

State parks unveils Alta Lake, Bridgeport preliminary recommendations

Public meeting to be Jan. 29

By MIKE MALTAIS
STAFF WRITER

PATEROS – Last May 2019 Washington State Parks planners began holding a series of meetings with the public and stakeholders in the Quad City area to formulate long-term recreation and land-use plans for Bridgeport and Alta Lake state parks.

Fast forward five months to October 2019 when parks staff held another meeting to unveil several planning alternatives that had been developed with the help of recommendations from the earlier meetings for public review and feedback.

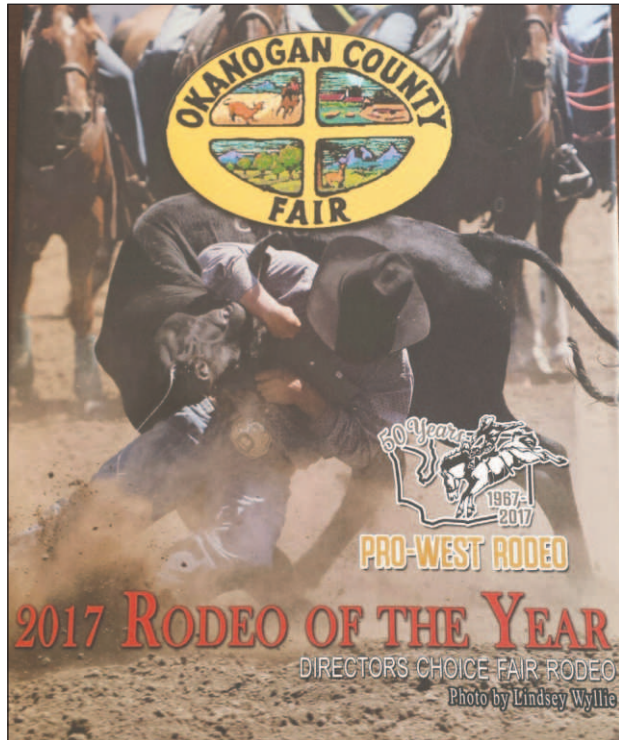
On Wednesday, Jan. 29, state parks will hold another public meeting to share preliminary rec-

ommendations for recreation and land use at Alta Lake and Bridgeport state parks. The meeting will be held from 5-7 p.m. in the Pateros Fire Station at 191 Industrial Way. State parks planners and area field staff will be on hand to discuss the plans and answer questions.

“The Jan. 29 meeting brings the agency closer to developing final recommendations which staff will present at a future meeting of the Washington State Parks and Recreation Commission,” a parks media release said.

Documents specific to the Jan. 29 meeting, including the draft recommendations, will be posted the week of the meeting online at parks.state.wa.us/1148/Alta-Lake-and-Bridgeport-CAMP. For additional questions, contact project lead Melinda Posner at 360-902-8671.

Okanogan County bids for school rodeo finals



Courtesy Okanogan County Fair

Okanogan won the 2017 Pro-West Directors Choice award for Rodeo of the Year.

By MIKE MALTAIS
STAFF WRITER

OKANOGAN – The Okanogan County Commissioners compiled a bid for submission to a meeting of the Washington State High School Rodeo Association earlier this month in Yakima in an attempt to host the junior high and high school state rodeo finals at the newly renovated fairgrounds rodeo arena.

Sam Buchert, the State Junior High Rodeo President and former member of the Okanogan County Fair Advisory Committee attended the meeting and presented the finals bid.

Okanogan was among four communities that

submitted bids for the state finals that will be held on May 22-25. The finals attract hundreds of contestants and family members from around the state.

Okanogan joined Walla Walla, Moses Lake, Kennewick and Toppenish in the bidding competition but was unsuccessful as Kennewick was selected the winning host.

“We did host a rodeo last fall,” said Buchert of the school competitions. “It was the first weekend of October. We had around 150-200 contestants with their families for the three-day event. It was well-supported by

SEE RODEO ON PAGE 2

Brewster council approves police vehicle purchase

By MIKE MALTAIS
STAFF WRITER

BREWSTER – The city council met in special session last Friday, Jan. 17, to approve a real deal and purchase a new vehicle for the Brewster police department. Well, almost new. The new vehicle is a 2018 Ford Explorer Police Interceptor all-wheel-drive (AWD) four-door SUV that meets the department’s requirements and is compatible with its current vehicle fleet.

Chief Marcos Ruiz located the vehicle in Portland, Oregon, where the seller, Columbia Motors, specializes in marketing used vehicles to small municipalities like Brewster. The price for the low-mileage rig is among its most attractive features. Offered at \$17,491 the Interceptor will cost the city less than half the \$38,804 the city paid for a new 2017 Interceptor two years ago.

In lieu of making a special trip to Portland to inspect the vehicle, the city’s chief mechanic requested photos of those components of the vehicle that he would have examined and was able to confirm through the photos that the vehicle met with his approval.

A special market condition in compliance with the state RCW 39.04.280 exempted the city from competitive bidding requirements that would normally apply and allowed for the purchase of

the vehicle.

Council members agreed that the purchase was “in the best interest of the public health, safety and welfare of the citizens of the city,” according to a resolution drafted for the purchase. Council members John Housden moved, and Manny Hurtado seconded that the city approve the purchase.

The city had budgeted for the purchase of a new police to meet current police department needs this year so the acquisition of the vehicle the chief found will result in significant savings for the city.

Chief Ruiz recommended that the council further approve a \$2,500 bumper-to-bumper warranty that will address any future repairs that might be needed. Council members Tim Rieb moved, and Hurtado seconded that the warranty coverage also be purchased.



Mike Maltais/QCH

Brewster Police Chief Marcos Ruiz address a special session of the city council convened last Friday to BELOW: This 2018 Ford Explorer Police Interceptor AWD four-door SUV is the newest addition to the Brewster Police Department’s fleet of vehicles.



Christmas bird counters observe more numbers than last year

Coot count highest

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – Results have been compiled from the 24th annual Bridgeport Christmas Bird Count held last Dec. 21, and they show an increase in numbers of birds over last year and more than the long-term average.

Compilers Michael A. Schroeder and Meredith Spencer reveal that participants in the one-day count observed 86 bird species with an estimated count of 28,981 birds.

“This was more than 5,000 above our long-term average and more than 11,000 above the previous year’s count,” the pair reported.

Some noteworthy species increases included red-winged blackbird,



Courtesy Wikipedia.org

Red-winged blackbird

greater scaup, ruddy duck, white-crowned sparrow, pied-billed grebe, hooded merganser, American kestrel, Eurasian collared dove, and pygmy nuthatch.

“Two birds that declined included golden-crowned kinglet and American tree sparrow,” Schroeder and Spencer said.

The compilers noted that 45 species have been observed every year and 156 species observed at least once on the count day (not counting species only observed during the count week).

