

*welcome to your independent hometown news!*

Hi Everyone,

**Welcome to the introductory issue of newSkoop**, formerly known as the Community Forum and prior to that, To the Point. While serving as the KPOA board president, I encountered several issues of the Community Forum that printed articles I felt were inflammatory to the Kala Point community, thus, much as I did when I ran for the KP board, I decided it was time to put my money where my mouth was and step forward to do something about it.

The CF was looking for editors to help out and I submitted my name. Now that my term on the board is up, I wanted to continue my service to this community and have chosen this as one of the venues in which to add value. I hope you find that is true. In fact, several of us have stepped forward to continue the original intent of this independent newsletter, which I believe was to provide a forum for open expression, be it in agreement or disagreement with what is happening in Kala Point. We have an opinion page, called poopSkoop, which will publish your letters and comments. In an effort to make this a cooperative effort, I request that you give us feedback – feel free to voice your opinion and know that it will be printed.

Those who know me well know that I love Starbucks (I realize not everyone feels that way!) and recently to my delight, I not only loved the coffee, but also the cup that held it. I saved this cup for many months and now, although it is battered and torn, it has a profound message that I am pleased to share with you:

“A very bad (and all too common) way to misread a newspaper: To see whatever supports your point of view as fact, and anything that contradicts your point of view as bias.” (Donald Okrent, First ombudsman of *The New York Times* and author of *Public Editor #1*.) We all tend to do this to some degree and it is my intention that newSkoop will do its best to present full and balanced reporting – I only ask that you keep an open mind. So, welcome aboard our reformatted newsletter and please feel free to participate in any way, from submitting articles and/or opinions to volunteering in some capacity. The editors are listed along with our emails for easy contact. Thanks and I look forward to your input.

Carol Fischbach  
 newSkoop Editorial Staff

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A third bidder comes forward to buy the Kala Point Water Company- Page 12

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*letters &  
editorials*

***Statement of Purpose  
Kala Independent News  
Publisher of newSkoop***

**Kala Independent News (KIN) is a group of Kala Point residents** who feel that a free and independent source of information is as important to Kala Point as it is for the rest of America. To provide this type of forum, we have launched a reformatted version of the independent newsletter, now called newSkoop, which will be published and sent to all residents monthly. It will be supported by the advertising contained within the publication and by voluntary donations from subscribers.

The goal will be to discuss issues that are important to Kala Point as a whole, presenting them from all sides so members will be well informed and it will be a useful reference. Besides these topics for discussion, newSkoop will highlight: events within Kala Point and in the surrounding areas which may be of interest to residents; topics which are informative for our residents; items on the KPOA board agenda; and more as needs arise.

As an independent publication, our guidelines will be in keeping with those normally governing confirmation of sources and formulating. All material will follow decorum guidelines, requiring letters to the editor or other articles to be written with respect for others' opinions which may differ from the writer's own views. Feature articles will list the author. Letters to

the editor may request anonymity, but the editorial staff must know their identity.

Our objectives include actively involving the interest and participation of the Kala Point membership in the affairs of the community in order to make it a better place to live. To this end, we will conduct the affairs of this publication openly and with accountability in serving our community's interests. *(Revised from original KIN Statement of Purpose on August 15, 2007 by newSkoop editorial staff.)*

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## *personal finance*

### **What about the Stock Market?**

By: Hank Krist

**It appears that even the  
experts can't answer that**

**question.** Most of the hedge fund managers thought they understood the stock market. They believed in their computer models which were supposed to tell them how the world's financial markets would work. As in 1998 when Long Term Capital Management, which was started by two of "the smartest guys in the room," collapsed, the world didn't conform to the financial models.

The "subprime" debacle in the mortgage markets was thought by most professional investors to be a relatively minor, isolated problem. As it has turned out, the whole U.S. mortgage market has been affected, and the reverberations have been felt in stock markets around the world.

The important question is what do you, as an investor, do now? Government officials, Federal Reserve members and the talking heads on TV say "don't panic." Depending on your personal situation, that may, or may not be, good advice. If you're relatively young and/or have a great deal more money than you need, that's probably sound advice. If you're older and can't afford to lose some of what you have, you may have to make another decision because you may not be able to recover from a prolonged, substantial market downturn. Only you can determine your tolerance for risk. In spite of what you may have read, there is no magic formula based on your age, wealth etc. If the market fell 20-30%, could you sleep at night? Only you can answer that.

