

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ Feb/March, 2004

High Doses of Vitamins E and C Prevent Alzheimer's

Johns Hopkins University researchers reported a combination of vitamins E and C reduced both the prevalence and incidence of Alzheimer's disease. In the January issue of the *Archives of Neurology* (61:82-8, 2004) it was reported that the researchers' investigation discovered that high doses of certain antioxidants may mitigate age-related cognitive decline by protecting neurons from free radical damage.

Using data gathered from a total of 3,200 respondents age 65 and older from Cache County, Utah, the study's authors found 185 participants with incident dementia and 104 with Alzheimer's. Participants were then categorized according to their supplement use. About 17% took a vitamin E supplement of 400 IU (international units) per day, or a 500 mg per day C supplement. Another 20% used multivitamins, although without the high doses of E and C. It was reported as interesting that those participants who were strictly multivitamin users (instead of taking E and C alone or in combination with multivitamins) were mainly female and in poorer general health.

The researchers found that taking Vitamin E or C alone, B-complex vitamins, or a combination of a vitamin C supple-

ment and multivitamins did not reduce the prevalence of Alzheimer's. However, there was a significant inverse relationship seen with a combination of vitamin E and multivitamins, with the strongest inverse relationship seen in the use of both vitamins E and C, with or without combined use of multivitamins.

"Vitamin E... is one of the strongest nutritional antioxidants," the authors wrote. "Sufficient levels of vitamin E may reduce the oxidative stress-related damage associated with pathological changes of Alzheimer's."

They also said the study's findings suggest taking vitamins E and C together at higher doses may offer greater protection against Alzheimer's disease. The researchers said most multivitamin supplements contain only the RDA (recommended daily amount) instead of the higher doses found to be beneficial.

According to David Seckman, executive director of the National Nutritional Foods Association (NNFA), it is not unusual for studies such as this one to find that a supplement's therapeutic dose is much higher than the RDA. "The process for reviewing and amending RDAs is not swift and a gap tends to grow between current science and established dosages

for essential nutrients," he said in an article published in the Feb. 2, 2004 issue of "Natural Products Industry Insider". Seckman added that the supplement industry has been proactive in keeping pace with findings in the scientific literature and therefore has included higher amounts of key nutrients, such as E and C, in some multivitamin supplements.

Editor: Our Vitamin E supplement, Item No. J-14, contains 400 IU in the suggested daily dose of it. And our two Vitamin C products, Item No. J-68 and J-69, each contain 1,000 mg per day at the suggested daily dose.

Additionally, we were reminded of the number of people who have told us either they themselves, or others they care about, have seemingly improved in their cognitive abilities following the use of Real Willard Water. The only relationship we can think of is the fact that Willard Water has been reported to be a tremendous scavenger of free radicals, which is the reason given for the apparent benefit of vitamins E and C cited in the above study. Perhaps that's the connection. We don't know. Remember, we're not scientists, just lay people passing along what we've heard and learned over 20-plus years of Willard Water use. ♦

35% of Pregnant Women's Prescriptions May Affect Babies

Women who use a serotonin reuptake inhibitor (SSRI) to treat depression or other psychiatric problems during pregnancy may be putting their infants at risk for neurobehavioral problems. That was the report published in the February 2004 "Pediatrics".

Some reports suggest as many as 14 percent of pregnant women suffer from depression and up to 35% of women use antidepressants during pregnancy. Studies involving infants exposed to SSRIs in the womb have shown few ill effects, so most doctors believe these drugs can be safely prescribed for pregnant women. However, most of these studies have only compared major outcomes, such as physical growth and complications evident on the medical record, according to this report.

Researchers from the University of North Carolina at Chapel

Most doctors believe they're safe.... Because studies haven't looked at the more subtle effects...

Hill studied 17 full-term newborns whose mothers had taken and SSRI during pregnancy and 17 similar infants who mothers had not taken of the drugs, assessing them for more subtle neurobehavioral differences.

They found infants exposed to SSRIs in the womb were more likely to have had a shorter gestational age, and were also more likely to suffer from a range of neurobehavioral problems, including nervousness, startles, and sleep disturbances. After adjusting the findings for gestational age, differences in nervousness and sleep disturbances remained significant, according to the researchers. The researchers concluded, "Results of the present study call into question the conclusion that SSRI use during pregnancy has little impact on the developing fetus and infant outcome." ♦

Antioxidants Lower Risk of Children's

New research shows children who are exposed to increased doses of antioxidants have a lower risk of developing asthma.

