The Bristol Bay Times & The Dutch Harbor Fisherman

AFFIDAVIT OF PUBLICATION

Account #: 392976
EVANS, JASON
7802 HONEYSUCKLE DR
ANCHORAGE, AK 99502

Order#	0001453339	**Product**	ANC-BBT
Case Ref.		**Placement**	0300
		Position	0360
Cost	$336.00		

STATE OF ALASKA
THIRD JUDICIAL DISTRICT

United States of America, State of Alaska, Third District before me, the undersigned, a notary public this day personally appeared Lisi Misa who, being first duly sworn, according to the law, says that he/she is an authorized representative of the Bristol Bay Times and the Dutch Harbor Fisherman published at 300 W. 31st Avenue, in said Third District and State of Alaska and that advertisement, of which the annexed is a true copy, which has published in said publication on the dates listed below.

July 23, 2020, July 30, 2020, August 06, 2020

Signed _____
Lisi Misa

Subscribed and sworn to before me this 6th day of August, 2020

_____

Notary Public in and for
The State of Alaska.
Third Division
Anchorage, Alaska

MY COMMISSION EXPIRES
7/14/2024

NOTARY PUBLIC
JADA L. NOWLING
STATE OF ALASKA
MY COMMISSION EXPIRES July 14, 2024

Received 8/10/2020

CLASSIFIEDS & LEGALS

Rural Retail Management, LLC is applying under 3 AAC 306.300 for a new Retail Marijuana Store license, license #25324, doing business as Alaskan Grown Cannabis, located at 213 West A Street, Dillingham, AK, 99576, UNITED STATES.
Interested persons may object to the application by submitting a written statement of reasons for the objection to their local government, the applicant, and the Alcohol & Marijuana Control Office (AMCO) not later than 30 days after the director has determined the application to be complete and has given written notice to the local government. Once an application is determined to be complete, the objection deadline and a copy of the application will be posted on AMCO's website at https://www.commerce.alaska.gov/web/amco. Objections should be sent to AMCO at marijuana.licensing@alaska.gov or to 550 W 7th Ave, Suite 1600, Anchorage, AK 99501.

IN THE SUPERIOR COURTFOR THE STATE OF ALASKA AT
In the matter of the Estate of
Marie Jacobs (Decendent)
Date of Birth : 04/20/1950
Case Number 3DI-20-30PR
NOTICE TO CREDITORS
You are notified tha the court appointed Jane Gottschalkd as personal representative of this estate. All persons having claims against the pesron who died are required to present their claims within four months after the date of the first publication of this notice or the claims will be forever barred.
Dated this 15th day of May 2020
/s/ Jane Gottschalk.
P.O. Box 2
Aleknagik, Alaska 99555

NOTICE OF PRIMARY ELECTION
Tuesday, August 18, 2020
Polling Places Will Be Open From 7:00 a.m. to 8:00 p.m.

Candidate Races on Ballot

United States Senator
United States Representative
State Senator (Districts B, D, F, H, J, L, M, N, P, R, T)
State House Representative (All 40 Districts)

To find Your Polling Place Call: **1-888-383-8683** (In Anchorage call: 269-8683)

Absentee In-Person and Special Needs Voting

Absentee In-Person Voting will be available at many locations throughout the state beginning August 3, 2020. For a list of locations and information on absentee voting, visit the division's website at http://AKVoteEarly.alaska.gov or call your regional elections office below. If you are unable to go to the polls due to age, disability or serious illness, you may use the special needs voting process by appointing a personal representative to bring you a ballot.

www.elections.alaska.gov

Region I Office	Region II Office	Region III Office	Region III Office	Region IV Office
Juneau	Anchorage	Mat-Su	Fairbanks	Nome
(907) 465-3021	(907) 522-8683	(907) 373-8952	(907) 451-2835	(907) 443-6683
1-866-948-8683	1-866-958-8683	1-866-958-8683	1-866-959-8683	1-866-953-8683

Language Assistance 1-866-954-8683 Toll Free TTY 1-888-622-3020

The State of Alaska, Division of Elections, complies with Title II of the Americans with Disabilities Act of 1990. If you are a person with a disability who may need special assistance and/or accommodation to vote, please contact your regional Division of Elections office to make necessary arrangements.

CITY OF UNALASKA, ALASKA
NOTICE
EXPIRATION OF REDEMPTION PERIOD FOR FORECLOSED PROPERTIES

The Judgment and Decree of Foreclosure of Real Property Tax Liens was entered on June 19, 2019, in Alaska Superior Court Case number 3-UN-19-00020CI, in relation to the following properties:

PARCEL	OWNER OF RECORD	PROPERTY DESCRIPTION	ADDRESS
04-09-172	Carl's Commercial	Tract C Carl's Subdivision Addition #1, Plat 91-15	W. Broadway Ave
03-07-536	John Galaktionoff	Lot 3, New Town Subdivision	31 Cyril Circle
06-02-025	Larry D. Garrison Trust B	Lot 8 R. Moore Subdivision	Dutton Road
06-02-030	Larry D. Garrison Trust B	Lot 7 R. Moore Subdivision	28 Dutton Road
06-02-035	Larry D. Garrison Trust B	Lot 6 R. Moore Subdivision	Dutton Road
06-09-150	John Zirlott	Tract A-1 Creekside Estates Sub Amundson Addn #2	1857 E Broadway

The redemption period expires on **August 31, 2020.**

All properties ordered sold under the judgment, unless redeemed, shall be deeded to the City of Unalaska immediately on expiration of the period of redemption and that every right or interest of any person in the properties will be forfeited forever to the City of Unalaska.