“We added no new species this year,” the two compilers said.

The most counted local

species was the American coot whose numbers exceeded five figures, 12,340, the only species to do so. Species breaking four figures included:

- Red-winged blackbird: 2,154
- Greater scaup: 2,007
- Ruddy duck: 1,576
- White-crowned sparrow: 1,427
- Species counted in the multiple hundreds included:
- California quail: 950
- House finch: 852
- Dark-eyed junco – Oregon: 813
- American widgeon: 769
- European starling: 742
- Lesser scaup: 539
- Canada goose: 536
- Redhead: 425
- Mallard: 420
- House sparrow: 372
- Eurasian collared dove: 293
- Rock pigeon: 280

On the opposite end of the scale only one bird was counted among:

- Pacific loon
- Canyon wren
- Marsh wren
- Rock wren
- Fox sparrow
- Western meadowlark
- Pine grosbeak

The majority of the 650 bird species found in North America are migratory.



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Community Foundation of NCW accepting scholarship applications

Deadline
March 1

BY MIKE MALTAIS
STAFF WRITER

QUAD CITIES – High school seniors planning to attend trade school, college or university in fall 2020 have until March 1 to apply for 100 scholarships available through the Community Foundation of North Central Washington (CFNCW).

Applications must be submitted online where students can access an eligibility quiz to help them identify scholarships for which they are eligible. Students can also apply for multiple scholarships in one process.

“Students may need FAFSA (Free Application for Federal Student Aid)

or other financial information to complete the application,” notes a CFNCW media release, “as well as letters of recommendation from teachers and mentors, SAT scores (for some), and school transcripts, so proper planning is highly recommended.”

Last year CFNCW awarded more than \$660,000 to students across North Central Washington.

“All of our scholarships have been established by people in our region who care about helping local students achieve their education dreams,” said Julie Mott, scholarship program specialist. “Each was created with a certain student in mind, so there is really something for everyone.”

A full listing of scholarships and more details are available online at cfnew.org/scholarship.

Rodeo qualifier, tell the Pro-West president “this is the nicest facility there is and they should have the Pro-West finals here”.

The Okanogan venue was awarded the Directors’ Choice 2017 Rodeo of the Year by Pro-West and won 2018 Rodeo of the Year honors as the contestants’ choice.

RODEO

CONTINUED FROM PAGE 1

local sponsors.”

Okanogan also hosted two Pro-West Rodeos, the second at its new arena, and hopes to attract those finals in the future.

Buchert said he overheard one roper, a National Finals

DOUGLAS COUNTY SHERIFF

Jan. 14

Suspicious incident at 1909 Columbia Ave. in Bridgeport.

Public assistance at 1206 Columbia Ave., No. B, in Bridgeport.

Public assistance at 815 State Route 173 on Bridgeport Bar.

Disturbance at 325 13th St. in Bridgeport.

Animal problem at 1514 Fairview Ave. in Bridgeport.

Traumatic injury at 1817 Raymond Ave. in Bridgeport.

Jan. 15

Traffic offense at 1534 Lincoln Ave. in Bridgeport.

Jan. 16

Animal problem at 700 Fairview Ave., No. 1A in Bridgeport.

Jan. 18

Welfare check at 314 19th St. in Bridgeport.

Domestic disturbance at 35 S. Mansfield Blvd. in Mansfield.

Civil incident at 114 Sage St. on Bridgeport Bar.

Jan. 19

Trespass at 400 Fairview Ave. in Bridgeport.

Civil incident at 1020 Foster Ave. in Bridgeport.

911 at Edson Street & First Street in Bridgeport.

Snow Bug

Mike Maltais/QCH

When road conditions are slippery and the snow is coming down like it was last Saturday, even straight, flat stretches of highway like this portion of State Route 97 north of the Fort Okanogan Cemetery at Monse can be treacherous. This VW Beetle, a wannabe Snow Bug, found that out the hard way.



Hawkins sponsors Washington apple license plate bill

Dear Friends and Neighbors,

OLYMPIA Many of you know that I love eating Washington apples. So much so that my legislative colleagues often see me crunching on them throughout the session. Honeycrisps are my favorite! My son refers to them as natures candy, which I think is quite appropriate. As you know, agriculture and Washington apples are a huge part of our 12th District and state economy. Washington produces over 100 million boxes of apples each year and the state ships throughout our domestic and international markets. For information about Washington apples, click here [<https://bestapples.com/varieties-information/varieties/>].

Big year for the Washington apple industry

This year is a very significant year for Washington apples with ongoing trade issues occurring internationally and the release of the newest apple variety, the Cosmic Crisp. While there are approximately 2,500 known varieties of apples in the United States, this latest variety in development for many years is expected to



ABOVE: This year is a very significant year for Washington apples with ongoing trade issues occurring internationally and the release of the newest apple variety, the Cosmic Crisp.

be one of the very best. Developed by the Washington State University Tree Fruit Research and Extension Center in Wenatchee, the Cosmic Crisp is a hybrid of the Honeycrisp and Enterprise varieties.

Washington Apple Education Foundation

This year marks the 25th anniversary of the Washington Apple Education Foundation (WAEF), the charity developed by our local tree fruit industry. WAEF provides college scholarships to



Courtesy Sen. Hawkins office

Washington apple license plate design.

farmworker and agricultural families and helps connect our local values with expanded educational opportunities. Thanks to the generosity of our agricultural industry, WAEF has provided over \$9 million in scholarships to more than 2,000 students since it was founded in 1994. It has been my honor to attend many scholarship luncheons and to observe these amazing students be awarded significant college scholarships.

I have enjoyed partnering with apple industry leaders for our license plate effort.

Washington apple special license plate

Given the importance of this year for our apple industry, I am honored to partner with the Washington Apple Commission and the Washington Apple Education Foundation to sponsor a bill to create a Washington apple special license plate. State law allows organizations to work with the Department of Licensing to produce special license plates with proceeds awarded to a non-profit organization. Legislation approving the plate is part of the authorization process. The Washington Apple Commission has authorized its \$6,300 in funding, a requirement by the state, and I have intro-

duced Senate Bill 6032 to gain the Legislature's approval this session. The bill had a public hearing in the Senate Transportation Committee January 22.

Signatures required to demonstrate support

As part of the process, the Department of Licensing requires a collection of signatures showing at least 3,500 plates are intended to be purchased. The cost of the plates will vary depending on the design and licensing fees required for your vehicle. Most of the special plates, promoting our state colleges, sports teams, parks, military, and other interests, range from approximately \$60 to \$75, depending on the vehicle. The Washington Apple Commission is collecting signatures, so please click this online site <https://www.ipetitions.com/petition/washington-apples-license-plate> if you are interested.

I look forward to advancing this legislation and promoting our important apple industry throughout the process.

Thank you for the opportunity to serve as your State Senator.

