



Top 10 Healthiest New Year's Resolutions

Lose weight

Plan for bumps in the road. Use a food journal to keep track of what you eat and have a support system in place.

Stay in touch

Feel like old friends (or family) have fallen by the wayside? **It's good for your health to reconnect with them.** Research suggests people with strong social ties live longer than **those who don't.**

Quit smoking

Fear that you've failed too many times to try again? Talk to any ex-smoker, and you'll see that multiple attempts are often the path to success. Try different methods to find out what works. And think **of the cash you'll save!** We know you know the incredible health benefit.



Go back to school

No matter how old you are, heading back to the classroom can help revamp your career, introduce you to new friends, and even boost your brainpower.

Cut your stress

A little pressure now and again won't kill us; in fact, short bouts of stress give us an energy boost. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more.

Volunteer

And guess what? Happiness is good for your health.

A 2010 study found that people with positive emotions were about 20% less likely than their gloomier peers to have a heart attack or develop heart disease.



Other research suggests that positive emotions can make people more resilient and resourceful.

Cut back on alcohol

Drinking alcohol in excess affects the brain's neurotransmitters and can increase the risk of depression, memory loss, or even seizures. Chronic heavy drinking boosts your risk of liver and heart disease, hypertension, stroke, and mental deterioration, and even cancers of the mouth, throat, liver, and breast.

Get more sleep

You probably already know that a good night's rest can do wonders for your mood and appearance. But sleep is more beneficial to your health than you might realize. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. Sleep is crucial for strengthening memories (a process called consolidation).

Travel

The joys and rewards of vacations can last long after the suitcase is put away. Traveling allows us to tap into life as an adventure, and we can make changes in our lives without having to do anything too bold or dramatic.



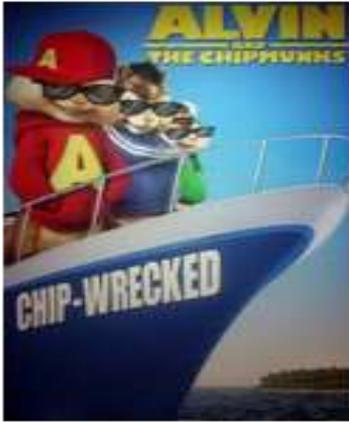
Save money

Save money by making healthy lifestyle changes. Walk or ride your bike to work, or explore carpooling. (That means more money in your pocket and less air pollution.) Take stock of what you have in the fridge and make a grocery list. Aimless supermarket shopping can lead to poor choices for your diet and wallet.

Happy New Year!

from <http://www.health.com/health>

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



Our Journey

By

Sofia Kifle

Now through January 21

Sofia first studied at Mary Baldwin College in Staunton, Virginia, obtaining a degree in Theatre and Arts Management Program. Later on she enrolled at Howard University in Washington DC and completed her Masters Degree in Fine Art in 2000. *Our Journey* is **Sofia's first solo exhibition in Ethiopia**. For *Our Journey*, Sofia is presenting paintings, installations and photographs.

Location: From 4 Kilo on Queen Elizabeth Road before Ras Amba Hotel

Hours: Monday—Saturday 12pm-7pm

Phone: 011-123-3244 / 0923-002310 / 0910-524-743

World Wetlands Day Photo Celebration: Wetlands Tourism – A Great Experience Jan. 3-20, 2012

Showcase the beauty of wetlands along with your talent! Submit your best photos to a World Wetlands Day photo celebration under this year's theme "Wetlands Tourism: A Great Experience," sponsored by the U.S. Department of State and U.S. Fish and Wildlife Service in partnership with the Ramsar Convention Secretariat. From Jan. 3-20, 2012 upload your best photo(s) to our Flickr site in one of four wetlands and tourism-related categories: wildlife, landscapes, plants, and tourists (one per category per participant). ALL are invited to mark your favorite photo in each category through Jan. 22. The top photos in each category will be showcased on U.S. Department of State, U.S. Fish and Wildlife Service, and the Ramsar Convention Secretariat and its International Organization Partners' websites and social media platforms around the world on World Wetlands Day, Feb. 2, 2012.

Visit Facebook at www.facebook.com/StateDepartment.OES and www.flickr.com/groups/WWD2012PhotoCelebration for instructions and more information.

Online Resource:

oddsinaddis@googlemail.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.

A customized cover letter is a critical marketing tool that can take you to the top of the hiring list. Consider these tips to make yourself stand out among a crowd of applicants.

