TTUHSC Welcomes 15 Undergraduate Students to SABR Program

The SABR program was developed to offer undergraduate students the opportunity to experience life as scientists. This highly competitive program allows participants to work on their own research project during a 10-week internship. Each participant is assigned to a TTUHSC mentor who oversees the project. At the conclusion of the internship students present their work in an abstract with a 10-minute presentation, much like they would at a national scientific meeting.

Laura Braud, Pauline Desjoyeaux, and Camille Perot, three of this summer’s SABR interns, are from the Université de Poitiers in Poitiers, France. The Université de Poitiers requires that students complete a twelve week internship. Laura, Pauline, and Camille elected to complete their internship at TTUHSC through the SABR Program. The interns from Poitier learned about the SABR Program from a fellow student who was a previous participant. They say the program is a good opportunity because they have a chance to learn lab techniques that are different from the techniques used in France. In addition, an internship in the U.S. provides the opportunity to strengthen and improve their English, which will benefit their career paths.

Camila Garcia Zugarramurdi, another SABR intern, is from the Universidad de la Republica in Uruguay. This is the first time Camila has had the opportunity to work in a lab. For her the SABR program has been a very active and enriching learning experience, one that may not be available in Uruguay.

The SABR program is designed to allow the interns to complete an experiment, following its progress from beginning to end. Pablo Artigas, Ph.D. is one of this summer’s SABR mentors. According to Dr. Artigas part of the learning process is the trouble shooting that goes into the projects. As a SABR mentor he focuses on projects that will allow the interns to “really be a part of something in the lab”. One of his goals is to utilize the 10-week internship to give his interns the most resources possible.

Like Camila, Dr. Artigas is originally from Uruguay. He hopes that hosting a student from the Universidad de la Republica will lead to additional opportunities for collaboration between the two universities and that Universidad de la Republica will become a source of students for the SABR program.

Dominique Gagnon, Ph.D., a co-mentor with Dr. Artigas, says the SABR program is an opportunity for the participants to see if they like the field of research. She believes it gives participants a practical idea of what it’s like to do research and offers them a taste of what it’s like to work in a lab. For those considering a career in research this is an important component of the program. The hands-on experience in a lab setting is something that students may not get during their undergraduate studies.

The 2009 SABR interns include Muhammam Abbas Abid, Sindh Medical College, Pakistan; Suhanh Devak, Texas Tech University; Laura Braud, Université de Poitiers, France; J. Mark Chauncey, Texas Tech University and South Plains College; Pauline Desjoyeaux, Université de Poitiers, France; Camila Garcia Zugarramurdi, Universidad de la Republica, Uruguay; Christopher Jensen, Harvard College; Loc Le, Texas Tech University; Ann Leung, University California at Davis; Camille Perot, Université de Poitiers, France; Nathan Quisenberry, Texas Tech University; Bianca Romero, Texas A&M University; Merrin Thomas, Texas Tech University; Jacquelyn Trice, Texas Tech University; and Jill Wright, Texas A&M University.
Available from the CIMA Library

The following books and movies are available for checkout from the CIMA Library:

**Books**

**The African American Experience in Texas**
edited by Bruce A. Glasrud & James M. Smallwood

An anthology of work that looks at the history of African Americans in Texas beginning with the first significant presence of Africans in the 1820s then following their story through slavery, the rise of the American West, and the transformative effects of the civil rights movement.

**Journey into the Heart**
by David Monagan

An overview of the fascinating saga of heart surgery. From the dark ages of medicine when physicians commonly prescribed bloodletting as a treatment, to modern day procedures which include rebuilding and even transplanting hearts with beguiling, if sometimes dangerous wizardry, this story traces the epic quest to solve the medical complexities that long boggled the most brilliant minds.

**Movies**

**Prisoner of Paradise**
The true story of Kurt Gerron, a well-known and beloved German-Jewish actor, director and cabaret star in Berlin in the 1920s and '30s. Gerron was captured and sent to a concentration camp, where he was ordered to write and direct a pro-Nazi propaganda film. The film follows Gerron's career and remarkable odyssey.

