

## Water for Life International

by Tim Rasmussen



The Water for Life International Board met in late October and voted to send a container to Guatemala under our newly-acquired status of a non-governmental organization (NGO). We have hoped and believed the gaining of this status with the Guatemalan government will result in lower import taxes for our equipment and material we send in support of our project.

Our experience has been the amount charged for a particular container or piece of equipment has more to do with the personality of the customs agent and who is representing us in the importa-

tion process than it does the value of the item or container being imported. We have learned it is better to use our man in Guatemala, Berny Leonardo, to make the contacts with the customs agents rather than an American. (Better in the sense that it costs less.) We will see if our NGO status changes anything about the import process.

We have included in our shipment some specific things we know the local Ministry of Health wanted us to send to help them. We have thousands of hypodermic needles and syringes and are gathering other things they might use in their mission to improve the health of the villagers. These boxes are specially labeled for the Ministry of Health in Poptun. We will see if these boxes and labels make a difference. There is a very good argument that all our equipment and material is to assist the health of the villagers, but it may be too much to ask them to recognize this.

We have made contact with the new mayor of Poptun. He was cordial and helped choose three villages to receive new wells. We will also drill a well for a hospital in Machaquila and perhaps put an additional well in one of the larger villages where we previously drilled a well.

We decided to try to have two wells in villages so if one fails, the villagers can use the other. We have learned that after folks in a village are used to clean water, if they have to go back and drink the contaminated water, they all get sick quickly. Drinking clean water takes away their tolerance for the contaminated water. The children are particularly affected. We are determined to do the best we can to live up to our commitment to provide water for the people of this area. We need your help.

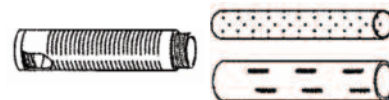
If you would like to help,  
please contact  
Gary Bartholomew at  
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*Tim*

Tim Rasmussen may be  
contacted via e-mail at  
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## Cold-Killing Hot Toddies

Hot toddies really can ward off a cold or flu, says Martha Howard, medical director of Wellness Associates in Chicago. Brew up a potent virus fighter by simply stirring the juice of a lemon and honey to taste into a mugful of boiling water. Then add 2 teaspoons of elderberry syrup. The toddy's hot steam and liquid help clear your head, the lemon clears mucus and provides vitamin C, while the antiviral, antibacterial honey soothes the throat. Elderberry syrup is a proven treatment for flu and colds. It shortens recovery time by up to four days. For toddies with a bit more spirit, add a jigger of whiskey, rum, bourbon, or brandy a few hours before bedtime. According to Howard, the alcohol acts as a mild sedative and may even help sweat out the cold.



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