



## Life and budget looked different in 1922 Linn County, Oregon

By Alex Paul

Linn County Reporter

ALBANY — In 1922, the population of the United States was 110 million, up 1.5 million from 1921. Oregon was home to 814,000 people and almost 25,000 people lived in Linn County.

You could purchase a new Model T Ford for less than \$300 and the average worker was earning 65 cents per hour. You could see a movie for just 25 cents or attend a New York Yankees baseball game for \$1.

In Linn County, business was being conducted in a courthouse that was built in 1865 and remodeled in 1890 and 1899. And the total proposed annual budget for the county was just \$733,575.

Linn County Treasurer Michelle Hawkins found a copy of the proposed budget on the fourth floor of the Courthouse that was posted in the local newspaper in November 1921.

The document provides an interesting peek at life 100 years ago.

The document was signed by County Judge W.R. Bilyeu and Commissioners D.H. Pierce and T.J. Butler.

The salary of the County Sheriff and Clerk was \$2,000 per year. The County Recorder's salary was \$1,500 and the Treasurer was to be paid \$1,200. The

surveyor's salary was \$1,320 and the office's total budget was \$2,305.

The Assessor's salary was \$1,600 and the office budget was \$6,315, including \$1,200 for the Chief Deputy's salary.

The Courthouse janitor was to be paid \$800 and there was \$10 budgeted for "extra help." Supplies totaled \$165.

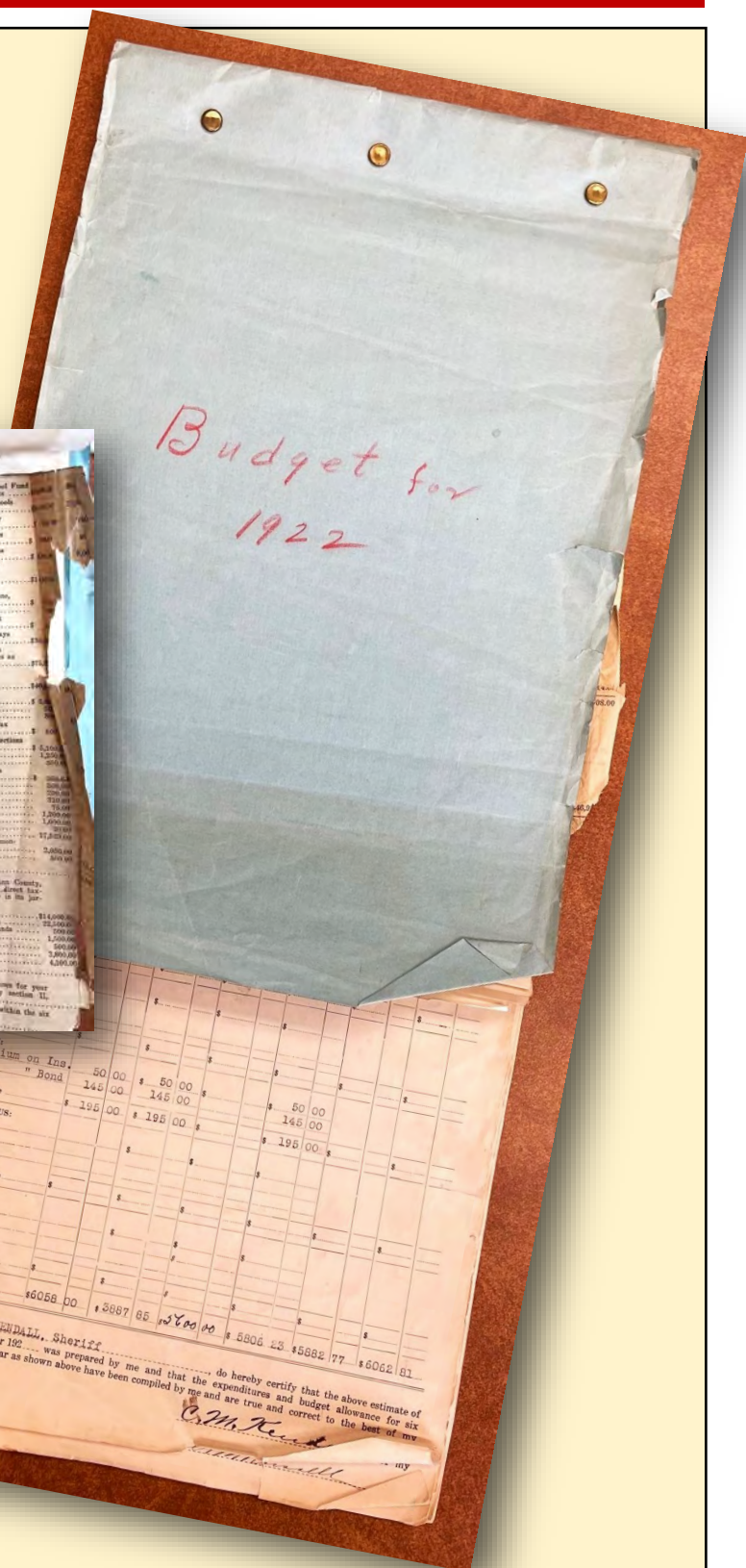
\$5,225 was budgeted for the County Commissioner's Court, including \$1,800 for the County Judge.