**Hoxsey: When Healing Becomes a Crime**
In 1924, Harry Hoxsey claimed a cure for cancer—herbal formulas inherited from his great-grandfather. Thousands of patients wore the treatment cured them; but the medical authorities branded Hoxsey the worst quack of the century. By the 1950s, organized medicine had banned the therapy, exiling it to Mexico where it claims an 80% success rate today. Was Hoxsey a hoax? Or was he “The Quack Who Cured Cancer?”

Despite the Heat, Seeds of Science are Sprouting due to the 2009 Science Exploration Academy (SEA) by Emma Carrasco, M.Ed.

SEA was held June 29 through July 3, 2009 in collaboration with the Center for International and Multicultural Affairs at Texas Tech University Health Sciences Center and Dunbar Math and Science Academy, a Lubbock magnet school.

Twelve 6th graders participated in this year’s successful camp. The students participated in hands-on activities, classroom instruction, experiments, and field trips around the Lubbock community.

The focus was to introduce the students to medical science and health professions, while stimulating their interest in science and math. Exposing them to a first class and top notch institution like TTUHSC, allows the students to know what is in their own back yard and available when they start making choices for a higher education. A certified classroom teacher from Dunbar, Melissa Gutierrez was instrumental in conducting the camp with Emma Carrasco, Director of SEA.

“Tapping into a student’s interest and abilities can lead to a variety of health care careers and reinforcing the idea that it is attainable. This is my third year to participate in SEA and believe it provides a structured environment which increases awareness and nurtures a natural curiosity in science," said Carrasco. “The collaboration between TTUHSC and Dunbar provides a unique opportunity for students enrolled in this camp to have one-on-one interaction with medical professionals which encourages questions and creativity.”

Germán R. Núñez G., Ph.D., vice president and director of the Center for International and Multicultural Affairs, said SEA raises awareness of health issues and career options in our unique West Texas community.

“This camp is another one of our educational programs with Lubbock Independent School District which widens the education pipeline and enriches community engagement,” Núñez said.

More images from SEA:

Contact CIMA at 806.743.1522 or by email at CIMA@ttuhsc.edu for more information.

The Center for International and Multicultural Affairs is proud to announce a new partnership with University Medical Center (UMC) to fund and support our **GRACE** after school medical science program. **GRACE** (Great Recruiting And Community Exploration) is currently held at three Lubbock middle schools.

UMC is graciously donating funds, supplies, in-kind material and labor for **GRACE.**

Thank you, UMC.
CIMA Welcomes Isabel Castro to TTUHSC

Isabel Castro, originally from Redondela, Spain, joined TTUHSC as a research associate on June 15, 2009. Isabel received her biology degree from Universidade de Santiago de Compostela (USC) located in Galicia, Spain. Prior to joining TTUHSC, Isabel was working on her Ph.D. at USC. As part of her studies she worked in a research lab with Joaquin Lado, MD, PhD. Their research focused on Non Thyroidal Illness Syndrome (NTIS) and Pendred syndrome. Their work resulted in a number of journal articles, including a publication in Thyroid. Before being involved in this line of research, Isabel conducted cancer research with transgenic mice.

Isabel was so valuable and essential to Dr. Lado’s research that he offered her a position in his lab when he joined TTUHSC’s Internal Medicine Department earlier this year. Isabel’s decision to join TTUHSC will allow her to continue their research involving NTIS. NTIS is a syndrome consisting in low T3 (thyroid hormone) during illness and/or starvation; it implies hypothyroidism. Patients with NTIS and low serum T4 have an increased probability of death. Isabel and Dr. Lado study this particular situation at a cellular level.

In addition to working on her Ph.D., Isabel served on the city council of Redondela. She was elected by popular and democratic vote, and at the time was the youngest city council member. Her work on the council included organizing programs and activities for the youth of the area. Isabel was involved in many successful projects including the establishment of a comic book library for the city’s youth. You can view some of the projects she was instrumental in developing at the following link: www.xuentuderedondela.org.

