

# the Courthouse Journal

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Washington Association of County Officials  
Washington State Association of Counties

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## 3<sup>rd</sup> Annual WACO/WSAC Conference

Please register today for the 3rd Annual WACO/WSAC Fall Conference! The meeting will be held at the Red Lion Hotel at the Park, in beautiful Spokane, October 4-8. Please check out the information about the conference online today at [www.wacounties.org](http://www.wacounties.org). A golf tournament will be held for those arriving on Monday, October 4, at the Hangman Valley Golf Course (registration attached to this copy of the *Courthouse Journal*). Affiliate meetings for both WACO and WSAC are scheduled for all day Tuesday, October 5, and that evening we will be holding an Icebreaker reception for everyone.

During the opening session on Wednesday morning, the keynote speaker will be Bill Conerly, one of the best-known economic consultants in the Pacific Northwest. Conerly has a Ph.D. in economics from Duke University and will be speaking on the economic outlook for Washington State in 2005.

Joint sessions will include a variety of topics of interest. In addition, both WACO and WSAC have scheduled separate meetings to take care of specific business, as well as separate social events Wednesday evening to honor Mary

Dodge WACO President, and Dave Carey, WSAC president.

There are several great reasons to attend this year's conference, but we hope you will especially realize that this is the opportunity to:

- Meet and socialize with your colleagues from throughout the state who share common challenges.
- Be involved in determining your organization's legislative package and choosing its new leaders.
- Make WACO and WSAC both stronger associations by taking part in the shape of our futures.

Much more awaits you at the joint conference. It is more important than ever that all of our members participate in this event. We have serious issues to work on in local government and our legislative packages will be instrumental in helping to solve those issues.

The room block at the Red Lion is available until **September 17**, so book your room and register for the conference today. We will be updating the program online as it develops, each week, so check back often.

**See you in Spokane!**

## WSAC Officer Elections to Take Place at Fall Conference

Members of the Washington State Association of Counties who are considering seeking a WSAC office are

encouraged to submit their statements of candidacy for publication in the *Courthouse Journal* and on the WSAC

website. Statements should be limited to four or five paragraphs.

While each of the three offices of the Association is technically open each Fall, practice has been for the Vice President to move to the

## The Courthouse Journal

Published weekly (during Legislative Session) and Bi-weekly (other than Session) by the Washington Association of County Officials (WACO) and the Washington State Association of Counties (WSAC).

We welcome your suggestions and contributions. The weekly deadline is noon Wednesday.

Direct inquiries and correspondence to *The Courthouse Journal*, 206 Tenth Ave SE, Olympia, WA 98501-1131 or [www.wacounties.org](http://www.wacounties.org).

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### CPO PROGRAM

**Julie Conlan**, Certified Public Official  
Coordinator

Association Presidency automatically. The same is true for the Secretary-Treasurer to move to the Vice Presidency. If the practice continues, Clark County Commissioner Betty Sue Morris will be elected President in Spokane during the Annual Fall Conference and Garfield County Commissioner Dean Burton will be elected Vice President.

King County Councilmember Carolyn Edmonds has already announced her candidacy for Secretary-Treasurer in a letter published in this journal on May 27, 2004. Any additional candidates for Secretary-Treasurer also must be from the Association's Western District. Statements will be published in the *Courthouse Journal* the week of arrival.

## First-ever Digital Archives to Open in Cheney!

You are invited! The first facility in the nation designed for the archival storage of public records is set to open Monday, October 4, on the Eastern Washington University Campus in Cheney. The open house has been specially scheduled in conjunction with the WACO/WSAC Annual Conference in Spokane to allow all county officials and personnel the opportunity to be there. A map and details will be forwarded prior to the opening.

This is an historic event so plan to attend!

## State Archives Asks for Time Capsule Items—October 4, 2004

This is your chance to contribute to the new, historic Digital Archives and Eastern Region Branch building

in Cheney.

Our theme will be Computers, Technology and Public Records in 2054.

We are asking state and local officials to collect items, photographs, essays and predictions for the State Archives Time Capsule that will be sealed at the October 4 Grand Opening. This is a chance to involve your grandchildren!

Possible Predictions: Will there still be paper records? What will replace DVDs? How will public records be stored and accessed? What will be the population of Washington? Cheney? Seattle? Spokane? What will computers do?