The Coroner's Office budget as \$288, including \$175 for the coroner and \$70 for "fees of physicians."

There were County Schools in those years. The County Superintendent's salary was \$1,200 and he had "traveling expenses" of \$400. Total office budget: \$2,775.

The total "County School Fund" was \$80,000.

1922 Budget ... See P. 14



## Memorial service Oct. 29 for former County Clerk Steve Druckenmiller



Steve Druckenmiller

By Alex Paul

Linn County Reporter

To the residents of Linn County, Steve Druckenmiller was a dedicated public servant who, over nearly 40 years as County Clerk, refined vote-by-mail into an artform and was the trusted keeper of thousands of official records, from marriage certificates to property deeds.

To his fellow elected officials and department heads, he was a wise confidante, who kept a steady hand not only on the tiller of his office, but the operation and reputation of county government as a whole.

To his children and grandchildren, he was a dad and grandfather who, when he took off his sport coat and tie at the end of a work day, enjoyed singing, telling jokes and tossing a baseball around the back yard with them.

Steve, 73, died early Sunday, September 24, after a six-month battle with

cancer.

As the second longest serving elected official in Linn County's history — 37 years as clerk and 44 years total — his ashes will lie in state on the second-floor rotunda of the Courthouse on Friday, October 27 and Saturday, October 28.

A memorial service will be held at 1 p.m. on Sunday, Oct. 29 at the Linn County Fair & Expo Center.

Born on February 20, 1950 in Hollywood, California, Steve's family moved to the East Coast when he was young. He earned a bachelor's degree in government and a law degree from Suffolk University in Boston, Massachusetts. His first job in the courthouse was with the state courts, moving into the Clerk's Office in 1979.

Steve was a protégé of former County Clerk Del Riley, who pioneered vote-by-mail in Oregon. Steve constantly refined the system during his years in office and would gladly take anyone who had questions on a personal tour of his office, de-

tailing every phase of the vote-by-mail process. He supported any measure that made it easier for people to register and vote while still maintaining the integrity of elections.

Former Secretary of State Phil Keisling said Steve reached out shortly after Keisling took office to "educate me" about the advantages of vote-by-mail, turning the skeptic Keisling into a supporter of the system.

In addition to his years in the Clerk's Office, Steve was appointed to the Board of Commissioners on an interim basis in 1982, vowing he would not seek the office on a full-time basis.

He was proud to have overseen 141 vote-by-mail and 28 poll elections during his career.

To those who worked with him, Steve was an intelligent, exacting man, to

DRUCKENMILLER ... See P. 2



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### Linn County Board of Commissioners



Roger Nyquist



Sherrie Sprenger



Will Tucker

The Board of Commissioners meet at 9:30 a.m. on Tuesdays and at the same time on Wednesday if needed.

You can listen to the meetings by calling 541-704-3003 PIN 8442.

Call 541-967-3825

## STEVE DRUCKENMILLER ... From P. 1

whom they would turn for sage advice. He was the long-term memory of the courthouse.

They also enjoyed his sense of whimsy. He and an elected official from another county once reenacted a musical act from the popular comedic movie, The Blues Brothers.

Upon learning of his passing, several newspaper reporters said he was their best resource for stories and the most knowledgeable elections official they ever worked with.

His private office was a bit of a political museum filled with election signs, hundreds of campaign buttons and newspaper clippings.

Former Democrat-Herald executive editor Hasso Hering noted in his popular blog HH Today, "Druckenmiller was a soft-spoken guy. I often had to ask him to repeat what he just said. But there was nothing soft about his commitment to the public he served for so many years."

Linn County Commissioner Roger Nyquist said "Steve loved the people of Linn County and was deeply honored that they entrusted him to conduct elections all of these years. It was a job he did flawlessly. Steve became the wise and reasonable person in the courthouse sought out by many for advice. I feel privileged to have been his friend and I miss him."

"When Steve spoke, you listened," said Commissioner Will Tucker.

Steve's two grown children best remember him as the dad who loved holidays — especially Christmas — surprising people with special gifts and playing baseball.

They enjoyed walking with him in parades, being with him when he judged the Mill City Mutt Show, visits to the Enchanted Forest and watching classic movies — especially the Marx Brothers comedies.

