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TUESDAY, JANUARY 23, 2018
THE NEWS TRIBUNE.COM

Kendrick Lamar to perform at White River amphitheater

Kendrick Lamar, who has won seven Grammys, is headlining at White River amphitheater on May 5 as part of the "TID: the Championship Tour." Lamar will be joined by five-time Grammy-nominated R&B singer SZA. Other performers include Schellbrey C, Ab-Soul, Jay Rock, SIB and Lance Skii-walker.

Earlier this month, Lamar announced that he will produce and curate the soundtrack for the forthcoming Marvel Studios' "Black Panther," which has theaters Feb. 16. At the time of the announcement, Lamar and label-mate SZA released their new song, "All the Stars."

Lamar's fourth album, *Damni*, was named one of the best albums of 2017 by *Rolling Stone* magazine. The *North American* tour kicks off May 5 in Vancouver, B.C. It will make stops across the country in Los Angeles, Dallas, Atlanta, New York and Pittsburgh.

Tickets go on sale at noon Friday at Ticketmaster.com.

—TIM BARR

Pearl Jam to play in Seattle, pledges \$1 million to fight homelessness

Pearl Jam will perform two shows in Seattle this August and is pledging \$1 million toward local homelessness initiatives with a goal of raising \$10 million total.

"The Home Shows" will be held Aug. 8 and 10 at Saitou Field. This will be the "Even Flow" artists' first home shows appearance in five years and the largest headlining concert event in Seattle since the *Rolling Stones* two-night stint at the Kingdome in 1991.

In a statement released this morning, the band challenged "everyone to join them" in their drive to raise \$10 million for homelessness initiatives across King County in 2018.

Lead guitarist Stone Gossard spoke to the responsibility the band has in giving back to the city that gave them their start.

"Seattle is our hometown," Gossard said in the statement. "When there are challenges here, we want to be part of the solution. It's heartening to see many organizations and individuals coming together to do the same. It's going to take all of us."

Information on ticket sales will be released soon. For information about travel and lodging related to the concerts, go to <https://pearljam.com/thehomeshows/seattle>.

—TIM BARR

Vigil mark 19 years since Teekah Lewis disappeared

Nearly two decades ago, a toddler named Teekah disappeared from a bowling alley in Tacoma and a mother swore to never stop searching for the daughter who was taken from her.

Tomorrow marks the 19th anniversary of the disappearance of Teekah Lewis. An annual candlelight vigil will be held at 7 p.m. on Tuesday at the same place from which Teekah disappeared: 4702 S Center St.

Teekah was 2½ years old when she disappeared from the now-defunct New Frontier Bowling Lanes while her family bowled nearby. Today it is a Home Depot parking lot.

Police believe Teekah was kidnapped. She re-

Snohomish deputies kill man who wanted to die

A 35-year-old Lake Stevens man was shot and killed by Snohomish County sheriff's deputies Sunday night.

Just after 8 p.m., the victim's wife called authorities to report that her husband was suicidal and that he wanted police to kill him. She told dispatchers that her husband had gone into a house on that day but she did not know the exact location.

At about 9 p.m., deputies located the victim's vehicle in a gravel parking lot near 31st Avenue Southeast and 20th Street Southeast on Ebey Island.

Deputies attempted to talk to the man and gave instructions for him to come out from his vehicle unarmed. Officials say the man did not listen to the

deputies and came out of his vehicle holding what deputies said looked like a weapon.

The three deputies opened fire and the man was declared dead at the scene, according to a Snohomish County spokesman. Deputies received a firearm from the scene.

The deputies who were involved in the shooting — with experience ranging from 2 to 12 years — are on paid administrative leave pending the investigation. None were injured.

Once the Snohomish County Multiple Agency Response Team completes its investigation, the results will be forwarded to the Snohomish County Prosecutor's Office for review.

The Snohomish County Medical Examiner's Office will release the cause of death and the identity of the victim.

