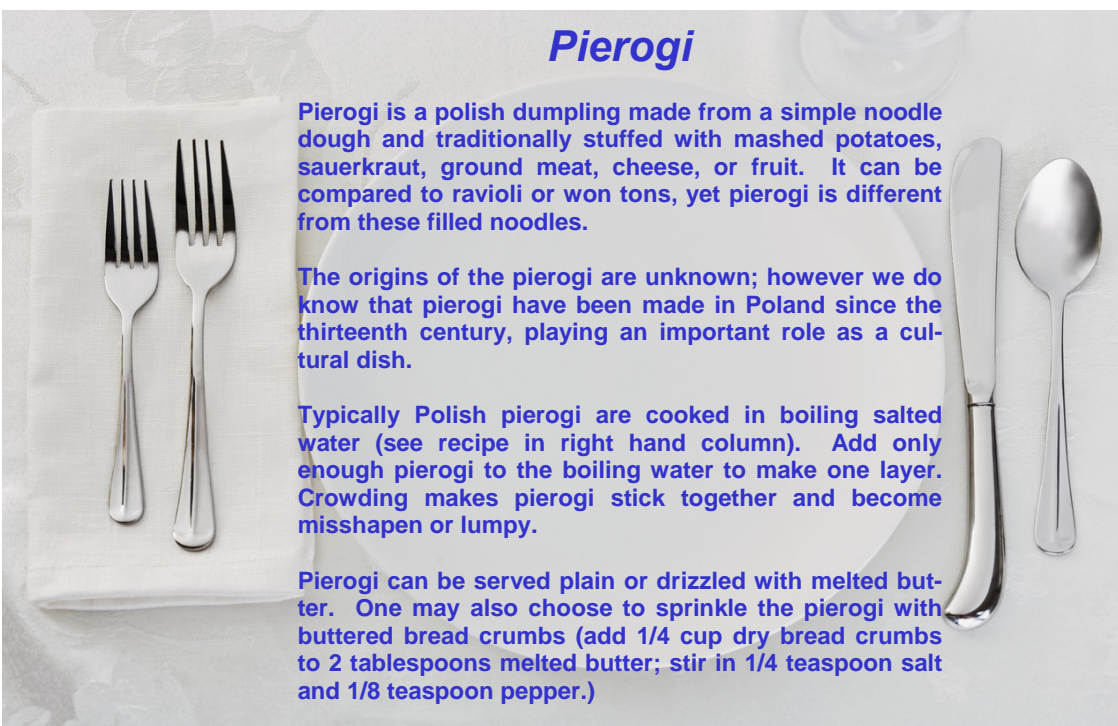
## Pierogi

Pierogi is a polish dumpling made from a simple noodle dough and traditionally stuffed with mashed potatoes, sauerkraut, ground meat, cheese, or fruit. It can be compared to ravioli or wontons, yet pierogi is different from these filled noodles.

The origins of the pierogi are unknown; however we do know that pierogi have been made in Poland since the thirteenth century, playing an important role as a cultural dish.

Typically Polish pierogi are cooked in boiling salted water (see recipe in right hand column). Add only enough pierogi to the boiling water to make one layer. Crowding makes pierogi stick together and become misshapen or lumpy.

Pierogi can be served plain or drizzled with melted butter. One may also choose to sprinkle the pierogi with buttered bread crumbs (add 1/4 cup dry bread crumbs to 2 tablespoons melted butter; stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.)



## When in... Belgium

- Shake hands when greeting and departing. Greet every member of a group individually with a handshake.
- Belgians reserve *les trois bises* (three air cheek kisses, alternating right, left, right) for those they know well. Don't presume to initiate this greeting, but be prepared to reciprocate if someone offers his or her cheek.
- Belgium is composed of three linguistic groups and 10 provinces. The north (Flanders) is Flemish (Dutch)-speaking; the south (Wallonia) is French-speaking; and there is also a small German-speaking enclave in the east. Always be aware of whom you are addressing and to which group they belong. However, don't highlight this linguistic and cultural diversity, as it can be an uneasy subject.
- The Belgian culture is very diverse and often difficult for an outsider to define in simple terms. Try to open yourself to the subtleties of this highly individualistic and pragmatic society.
- Use *Monsieur, Madame, or Mademoiselle* for French-speakers, or *Meeneer, Mevrouw, or Juffrouw* for Flemish-speakers, to mean Mr., Mrs., or Miss.
- No slouching or hanging loose, and do not put your hands in your pockets.