He enjoyed studying American history and music and he loved Jesus Christ. He also enjoyed spending time with his four grandchildren.

He was especially proud of his years of service to the citizens of Linn County and was always thankful they elected him to office 10 times.

"He was a very kind, loving, and generous father, who approached adversity with humor and courage," Peter Druckenmiller said. "He passed these traits on to both my sister and me, and we are undoubtedly better for it. We will truly miss him and our family has been deeply moved and blessed by the support and love that those who knew my father have shared with us."

Long-time Chief Deputy Clerk Marcie Richey noted that, "He was a fair and honorable man with a lot of kindness and love for the people of Linn County." Steve is survived by his daughter Jenny Druckenmiller, her husband, Maren Peasley and

their children Steven, Wyatt, Gideon and Noryne of Moscow, Idaho; his son, John Peter Altgeld Druckenmiller, his wife Simonne of McMinnville; sisters, Jackie Kingsley of Corvallis and Joanie Korman of St. Louis, Missouri. He was preceded in death by his parents, Lester and Olive Druckenmiller and his brother Lester "Charles" Druckenmiller.

In lieu of flowers, the family suggests donations be made to St. Jude Children's Research Hospital at <https://raise.stjude.org/stevendruckenmiller>.



Former Linn County Clerk and Commissioner Steve Druckenmiller with his children, Peter and Jenny.



The walls of Steve Druckenmiller's office were filled with political buttons and newspaper clipping clippings collected over his 37 years as Linn County Clerk.





Members of the American Legion Post 10 Honor Guard and the Oregon State University officers candidates prepare for a 21-gun salute at the annual 9/11 Memorial.



Above: Kris Barnes adjusts the sound system. Right: Gov. Tina Kotek was a guest speaker.



Bagpiper Steve Fowler of the Willamette Valley Pipes & Drums.

A patriotic gesture by one of the guests.



Firefighters from throughout Linn County participated.



Linn County Sheriff Michelle Duncan was a guest speaker.



Praise in 3D, the Dominy Family, performed several songs.



# Covering the Crawfordsville Covered Bridge was no small task

By Alex Paul  
Linn County Reporter

**C**RAWFORDSVILLE — The Linn County bridge crew was busy in late August putting what could be called a very big band aid on the

Crawfordsville Covered Bridge.

Senior Engineer Kevin Groom said the bridge crew plus staff from the Sweet Home District spent three days installing a heavy-duty tarp over the bridge's roof to protect the structure from winter rains due to numerous holes in the roof.

The 150-foot-long tarp had been used to protect

the Shimanek Covered Bridge for a few years before it underwent a \$3 million renovation.

"The problem is, the Crawfordsville Covered Bridge is not used for vehicle traffic, it is a wayside managed by the Parks Department," Groom said. "There isn't any state or federal money available to repair these types of bridges."



The Crawfordsville Covered Bridge is a Howe Truss bridge that was built in 1932 near what was then a bustling small community. The bridge was bypassed on Highway 228 in

1963 and is now maintained by the Parks & Recreation Department as a pedestrian bridge.

It is a popular spot for picnics, family gatherings, wedding and high school senior photos and the annual Crawfordsville Covered Bridge celebration held by the community in late August.

The bridge was also featured in the 1976 television movie, "The Flood". Groom said he has been concerned about the condition of the bridge since he came to work for the county in 2011. "We had it inspected in 2021 and found holes in the roof, which we already knew, and that moisture was causing some truss rot," he said. "All of the covered bridges we have rebuilt started with leaky roofs. This tarping should buy us some time while the Parks Department tries to find some money for maintenance."

Groom said the tarp is 150-foot-long, so some of it had to be rolled up and tucked under itself.

He said the initial work of getting the heavy tarp on the roof didn't take long, but it took another day or two to get it lined up properly

and tightly secured. He said wooden beams were used like skis to slide the tarp into place.

"Our guys also used leaf blowers to create an air

space between the roof and the tarp so it could be pulled into its final position, once it was all the way along the roof, Groom said.

Groom said he hopes the tarp will last five years, but added it has already lasted three or four.

Groom estimates basic repairs to the bridge including a new roof, fumigation and painting will cost at least \$366,000, not including the cost of design.

He said that a couple years ago, the citizens of Mill City mounted a campaign to save their historic railroad bridge and raised more than \$400,000.

Parks & Recreation Director Stacey Whaley said this is another example of her department and the Road Department having a long history of working together for the better of the citizens of Linn County.

"The long-term repairs will be extremely expensive," Whaley said. "We hope the cover will extend the lifespan long enough until we can come up with funding to make it happen."

