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MEMORIAL DAY

Memorial Day is a federal holiday observed annually in the United States on the last Monday of May. Formerly known as Decoration Day, Memorial Day was officially proclaimed on 5 May 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. It was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery.

The first state to officially recognize the holiday was New York in 1873. By 1890 it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead.

Many people observe Memorial Day by visiting cemeteries and memorials. A national moment of remembrance takes place at 3 pm local time. Another tradition is to fly the flag of the United States at half-staff from dawn until noon. Volunteers often place American flags on each grave site at national cemeteries.





The Facts

- The skin is the largest organ in the body.
- Skin cancer is the most common of all cancer types.
- > 1 million skin cancers diagnosed each year in the US. (More than prostate, breast, lung, colon, uterine, ovarian, and pancreatic cancer combined).
- 1 in 5 Americans will get skin cancer.
- Sunburns increase your risk of skin cancer.
- More than 90 % of all skin cancers are caused by sun exposure.

Benign Malignant



What to look for:

The ABCDE's of Moles & Melanoma

- A is for **ASYMMETRY**: One half of a mole or birthmark does not match the other.
- B is for **BORDER**: The edges are irregular, ragged, notched, or blurred.
- C is for **COLOR**: The color is not the same all over and may include shades of brown or black, sometimes with patches of red, white, or blue.
- D is for **DIAMETER**: The spot is larger than 6 millimeters across (about ¼ inch — the size of a pencil eraser) or is growing larger.
- E is for **ELEVATION OR EVOLVING**

If you detect any of these warning signs – see a physician!

What's Your Sun-Safety IQ?

True or False

- I can't get skin cancer, because my routine (work, indoor hobbies, and vacations) doesn't include outdoor activities.
- If I'm wearing sunscreen, I can stay in the sun as long as I want.
- A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.

See answers on page 7

US Embassy Health Unit
 Addis Ababa
 Adopted from: Virginia Hospital Centre; Arlington
 Health Promotion Department

Out and About: Community at Large

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://addisrumble.com/> Comings and goings around Addis
- <http://www.expatsblog.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

Toddler Play Groups in Addis

Old Airport Group meets every Friday morning 9.30-11.30 a.m. Co-ordinated by Sophie, sophiejoye@yahoo.com

Bole Play Groups meet every Thursday:

- ⇒ 0-2 years old from 9.30 – 11.30 am
- ⇒ 3-6 years old 3.00 – 5.00 pm.

Coordinated by Vicky, boleplaygroup@gmail.com 0922-111-873.

Meetings are in one of the members' houses.

Venues are announced by email and it's free to participate.



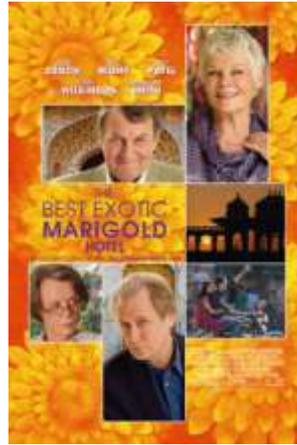
Answers from Questions on Page 2:

Q1. Answer: False. Brief sun exposures year round can add up to significant damage for people with fair skin. UV rays do pass through car windows, so driving during peak sun hours, 10:00 a.m.-4:00 p.m., bathes your hands and arms in damaging UV rays.

Q2. Answer: False. It's not smart to broil in the sun for several hours, even if you are wearing sunscreen. These products don't provide total protection from ultraviolet (UV) rays. Seek shade and limit time in the sun at midday. Cover up with a shirt, wear a wide-brimmed hat, and use a sunscreen rated SPF 15 or higher. Don't forget sunglasses for eye protection.

Q3. Answer: False. The Sun Protection Factor (SPF) describes how long a product will protect your skin. Air-skinned people begin to burn in ~15 minutes on a sunny day - wearing an SPF 15 sunscreen would prevent sunburn for about 225 minutes. ($15 \times 15 = 225$). The SPF 30 sunscreen should last for 450 minutes ($30 \times 15 = 450$). In practical use, you'll need to reapply sunscreen every 2 hours. Be sure to choose a broad spectrum product that blocks UVB and UVA light.

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



NGO Bazaar



This Saturday, May 26th

8:30-12:00

At the International Evangelical Church (IEC), located near Sarbet/Adams Pavilion, across from Novis.

Green Tips

- The average U.S. office worker goes through 10,000 sheets of copy paper a year. So, make it a habit to print on both sides or use the back side of old documents for faxes, scrap paper, or drafts. Avoid color printing and print in draft mode whenever feasible.
- Make it a habit to think before you print: could this be read or stored online instead? When you receive unwanted catalogs, newsletters, magazines, or junk mail, request to be removed from the mailing list before you recycle the item.
- Also, take advantage of occasions to skip paper entirely. Don't automatically hit the print button on your computer. Send out party invitations by e-mail. Think how much paper, postage and effort you'll save.

Classifieds

Vehicles: For Sale

2001 Toyota Rav4: silver, \$10,500 duty-free. Available September. Great working condition. Automatic shift. Photos available upon request. Three spare tires included. Duty-free status required. Please contact esther.falcon.bell@gmail.com for more information.

Silver Nissan Pathfinder SE 2004. 4D Sport utility : Automatic, 88K Miles, AC, \$13,000. Duty free. Available June 2012. Contact: Glendaloren2003@yahoo.com

2000 Jeep Cherokee Limited: Four Wheel Drive, Good Condition, Running Great. Vehicle available in late July. Cost: \$10,000, OBO. Duty free status strongly preferred. Comments: Received regular maintenance from Embassy Mechanics. Recently installed a new cooling system, brake pads/shoes. Vehicle comes with three new spare tires from the States.
schmidcd@gmail.com

1978 Peugeot 504. Unknown number of miles, but quantifiably awesome. Updated power locks and sound system. Asking: ETB 130,000. Duty PAID. Please contact Peter: LordPW@state.gov or 011.130.7001.

2006 Jeep Wrangler

USD 19,000 Duty Free
Specifications: 4 cyl, automatic 45,300+ miles, soft top, new breaks, recent oil change and new air filter. Drives great for out of city and city driving. New headlights, wipers, air and oil filters available along with

purchase. Contact Nutty-jif@gmail.com or 0911 526 310.

Miscellaneous: For Sale

AFN Decoders : HD decoder, asking \$450. Other old school decoder, asking \$100. Must be eligible for AFN, verification required. Contact Dan at messeld@hotmail.com, 0911509316 or x6528.

How to Host a Murder Board Game (3 games). Each game is a three-hour play for six persons – great for dinner parties. \$7.50/each.
ARoecks@attglobal.net

Miscellaneous: Wanted

Wanted: TREADMILL. Please email SaundersPM@state.gov.

Wanted: Piano to buy. Upright, grand or studio, (not an electronic keyboard) Please email Bob at bhgingrich@gmail.com or Joyce at jhooleyg@gmail.com

Miscellaneous

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

Recommendations

Ethiopiawi Art Studio features the works of four contemporary Ethiopian artists working in diverse styles and media. The studio is lo-

cated near Arat kilo and they are more than happy to welcome visitors and discuss their work. Contact information and examples of the artists' work is at www.facebook.com/EthiopiawiArtStudio. Recommended by Christine Parker.