## Who Are the Victims of Deadly Medicine cont.

Political support for forced sterilization in the US was limited; Catholics opposed interference in reproduction and liberals opposed the trampling of individual rights. Sterilization of the mentally impaired continued in some states into the 1970s. Approximately 60,000 of the US population were victims of forced sterilization.

To read the US Supreme Court Decision *Buck v. Bell* in its entirety, go to: <http://www.eugenicsarchive.org/html/eugenics/static/images/260.html>

*Deadly Medicine: Creating the Master Race* was produced by the United States Holocaust Memorial Museum in Washington, D.C. To learn more about the exhibit, visit the Texas Tech Museum

[website](#) or read the [press release](#). Please be aware that this exhibition presents sensitive material and that the exhibition is not intended for persons under the age of 13. We encourage adults to preview the exhibition so that they are knowledgeable of the exhibition's content before entering it with visitors who may be emotionally affected.

Visit [YouTube](#) to watch Lynne Fallwell, an assistant professor of history at TTU, talk about the exhibit.

Individuals interested in learning more about the eugenics program in Vienna during World War II, are welcome to join OIA on April 14 for a screening of the film [Gray Matters](#). *Gray Matters* has been selected as part of OIA's ongoing monthly film series.

To learn more about the United States Holocaust Memorial Museum (USHMM), visit their [website](#).

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

### Kingdom of Lesotho

The Kingdom of Lesotho is an African country about the size of Maryland nestled in the Southeastern corner of South Africa. More than 99% of the population is ethnically Basotho. The country's official languages are Sesotho and English, with some populations speaking Xhosa and Zulu.

Lesotho is a constitutional monarchy. The country gained its independence from Britain in 1966. For almost 20 years the Basotho National Party (BNP) ruled by decree until a military coup forced the party out of office. At that time, a military council granted executive powers to King Moshoeshoe II. In 1990, the King was forced into exile and his son, Letsie III, was installed as king.

Three years later, the power of the military junta was handed over to a democratically elected government. This was short lived as soon thereafter Letsie III staged a coup. Letsie III abdicated in favor of his father, Moshoeshoe II; however, Moshoeshoe was killed in a car accident in 1996 and was again succeeded by his son, Letsie III.

Leadership disputes split the country and subsequent election results were disputed by opposition parties. Protests and violent demonstrations racked the country. Military intervention by South Africa and Botswana helped restore stability, but the situation intensified once the troops withdrew.

A proportional electoral system was created in 1998. Elections were held in 2002 under this new system. Currently Prime Minister Pakalitha Mosisili serves as head of the government and has executive authority, while the king serves largely as a figurehead.



Lesotho's economy is based on water and electricity sold to South Africa, manufacturing, agriculture, livestock, and the earning of laborers employed in South Africa. Lesotho also exports diamonds, wool, and mohair. Lesotho has become the largest exporter of garments to the U.S. from sub-Saharan Africa.

Water, Lesotho's only significant natural resource, is being exploited by a long-term, multi-billion-dollar water project. The project was designed to capture, store, and transfer water to South Africa.

According to recent estimates, Lesotho has the third-highest rate of HIV/AIDS in the world. The HIV/AIDS prevalence rate (currently 23.2%) is expected to rise to as high as 36% within the next 15 years. This rise will result in the decrease of an already low life expectancy rate.

Although Lesotho constructed a National Strategic Plan on HIV/AIDS in 1999, in 2000 the country declared a national emergency as a result of the HIV/AIDS crisis. A campaign was launched in 2005 aimed at achieving 100% testing and counseling of all Basotho.

According to World Health Organization (WHO) statistics the life expectancy at birth for Basotho is 40 for males and 44 for females. The healthy life expectancy at birth is 30 for males and 33 for females. The probability of dying under the age of five is 132 per 1,000 live births. The leading causes of death among children under the age of five are neonatal causes, HIV/AIDS, diarrheal diseases, measles, malaria, pneumonia, and injuries. The leading causes of death for all ages are HIV/AIDS, lower respiratory infections, diarrheal diseases, cerebrovascular diseases, ischemic heart disease, and perinatal conditions.