State Senator Brad Hawkins, 12th Legislative District, E-mail: brad.hawkins@leg.wa.gov; Website: senatorbradhawkins.org 107 Newhouse Building - P.O. Box 40412, Olympia, WA 98504-0412; (360) 786-7622 or Toll-free: (800) 562-6000

QUAD CITY HERALD
© NCW Media Inc. 2020
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Phone: (509) 689-2507
Fax (509) 682-4209

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Quad City Herald (USPS 241-920) is published every Thursday by NCW Media, Inc. 215 14th St., Leavenworth, WA Telephone: (509) 548-5286. Fax: (509) 548-4789.
Periodical postage paid at Brewster, Wash. (and additional mailing offices)
Postmaster: Send address corrections to: Quad City Herald, P.O. Box 37, Brewster, WA 98812

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LIBRARY EVENTS AT PATEROS & BREWSTER

Movie at the Library

Jan. 24
BREWSTER - Join us at the Brewster Public Library for a special showing of a fun, family movie on Friday, Jan. 24 at 3 p.m. Popcorn will be served. For additional information about this event, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org

Jan. 24
Toddler story time
PATEROS - The Pateros Public Library Toddler Story Time is held every Friday at 11 a.m. Join other toddlers for story and craft time.

Jan. 25
Half Stitch - calling all crafters
PATEROS - Every Saturday at the Pateros Public Library at 11 a.m. bring your knitting, cross stitch, and meet other like minded individuals and show off your skills. This is a free event and beginners are welcome.

Jan. 25
Make a quick beaded bookmark
PATEROS - This Saturday, Jan. 25, 12-1 p.m., the Pateros Public Library will hold a Quick Beaded bookmark event for adults.

Join them and make a cute little bookmark to hold your place.

Jan. 28
ALTAS program
BREWSTER - Join us at the Brewster Library for our At The Library After School Program, every Tuesday, 3:45-5 p.m. It is geared towards children K-6th grades. Activities include crafts, STEM, games, snacks, and stories. For more, contact Rebecca Zion at (509) 689-4046 OR email brewster@ncrl.org.

Jan. 29
Toddlers & Waddlers Storytime
BREWSTER - Looking for an exciting way to start off the day for your little ones? Join us at the Brewster Public Library for rhymes, stories and playtime every Wednesday at 11 a.m. For more information, Rebecca Zion at (509) 689-4046, email brewster@ncrl.org

Jan. 29
ALTAS program
PATEROS - Every Wednesday, the Pateros Public Library will hold their Atlas (At the Library after School), at 3:30 p.m. for children Kindergarten through 6th grade. There will be Fun activities, Games, Arts & Crafts, Lego's, Stem and more.

Jan. 30
Make a Vision/Inspiration/Goal board
PATEROS - All adults are invited to join the Pateros Public Library staff for an hour of fun on Jan. 30 at 1 p.m. for an hour. They will be making Vision/Inspiration/Goal setting boards for the New Year. All materials will be supplied.

Feb. 12, 26
Teens At The Library
BREWSTER - Join us for our Teens At The Library Program (TATL), geared towards teens ages 12 and up, every second and fourth Wednesday of the month at the Brewster Library, 5-6 p.m. Each meeting we will host programs requested by teens. Activities include games, crafts, STEM, and special programs just for teens. For more, contact Rebecca Zion at 509-689-4046 or email brewster@ncrl.org.

About North Central Regional Library (NCRL): NCRL is a rural library district with 30 branch libraries, a couple of bookmobiles, and a mail order library serving five counties. Established in 1960, NCRL currently has a collection of more than 700,000 books and other materials. The library district maintains this wonderful collection and provides the staff for each branch. The mission of the North Central Regional Library is to promote reading and lifelong learning.

How government can kill a Golden Goose

Sometimes taxing authorities do the right thing and help save our culture by prescribing the exact right amount of financial fealty necessary to keep chaos from overtaking order. However, on more than one occasion, various government entities get out over its skis so to speak, and actually cause harm to a good thing so much so that a once thriving industry gets taxed to death. Jobs are lost, the tax base itself shrinks because of greed, indifference or incompetence and the entire structure of society becomes rusty to the point of a deadly decay akin to stage four cancer. I paint this ugly scene because of several recent events, one of which could mean an economic disaster,



APPLES To APPLES
 Gary Bégin

not just for Douglas County, but for Chelan as well. The Douglas County PUD wants to raise electric rates on its medium and biggest customers to the point of risking the death of the golden goose, aka, data centers and bitcoin crypto mining. Some may say "so what, I live elsewhere" (Chelan County), but in reality jobs and industries lost in one North Central Washington county often affect adjoining counties. Admittedly, this is sometimes for the good. For example, some folks

in both Douglas and Chelan counties may get the pink slip while other workers in Grant County may get a new position. Much of this jigsaw puzzle of economic growth or shrinkage depends on how well the host governing authorities handle their fiscal duties, as well as keeping promises made. Governing is supposed to benefit those being governed and that, of course, includes the everyday citizenry as well as the so-called "captains of industry." Not too long ago the Chelan County government went out of its way to destroy the local marijuana industry by zoning and other regulatory processes. A few vocal residents complained about the smell of the crops and demanded relief from same.

Over zealous county commissioners decided to pull the plug on legal agricultural enterprises. Those entrepreneurs were chased out of town after investing hundreds of thousands of dollars or more into their grows. Was it being done because of dislike for the crop? We may never know. Now the Douglas PUD is risking the chance of the data center and crypto mining jobs and all those taxes these centers generate being handed to the Grant County folks. The PUD states it is because of Wells Dam expenses, but instead of charging all its customers the same rates, it has singled out the massive energy users by Pangborn Airport whose

presence was solicited by the Ports of Douglas and Chelan, now merged. As Jim Kuntz, CEO of the newly formed Chelan Douglas Port Authority points out, these companies can easily pack their bags and move. Why would any government take such a chance with its own future development and to the harm of its overall growth? The PUD is cleverly not increasing the rates for "mere" citizens, i.e., residential users, because perhaps those citizens can vote commissioners in and out of office. On the other hand, there won't be as many citizens making a good living or enjoying growth if the big users fold their tents and

hit the road. Sometimes it might feel righteous to tax the "rich" and sometimes it is just stupid and an act of governmental malfeasance. We will probably know the answer to this by the end of 2020 – or sooner. I think I already hear phones ringing in Quincy, Moses Lake and Ephrata. I join CEO Kuntz and urge the Douglas PUD to take a step back and find other ways to handle expenses at Wells Dam. Gary Bégin's opinions are not the official views of NCW Media. To reach him email: gary@ncwmedia.net. Any email is subjected to publication as a "letter to the editor" unless explicitly requested not to do so.

First 2020 full moon rises bigly



Mike Maltais/QCH

The first full (wolf) moon of 2020 looks positively Trumpian as it rises bigly above the eastern horizon and illuminates the darkness for oligarchs and commoners alike.

