



Volume 8
November-December, 2009

TTUHSC Global Matters

The Newsletter for the Center for International and Multicultural Affairs

CIMA LECTURES ON WORLD HEALTH FALL 2009 SCHEDULE*



Every 1st and 3rd
Wednesday of the month
Noon CST
ACB 120

- September 2
Joaquin Lado MD
Endocrinology
Lubbock
- September 16
Jamal Islam MD
Family Medicine
Odessa
- October 7
James Dembowski PhD
Speech, Language &
Hearing Sciences
Lubbock
- October 21
German Núñez PhD
Vice President
International and
Multicultural Affairs
Lubbock
- November 4
David Fish, CEO
Breedlove Foods, Inc.
Lubbock
- November 18
Patti Patterson MD
MPH
Pediatrics
Lubbock
- December 2
Tyler Levick, SOM 2012
& Sixtus Atabong PA
Purpose Medical
Mission, Cameroon

*Topics to be Announced



CIMA Welcomes Keino McWhinney to TTUHSC

Keino McWhinney joined the staff of TTUHSC in Jul as presidential advisor. It may be more accurate to say he is a jack of all trades. In essence he does a little bit of everything as needed—research, letter writing, speech writing, special projects (some that surface at a moment's notice.) His various duties fall into a very wide net. He attends meetings and functions on behalf of the President, serves as a liaison for state and federal representatives, and picks up any overflow of duties and responsibilities undertaken by the President's office. Being the advisor to the President requires him to be flexible and constantly on the alert. The position is challenging, but it is also very rewarding. It has given him valuable exposure to many policy and leadership issues that impact TTUHSC, and it has given him a sense of the complexity of HSC as an institution of higher education.

Born in St. Thomas, Jamaica, Keino moved to the US in 2001 after completing High School in Kingston, Jamaica. He attended Lipscomb University in Nashville where he received an undergraduate degree in Political Science with a minor in International Relations. The transition from Jamaica to Music City, USA was very interesting. Although he had traveled to New York and Texas prior to moving to the US he found Tennessee had its own uniqueness. It took time to settle into the pace of life. Nashville also had a very different racial makeup than he was used to. In addition, he found fellow students made a bigger deal than he expected out of the fact that he was the only Jamaican on campus. Their curiosity about life in Jamaica led to endless questions.

After completing his undergraduate degree, Keino moved to California. He attended Pepperdine University and earned a Master's Degree in Public Policy. While attending graduate school Keino had the opportunity to complete an internship in the Republic of Georgia with the National Democratic Institute. The National Democratic Institute, based in Washington DC, serves as a resource for young countries that lack a strong democratic mode of government. Its focus is to provide support and encouragement and to offer training in the basics of democracy (i.e. how to hold an election.) He resided in Georgia for a little over two months. During this experience he gained a sense of how history can be both a benefit and a hindrance. History can give people a sense of commonality, connection, pride, and belonging; but it can also limit a country's ability to move forward. An incident that occurred hundreds of years earlier can still create a rift that is not easily healed or overcome. He witnessed the power history can have and learned it can be beneficial or it can be a heavy weight around the neck.

Reflecting on his move to the US and the two months he lived in the Republic of Georgia, Keino recalls how traveling to another country can be an eye opening experience.

One is able to see the differences that exist, but those differences may not be as they originally appeared when perceived from a distance. One also gains exposure to the similarities that exist which may not have been considered beforehand. It is an opportunity to acknowledge the common threads that tie people together—those fundamental qualities and characteristics that are part of being human and being a member of society.

In the course of answering numerous questions about Jamaica, Keino has noticed that there are some perceptions of Jamaica that aren't accurate. For instance, a high level of poverty exists in the country and many people are not aware of this. The tourist areas which feature exquisite white beaches are very different from other areas of the country. The easy going island life that many people envision when they think of Jamaica is not a true reflection of the daily experience of most Jamaicans. In order to get a better picture one must step away from the tourist setting.

Another misperception is that most Jamaicans wear dreads and practice Rastafarianism. In truth, before Bob Marley popularized the Rastafarian religion, those who practiced it were viewed as social outcasts. Even today some stigma lingers around the Rastafarian lifestyle.

Keino has also found that many people are surprised by the ethnic diversity of Jamaica. Although 90% of the population is of African descent there are also other ethnicities inhabiting the island, including people of Chinese and Indian descent.

Another aspect many people don't consider when they think of Jamaica is the strong British influence that exists. The island was a British colony until its independence in 1962. Because of this it has been shaped by the customs and values of Great Britain. Everything from people's names to the language spoken (Jamaica is the third largest English speaking country in the Western Hemisphere) has a touch of British influence.

Since its independence Jamaica's economy has shifted. When the island was under British rule it was an agricultural territory. Sugar cane, bananas, and coffee were grown and exported. While the agriculture industry still plays a role in Jamaican commerce, the open market agreements with Latin America has lessened the world's dependence on Jamaica's agricultural exports. Tourism and remittances from Jamaicans living abroad have become the largest source of US dollars and are vital to the country's economy. Other sources of income include the export of bauxite (a mineral used to make aluminum) and the service sector. Part of the income derived from the sector comes from the University of the West Indies. The Caribbean has a tri-country university system whose three major campuses (located in Jamaica, Trinidad and Tobago, and Barbados) serve the inhabitants of the islands. Keino became a US citizen several years ago and now calls the states his home.