You can watch a YouTube video of the work in progress at: <https://youtu.be/PI3R1uMPdZM>

**Photos courtesy Kevin Groom and Rich Gilbert**



Linn County Bridge Crew members Layne Newman, left, Marcus Jones, center front, Tyler Miller, center rear, and Rusty Thorpe, right. Photo: Rich Gilbert.



### New digs for Board of Commissioners' staff

It was a story of "out with the old and in with the new" for the office staff area in the Board of Commissioners' suite the week of Sept. 12-18. Marsha Meyer and Courtney Leland saw their office area moved and dismantled as soon as the Board meeting ended on Sept. 12. Reams of files were moved into the Board Room, and both women found themselves working out of temporary quarters set up by the good folks from IT and General Services. In the next few days, the old office was dismantled and removed, new carpet went down and new stylish cubicles were installed. The goal of a Monday return to normal was met.



### Coffee With a Cop Oct. 4

The annual National Coffee with a Cop Day is Wednesday, October 4.

LCSO staff will be at the following locations and invite you to come and engage with our staff, ask questions, or just simply get to know us:

- **Brownsville** — Randy's Main Street Coffee: 8-9:30 a.m.
- **Harrisburg** — 99 Grill: 8:30-10 a.m.
- **Lyons** — Your Country Kitchen: 8:30-10 a.m.
- **Mill City** — Rosie's Mountain Coffee House: 8-9:30 a.m.
- **Scio** — Covered Bridge Coffee House: 7:30-9 a.m.
- **Tangent** — Dixie Creek Saloon: 10-11 a.m.
- **Shedd** — Shedd Market: 7:30-9:30 a.m.
- **Albany** — Brim Coffee: 8-9:30 a.m.
- **Sweet Home** — Sugar Vibes: 7-8:30 a.m.
- **Lebanon** — Hazella Bake Shop: 8:30-10 a.m.

We will also be enjoying some coffee with some of our amazing veterans at the Oregon Vets home in Lebanon.



Having a bridge pre-made allowed workers to install it in record time to service the Wiley Creek Fire west of Sweet Home.

## Bridge built in "record" time to help fight Wiley Fire

Courtesy The New Era newspaper-Sweet Home

**S**WEET HOME — Some 267 firefighters fought the Wiley Fire, but despite all this manpower they came up against a problem. How were they going to get firefighting apparatus across Little Wiley Creek to continue battling the flames? There was a bridge across the water, but it wasn't suitable for such an operation.

So, Fire Incident Commander Chad Calderwood posed a question to Cascade Timber Consulting staffers, whose land the bridge, built years ago by another timber company, was on: "What's the chances of getting this bridge fixed?"

Turns out, pretty good.

CTC Forest Engineer Kevin Van Cleave made a call to CTC President Milt Moran to see if they could make it work. And then just 30 hours after that call was made, a new bridge sat where the faulty one had been, allowing fire engines and bulldozers to cross it.

That's a sped up timetable, to say the least. "That's unheard of," Moran said. "That just doesn't happen."

Right away after getting the call from Van Cleave, Moran determined that he would rather have the structure replaced than repaired, citing the reasoning "If you band-aid something up, you've got to fix it eventually. We wanted to do it right the first time."

So, Van Cleave got hold of Stayton-based Farline Bridge, Inc. They happened to have a bridge that was the right length sitting in their yard.

"It was really fortunate that we didn't have to pour a bridge," Moran said. "It was already poured and cured and just kind of sitting on a shelf at this bridge outfit yard."

The old bridge had already been on Corvallis-based McGee Engineering's radar as "needing something," Van Cleave said. "They kind of already knew the specs and dimensions, and the abutments and approaches were in good shape. So, it was kind of a turnkey operation for us."

The old bridge was lifted out and precast concrete blocks were put in for the new bridge to sit on. That new bridge would have a steel substructure with composite concrete deck panels laid over top of it.

Moran said workers labored "around the clock" to get the bridge put in, work that included clearing the area of overhanging trees. An engineer from McGee was on scene pretty much the whole time during the process.

Calderwood also was impressed with the accelerated time frame. "I think CTC's got the record for the fastest bridge built in Linn County... in the state," he said. "They had that bridge torn out and a new one installed the next day."

The quick bridge construction wasn't in CTC's long term plan, obviously, but they made do. "We didn't budget for this bridge," Moran said. "It was outside of our budget, but it was an emergency expenditure. Whenever we have a wildfire, we want to bring out the big guns to take care of it."

With the bridge in good working condition, firefighters were able to access the northwestern edge of the fire.

"We couldn't have gotten the equipment over there that we did get without the bridge, fire trucks and tenders especially," Moran said. He added "You can't just throw a culvert in. It has to be a bridge structure over the water."