Possible Essays: What will life in Eastern Washington be like in 2054? What will technology do for me every day in 2054? How will we communicate and preserve the communications and the actions of our government? Will we still be able to access and read the electronic records produced in 2004?

Possible Items: Photographs-digital and film, maps, CDs, DVDs, Videotapes, letters, notes and essays, 2004 political campaign.

### GUIDELINES:

1. All items must be labeled, identified and/or signed with a name and address of the creator and the presenter (local official who sends it in or presents it at the Grand Opening).
2. Essays and predictions are limited to 3 pages, 8x 11 inches, handwritten or printed.
3. 3-D items are limited in size to less than 24 inches total of length, width, and height.
4. Of course, a brief transmittal should accompany all boxes of

NOTE: Legislative Committee schedules and agendas can be found at <http://www.leg.wa.gov/wsladm/calendar.cfm>

time capsule items sent to the State Archives

5. Send or bring all items to: Washington State Archives, Eastern Branch and Digital Archives, 960 Washington Street, Cheney, WA, 99004.
6. The Time Capsule will be closed at the end of the Grand Opening ceremony by the Archivist of the United States, the State Archivist and the Secretary of State
7. The State Archives staff will film or scan the entire collection, compile a list of all donors and contributors and invite them to an opening ceremony in 2054.
8. If you have any questions about the Time Capsule, please contact Jerry Handfield, State Archivist at 360-586-2664 or 2666, or Sherry Bays, Regional Archivist, 509-235-7500 ext 101.

Plan to attend the Grand Opening on October 4, 2004 from 3-6pm with a 30 minute program at 4pm.

### **WACO Distinguished Service Award Nominations Open**

Nomination forms for the 2004 WACO Distinguished Service Award are currently available from the WACO office. This award was created in 1985 to recognize retired or former county officials who have made outstanding contributions to county government and to their communities. WACO members may nominate any former WACO member whether or not they are from the same county.

To qualify for the Distinguished Service Award, a nominee must be a former WACO member, out of county government five or more

years, and must have served in office a minimum of five years. In addition, consideration will be given to innovations and contributions that the nominee has made within their county; participation in WACO; various committees and organizations in which they were involved (local, state, association or national levels); affiliate participation; and community service. There is a point system consisting of 10 points for each category, and 40 points are needed to qualify for the award. Only one award will be presented in a given year.

Please contact me to obtain a nomination form. Completed forms must be mailed back to WACO, marked AWARD SELECTION COMMITTEE, no later than **AUGUST 31**. Qualifying nominations will be reviewed by the Award Selection Committee. If there is an award winner, he or she will be honored at the WACO/WSAC Fall Conference, in Spokane, the first week of October.

All nominations will remain confidential.

### **WSAC Board Awards 2005 Annual Meeting to Vancouver, Clark County**

Today the WSAC Board of Directors voted to go to Vancouver in Clark County for the 2005 Annual Meeting. This will be the first year that WSAC will only have one statewide meeting. In June, 2004 the WSAC membership voted to have one annual meeting, eliminating the summer conference.

The Board needed to decide whether to continue to have a joint

meeting with WACO in Ocean Shores or look for another location. When the contract was signed with Ocean Shores by both WACO and WSAC it was expected that there would be a new convention center offering enough meeting rooms to accommodate both organizations. However bids have not yet been accepted and a new center could not be completed in time for the October 2005 meeting. There will not be enough space for both organizations.

WACO's Board of Trustees decided earlier this month to honor the contract with Ocean Shores because their bylaws require the membership to approve the location of their annual meeting. WSAC's bylaws require the Board of Directors to make the decision for the location of their annual meeting.

The date of the meeting will be September 20-23, 2005 in the new Vancouver Convention Center and Hilton Hotel.

The WSAC Board will make a decision on where to hold the annual meeting for 2006 and 2007 at the Board meeting in October at the Joint Fall Conference. The 2006 meeting will be held in eastern Washington and the 2007 meeting will be held in western Washington in accordance with the bylaws.

## **Back-to-School Reminder!**

As thousands of county employees' kids head back to class, don't forget that every year, the Washington Counties' Scholarship Fund helps some of them get there!

The Washington Counties Scholarship Fund is a joint project of WACO and WSAC and appreciates your generosity. All monies are credited to your respective group in the third annual "affiliate challenge." The contributions of each association will be announced at the WACO/WSAC Joint Annual Conference. Thank you!