He does try to travel back to Jamaica at least once a year to visit family members still residing on the island. It's also a chance for him to stay connected to his country and culture of origin.

Available from the CIMA Library

We have recently added several new items to the CIMA Library. The following books and movies are now available for check-out:

Books

Mountains Beyond Mountains

by Tracy Kidder
The true story of Paul Farmer, a physician determined to cure infectious diseases and bring the lifesaving tools of modern medicine to those who need them most. This account follows Dr. Farmer from medical school at Harvard to service in areas of the world such as Haiti, Peru, Cuba, and Russia. This inspiring book is a testament to what one life dedicated to hope and humanity can do to change medicine and the way we view the world.

Movies

Lost Boys of Sudan Winner, Independent Spirit Award & Best Documentary, San Francisco International Film Festival

This film follows the journey of two Sudanese teens orphaned by war as they transition from life in Africa to life in America. Santino and Peter, members of the Dinka tribe, are refugees chosen to participate in a resettlement program in the U.S. The camera follows the boys for a year revealing the struggles they encounter with alienation and cultural differences.

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

Keeping in Touch

Mohit Joshipura, School of Medicine, Class of 2012, Chairman and Co-Founder, The *Dil Se* Foundation

The *Dil Se* Foundation (Hindi for "from the heart") was born in 2006 out of a watershed fortnight in India by a group of college students from around the United States. It was a socio-cultural trip that allowed us to form a vision to improve the quality of healthcare access and awareness in rural India.



The *Dil Se* Foundation's current primary focus area is the villages surrounding Dehradun, the capital city of the Indian state of Uttarakhand. Located in north India, the state was carved out of Himalayan districts of Uttar Pradesh in late 2000, and became the twenty-seventh state of the Republic of India.



Our 4-5 week summer volunteer program is currently comprised of two projects – the Youth Awareness Program and the Medical Awareness and Outreach Program. In the former (established in 2007) we work to increase awareness about health, hygiene, sanitation, disease prevention, and environmental preservation. The primary language of discussion is English, and the curricula we use are developed mainly by *Dil Se* based on input from our collaborators and past experiences. Our students range anywhere from 15 years-old to adults. The Medical Awareness and Outreach component was first established and implemented via our ten-day medical camp during the summer of 2009. A mobile van (with facilities such as X-ray, EKG, ultrasound, blood sugar, and HIV testing) traveled with our team of doctors, nurses, pharmacists, and field workers to four central villages in the area that were accessible to a sizable part of the region. We

were able to serve and direct more than 1,000 patients with conditions ranging from minor cuts to congestive heart failure. For those who needed further treatment or investigation, we were able to provide a medical directive so that they could avail of facilities in the city hospital at no charge.

Many of the people we met had never seen a doctor in their lives, and even though there are governmental provisions for basic healthcare at no cost for the underprivileged and underserved, most of these people are unaware of this or live a long way from the city without any means of transport.

We continue to make strides every year and are rapidly expanding. We are extremely passionate about what we do and hope to one day have a significant impact on under served communities across India. Being part of this ever-growing organization has significantly impacted my life and sense of perspective. The disparity in medical access, awareness, and resources between rural India and even a sub-par healthcare facility in the United States is something that must be seen to be believed. My biggest happiness comes in watching us grow and forming a bond with the locals over a span of three years. On a personal level, it allows me to keep in touch with the amazingly rich and complex nation that was the land of my birth and upbringing for fourteen years.



For more information, please visit www.dilsefoundation.org or contact me at mohit.joshipura@ttuhsc.edu. Volunteer applications for our summer 2010 program will be posted on our website in January.



Mark your calendar CIMA Lectures on World Health Spring 2010 Series*

Every first and third Wednesday of the month

- January 20
 - February 3
 - February 17
 - March 3
 - March 17
 - April 7
 - April 21
 - May 5
 - May 20
- Located in Academic Classroom Building Room 120
Noon CST

*speakers and topics to be announced

The International Medicine Club Column

Study Abroad through IFMSA

by Wesley Fletcher, IMC VP

Medical students at Texas Tech Health Sciences Center in Lubbock are working hard to realize a shared dream—to gain professional medical experience abroad for credit as part of their medical school education. Medical students all around the world have been attaining the goal of affordable, engaging medical rotations in the country of their choice since the 1950's through a program called IFMSA—the International Federation of Medical Students Association. IFMSA now works in conjunction with the American Medical Student Association (AMSA), the biggest medical student organization in the U.S., to help students in medical schools across the country study for four-week intervals in the country of their choice. Second year medical students Peter Uong and Wesley Fletcher are working to initiate an IFMSA chapter at TTUHSC to make this professional and international opportunity available to medical students.