I believe that we are going into a recession soon and that it will be deeper and last longer than those we've experienced in the recent past. Two of the well regarded market letters to which I subscribe say the same. Since the events of 9-11, the central banks of the world have created massive amounts of money which has been lent to just about everyone at extremely low interest rates.

Almost all classes of assets throughout the world are overpriced as a result of this excessive liquidity. Risk was ignored, and therefore, not priced properly. That is now changing, and the adjustments will be painful and will linger much longer than most people realize. Remember that the months of September and October have had some of the biggest declines in the history of the U.S. stock market.

As the desk sergeant in the old TV series "Hill Street Blues" would say at the end of his daily briefing meeting "Be careful out there."

Hank is a commercial banker and an investment advisor registered in four western states. He also has a real estate broker's license.

#### **newSkoop wants to hear from you!**

newSkoop is produced for Kala Point by a volunteer group of Kala Point residents interested in the well-being of our community and the individual interests of the residents. If you are interested in participating with this group or would like to express an opinion on a Kala Point issue, you are welcome to contact us. Feature articles must have a byline. Letter writers may request anonymity, but the editorial staff must know your identity.

*members can now  
submit resolutions  
for vote-by-mail*

by Mike Holden  
email: mjholden@cablespeed.com

**Vote-by-Mail has been in place now for several KPOA Membership Meetings,** and the Board recently approved changes to APP XIV-2 that allow individual members of KPOA to submit proposed resolutions that will be included on the written Vote-by-Mail ballots.

Here is a quick summary of the process.

- First, you draft your proposed resolution and get another KPOA member to second your resolution, just like you would at the meeting.
- Next, you obtain a copy of the official Vote-by-Mail Resolution Submission Form (see below) from the KPOA office, fill it out, both of you sign it, and turn it back in to the office by the submission deadline.

But you aren't done with it just yet! As the authors of the proposed resolution, you need to "socialize" it – discuss it with other KPOA members, be willing to explain it, take input from other members, and perhaps even modify it slightly based on feedback from other members, all before it goes to press and is included in the ballot materials sent out in conjunction with the next scheduled Membership Meeting.

A presentation at a Town Hall meeting is strongly recommended. As the authors of the proposal, you are strongly encouraged to provide a spokesperson for your proposal to go to any Town Hall meetings scheduled to discuss the proposed resolutions coming up on the next ballot.

- You will be contacted by a member of the Elections Committee to make sure you approve the final wording of both the Title and text of your proposed resolution.
  - o The Title of the proposed resolution must reflect the actual meaning and impact of the resolution

Continued on next page

**OFFICIAL Vote-by-Mail Resolution Submission Form**  
**THIS PROPOSED RESOLUTION MUST BE RECEIVED AT THE KPOA OFFICE BY**  
**1:30 PM ON \_\_\_\_\_ (date certain, specified annually)**

Resolution Title: \_\_\_\_\_ (Required) \_\_\_\_\_

Date Submitted: \_\_\_\_\_ (Required) \_\_\_\_\_

Resolution Proposed by: \_\_\_\_\_ (Required, KPOA Member Name) //S// signature required \_\_\_\_\_

Resolution Seconded by: \_\_\_\_\_ (Required, KPOA Member Name) //S// signature required \_\_\_\_\_

Resolution:  
(Required, must be in a form that can be voted FOR or AGAINST)

*Members Can Now Submit Resolutions For Vote-By-Mail*

*Continued from previous page*

- o The resolution text must be in a form that can easily be voted “FOR” or “AGAINST”.

The final resolution will be included with other proposed resolutions submitted by the Board of Directors and other KPOA members for consideration by the membership on the written ballot.

