



American  
Association of  
University  
Women

# Branch Briefs

## Geneva Lake Branch

February 2010

Volume 60, Issue 7

### AAUW

### Mission

### Statement:

AAUW advances equity  
for women and girls  
through advocacy,  
education, and research.

## Members Enter AAUW Art Contest

Kay Meyer has submitted two paintings to the AAUW Art Contest. The titles of Kay's submissions are "Willows" and "Stopping by the Woods..." To date, the "Woods..." picture is the only snow scene submitted.

Judy Johnson has submitted a watercolor entitled "Hope". It is of blue hydrangeas.

Members can vote weekly on-line at the AAUW website from February 11-March 11. Paintings chosen will appear in the next AAUW calendar and possibly some note cards.

### Inside

President's Message 2  
Public Policy 3  
Tea & Museum Project 4  
New Members 5-6  
Interest Groups 7-8  
New and Noteworthy 8-9  
Health 10  
Monthly Calendar 11

## FREEDOM FOR GIRLS

Thursday, February 11  
6:30 p.m. Social - 7 p.m. Program  
Peoples Bank,  
837 N. Wisconsin St., Elkhorn



This month's AAUW program features Geneva Lake Branch AAUW member Patricia Werner who will provide an interesting perspective about Kenya's people, particularly the plight of school-aged girls and her project to help them. She will also explore other problems, such as highly fluoridated water, that keep Third World countries like Kenya from advancing, and she will describe Kenya.

Patricia Werner was born and raised in Wisconsin and taught art at Delavan's Wisconsin School for the Deaf for 33 years. She traveled throughout Africa when she and her husband visited Kenya with their adopted Kenyan-American child who had traced his natural family's roots and found his birth father.



## *A Word from Your President*

I am so excited that our branch is full of so much energy and enthusiasm this year. The January meeting with Kate Harrod, a member of our branch, as speaker was very informative, and we had a wonderful turnout. Thank you to the refreshment committee, Julie Boettcher, Jill Acker, and Brooke Furmanek, for the yummy goodies. The February meeting will also feature one of our own and a dear friend of mine whom I brought to AAUW, Pat Werner. She and her husband Steve will inspire us to want to help girls in Africa to obtain an education.

Many committees have been meeting, and you can read about the museum committee and fundraising tea and house walk in the newsletter. Be sure to volunteer your talents for the tea so we can make it a wonderful success. The scholarship committee has formed and is in the process of evaluating the various STEM camps available for middle school girls this year. A committee is still working with UW-Whitewater to form a partnership and mentoring program.

Remember that your national dues are tax deductible – look for the reminder in the newsletter. I have been thinking about all of our new members and thought that it would be nice for you to contact the new members you invited and see if there is any way you can help them in their membership. Joining a small group, coming to Lunch Bunch, or asking to work on a committee are all great ways to meet more people and feel a part of the branch. Also, at least two of our members have entered the AAUW Art Contest. Look for their information in the newsletter; go to the AAUW website and vote for them. You will need your member number, which is on the address label of AAUW publications, to vote.

### ***Gail Eakright/letter from her children to AAUW***

I received two notes addressed to AAUW from the family of Gail Eakright, our dear AAUW sister who died recently. I wanted to share their words of thanks with all of you.

Dear Karla and AAUW members,

Thank you so very much for the donation of money you made to my brother, sister and I to defray the costs of traveling to Chicago to be with our mother. You gave us the gift of time with her, for which we are very grateful. Additionally, thank you so much for the food items which we so readily consumed – our hearts ached, but our stomachs were content. We have all been overwhelmed by the simultaneous out pouring of generosity and grief from the community upon our mother's grave illness and death. We want you to know that our mother delighted in her participation with the AAUW.

Dear Friends,

We want you to know that as we struggle with the loss of our mother/wife, we are aware that you are struggling with the loss of a dear friend. There is no reason for us to be alone. Please keep in touch. We've learned so much about mom/Gail and her friendships through the stories you've told, your words of encouragement to her before her death, and the grief you shared afterwards. You have comforted us and made us feel closer to her during a difficult time. Maybe we can comfort one another and keep her memory alive through new friendships.