The historical mission of IFMSA is "To promote cultural understanding and co-operation among medical students and all health professionals, through the facilitation of international student exchanges." Through this international exchange program, American medical students can do an elective rotation in a country they choose at a very affordable price. IFMSA has several advantages over other international programs currently available to TTUHSC medical students. First, IFMSA is a bilateral exchange program, meaning that TTUHSC has the opportunity to not only send their medical students to institutions abroad but also to host some of the best and brightest international medical students right here in Lubbock. International students choosing to rotate at TTUHSC who meet TTUHSC's criteria will live and work among current students, giving them a chance for authentically diverse interaction. Second, IFMSA is a network of medical institutions already approved and practiced at sending and receiving medical students; the framework is clear, con-

cise, and risk-averse for students coming from and going to TTUHSC. For example, there isn't really a risk of being marooned in a foreign country where you do not speak the language and have no idea where to go; whereas, traveling with another agency, this is not guaranteed! The network of IFMSA is hard to beat: IFMSA serves as a portal to an international network of clinical clerkships; it has a convenient online database that enables TTUHSC students to browse a list of medical clerkships in major specialties from 84 different countries. Students are welcome to participate in exchanges at any time during their 4 years of medical school, but most go abroad between first and second year or during fourth year. Finally, the cost of such an opportunity, if a student chooses to go with a smaller, private agency for a four week period, can be upwards of \$5000. IFMSA charges an application fee and then whatever it costs TTUHSC to host an international student in Lubbock for four weeks; this means that a medical student from TTUHSC could do a month-long clerkship in, say, Italy for around \$800, plus airfare. The price cannot be beat!

Upon suggestion by Dr. Simon Williams, and in collaboration with AMSA and the International Medicine Club, medical students at TTUHSC hope to initiate an IFMSA chapter in Lubbock quite soon. This organization will promote diversity of experience and perspective, as well as enrich our school by the presence of accomplished medical students from all over the world. As faculty and staff help to make this dream a reality, students are especially thankful for the support of Dr. Simon Williams and Dr. Robert Casanova.



IFMSA
International Federation of
Medical Students' Associations

For more information about IFMSA visit their website at

<http://www.ifmsa.org/>

Become a fan of IFMSA on Facebook

<http://www.facebook.com/pages/IFMSA/23827065986>

New Non-Immigrant Student Check-ins for Fall 2009*

Numbers include both TTU and TTUHSC students

- Undergraduate Students: 90 (up 3%)
- Graduate Students: 356 (down 10%)
- Countries Represented: 67

Major countries of origin:

- India 136
- China 78
- Korea 20
- Mexico 11
- Saudi Arabia 11
- France 9
- Brazil 9
- Nepal 8
- Sri Lanka 8
- Taiwan 8
- Turkey 8

* information courtesy of TTU Office of International Affairs



Holiday International Coffee House



Monday, November 30, 2009
6:00—8:00 pm

at the International Cultural Center
in the Hall of Nations

Please bring a child's toy for the Toys for Tots Foundation.

The first hour we will be decorating Christmas trees for the K-12 International Education Outreach. If you have any decorations from around the world that you would like to share, please bring them to decorate a tree in honor of your country.

Light snacks, finger foods, and desserts will be provided along with an array of warm beverages.

Hosted by CIMC and Students for Global Connections

opendoors 20|08 "Fast Facts"

INTERNATIONAL STUDENTS IN THE U.S.

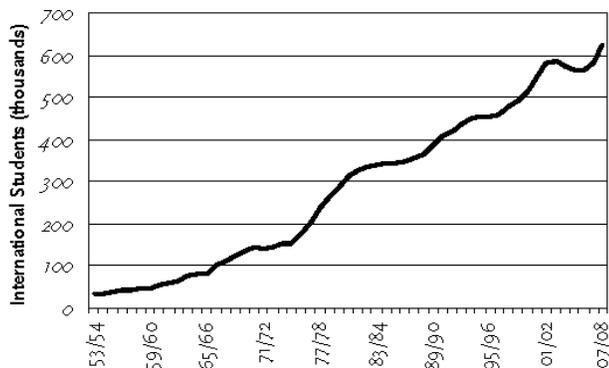
A. NEW INTERNATIONAL STUDENT ENROLLMENT, 2007/08

New international enrollment – students enrolling for the first time at an institution in Fall 2008 – increased 10.1% over the previous year.

Year	Total	% Change
2004/05	131,946	-
2005/06	142,923	8.3
2006/07	157,178	10.0
2007/08	173,122	10.1

B. INTERNATIONAL STUDENT TRENDS

In 2007/08, the number of international students in the U.S. increased 7.0% over the previous year to 623,805 students.



Year	Total Int'l Students	% Change	Total U.S. Higher Education Enrollment*	% Int'l
1997/98	481,280	5.1	14,502,000	3.3
1998/99	490,933	2.0	14,507,000	3.4
1999/00	514,723	4.8	14,791,000	3.5
2000/01	547,867	6.4	15,312,000	3.6
2001/02	582,996	6.4	15,928,000	3.7
2002/03	586,323	0.6	16,612,000	3.5
2003/04	572,509	-2.4	16,911,000	3.4
2004/05	565,039	-1.3	17,272,000	3.3
2005/06	564,766	-0.05	17,487,000	3.2
2006/07	582,984	3.2	17,672,000	3.3
2007/08	623,805	7.0	17,958,000	3.5

* Data from the National Center for Education Statistics

C. LEADING PLACES OF ORIGIN of International Students, 2006/07 & 2007/08

Students from the top five places of origin - India, China, South Korea, Japan and Canada - comprise 49% of all international students in the U.S. The number of students from the top three places of origin showed large increases again this year, with India up 13%, China up 20%, and South Korea up 11% over the previous year.

