

Supercourse Newsletter  
Dec. 17, 2013

Dear Friends:

“Education is the most powerful weapon which you can use to change the world” N. Mandela

My hero died, Nelson Mandela. I have only had 3 real heroes in my life, J.F. Kennedy, Martin Luther King, and Nelson Mandela. Nelson Mandela may be my most prized as he was the world. It is sad, but he passed having changed the world through peaceful means. In our presentations about the Supercourse we finish with Nelson Mandela’s famous education quote (above) as it is also the vision of the Supercourse. Nelson Mandela led the way, now we can bring hope to the world through education. We have added Nelson Mandela to the Supercourse calendar, as we want to continue to

honor him throughout the rest of the year. We can only hope that the Supercourse, Supercourse of Science, help desk and you can have some of the global impact of Nelson Mandela. He was a candle of hope, education and peace. We can move his vision of the world forward in a small way with what we have been doing. We will not think small.

<http://www2.pitt.edu/~super1/ACalendar2010/calendar2014.htm>)

Nelson Mandela did exactly what we are trying to do “he built a global tribe”. One of my former students in Indonesia, Kuntoro stated this beautifully for global health.

“Yes, that's wonderful idea a global health tribe, who says Hello each other, who helps each other, who shares resources each other, who has shared vision towards health for all...”He finished by saying that all of us in the Supercourse need to build our own Global Health “Tribe”. Nelson Mandela developed his tribe of global peace; we and your children shall develop our tribe of global health.

Umbuntu: Human Kindness

“There is no passion to be found playing small, in settling for a life that is less than you are capable of giving” Mandela (Francis send this to me)

Reaching/Teaching the world

Grandpa Ron just completed teaching my final class on NCD Epidemiology with Iva Miljkovic. It was it was quite joyous. The students did a Youtube presentation on prevention. The Youtube videos are edgy, they stick in your mind, informative, fun and demonstrate great creativity. The students had a buzz, and learned to work together. The first talk infects you with an “ear worm”, that is planted in your head and you cannot get it out. We think this is the first earworm in global health. All were exceptionally creative. We are discussing the possibility of a global public health Youtube competition. Let me know if you and your students are interested ([ronaldlaporte@gmail.com](mailto:ronaldlaporte@gmail.com)). We are working to make these videos go viral. I am amazed how creative young people can be in youtube. You could create a global health video yourself with your students and become the Psy of global health!

Smart Way to Live

<http://www.youtube.com/watch?v=jOyq5n4w53A>

Asthma in Pittsburgh

<https://www.youtube.com/watch?v=IDljg5Bw92g>

Most Interesting Man in the World

<https://www.youtube.com/watch?v=NbRDlq7LoMQ>

Mary's choice

<http://www.youtube.com/watch?v=bu4ZNS2i83o>

A tale of Caution

<https://www.youtube.com/watch?v=mdbdQFXzdP0>

Taylor and your Pitt Public Health Angels <http://www.youtube.com/watch?v=Y0X3YdNuhBsb>

Congratulations: Last week we heard that Faina Linkov was promoted to Associate professor, which she richly deserved. You can congratulate Faina at [Faina.linkov@gmail.com](mailto:Faina.linkov@gmail.com).

Grandfather academic genealogy: My academic children consist of 31 Ph.D.s, 300 Masters, 1000 from short courses = ~1400 If each of my children has 30 students, then I would now have 42000 grandchildren. In the next generation (4th), 1,260,000 great-grandchildren, 37,800,000, 5th generation, 1,134,000,000 6th generation and ~7 billion at 6.2 generation.

It will take only about 100 years to make everyone in the world a global health epidemiologist. I am not asking that all our tribe be named Ron, but rather their middle names be "Super", e.g. Eman Super Eltahlawy, or Nicholas Super Padilla. All grandfathers think their grandchildren are the most beautiful brilliant, friendly children in the world, Super people, I know you are. For all my Supergrandchildren Grandfather Ron wants to give all a beautiful, free global health Supercalendar (<http://www2.pitt.edu/~super1/ACalendar2010/calendar2014.htm>). We have already shared this to hundreds of global health super minds across the world.

Grandfather BA Superhelp desk:

Your grandfather plus his gray haired expert friends want to answer your "tribes" research methods questions. Grandfathers are good in helping their family members with important research questions in life.

<http://ssc.bibalex.org/helpdesk/introduction.jsf> (BA Superhelp desk)

<https://www.facebook.com/TheBaSuperhelpDesk> (BA Superhelp Facebook)

Supercourse Gifts

We appreciate all of you who contributed to the Supercourse. If you have, please write to me, as there is the fear that your gifts may have gone to the University of Pittsburgh, not the Supercourse at the University of Pittsburgh. We much prefer that your contribution help the Supercourse for the next year, rather than buying jerseys for the University of Pittsburgh Football team. (If you would like to give, go to [www.pitt.edu/~super1/](http://www.pitt.edu/~super1/)), and click on the donate button.

Faina's Lecture of the week

This week we have a new lecture from NIOSH "Debunking the Myths of N95 Respirator Use" by Roland BerryAnn, Pat Wiltanger, and Jackie Krahn. This lecture is designed to deliver scientific facts about the use of respirators and address some of the myths associated with their use. Did you know that choosing a respirator is somewhat similar to shopping for shoes? When a person goes into a store to buy a new pair of shoes, that customer will typically try the shoe on before

purchasing. That's because not all shoes, or shoe types, fit everyone the same. Respirators are the same way. NIOSH has seen in the tests that they do, that different types of respirators fit different face shapes on an individual basis. Please visit our new lecture at <http://www.pitt.edu/~super1/lecture/lec51081/024.htm>

Article of the week

"Total and high-molecular-weight adiponectin levels in relation to insulin resistance among overweight/obese adults" submitted to our Central Asian Journal of Global Health by Sushama D. Acharya et. al. The objective of this study was to determine whether baseline levels or intervention-associated changes in total and high molecular weight (HMW) adiponectin levels were associated with insulin resistance after six months of behavioral treatment for weight loss. These types of studies are very timely with the epidemic of obesity both locally and globally. Please access this article at <http://cajgh.pitt.edu/ojs/index.php/cajgh/article/view/55/94>

Grandpa Ron and

Faina, Eugene, François, Shalkar, Nicholas, Francis, Gil, Mita, Ismail, Eric, Kawkab, Vint, Ali, Olga, Maria, Eman, Kawkab, your Supergrandchildren, your grandparents and the whole Supercourse family