Cornell University researchers studied data on more than 6,100 children between the ages of 4 and 16 to determine if increasing antioxidant consumption is associated with a lower prevalence of asthma in children. Researchers observed trends in children who were not exposed to second-hand smoke as well as those who were exposed to second-hand smoke. The

study included a comprehensive health exam, a questionnaire, and various lab evaluations.

Results of the study show an increase in beta-carotene intake was associated with a 10% reduction in asthma risk.

Children who were exposed to second-hand smoke had a 40% decrease in asthma prevalence when they were given increased doses of beta-carotene. Researchers say higher doses of vitamin C showed similar results.

Children who took increased doses of sele-

mium — a trace mineral — were 10% to 20% less likely to have asthma.

Those who were exposed to second-hand smoke had a 50% decrease in asthma prevalence when they were given the higher doses of selenium.

However, researchers say vitamin E showed little or no help in decreasing asthma prevalence.

They say selenium, which showed the most promise in lowering children's asthma risk, can be found in cereal grains, fish, meat, and poultry products. ♦

State-By State Vaccination Exemption Information

For those people who would like to have their children exempted from the vaccination requirements of their states for public schools, etc. there's a website that could be very helpful.

The address for the site is <http://www.unhinderedliving.com/statevaccexemp.html>

In some cases it gives the actual language of the exemption to be turned in, in other cases it gives information for a web site to access to get the information.

It also has information available in many different languages.

Most states do allow for exemptions, and they don't necessarily require that it be for religious reasons. You just need

One More Reason To Know Who You're Dealing With...

There's an email making the rounds that talks about a study done in Taiwan that found the amount of hypericin in different St. John's Wort products was less than that claimed on the labels of the five brands tested. This isn't really "news". We've mentioned the problems with the quality of St. John's Wort products on the market before. But what the study does show is that the problem continues. When St. John's Wort first became popular as something to help mild to moderate depression, it caught suppliers off-guard, and there wasn't enough of this herb available to meet all the demand.

As a result, unscrupulous marketers started chemically producing artificial hypericin and added it to any herb to be sure it would assay out (test out) as containing hypericin and thereby appear to be what it claimed to be. (Hypericin is the key "marker" in St. John's Wort used to assay for the quality of the product, but not the only ingredient in St. John's Wort, and not even the one most alternative types now believe is the key to its effect.) But, since many experts concluded the other ingredients in St. John's Wort may be more

involved in its benefits in fighting depression, it's no wonder a lot of those "phoneyed-up" products had no effect.

All of this serves to remind all of us one more time, that you often DO get what you pay for, and when it comes to areas where it's nearly impossible for individual consumers to know absolutely that a product is what it says it is, or to be able to test products themselves, it's more important than ever to know you're dealing with ethical people.

We've had so many customers tell us how much better the "Daily" (brand) products they get from us work than other brands have, that we have total confidence in the Daily quality.

Customers also say they like dealing with us, because we're small enough that the key people here are available to take their calls, and they know the key people here feel responsible for what we sell, and take responsibility for it. It's true. We, personally, just couldn't operate any other way. We wouldn't sell a product we wouldn't want our own grandchild to rely on for her health. ♦

Trivia & Tidbits . . .

1. How many times per day does the average human heart beat and how much blood does it pump per minute?
2. How many teeth does a turtle have?
3. What is a female rabbit called?
4. How many lemons does the average lemon tree yield per year?
5. John Tyler was the U.S. President with the most children—how many did he have?
6. What was daredevil Evel Knieval's real first name?
7. What is a dactylogram?

AND THE ANSWER IS...

1. About 100,000 beats, to pump 5 quarts of blood every minute.
2. None, but some have sharp, jagged edges on their horny jaws that function as teeth.
3. A doe. A male is a buck; a baby is a kit or kitten.
4. 1,500. They usually bloom all year, with the fruit picked 6 to 10 times per year.
5. Fifteen. Married twice, he had a total of 8 sons and 7 daughters.
6. Robert.
7. A fingerprint.