Rank	Place of Origin	2006/07	2007/08	2007/08 % of Total	% Change
	WORLD TOTAL	582,984	623,805	100.0	7.0
1	India	83,833	94,563	15.2	12.8
2	China	67,723	81,127	13.0	19.8
3	South Korea	62,392	69,124	11.1	10.8
4	Japan	35,282	33,974	5.4	-3.7
5	Canada	28,280	29,051	4.7	2.7
6	Taiwan	29,094	29,001	4.6	-0.3
7	Mexico	13,826	14,837	2.4	7.3
8	Turkey	11,506	12,030	1.9	4.6
9	Saudi Arabia	7,886	9,873	1.6	25.2
10	Thailand	8,886	9,004	1.4	1.3
11	Nepal	7,754	8,936	1.4	15.2
12	Germany	8,656	8,907	1.4	2.9
13	Vietnam	6,036	8,769	1.4	45.3
14	United Kingdom	8,438	8,367	1.3	-0.8
15	Hong Kong	7,722	8,286	1.3	7.3
16	Indonesia	7,338	7,692	1.2	4.8
17	Brazil	7,126	7,578	1.2	6.3
18	France	6,704	7,050	1.1	5.2
19	Colombia	6,750	6,662	1.1	-1.3
20	Nigeria	5,943	6,222	1.0	4.7

D. ACADEMIC LEVEL TRENDS, 2000/01 – 2007/08

Year	Undergrad	% Change	Graduate	% Change	Non-degree	% Change
2000/01	254,429	7.3	238,497	9.3	33,884	-1.6
2001/02	261,079	2.6	264,749	11.0	34,423	1.6
2002/03	260,103	-0.4	267,876	1.2	30,551	-11.2
2003/04	248,200	-4.6	274,310	2.4	20,659	-32.4
2004/05	239,212	-3.6	264,410	-3.6	28,418	37.6
2005/06	236,342	-1.2	259,704	-1.8	30,611	7.7
2006/07	238,050	0.7	264,288	1.8	38,986	27.4
2007/08	243,360	2.2	276,842	4.8	46,837	20.1

E. U.S. INSTITUTIONS with the Largest Number of International Students, 2007/08

Rank	Institution	City	State	Total Int'l Students
1	University of Southern California	Los Angeles	CA	7,189
2	New York University	New York	NY	6,404
3	Columbia University	New York	NY	6,297
4	University of Illinois - Urbana-Champaign	Champaign	IL	5,933
5	Purdue University - Main Campus	West Lafayette	IN	5,772
6	University of Michigan - Ann Arbor	Ann Arbor	MI	5,748
7	University of California - Los Angeles	Los Angeles	CA	5,557
8	University of Texas - Austin	Austin	TX	5,550
9	Harvard University	Cambridge	MA	4,948
10	Boston University	Boston	MA	4,789
11	University of Pennsylvania	Philadelphia	PA	4,610
12	SUNY University at Buffalo	Buffalo	NY	4,363
13	Indiana University - Bloomington	Bloomington	IN	4,287
14	Ohio State University - Main Campus	Columbus	OH	4,259
15	Michigan State University	East Lansing	MI	4,244
16	University of Florida	Gainesville	FL	4,228
17	Texas A&M University	College Station	TX	4,094
18	Arizona State University - Tempe	Tempe	AZ	3,979
19	Cornell University	Ithaca	NY	3,928
20	University of Wisconsin - Madison	Madison	WI	3,910

F. U.S. STATES with the Most Int'l Students, 2007/08

Rank	U.S. State	2006/07	2007/08	% Change
1	California	77,987	84,800	8.7
2	New York	65,884	69,844	6.0
3	Texas	49,081	51,824	5.6
4	Massachusetts	28,680	31,817	10.9
5	Illinois	25,594	28,804	12.5
6	Florida	26,875	26,739	-0.5
7	Pennsylvania	23,182	26,090	12.5
8	Michigan	21,143	22,857	8.1
9	Ohio	18,607	19,343	4.0
10	Indiana	14,450	15,548	7.6

The Institute of International Education (IIE) has conducted an annual census of international students in the U.S. since its founding in 1919. *Open Doors* has been published by the Institute since 1949, and began receiving support from the Bureau of Educational and Cultural Affairs of the U.S. Department of State in the 1970s. For complete data and more information, please visit opendoors.iienetwork.org. The *Open Doors 2008* print report can be ordered online at www.iiebooks.org.