The bridge was also essential to getting an ambulance near where the firefighters were working. Moran said that CTC almost always has an ambulance on standby when fires are being fought, especially in really rough country. "Firefighter safety is always top of our minds whenever we're dealing with fire," he said.

The northwestern edge of the fire was about two and a half miles from



where the bridge was put in. Without the bridge, Moran said "We still would have been able to fight the fire, but it would have been a logistical nightmare. We would have had to hand pack pumps in there and put them in, and would have had a lot longer hose lays into the fire."

The Wiley Fire, located nine miles west of Sweet Home and first reported on Aug. 7 near Buck Mountain, ultimately burned about five acres of CTC property. The blaze burned 245 acres in all; all but 23 of those acres were U.S. Forest Service land. 18 of the acres were owned by Giustina Resources, a forestry service based in Springfield. The Wiley Fire was 100% contained by Sept. 6.

Moran said the newly constructed bridge will be used by CTC in the future for moving timber and for access to an adjacent piece of property.

### We've got you covered!

Samaritan Health Services is offering flu shots at drive-through sites on Saturday, Oct. 7.



#### We want to help you and your family avoid the flu this year.

The primary care clinics of Samaritan Health Services will host drive-through flu vaccination clinics at the following locations and times. No appointment needed. Vaccinations will be given to anyone age 6 months and older.

- Albany — 8 a.m. to noon  
Samaritan Medical Clinics parking lot — 400 Hickory St. N.
- Corvallis — 9 a.m. to 1 p.m.  
Belvue Warehouse parking lot — 2555 NE Belvue St.
- Lebanon — 9 a.m. to 1 p.m.  
Lebanon Urgent Care parking lot — 35 N. Mullins Dr.
- Lincoln City — 9 a.m. to 1 p.m.  
Samaritan Lincoln City Medical Center parking lot — 3011 NE 28th St.
- Newport — 9 a.m. to 1 p.m.  
Samaritan Center for Health Education — 740 SW 9th St.



# OSU Extension Service



Brylee Hanson



Above: Mark Wolthuis and Jada Franken

## Linn County kids at the State Fair

Left: Grace Herrold



Sarah Hill and Ericka Emig



Jada Franken



Jeremiah Erz

# Susie Orsborn to lead GAPS district HR department

**A**LBANY — Greater Albany Public Schools is pleased to announce Susie Orsborn will join the district office as the Executive Director of Human Resources. Orsborn is the current principal of West Albany High School, a position she has held since 2004.

“I am extremely excited about the opportunity to serve the district from a different vantage point as the Executive Director of Human Resources, and I am committed to ensuring that the Human Resources department plays a vital role in supporting the success and well-being of educators and staff,” Orsborn said. “We will focus on recruiting and retaining top talent to ensure the district has the right people in place to achieve its goals. It's important for us to foster a work environment where employees are engaged, motivated, and supported.”

Orsborn is a long-time Albany resident with deep roots in the school district.



**Susie Orsborn**

She attended Waverly and South Shore Elementary Schools, North Albany and Calapooia Middle Schools before graduating from South Albany High School. She has worked for GAPS for the past 38 years in several roles.

“I have loved every job that I have had in the district,” Orsborn said. “I have proudly served the district for the past

38 years as a teacher, coach, assistant principal, and principal. This experience has given me excellent insight into the culture and climate of Albany and our school district.”

Over her educational career, Orsborn has earned the Coalition of School Administrators (COASA) Assistant Principal of the Year award; Oregon School Activities Association Distinguished Service Award; served on the Chalkboard Distinguished Leaders Council, and was inducted into the West Albany Athletic Hall of Fame, as well as the Oregon Cheerleading Coaching Association’s Hall of Fame.

In addition to her professional accomplishments, Orsborn has been involved in several community nonprofits including Samaritan Albany General Hospital’s Board of Directors, of which she is a current member, and as a former member of the Albany Boys & Girls Club Board.

“Susie is an exemplary educator who has served this district in an outstanding

fashion over the course of her career,” said Superintendent Andy Gardner. “Her focus on people and the construction of systems have led to great achievements at West Albany and it gives me great confidence she will transition those skills to the work at the district level.”

Orsborn has her Bachelor of Science in Elementary Education with a Secondary Math endorsement from Oregon State University, and her Master’s in Educational Leadership from University of Oregon.

She also holds an education administrative license.

As this transition will take place in the coming weeks, Superintendent Gardner has named Rich Engel as the Acting Principal of West Albany High School for the 2023-24 school year. Engel has served as an Assistant Principal of the school since the fall of 2012.



