

# Embassy of the United States of America

Maputo · Mozambique



## American Citizens eNewsletter

October 2008

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American Citizen Services:  
Monday, Wednesday &  
Friday  
9:00 a.m. to 11:00 a.m.

In the event of an  
emergency involving an  
American citizen, please  
call +258 21 49 0723

### VOTING— REQUEST YOUR ABSENTEE BALLOT NOW!

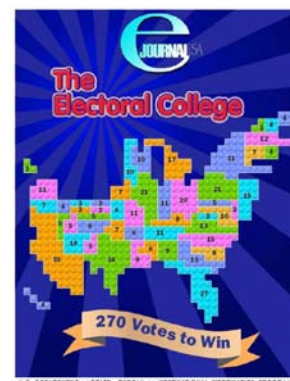
American citizens who have not yet registered to vote and requested an absentee ballot should do so **immediately**. Complete the Federal Post Card Application (FPCA) using the instructions for your state in the Voting Assistance Guide. Hard copies of the FPCA are available in the Consular Section at the U.S. Embassy, or use the online version available at [fvap.gov](http://fvap.gov).

### FEDERAL VOTING ASSISTANCE PROGRAM'S NEW WEBSITE

The Federal Voting Assistance Program (FVAP) has redesigned its website, [fvap.gov](http://fvap.gov), to make it more user friendly. If you've never visited the site or haven't visited in a while, take a look at the new site for useful information on voting abroad.

### EVER WONDERED HOW THE ELECTORAL COLLEGE WORKS?

If you have ever been confused by the Electoral College or find it difficult to explain to foreign friends, visit America.gov's eJournal USA at [www.america.gov/publications/ejournalusa/0908.html](http://www.america.gov/publications/ejournalusa/0908.html) to find a wealth of information on the subject, including how the Electoral College system works, why it is controversial and how other countries view our system. The eJournal includes articles, videos and a list of other resources on the subject.



### HISPANIC HERITAGE MONTH: SEPTEMBER 15 TO OCTOBER 15

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week, which was observed during the week that included September 15 and September 16. The observance was expanded in 1988 to a month long celebration (September 15 to October 15). The United States celebrates the culture and traditions of those who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. September 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

## REGISTER ONLINE FOR THE NOV 2008 FOREIGN SERVICE OFFICER EXAM

The U.S. Foreign Service is a career like no other; every day U.S. Foreign Service Officers (FSOs) represent the United States to the world, promoting peace, stability and prosperity. We welcome your interest in this challenging, unique work where you can be involved in important issues, where you can contribute and make a difference.



The Guide to the Foreign Service Officer Selection Process is provided at [http://careers.state.gov/docs/3.0\\_FSO\\_RegGuide.pdf](http://careers.state.gov/docs/3.0_FSO_RegGuide.pdf) (PDF - 263KB) for informational purposes only and contains information regarding registration for the test, sample test and essay questions, testing for individuals with disabilities, how to prepare for the test, as well as explanations of the different career tracks and life in the Foreign Service.

The next U.S. Foreign Service Officer Test will be offered at the U.S. Embassy in Maputo on November 1 and 8, 2008. Please note the following deadlines:

Oct. 23\*            Deadline for candidates intending to test overseas to submit a completed Registration Package.

Oct. 27\*            Deadline for candidates intending to test overseas to schedule a test seat.

Oct. 29\*            Deadline for candidates intending to test in the U.S. to submit a completed Registration Package.

\*11:59 p.m. U.S. Central Standard Time

For additional information, please visit [careers.state.gov/officer/register](http://careers.state.gov/officer/register).

## SELECTIVE SERVICE

Did you know that ALL male U.S. citizens between the ages of 18 and 25 are required by federal law to register with the selective service? This applies to dual nationals who may be living outside of the country as well.



The law gives you 30 days before or after your 18th birthday to register. Registration can be done online, by mail, at the post office or at any American high school. For more information or to register online go to <http://www.sss.gov>.

## Newly Formed English - Speaking Alcoholics Anonymous – Maputo



The Maputo chapter of Alcoholics Anonymous, with support from the U.S. Embassy and the American International School of Maputo (AISM) are forming an English-speaking AA group.