Community Foundation accepting applications for Stronger Schools Grant

SUBMITTED BY COMMUNITY FOUNDATION OF NCW
 WENATCHEE -The Community Foundation of NCW is now accepting applications for its Stronger Schools grant, open to public schools and School Districts serving Pre-K-12th grade students in Chelan, Douglas, and Okanogan counties. The grant offers up to \$5,000 for programs that enrich school experiences for students, support teacher development, and other actives that allow schools to better achieve

their goals. Only one application may be submitted per school and can include several different projects by teachers, staff, etc.; however, each school can only be awarded up to \$5,000. School Districts can apply separately with a \$5,000 cap as well. Over \$462,000 has been disbursed to schools across the region since the grant program started in 2011. Last year, \$70,000 was disbursed in Stronger Schools grants. "Historically, we funded

schools and non-profits from a single grant program, but as our resources grew, we saw an opportunity to offer a program that met our public schools' specific needs" said Beth Stipe, the foundation's executive director. "It allows us to focus our efforts on helping make a significant impact for education in our region." Grants are awarded in June and will support the 2020-2021 school year. To learn more and apply, visit www.cfnw.org/strongerschools

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OBITUARIES

Natividad (Nate) Rubio Jr.

Natividad (Nate) Rubio Jr, formerly of Moses Lake, Wash., passed away unexpectedly January 11, 2020 in Spokane, Wash.
Nate is survived by his

parents, Natividad and Leticia Rubio; his wife Ketarae Konshuk; his daughter, Nayeli Rubio; his sisters Brenda Cruz (Hector Cruz), Anali Hernandez (Juan Hernandez); his brothers, Enrique Rubio (Alma Rubio), Omar Rubio, and Emmanuel Rubio. Nate has many nieces and nephews; Sofia Cruz, David Cruz, Daniel Rubio, Nicholas Ru-

bio, Isaiah Cruz, and Grace Rubio. Nate is preceded in death by his grandparents, Eduarda and Jose Rubio.
Nate was born October 19, 1983 in Omak, Wash. He was 36 years old. Nate graduated from Brewster High School in 2002. He earned his BA in 2006 and MBA from Eastern Washington University in 2011. For the past seven years

Nate has been the Human Resources Director for Washington Fruit & Produce.
On July 13, 2019 he married the love of his life, Ketarae Konshuk in Wenatchee, Wash. Together Nate and Ketarae welcomed their beautiful baby daughter on August 2, 2018. He was a loving and devoted husband and

father, who cherished his family.
All services will be held in Nate's hometown, Brewster, Wash. A viewing will be held Thursday, January 23, 2020 from 5-8 p.m. at Barnes Chapel. The following day, Friday, January 24, a Mass service will be held at 10 a.m. at Sacred Heart Catholic Church, followed by Locust Grove

Cemetery. Then Saturday, January 25 at Noon there will be Celebration of Life at Brewster High School followed by a reception at Brewster Bear Basket from 2-6 p.m.
Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

Johnie Fay Sultz

Johnie Fay Sultz born in Boonville, Arkansas June 3, 1929 passed January 13, 2020.

A viewing at 1 p.m. will precede the service. Church services for Johnie Jan. 24, 2020 at Bridgeport Bethel Assembly (of God) 2 p.m. Potluck to follow service at church.

Burial service graveside will be held in Woodville, Calif. cemetery February 3, 2020, 12:30 p.m. with potluck to follow.

Mrs. Johnie Fay Sultz born to John Thomas Walker and Emma McCoy on June the 3rd 1929. Johnie Fay/Grandma was born at home in Logan County Arkansas in the little town of Boonville. Right from the start of Johnie Fay's life she was met with unbelievable circumstances with being born at the start of the great depression in the USA. Johnie Fay/Grandma's mother Emma McCoy passed away shortly after the birth of Johnie

Fay. She was to grow up motherless never knowing the unconditional love of a mother, yet she was absolutely amazing at giving that love even strangers she always greeted with love and kindness. Johnie's father couldn't care for her or her siblings they were sent to live with family. Johnie/Grandma was sent to live with her uncle Dave and his family, when she was just big enough to help she did, she actually cared for her blind grandma. She would have to lead Grandma to town in hopes to share a soda with grandma or maybe get her own. On one of the many trips to town Johnie/Grandma took on an illness and barely made it home. She went into a deep coma for a season. When she woke from the typhoid fever Johnie had to learn to walk and talk again. Grandma Johnie was about 10 years old when World War II started. The U.S., still in depression life was hard during that time and would be for 6 years of war. Uncle Dave's son moved away. Grandma Johnie said she took his place in the

fields. She did everything from breaking the ground with horse and pull plow, the planting as well as harvesting. They survived on what they produced so they worked hard so they could make it through the winters.

Not long after the war ended, she met and married Grandpa Everett Leroy Sultz coming home from World War II. Together they raised 4 children Beverly Ann Sultz, Johnny Eugene Sultz, Betty June Sultz, James Leroy Sultz. They moved to Tulare County in between 1957 to 1963 settling down. Grandma picked cotton, grandpa worked on ranches and farms. In about 1970 Johnie Fay Sultz started working for Stans Restaurant in Porterville, Calif. where she worked just shy of 18 years. Grandma made all the deserts that come out of their making the local news paper a few times making 763 pies one Thanksgiving.

Johnie buried two of her children: Beverly in '78 in Woodville, Johnny in '88 in Lindsay and her husband

Everett '93 in Woodville, all cemeteries in Calif. After Johnnie's husband passed she lived with her son, until James left to Oregon in '94. Then she moved with Betty her daughter. '95 is when all of them left Porterville, Calif. And went to Oregon where she lived and attended church. 1999 moving to Washington with her daughter Betty and family where she settled in enjoying her life with her great-great-grandchildren, and attending church met new brothers and sisters in Christ.

Johnie met tragedy again she endured the burial of her youngest daughter Betty, Sept. 6th 2014 who lost her battle to brain cancer, then again seven months her son in-law Danny. Her Granddaughter Becky brought her to her home with her family where she lived rest of her days the center of their world such a blessing to have her. Grandma no matter what happened in her life good and bad she gave all glory and thanks to our savior. Grandma clings to Jesus and had the faith of 10 men a faithful servant

of the Lord our Savior. She wanted to bring us all to heaven. She wrote beautiful gospel songs prayers and little notes telling me how happy she was. We took her to do dozens of things tailored to keep her comfortable fishing, boating, camping, traveling, graduations and gatherings everything we did included grandma. January 9, 2020 started out the perfect day for grandma and I, the sun was even shining. Suddenly at 3:09 p.m. grandma had a stroke had to be flown to Sacred Heart Hospital where I met her doctors. They did all they could. I tried to just get her home but she just couldn't make it. Grandma died in Spokane Sacred Heart Hospital on January 13th 2020 at 10:08 p.m.