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## ***Elections, Licensing and Recording***

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### **Secretary of State's Hotline Ringing Off the Hook Over New Primary Election**

Secretary of State Sam Reed reported to county auditors this week that :  
"we've had over 5,000 calls on the Voter Hotline in the last 5 days. That's because of our mailing and the Public Service Announcements. You can expect that kind of reaction when your mail ballots hit. BE PREPARED!

"We've also received around 400 e-mails so far. 80% are angry.....some obscene. 17% are confused. 2.5% are happy with our office for providing the information, but hate the new primary. 0.5% are happy with the new primary."

### **State Helps Facilitate Acquisition and Repair of Failing Water Systems**

People near the Skagit County town of Concrete, in the Quilcene community in Jefferson County, and students at the Orchard Prairie School in Spokane will soon have more reliable, higher-quality drinking water under a new statewide program to rehabilitate struggling water systems. The program will also reach residents of 11 other communities around the state.

Contracts have been offered to 14 large public water systems around the state to help them acquire and rehabilitate other systems with water quality problems. Some of the troubled systems have deteriorated to the point that there is a public health concern. "Our goal is to protect people's health by creating a lasting solution for problem water systems," said Denise Clifford, director of the Office of Drinking Water at the Department of Health.

The 2003 Legislature committed \$4 million to create the Water System Acquisition and Rehabilitation Program to help improve municipal water systems. Program grants are intended to help local governments maintain safe and reliable drinking water systems throughout the state. They are managed jointly by the Department of Health, the Public Works Board, and the Department of Community, Trade, and Economic Development. Projects are expected to be completed two years after contracts have been executed. Applications were received last November. Contracts have been offered to the 14 applicants with the highest scoring projects. Another 13

project applications fell below the funding cut-off.

### **EPA Seeks More Information on Water Quality Standards**

The Environmental Protection Agency has notified the Department of Ecology how it intends to move forward on Washington's Water Quality Standards package. EPA wants to assess the appropriateness of some of the non-core rearing designations and ensure the protection of summer spawning. Ecology reports that EPA plans to engage in a factual information gathering process that will take 4 to 6 months. At the end of that process, EPA will be making final decisions on the package.

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## General Government Issues

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### National Public Service Award Nominations

The American Society for Public Administration (ASPA) and the National Academy of Public Administration (NAPA) announced the nomination period for the 2005 National Public Service Awards (NPSAs). These awards are now in their 23<sup>rd</sup> year and honor outstanding practitioners in public service. They are intended to recognize and support individuals who have "made a difference" in public administration for a sustained period of time. The NPSA has become the preeminent award to honor public servants across all sectors of government.

In addition to awarding up to five NPSA Awards, NAPA and ASPA established the "Rosslyn Kleeman Keeper of the Flame" Award in 2000 as an optional special recognition award. It pays tribute to an individual who has continued to provide public service after official retirement from the profession. Nominations are due by October 1, 2004 and awards will be presented in early April 2005 in Milwaukee, Wisconsin, during ASPA's National Conference. Full information on the awards and the nomination format (including material on past award winners) is available at: [www.napawash.org/about\\_academy/about\\_npsa.html](http://www.napawash.org/about_academy/about_npsa.html). You can direct questions to NPSA Coordinator Elaine Orr or assistant Charlene Walsh, at [npsa@napawash.org](mailto:npsa@napawash.org) or call 800-883-3190.

### Kittitas County Auditor Travels to Russia

Kittitas County Auditor David Bowen traveled to Russia this summer, joining eight other rising

political figures from across the nation as delegates to the Russian Federation for a 14-day political study program. The two-week trip was sponsored by the American Council of Young Political Leaders (ACYPL), a bipartisan non-profit organization located in Washington, DC.

The delegates traveled first to Washington, DC, for a day of briefings given by U.S. Department of State officials and representatives from the Embassy of Russia.

While in Russia, officials from the United Democratic Center, ACYPL's counterpart organization in Moscow, escorted the group during the trip and provided the delegates opportunities to interact with local, municipal, and national leaders, business communities and civic groups.

The delegates first visited with officials in Moscow, then traveled to other areas in Russia to provide for a diversity of viewpoints. Former delegates to the United States under ACYPL's bilateral program also met with the group throughout the trip.