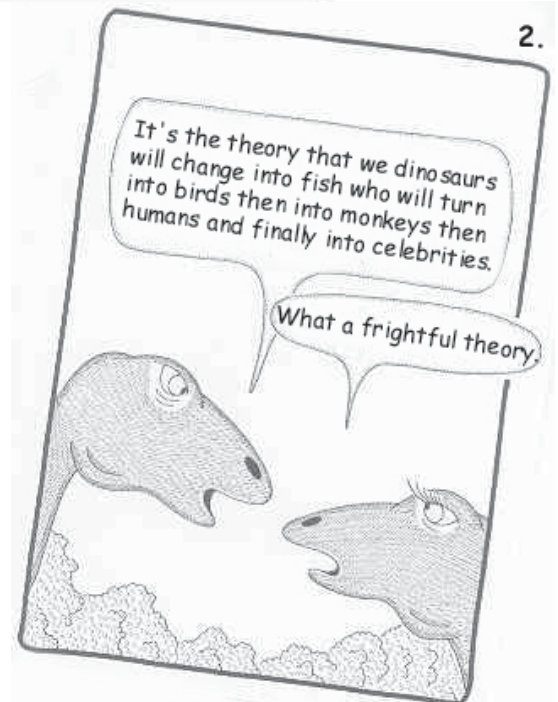
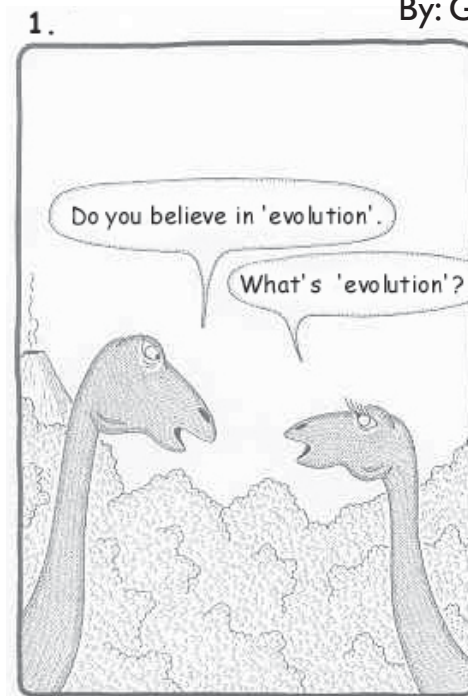
For the December 2007 Membership meeting, here are some important deadlines:

- **Resolution SUBMISSION deadline is 25 September** (12 Calendar weeks prior to the meeting).
- **FINAL REVISION of Resolution Wording is due by 23 October** (8 Calendar weeks prior to the meeting)

For future Membership Meetings, the two deadlines above will be twelve and eight calendar weeks prior to the scheduled day of the meeting. This gives you four weeks to “socialize” your proposed resolution, modify it if desired, and finalize it for voting.

For complete details, including examples, please see section 12 of APP XIV-2.

By: George Pickering



*neighbor-to neighbor classified ads*

**Wanted:** Military medals, decorations, uniforms, firearms, etc. as well as anything to do with military aviation and aircraft. **379-9878**

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## *murder in paradise!*

By Mike Holden

**On Saturday evening August 18 over 38 guests gathered at the KPOA Clubhouse,**

rechristened the fictitious “Paradise Resort” for the evening, located “somewhere in the tropics between the Port of Indecision and southwest of Disorder.”



The event, sponsored by the Kala Point Fun ‘n Games group, was open to all members and was well attended. While there, hilarious mayhem and murder occurred, and the guests helped solve the dastardly deed and fingered the culprit, all while enjoying a lot of great food and even better company!

There were questions, answers, accusations, prevarications, bribes and payoffs galore as all tried to discover or cover up for the sordid suspects and complicit culprits!

Paradise Resort is owned by “Coconut Ken” and “Coconut Kathy”. Also attending were a number of VIPS, including gazillionaire HKIII and his

current girlfriend Judy Love. Lucky Numbers Don, the recent megabucks multimillions lottery winner, Patty Starr of Hollywood fame, Sexy Sharon of our local jet set, world-renowned body artiste Linda Tatt, and two-time reigning National Surfing Champion “Hard Mike” Beachbum were also in attendance.

Joining the throng were many locals and Paradise Resort guests who were ready to party! Paradise Resort staff included Lifesavin’ Bill, Cocktail Gayle, Mary Baggage, Patsy Barkeep, Bartender Dave “Jack” Daniels, Cabana Johann, Sunshine Susie, Kauai Cindy and many others, who kept the party going at a frenzied pace.

At the end of the day, awards were presented for the best “Super Sleuth”, “Drama King” and “Drama Queen”, “Rich and Ruthless” and of course, those with the Loudest Shirts!



By the time the last call sounded, everyone had on their “Blue Hawaiian” goggles and all looked fuzzy and peaceful again – the spirit of Aloha! Just another Murder solved in Paradise!