According to Isabel Lubbock, TX and Santiago de Compostela are similar in that both are university cities; however, she says there are very distinct differences between the two locations. The weather in Lubbock is hot and dry and the terrain is flat. In Santiago de Compostela it is rainy, green, and mountainous, much like the Pacific Northwest. The buildings in Lubbock and Santiago de Compostela also differ. In Lubbock there is a much more uniform architecture and it is considerably modern. Because Santiago de Compostela was part of the royal route of the Roman Empire there are many buildings in the area that are thousands of years old, some dating back to the Pre-Columbian era. Finally, the city style of Lubbock and Santiago de Compostela differ significantly. In many areas of Spain the people tend to “live in the streets,” meaning the communities are very social with many activities available well into the night. Isabel has noticed residents of Lubbock tend to be more conservative.

In addition to the differences between the two cities, Isabel notes there is an incredible difference between TTUHSC and USC. In both cities the University is an integral part of the community; however, the universities operate in a very different manner. She has observed that TTUHSC is very well organized. She says everything seems to have a time and place and there are courses for everything, while USC tends to be more “relaxed” and “informal.” Isabel’s future plans include applying to the TTUHSC Graduate School of Biomedical Sciences and completing her Ph.D.

Country Close-up*

Kingdom of Norway

Norway is approximately the size of New Mexico with a terrain that includes rugged plateaus, steep mountains, and fertile valleys. The majority of Norway is high ground with two-thirds of the country consisting of tundra, rock, or snowfields. The mountains of Norway are rich in minerals including iron ore, copper, titanium, coal, zinc, lead, nickel, and pyrites. The major ethnic group of Norway is Norwegian, predominantly Germanic, although there are several groups of Sami in the north. Education is free through the university level and at least 12 months of military service and training are required of every eligible male.

In 1387, following Viking rule and a period of civil war, the royal line of Norway died out and the country underwent a period of union with Denmark, followed by union with Sweden in 1397. In 1586 Norway became part of the Danish Kingdom; however, in 1814, as a result of the Napoleonic wars, Norway was combined with Sweden again. Finally, in 1905, the union was dissolved and Norway’s monarchy was established under King Haakon VII. The king serves as the symbol of national unity while almost all executive power is exercised by the Council of Ministers which consists of a prime minister and other ministers.

Norway was one of the signers of the North Atlantic Treaty in 1949 and was a founding member of the United Nations. Norway’s parliament elects the five members of the Norwegian Nobel Committee who award the Nobel Peace Prize.

Norway is one of the richest countries per capita due to its emergence as a major oil and gas producer in the mid-1970s. Norway is the world’s fifth-largest oil exporter and the third largest gas exporter. In 2006, oil and gas exports accounted for over 50% of total merchandise exports. Other contributors to the strong economy include its large shipping fleet and its more traditional industries which includes metals, pulp and paper products, chemicals, shipbuilding, and fishing.

Norway’s health system includes free hospital care, physician’s compensation, cash benefits during illness and pregnancy, and other medical and dental plans. In 2007 the infant mortality rate was 3.1 deaths for every 1,000 births. Life expectancy is estimated to be 78.2 years for men and 82.7 years for women. According to statistics from the World Health Organization, the leading causes of death in Norway are ischaemic heart disease followed by cerebrovascular disease.

Dates to Remember

China’s Lost Girls
Tuesday, August 11
Noon CST
Room ACB 250
Free snacks provided to attendees!

Fall 2009 Diversity Lecture Series*

- September 8
  Maria Cerqueira, PhD
  Pan American Health Organization, El Paso
- October 15
  German Núñez, PhD
  Vice President International and Multicultural Affairs Lubbock
- November 12
  TBA
- December 10
  Kelly Overley, EdD
  Vice Chancellor Institutional Advancement
- January 14
  Don Meier, MD
  Pediatric Surgery El Paso
- February 11
  Quentin Eichbaum, MD, PhD, MPH, FACP, Pathology
  El Paso

*Speakers and topics to be announced.
Free lunch provided by Texas Tech Federal Credit Union to the first 35 attendees.