# Juvenile Department team building

*Thank you Knife River Training Center for hosting our department's all staff meeting this year!! We had a great time team building and working on department values.*





# Santiam Canyon recovery by the numbers

By Jim Day

Canyon Weekly

**S**ANTIAM CANYON — The wildfires that burned wide swaths of the Santiam Canyon approximately three years ago have produced a striking set of numbers. Numbers that folks can use to assess their losses as well as numbers that show the extent of efforts to help the Canyon recover.

And numbers, particularly in dollar figures, show how delays and bureaucracy have produced stiff challenges for those working on the recovery.

He is the big number: 470. That number represents the number of primary homes lost, both to homeowners and renters in Lyons, Mill City, Gates, Detroit and Idanha as recorded by Santiam Hospital's Santiam Disaster Services group. The count includes housing in both Marion and Linn counties, although more than 80 percent of the losses were in Marion County.

The figures show that 109 families who were renting have recovered, that is, they are safe and sound in a new home.

A total of 155 homeowners have recovered and another 92 renters and homeowners are in the process of recovery and are in the process of recovery and being case-managed by Santiam Disaster Services.

Add up those three figures and you get 356, or 114 households short of the 470 total loss figure.

Melissa Baurer of Santiam Disaster Services notes that because property owners in that cadre of 114 have not registered for case management with her organization it remains unclear at what stage in their recovery they might be.

"We do still have the ability to register if any of the 114 households are not complete with their rebuild and need case management services," Baurer said.

Santiam Disaster Services provides case management assistance to Canyon residents under a contract with the Oregon Department of Human Services.

"Our goal," Baurer said, "is to help each survivor rebuild/relocate so they may have permanent stable housing as long as funding is available to access for rebuild/relocate expenses."

## Funding

Money to assist Santiam Canyon residents recover and rebuild has come from a wide variety of sources.

Some of the major funding sources include:

Santiam Canyon Wildfire Relief Fund had distributed approximately \$3.5 million toward rebuilding and recovery as of Aug. 7.

The Mid-Willamette Valley Community Action Agency has distributed approximately \$4.9 million via its wildfire resiliency recovery account.

The Oregon Department of Human Services had distributed \$889,000 as of June 30.

The Santiam Long-Term Recovery Group has spent approximately \$509,000 through its unmet needs committee.

Two sources of funds remain largely undistributed, which Baurer said has "left survivors feeling frustrated."

Marion County officials announced in March that \$12 million was available to help families rebuild. The money represents one of the largest single infusions of wildfire recovery funding to date.

"This is likely the biggest news for Santiam Canyon wildfire recovery efforts since the fires were put out," Deana Freres, board president of the Santiam Long Term Recovery Group said at the time.

The funds came from Marion County's share of \$150 million in Oregon Housing and Community Services allocations, part of the \$150 million in funding approved by the Legislature as part of House Bill 5006, a supplemental state budget appropriations measure that took effect July 1, 2021.

Unfortunately for Canyon residents looking to rebuild, it took from April 2021 to March 2023 to iron out differences between the state and the county on how to allocate the funds, a process Marion County Commissioner Danielle Bethell described as "long and grueling."

The stumbling block was agreeing on what income levels would be required to be eligible for the money.

Originally, OHCS only wanted to serve those up to 80 percent of area median income levels, or AMI, which is approximately \$54,500.

The county held out for 120 percent of AMI, or \$81,500, because officials wanted to help as many families as possible.

County officials hoped, at the time of the March announcements, that the \$12 million would be enough to take care of the remaining 902 case-managed households. It hasn't turned out that way, at least not yet.

According to Baurer, Marion County finally was able to open the application process on July 6. Since that time five applications have been received.

One, calling for the expenditure of \$97,500, was approved. One was denied and is being reviewed under a protest protocol. Three other applications are pending.

Another potential windfall of recovery funds is the \$422 million pool of money the federal Department of Housing

## The Numbers

Total homes lost: 470

Renters' homes recovered: 109

Marion County: 99

Linn County: 10

Detroit: 21

Gates: 45

Lyons: 29

Mill City: 14

Owners' homes recovered: 155

Marion County: 133

Linn County: 22

Detroit: 21

Gates: 48

Idanha: 3

Lyons: 72

Mill City: 11

Total households recovered: 264

In case management: 92

Unknown outcomes: 114

Source: Santiam Disaster Services

and Urban Development released to Oregon for use as disaster recovery community development block grants.

The program, called ReOregon, aimed to provide new permanent housing in the areas statewide impacted by the 2020 fires.

According to Baurer, a Federal Register notice in February 2022 outlined the steps required to access funds, but the application process still has not been finalized.

"They have not issued a launch date but are hopeful to have something in place by December 2023," Baurer said.

# Linn County assists Santiam Canyon fire victims

By Alex Paul

Linn County Reporter

**ALBANY** — Linn County has assisted families who live in the Santiam Canyon and lost their homes or outbuildings in the September 2020 fires by waving about \$115,654 in building permit fees, according to Planning & Building Director Steve Wills.