As guests of the United Democratic Center, the delegates spent time with other young leaders while discussing areas of mutual interest. They were able to learn about the differences and similarities in government management, as well as local culture and social issues.

Founded in 1966, ACYPL has conducted bilateral exchanges in order to promote awareness and understanding of the common problems, opportunities and challenges that face the international community. Over 90 nations in Eastern and Western Europe, Latin America, Africa and the Pacific Rim have participated in exchange

programs with ACYPL. The organization also receives generous grants from the U.S. State Department to conduct this exchange.

ACYPL delegates are chosen from a competitive, bipartisan field of candidates who are between the ages of 25 and 40 years old and who have exhibited strong leadership during their careers in the public or private sector. Former participants have included members of Congress, state legislators, governors, local elected officials, ambassadors and many others.

### West Nile Virus Season

Washington is in very small company as a state that has not yet experienced its first human case of West Nile Virus. However, public health officials know it is only a matter of time. The following reprint provides a sense of the magnitude of the West Nile virus response in the United States.

*Reprinted from the CDC Public Health Law News – taken from Bloomberg News*

As West Nile virus infections jump as much as 39%, the costs of surveillance, laboratory testing, diagnosis, treatment, and preventive measures are reaching record levels. This year, the annual cost of prevention, treatment, mosquito control, and screening the blood supply will exceed \$1 billion. "The biggest problem that the states have is that doing all this surveillance and laboratory testing, it's not cheap," said John Roehrig, chief of CDC's arboviral disease branch in Fort Collins, Colorado. Over 350 state and local agencies will spend \$450 million this year in pesticides and mosquito surveillance, according to the American Mosquito Control Association. Sales of mosquito prevention products to consumers will top another \$550 million, the Association said. Recent budget cuts and environmental worries have caused many consumers to take matters into their own hands – real estate developers are among the do-it-yourselfers who are trying to solve the mosquito problem by spraying. Meanwhile, several biotechnology companies are vying for the next big thing in mosquito control sprays and West Nile treatments. One company, American Biophysics Corp., has increased its sales of mosquito traps 50-fold from 1998 to 2002. The U.S. West Nile outbreak has killed 20

people this year so far; total deaths in 2003 were 263.

### Public Health Legal Preparedness

*Reprinted from the CDC Public Health Law News – from The Daily Record*

The American Bar Association (ABA) and the Centers for Disease Control and Prevention (CDC) have joined forces to explore public health legal preparedness issues. The collaboration underscores the growing recognition by leaders in public health and the legal community that their combined knowledge and skills can strengthen the nation's public health legal preparedness abilities. "With the menace of terrorism and public health emergencies threatening all Americans, the lawyers of this country stand ready to step up and serve our communities by working to put solutions in place before tragedy strikes," said ABA President Dennis W. Archer. The partnership will focus on issues such as how to restrict the movement of people with smallpox while also safeguarding their civil liberties, whether health care workers can be compelled to treat people afflicted with dangerous infections, and whether a person's protected health information can be released to protect the public. "The ABA-CDC partnership will stimulate practical collaborations throughout the United States among public health agencies, the legal community, healthcare organizations, and others who are at the forefront of protecting our nation's health," said CDC Director Dr. Julie Gerberding.

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## Association News

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### Candidates Needed for Retro Pool Transition Advisory Board

At its June meeting, the WSAC board approved the recommendations of the Retro Pool Advisory Committee to establish a Transitional Advisory Board to address many of the program and governance issues identified by the current advisory board. The Transition Board will work on changes need to the program to improve its financial performance and improve services to members.

While the Transitional Advisory Committee officially operates until April 1, 2005, the WSAC Board intends that members will continue to serve on a successor committee through the April 2006. Its membership, in both its transitional and future operation will include individuals with knowledge and interest in workers compensation issues as well as two members of the WSAC Board. Specific membership slots would include:

- A prosecutor or deputy prosecutor with experience in employment and workers compensation issues.
- An auditor or deputy auditor with experience in employment related issues.
- A county risk manager or risk management staff with experience in worker compensation issues.
- A county human resource manger or staff person with experience in workers compensation issues.
- A county administrator or a manager with similar duties.
- Two members of the WSAC board.

- One at-large member (appointed or elected)

In making appointments to the committee, the WSAC President will make an effort to ensure that membership is representative of the diversity of size and location of pool members.