*The throng of many locals and Paradise Resort guests who were ready to party!*

**ACROSS**

1 The Kala Point Fun 'n Games group sponsored a Murder \_\_\_\_\_ in Paradise at the Clubhouse

8 \_\_\_\_\_ Auto Design gives free estimates

11 \_\_\_\_\_ CD's can be ordered that break down the board meetings section by section with a table of contents for only \$5

12 For additional information on how to \_\_\_\_\_ home and property from wildfire, visit [www.ejfr.org](http://www.ejfr.org)

13 Crossing the \_\_\_\_\_ line is a moving violation and a \$112 ticket

16 \_\_\_\_\_ comprise 94% of McCrorie's decision-makers

17 A place to have breakfast in Port Ludlow

19 \_\_\_\_\_ or Matthiola are from the Mediterranean

21 \_\_\_\_\_ On The Dock are free concerts every Thursday through August

22 An opinion submitted does not feel that the board should bring in an "off-duty" \_\_\_\_\_ to enforce speeding

23 The sounds of heavy machine gun fire was heard during \_\_\_\_\_ training exercises on Indian Island

**DOWN**

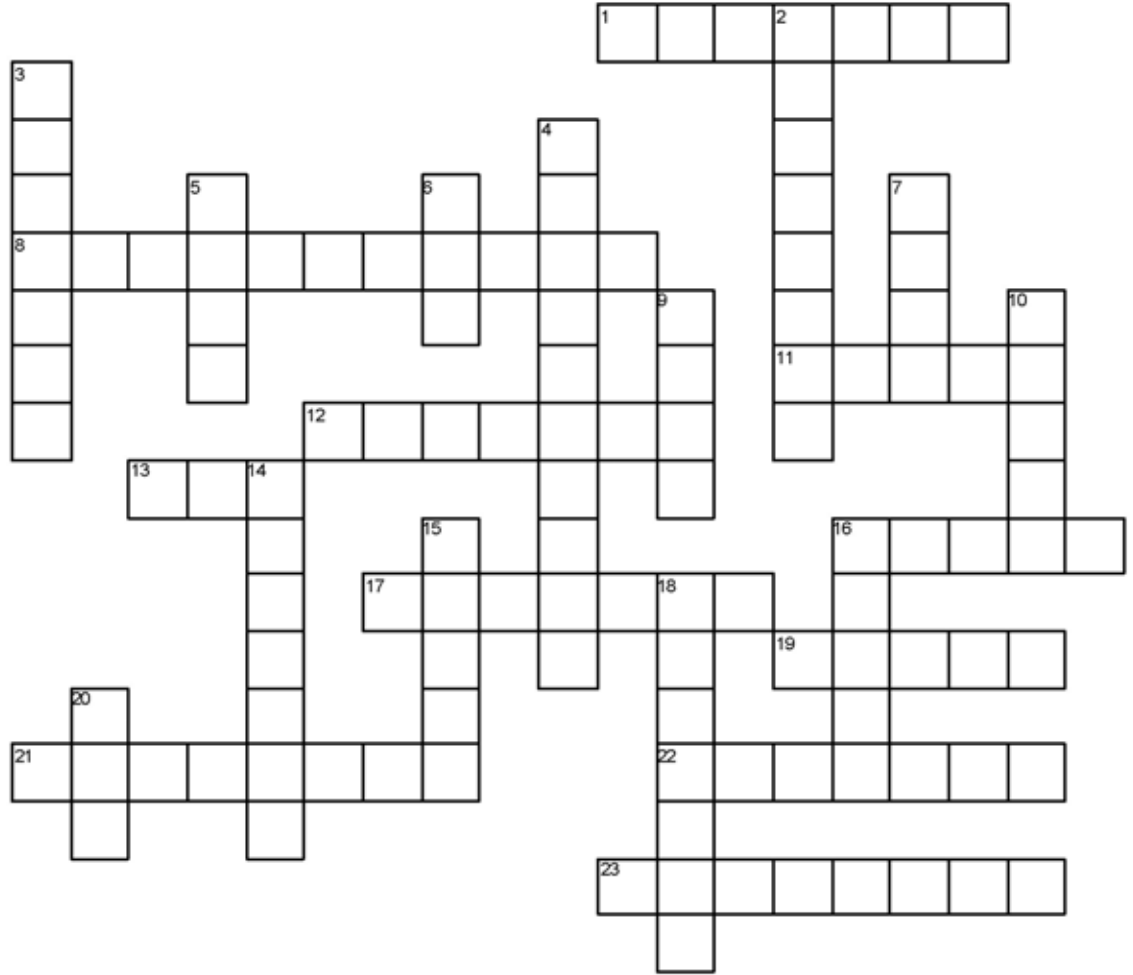
2 The Kala Point Walking & Hiking club meet every \_\_\_\_\_