Robber wore neon green sandals, made victims count before calling 911

The store clerk he robbed at gunpoint remembered his neon green sandals and the order to count to 1,000 before calling police.

Tacoma police suspect the man was involved in at least 10 blood pressure robberies since December and was still looking for a second man believed to have helped.

On Monday, Pierce County prosecutors charged a 32-year-old with five counts of first-degree robbery for a series that included robberies of cell phone stores, an ice cream parlor and a vapor store.

The first robbery took place Dec. 20. The last was on Jan. 7, a week before the man was arrested.

Nobody was injured in the robberies.

The man, who sometimes worked with a partner, would order employees into a back room at gunpoint after emptying cash. He'd then tell them to count to 1,000, according to charging papers.

At least once he told victims he didn't want to hurt them but his children were homeless and he needed the money, records show.

Some of the store employees

physes who were held at gunpoint noticed the robber's neon green sandals, which were allegedly found in the man's home after he was arrested.

Police are still trying to identify the second suspect.

He is described as a black man in his 30s, 6-foot-2 and 185 pounds with a slender build and a beard or goatee. He wore dark clothing during the heists.

Anyone with information on the suspect is asked to call Tacoma-Pierce County Crime, stoppers at 800-222-TIPS (8477).

—STEVE GROSS
253-597-8663

main missing today.

Theresa Lewis, the girl's mother, holds an annual candlelight vigil to ensure Teekah isn't forgotten. She hopes the vigil might prompt someone to come forward with information about what happened to her daughter.

"Either way all we want is closure for Teekah," Lewis said. "Regardless if it's good or bad news. That's all we want."

Lewis said this year is

especially difficult because her mother, who has stood by her side throughout these last 19 years, is very ill. Lewis says her mother is like her "niece" and she hopes she can make it to the vigil tomorrow. "Even if it's just for five minutes."

Anyone with information on the case of Teekah Lewis is asked to call the National Center for Missing & Exploited Children at 800-84-SKID.

—TIM BARR

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New Blood Pressure Study astounds researchers with 46-point drop ...without drugs!

"These results are so welcome — no fatigue, no dizziness, no bad side effects. My hypertensive patients love it." — Dr. Marlene Merritt

Ames, Texas — Dr. Marlene Merritt, practicing naturopath in Austin, Texas, is always on the lookout for natural answers to dangerous medical conditions like high blood pressure. The doctor is a self-described "research junkie" who scrutinizes hundreds of scientific studies each year to separate the wheat from the chaff.

So when Dr. Merritt chanced upon a new study last fall about a "miraculous" ingredient that promised to balance blood pressure — without drugs — she was understandably skeptical. The results published were that astonishing.

"The people in this study dropped their blood pressure by an unheard of 46 points," says Dr. Merritt. "And with zero reported side effects." That's a big deal for Dr. Merritt's patients, many of whom are fed up with the high costs and troublesome side effects of blood pressure drugs.

Peer-Reviewed Study Shows "Stunning" Improvement in Blood Pressure

In the peer-reviewed study, all the participants received tips on healthy living. Then came the real test: some of the participants received an inactive sugar pill, or placebo. But the others received a natural extract that was bursting with a "miraculous" ingredient.

In just a few weeks, the people taking this natural extract achieved results that stunned the researchers.

- Their top blood pressure number was down a shocking 47 points
- Their bottom number was down 9 points
- Their resting heart rate was slower by 8 beats per minute

"Jaw-Dropping" Blood Pressure Numbers

The secret of these disease-stunning results is not a drug. Instead, it's a nutrient found in Mother Nature with a somewhat weird name: "Oligomeric Proanthocyanidin" or "OPC" for short. Scientists were first alerted to the amazing properties of OPCs when they noticed that the Loire Valley in France had a shockingly high number of healthy, older men. It was soon discovered that these men drank a traditionally prepared wine that was rich in OPCs.