Wills said the Linn County Board of Commissioners approved the waver program just weeks after the fires. "The total costs include inspection time, staff permitting time and planning review time," Wills said.

To date, Planning & Building staff have dedicated 123 hours to inspections, made 479 stops at building sites, spent 68 hours working on permits and 196 hours on plan reviews.

The county has been reimbursed for



staff time through a state-funded grant. "Our work includes everything from remodeling to entirely new homes," Wills said.

The program is only for families whose properties were affected by the wildfires. At the time, Board Chair Roger Nyquist said there were an estimated 90 homes affected on the Linn County side of the river.

"This is a great way to provide certainty for people when there is so much uncertainty in their lives," late Commissioner John Lindsey said. "This is a big issue. I want certainty in my life, and they do, too. This is not a giveaway program. It's in the public's best interest."

Linn County also assisted renters who lost everything and did not have insurance.

Linn County provided them with gift cards and \$1,000 grants, plus helped them contact FEMA.



# Veterans Services stand up for “Stand Down” for veterans

By Alex Paul  
Linn County Reporter

**A**LBANY — Linn County Veterans Services stood up for veterans at the Stand Down for Veterans Sept. 14 at the Albany Eagles.

Veterans Services Director Dee Baley-Hyder worked with about 20 veterans, providing them valuable information about services and programs that are available to them. The event was sponsored by the Mid-Willamette Valley Vet Net and Albany Eagles.

Linn County Commissioner Will Tucker and Albany Mayor Alex Johnson II, both veterans, welcomed their fellow veterans and encouraged them to take advantage of programs available to them. “Veterans deserve special thanks and treatment as they get older,” Commissioner Tucker said. “The ability to connect to services and programs they are entitled to due to

time in military is important. Someone may have left the military 40 years ago, but here is chance to connect and see unit patches haven’t seen in many years.” Tucker thanked the many agencies and organizations that participated, including the Department of Veterans Affairs and the Linn and Benton county veterans services offices. “It is great to see the broad spectrum

of services all sharing and working together to help our veterans,” Tucker said. Veterans could get information about their Disability and Social Security benefits, employment services, housing and utility assistance, alcohol and drug treatment, VA medical benefits, Section 8 housing, medical resources, VA outreach, dental van, medical van and more.

“Our office has been involved with the Stand Downs for years,” Baley-Hyder said. “I like they had a check-in for each person and tailored services to their individual needs.” Linn County Veterans Services representatives

worked with veterans who needed their DD214 papers and provided information about what the office can do for them, especially how the benefits claims process works. “I felt very good about the outreach,” Baley-Hyder said. “It is difficult to contact some of our homeless veterans because they don’t have access to

the Internet. We are going to try to reach out to them at places they may congregate such as local soup kitchens and the Mental Health office.” She was also pleased that there were people on site who could assist veterans who are seeking employment.



Linn County Veterans Services Office Specialist Jess Valenzuela and Director Dee Baley-Hyder.



Commissioner Will Tucker



Mayor Alex Johnson II



# These habits can cut the risk of depression in half

Allison Aubrey  
National Public Radio

A study of nearly 300,000 people in the U.K. found that people who maintained at least five of seven healthy habits cut their risk of depression by 57%.

If an ounce of prevention is worth a pound of cure, here's a strategy that may help boost your mental health: Spend the next week observing your daily habits. You can jot them down in a journal to keep track.

How well are you sleeping? Are you eating foods that nourish you? Did you make time for a favorite hobby and exercise? Did you gather with friends or loved ones?

Your answers to these questions may help explain your mood — and your risk of depression too. In fact, a new study finds that people who maintain a broad range of healthy habits, from good sleep to physical activity to strong social connections, are significantly less likely to experience episodes of depression. Researchers used Mendelian randomization — using genetics to study behavior — to confirm a causal link between lifestyle and depression. They found a reduction in the risk of depression held up even among people who have genetic variants that make them more susceptible.

"I think the biggest surprise is that if you have a favorable lifestyle, you can reduce the risk of your getting depression by 57%, which is really quite a massive amount," says study author Barbara Sahakian, a clinical psychologist and neuroscientist at the University of Cambridge. The study included data from nearly 300,000 people in the UK Biobank database initiative. Researchers identified seven healthy habits and found that people who maintained most of them — five or more — cut their risk of depression by 57%. Researchers also analyzed markers of inflammation, including C-reactive protein, which is linked to depression, and found that a healthy lifestyle is linked to better scores. C-reactive protein concentrations rise in response to inflammation.