ON "THE WEB"!

www.willardswater.com

(Note: "willardswater" is all one word, all lower case with an "s" between "willard" and "water"—that's how people usually ask for it!) *Come visit!*

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Two Interesting, But Not Unusual, Reports

“Elizabeth”, a very long-time, (probably over 15 years) customer asked me recently what she could do to help us. It was by phone and I’m not a very good note-taker, but this is pretty close to her actual words.

“Charlie, you and your staff have been there for me for all these years. Your Willard Water and colostrum and other good things you’ve told me about have been such a help to me. And you’ve always offered a sympathetic ear to me even when I’m concerned about something that really isn’t a health matter. It seem to me that with so very many places selling supplements it has to be terribly difficult for small companies like yours just to survive. Selfishly, I want to make sure you are there for me for years to come—how I can help make sure you are?”

My response was to tell her she is already doing it. What does she do?

- 1) She drinks Willard Water every day, roughly 32 oz of the “ounce to a gallon” mixture. Since she buys the concentrate by the gallon, her own consumption costs her less than \$10 per month. She also gives it to her cat, and some to her house plants and uses some in her garden. Plus, she gives a fair amount away to kids and grandkids and neighbors, so she buys a good amount each year from us.
- 2) She also buys most of her other supplements from us. She long ago came to understand how helpful colostrum was in seeming to keep her immune system operating at top efficiency. So she purchases the bulk colostrum powder and also the liquid. She has tried other sources but found ours to perform best. Also, her own experience has convinced her that she needs the natural progesterone crème (Item HP-1) . . . A jar lasts her somewhat more than a month, so she buys about nine jars a year from us. She also uses the Daily Multi-Vim (J-56) and the Daily B-complex (J-2) all the time, and a variety of our other supple-

ments from time to time. She “shops around for good deals”, but tells us that she’s never gotten anything from us that didn’t seem to be at least competitive price-wise, and always top quality.

- 3) She does try to share her findings with others and make them also our customers. Which isn’t all that easy. “I’m sure they think, I’m just a crazy old lady . . . what do I know about health? But after they see that I’m still doing better than most people my age, and I’m still spending almost nothing on prescriptions, they have to think that I’m either awfully lucky, or maybe I know something they don’t. I’ve got my niece drinking Willard Water all the time, and a couple of grandkids that drink it on and off and there are two ladies in my Bible Study who are now on the progesterone crème. I kind of wore them down. They didn’t pay attention to me at first, but they finally tried it for a couple of months and now they are believers.”

“A Rose By Any Other Name, Might NOT be a Rose . . . this comes from “Marjorie”, which is not her actual name . . . She is embarrassed and willing to have her story told, but not with any identification. But her story of finding Willard Water is fairly typical. . .

“I heard about Willard Water on the 60 MINUTES program years ago and I was just fascinated by it . . . I really thought it might be beneficial, but I couldn’t find it anywhere. But I kept looking. I work in the post office and one day I saw a torn piece of paper in a trash container and the words Willard Water just jumped off the page at me. It must have come from some piece of mail that got badly damaged and discarded . . . It wasn’t even a full page but your 800 phone number was on it. That night I called your company and left a message

After looking for it for years, she got it from us, loved it... could see benefits... ran out... got some other “brand” at a health food store... it didn’t do anything for her... got back to our REAL Willard Water... more than pleased with the results...

asking for information to be sent to me. It soon came and I placed an order and got my first Willard Water and started drinking it. I noticed several very positive changes within the first few weeks and I was

really hooked.”

“So I went along that way for a couple of years, then one day I ran out. I didn’t have any on order, but there is a health food store in the mall where I shop and I found a bottle there. It was a completely different looking bottle, so it wasn’t yours, but it said it was pure Willard Water, so I thought, what the heck, I’ll get this to tide me over. I started using it but pretty soon I just stopped drinking it, I guess because it really didn’t seem to have any effect on me at all. So I got out of the habit of using it and for some reason (well, we’re all busy) I wasn’t paying any attention to your newsletters which I used to read faithfully. In hindsight, I remember you warning that everything that claimed it was real, full-strength Willard Water, wasn’t necessarily so.”

“I gradually got to feeling a lot less well. All the old problems came back.