If you would like to serve on the committee or would like to nominate someone to serve on the committee, please send an e-mail to Maureen Morris at [mmorris@wacounties.org](mailto:mmorris@wacounties.org)

### Adams County 2004 Candidate Filings

Adams County's commissioner candidate filings were inadvertently omitted from the last *Courthouse Journal*. We apologize for this oversight. The candidates who filed are:

*Rudy Plager	Dist 1	R
Larry McCourtie	Dist 1	D
Glen Stockwell	Dist 1	D
*Richard Johnson	Dist 2	R
Roger Hartwig	Dist 2	R
Brent Giles	Dist 2	R

\* Denotes Incumbent

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## Good Things

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### Essayists Tell How They Would Change the World

By Sally Ousley, *Longview Daily News*  
Aug 22, 2004

If he were president, Columbia Valley Gardens third-grader Tyler Coulter would order school lunch menus to include strawberry shortcake every day. He'd also angle for more fishing opportunity.

"I would make it so if you caught any fish, it would be legal," the Longview 8-year old wrote in a recent essay contest.

If she had the same political opportunity, Huntington Middle School student Grace Tolby would fight for more affordable health care and better environmental protection.

"I'm only 12 years old, but I believe I can make a difference," wrote Grace, 12, of Kelso.

Tyler and Grace were among the winners of essay and coloring contests that the Cowlitz County Auditor's office sponsored at the Cowlitz County Fair earlier this month.

The contest asked children what they would do if they were elected president, and the entries showed surprising sensitivity as well as good humor, Auditor Kris Swanson said in an interview this week.

"It occurred to me that even though they're young people, it's interesting how they expressed political issues, like war, and prescription drugs because it affects their grandparents," she said. "I realized how they're impacted by political issues."

Judges selected one winner in three age groups, and the winners received a \$25 savings bond, a certificate, transportation and a lunch courtesy of Columbia Ford and rides at the Hilander Fun Center.

Kelso High School freshman, Alysia Huckaby, 14, also was an essay winner in her age group.

Swanson said the office sponsored the contest for the first time this year and received about 35 essays and 15 colored pictures.

She said the funniest essay was from a 14-year-old who thought the United States could solve a war with wrestling matches and "whoever wins gets what they want."

Swanson said other essays talked about concerns for the homeless, animal cruelty, world hunger, ending the Iraq war, gas prices and school funding. The young writers also talked about lowering taxes and grocery prices, opening four-wheeler tracks, pet monkeys and free ice cream, Swanson said.

"They understand what's going on," she said.

Stephanie Catrina, 6, Kalama, won the coloring contest.

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## Courthouse Ramblings

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Benton County Prosecutor **Andy Miller** had surgery recently to remove his appendix. He was ill for some time before seeking medical help, whereupon they found that his appendix had ruptured, which caused more complications. We send Andy our get well wishes.

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Franklin County government offices are still in business, even though the new 2004-2005 Dex phone books that were distributed in the Tri-Cities were missing 41 numbers for Franklin County agencies. Finding out about jobs in the county could be difficult, too, as the human resources department phone number is wrong. A Dex spokesman out of Denver said that the telephone directory company will send out an insert page showing all 65 Franklin County departments, as soon as possible.