INTERNATIONAL STUDENTS IN THE U.S. (CONTINUED)

G. TOP FIELDS OF STUDY

of Currently Enrolled International Students, 2006/07 & 2007/08

Field of Study	2006/07	2007/08	2007/08 % of Total	% Change
Business & Management	103,641	110,906	19.6	7.0
Engineering	89,137	96,134	17.0	7.8
Physical & Life Sciences	51,863	52,867	9.3	1.9
Social Sciences	48,978	49,375	8.7	0.8
Math & Computer Science	46,019	46,314	8.2	0.6
Fine & Applied Arts	29,588	31,727	5.6	7.2
Health Professions	28,294	29,163	5.1	3.1
Intensive English Language	22,417	25,856	4.6	15.3
Education	16,825	17,775	3.1	5.6
Humanities	16,189	17,460	3.1	7.9
Agriculture	7,461	8,945	1.6	19.9

H. PRIMARY SOURCE OF FUNDING

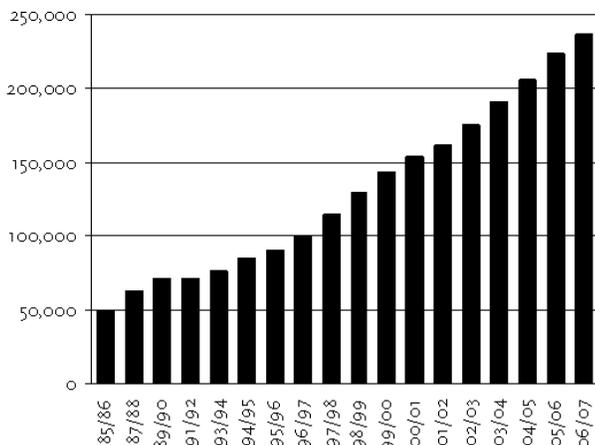
of International Students, 2007/08

Primary Source of Funds	Int'l Students	% of Total
Personal/Family Funds	388,821	62.3
U.S. College/University Funds	161,633	25.9
Home Government/University Funds	21,085	3.4
U.S. Government Funds	3,282	0.5
U.S. Private Sponsor	6,013	1.0
Foreign Private Sponsor	6,522	1.0
International Organization	1,390	0.2
Current Employment	29,399	4.7
Other Sources	5,660	1.0
TOTAL	623,805	100.0

U.S. STUDENTS & STUDY ABROAD

I. U.S. STUDY ABROAD TRENDS

241,791 U.S. students studied abroad for academic credit in 2006/07, an increase of 8.2% over the previous year. U.S. student participation in study abroad has increased by almost 150% in the past decade.



J. LEADING DESTINATIONS, 2005/06 & 2006/07

Rank	Destination	2005/06	2006/07	2006/07 % of Total	% Change
TOTAL		223,534	241,791	100.0	8.2
1	United Kingdom	32,109	32,705	14.6	1.9
2	Italy	26,078	27,831	12.5	6.7
3	Spain	21,881	24,005	10.7	9.7
4	France	15,602	17,233	7.7	10.5
5	China	8,830	11,064	4.9	25.3
6	Australia	10,980	10,747	4.8	-2.1
7	Mexico	10,022	9,461	4.2	-5.6
8	Germany	6,858	7,355	3.3	7.2
9	Ireland	5,499	5,785	2.6	5.2
10	Costa Rica	5,518	5,383	2.4	-2.4
11	Japan	4,411	5,012	2.2	13.6
12	Argentina	2,865	3,617	1.6	26.2
13	Greece	3,227	3,417	1.5	5.9
14	South Africa	2,512	3,216	1.4	28.0
15	Czech Republic	2,846	3,145	1.4	10.5
16	Chile	2,578	2,824	1.3	9.6
17	Ecuador	2,171	2,813	1.3	29.6
18	Austria	2,792	2,810	1.3	0.6
19	New Zealand	2,542	2,718	1.2	6.9
20	India	2,115	2,627	1.2	24.2

L. FIELDS OF STUDY of U.S. Study Abroad Students, 2005/06 & 2006/07

Field of Study	2005/06 Total	2005/06 % of total	2006/07 Total	2006/07 % of total	% Change
Social Sciences	48,537	21.7	51,673	21.4	6.5
Business & Mgmt.	39,478	17.7	46,061	19.1	16.7
Humanities	31,810	14.2	31,819	13.2	0.0
Fine or Applied Arts	16,829	7.5	18,576	7.7	10.4
Physical/Life Sciences	15,457	6.9	17,691	7.3	14.5
Foreign Languages	17,547	7.8	17,306	7.2	-1.4
Education	9,056	4.1	10,189	4.2	12.5
Health Sciences	8,540	3.8	9,917	4.1	16.1
Engineering	6,556	2.9	7,412	3.1	13.1
Math/Comp. Science	3,318	1.5	3,587	1.5	8.1
Agriculture	2,818	1.3	3,525	1.5	25.1
Undeclared	7,583	3.4	7,615	3.1	0.4
Other Fields of Study	16,005	7.2	16,419	6.6	2.6
Total	223,534	100.0	241,791	100.0	8.2

K. HOST REGIONS of U.S. Study Abroad Students, 2005/06 & 2006/07

Host Region*	2005/06 Total	2005/06 %	2006/07 Total	2006/07 %
Africa	8,459	3.8	10,066	4.2
Asia	20,811	9.3	24,969	10.3
Europe	130,274	58.3	138,871	57.4
Latin America	33,902	15.2	36,339	15.0
Middle East	2,585	1.2	2,764	1.2
North America	1,151	0.5	1,389	0.6
Oceania	14,033	6.3	13,820	5.7
Multiple Regions	12,319	5.5	13,573	5.6
Total	223,534	100.0	241,791	100.0

* Cyprus and Turkey are included in the Europe region; Mexico is included in Latin America; Antarctica is included in North America.