Remember Dates to Remember

CIMA Film Series

*every issue CIMA will select another country to feature.
When in... Singapore
from Behave Yourself!
by Michael Powell

- Third-party introductions are the norm, so wait to be introduced. Greet with a light handshake, which is usually softer and longer than a handshake in the West. (The handshake should be up to 10 seconds.)
- Offer a business card with both hands, with the text facing away from you. When receiving a business card, it is polite to scrutinize it closely and then keep hold of it, rather than stuff it in your pocket (which is rude and also signifies the end of the meeting.)
- Saying no is hard for a Singaporean, who will prefer to say something like "perhaps" or "I’ll think about it" in order to be polite. Expect to be let down very gently.
- Saving face is paramount in this culture, so you should never do or say anything likely to cause embarrassment—for example, expressing negative emotions, such as anger or irritation, or raising your voice.
- If someone puts food on your plate, accept it as a sign of hospitality; it is rude to refuse, and you must sample a little of everything you are offered. However, since there is a greater range of food restrictions here than in the West (no pork for Muslim Malays; no meat for Hindu Indians), do not reciprocate, since the other person might feel obliged to eat it out of politeness.

MEDICAL STUDENTS ADD TITLE OF MENTOR TO THEIR ACCOMPLISHMENTS
by Emma Carrasco, M.Ed.

Tera Brooks, MS 2011 and Kiersten Andrews, MS 2012 are two of several mentors who volunteered their precious time at Iles Elementary School during the 2008-2009 academic year. The mentoring program came to Texas Tech University Health Sciences Center through Dr. Jim Hutson and his personal involvement with Iles. Iles was established in 1978 as the first magnet school in the Lubbock Independent School District and remains a leader in its field. This creative and expressive arts magnet school emphasizes the performing arts while insisting on high academic standards. In addition, understanding multiculturalism remains a tradition at Iles.

The Iles Mentor Program, which includes TTUHSC medical students, was one of five programs recognized on January 27, 2009 for its achievement of an outstanding partnership with the Lubbock Independent School District (LISD). More than 350 companies, individuals and community organizations volunteer and contribute money to LISD students and teachers. Each program receiving the partner award was praised by the Texas Association of Partners in Education (TAPE) board members as being a unique and important partnership that enhances student education.

I recently sat down with Tera and Kiersten in a TTUHSC classroom to discuss their commitment and opinions of this mentoring program.

Carrasco: What difference has the mentoring program at Iles made in your personal and academic life?

Brooks: The program has really been just a great way for me to have a friend. I enjoyed going and hanging out with my assigned student, and I always felt happy when I left. I volunteered for two years at Iles. It is my hope that she continues on the path she is on and fulfills her dream of going to college and becoming a lawyer.

Andrews: Being a mentor is really like being a big sister. Visits with her gave me a break from my studies, but I hope that it improved hers. I wanted her to realize that school is important and can take her anywhere she wants to go. Her mother also seemed very happy and grateful to have me in her daughter’s life as a positive influence and role model. Personally, she is really funny and entertaining, so she makes me feel like a kid. I think it is good to stay light-hearted, especially when the practice of medicine can be so serious, and kids can be a great way to do that.

Carrasco: What has surprised you the most about being a mentor?

Brooks: My academic schedule was difficult, but somehow I always found time to spend with my student. I visited her twice a month during lunch and P.E. from 11:00 a.m. to 1:00 p.m. I also volunteered for the GRACE program once a month, which my student was enrolled in. My sincere desire was to give her encouragement and develop a friendship. Within a short period of time my hesitation disappeared. I hope that it has had a positive and lasting impact on her. My student seems to have developed more confidence and she worked harder in preparing for the TAKS. She has really opened up to me more and our talks were longer.

Andrews: My relationship with my mentee is still very young since this was my first year to volunteer as a mentor. Mentoring is something that takes time to make a large impact. Additionally, I volunteered for CIMA’s GRACE program once a month. I tried to have lunch with my student at Iles every other Friday. On a couple of different Saturdays, I have taken her to Texas Tech University events and other outings. I have noticed that she gets very excited to tell me about her grades or about the newest book she is reading. I want her to be excited about school and learning, especially as she moves into middle school and high school where it becomes even more important.

Carrasco: Since this will be your last year as a mentor at Iles, what advice would you give someone who wants to volunteer next academic year?

Brooks: My advice is to keep at it. Second year medical student have even less free time, but seeing the student makes a bad day better and will help you in the long run. Andrews: I would tell medical students that being a mentor isn’t difficult. The kids will look up to you, so be consistent in your assigned student’s life, and follow through with promises. Many of them have had a lot of inconsistencies within their families.

Carrasco: How can Texas Tech University Health Sciences Center become more of a community engagement partner with Iles and other Lubbock schools?