3 MovieMakers meet at the Jefferson County Public \_\_\_\_\_ in Port Hadlock

4 \_\_\_\_\_ is the fastest growing sport in America

5 The election in July was the first Vote-by-\_\_\_\_\_

6 There is a free \_\_\_\_\_ computer workshop at the



WSU Learning Lab at Shold Business Park

7 Carpenter ants are on of nature's most aggressive \_\_\_\_\_ destroyers

9 There are several reasons why someone would decided to have "no \_\_\_\_\_" during an election

10 \_\_\_\_\_ Makers are having a sneak preview of their production of "The Courthouse"

14 \_\_\_\_\_ Cafe has a world famous martini menu

15 A group of Kala Pointers will provide you with detailed news and a forum to express your \_\_\_\_\_

16 With the extended power outage in Kala Point in July many lost their \_\_\_\_\_ pressure as well

18 \_\_\_\_\_ Book Club meets monthly at the Port Hadlock Library

20 A big stomach-height tub at Laundro-Mutt is a good place to wash your \_\_\_\_\_

Be the first to send in with the correct answers to: KIN, P.O. Box 816, Port Hadlock, WA 98339  
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Name \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_

*from the jefferson county  
administrator's desk:*

**Dear Neighbor:**

**It is an honor to be asked to write a monthly column to update my neighbors in Kala Point.** I have done this for the past three years in the Port Ludlow newsletter, *The Voice*, and it seems to be well received by Port Ludlow residents, thus I was pleased to do the same when asked to participate by the newSkoop staff. I will try to address a topic or issue that is of particular relevance to Kala Point. You are certainly welcome to make a suggestion to me, also, or submit a question—my email address is [fischbach@co.jefferson.wa.us](mailto:fischbach@co.jefferson.wa.us).

I know today's topic is of special interest to each of you—the need for a right turn lane off of Prospect Avenue onto SR19 (Rhody Drive)!

The construction of the Prospect Avenue Right Turn Lane road improvement project will begin soon. The purpose of this project which will cost an estimated \$132,000 (excluding design and inspection) and be constructed by the Jefferson County Public Works Department is to provide traffic congestion relief and reduce traffic conflicts for vehicles turning from Prospect Avenue onto both northbound and southbound lanes of SR19 (Rhody Drive).

This project begins at the intersection of SR19 and Prospect Ave. and extends along the northerly side of Prospect Ave. for approximately 280 feet. The project work includes construction of an 11 foot wide paved right turn lane, a 4 foot wide paved shoulder and related work such as relocating the Kala Point sign.

The construction is tentatively scheduled to begin mid-September and is expected to continue thru mid to late October 2007, depending on weather. Work will likely begin with construction sign installation, followed by clearing along the roadway and roadway excavation. Utility relocation work may precede or coincide with the roadway construction work.

"It is our intent to keep both the east and west-bound lanes of Prospect Ave. open during construction. However, there will be times when occasional short duration lane closures may be required; a minimum of one-lane one-way traffic will be maintained at all times, said Monte Reinders, County Engineer. Some night-time work is anticipated due to the high volumes of traffic on SR19 and Washington State Department of Transportation permit requirements. Access will be maintained for the commercial entrance to Kala Square commercial center. Every effort will be made to minimize the delays to traffic and impacts to properties adjoining the project.

Public Works staff requests and appreciates your patience during the construction phase of this project. Questions or concerns regarding this project should be directed to John Wayand, project manager, at the Jefferson County Public Works office, P.O. Box 2070, 623 Sheridan St., Port Townsend, Wa., 98368, 360-385-9377.

Thanks, neighbor. Please contact me with any questions you might have or a suggested topic for the next newsletter.

John F. Fischbach  
County Administrator  
[jfischbach@co.jefferson.wa.us](mailto:jfischbach@co.jefferson.wa.us)



## *pickleball* The Fastest Growing Sport In America!



By Hank Krist

The playing schedule is Tuesday and Thursday at 6:30pm and Saturday mornings at 10:00am on the courts close to the water tanks near Pinecrest. All equipment is provided, all you have



to do is show up to play. There will be chairs if you want to come and watch. Everyone is welcome!

It is played on a court that is the same size as a badminton court using a ball similar to a whiffleball and light-weight paddles. The small court allows players with varying degrees of mobility to participate in a way that the larger court of tennis sometimes prohibits. Pickleball is not a game of strength. It is a fun game that is easy for beginners to learn.