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

- [A New Era Begins at UN Women](#)  
Once sidelined, women are now gaining momentum within the UN system. UN Women opened its doors in January—and with it the doors to women's leadership at the global level.
- [Making Global Labor Fair](#)  
Labor activist Aurret van Heerden talks about the next frontier of workers' rights—globalized industries where no single national body can keep workers safe and protected.
- [South Sudan Chosen as Name for New Country](#)  
Ending months of speculation, South Sudan has been chosen as the name of what will be the world's newest country when it comes into existence on July 9.
- ["Bravest Woman in Mexico"](#)  
Bill Neely of Independent Television News profiles a 21-year old, whose first job is serving as one town's chief of police.
- [Turmoil in Egypt Disrupts Study-Abroad Programs](#)  
Many U.S. students get first-hand look at history before being forced to flee.
- [In Jerusalem, Students Hold a Rare Conversation Across Checkpoints](#)  
The distance between Bethlehem University, in the West Bank, and the Hebrew University of Jerusalem is only about four miles, but it has not been easy to traverse for a group of 20 students from the two institutions.
- [Kidnappings Rock Mexico's Docs](#)  
Violence against medical staff and increased levels of mental illness are taking a toll on Juarez.
- [Mother and Daughter Doctor-Heroes](#)  
Dr. Hawa Abdi and her daughters treat Somali refugee women and children, often for free.
- [The Wealth Gap Around the World](#)  
The World Bank's Branko Milanovic discusses the Haves and Have-Nots.
- [8 Enduring Lessons of Our Peace Corp Years](#)  
Former Peace Corp volunteer Betty Soppelsa recounts the lessons she learned nearly 43 years ago.
- [Keep Your Mobile Devices Secure While Traveling](#)  
We've become accustomed to having ready access to the Internet just about anywhere. The problem is, it's easy to forget how vulnerable that makes us to security threats.
- ["Women Are Heroes"](#)  
"Women Are Heroes" movie trailer.
- ["Please stop. I speak English."](#)  
Matt Sugrue from Dalhousie University in Halifax, Nova Scotia shares the lessons he learned during his study abroad experience.
- [In Dubai, a Cinematic Door to the Mideast](#)  
Randy Malamud, professor of English at Georgia State University, shares a glimpse of the rising film industry in the Middle East.
- [Ife Exhibit Changes Ideas About African Art](#)  
An Exhibit at the Virginia Museum of Fine Arts in Richmond reveals another side of traditional African art.
- [Tunisia and the Spark That Launched Uprisings](#)  
Bob Simon reports from Tunisia, where protests against the repressive government not only toppled its autocratic ruler, but sparked the uprising in Egypt that forced President Hosni Mubarak to resign.
- [Patrick Baz Is in His Element in Libya](#)  
Patrick Baz, the Middle East photo manager for Agence France-Presse, has been covering the conflict in Libya since the end of February.
- [Indian High Court to Consider Jailed Activist's Case](#)  
A case in India concerning a physician and civil-liberties advocate who faces a life sentence for sedition has drawn worldwide attention from human-rights groups.

## Saving Our Sisters in the Congo cont.

alternative avenues so as not to further fuel conflict in the Congo.

Lisa Shannon's story is one of compassion and brazen commitment against abuses of basic human rights. It is an inspiration to learn about her efforts and actions, which are driven solely for the purpose of alleviating human suffering. Lisa Shannon is an ideal model for individuals to take a stand – in any

way they can – against injustice and blatant human rights violations.

For more information, please visit [RunforCon-goWomen.org](#), [AThousandSisters.com](#), or [Women-forWomen.org](#).

Please contact [cima@ttuhsc.edu](mailto:cima@ttuhsc.edu) to help organize a Run for Congo Women event in Lubbock in the Fall of 2011.

The images used in this article were taken from [AThousandSisters.com](#).

