



INSIDE

Health News: Antioxidants 1

Out and About 2

Green Tips 3

Classifieds 4-5

Antioxidants

Antioxidants are substances that may protect your cells against the effects of free radicals. Free radicals are molecules produced when your body breaks down food, or by environmental exposures like tobacco smoke and radiation. Free radicals can damage cells, and may play a role in heart disease, cancer and other diseases. Antioxidant substances include Beta-carotene, Lutein, Lycopene, Selenium, Vitamin A, Vitamin C, and Vitamin E.

Top Antioxidant Foods: By Doug Donaldson of Heart Healthy Living

A U.S. Department of Agriculture (USDA) study published in the Journal of Agricultural and Food Chemistry found that russet potatoes, pecans, and cinnamon are high in antioxidants.

Blackberries: Packed with anthocyanins, a plant chemical that gives them their deep color and act as antioxidants, blackberries is also rich in vitamin C and fiber, which have been shown to reduce the risk of certain types of cancer and heart disease.

Prunes: Long revered as a good source of fiber, prunes are also being recognized for their antioxidant properties and helping slow age-related mental and physical problems.

Raspberries: High in polyphenolic compounds, which are plant chemicals that act as powerful antioxidants and fight cardiovascular disease and cancer, raspberries help fight inflammation and have been used to reduce arthritis-related pain.

Cranberries: For years, doctors have touted the fact that cranberries prevent harmful bacteria from sticking to the walls of the urinary tract, thus cutting down on the possibility of infections. Now re-searchers also point out that cranberries are high in antioxidants and other phytonutrients important for protecting the body against heart disease, cancer, and other conditions, such as memory loss.

Blueberries: they contain no fat or cholesterol. They're high in fiber and low in calories. Blueberries are bursting with antioxidants, containing more than you find in 40 other fruits and vegetables. Look for berries that have a silvery bloom coating. They're loaded with healthy plant-chemical called anthocyanins, which give them that gorgeous blue hue and provide some protection against heart disease. Preliminary research also indicates that blueberries may have a positive effect on improving night vision and reducing blood glucose levels

Red Kidney Beans: including garbanzo, white, black, red, and navy, are naturally low in fat and contain no saturated fat, trans-fats, or cholesterol. They are high in protein, fiber, iron, folic acid, and potassium. In addition to health benefits related to heart disease and cancer, studies also suggest eating beans may help manage diabetes and cut the risk of high blood pressure and stroke.

In addition to the list above, tomatoes, garlic, broccoli, red grapes, spinach, carrots and whole grains also offer plentiful antioxidant content.



Now Showing at EDNA Mall :

For more information & show times
please call 011-661-6278/6208
or visit
[http://www.ednamall.net/
show_time.html](http://www.ednamall.net/show_time.html)

NGO Bazaar

June 30th, 8:30-12:00

The rainy season is on its way so this will be the last bazaar for the summer!

The NGO Bazaar takes place in the Evangelical International Church which is in an area called Sar Bet, just down from the African Union as you head towards Adam's Pavillion, the shopping centre. The College is opposite Novis Supermarket and King's Hotel.



Online Resources:

- oddsinaddis@gmail.com

Odds and Sods in Addis Ababa - An email listserv that gives updated listings of classifieds, inquiries, etc... for the ex-pat community. Email them to be placed on the list.

- <http://groups.google.com/group/addis-diplo-list?hl=en> :

Addis Ababa Diplomat Google Group similar to Craigslist for diplomats here in Addis Ababa. Join the group by using a Google account.

- <http://www.facebook.com/#!/pages/Abyssinia-Eventoch/181024277444> Facebook page for events in Addis
- <http://addisrubble.com/> Comings and goings around Addis
- <http://www.expats-blog.com/en/classifieds/africa/ethiopia/addis-ababa/> Expat life blog from Addis Ababa
- <http://www.pj.dk/> like Amazon, but for people on diplomatic orders

Green Tips



- Use cloth instead of paper to clean your kitchen. Be frugal, and make these rags out of old towels, t-shirts, or socks.
- Repurpose glass jars as leftover containers and bulk storage, especially in the kitchen.
- Five-minute showers – make it a goal for yourself. You can use your cell phone to set a timer.
- Choose concentrated detergent. Concentrated laundry detergents have reduced packaging and a smaller carbon footprint.
- Don't iron if you don't have to. Not only is ironing a tedious chore, it also consumes energy and can deteriorates fabric. Look for wrinkle free fabrics when shopping for clothes.
- Make your own laundry detergent. Visit <http://tlc.howstuffworks.com/home/make-your-own-laundry-soap.htm> for recipes.
- Clean the lint filter every time you use the dryer to maximize efficiency. Save the lint to use as kindling for your fire place.

Classifieds

Vehicles: For Sale

2009 Honda Accord EX-L Sedan 4-door: V6, VTEC, 3.5 Liter Engine, 5-Speed Automatic Transmission, Air Conditioning, Power Windows, Power Door Locks, Cruise Control, Power Steering, Tilt Wheel, CD (Multi Disc) Premium Audio System, Dual Airbags, Side Airbags, Dual Power Leather Seats, Moon Roof. 40,700 miles. \$25,000. Contact: castroyc@state.gov

2004 Honda Pilot: Black, \$17,000 Duty Free. Automatic, 94,500 miles, well maintained and excellent condition. Available in July 2012. AC, power steering, windows, mirrors and third row seating. *Extras:* Set of new spark plugs; 4 minimally used tires, new cabin air filter. Photos available upon request. Please contact: peterfonjungo@yahoo.com or 0911 508325

2006 Jeep Wrangler (JEEP!!!): USD 19,000 Duty Free
Specifications: 4 cyl, automatic, part-time 4 wheel drive
45,300+ miles, soft top, new breaks, recent oil change and new air filter. Drives great for in/out city off-roading & city driving. New headlights, wipers, air and oil filters available along with purchase. Contact Nuttyjif@gmail.com or 0911 526 310.