“Then one night I woke up just wide awake at 3 a.m. with this thought in my mind that I should be drinking Willard Water.

“I rummaged around and found some of your information and got your phone number and called and talked to you and placed another order.

“You gave me a special deal on 2-Day UPS shipping so I got it very quickly.

“I’m now feeling much better again.

“I feel dumb for all those wasted months, but I’m glad to be back.”

Thanks, and there’s no need to feel “dumb”, we’re just happy to be able to say, Welcome Back, “Marjorie”!

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Healing Of Another Kind...

"I only get the Sunday paper, not the daily one, so I never should have even seen it, but I guess I was meant to.

"I really liked Irene (not her real name), but we'd had a falling out a couple years ago and just never had spoken after that.

"Well, I had an appointment with my chiropractor one day, and had to wait a while to get in to actually see him. There's usually someone to visit with there, if I have to wait, but that day I was the only one waiting so I got bored and picked up the newspaper and glanced through it. An obituary caught my eye. It was Irene's mother. She'd been ill for some time, but now she was gone. I knew it would be a difficult time for Irene, especially since she and her siblings have never gotten along, and her father had passed away before.

"I didn't know if I should contact her or not, since our last parting had been so unfriendly and I didn't want to do anything

that might just be another bad memory for her, but I kept feeling urged to do something, so I got a sympathy card and wrote on it and sent it off.

"Irene's tone of voice said it all when she called me a few days after the funeral. She said I'd never know how much that card had meant to her. We were able to both put our earlier disagreement behind us and be friends again. That friendship led to other benefits for both of us... making a connection that led to some very significant income for me (which I really needed) because of one-thing-leading-to-another-type-thing, and helping Irene to cope with the frustrations she was having in dealing with her siblings on the loose ends of her parents' estates.

"My looking for physical healing that day led to an even greater healing... and it makes me wonder who or what might have set the whole thing in motion, and kept urging me to send that card... "someone" who loves us both, I'm sure." ♦

Editor: We invite our readers to send us their experiences of unexplained help, for sharing with others, anonymously if they wish.



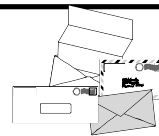
From Our Mailbag & Phone Calls. . .

Coffee, Or Not? — "S.C." told us she's found a great substitute for coffee, which she thinks some people drink at least some of the time because they like a hot drink... what S.C. found works well for a coffee substitute is mixing a half cup of hot water with a half cup of room temperature Willard Water.

5 Minutes, Problem Solved — That's how long "J.G." said it took in total for the pain to stop and not come back, after she got a painful burn while canning many years ago. She accidentally burned her thumb on a red hot electric burner. It turned white immediately. She sprayed it with Willard Water and the pain let up right away and some of the whiteness disappeared. Then the pain and the "white" came

back... she sprayed it again and again the pain and white disappeared, but came back. She went through maybe 5 or 6 cycles of this, but after 5 minutes, the pain was gone for good, and so was the discoloration.

Comparative Shopping Benefits — "J.M." wrote to us that since diagnosed with Lupus in 1987 she's tried all kinds of herbal supplements, but has found ours to be the best. She also wanted us to know her grandson had an outbreak of some sort of virus, according to the M.D.s who saw him, that caused red, dime-sized, flat spots all over his body. She got him to drink WW every hour during the night, and put WW on the spots as well, and with that, and much prayer, he was better by morning, and seemingly completely over it soon thereafter. ♦





More Product Highlights & Updates from Charlie

Heart Matters, Osteoporosis & Cancer, HGH for Youth?, Fame for Your Dog?, And Even More!

HEART HEALTH Matters

The Strauss Heartdrops continue to be purchased by readers at a very high rate. I don't recall that we've said much about them in very recent months, which means that most of these purchases are re-orders. Which tells you what people who are using them think of the product. Given the experiences that Kolleen and I have had with using them (seeing symptoms go away), getting careless about using them (seeing symptoms return), and faithfully using them again (symptoms going away again), we have concluded that we will be on a maintenance dose of the Heart Drops as long as they are available. Which we hope is for the rest of our lives, but things which are really helpful but are not controlled by drug companies, have a tendency to sometimes disappear, so we are not taking that for granted!

