



# The Lion Cub

## The Newsletter of the American Community in Ethiopia

Community Edition: Thursday, December 20th, 2012

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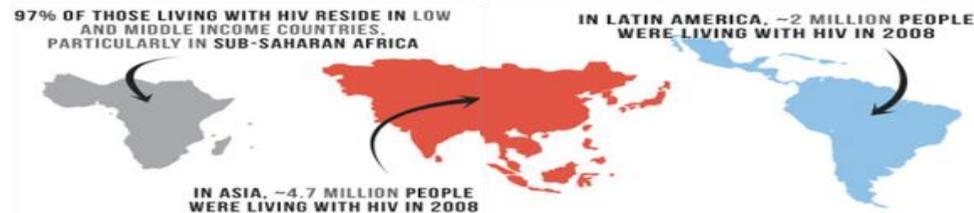
### "WORKING TOGETHER FOR AN AIDS-FREE GENERATION"

While this holiday month seems to be overflowing with festive fanfare, December also marks a worldwide annual event - **World AIDS Day**.

### THE GLOBAL HIV/AIDS CRISIS, TODAY

HIV, the virus that causes AIDS, has become one of the world's most serious health and development challenges:

- 33.4 million people are currently living with HIV/AIDS.
- More than 25 million people have died of AIDS worldwide since the first cases were reported in 1981.
- In 2008, 2 million people died due to HIV/AIDS, and another 2.7 million were newly infected.
- While cases have been reported in all regions of the world, almost all those living with HIV (97%) reside in low- and middle-income countries, particularly in sub-Saharan Africa.
- According to the World Health Organization (WHO), most people living with HIV or at risk for HIV do not have access to prevention, care, and treatment, and there is still no cure.
- The HIV epidemic not only affects the health of individuals, it impacts households, communities, and the development and economic growth of nations. Many of the countries hardest hit by HIV also suffer from other infectious diseases, food insecurity, and other serious problems.
- Despite these challenges, there have been successes and promising signs. New global efforts have been mounted to address the epidemic, particularly in the last decade. Prevention has helped to reduce HIV prevalence rates in a small but growing number of countries and new HIV infections are believed to be on the decline. In addition, the number of people with HIV receiving treatment in resource poor countries has increased 10-fold since 2002, reaching an estimated 4 million by 2008.



## HOW TO SAFELY DEFROST A TURKEY

Purchase the frozen turkey and place the turkey in the freezer until it is time to defrost the frozen bird.

**Defrost the frozen turkey in the refrigerator.** Place the turkey in a container/drip pan on the bottom shelf of the refrigerator to prevent the juices from dripping on other foods;

**Plan ahead:** to thaw a whole turkey in a refrigerator set at 40 °F or below. allow approximately 24 hours for each 4 to 5 pounds

4 to 12 pounds ..... 1 to 3 days

12 to 16 pounds ..... 3 to 4 days

16 to 20 pounds ..... 4 to 5 days

20 to 24 pounds ..... 5 to 6 days

A thawed turkey can safely remain in the refrigerator up to 48 hours before cooking, so **plan ahead**.

Alternative thawing mechanisms like microwaves and cold **running** water are not optimal with a large frozen bird. The exterior portions will appear to be thawed but interior portions of the bird can still remain frozen. Improperly thawed birds may contain Salmonella bacteria, which will cause severe illness.

[Stuff the turkey after thawing](#), if desired, but check the USDA recommendations on stuffing. Using a meat thermometer is **highly** recommended.

### TIPS

**Do not** defrost the turkey on the kitchen counter at room temperature, or play the 'in and out' game.

Be sure to clean up spills of raw turkey juices and cutting boards with bleach, Milton, or a similar disinfectant.

Wash your hands with soap for at least 20 seconds after touching or handling raw poultry.

Additional information is available at <http://www.fsis.usda.gov/>



# Classifieds

## For Sale

**For Sale: 2001 Toyota Rav4L:** Great condition, 4WD, automatic transmission, 67,000 miles, silver exterior, brand new tires and brakes included. Imported duty free in 2011. Asking \$10,000 USD. Available April 2013. Please contact [MeehlingLA@state.gov](mailto:MeehlingLA@state.gov).

## Wanted

**Wanted: Baby Crib for 1 years old and above.** Please contact Hiwot Alemayehu at 0911423307. [Alemayehuhs@state.gov](mailto:Alemayehuhs@state.gov)

**Wanted: acoustic guitar:** Please call Joyce at 091 311 0058.

**Wanted: sewing machine:** Please call Joyce at 091 311 0058.