Miscellaneous: For Sale

One expired EVDO stick that only needs to be reregistered to begin internet activity again. \$40. Contact PetersonKL@state.gov

Miscellaneous:

- Pillow-top Queen-size mattress (excellent condition) and box spring, 150 USD
- - 1 tall black IKEA bookcase - 150 USD
- - 2 short black IKEA bookcases - 100 USD each
- Multiple food items, too many to list. E-mail request for list.

If interested contact Yvette at castroyc@state.gov

Miscellaneous: Wanted

Seeking to borrow: Ladies ski jacket and pants (size S/M) Heading to the southern hemisphere to ski and need outerwear. Does anyone have a snowsuit set I can borrow? Please contact Sheri-Nouane at 011-130-6785 or 0911-511-432

Miscellaneous

Multiple Items for Sale:

- 2 matching LazyBoy recliners, soft cloth, color is burgundy, \$240 for both
- Daewoo CD/DVD player, 110 - 220 volt: \$80
- X-Box with all accessories : \$150
- Weber free-standing black kettle grill, 19.5 inch, charcoal: \$70.
- Great second TV or TV/DVD player for children! Toshiba 15 inch TV, with CD and VCR player. 110V, American specifica-

tions: \$90.

- Record TV programs. Sony VCR player with 6 VHS tapes. 110 - 220V. \$60.
- Computer hard drive, mouse, assorted cables, software. Priced to sell.

Contact: ARoecks@attglobal.net

Large potted plants for sale. Contact Glendaloren2003@yahoo.com

Loving cat needs new home!

Beautiful white and orange Turkish Angora cat looking for a loving home. He sleeps outside but loves to come inside for visits. His shots are up to date.

Contact: Roecks@attglobal.net

Heading to DC? Looking to rent a house?

Petworth townhouse: 510 Buchanan street

- 3 bedroom, 2.5 bath, large finished basement/den and covered deck off kitchen
- Right near Grant Circle and Sherman Circle Parks
- .7 mile walk to Green and Yellow Georgia Ave/Petworth metro line
- One block to metro bus

Contact Sheri-Nouane at 011-130-6785 or 0911-511-432



Classifieds (continued)

(Continued from page 4)

Recommendations & Domestic Staffing

Cook/Housekeeper Available:

Walensa Birhan worked for us as a cook and cleaner for the last year. **She was responsible for “all things food,” as well as cleaning half of our house.** She is especially skilled at parties & receptions, knowing how much food was needed for events, & having it prepared with perfect timing. Walensa has worked for American families for many years, and is skilled at popular items like pizza, enchiladas, mac & cheese, quiche, homemade bread and more. She has experience with specialty foods like Japanese & Indian. Walensa is extremely trustworthy. She kept receipts for shopping, and maintained a petty cash fund. Her English skills are very good. She is punctual, not missing a day of work. Walensa can be reached directly at 0921605395 or email Heather at huwbi-joux@hotmail.com.

Housekeeper/Cook will be available in July:

Mulu worked as my Housekeeper/Cook for my two years in Addis. Mulu is a hard worker and very reliable and dependable. If interested, please call Mulu at 0913-499-995. Recommended by Karen.

Housekeeper/Laundry Pro: Sible Zewde is an excellent housekeeper. She folds like the Gap and she has eliminated our need for dry cleaning services. She is great with kids and pets and house and pet-sits when

we travel. She has worked for American families for the last 4 years, has previously worked for Italian families and is fluent in Italian and Amharic. Her English is not the best but she needs little direction and is very trustworthy. Our dogs now speak Amharic! She is available July 1st. Please call or email me for additional information: Lisa 0921378712; Tex-aslisa@gmail.com. You may contact her directly after July 1st at 0910115146.

Housekeeper/Nanny: Woinshet Kebede has worked for us for two years. She cooks (especially Japanese), cleans, does laundry, takes care of children, and even does a little shopping. My kids are sad to see her go, because they love to eat her chicken fingers and pizza. She is trustworthy and very reliable; she will stay late or come in an extra day to watch the children. Her English is fair. She is available now. Prefers Gerji or Bole area. cunninghampj@state.gov for questions. Woinshet: 0911-910-681.

Cook/Housekeeper: Tiblete has worked with us for almost 2 years (August 2010 - June 2012) and prior to that has worked with several Embassy families. She's very honest, personable, respectful, kind and an excellent cook. She can prepare meals/appetizers quickly and without supervision or guidance - she has her own recipe book, knows various cuisines and loves to learn

new dishes. Please contact DowneyJA@state.gov for further references or contact Tiblete at 0911-682-590

Gardener/Day Guard: We highly recommend Haptamo Legesse. He works hard and does a good job both with yard maintenance and security. We had a large yard and he was able to keep it looking very nice. He is friendly and eager to please. Contact his sister (Mulu) at 251 910 910 73. For a reference, contact sherryannward@yahoo.com.

Cook/Housekeeper Available: Mulu has worked in our home (family of 6) as our cook and housekeeper for almost 3 years. She loves to cook, enjoys learning recipes. She reads English cookbooks fairly well. She makes our whole wheat bread 2 times/ week and has learned how to make our favorite desserts such as pies and cinnamon rolls. And yes, she makes the main meals also. She cleans as well as everyone else. She is very honest and punctual. She has also had experience working with young children. Our girls have enjoyed her. She prefers fulltime work in the Bole area. Available mid June. Contact Glenda at Glen-daloren2003@yahoo.com for further questions or call Mulu at 0910-910-973.