Sincerely Yours,

Alexis Murphy [alexis\\_Murphy@hotmail.com](mailto:alexis_Murphy@hotmail.com)

Victoria McHugh [Victoria\\_mchugh@charter.net](mailto:Victoria_mchugh@charter.net)

Joshua Eakright [freakright@gmail.com](mailto:freakright@gmail.com)

Lee Eakright – [gail.eakright@gmail.com](mailto:gail.eakright@gmail.com)

## Public Policy

The following is an excerpt from a letter sent to Karla and our branch, as well as to the other branches in Wisconsin. It is well to remember that AAUW is a powerful force and does influence significant legislation. Please visit [www.aauw.org](http://www.aauw.org) for a complete listing of last year's achievements.

Greetings in the New Year,

As we look back on our personal accomplishments in 2009, many of us can take great credit for supporting important legislation and action at the national level. I want to personally thank each AAUW member who took action in the past year to move our agenda forward --- to make sure that we advocate for sound education in our public schools, to support pay equity reform, to support reproductive choice, and to make sure that our daughters and granddaughters have an equal chance to excel. When we take grassroots action, our legislators have to listen. They depend on our votes to be reelected. We may not give them the majority of their campaign dollars, but we are the ones who talk to our neighbors and friends about issues, and we are the ones who walk into the voting booth to register our choice. When we use our voices and our votes, we have clout.

Thank you,

Barbara Peterson

AAUW-WI Public Policy Chair

Also, National Lab Day will be **May 10, 2010**. President Obama declared this day will be devoted to stimulating young people's interest in the sciences. With our scholarships for science camps project, we are already actively encouraging girls to consider the sciences when thinking about their futures. Visit the website to learn more....

## AAUW Dues Tax Deduction

Because AAUW restructured and is now under IRS Section 501(c)(3) a charitable entity, to be called AAUW, most of your national AAUW membership dues are considered by the IRS to be a charitable deduction. Of the \$49.00 you paid for National Dues, \$46 is tax deductible as a charitable contribution. If you joined this fall at the \$24.50 National dues rate, \$22.50 is deductible and a charitable contribution.

### Geneva Lake Branch Officers

- \*\*President Karla Tildahl 248-6476 karlabrent@tildahl.com
- \*\*President-Elect Jean Henderson 723-5414 jeanjohnh@gmail.com
- \*\*Co VPs Programs Kathy McCarville 742-2581 kmccarvil@aol.com  
Carole Zerwas 742-3348 larryz@elknet.net
- \*\*Co VPs Membership Sharna Ahern 275-5817 cav69@verizon.net  
Gwen Clausius 275-2533 gclausius@gmail.com
- \*\*Secretary Brooke Furmanek 378-4144 brooke.furmanek@gmail.com
- \*\*Treasurer Kendra Johncock 743-1694 kendra@elknet.net

### Other contacts of note:

Branch Briefs Ed. Bev Kitzmiller 723-2302 bkitz@elknet.net  
Message Angel Jean Black 728-9352 books2@charter.net

## Historic Tea and House Walk

For a few months you have been hearing about our upcoming event scheduled for July 21, 2010, at Horticultural Hall in Lake Geneva. This two pronged event is being called Geneva Lake Dreamers and Doers. The first part is a tea at the hall. Each of fifteen round tables will be in the charge of two members who will provide china, silver, glasses, napkins and a centerpiece for two seatings. Other members will bake and provide the food. After tea, our guests will be provided with maps of Maple Park indicating the houses on the tour where they can learn, via costumed portrayals, the history of influential women who were important to the area.

The history committee has been hard at work combing the archives to determine which women lived in the various houses. The information gathered will not only be used for this event but also for events at the museum. The monies raised will be used by our branch. It is not too early to alert your friends and fill a table for eight. Every member is expected to serve in some capacity to make this event a smashing success. **July 21, 2010, Horticultural Hall, Lake Geneva, Cost \$30.00 per person**

In an effort to help provide financial support for our museum and historic tea and house walk projects, we (spearheaded by Chris Brookes) have applied for an AAUW Community Action Project Grant:

**Project Title: *Geneva Lake Women's Project: Advocating for Women of the Past and Future***  
AAUW Community Action Grant Abstract:

This multi-phase project will depict the achievements and contributions of women in history, but its impact will be on the future. It will bring to life ten influential women of the past who were historically important to local development. Research on their lives and accomplishments in education, the arts, literacy, philanthropy, and politics will be developed into biographical accounts, made into storyboards, and, in collaboration with the Geneva Lake Museum of History, added to existing displays to provide a more accurate account of this area's growth. This research will also be used to re-create these women's personae through costumed portrayals at an Historic House Walk and Tea.