Some users have reported that their previously high **cholesterol levels** have declined coincident with their use of the Heartdrops. But that certainly doesn't occur for everyone. There are a great many nutritional substances that have obviously helped some people lower cholesterol levels. A couple of them are policosanol and niacin. Those two items are now available to us in a product called "Choles", which we now have available from a Florida firm from which we formerly were able to purchase "Cholesterol Health".

We shared the latter with a handful of people, who generally found it to be very helpful, but a key ingredient in it is no longer available to this supplier, so they've come up with a substitute product that contains the policosanol and niacin, plus three B vitamins (3, 6 and 12) which all are considered to be helpful in reducing homocysteine levels.

Various health experts in more recent years have become **less** concerned about total cholesterol levels and **much more** concerned about homocysteine levels, which apparently are a good indicator of the inflammation of the artery walls which

Make Your Dog Famous... Well-Known Author Requests "WW & Dog" Testimonials



C.J. Puotinen, the author of "The Encyclopedia of Natural Pet Care", has been invited to do an article on Willard Water and dog health for a magazine that deals with dog health care issues. She invites our readers to write down their dog testimonials and send them to us or directly to her (1 Salem Court, Suffern NY 10901). She will select from these testimonials to flesh out her article. Your experiences can help other dog owners become convinced they should be giving WW to their own pets . . . which, of course, will be a very positive thing for the pets AND the owners. (In our opinion, our own dogs have been MUCH healthier than they "should" have been, thanks in large part to the WW . . . thus saving us a good deal of time and expense and concern.) If you are not comfortable with your own writing ability, you can certainly call us with your story, we can take notes and write it up, then we or CJ can mail or fax it to you and you can tell us if we "got it right", and if not, what changes to make.

Incidentally, her book (see above) is excellent. Huge amount of information in it. And if you sort of "read between the lines", you can pick up a good deal of information that will be helpful for your OWN health. Current price of this thick volume is \$21.95. You can doubtless get it at or through any large book store, or from us for that price plus \$5 postage, if that is more convenient for you.

CJ, as you might have guessed, is a long-time fan of REAL Willard Water, and strongly recommends it in her book, and tells people where to get THE REAL THING. Her efforts have directed a lot of people to us. You may well be one of them! ♦

triggers the plaque accumulation.

If homocysteine is all you are actually concerned about, you can simply get the B-6, B-12 and Folic Acid, all separately, from us, very likely in even higher quality (they are from Daily's!) than those in this new product. My own cholesterol level is not a matter of concern, but I AM taking the Daily B-vitamins because there are other good reasons to do so and I do not know what my homocysteine level is, so regard that as another good reason for taking those "Bs".

If you are concerned about **both** potential problems, then consider trying this new product. Just one tablet per day, at bed time. Retail price is \$25.45 for a month's supply. Not on the order form and no product code yet assigned. Just ask for it by name—Choles.

Do we KNOW that this is a really good product? No. The only way we'll know is by actual use, and it is a brand new product. But the claimed ingredients are certainly of interest, and the company's previous cholesterol fighter seemed to be very helpful, so we're giving them the benefit of the doubt, for now.

I have to add this: Before we get a bunch of phone calls and letters . . . Did I say that high cholesterol by itself is necessarily a problem? I did not.

You are probably aware that there is a great deal of controversy on the subject. There apparently is not a great correlation between high serum cholesterol levels and incidence of heart attack.

Some of the more radical folks are not even concerned about HIGH cholesterol levels but agree that having too LITTLE of this necessary substance in your body is a definite negative.

There is more agreement that the ratio of "good" to "bad" cholesterol is something to watch.

Recently we've heard that there are sub-categories of the bad cholesterol . . . one or more being a problem and others less so.

Until there is more agreement, it would seem prudent to do what one reasonably can to reduce levels of the LDL (the "bad" cholesterol) and certainly to do what one can to reduce the homocysteine levels which DO definitely seem to be a problem. ♦

HUMAN GROWTH HORMONE... Feel Younger? Look Younger? ...

Frankly, we've paid very little attention to this whole issue. Not too many years ago we first heard about people . . . very affluent folks, of course, given the cost . . . getting monthly injections of HGH at about \$1000 each because they believed that it helped them stay more youthful. It wasn't long before there were sources providing artificial HGH and the price got down to and under \$100 a month. Still too spendy for me . . . I didn't feel THAT old!