Dr. Marlene Merritt practices as a licensed naturopath in her clinic in Austin, Texas. She earned her Master degree in Oriental Medicine in 2000 and has also received a Master degree in human health. She lectures nationally on her husband, Dr. Will Merritt, to healthcare practitioners all over the U.S. and Canada on such issues as diet, exercise, detoxification, blood chemistry, nutrition, and Celtic druidism.

Now scientists understand that this ingredient — what some people are calling a "miracle nutrient" — helps blood vessels relax to achieve pressure in a important ways:

1. **Stiff Arteries, Blood Vessels:** First, the nutrient becomes the "bodyguard" of your blood vessel cells, lowering the dangerous loss of elasticity that stiffens blood vessels. (OPCs are up to 50 times more powerful than Vitamin C at slowing down loss of elasticity.)
2. **Diabetes/Lightning:** Second, the nutrient slows a pair of handclaps on a notorious spigot of blood vessels, the enzyme angiotensin II. This keeps your blood vessels "open for business."
3. **Balance Blood Vessels and Third,** the nutrient opens the floodgates on a natural blood vessel relaxer called Nitric Oxide, a Nobel Prize winning discovery that widens our arteries. (She bodies naturally produce Nitric Oxide, but output slows to a trickle once we hit our forties.)

Nurse DiChes Blood Pressure Drops: "It's a Miracle"

"Thousands of grateful readers of Dr. Merritt's book *The Blood Pressure Solution* have discovered how to realize their blood pressure using natural ingredients like OPCs. Like Jonathan M., a 35-

year cancer nurse who ended a 20-year "addiction" to blood pressure drugs: "I have been on blood pressure medications for 20 years. I have had dangerously high blood pressure episodes as high as 240/100. This morning my blood pressure was 110/68 with a heart rate of 58. I had to stop taking my medications in a couple of days of starting the program, because my blood pressure was too low. I have been a registered nurse for 33 years. I've never seen anything like this. It's a miracle."

And now Dr. Merritt has discovered a way to concentrate the power of OPCs and make it fast and easy for anyone to get a healthy supply — without having down expensive foods or spending hours making tedious meals. Instead, with one easy-to-swallow gel capsule, it takes just 30 seconds to load your body with an abundant supply of OPCs.

Dr. Merritt has partnered with a local Texas company to secure a batch of the exact same dose and kind of OPCs used in the study. The source of the OPCs is a refined form of seeds from grapes grown in the lush vineyards of France.

The result is fast-acting, non-addictive, and safe. It's the fastest and easiest way to why your blood pressure worries.

"Even when I'm stressed out, my blood pressure is in check."

Praise for Cardioflex is just starting to pour in from users of the first generation of the supplement were hooked over by its results:

After taking it, Connecticut naturopath Jennifer A. reports: "Now my numbers are as low as 110/68 — even at end of day when I'm stressed out and my blood pressure is high, it's still only 130 over 80."

Helps Control Cholesterol, Circulation, and Blood Sugar Too

As impressive as these results are, Dr. Merritt has enhanced the formula to target improved circulation, balanced cholesterol levels, and healthy blood sugar control, all of which are "hidden causes" of high blood pressure. The result is a "supercharged" version that is unlike anything else in the marketplace.

Not Available in Stores

Cardioflex is not available in drug stores or anywhere online — not even Amazon — so the "miracle" manufacturer is going up for high demand with its small but dedicated phone call in Allen, Texas. The premium ingredients in Cardioflex are in limited supply and a shortage in just one of them can delay production for months, so the company is hustling to keep stock available.

But, for the next five days, Dr. Merritt and her partner company have set aside a limited amount of Cardioflex for readers of this publication. Interested readers can call 1-888-603-9962 to secure a risk-free offer of Cardioflex, at a special discount rate.

As a thank you, the first five hundred callers will also receive a copy of Dr. Merritt's book, *The Blood Pressure Solution*. It sells for \$17, but the first 500 callers get a copy included with every order. Call 1-888-603-9962 today while supplies last!

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FDA. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. RESULTS MAY VARY.