### So, why play pickleball?

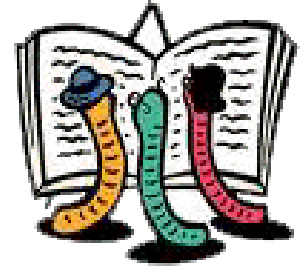
- Fast-Paced
- Less Running
- Easy to Learn
- Great Exercise
- Good for Seniors and Kids
- Lots of Fun
- Start Playing for Free - join Kala Point's Pickleball Club!
- Equipment is not expensive

If you would like more information about pickleball or have any questions contact Hank at hanksand@worldnet.att.net or 379-9878 or or Carol at dreambead@aol.com or 385-6428.

## *classic book club*

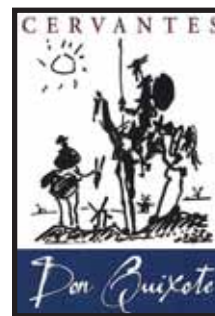
By Carol Fischbach

The Classics Book Group meets monthly at the Library in Port Hadlock at 2pm. For the Sunday September 9th meeting we will discuss



**Love In The Time Of Cholera** by **Gabriel Garcia Marquez**. This story is set on the Caribbean coast of South America. This is a novel about love in all its guises: young love, married love, romantic love, carnal love, and even love with the symptoms of cholera.

For the October 14th meeting we will discuss **Don Quixote** by **Cervantes**. It tells the story



of a middle-aged Spanish gentleman who, with the chivalrous ideals found in romantic books, decides to take up his lance and sword to defend the helpless and destroy the wicked. Seated upon his lean nag of a horse, and accompanied by

Sancho Panza, Don Quixote rides the roads of Spain seeking grand adventure. Profound, powerful, and hilarious.

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**Shore Road Nursery** - Country nursery owned by botanist David Allen. Specializing in native plants & select garden perennials, shrubs, trees. 616 Shore Road, PA. Open Tue-Sat, 10-5. **360-457-1536**.



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The printing of an article, classified or display advertising does not necessarily constitute endorsement by newscoop staff. Ad space is limited and acceptance is dependent upon availability of space.

# walking/hiking club

## 9:00am on Thursdays



By Carol Fischbach

### The Walking/Hiking Club meets on Thurs-

day mornings at 9am. Come when you can and the walk or hike sounds right for you.

If you want to exercise, learn new trails and get acquainted with the beautiful area where we live, come join us! Come for the camaraderie and exercise! Bring water, good walking shoes, a walking stick if you have one.

Everyone is welcome and bring a friend! Come and explore new destinations as well as some old favorites. Emails are sent out each week announcing where the next walk will be. If you have a favorite hike or would like to suggest a new one let us know. We love to try out new places.

Pictured to the right is a recent hike in August to Duckabush River and "Little Hump". We had a picnic lunch once we reached our destination,

had great conversation, threw sticks for the dogs, and enjoyed the beautiful scenery. Come join the fun!



Duckabush River Trail near Brinnon

For more information contact: Michael at [michaelkubec@cablespeed.com](mailto:michaelkubec@cablespeed.com) or 385-2041 and Bill at 379-3808 or [bkaune@cablespeed.com](mailto:bkaune@cablespeed.com).

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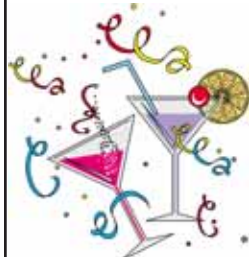
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Reservations Recommended



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? ? ?  
*Have you ever wondered why there is an independent newsletter? Stay tuned next month for some history on KIN.*  
? ? ?  
.....

## SU-DO-KU

Instructions: Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

Level of Difficulty - Easy.

			6		5		9	
8	4				7			
3	5			1				
					1		2	
		8		7				6
	2				4			
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1				9			4	

### SU-DO-KU Puzzle: August Solution

8	6	4	3	5	7	1	9	2
5	3	9	1	2	6	8	4	7
7	2	1	4	8	9	6	3	5
6	7	8	9	4	5	2	1	3
1	9	5	2	3	8	7	6	4
2	4	3	7	6	1	5	8	9
9	5	2	6	1	4	3	7	8
3	1	7	8	9	2	4	5	6
4	8	6	5	7	3	9	2	1

### Kala Crossword Puzzle: August Solution

G		F	K	R	I	S	T		P	O	S	E	Y				
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## *third bid to kala point utility company*

By Hank Krist

As most of you know, the Kala Point Utility Company (KPUC) which provides our water is in the process of being sold. The interested third bidder is Peninsula Water Inc. (PWI) owned by Eric Thomas and his wife who live in Sequim with their three young children. Previous offers were made by PUD and the current manager, Mike Langley. Thomas has made an offer of \$500,000 plus the assumption of approximately \$155,000 in debt. If all goes well, the transaction should close sometime after September 1<sup>st</sup>.