M. DURATION of Study Abroad, 2005/06 & 2006/07

Duration	2005/06 % of total	2006/07 % of total
Short-term (summer, January term, or 8 weeks or less during the academic year)	52.8	55.4
Mid-length (one or two quarters, or one semester)	41.7	40.2
Long-term (academic or calendar year)	5.5	4.4

When in... Thailand

- Thais do not shake hands; they greet each other with a *wai*. Place your hands together as if in prayer and raise them to your face while bowing slightly. The height of your hands depends on the status of the other person. When you *wai* an equal, the hands are placed on the chest; for monks and elders they are raised to nose-or forehead-level; Buddha should be *wai*ed with your hands above your head. Don't *wai* children of people who are serving you, such as waiters, hotel staff, and taxi drivers, just nod slightly. Foreigners should not initiate a *wai*.
- If you feel that you might have committed a breach of etiquette, no matter how minor, always apologize by offering a *wai*.
- For "Hello," men say "Sawatdee krup" and women say "Sawatdee kaa."
- Losing your temper, raising your voice, or attempting to dominate others physically or verbally is totally inappropriate—it will lose you all respect and is totally counter productive.
- Thais eat with a fork and spoon. Only the spoon should enter your mouth, while the fork is used to push food onto the spoon.
- When picking up food (such as sticky rice), always use your right hand. Do not lick your fingers.
- It is an honor to give food to monks, so you should thank them, not vice versa.



CEO of Breedlove Foods Heads Local Efforts to Tackle World Hunger

Since its establishment in the early 1990s, Breedlove Foods, Inc. has served more than 1 billion servings of food to malnourished individuals around the world. That's quite a feat for a small non-profit organization located in Lubbock. On Wednesday, November 4, David Fish, the CEO of Breedlove, was the guest speaker at CIMA's Lectures on World Health series. During the presentation he outlined Breedlove's humanitarian efforts and the vision they hope to accomplish with their continuing work.

Hunger and malnutrition are major issues impacting health the world over. Malnutrition has long been known to make individuals more susceptible to disease and a variety of other health concerns. It also reduces the effectiveness of medication. According to statistics one person dies every 2.9 seconds from hunger-related causes. That adds up to over 25,000 deaths each day. "Hunger isn't necessarily killing all these people itself, but it's the other things involved, like measles, typhoid, malaria and a lot of other diseases that somebody might normally be able to deal with and survive, but because their health is compromised because of malnutrition that they don't," Fish said.

While many organizations across the globe are working to solve the hunger problem it's encouraging to know that one of these organizations is located in our own backyard. Breedlove's mission is to produce innovative, premium, nutritious food aid products than can be distributed to the hungry of the world. Breedlove takes all donated unused and imperfect potatoes and vegetables from local farmers, cuts them up, dehydrates them and then sends them all over the world.

How does Breedlove accomplish this incredible task? With the help of strategic partnerships. Over the years

Breedlove's list of partners has grown to more than 80 organizations. Without these important partnerships they would not be able to accomplish the expanse of humanitarian relief efforts they currently accomplish. "Breedlove does not have a single employee outside of Lubbock, Texas," Mr. Fish reports with pride.

Because Breedlove dehydrates the potatoes and vegetables they process it allows them to put one million reconstituted servings into every ocean container they ship out. Each two-pound bag feeds up to about 50 people, and the average shelf-life of a bag is about 18 months. The primary ingredient used in their products is potatoes but they also use rice, beans, and lentils. To prepare the product one simply has to add water; yet it's flexible enough that cultures around the world can add in their own flavors, spices, and ingredients.

Breedlove doesn't stop at distributing the products. Mr. Fish and other Breedlove employees often travel to the areas they serve. They witness firsthand how their product is being used. It's an opportunity to put a face to the many people they work to help, and it's a reminder of what their efforts are really about.

Although they have accomplished a great deal over the years, Breedlove isn't finished. They are committed to being on the cutting edge of innovation and to remaining in the forefront of suppliers who aid in feeding the world's hungry. Their vision is to break the deadly cycle of poverty and hunger by leveraging their leadership and experience in continued international humanitarian relief. One way they hope to accomplish this is through a Ready to Use Food (RUF) product they will release in Spring 2010. The RUF is a peanut butter based formula ready packaged for consumption. It is approximately 680 calories per tube and has a shelf life of 18 months. The RUF will be distributed to undernourished children and pregnant/lactating mothers before they reach the point of malnourishment in an effort to intervene in possible future health problems.



To learn more about Breedlove Foods and how you can help, visit their website at www.breedlove.org.

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

Kingdom of Bhutan

The Kingdom of Bhutan is a small country nestled between China and India. The people of Bhutan consist of three major ethnic groups; however, because the country is deeply rooted in Buddhism, a person's religious sect characterizes them more than their ethnic group. 75% of the country is Buddhist while the remaining 25% is Hindu.