Johnie Fay Sultz was preceded in death by her mother, father, husband, 3 children Beverly, Johnny, and Betty her brother, sister, and brother-in-law, nieces, nephews, grandchildren, great-great-grandchildren that didn't make it out of utero. Grandma Johnie Fay Sultz is survived by her son James Sultz, Sharron

Epp, 10 Grandchildren Paula, Ladon Weaver, Aaron, Chad, Todd Sultz, Becky, Jimmy, Chris Ketcher, Jeremy Montgomery, Stormy Sultz, 29 great-grandchildren, and 4 great-great-grandchildren. Johnie was so loved and touched the life of every person she encountered great teacher of the Bible and she was blessed and anointed by the Lord she would pray faithfully. The Holy Spirit always showed up when grandma prayed and gathered in prayer speaking tongue. She taught me to be loving and kind and to be good in my heart. Grandma your worth more than silver, worth more than gold, so thankful God gave me you. You were just what we needed. Keep dancing and singing in the sky. Please watch over us. I can't wait till I meet you in the sky. Save us a place in heaven, rest easy, love us all. Strongest, faithful, loving woman I ever knew!

Please leave any thoughts and memories for the family at barneschapel.com. Services are entrusted to Barnes Chapel of Brewster.

COMMUNITY BULLETIN BOARD

Tuesday, Wednesday, Thursday
Brewster Senior Center Rummage Room

BREWSTER - Hours at the Brewster-Pateros-Bridgeport Senior Center are 8 to 12:45 a.m. Tuesday through Thursday. Donations will be accepted during store hours at the back door for the Rummage Room. No children's clothing. They will take "small pieces of furniture and sometimes larger items."

Tuesday, Wednesday, Thursday
Senior meals

BREWSTER - The Brewster-Pateros-Bridgeport Senior Center hosts the Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. Suggested donation for those over age 60 is \$4. For those 60 and under the cost is \$8.50. All diners are welcome.

Jan. 28
Oven Fried Chicken, Twice Bake Potato, Corn, Spiced Salad, Chilled Pears, Biscuit, Dessert

Jan. 29

Italian Meatballs in , Marinara Sauce, Pasta, Italian Vegetables, Caesar Salad, Fruit Cocktail, Cheesy Garlic Bread, Dessert

Jan. 30
Cabbage Patch Stew, Mediterranean Salad, Waldorf Salad, Whole Grain Crackers, Wheat Wheat Roll, Dessert

Tuesdays and Thursdays
S.A.I.L. classes

BREWSTER - S.A.I.L. (Stay Active and Independent for Life) classes are Tuesday and Thursday, 10-11 a.m. at the Brewster-Pateros-Bridgeport Senior Center.

Wednesdays

Brewster Senior Center Bingo
BREWSTER - Bingo is back at 10:15 a.m. every Wednesday morning at the Brewster-Pateros-Bridgeport Senior Center at 109 S. Bridge St. Cost is 25 cents per card.

Jan. 27

TOPS meeting
BREWSTER - TOPS (Take Off Pounds Sensibly) meets Mondays, 10 a.m., 600 W. Indian Avenue. Preteens, teens, adults - male, female welcome. First meeting is free. TOPS Club, Inc. ® is an affordable, nonprofit, weight-loss support and wellness education organization. Learn about nutrition, portion control, food

planning, exercise, and motivation. For info: Joyce Anderson, Coordinator, (509) 922-8820, visit www.tops.org, call TOPS Headquarters, (800) 932-8677.

Jan. 31

School retirees' to meet
OKANOGAN - Okanogan County School Retirees' Association meets 11 a.m., Friday, Jan. 31 for a general meeting and no-host luncheon at Cariboo Inn, 233 Queen St., Okanogan. Kim Sanford Lancaster will discuss the Archaeology of Okanogan County. Information: Jennie Hedington: 509-422-2954.

Feb. 4

VFW Post #6853 to meet
CHELAN - VFW Post #6853 will meet at the Clubhouse at the Horse shoe Pits (near Chelan Valley Hope) at 6:30 p.m. To join the VFW call Post Commander Steve Palmbush at (509) 670-3346 or email: chelanvfw@gmail.com

Feb. 5

Brewster Chamber to meet
BREWSTER - The regular Brewster Chamber of Commerce meeting will be held Wednesday, Feb. 5, 11:30 a.m. at the Columbia Post 97 American Legion building at 102 N. Third Street in Brewster. Lunch is available. All are welcome to join them for community updates, lively discussions and business education opportunities. For info: Mike Mauk, 509-593-0771.

Feb. 5


North Cascades Sportsman's Club
CHELAN - The North Cascades Sportsman's Club Board meetings are held the first Wednesday of the month at 7 p.m. Meetings take place at the Chelan PUD located at 1034 E. Woodin Ave. in Chelan.

No, you can't wrap a fish in a Web site, ...but you can get the local news online at www.qcherald.com



OBITUARY & MEMORIAL POLICIES
NCW MEDIA, INC.
An obituary is a way for family member(s) to commemorate a loved one's life and to notify the larger community of the deceased. Obituaries are also used for historical and ancestral data.
Memorials are another way of letting the community know about the life and memories of the person who has died. A Memorial is different from an obituary. An obituary is usually current while a memorial can be written later.
Obituaries and memorials need to be typed and emailed no later than Friday by 4:00 p.m. to be placed in the next available issue(s). Please call for cost of an obituary and which NCW paper(s) that it will be placed in to.
Cost of the obituary/ memorial is due at the time of placement. Funeral homes and chapels can submit obituaries by Noon on Monday, unless a holiday.
Obituaries are priced per word while Memorial ads are per column-inch.
For info call Ruth 509-682-2213, or email ruthk@lakechelanmirror.com

Obituaries & Death Notices also appear online at qcherald.com



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www.brewstersda.com
School: 509-689-3213
115 Valley Road, Brewster
www.brewsteradventistschool.com
Pastor Ryan Kilgore

CALVARY BAPTIST CHURCH
Sunday Worship 9:30 a.m.
509-689-2920 • 6th & Jay
www.cbcbrewster.com
Pastor Greg Thorn

COMMUNITY LOG CHURCH
Sunday Worship 10 a.m.
509-689-2224 • 501 W. Indian Avenue
www.communitylogchurch.com
Pastor Gordon Wright

HOPE LUTHERAN CHURCH
Sunday Worship 11:00 a.m.
Holy Communion 1st, 3rd, & 5th Sunday
Bible Study & Sunday School 10:00 a.m.
509-689-3106 • 1520 Sunset Dr.
Pastor Kevin Moore

NEW TESTAMENT BAPTIST
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Wednesday 7 p.m.
Adult Prayer & Bible Study and King's Kids
509-689-2420 • 412 W. Hanson

"With men this is impossible; but with God all things are possible."
- Matthew 19:26

Brewster Bears record fourth triple-digit game

BY MIKE MALTAIS
STAFF WRITER

BREWSTER – To provide one perspective on the Bears' game against visiting Waterville-Mansfield last Tuesday, Jan. 14, one Brewster player came within two points of scoring as much as the entire Sh9ockers team.