The project addresses a clear need to correct the inadequate presentation of women's participation in the area's development. We will directly educate the community, school groups and museum visitors. We will inspire and motivate girls and women to consider their own roles in community growth. We will increase our STEM scholarship fund. We will stimulate interest in community involvement within our AAUW branch and create curiosity among non-members about AAUW and the opportunities available.

### A Note of Appreciation

By Chris Brookes

To the dynamic women who assisted with the AAUW Community Action Grant writing – Thanks and thanks and thanks again to Karla Tildahl, Bev Kitzmiller, and Margaret Reuland for supporting the project beginning to end – brainstorming, writing, editing, and giving me a shoulder to lean on.

To Sarah O' Reilly for plugging in the numbers.

To Andrea Peterson for spending her valuable time proofreading, offering suggestions and encouragement.

To non-member Kathy Klaisner, director of the Geneva Lake Museum, for taking our plan to the Museum Board, getting approvals, and providing supporting documents for the grant on such short notice.

Whether we are awarded the grant or not, you have shown what is possible when we focus our collective energies on a task. It is this spirit of willingness, cooperation, and determination that will make the *Geneva Lake Women's Project: Advocating for Women of the Past and Future* a success.

# Welcome New and Returning Members!

By Sharna Ahern and Gwen Clausius, Membership Co-Chairs



Welcome back, **Megan Feeney!** Megan was a former member who decided to rejoin our branch after meeting us and seeing what we do at the Membership Gala last October. She bought her house in Fontana 25 years ago after visiting her brother who had a house in Country Club Estates. She was a summer resident until 10 years ago when she and her husband, Jim, retired here from Homewood, IL. Her lovely home, built in the early 1900s, originally had eight bedrooms, so she and her husband renovated it over the years, converting the four bedrooms on the main floor into other rooms and updating the others. Megan grew up in Massachusetts, earned her degrees there and taught outside of Worcester. If you listen closely, even after 40 years in the Midwest, you can catch a word or two with that Massachusetts accent. She moved to Chicago and worked for a management consulting firm for a few years. She met her husband through a brother, Jim being one of her brother's best friends. They married, and Megan went back to teaching in Chicago for a few years before children arrived. They moved to Homewood and raised their three children, a daughter and two sons, one of whom is getting married next month. Megan and Jim also raised four foster children over the years, the last one being a baby. Megan says her kids called them foster grandparents at that point. As a volunteer for the St. Vincent de Paul Society at St. Benedict Church, Megan is kept busy assisting with the food pantry and other activities to help others. She enjoys walking and reading. Glad you're with us again, Megan!



**Maribeth Cousin** moved to Elkhorn about a year ago to assist in helping her mother who lives in Beloit. Previously, she had lived in Indiana and was part of the faculty at Purdue University, but now works at Geneva Laboratories testing medical pharmaceuticals and some foods. She lives within walking distance of work (another one who wants to make a difference in the carbon footprint) and also close to Bev Kitzmiller, who introduced her to AAUW. Maribeth enjoys reading, baking and cooking, crafts, knitting, and sewing. She is an amazing seamstress and makes almost all of her own clothes. She graduated from UW-Madison with a Ph.D.



**Ann Curry Ruff** grew up in the area and graduated from Delavan-Darien High School but returned ten years ago to take an administrative position at UW-Whitewater. She was a teacher in junior high school for three years and has been teaching college for thirty-five years. Ann received a B.S. from UW-Madison and M.S. and Ed.D. from Indiana University (Big Ten - all the way!!!) She has two sons, no grandchildren and family time is very important. They make sure to spend most holidays together at fun vacation locations because they all live in different parts of the country. Ann likes reading, hiking, biking, dancing in short spurts but still trying to build up some stamina, playing bridge, and teaching ("I still enjoy going to work every day"). She also enjoys taking lessons and playing tennis at a VERY amateur level. She joined AAUW to meet new people with similar interests.