## When in... Belgium cont.

- When toasting, raise your glass twice—once while the toast is being said and again just before drinking.
- It is polite to eat everything on your plate and enjoy your food. The Belgians relish the good life, and they don't like to be wasteful. Compliment the food. Belgians take their cuisine very seriously.
- Smoking is widespread and allowed in most places.
- The penalty for drunk driving is severe and may result in a prison sentence.
- Belgians are not comfortable with a lot of bodily contact, so maintain an arm's length of personal space and avoid backslapping and other overt physical expressions.
- Don't drop into a Belgian home unannounced—even family members phone first to make arrangements to visit.
- Bring flowers or wine when visiting a Belgian home.
- Use your whole hand when pointing, and don't chew gum or blow your nose in public.
- Restaurant bills include 15 percent service charge and value-added tax (VAT), but you may leave an extra tip for excellent service.

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

## March

01—Independence Day; Bosnia-Herzegovina  
 02—National Day; Morocco  
 03—Hinamatsuri; Japan  
 05—Losar (New Year); Tibet  
 06—Independence Day; Ghana  
 08—International Women's Day  
 09—Baron Bliss Day; Belize  
 11—Moshoeshoe Day; Lesotho  
 12—Youth Day; Zambia  
 14—Mothering Sunday; UK  
 15—J.J. Robert's Birthday; Liberia  
 16—Loco Davi; Vodou  
 14—Ta'anit Ester; Jewish  
 18—Flag Day; Aruba  
 19—Holi; India  
 20—Independence Day; Tunisia  
 21—Birthday of Benito Juarez; Mexico  
 22—Arab League Day; Syria  
 23—Pakistan Day; Pakistan  
 24—Covenant Day; Northern Marianas  
 25—Waffle Day; Sweden  
 26—Swadhinata Dibash; Bangladesh  
 29—Boganda Day; Central African Republic  
 31—Freedom Day; Malta

## April

01—Islamic Republic Day; Iran  
 02—Malvinas; Argentina  
 03—Festival of Horses; Nepal  
 04—Independence Day; Senegal  
 05—Shyunki Taisai; Shinto  
 06—Chakri Memorial Day; Thailand  
 07—National Mourning Day; Rwanda  
 08—Toussaint L'Ouverture Day; Haiti  
 09—Araw Ng Kagitingan; Philippines  
 11—Battle of Rivas; Costa Rica  
 12—Yuri's Night; International  
 14—Orange Day; Japan  
 15—Kim Il-sung's Birthday; North Korea  
 16—Queen Margrethe's Birthday; Denmark  
 17—Women's Day; Gabon  
 18—National Health Day; Kiribati  
 19—Dia do Indio; Brazil  
 21—Festival of Ridvan; Baha'i  
 22—Earth Day; International  
 23—Peppercorn Day; Bermuda  
 24—National Concord Day; Niger  
 25—Liberty Day; Portugal  
 27—Freedom Day; South Africa  
 28—National Heroes Day; Barbados  
 30—Liberation Day; Vietnam



# International Holidays and Celebrations



## Language Lesson: Open/Closed

taken from [Omniglot.com](http://Omniglot.com)

Afrikaans  
 Albanian  
 Catalan  
 Czech  
 Dutch  
 Finnish  
 French  
 German  
 Hungarian  
 Irish (Gaelic)  
 Italian  
 Maltese  
 Manx  
 Norwegian  
 Polish  
 Portuguese  
 Romanian  
 Slovak  
 Slovenian  
 Spanish  
 Swahili  
 Turkish  
 Welsh

### Open

**Oop**  
**Hapur**  
**Obert**  
**Otevřeno**  
**Open**  
**Avoinna**  
**Ouvert**  
**Geöffnet**  
**Nyitva**  
**Oscailte**  
**Aperto**  
**Miftuh**  
**Foshlit**  
**Åpen**  
**Otwarte**  
**Aberto**  
**Deschis**  
**Otvorené**  
**Odprto**  
**Abierto**  
**Imefunguliwa**  
**Açık**  
**Ar Agor**

### Closed

**Toe**  
**Mbyllur**  
**Tancat**  
**Zavřeno**  
**Gesloten**  
**Suljettu**  
**Fermé**  
**Geschlossen**  
**Zárva**  
**Dúnta**  
**Chiuso**  
**Maghluq**  
**Dooint**  
**Stengt**  
**Zamkniete**  
**Fechado**  
**Închis**  
**Zavreté**  
**Zaprto**  
**Cerrado**  
**Imefungwa**  
**Kapali**  
**Ar Gau**

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