As a manager of eleven water systems in Western Washington, including Cape George, Mr. Thomas is an experienced operator of, and investor in, water systems. He and his wife also own three other systems with a current customer base of approximately 650.

In talking with Mr. Thomas, he seemed to know some, but not all, of the recent history and problems of KPUC. He is buying the stock of KPUC and anticipates no major changes in the operation. Customer service is an important issue to him and obviously to us. To that end, Thomas is in the process of buying a generator and anticipates installing it soon after he becomes the owner. This is a good thing for Kala Point as we have waited over four years for KPUC to install a backup generator to handle power outages. In addition, he appears to be willing to address the issue of providing emergency water supplies in the event of the prolonged aftermath of a catastrophe such as a serious earthquake. From all indications, Thomas appears to be a prudent, conservative businessman who understands the importance of customer service.



*port ludlow  
garden club*

**Whidbey Island  
Nurseries & Shops**

By Pattie Cole

**On Wednesday, Sept. 12, Garden Club members will meet at 8:30 a.m.** at the Bay Club to receive maps and directions for our field trip.

Our primary destination will be Kirk's Garden Center. Doug Kirk will conduct a class on Landscaping with Grasses & Companion Plantings. Mr. Kirk has designed private gardens on Whidbey Island for 18 years and is extremely knowledgeable on both grasses and companion plantings.

The Nursery has some very interesting and unusual evergreens in its collection and Mr. Kirk's private landscape design business uses many plants seen in the Nursery. There is room for 30 in this class and the cost is \$15/per person. If you want to attend the "class" at Kirk's Nursery & Gardens and/or the lunch at Edgecliff Restaurant, please call Sydney Hatch at 437-9111 no later than Sunday, September 9 at 5:00 pm!

There will be a general Nursery tour by the Nursery Mgr. for those not enrolling in the class. Those not taking the class are welcome to attend either of the gardens listed below or to stroll and shop in Langley before lunch.

We will then distribute directions to several other Whidbey Island Nurseries including the famous "Chocolate Nursery" written up in Sunset Magazine. Also, following Kirk's Nursery, we will have lunch at the marvelous "Edgecliff Restaurant" overlooking Langley's yacht harbor and the Sarasota Straits.

Following lunch participants may wish to visit two or three more Whidbey Island nurseries/gardens or simply enjoy the sights and delights of Langley and its many beautiful urban "pocket" gardens. A walking tour of the city should only take about one hour. Also, the shopping/antiquing in Langley is fabulous!!!

Please call Sydney Hatch at 437-9111 to confirm whether you plan to join us for lunch, if you need a ride or are willing to drive, and if you wish to join us for the field trip. This trip does not require club membership.

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*can long term vitamin e  
supplementation help prevent  
cancer and cardiovascular/  
heart disease*

By J. Ronald Tacker, PhD, MD

*(Many of you have requested information and a review of prostate disease. In fact, I began the research and commenced such a report in late February. One of my objectives was to choose and discuss a disease process that would be of interest to a wide array of individuals in our community. In mid March of this year I had the opportunity to review one of the most significant and well documented scientific reports in recent years. So for now it seems more timely and appropriate to report this new information to each of you. Perhaps this information could change the outlook of many that may face the prospect of cancer and cardiovascular disease. The following is a "book report" of a scientific article that was published in one of the world's most prestigious medical journals. You may find the entire report in the JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION, Vol. 293:11, pp1287-1919, March 16, 2005.)*

For a number of years the medical, scientific and subsequently the lay press reported and espoused on the possibility and in some cases the assurance, that antioxidants were protective against certain diseases including heart disease and cancer. One of the prime and most effective agents of the antioxidant class is alpha tocopherol, which is the most active form of vitamin E in humans.

In animal testing vitamin E was shown to reduce artery plaque formation, smooth muscle cell proliferation and platelet adherence (blood clots). Vitamin E and other antioxidants appear to reduce "free radicals" (free radicals can cause cell

damage which unchecked can lead to malignant transformation [cancer]). Also, vitamin E was thought to prevent cancer by inhibiting cell proliferation and angiogenesis (solid cancer must produce new blood vessels to spread and survive). Antioxidants also appear to offer protection by increasing the "body's" natural defense systems.