**Ginny McNeal** moved to Burlington from Broadhead in 2005 to be closer to her job as a librarian for Jt. 1 school district. Their house is for sale because her husband needs to live in the town where he works. Unfortunately, when their house sells, they will be moving and the travel distance might be too far for her to be part of our group. In the meantime, we are happy that Diane Thompson invited her to join AAUW. Ginny has a MSE from the U. W. – Whitewater. Besides spending time with her three grandchildren, she likes to quilt, garden, read, knit, and crochet.



**Sandra Lewis** moved to her summer home in Williams Bay about ten years ago from Milwaukee with her two children. They attended school here and her son has now graduated from UW-Madison and her daughter is attending Marquette. This fall Sandra bought a house in AZ and will be spending several months there in the winter. She has plans to do some refurbishing of the house but will also take time to read, travel, garden, cook, walk, and knit--all things she likes to do. She graduated from the University of St. Francis in Allied Health and worked in the medical field in Milwaukee and Janesville.



Great to have you with us again, **Peg Pollitt**! As a former AAUW member some years ago, Peg rejoined our branch at the Gala in October to enjoy the monthly programs and the company of other women. A fulltime resident of Fontana since 1996, Peg originally came here in the summers from Libertyville, IL. She graduated from Thiel College in Greenville, PA, with dual majors in accounting and business administration. Additionally, she completed the Wisconsin Municipal Treasurer's Institute enabling her to become the Village Treasurer of Fontana and currently the Comptroller of Lake Geneva City. Peg is the proud parent of two daughters, one living and working in New York City and the other, following in her mother's footsteps, working in local government. Her life is very busy with work, family, friends, and travel to favorite destinations NYC, Tucson, and Chicago. Passionate about her work, Peg takes pride in her chosen career and is committed to giving back to the community, a lesson she learned from her late husband, Ron, the former Village President of Fontana. She, therefore, is running for the position of Village Trustee in the April election. We wish you well in your endeavors and are glad you will be spending some of your time with us.

## Second Chance....

For those of you who had regrets about not bidding on certain items at our Holiday Party, here's your second chance on a couple!

On Saturday, **May 1**, at 10 AM, Kendra Johncock will lead a walk through the trails of Seno Woodland Education Center. Come join us and enjoy the first signs of spring. In addition, Karla will provide a scrumptious lunch! We have room for ten more !!!! Cost is \$15 per person.

And there are still two places available for an evening gourmet dinner at Karla's. Following, a bead expert from Beadology in Lake Geneva will help each participant make a necklace. Date to be decided. Cost is \$30 per person.

To sign up, please call Karla at 262-275-3852 or email her at [karlabrent@tildahl.com](mailto:karlabrent@tildahl.com)

We will also have a live auction at our next gathering. Hmmmmmm??

# Interest Groups

## FILM GROUP

Film Group will be meeting at Mariann Pancoe's house on the fourth Thursday in February at 6:30 PM for an as yet undecided film. Some possibilities discussed include *Bury My Heart at Wounded Knee*, *Enchanted April* and *Amelia* about Amelia Earhardt if it's available or the film about CoCo Chanel recently released starring Audrie Tatou of *Amalie* fame. Those wanting input on selections should e-mail Mariann at [aquamoon22@gmail.com](mailto:aquamoon22@gmail.com) Please RSVP. Mariann's phone number is 348-0016. Hope to see everyone.

## CONVERSATION CIRCLE

On Monday, **February 1**, we meet at Bev Kitzmiller's at 2:00 PM and the topic is Common Sense. Contact Bev (723-2302) to let her know that you are coming and for directions.

## COOKING CLUB

The first meeting of the AAUW Cooking Club was a huge success. We started with something simple: Make your own pesto pizzas. Some very creative and tasty pizzas were assembled, cooked, and sampled. A good time was had by all.

