

Wellness Newsletter

Augusta Technical College World AIDS Day—December 1st "Stop AIDS. Keep the Promise"

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According to UNAIDS estimates, there are 38 million adults and 2.3 million children living with HIV, and during 2005 some 4.9 million people became newly infected with the virus. Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35.

Around 95% of people with HIV/AIDS live in developing nations. But HIV today is a threat to men, women and children on all continents around the world.

Started in 1988, World AIDS Day is not just about raising money, but also about increasing awareness, education and fighting prejudice. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done.

"Keep the Promise" is an appeal to governments and policy makers to ensure they meet the targets they have agreed to in the fight against HIV and AIDS.

Choosing Safe Toys

There are millions of toys out there, and hundreds of new ones hit the store shelves each year. Toys are supposed to be fun and are an important part of any child's development. But it's sobering to learn that in 2002, more than 212,000 children in the United States were treated in hospital emergency departments for toy-related injuries - and that 13 children died.

Do you know what toys are safe



The red ribbon is an international symbol of AIDS awareness that is worn by people all year round and particularly

around World AIDS Day to demonstrate care and concern about HIV and AIDS, and to remind others of the need for their support and commitment.

The red ribbon started as a "grass roots" effort, and as a result there is no official red ribbon, and many people make their own. It's easily done - just use some ordinary red ribbon and a safety pin!

Estimated numbers of persons in Georgia living with AIDS at the end of 2004 is 14,245.

For more information on World AIDS Day efforts:

<http://www.avert.org/worldaid.htm>

for your child? Toy manufacturers do follow certain guidelines and label most new toys for specific age groups. But perhaps the most important thing you can do - beyond reading labels and inspecting toys carefully - is to supervise your child during play.

For more information:

http://kidshealth.org/parent/firstaid_safe/home/safe_toys.html

Healthy Recipe BUTTERSCOTCH GINGERBREAD COOKIES

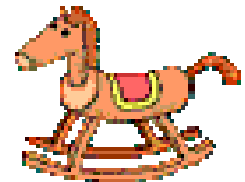
Ingredients:

- 3 cups all-purpose flour
 - 2 teaspoons baking soda
 - 1 1/2 teaspoons ground cinnamon
 - 1 1/2 teaspoons ground ginger
 - 3/4 teaspoon ground cloves
 - 1/2 teaspoon salt
 - 1 cup butter or margarine
 - 1 1/2 cups packed brown sugar
 - 1 large egg
 - 1/3 cup light molasses
 - 1 (11 ounce) package NESTLE® TOLL HOUSE® Butterscotch Flavored Morsels
1. PREHEAT oven to 350 degrees F.
 2. COMBINE flour, baking soda, cinnamon, ginger, cloves and salt in small bowl.
 3. BEAT butter, sugar, egg and molasses in large mixer bowl until creamy. Gradually beat in flour mixture until well blended. Stir in morsels. Drop by rounded tablespoon onto ungreased baking sheets.
 4. BAKE for 9 to 11 minutes or until cookies are lightly browned. Cool on baking sheets for 2 minutes; remove to wire racks to cool completely.

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National Health Observances December

- World AIDS Day (1st)
- National Drunk & Drugged Driving Prevention Month
- Safe Toys & Gifts Month



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Websites To Checkout

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<http://alcoholism.about.com/cs/alerts/l/blnaa31.htm>

<http://www.alcoholics-anonymous.org/>

<http://www.weightwatchers.com>