Brooks: I think that the GRACE program by CIMA and this mentoring program is a great combination for a commitment to volunteering. We will probably always have more children than mentors, but GRACE would be a positive way to allow more kids to get involved and excited about learning about science, health fields, and medical issues.

Andrews: Sponsoring events for the kids is a great way for TTUHSC to become involved with the kids. They get really excited to go on college campuses and see college students. It also opens their eyes to different prospects for career options. Many of their parents do not have college degrees, so the kids’ expectations may not be very high in education. The kids seem excited about college the more they are involved with TTU and TTUHSC.

If you are interested in volunteering for the GRACE program with CIMA or would like more information, please visit our website www.ttuhscc.edu/cima. You may also contact us anytime at cima@ttuhscc.edu or (806) 743.1522.
Former Classmates of the University of Genoa Join Forces for Alzheimer’s Research

After the discussion, Raffaele became interested in contributing to the genetic program by obtaining samples from Genoa so he began looking for groups working on Alzheimer’s research in that area. Soon he discovered an old friend, Luca Corradi, who was part of a bioinformatics doctoral program working on Alzheimer’s research at the University of Genoa (UNIGE). Ten years ago both Raffaele and Luca were students at UNIGE. At the time Raffaele was majoring in biology and Luca was a bioengineering major. Although they were both involved in two different fields of study, they became friends while playing in the same band.

Reconnecting with his former classmate eventually resulted in a three-way collaboration between TTUHSC, the Clinical Neurophysiology Unit at UNIGE, and the Department of Communication, Computer and System Science at UNIGE. This collaboration will be a major part of both Raffaele’s and Luca’s PhD thesis.

Within two months of approaching UNIGE about a possible collaboration, all protocols were complete, an agreement was signed, and everything was lined up for the first comprehensive Alzheimer’s study in the Genoa region. The Neurophysiology department at UNIGE began collecting blood and serum samples from three different populations in the region—“normal” patients, patients with Alzheimer’s, and patients with some form of mild cognitive impairment that could develop into Alzheimer’s. The samples were then sent to Dr. Momeni’s lab where the DNA was extracted and Raffaele began the process of sequencing the target genes for Alzheimer’s and analyzing the biomarkers of the collected serums.

Luca arrived at TTUHSC on July 10, 2009 and began building a system to collect both the imaging data of each of the three sample groups from Genoa and the data produced by Dr. Momeni’s lab. Luca says the purpose of the bioinformatics system is to integrate the data together in order to develop a more complete picture of the patient. His goal is to put all the clinical data gathered at the time of the patients’ initial visit with the genetic and biomarker data gathered from TTUHSC. Dr. Momeni hopes this will allow her lab to predict the progression of the disease as well as look for new genetic entities involved in Alzheimer’s. The data base will provide a way to identify any patterns that might predict the development and progress of the disease and will also help predict the outcome of the prescribed medications.

“This is something we’re very proud of. Clinical information can only define a part of the disease and pathology another part of it and genetics another part. Putting it together is what he is doing,” says Dr. Momeni.

Raffaele adds, “It’s basically a way to look at the same problem from two different perspectives. The clinical is observing and describing the symptoms of the patient, which is the job of the neurologist or the physician. So it’s looking from the outside actually. What are the characteristics of the patient? What are actually the symptoms? What our job is, is looking from inside. What is going on within these bodies that might explain those symptoms? So we’re looking at the same issue from two different perspectives or point of views. This is then their (bioinformatics) job, to connect those two different points of view through bioinformatics. This is… what the whole project is about.”

This three-way collaboration is unique because all the data will be added to the system at the same time. With all three sides working together there won’t be a delay between the clinical data, the genetic data, and the bioinformatics system.

Dr. Momeni and Raffaele say the professionalism of the people involved has been amazing. They have both been extremely impressed by the response of the group at UNIGE. “It was the easiest and fastest collaboration we have ever started,” says Dr. Momeni. Raffaele adds that the fact he and Luca were friends and they are both alumni from UNIGE was a good starting part.

Working with UNIGE has had other benefits as well. “Different research cultures can bring a lot and they can help the research grow,” says Dr. Momeni. She explains that every person involved has a different point of view and each brings with them their wealth of knowledge and contributes their method of doing research.