This month we will meet at Ann Ruff's house at 6:30 PM for stew and comfort foods. The date is Wednesday, **February 17**. It is first come, first served, so email Debbie Ahlers ([abcinc8@charter.net](mailto:abcinc8@charter.net)) if you want to be included and to get your "assignment" of what to bring. Be sure to do this ASAP as the spots fill up quickly, and last month we had a waiting list.

Coming up:

Wed. March 17 at Gwen Clausius's house - Irish foods

Wed. April 21 at Mariann Pancoe's house - Indian foods

Wed. May 19 at Roberta Killian Rohdin's house - Italian foods

Bon Appétit!



## February Birthdays

Ginny McNeal 11

Vena Bodine 12

Lorraine Tacke 27

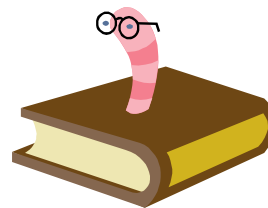
## LUNCH BUNCH

Noon on **February 25** at Calabria, 31 N. Wisconsin, in Elkhorn. Just show up!

## CROSS COUNTRY SKI GROUP

When the weather permits, we will meet at 10 AM near Jean Henderson's in Elkhorn, or at Yerkes in Williams Bay. Call Judy Johnson at 245-1975 or Jean Henderson at 723-5414 for more information.

# THE BOOK PEOPLE



## Bluestockings

The daytime book group is picking up where the evening group left off in their discussion of Thomas Friedman's *Hot, Flat, and Crowded: Why We Need a Green Revolution and How it Can Renew America*. The evening discussion made it clear that this is a book that should be read by everyone! The luncheon gathering on **February 16** will take place at Sharon Shaltes's home in Williams Bay. Bring a sandwich to share. Let her know that you are coming. Judy Johnson will be leading the discussion.

## Chapter Two

The evening book group will meet at the home of Mary Ann Perry on Thursday evening, **February 4**, while Sarah O'Reilly is in Florida. We'll be discussing **The Elegance of the Hedgehog** by Muriel Barbery. An international bestseller by a French philosophy professor relates the satirical tale of a 12-year-old girl getting to know the concierge in her building who "furtively devours art, philosophy, music, and Japanese culture," and relays what she learns to the girl. It's described as "funny and heart-breaking."

### Jean Eliot Morgan Great Decisions Program

The discussion books were distributed at the January AAUW meeting and the Bluestockings Book Group January meeting. If you have not received your book yet, please phone Judy Johnson at 245-1975 and arrange a pick up time. Participants, please mark your calendars. The daytime group will meet in Feb. and Mar. for 8 Thursdays from 10 AM - 12 noon at Yerkes Observatory in Williams Bay. Be advised that the Morgan Library is a lovely room, but chilly, so wear wool and layers! Kathy Walsh and Gwen Clausius will be discussion leaders. The evening group will meet in Feb. and Mar. for 8 Monday evenings from 7:00 PM - 9:00 PM at the UCC Church on Stam St. in Williams Bay. Judy Johnson will lead the discussions. We are looking forward to many warm discussions about global issues during these cold winter months.

## New and Noteworthy

### The Williams Bay Women's Civic League Second Annual Chili Cook- Off will have a new format

The Second Annual Chili Cook-Off will be held on Feb. 6, from 12 to 3:00PM at the Lions' Fieldhouse on Rt. 67 in Williams Bay. This year voting will be done by number, and there will be three winners chosen by those who taste the chili and condiments from fourteen area restaurants and resorts. The top three "People's Choice" winners will receive a trophy and a 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place certificate. That morning there is a work day at Kishwauketoe Nature Conservancy, A Day in The Bay open houses at local merchants, and judging of the snow sculptures for Lake Geneva Winterfest. Come volunteer at Kishwauketoe and then walk over to the Fieldhouse and join in the fun. Tickets are \$5.00 at the door. Drinks will be available. For more info call Chili Cook-Off chairman- Judy Johnson 245-1975

# Daffodil Days

March 15<sup>th</sup> - **order deadline Feb. 12th**  
Sponsored by the American Cancer Society

It's a miracle we call Hope, and Hope blooms with you! Order daffodils and help fight cancer.