Also, there have been a lot of concerns expressed about the possible downside of messing around with powerful hormones, long-term. Of course, long-term we are all dead, anyway, so I think most people, if they could afford the products, figured they'd take whatever unknown risks might be there.

More recently, there seem to be a number of products out there which claim to encourage the body to produce its own supply of HGH, somewhat more enthusiastically than it otherwise might. This would seem to be likely risk-free and, I'm sure, will provide less dramatic results, but the price is also down to something closer to what we consider affordable levels.

What we have here is from the Vermont Food Sciences people . . . We announced several other new products from them last month. They call theirs "Maxi-HGH". Quoting from the label, "A dietary supplement to support cardiovascular and growth hormone functions and fat metabolism." What is in it is simply several amino acids . . . L-glutamine, L-Arginine, L-Ornithine, L-Lysine and Glycine, each of which come with their own array of benefits.

The label also says that it supports: Normal Growth Hormone Levels, Improvement in Workout Recovery, Cardiovascular Health, Reduction in Body Fat, and it "represents a safe, cost-effective approach to increasing both the storage and release of the body's own human growth hormone".

Price is \$51.90 for a 307 gram jar.

I began on it myself at least two or three weeks ago and, by actual measure, this morning, I came up with about a 30-day supply still remaining, at the full recommended amount.

What I HAVE been taking is a bit less, so it may not be much more than a 30-day supply.

Am I leaping tall buildings with a single bound? No. Do I think I may possibly be feeling slightly more youthful, even after only a small amount for just a short time? Possibly. Will probably have more to say on this in later months.

Several of the ingredients fall into the category of "things I've heard very positive reports on, but I don't remember exactly what", and the deadline on this newsletter is upon us, so I don't have time to pore through the literature.

No product code assigned yet, and it's not on the order form yet, either. Just call it "the HGH product".

In summary: Very interesting product . . . should be no question that, given the ingredients, there will be benefits and no discernible risk. Will it turn out to be worth the price?

Time and user experience will be the judge. ♣

If You Care About Osteoporosis or Cancer Prevention...

Then, as my elementary school teacher used to say, "listen up", regarding Natural Progesterone Crème.

This (Item HP-1) is one of our better-selling products, but when I look at the number of jars we sell per month and compare that with the likely number of over-40 female customers who are reading this, it is just embarrassing.

If we were really serving our customers well, about ten times as much of this particular product would be going out the door. We've tried fairly regularly to describe why this product is so important, but our feeble attempts obviously aren't cutting it.

Customers have reported benefits from help with **PMS symptoms, to acne, to Menopause symptom relief, to ovarian cysts and fibroid tumors decreasing, to help with depression and mood swings, to headache relief, and on and on.** Since it's helping with balancing the body, it can have a lot of different effects on different people.

And now we will also say, "If you are female and not quite so young as you used to be, and have any concerns about osteoporosis and/or breast cancer and/or any other kind of cancer (or preventing them) and you aren't using our progesterone crème or someone else's which you KNOW to be really good, then PLEASE buy or borrow a copy of John Lee MD's last book, "What Your Doctor May Not Tell You about Breast Cancer", and read it! You can get it from or through your favorite book store . . . Your library may also have it. We can also provide it.

It's a hardcover, costs \$25.95 plus \$5 shipping, and, in our opinion, it's a book that's worth about any amount you might pay for it! ♣

Newsletter Type Information By E-Mail: An Update...

We mentioned this possibility in the January newsletter. It now appears to be very much do-able. Whether we'll get it operational in the next couple of weeks or couple of months, or more, we can't predict at this time. Two things are pretty much certain:

1) we will NOT do it with all recipient addresses listed at the top of the page. .

. which would let everyone receiving it know the email addresses of everyone else receiving it, which would be the equivalent of "selling" customer lists . . . something we've never done and won't do.

2) We'll very likely send it only to people who have specifically asked us to do so.

We do have some email addresses

here, but don't necessarily have yours on file even if you've given it to us for other reasons, earlier. So if you do want to receive more frequent newsletter-type info from us by email, please email or phone us and tell us to put your address on "the distribution list for email newsletter".

If you don't get us that information, you almost certainly won't be included. ♣