Call classifieds to place your ad. **907-257-4568** or email: ads@reportalaska.com

Dietary panel takes a deep dive into benefits of seafood

It got little attention from the mainstream media but seafood netted some historic firsts in the nation's new dietary guidelines.

The Dietary Guidelines Advisory Committee submitted a report in July to the secretaries of Agriculture and Health and Human Services that recommends what Americans should include in their diets from 2020 through 2025, a task it has undertaken every five years since 1980.

"This is by far the strongest they've come out for seafood in all of the U.S. dietary guidelines history, and at virtually every point in the lifecycle from babies to pregnant and lactating moms to adults. I was really amazed," said Dr. Tom Brenna, a professor of pediatrics, chemistry and nutrition at Dell Medical School at the University of Texas-Austin and at Cornell University.

Along with taking a whole life approach for the first time, Brenna said the advisors also considered nutritional requirements for children under two years of age.

"The general idea is that kids should be breastfed, that's the recommendation to six months of age. And starting at six months when you're introducing finger foods, solid foods, the recommendation is to include seafood right from the beginning," he said.

FISH FACTOR
Laine Welch

Another first

The dietary panel did a deep dive into the reams of evidence proving seafood's nutritional benefits.

"The omega 3s found in seafood are to a developing retina and brain what calcium is to bones. But it is not just the omega 3s, it is these great minerals that are, in some cases, rare in other foods," Brenna explained. "The zinc and iron and selenium and iodine ... and these are just not as high as they need to be in diets that are missing seafood."

The new diet guidelines now need a stamp of approval by the U.S. Dept. of Agriculture before they become policy. If passed as written, seafood would be required eating at, for example, women/infant/children's (WIC) feeding programs and school lunches.

"If you read just the executive summary, the thing you would stick into the WIC program is seafood. It looks like the most important damn thing that women could be eating," Brenna said.

"Twenty-five years ago, out of an abundance of caution, people were concerned about mercury. They said we don't know what the thresholds are for mercury or whether it's bad for neuro-development. It turns out after decades of research that the danger was not eating too much fish, it was eating too little fish. I could probably calculate the number of IQ points we've lost because of this policy. We've got to get people eating seafood as they used to, and we've got to make it a priority and a federal policy."

The Committee recommends eating 8-12 ounces of seafood weekly, particularly before, during and after pregnancy, and stresses that only 20% of adults and 6% of children meet the goal of eating seafood twice per week.

"Their report is one more piece of evidence that Americans of all ages should eat seafood more frequently," said John Connelly, president of the National Fisheries Institute. "As part of a healthy dietary pattern, seafood offers a lifetime of benefits from brain development among babies to heart health and a healthy weight for adults. The report even notes the link between diet-related diseases – which regular seafood consumption can help prevent – and increased susceptibility to the current global pandemic."

The public has two weeks to comment to the USDA on the new guidelines and competing protein producers will be lobbying for their products. Brenna urges seafood advocates to speak up.

"Frankly, I think that some of those voices seem to be missing. You have this great passion that is coming from the scientists, because we see how important it is," Brenna said. "If the seafood industry sits by quietly, they are going to let this opportunity pass, both for the industry itself, and also for the health of all Americans. Because this is the time — the data are there, the committee has said this is important and now it has to get translated into federal policy. But it's a political process now and so the industry has to weigh in in a big way, and we have to get our senators and representatives on board."

Deadline to comment to USDA is Aug. 13. (www.dietaryguidelines.gov)

Bibs to bags

Hose off those worn and torn fishing bibs and recycle them into rugged bags and other seaworthy items. A Maine fishing family needs more bib material for its Rugged Seas line that was launched at the popular east coast Fishermen's Forum in March. Since then the bib gear has taken off.

"We've had people send us their bibs from Canada and Rhode Island, up and down the East Coast, from Washington State. It's been really exciting. Even at a time where things are really challenging I think people have liked the story and it's been a good connection. It's really taken off," said Nikki Strout, co-owner of Rugged Seas with her husband Taylor, a lifelong lobsterman who also has fished out of Dutch Harbor since 2012. Nikki said he was inspired by all the fishery-related hoodies and T-shirts he saw there and started designing similar wear for Maine. That evolved to include upscale uses for bibs.

"In the last three or four years here in Portland, there have been a lot of struggles that the fishermen have been facing and working waterfront and development issues. So we really wanted to try to bring some more attention to the fishing industry and the lifestyle. We were trying to think of something that each fishery has that is very identifiable. And we thought of bibs and said 'Is there a way we can repurpose them instead of throwing them away?'"

The Strouts also connected with well-known oilskin maker Guy Cotten who gives them remnants for Rugged Seas gear. A portion of all sales goes to local fishing groups.

Received 8/10/2020