Please support the fourth annual Daffodil Sale effort in the Geneva Lake area by purchasing a bunch of ten daffodils for \$10.00 or a Bunch and a Vase which will be anonymously delivered to a local cancer patient by our Walworth County hospice nurses for \$15.00. The **pick up date is March 15<sup>th</sup>**. Make checks payable to the American Cancer Society and send your order and pick up choice location **by Feb. 12<sup>th</sup> to:**

PO Box 374

Daffodil Days

% Judy Johnson or BG O'Reilly

Williams Bay, WI. 53191

Pick up locations are:

St. Benedict's Church on Dewey Ave. in Fontana, WI. from 4 – 7 PM

Horticultural Hall at 330 Broad St., Lake Geneva. WI. from 4 – 7 PM

Walworth State Bank in Walworth, WI. from 10 – 4 PM

Walworth State Bank in Williams Bay, WI. from 10 – 4 PM

Walworth State Bank in Delavan, WI. from 10 – 4 PM

Peoples Bank in Elkhorn, WI. from 10 - 4PM

Thank you for your help with our publicity -- Judy Johnson 245-1975

## Getting Ready for Pat Werner's Program

You may want to prepare for member Pat Werner's program on February 11 by reading *Half the Sky: Turning Oppression into Opportunity for Women Worldwide*, by Nicholas D. Kristof and Sheryl WuDunn. Together, the authors won a Pulitzer Prize for their coverage of China. This book tells (and shows pictures) of women around the world who stand strong against every kind of oppression and brutality. It focuses on three particular abuses: sex trafficking and forced prostitution, gender-based violence, and maternal mortality. The evening book group is scheduled to read this fine book for their March meeting, but all of you may want to get a head start on this alarmingly relevant topic. The title comes from a Chinese proverb: Women hold up half the sky.

## Films by Women

Illinois AAUW is the source for a fascinating initiative called WITASWAN, or Women in the Audience Supporting Women Artists Now! Developing over the last few years under the leadership of Jan Lisa Huttner of the Chicago Branch, the program encourages women to see one film every month that was directed and/or written by a woman. It also suggests that we encourage Blockbuster and other video stores to stock such films. Among the list of "Films to Get You Started" are

*Blue Crush*

*Born Into Brothels*

*Daughters of the Dust*

*The Devil Wears Prada*

*Eve's Bayou*

*Frida*

*Little Miss Sunshine*

*Mostly Martha*

*The Namesake*

*The Tango Lesson*

*Under the Tuscan Sun*

*Water*

*The Whale Rider*

Mariann Pancoe, coordinator of the Film Group, has a longer list. Keep your eye for others, and encourage people to see them.

# COLD REMEDIES: WHAT WORKS, WHAT DOESN'T, WHAT CAN'T HURT

By Karla Tildahl, RN, Parish Nurse

This is the time of the year when colds are bugging us. Cold remedies are almost as common as the common cold, and many are nearly as ancient. The use of chicken soup as a congestion cure dates back at least to great, great-grandma's day. Does an effective cold remedy exist? Here is a look at some common cold remedies. Remember that the best way of preventing a cold is to WASH YOUR HANDS FREQUENTLY FOR AT LEAST 15 SECONDS (the time it takes to sing "Three Blind Mice") AND KEEPING YOUR HANDS AWAY FROM YOUR FACE!

## What works

If you catch a cold, you can expect to be sick for about a week. But that doesn't mean you have to be miserable. These remedies may help:

- Water and other fluids. You can't flush a cold out of your system, but drinking plenty of liquids like water, juice, clear broth or warm lemon water with honey can help loosen congestion and prevent dehydration.
- Salt water gargle. ½ teaspoon salt in an 8-oz glass of warm water can temporarily relieve a sore or scratchy throat. A tablespoon of apple cider vinegar in an 8 oz glass of warm water works also.
- Saline nasal sprays. Over-the-counter saline nasal sprays combat stuffiness and congestion. Nasal decongestant sprays on the other hand cause a rebound effect worsening symptoms when the medication is discontinued.
- Chicken soup. It does actually work!! First, it acts as an anti-inflammatory by inhibiting the movement of immune system cells that participate in the body's inflammatory response. Second, it speeds up the movement of mucus through the nose and relieves congestion. And here is good news; the canned version is just as good as homemade!
- Over-the-counter cold medications. These offer symptom relief but they won't prevent a cold or shorten its duration, and they have many side effects. If used for more than a few days, they can actually make symptoms worse. Read the labels of any cold medication carefully to make sure you're not overdosing.
- Humidity. Cold viruses thrive in dry conditions – maybe that's why colds are more common in winter. Adding moisture with a humidifier can be helpful but you must be careful to keep the humidifier clean as mold, fungi and bacteria also like moisture. Change water daily and clean the unit once every three days.