WHEN: The weekly AA meeting is held on Wednesdays

WHERE: AISM School Counselor's Office

TIME: 6:15pm

English-speaking AA contact: Cherie (cell) 84-618-1820 or [counselor@aism.moz.com](mailto:counselor@aism.moz.com)

Other AA Contacts:

Portuguese AA contact: Antonio—[arsousa.mz@hotmail.com](mailto:arsousa.mz@hotmail.com)

Portuguese NA contact: Pedro—[Embri0n@plenty.co.za](mailto:Embri0n@plenty.co.za)

### EMBASSY CLOSURES

The Consular Section will be closed **Friday, October 3** and the Embassy will be closed **Monday, October 13** in observance of Columbus Day.



### U.S. PRESIDENTIAL ELECTION PARTY

Following the U.S. Presidential Elections? Who Isn't? Come out to cheer for your candidate and celebrate democracy no matter who wins on the night of Tuesday, November 4 and the morning of Wednesday, November 5 in Maputo. Candidates' official biography film showings, a mock election and a party debate are all part of the fun. All American citizens welcome! For further information, contact the U.S. Embassy's Public Affairs Section at [MaputoIRC@state.gov](mailto:MaputoIRC@state.gov) or look for more details in the November American Citizens eNewsletter.

## FROM THE EMBASSY'S MEDICAL UNIT: ASTHMA IN CHILDREN—SYMPTOMS & RISK FACTORS

Asthma is the leading cause of chronic illness in children. It affects as many as 10%-12% of children in the U.S. and, for unknown reasons, is steadily increasing. It can begin at any age, but most children have their first symptoms by age five.

### **What Makes a Child More Likely to Develop Asthma?**

There are many risk factors for developing childhood asthma, including the presence of allergies, family history of asthma and/or allergies, frequent respiratory infections, low birth weight, exposure to tobacco smoke before and/or after birth, being male, being black, being raised in a low-income environment.

### **Why Are More Children Getting Asthma?**

No one really knows why more and more children are developing asthma. Some experts suggest that children are being exposed to more and more allergens such as dust, air pollution, and second-hand smoke. These factors all are triggers of asthma. Others suspect that children are not exposed to enough childhood illnesses to build up their immune system. It appears that a disorder of the immune system where the body fails to make enough protective antibodies may play a role in causing asthma. And still others suggest decreasing rates of breastfeeding have prevented important substances of the immune system from being passed on to babies.

### **How Can I Tell If My Child Has Asthma?**

Signs and symptoms to look for include: Frequent coughing spells, which may occur during play, at night, or while laughing (it is important to know that cough may be the only symptom present); less energy during play; rapid breathing; complaints of chest tightness or chest "hurting"; a whistling sound (wheezing) when breathing in or out; seesaw motions (retractions) in the chest from labored breathing; shortness of breath; loss of breath; tightened neck and chest muscles; or feelings of weakness or tiredness. Keep in mind not all children have the same asthma symptoms, and these symptoms can vary from one asthma episode to the next episode in the same child. Also note that not all wheezing or coughing is caused by asthma. In children under five years of age, the most common cause of asthma-like symptoms is upper respiratory viral infections such as the common cold. If your child has a problem breathing, take him or her to the doctor immediately for an evaluation.

### **How Is Asthma Diagnosed In Children?**

◇ **Medical history and symptom description.** Your child's doctor will be interested in any history of breathing problems you or your child may have had, as well as a family history of asthma, allergies, a skin condition called eczema, or other lung disease. It is important that you describe your child's symptoms -- cough, wheezing, shortness of breath, chest pain or tightness -- in detail, including when and how often these symptoms have occurred.

◇ **Physical exam.** During the physical examination, the doctor will listen to your child's heart and lungs.

◇ **Tests.** Many children will also have a chest X-ray and pulmonary function tests. Also called lung function tests, these tests measure the amount of air in the lungs and how fast it can be exhaled. The results help the doctor determine the severity of the asthma. Generally, children younger than five are unable to perform pulmonary function tests. Thus doctors rely heavily on history, symptoms and examination in making the diagnosis.