The Bears recorded their fourth triple-digit game, 106-35, and second against Waterville-Mansfield, as junior Cade Gebbers pumped in 33 points, including five from three-point range, to lead Brewster to an 8-1 Central Washington 2B league ranking. Gebbers also had five assists and six steals on the night.

Three Bears' teammates, Corey Jarrell, Kelson Gebbers, and Ubaldo Arellano hit for double figures with 18, 14, and 13 points respectively. Arellano pulled down 10 rebounds and Kade Kelpman had eight.

The Bears led by 13 points at the

close of the first quarter and by 36 at halftime. In their first game against the Shockers this season at Waterville, Dec. 7, Brewster won by 76, 103-27.

Brewster: 21-30-38-17 106
W-M: 8-15-17- 5 35
Brewster scoring:

Cade Gebbers: 33
Corey Jarrell: 18
Kelson Gebbers: 14
Ubaldo Arellano: 13
Ricky Garcia: 9
Kade Kelpman: 6
Connor Ashworth: 5
Adiah Najera: 4
Mason Kelly: 4

Tigers tumble

On the road at Tonasket last Thursday, Jan. 16, 85-48

The Bears were scheduled to host 5-4 Oroville last Tuesday, Jan. 21, and will play Liberty Bell on the road Friday, Jan. 24. The Bears defeated the Hornets, 75-53, in their first meeting Dec. 13, and downed the Mountain Lions, 89-53, on Dec. 17.



Ubaldo Arellano blocks a Shockers attempt under the basket.

Mike Maltais/QCH

Lady Bears fall to No. 1 Lady Shockers



Sammi Emigh, right, tries to block a shot from Waterville's Liz Katovich during second half action.

Mike Maltais/QCH



ABOVE: Brewster's Perla Perez, left, challenges Lady Shocker Codee Reid. BELOW: Brewster head coach Stephanie Schertenleib talks to her team during a time out.

chaun Kelpman hit eight of her team-high 14 points to keep the Lady Bears in the hunt. However, a single-digit performance in the second quarter allowed Waterville-Mansfield to build a 12-point lead behind even scoring from six Lady Shockers that Brewster was never able to erase.

Behind the double-digit scoring of Liz Katovich (15), Codee Reid (14), Sarah Mullen (12) and Ella Osborne (10) Waterville-Mansfield led the third quarter, 20-16, and the final quarter, 17-12, to win going away.

W-M: 14-17-20-17 68
Brewster: 14-5-16-12 47
W-M scoring
Liz Katovich: 15

Codee Reid: 14
Sarah Mullen: 12
Ella Osborne: 10
Alex Poppie: 9
Meredith Mittelstaedt: 6
McKenna Gurnard: 2
Brewster scoring
Michaun Kelpman: 14
Anah Wul: 8
Sammi Emigh: 8
Mikenna Kelpman: 7
Cynthia Sanchez: 5
Perla Perez: 3
Halle Aparicio: 2

61-34 win at Tonasket last Thursday, Jan. 16, while the Lady Shockers were on the road defeating Liberty Bell, 57-45, on Jan. 17, and Soap Lake, 63-24, the following day. Waterville-Mansfield will host Manson at 4:30 p.m., Saturday, Jan. 25. The Lady Bears were scheduled to host Oroville on Tuesday, Jan. 21, and will play Liberty Bell on the road Friday, Jan. 24.

Brewster kept its 8-2 league record intact with a



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BY MIKE MALTAIS
STAFF WRITER

BREWSTER –For the second time this season the Lady Shockers of Waterville-Mansfield defeated their toughest Central Washington 2B league opponent, Brewster, 68-47, on Tuesday, Jan. 14, to keep a firm grip on first place in the CW2B with a 10-1 league record.

The teams were knotted 14-all at the end of the first quarter as Brewster's Mi-

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Raiders sweep Bridgeport Mustangs, Fillies

By MIKE MALTAIS
STAFF WRITER

BRIDGEPORT – The Lake Roosevelt Raiders invaded Bridgeport in league play last Friday, Jan. 17, and took no prisoners, defeating the varsity boys, 84-35, and the varsity girls, 81-40.

The undefeated Raider men brought eight players standing more than six feet tall and used that height to their advantage while the Mustangs struggled to penetrate the key for easy baskets. Lake Roosevelt led from the opening seconds and never really let Bridgeport establish its playing rhythm.

Fillies
The Fillies managed to build on some early game momentum to take a slim lead late in the first quarter off some technical fouls called against the Lady Raiders' bench. That lead quickly evaporated in the second quarter as the combination of six-footers Audrey Hanson and Ellie Hanson scored on many second attempts and put-back shots to give Lake Roosevelt an insurmountable lead in the third quarter.

Halftime entertainment
The visitors and hometown crowd alike enjoyed the halftime entertainment as two teams of youngsters comprised of students from Kingergarden through second grade scorched the court during a spirited game.

Upcoming schedule
Bridgeport was scheduled to play the Trojans at Manson on Tuesday, Jan. 21, before hosting Manson again on Thursday, Jan. 23. On Friday, Jan. 24, the Fillies and Mustangs will host Tonasket. Game times are 6 p.m. for the girls and 7:30 p.m. for boys.



Arturo Perez, left, gets a shot off over a Lake Roosevelt defender.



Isaac Ochoa threads the needle through Lake Roosevelt defense. More photos at qcherald.com



ABOVE: Karla Torres, 21, tries to stop Lady Raider Audrey Hansen.

LEFT: School maintenance men add a low basket for the halftime game.

BELOW: Music teacher Derek Pulsifer, playing trumpet, leads the Bridgeport band.



ABOVE: Bianca Torres, 23, defends a Lady Raider.

BELOW: A future star attempts a score during the halftime K-2 game.