Little is known about Bhutan's early history. In the 9th century A.D., turmoil in Tibet forced many monks to flee to Bhutan. In 1616 Ngawana Namgyal, a lama from Tibet, established himself as ruler. After his death the country was torn by civil war until 1885 when Ugyen Wangchurck came into power. He was crowned king on December 17, 1907.

The political affairs of Bhutan were closely tied to British India until 1947 when India gained independence and recognized Bhutan as an independent country. In 1971 Bhutan joined the United Nations. The following year Jigme Singye Wangchuch ascended to the throne. He is well known for his philosophy of "Gross National Happiness," an idea which recognizes that economic goals are not the only factor in determining a country's development.

King Jigme Singye Wangchuch abdicated the throne in 2006 and the first-ever elections were held the same year. In 2008 Bhutan became a constitutional monarchy.

Bhutan has one of the smallest and least developed economies in the world. It is based primarily on hydroelectricity, agriculture, tourism, and forestry. In the past several years various hydroelectricity projects have bolstered the country's economy.

Bhutan continues to strengthen its foreign relations. India is Bhutan's largest trade and development partner, followed by Bangladesh. The relationship between Bhutan and Nepal has been stressed due to unresolved refugee problems. 107,000 refugees reside in camps in Nepal. Most claim Bhutanese citizenship, while Bhutan has branded them as illegal immigrants. The two countries have been attempting to negotiate a solution since 1983.

According to World Health Organization statistics the life expectancy rate in Bhutan is 63 years. The infant mortality rate is 80 deaths per 1,000 live births. The leading causes of death among the Bhutanese are perinatal conditions, ischaemic heart disease, and lower respiratory infections.



Fun facts about celebrating the holiday season around the world



- Australians celebrate Christmas with family gatherings in back yards, bar-b-ques, and picnics in parks, gardens and on the beach. After all, it is summer in Australia.
- It is also summer in Brazil. Here Papai Noel (Father Noel) arrives bearing gifts and wearing silk clothing due to the summer heat. Many believe he lives in Greenland.
- Good King Wenceslaus, the character of the familiar Christmas carol, is said to have lived in what is now Czechoslovakia.
- The Three Wise Men are believed to have resided in Persia, the area that is present day Iran.
- The Nativity scene, a popular symbol of the Christmas season, is said to have originated in Italy. Giovanni Vellita of the village of Greccio is said to have created the first manger scene at the request of St. Francis of Assisi.
- In Denmark Julemanden brings gifts to children. He is assisted by elves called Juul Nisse, who are said to live in attics.
- In Greece St. Nicholas is the patron saint of sailors. Traditionally Greek ships never leave port without some sort of St. Nicholas icon on board.
- The poinsettia is native to Mexico. Legend says that a little boy named Pablo was walking to the church in his village to visit the Nativity scene. He had nothing to offer the Christ Child. It was then that he noticed some green branches growing along the roadside and gathered them up. Others scoffed, but when he placed them by the manger a beautiful red star-shaped flower appeared on each branch.
- In Poland Wigilia is celebrated. This is a 24-hour feast which begins on Christmas Eve and is only broken once the first star appears on Christmas Day. This is to honor the star of Bethlehem. The Christmas feast consists of twelve courses, one for each apostle.
- The legend of St. Nicholas was brought to Russia in the 11th century by Prince Vladimir after he traveled to Constantinople to be baptized.
- In Sweden the Christmas season begins on December 13, the feast of St. Lucia. On her feast day, the eldest daughter dresses in white and wears an evergreen wreath with seven lighted candles on her head. She offers coffee and buns to each family member.
- Food is an important component of celebrations for many countries. In Ethiopia injera, a sourdough pancake like bread, is usually served. In Egypt the Christmas meal is known as fata and consists of bread, rice, garlic, and boiled meat. On Christmas morning people visit friends and neighbors, taking with them kaik, a type of shortbread to be eaten with a drink called shortbat.
- In many countries the main exchange of gifts does not take place on Christmas Eve or Christmas Day but on January 6, the feast of the Epiphany. This is believed to be the day that the Magi visited the Christ Child bearing gifts.
- In many countries the celebration of the new year is one of the most important days of the year. The main winter festival in China is the Chinese New Year which takes place toward the end of January.
- New Year's celebrations are also a very important in Japan. The Japanese New Year is called Oshogatsu. It begins on January 1 and lasts for two weeks. Decorations for the front door are made of pine branches, bamboo, and ropes. These decorations are believed to bring health and long life.
- In Scotland New Year's Eve is called Hogmanay. The Scots believe that the first person to set foot in a residence each New Year affects the fortunes of the inhabitants, with strangers generally bringing good luck. This tradition is known as "first footing."
- In Swaziland the end of the year is marked with a harvest festival called Newala. A bonfire is held at the end of Newala which symbolizes the burning of the previous year.
- In the Philippines children jump up and down at midnight to make sure they will grow tall.
- Germans drop melted lead into cold water and take turns interpreting the results.
- In Ecuador families craft an effigy of someone or something that represents the last year. At midnight the family lights the effigy on fire. The old year is now forgotten and the New Year can begin.
- In Greece New Year's Day is also St. Basil's Day. St. Basil comes in the night, leaving gifts for the children in their shoes. Vassilopitta, or St. Basil's cake, is prepared. Inside the cake is placed a silver or gold coin. Whoever finds the coin in their piece of cake is said to have good luck for the next year.
- Other countries have traditions meant to bring good luck as well. New Year's Eve in Spain is called Nochevieja. It's a common tradition to eat twelve grapes during the twelve strokes of midnight. The grapes are thought to bring good luck.
- The Swiss believe good luck comes from letting a drop of cream land on the floor.
- In France people eat a stack of pancakes to bring good luck during the New Year.
- Armenian women cook special bread for the family that has been kneaded with luck and good wishes.
- And of course, in America it is a tradition to eat black eyed peas.

