



# The Lion Cub

The Newsletter of the American Community in Ethiopia

Community Edition: Thursday, February 14th, 2013

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## FEBRUARY IS HEART HEALTHY MONTH

***“Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.” (AHA.ORG)***

### **5 Ways to Love your Heart**

1. Be active: AHA recommends at least 30 minutes of moderate to vigorous physical activity a day.
2. Eat smart: Enjoy a diet low in sodium, saturated fat and trans -fat, and rich in fruits, vegetables, fiber-rich whole grains, and monounsaturated fat and polyunsaturated fat.
3. Evaluate your risk: Age, gender, race/ethnicity, family history and other medical conditions can all increase your risk of developing heart disease. Know which factors affect you and what you can do to reduce them.
4. Listen to your heart: When warning signs pop up, pay attention to them. By visiting a doctor early, your chances of avoiding a serious condition increase.
5. Know the facts: Read up on heart disease. By knowing about the culprit, you will be better prepared to help prevent and fight it. (AHA2011)



# BALLET CLASSES !!

AT BRANA PLAYSCHOOL

Start day:  
Nov.5, 2012



## After school program!!

- ◆ Kids from 4 to 8 years old
- ◆ Classes every Monday
- ◆ From 3:45pm—5:00pm

Juana Bedoya—Professional Instructor

Cell +251-930-033-536, 912-713-233

[branaplayschool@gmail.com](mailto:branaplayschool@gmail.com)



BRANA PLAY SCHOOL  
Where comunity is encouraged!

## GO WILD IN THE COUNTRY!!!



## CHILDREN'S CROSS COUNTRY RUN SATURDAY 16TH MARCH 2013

AT  
**BORN FREE FOUNDATION WILDLIFE RESCUE CENTRE (25KM FROM ADDIS)**

- Different childrens' races suitable for ages 4 – 14 years old
- Family picnic in the forest
- Great prizes for winners and T-shirts for all !
- All profits to wildlife rescue and care

*To register – please deliver a sealed envelope for the attention of Jim McKee at the British Embassy or Derek Ferreira at the International Community School enclosing entry fee of 150 ETB per child, your child's name(s) and age(s) and your e-mail contact. We will then send you full joining instructions.*

## 2013 Choice Women First 5KM

Sunday 10 march 2013



REGISTER NOW!!

ETB 60

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

# Classifieds

## For Sale

**2001 Toyota Sequoia SR5 (SUV):** Great condition, 4WD, automatic transmission, 127,000 miles, black exterior, sunroof, with a set of brand new tires thrown in. Seats 8 comfortably with leather seats. Imported duty free. \$9000 USD. Available May 2013. Please contact [davanter@aol.com](mailto:davanter@aol.com).

**2010 Toyota Highlander 4WD SUV:** 4D Sport Utility body style, great condition, 16K miles (as of 02/13), 3.5L V6 24 valve with VVT-i 270HP engine, automatic transmission, 4WD, silver exterior, cloth ash interior, cold weather package with wind-shield de-icer grid and heated outside mirrors, 6 CD/MP3 changer w/ AUX IN, side/curtain airbags, stability control, third rear seat, fold away third row, roof rack, independent rear seat A/C control, traction control, alloy rims, V6 towing prep package. Duty free for dip passport holders. No accidents. Imported in 2011. Sold by first owner. Asking \$28,850. Available 08/13. Two brand new Yokohama Geolandar A/T-S 245/65R 17 107H tires and original Toyota brake set included (a value of \$400). Contact [ablagoevski@yahoo.com](mailto:ablagoevski@yahoo.com) or call/text 0923.295050.

**2001 Nissan Xterra XE 4WD:** V6 automatic with AC, power doors & windows, towing package, AM/FM/CD. 99,xxx miles, very well maintained. Available mid-March, asking \$14,000 USD. 0930-004-013 or [AddisXterra@gmail.com](mailto:AddisXterra@gmail.com)

**Auto Front Floor Mats For Sale:** Tan, Weathertech Classic Premium rubber front floor mats for sale. Very durable and fits many vehicle types – purchased for our Land Cruiser. Never used – ended up with two sets. Asking 900 Birr. Contact Diane – 0911 509 307.

**Priority Pet Products folding crate** for small to medium dog. Constructed from black coated wire, approx. 24 inches long x 18 in. wide x 21 in. high. Excellent condition. \$40. If interested, please contact Don Jurczyk, e-mail:

[JurczykDF@state.gov](mailto:JurczykDF@state.gov), Extn. 6400.

## Wanted

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

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

## Available

Our female dogs, Ezi and Walter are looking for a good home come June 2013. We will be moving to a post where we'll live in an apartment and simply cannot take our dogs with us. If we could, we definitely would. Both dogs are female, pure-bred mutts, fixed, vaccinated, potty trained, great with kids and the best of friends. Ideally, we'd like them to stay together. Presently, they live with us in Addis Ababa, Ethiopia in a compound, where they spend most of the day outside. They sleep outside as well and do not bark unless they see an animal or someone knocks on our gate. In the evening, they are inside the house sleeping at our feet or chasing each other around the living room. We're hoping for a home where they are part of the family and given plenty of love. If you are interested in adopting them, please email Sara Berner at [bernersa@state.gov](mailto:bernersa@state.gov).

## Wanted

Set of 4 new tires for Toyota RAV4, size 225/65R17 or similar. Contact Jeff at 011-130-6970

## Volunteer needed

Future Talent International Academy (A Private School) is looking for a Volunteer American to teach English to students from Pre – High School. Interested volunteers please contact Ato Shibeshi Tsigie on 091-121-5959



## Classified FAQs

- ◆ To submit an ad, e-mail [cloddissababa@state.gov](mailto:cloddissababa@state.gov) by Monday COB.
- ◆ Remember to include your e-mail contact information.
- ◆ All ads will run for one issue only; please resubmit bi-weekly if needed.
- ◆ Ads must be submitted by a USDH or EFM.
- ◆ Classifieds are included in the internal & external publications.