Cover Letter Format

To be effective, your cover letter should follow the basic format of a typical business letter and should address three general issues:

1. First Paragraph - Why you are writing
2. Middle Paragraphs - What you have to offer and why your experience matches what is asked within the vacancy announcement
3. Concluding Paragraph - How you will follow-up

Why You Are Writing

If you are writing in response to a job posting, indicate where you learned of the position and the title of the position. More importantly, express the likely match between your credentials and the position's qualifications.

What You Have To Offer

In responding to an advertisement, refer specifically to the qualifications listed and illustrate how your particular abilities and experiences relate to the position for which you are applying. You can do this by giving evidence that you have researched the organization thoroughly and that you possess skills used within that organization.

Emphasize your achievements and problem-solving skills. Show how your education and work skills are transferable, and thus relevant, to the position for which you are applying.

How You Will Follow Up

Close by reiterating your interest in the job and letting the employer know how they can reach you and include your phone number and email address.

Also, you should confirm that your materials were received and that your application is complete.

Lastly, you may indicate that your references are available on request. Also, if you have a portfolio or writing samples to support your qualifications, state their availability.

Adapted from jobsearch.about.com

Classifieds

Vehicles: For Sale

FOR SALE: 2006 Toyota 4-Runner: Silver color. 4WD, 8 cylinder, 245 bhp, only 55000 miles. Just serviced, new brakes. A/C, Radio/Single CD player, power windows/locks. Mint condition. Duty Free. Available February 2012. \$23,500. If interested call Richard at 0911 249 520 or email rreithinger@yahoo.co.uk.

For Sale: 2005 Chevy Suburban: 4 Wheel Drive, Seats 9 passengers, 58,000 miles, white on the outside, grey on the inside, Asking price: \$15,000. Contact Laura at fitzinadis@gmail.com

Miscellaneous: For Sale

For Sale: Multiple Items!

- Five-Piece Outdoor Bistro set (2 chairs, 2 ottomans, 1 table). Perfect for your garden or terrace. \$350.
- Kodak Easy Share Camera \$60.
- Two white plastic garden chairs - \$5 each.

Please contact Karen at landher-rke@state.gov.

For Sale: 5 spare tires (without rims). Goodyear Fortera TripleTred tires 265/65R17 110T. Tিরerack.com lists a set of five for \$980.00. Asking price \$800.00 for all five. They have hardly been driven on—only a few months in the States—and have been protected from the rain and the sun. In very good condition. Contact BelleF@state.gov or MacKenzieIR@state.gov.

Miscellaneous: Wanted

Wanted Elliptical Machine: (Heavy Duty). Email: Dwight Samuels at Samuelsda@state.gov

Miscellaneous

Free Dog Sitting: Are you traveling and worried about leaving your beloved pooch home alone? We would be happy to have them at our Bole home. No payment will be accepted. We just don't want your dog to be lonely while you away. A short meet and greet beforehand with our own very friendly dog is best to make sure that everyone gets along. Contact Sebastian Gregg: greggsj@state.gov.

Domestic Help

Housekeeper/Nanny Available: Kate Pongonis recommends housekeeper/nanny Tsehay . Tsehay speaks good English and is kind and gentle with children. Contact Tsehay at 0911-732-520

Housekeeper Available: Kate Pongonis also recommends housekeeper Etaua. Etaua speaks little English but requires minimal direction with household tasks. Please call Tsehay at 0911-732-520 to contact Etaua.

GM Cleaning Service and Employment Agency: For all your domestic employment needs. Contact Ejigayehu Etsub at 0911-622-647 or at gigietsub@yahoo.com.

Services

Massage in your own home:

Fere has her certificate in massage therapy: Swedish, Shiatsu, hot stone, aroma therapy massage, and reflexology. She brings her own massage table. She has been serving the American Community for many years. Contact Fere at 091 168 9475 Recommended by Diane Corbin.

Personal Tailor: I highly recommend **Wendie's tailoring services.** Wendi does not have a store front, but comes to his customers! He procures all the necessary materials and brings samples with him. I was especially impressed with my suit, as many tailors cannot quite manage to make feminine suits. Wendie is skilled and charges a fair price. Contact Wendie 0913.241.733 wondenof@yahoo.com or Brendan Wheeler if you need a reference – 0911200628.

Addis Ababa Equestrian Society: AAES offers horse back riding lessons, trail rides, and pony rides for all levels of riders. Contact stable manager Kasha-hun for appointment or information: 0911-196-818. Recommended by Laura Holbrook.