## Calendar of Events

<b>Meeting</b>	<b>Location</b>	<b>Date</b>	<b>Information</b>
Calendar of Events online – <a href="http://www.wacounties.org">www.wacounties.org</a> For your convenience training and workshops are <b>bolded</b> .			
<b><u>SEPTEMBER 2004</u></b>			
<b>LABOR DAY</b>	WA Counties Bldg CLOSED	Sept. 6	(360) 753-1886
<b>CPO Training *</b>	<b>TBA</b>	<b>TBA</b>	<b>(360) 753-1886</b>
EMC Task Force	WA Counties Bldg, Olympia	Sept. 9	(360) 753-1886
<b>WA Association of Prosecuting Attorneys – Juvenile Training Program</b>	<b>Icicle Inn, Leavenworth</b>	<b>Sept. 12 – 14</b>	<b>(360) 753-2175</b>
Washington State Association of County Assessors (WSACA) Fall Conference	Everett, Snohomish County	Sept. 13 - 16	(425) 388-3446
Washington STATE	Primary Election Day	Sept. 14	<a href="http://www.vote.wa.gov/calendar/">http://www.vote.wa.gov/calendar/</a>
County & Regional Planning Directors/City Planning Directors Joint Conference	Campbell's Resort, Chelan	Sept. 14 – 17	<a href="http://www.geocities.com/wsacrpdc">www.geocities.com/wsacrpdc</a>
WSAC Legislative Steering Committee	DoubleTree Hotel Seattle Airport	Sept. 16	(360) 753-1886
<b>WA Association of Prosecuting Attorneys – Drug Training Program</b>	<b>Icicle Inn, Leavenworth</b>	<b>Sept. 15 – 17</b>	<b>(360) 753-2175</b>
Association of County Human Services	Shilo Inn, Ocean Shores	Sept. 15 - 17	(360) 753-1886
WA Counties Insurance Pool Board	Radisson Hotel, SeaTac	Sept. 16	(360) 586-0466
WA Counties Insurance Fund Board	Radisson Hotel, SeaTac	Sept. 16	(360) 586-0466
Insurance Advisory Committee – 2005 Renewal	Radisson Hotel, SeaTac	Sept. 16	(360) 586-0466
Washington STATE	Resolutions - Last day for filing of special election to be held in conjunction with the general election	Sept. 17	<a href="http://www.vote.wa.gov/calendar/">http://www.vote.wa.gov/calendar/</a>
Washington STATE	Committee Week-end - House and Senate	Sept. 20 - 21	
<b><u>OCTOBER 2004</u></b>			
WACO/WSAC Joint Fall Conference	Red Lion Hotel at the Park, Spokane	October 4 – 8	(360) 753-7319
WSAC Rural Issues Sub-committee	Red Lion Hotel at the Park, Spokane	October 4 or 5	(360) 753-1886
WSAC Urban County Caucus	Red Lion Hotel at the Park, Spokane	October 4 or 5	(360) 753-1886
WACO Board of Trustees	Red Lion Hotel at the Park, Spokane	October 4	(360) 753-7319
Washington STATE	Election Results - Last day for SOS to certify	October 5	<a href="http://www.vote.wa.gov/calendar/">http://www.vote.wa.gov/calendar/</a>

## ***Calendar of Events (continued)***

WA State Association of Counties Board of Directors	Red Lion Hotel at the Park, Spokane	October 5	(360) 753-1886
WSAC Legislative Steering Committee	Red Lion Hotel at the Park, Spokane	October 5 or 6	(360) 753-1886
WACO Board of Trustees	Red Lion Hotel at the Park, Spokane	October 8	(360) 753-7319
ACE Committee (Payroll & HR)	Radisson Hotel, SeaTac	October 13	(360) 586-0466
EMC Task Force	WA Counties Bldg, Olympia	October 14	(360) 753-1886
<b>Mass Fatalities Incident Response Planning**</b>	Vancouver, Washington	October 18-22	(866) 623-6634
* Info and registration on all Certified Public Official (CPO) Training - <a href="http://www.wacounties.org/CPO/Course%20Calendar.htm">http://www.wacounties.org/CPO/Course%20Calendar.htm</a>			
** A special Tuition-Free Course offered by the National Mass Fatalities Institute in partnership with the Clark County Medical Examiner's Office			

**HEALTHY TIPS FROM WASHINGTON COUNTIES  
INSURANCE FUND**

**You Can't Do an End Run Around Fruits and Vegetables**

It's often said that a multivitamin supplement can never take the place of actual food, which has many more chemicals than just its vitamins and minerals, but is it really true? Researchers in Denmark got at the question by subjecting people either to several weeks of a multivitamin/mineral pill or several weeks of a fruit- and vegetable- containing diet that supplied 21 ounces of produce a day. (An apple weighs a little less than 5 ounces; a half cup of cooked broccoli, about 3 ounces).

After almost a month, all of the subjects had reduced levels of chemical markers in their blood for oxidation of lipids, or fats. That's a plus --- less lipid oxidation is believed to be potentially important for prevention of atherosclerosis. The difference between the two groups, according to those blood markers, was that the slowdown in lipid oxidation was even greater among the fruit and vegetable eaters. The produce eaters also had other blood marker indications of greater protection against oxidative damage.

In Denmark, incidentally, there's a 6-a-day campaign to get people to eat more fruits and vegetables. In the US we have a 5-a-day program. It should be noted that the US dietary Guidelines suggest five servings of produce as a minimum.

**For more information about  
Washington Counties Insurance  
Fund, call (360) 586-0466**