In addition to the Genoa project, Luca is developing an inventory system for the lab’s biological material. The inventory system will consist of a bar code on each sample that contains specific data. The bar code on each tube can then be scanned and the information (where it’s been stored, where it came from, and any available pedigree) can be accessed. This will improve the internal tracking system of the samples allowing information to be obtained in a faster, more effective way. Instead of multiple Excel files containing the data, all the data will be one click away.

Luca will return to the University of Genoa on October 3. He will complete his PhD in December 2009.

When in… Singapore

- In hawker centers (similar to American food courts), the food is rated A, B, C, or D, which is the Ministry of Health and Environment grade of quality. Avoid anything labeled with a D.
- Smoking is banned in public areas, lines, and public transportation, although you are allowed to smoke in air-conditioned karaoke bars, pubs, and discos.
- In a restaurant, tipping is uncommon, though appreciated. Don’t hand a tip directly to a waiter or leave money on the table; when settling the bill, tell the waiter to keep the change.
- Avoid standing with your hands on your hips; this is an aggressive gesture.
- Don’t kick, move, or touch anything with your feet—they are unclean.
- Chewing gum is illegal, and you are not even allowed to bring it into the country.
- Singapore has one of the lowest crime rates in the world, and penalties are charged for a wide range of misdemeanors.
- Do not use your left hand when interacting socially with Indians or Malays; it is reserved for unclean uses such as going to the bathroom. Use your right hand to eat, pass food, gesture, and handle gifts.
- When pointing, use your knuckle rather than an extended finger.
- When in…
**TTUHSC Signs MOU with Université de Poitiers**

A memorandum of understanding (MOU) was recently signed with Université de Poitiers. Université de Poitiers is a public university located in Poitiers, France.

Founded in 1431 by Pope Eugene IV and chartered by King Charles VII de Valois, King of France, it is one of the oldest universities in Europe. In the 16th century the university had 4,000 students and was ranked second only to Paris. Although the university was temporarily closed during the French Revolution, it reopened in 1896.

Since its creation Université de Poitiers has had its share of distinguished alumni. Included among its graduates are Jean-Louise Guéz de Balzac, author; René Descartes, considered by many to be the “Father of Modern Philosophy”; Francis Bacon, the philosopher, scientist, and statesman who served as Lord Chancellor of England in 1618; Yves Bonnefoy, poet; Luc Montagnier, co-discoverer of HIV; and Georges Gilles de la Tourette, neuropsychiatrist and discoverer of Tourette’s syndrome.

Today Université de Poitiers covers all major academic fields. It has an enrollment of 24,600 students as well as a teaching and research faculty of 1,430. The university consists of seven units for training and research, six institutes, and a school of engineering. Last academic year it issued 200 degrees of specialization in the health sector. With its main campus on the grounds of the Futuroscope education complex in the center of Poitiers, the Université de Poitiers is the academic heart of the Poitou-Charentes region, with branch campuses in Angoulême, Niort, and Châtellerault.

Through participation in European exchange programs (Erasmus, Socrates, Léonardo, CREPUQ) and agreements with 255 worldwide university partners, the Université de Poitiers encourages students in all disciplines to pursue part of their studies abroad. Currently, nearly 4,000 of its 24,600 students are from foreign countries.

The newly signed MOU will further strengthen the bonds between the two institutions as well as help facilitate an international exchange of faculty and students, research data, and educational programs.

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**Medical Student Eunice Lee Honors the End of the Korean War by Reviewing Taegukgi: The Brotherhood of War**

My grandmother’s last memory of her family is the train taking off from North Korea headed towards Seoul as her own grandmother shouts her name and runs after the departing train. Shortly thereafter, the Demilitarized Zone (DMZ) was established. North Korea isolated, and she was the only one on the southern side of the border. For such a seemingly small, short war, the Korean War had a major impact that still leaves its influence today. Hence, the DMZ and the 3rd Infiltration Tunnel. However, if you speak to South Koreans today, particularly the ones who remember and lived through the experience, bitter tears still flow as a result of the tearing apart of families and relationships.

More important than the political battle was the family struggle to stay together amidst a war that would change the peninsula forever.