When in... Thailand cont.

- Never criticize members of the Thai royalty family. Any disrespect shown toward them (and the currency upon which their faces appear) can attract a charge of *lèse majesté*, which carries severe punishment.
- When the national anthem is played daily at 8 a.m. and 6 p.m., you should stand in respectful silence.
- It is also an offense to insult or disrespect any religion (not just Buddhism); this include behaving inappropriately toward religious images or when visiting temples.
- All images of Buddha are considered sacred. Do not touch, point your feet toward, stand higher than, turn your back on, or pose for photographs in front of a Buddha. Remove your shoes before entering a room that contains a Buddha.
- Never touch a Thai person on the head, not even a child.
- The feet should never touch or be pointed toward anybody.
- Buddhists believe that all life is sacred, so accidentally stepping on a spider or an insect is regrettable; deliberately swatting or squashing one will cause great offense.
- Do not step on the threshold as you enter a room.
- Going topless or nude anywhere is disrespectful (and illegal.)

November

- 01—El Dia de Los Ninos; Panama
- 02—Dia de los Muertos; Mexico
- 03—Bunka-no-Hi; Japan
- 04—Citizenship Day; Northern Marianas
- 05—Guy Fawkes Night; United Kingdom
- 06—Confucius' Birthday; Vietnam
- 07—Commemoration Day; Tunisia
- 08—Queen's Birthday; Nepal
- 09—Allama Muhammad Iqbal Day; Pakistan
- 10—Militsiya Day; Russia
- 11—Independence Day; Poland
- 14—Readjustment Day; Guinea Bissau
- 15—Proclamation of the Republic; Brazil
- 16—Correction Day; Syria
- 17—Day of National Revival; Azerbaijan
- 18—National Day; Oman
- 19—Garifuna Settlement Day; Belize
- 22—Independence Day; Lebanon
- 23—St. George of Iberia; Georgia
- 24—National Women's Day; Samoa
- 25—Independence Day; Suriname
- 26—Proclamation Day; Mongolia
- 28—Independence Day; Mauritania
- 29—Liberation Day; Albania
- 30—St. Andrew's Day; Scotland

December

- 01—National Day; Romania
- 02—Republic Day; Laos
- 05—Discovery Day; Haiti
- 06—Farmer's Day; Ghana
- 07—St. Ambrose Day; Italy
- 08—Battle of the Falklands Day; Falkland Islands
- 09—Independence Day; Tanzania
- 10—Human Right's Day; United Nations
- 11—Hanukkah; Israel
- 12—Jamhuri Day; Kenya
- 13—Republic Day; Malta
- 15—Navidades; Puerto Rico
- 16—Bijoy Dibash; Bangladesh
- 17—National Day; Buhtan
- 19—Separation Day; Anguilla
- 20—Day of Morning; Panama
- 21—Solstice; International
- 23—Suez Victory Day; Egypt
- 24—Santuranticuy; Peru
- 25—Death of Tsongkapa; Tibet
- 26—Junkanoo; Bahamas
- 27—Hari Raya Haji; Singapore
- 29—Hijra; Islamic
- 30—Rizal Day; Philippines
- 31—Omisoka; Japan

International Holidays and Celebrations

Language Lesson

Merry Christmas and Happy New Year!

Albanian	Gëzuar Krishtlindjet e Vitin e Ri
Basque	Zorionak eta urte berri on
Catalan	Bon Nadal i feliç any nou
French	Joyeux Noël et bonne année
Galician	Bo Nadal e próspero aninovo
German	Frohes Fest und guten Rutsch
Hungarian	Kellemes karácsonyt és boldog új évet
Indonesian	Selamat Hari Natal dan Tahun Baru
Italian	Buon Natale e felice anno nuovo
Jèrriais	Jouaiyeux Noué et Bouonne année
Kurdish	Kirîsmes u salî nwêtan lê pîroz bê
Latin	Natale hilare et annum faustum
Malay	Selamat Hari Natal
Portuguese	Feliz Natal e próspero ano novo
Romanian	Crăciun fericit și un an nou fericit
Swahili	Krismasi Njema
Tamil	Nathar Puthu Varuda Valthukkai
Vietnamese	Chúc Giáng Sinh Vui Vẻ và Chúc Năm Mới Tốt Lành

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