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Place your ad online at NCWMARKET.COM or call 509-548-5286 - Leavenworth Echo/Cashmere Valley Record
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The Cascade School District is seeking qualified applicants for the following positions:
Cascade High School Head Volleyball Coach
Cascade High School Fall Cheer Advisor
Fast Track application process and information can be found on our website at:
www.cascadesd.org
EOE

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Manson School District is seeking applicants for the following positions.
•High School Tennis Coach
•Assistant Middle School Volleyball Coach
Detailed job posting and online application process are available at:
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EOE



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THEME: THE OSCARS
ACROSS
1. Cracked open 5. Protrude
8. "Once Upon a Time... in Hollywood" supporting nominee
12. Eggnog time, traditionally
13. Pol request 14. Capital of Senegal
15. "Jo Van Fleet won for her role in "East of
16. Augmented
17. Shoemaker without shoes, e.g.
18. Ones full of desire
20. VSCO girl's shoes
21. New Zealand native
22. "The Nutcracker" step
23. Boiled bread product, pl.
26. Guarapo de jagua fruit
30. Edith Wharton's "The ___ of Innocence"
31. "er ___"
34. "1935 Best Picture nominee "A of Two Cities"
35. Plant a.k.a. golden buttons
37. "Dustin Hoffman was nominated for role in " ___ the Dog"
38. Does like Matryoshka
39. Narrative poem 40. Brunch drink
42. Gumshoe 43. 10-sided polygon
45. Qatar native 47. Greek R
48. "Friends" favorite spot?
50. Fodder holder
52. "Oscar winner for "The Revenant" and 2020 nominee
55. Uses a paring knife
56. 12-month month of Jewish civil year
57. Whirlpool
59. "The first to refuse his award, for "Patton"
60. "He was nominated for "Lost in Translation"
61. Sunburn aid
62. Negative contraction
63. Chi precursor
64. "The Marriage Story" nominee
DOWN
1. Reply to a captain
2. "Renée Zellweger's role
3. Away from wind 4. Dub again
5. "Movie with most 2020 Oscar nominations
6. First cradles
7. "Oscar-winners Gore, Fonda and Cameron did this talk pl.
8. "South Korean black comedy thriller
9. Image in an Orthodox church
10. Soaks in rays
11. The old college one
13. With numerous veins
14. Backless sofa
19. Campaign trail gathering
22. Coach's talk 23. Diminished
24. Open-mouthed
25. Relating to a gene
26. Garbage in, garbage out
27. Primo, on Italian menu
28. What tailor shops do
29. "He won an Oscar for role in a Scorsese movie
32. "Oscar-winning writer Julius Epstein to Oscar-winning writer Philip Epstein
33. Ewe's mate
36. "She's nominated in 2020... twice
38. Civil rights org. 40. Jersey call
41. Sudden increase in wind
44. "Whoopi Goldberg scored an Oscar for this movie
46. "Phantom ___," 2018 nominee
48. Locomotive hair
49. Round openings
50. Cul de ___ pl.
51. "Meryl Streep won for "___ Lady"
52. Mortgage, e.g. 53. Not in action
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PUBLIC NOTICES

IN THE SUPERIOR COURT OF WASHINGTON FOR OKANOGAN COUNTY
In Re of the Estate of:
Ronald C. Statler, Deceased
Case No. 18-4-0010324
PROBATE NOTICE TO CREDITORS
(RCW 11.40.030)

The Personal Representative named below has been appointed as Personal Representative of this estate. Any person having a claim against the decedent must, before the time the claim would be barred by any otherwise applicable statute of limitations, present the claim in the manner as provided in RCW 11.40.070 by serving on or mailing to the personal representative at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. The claim must be presented within the later of: (1) Thirty days after the personal representative served or mailed the notice to the creditor as provided under RCW 11.40.020(1) or (2) four months after the date of the first publication of the notice. If the claim is not presented within this time frame, the claim is forever barred, except as otherwise provided in RCW 11.40.051 and 11.40.060. This bar is effective as to claims against the decedent's probate and nonprobate assets.

Date of first publication: January 23, 2020
 Publication: The Quad City Herald, Brewster, WA
 Personal Representative: Carol Sivak, PO Box 238, Mattot, WA 98829

Published in the Quad City Herald January 23, 30 and February 6, 2020. #87041

Tobacco and Vapor 21 began Jan. 1

OLYMPIA - Engrossed House Bill 1074 went into effect on Jan. 1; it is now illegal to sell tobacco and vapor products to anyone under 21.

Quit Resources

- Washington State Tobacco Quitline: 1-800-QUIT-NOW. Free help for quitting smoking or vaping; coaching is available in 200+ languages. Uninsured and underinsured Washingtonians can get free nicotine replacement therapy patches (while supplies last).

- Smartphone apps: doh.wa.gov/quit; apps are free, research-based, and use Acceptance and Commitment Therapy to help Washingtonians quit smoking or vaping. Patients aged 18-20 are currently eligible for a free two-week nicotine patch starter kit through the Smoking & Tobacco app.

- Text-message programs: SmokefreeTXT: text "QUIT" to 47848 to receive tips, advice, and encouragement to help you overcome challenges and stay motivated to quit. This Is Quitting (for teen/young adult vaping): text "DITCHJUUL" to 88709 to get help through cravings, stresses, and slips.

- Additional options may be available based on your insurance coverage; contact your health care provider for more information.

Why is Washington state implementing this law?

- In 2018, one in five Washington 10th graders and almost one in three 12th graders reported using vapor products, a significant increase over previous years.

- Nearly all people who smoke begin smoking before age 21—while their brains are particularly vulnerable to nicotine addiction.

- Raising the legal age of sale will help protect young people by preventing them from getting tobacco and vapor products from peers who are 18, 19, or 20 year olds.

How does the federal Tobacco 21 affect Washington state?

- On Dec. 20, 2019, the President signed legislation to amend the Federal Food, Drug, and Cosmetic Act, and raise the federal minimum age of sale of tobacco products from 18 to 21 years.

- On Friday Dec. 27, 2019, the Food and Drug Administration (FDA) announced that the law would go into effect immediately.

- Although the federal bill went into effect a few days before Washington state's bill, the Washington State Department of Health and Liquor and Cannabis Board were already preparing for our state's version of Tobacco and Vapor 21, Engrossed House Bill 1074. The state law went into effect on Jan. 1.

- Limited guidance is available at this time about the federal bill; what guidance does exist is available at <https://www.fta.gov/tobacco-products/retail-sales-tobacco-products/selling-tobacco-products-retail-stores>. The Washington State Department of Health is awaiting further guidance from the FDA.

Additional Resources

- Parents and schools can find more information about how to address youth vaping at www.youthnow.me/schools.

- The public can learn more at www.doh.wa.gov/tobacco-and-vapor-21.

- Retailers can learn more at <https://lcb.wa.gov/tobacco-vapor-21>.

- Watch Secretary Wiesman's video message about Tobacco and Vapor 21.

Chelan-Douglas Regional Port decries 'biased' Douglas PUD rate increase

STORY AND PHOTO BY GARY BEGIN

EAST WENATCHEE -- The recently formed Chelan Douglas Regional Port Authority met here Thursday, Jan. 16 in the new community center and enjoyed a full house of local VIP's eager to receive good economic news.

In fact, the quarterly lunch-time meetings are called the "Economic Leadership Roundtable" and have been a regular event featured by the Port of Douglas before the merger took place late last year and always underscored growth, projects and economic potential.