Although still a fresh memory, the release of Taegukgi: The Brotherhood of War helped South Koreans young and old have a common point of conversation to educate and heal. For a war movie, Taegukgi does a fantastic job of compelling to all demographics – the males looking for action scenes, the females wanting to feed the emotional side, the old looking to heal the emotional wounds, the young yearning to learn more about their country’s history, the Korean-Americans looking to identify with their heritage. The movie does a superb job of not only bringing you into the financial, emotional, and political struggle of the 1950s but also empathizing with the survivors and their present reality.

**Rating:** 1000 boxes of Kleenex = 2 thumbs up
International Holidays and Celebrations

**July**
1-Canada Day; Canada
2-Flag Day; Curacao
3-Independence Day; Belarus
5-Independence Day; Venezuela
6-Eino Leino Day; Finland
7-Saba Saba; Tanzania
9-Aid Chebeb; Morocco
10-Death of El Cid; Spain
11-La Fete de la Magdalene; France
12-Orangemen’s Day; United Kingdom
13-O-Bon; Japan
14-Bastille Day; France
15-St. Rosalia Day; Italy
16-Virgen del Carmen; Peru
18-Nelson Mandela’s Birthday; South Africa
20-Peace and Freedom Day; Cyprus
21-Schoelcher Day; St. Martin & Guadeloupe
22-Liberation Day; Gambia
23-Birth of Haile Selassie I; Ethiopia
25-Yalong Cultural Festival; Tibet
26-Independence Day; Maldives
28-Olavsøka Eve; Faroe Islands
30-Tisha B’Av; Israel

**August**
1-Emancipation Day; Trinidad & Tobago
2-Ilinden; Macedonia
4-Verslunarmannagælag; Iceland
5-National Children’s Day; Tuvalu
6-Independence Day; Bolivia
8-Independence Day; Bhutan
10-Youth Day; Kiribati
11-Kin Hussein Accession; Jordan
13-Lao Issara; Laos
14-Independence Day; Pakistan
15-Brazzaville; Congo
16-Independence Day; Gabon
17-Proklamasi Kermerdekaan; Indonesia
19-Independence Day; Afghanistan
20-Restoration of Independence; Estonia
22-National Flag Day; Russia
23-Black Ribbon Day; Lithuania
24-Hero’s Day; Philippines
25-Dia do Soldado; Brazil
26-Independence Day; Gabon
28-Mariamoba; Georgia
30-Independence Day; Afghanistan
30-Independence Day; Maldives
31-Merdeka Day; Malaysia

Language Lesson

*Have a nice day*

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<thead>
<tr>
<th>Language</th>
<th>Greeting</th>
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<tr>
<td>Afrikaans</td>
<td>Lekker dag!</td>
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<tr>
<td>Breton</td>
<td>Devezh vat dit</td>
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<td>Czech</td>
<td>Hezký den!</td>
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<tr>
<td>Danish</td>
<td>Fortsat god dag</td>
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<td>Faroese</td>
<td>Hav ein gødan dag</td>
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<td>French</td>
<td>Bonne journée!</td>
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<td>German</td>
<td>Schönen Tag noch!</td>
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<td>Szép napot!</td>
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<td>Italian</td>
<td>Buona giornata!</td>
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<td>Latvian</td>
<td>Lai jums laba diena!</td>
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<td>Semoga hari anda baik</td>
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<td>Maltese</td>
<td>Il-gurnata t-tajba</td>
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<td>Norwegian</td>
<td>Ha en fin dag</td>
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<td>Occitan</td>
<td>Bona tornada!</td>
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<tr>
<td>Portuguese</td>
<td>Tenha um bom dia!</td>
</tr>
<tr>
<td>Spanish</td>
<td>Que pase un buen dia!</td>
</tr>
<tr>
<td>Swahili</td>
<td>Nakutakia siku njema!</td>
</tr>
<tr>
<td>Tagalog</td>
<td>Magandang araw sa’yo!</td>
</tr>
<tr>
<td>Uzbek</td>
<td>Yashhi ishang!</td>
</tr>
<tr>
<td>Xhosa</td>
<td>Ubenemini emnandi</td>
</tr>
<tr>
<td>Yoruba</td>
<td>Oni a dara o</td>
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</tbody>
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