Despite a vast array of individual scientific reports and epidemiological data, most well controlled and standardized trials in humans failed to confirm a protective role for vitamin E in humans. In the afore mentioned clinical trials many prominent scientist suggested that failure to show benefit could be related to the relatively short period of treatment and observation (generally from 3 to 5 years). Thus, the thought was that extended treatment over a longer time period would show the expressed benefits as seen in the animal studies.

The Heart Outcomes, Prevention Evaluation (HOPE) Trial conducted between Dec 21, 1993 and April 15, 1999 reported a neutral effect of vitamin E on cardiovascular outcomes after an average of 4.5 years of treatment.

To determine if longer duration of treatment would achieve the predicted outcome of cancer and heart disease prevention, the HOPE trial was extended to the HOPE –THE ONGOING OUTCOMES (HOPE-TOO) TRIAL (completed in 2003 and reported in March, 2005).

The HOPE trial was an international multicenter, double blind, randomized, 2X2 factorials design trial, that was placebo controlled (no vitamin E vs. Vitamin E, vs. as a high blood pressure medication (second placebo). This type of scientific study is considered the most rigorous science and is unlikely to be influenced by chance alone. Only patients with high risk for heart disease and/or

arterial disease was studied. Also, patients were at least 55 years old. A total of 9,541 patients were studied in the original HOPE trials. The HOPE-TOO trial extended the HOPE trial until May 26, 2003, utilizing 4732 patients from the original studies. These patients received either a placebo or vitamin E for a total of 7.0 years. None of the participants and doctors involved in the trial knew which patients were actually receiving vitamin E.

**CONCLUSIONS:** In the HOPE and HOPE-TOO trials the daily administration of 400 IU (international units) of Vitamin E for a median of 7.0 years had NO CLEAR Impact on fatal and nonfatal cancer, major cardiovascular events or deaths. Additionally, there was an INCREASED RISK of heart failure (this has yet to be confirmed by other trials, but are soon to be complete).

The wide implication from these very sophisticated trials supports the view that Vitamin E supplements should NOT be used in patients with vascular disease and/ or diabetes mellitus.

**DISSUSSION:** Unfortunately, there is a tendency by the general populace to accept “natural products” (e.g. Vitamins, minerals, etc) as being safe. Even if they have not been proven to be effective for specific and nonspecific disease processes. The JAMA report emphasizes the need to thoroughly evaluate all vitamins and other natural products and complementary medicines in appropriately designed trials before they are widely used for presumed health benefits.

The follow-up editorial (JAMA, March 15, 2005) by Dr.s Brown and Crowley (Univ. of Washington School of Medicine) state that the HOPE-TOO trial effectively CLOSES THE DOOR on the prospective of a major protective effect of long term exposure to vitamin E, taken in moderately

high dosage against complication of atherosclerosis, heart disease, and overall cancer incidence. In fact, high doses of vitamin E are contraindicated in some patients with existing heart disease.

At this juncture the one question everyone should be asking is: can one safely consume vitamin E and other antioxidant type vitamins? The simple answer is yes, but not in doses higher than the “recommended daily allowance (RDA)”. There could be serious side effects with high dose therapy.

A balanced diet which includes daily intake of fruits and vegetables will yield all the vitamins needed for most adults. Over the years many patients have asked me if vitamin supplementation is needed for certain conditions or in general. My response has been a balanced diet and perhaps an over the counter daily vitamin supplement, (such as “Centrum” or “One a Day”). These daily vitamins usually contain only the RDA. For instance “Centrum” contains 30 IU of vitamin E. High dose vitamin E (400 IU/day) should only be taken after consultation with a physician. Also, remember high dose vitamin E can damage your liver (higher than 400-1200 IU/day). Already we have seen newspaper reports and internet sites that promote sale of vitamins to discount this new information. These commercial suppliers of these products have a vested interest in selling their products. Remember, that you should consult with a physician before starting high dose preventative therapy of any kind.

**A FINAL WORD:** Be careful what goes in your mouth. Thousands of compounds, potents, and so called preventative medications may be helpful, but few can stand the test of rigorous scientific review. Double blinded and controlled trials are the gold standard, but often are not applied. The chance that these compounds may cause harm cannot and must not be ignored. The risk to you and your family is too great.

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forward to meeting you at  
our many KP events!*

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- John & Cathy Effmann**
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- Dale & Susan Moses**
- Shawne & Bruce Mulloy**
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