## What doesn't work

The list of ineffective cold remedies is long, so I will give you the common ones:

- Antibiotics. These destroy bacteria, but they're no help against cold viruses.
- Antihistamines. Although antihistamines can help the runny nose, watery eyes, and sneezing that occur with allergies, they have the opposite effect on cold symptoms, further drying nasal membranes and impeding the flow of mucus.
- Over-the-counter cough syrups. The American College of Chest Physicians feels these are ineffective at treating the underlying cause of cough due to colds and recommend instead warm lemon water and honey and humidifying the air in your house. They also strongly recommend NOT using any OTC cough syrups or cold medicines for any child younger than 14. Avoid giving honey to infants however.

## Cold remedies that probably can't hurt

In spite of ongoing studies, the scientific jury is still out on popular cold remedies such as vitamin C, echinacea and zinc but they probably won't hurt you.

- Vitamin C. Vitamin C doesn't appear to prevent colds in most people, but taking large doses at the beginning of a cold may reduce the severity of symptoms. Just what an optimum dose is, is not clear, but amounts in excess of 2,000 milligrams a day may cause nausea and diarrhea.
- Echinacea. Some people swear by this herbal cold remedy but a 2005 scientific study did not confirm this. It is believed to help the immune system but be cautious because many brands have been found to have lead contamination.
- Zinc. The studies of zinc have been conflicting. It seems most effective taken as a lozenge or nasal spray within 24 hours of the onset of symptoms.

## Calendar of Events

- Feb. 1 Conversation Circle @ Bev Kitzmiller's – 2:00 PM
- Feb. 4 Chapter 2 @ Mary Ann Perry's 7:00 PM
- Feb. 6 Chili Cook Off
- Feb. 11 Regular Meeting @ Peoples Bank – 6:30PM/7:00 PM
- Feb. 16 Bluestockings @ Sharon Shaltes's– Noon
- Feb. 17 Cooking Club @ Ann Curry Ruff's – 6:30 PM
- Feb. 25 Film Group @ Mariann Pancoe's – 6:30 PM
- Feb. 25 Lunch Bunch @ Calabria in Elkhorn – Noon
- July 21 Dreamers and Doers Historic Tour and Tea



**AAUW Racine and Tempo Racine**

**Invite you to:**

**HOW GIRLS THRIVE**

**Featuring Dr. JoAnn Deak**

Nationally acclaimed expert and author

"Every interaction a child has, during the course of a day, influences the adult that child will become."

**Tuesday March 9, 2010**

**Presentation Options:**

**Noon, Evening or Both!**

**Separate reservations required**

**Kindly respond by March 1**

**Males and Females:**

**Significant Differences from the Neck Up**

11:30 networking / 12:00-1:30 lunch and presentation

Meadowbrook Country Club

2149 N Green Bay Road, Racine, WI

Cost \$20 for non-Tempo Racine members

Please make your reservation at [www.tempointernational.org](http://www.tempointernational.org)

**Ingredients of Self Esteem**

6:00 p.m. appetizers / 7:00 p.m. program

Racine Theatre Guild

2519 Northwestern Avenue, Racine, WI

Cost \$10 Program Only

\$15 Appetizers and Program

Reservations by check payable to

AAUW Racine

P.O. Box 085239, Racine WI 53408

Information - Judy VanMatre 637-6070 [jvanmatre1@wi.rr.com](mailto:jvanmatre1@wi.rr.com)

Events offered in collaboration with:

Girl Scouts of Wisconsin Southeast

and

Johnson Foundation at Wingspread