

Supercourse Newsletter  
November 23, 2004

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[www.bibalex.org/english/initiatives/SupercourseArchive.htm](http://www.bibalex.org/english/initiatives/SupercourseArchive.htm)

Thanksgiving 2004

Dear Friends:

***Nothing is more honorable than a grateful heart.***  
— Seneca

Thanksgiving Thanks:

This is the thanksgiving newsletter. We write and give thanks to you.

Thanksgiving has become a time for us to give thanks. It has moved from its religious connotations to one of appreciation of others, our friends, family, students...Thanksgiving day began in the US shortly after the Pilgrims arrived. At this time there were 7 graves dug for every hut built. They gave thanks for many of the same things we give thanks today. On Thanksgiving day Jan and I will be going to her parents house. It is a day to watch American Football, and to eat. As we watch football we smell the turkey cooking, and our belly rumbles. On the table is a steaming huge turkey, potatoes, pumpkin pie, salad, beans, enough food for 18 people, but there will be only 4. It is a wonderful warm family, and friends feeling.

We present this description, as in many ways, it is the feeling of the Supercourse. We are surrounded by people world wide who appreciate each other, who want to share their knowledge, and wisdom, and in many ways their love for each other, for what we are doing, for global health and friendship. The Supercourse is truly an extraordinary movement. We need to keep the spirit of thanksgiving; it is the spirit of our global task.

**"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." JFK**

Supercourse Thanksgiving:

We should sit now around the global table of prevention, appreciate each other and savor our success. We have saved a very important announcement for Thanksgiving: We have cracked the 2000 lecture barrier. Eugene said that we now have 2012 lectures. We most certainly have captured a large percentage of knowledge of public health and prevention and we give it away for free. We wish to thank you all on Thanksgiving day, and we will be thinking of you all. Isn't amazing what you and all of our friends have built? In addition, we have 17,860 participants. Ezzeldeen, Samar and Monica have been relentless in their pursuit of Global Supercourse members. Ezzeldeen has "signed up" close to 1000 scientists from Arab/Muslim countries. Ezzeldeen is an extremely good friend. We have been especially interested in having more scientists from Arab countries as we all need to talk and collaborate in order that we can understand and thank each other. Samar and Monica have identified over 1000 faculty in schools of public health in Europe who we are now approaching now. We will continue to try to recruit 20,005 faculty by 2005.

The spread of the Supercourse was evident at the American Public Health Meetings. Faina presented a paper. At the beginning of her session she asked how many people heard of the Supercourse. Over 80% heard of us. Next time you are presenting ask if they know the supercourse. It will be interesting to see the global presentation.

China:

Jan and I just returned from China. Our Chinese brother is Yang Ze, who is brilliant and heads the genetics program at Beijing hospital and has been our friend since the early 1990s.. China has seen remarkable changes in 5 years. With Yang's help there are enormous possibilities. We are discussing the building of a Chinese supercourse. Beijing will host the 08 Olympics. We talked with some who are interested in our Olympic lecture. Our contacts with the International Olympic Committee and the US Olympic Committee, sadly have not evolved. The International and US Olympic medical committee appear to be much more interested in blood doping with only very limited efforts for physical activity and prevention. However, the Chinese Olympic committee appears to be much more interested. There are numerous areas of possible collaboration within China besides this. The Chinese are interested in building prevention training courses. All Universities have high speed Internet access. In addition, it seemed that everyone has a cell phone (my talks were punctuated every 6.3 seconds with a cell phone ringing!!). We might be able to push the Supercourse lectures throughout China as they have a fantastic satellite TV system that reaches almost every village, it is really exciting. Yang was wonderful. One day we had a 15 course breakfast, a 20 course lunch, and a 25 course dinner. I look like a snowman, with a rather large belly. As Yang has said, some people have arm strength, Ron LaPorte has belly strength.

Yang was telling us something extremely important. The numbers of cars in Beijing has proliferated. I thought it was almost all due to the rise of SES. However, he said that much of this was due to SARS as people were afraid to use mass transportation. Isn't that fascinating?

Lecture of the week

Thanksgiving is about giving thanks to our friends and loved ones. This week we need to thank Dr. A.K.Avasarala for the wonderful lecture "SOIL AND SHOWER OF HIV / AIDS IN INDIA" that can be accessed at [www.pitt.edu/~super1/lecture/lec17831/index.htm](http://www.pitt.edu/~super1/lecture/lec17831/index.htm) This lecture provides very important information about the spread of HIV/AIDS epidemic in various geographic areas of India. It also provides very important data on the characteristics of the epidemic and the modes of HIV transmission. In addition to being an active Supercourse lecture developer, Dr. Avasarala was also one of the main evaluator of Supercourse lectures in Faina's dissertation work. Thank you very much for all your hard work!

**I awoke this morning with devout thanksgiving for my friends, the old and new. - Ralph Waldo Emerson**

Best Regards from Pittsburgh on Thanksgiving. It would be great to hear from you as to why you are thankful for the Supercourse (send to [ronlaporte@aol.com](mailto:ronlaporte@aol.com)). We thank you all for being our friends, and working with the Supercourse to improve global health.

Ron, Jan, Faina, Yang, Mita, Soni, Eugene, Samar, Ezzeldeen, Monica, Julia, Akira, Deb, Tom, Tom Turkey

If you would like to come off this list, please send a note to [MitalL@pitt.edu](mailto:MitalL@pitt.edu)