This time was different. C-D Regional Port CEO Jim Kuntz told the gathered that the Port is against the proposed raise in electric rates by the Douglas PUD and even handed out a 4-page letter addressed to the Douglas PUD Manager Gary Ivory stating so.

Kuntz made a point to tell the group of about 50 mayors, directors, commissioners and private sector executives that the rate hike had the potential to cripple the tax base, not just for the PUD, but for the entire county as key industries would be negatively impacted, thus causing them to pull up stakes.

Kuntz specifically cited the massive amount of taxes paid by data centers and especially crypto mining of bitcoin which he noted, had its computer systems mounted on easily moveable equipment.

The letter stated that the PUD was violating state law RCW 54.24.080 which prohibits discriminatory practices against "customer classes."



Gary Begin/NCW Media

Chelan-Douglas Director of Economic & Business Development Ron Criddlebaugh, left, and CEO Jim Kuntz explain economic impact notes to the audience of "movers and shakers" during the January 16 Economic Leadership Roundtable in East Wenatchee.

Kuntz, and the letter he signed off on, stated the proposed rate structure was to be 0% for residential customers, 16% for general service customers, 71% for data centers and a whopping 180% for crypto mining.

"The Port acknowledges the PUD's need to periodically adjust rates to fund its operations," but the letter states the PUD's excuse for the extreme increase due to higher expenses at its Wells Dam operations does not hold water.

Kuntz's stated purpose of the letter to the PUD was to enlighten that non-profit entity as to the importance of allowing further inter-governmental discussion

before the rate increases take place.

The Port wants a "dialogue with the Port and other affected customers." The letter explains that "Effective economic development is a 'team sport' within communities."

Kuntz said about the Port's stance, "We stand ready to work with you and to resolve these matters in an expeditious manner."

"Douglas PUD has been analyzing our loads, resources and capital needs since May 2019. Twenty percent load growth in 2019, almost entirely attributable to block chain and data centers, is not sustainable in the long term. Analysis

shows with an additional 50 MW of load, we could be deficit (short on power) six months a year in 2029 and beyond.

Due to recent legislation, any purchased power will need to be from non-carbon emitting resources, typically costing more than our Wells power. Also in play is the seismic safety improvements necessary on our East Embankment at the Wells project, estimated to cost \$500M.

The proposed rate strategy is necessary to prepare for future capital costs and slow load growth, resulting in lower rates in the long term for our customers," said Douglas PUD Manager Gary Ivory.

Are you getting too much Vitamin E?

Vitamin E is a fat-soluble vitamin that protects your cells by working as an antioxidant. Antioxidants counteract the damage to cells caused by compounds called free radicals produced in your body during metabolism. Free radicals interact with your cells in ways that can lead to cancer, heart disease and stroke, the 3 leading causes of death in America.

Research is seeking out ways to reduce the negative effects free radicals have on our cells by discovering how to create fewer free radicals in our body and how to maximize levels of antioxidant compounds available to counteract them.

Since vitamin E is an antioxidant, shouldn't taking it help protect your cells and reduce the incidence of cancer, heart disease and stroke? We used to think, "If it won't hurt and might help, why not take it?"

Unfortunately, carefully designed clinical studies have clearly shown instead that Vitamin E supplementation DOESN'T provide any clear benefit. In fact, taking at least 400 IU of vitamin E daily can actually increase your risk of death, either by having a stroke caused by bleeding into the brain, or developing prostate cancer.

How much vitamin E do you need? The National Institutes for Health (NIH) recommends that adults get 22.5 International Units (IU) of Vitamin E daily. Although most Americans get



only about half that amount from their diet, vitamin E deficiency is rare.

Unlike most vitamins, vitamin E is fat-soluble and needs fat for it to be well absorbed. Eating a very low-fat diet or having a disease that interferes with digestion or absorption of fat such as Crohn's disease or cystic fibrosis can increase your risk of being deficient in vitamin E. Vitamin E deficiency may cause nerve and muscle damage with numbness in your arms and legs, muscle weakness, vision problems and reduced effectiveness of your immune system.

There are actually 2 common forms of vitamin E: alpha-tocopherol and gamma-tocopherol. Vitamin E as alpha-tocopherol exists in higher concentrations in the body than its cousin gamma-tocopherol, and until recently was assumed to be responsible for vitamin E's antioxidant effects.

Vitamin E supplements usually contain alpha-tocopherol, while gamma-tocopherol is found in foods rich in vitamin E such as nuts, seeds, oils and green leafy vegetables like spinach and broccoli. Most multivitamins include 30 IU of alpha-tocopherol, considered to be 100% of the daily requirement for adults by the NIH, while higher doses such as 400 IU found in

supplements contain over 13 times that amount.

Recent research has uncovered evidence that the key to the antioxidant potency of vitamin E is the level of gamma-tocopherol in the tissues and blood, not the amount of alpha-tocopherol. Taking alpha-tocopherol vitamin E actually DECREASES the level of gamma-tocopherol in your body, suppressing vitamin E's potentially beneficial antioxidant action. This may explain why alpha-tocopherol supplements produced negative instead of positive results in controlled research studies.

Vitamin E supplements contain alpha-tocopherol, either its natural form (d-alpha-tocopherol) or synthetic form (dl-alpha-tocopherol). Natural vitamin E (d-alpha-tocopherol) is 1.5 times as potent as its synthetic form (dl-alpha-tocopherol).

Vitamin E supplements with gamma-tocopherol are now available, but it's too early to know if they can prevent cancer, stroke or heart disease.

Not all the research about vitamin E showed it as the villain. Vitamin E helped people with age-related macular degeneration (AMD), a common cause of blindness in the elderly. The Age-Related Eye Disease Study (AREDS) looked at the effect of a daily supplement consisting of zinc and copper combined with vitamin A, C and 400 IU of vitamin E on the progression of AMD over 5 years. The most severely affected study par-

ticipants showed a 25% decrease in the progression of macular degeneration, but those with mild or no AMD did not see any benefit.

Here Are 3 Final Facts About Vitamin E:

1. Take an AREDS vitamin supplement if you have age-related macular degeneration.

The AREDS formulation is available as PreserVision® AREDS and as Ocuvite®. Ask your eye care professional which would be best for you.

2. AVOID taking supplemental vitamin E if you are taking a blood thinner.

Vitamin E supplementation of 400 IU or more can cause bleeding problems, especially in people taking blood thinners like warfarin (Coumadin®), Eliquis®, Pradaxa®, Xarelto®, aspirin, and clopidogrel (Plavix®).

3. Eat foods rich in vitamin E.

The best way to get the antioxidant benefits of vitamin E is to eat plenty of nuts (especially almonds), seeds, and green leafy vegetables such as spinach and broccoli.

Dr. Louise Achey, Doctor of Pharmacy is a 40-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Check out her NEW website TheMedicationInsider.com for daily tips on how to take your medicine safely. 2020 Louise Achey

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