Of course, serious depression needs to be treated, and medications and therapy help many people feel better. But in recent years, as science has evolved, it has become clear that depression is not just a chemical imbalance. It's much more complex, and increasingly, a body of evidence points to the importance of habits and behaviors to help keep mental health strong.

## 1. The power of rest

At the top of the list is a good night's rest. Sleeping seven to nine hours per night, on average, reduced the risk of depression by about 22% in the study. "A lot of us think of sleep as a kind of a passive process, but it's an incredibly active process," Sahakian says.

Not only does sleep enable us to consolidate memories, helping us remember what we've learned during the day, but research shows it plays a key role in keeping our immune systems strong. For instance, a well-rested person is better at fending off the common cold. And though dreaming is still a bit of a mystery, the idea that dreams may help us regulate our emotions goes back decades.

If you have insomnia or trouble sleeping,



there's lots of evidence that these strategies, based on cognitive behavioral therapy, can help.

## 2. Exercise is an elixir

A New Prescription For Depression: Join A Team And Get Sweaty

There's a solid body of evidence linking physical activity to improved moods. A previous study, based on data from Centers for

Disease Control and Prevention surveys, found that people who exercise regularly report fewer days of bad mental health.

And a recent meta-analysis found that physical activi-

ty was more effective than medications in reducing symptoms of depression. Antidepressant medicines tend to be faster in treating an episode of depression, says Douglas Noordsy, a psychiatrist with the Stanford Lifestyle Medicine Program. "But physical exercise has more durable effects than an antidepressant does," he says.

For some people, medication gives them a benefit in the beginning, but then it fades over time, Noordsy says. "Whereas a lifestyle change can have a more permanent and lasting effect," Noordsy and his colleagues use a range of evidence-based recommendations and tools, from medicines to therapy to behavioral approaches including fitness, nutrition, sleep and stress management, to help empower patients.

## 3. Good nourishment is a necessity

The researchers found that people who maintained a healthy pattern of eating were less likely to have an episode of depression. "I always recommend the Mediterranean diet or the MIND diet," says Sahakian. Multiple studies show that a plant-forward approach — full of greens, vegetables, berries, whole

grains, lean proteins including beans and healthy fats including nuts — can help reduce the risk of disease.

The MIND diet is a mashup of a Mediterranean diet and the DASH diet, which has been shown to reduce hypertension, diabetes, heart attack and stroke. One study found that eating a salad each day is tied to sharper memory and slower cognitive decline among healthy seniors.

And a randomized controlled trial found that college students who followed a Mediterranean diet improved their depression scores after three weeks, whereas depression scores among students who continued to eat lots of refined carbohydrates, ultraprocessed foods and sugary snacks and drinks remained higher.

## 4 & 5. Limit alcohol and don't smoke

Having a glass of wine or a beer helps many people feel relaxed, but limiting alcohol consumption to one drink a day or less for women and two drinks a day or less for men is the recommendation in the Dietary Guidelines for Americans. People who regularly consume more than this amount have an increased risk of certain cancers and a higher risk of depression. Why?

People think of alcohol as a pick-me-up, but actually alcohol is a central nervous system depressant that slows down brain activity. The more you drink, the more you chase the temporary high, which can increase the risk of dependence.

There are lots of strategies to help people drink less, and increasingly, as the sober-curious movement grows, there are people taking a break from drinking.

And when it comes to smoking, there's loads of evidence that tobacco is not a healthy habit. And there are programs to help people quit, including medications, therapy and smoke-free apps.

## 6. Limit sedentary time by cutting back on screen time

At a time when cultural norms and the pull of technology are leading to more time in front of screens, there's growing evidence that this can harm our physical and mental health. "Sedentary behavior is very bad," Sahakian says.

Humans are meant to move, and though binge-watching your favorite streaming shows may be fun in the moment, if this behavior sets in as a daily habit, you're probably spending too much time on the sofa and not enough time interacting with people or moving.

"The rate of mental health problems is increasing in close correlation with the deterioration in lifestyle factors," Noordsy says. As helpful as smartphones and internet-based technologies are in making our lives convenient, it's common for people to sit for hours and hours playing video games or scrolling.

"We know that long periods of being sedentary are an independent risk factor for depression, independent from how much exercise you get," Noordsy says. So even if you go out for a 30-minute jog or bike ride every day, if you then spend most of the day in front of a screen, it can have a deleterious effect on your mental health.

Here are some effective strategies to help people cut back on screen time, including scheduling a one-day break each week and turning off notifications, bells and chimes, so we feel less tethered to our devices.

## 7. Cultivate friendships and social connections through hobbies

This may sound obvious, but spending time with people we like, especially when we're engaged in activities we like, helps boost our mood. Another new study, published in Nature Medicine, based on surveys of people in 16 countries, finds that people 65 and older who have hobbies report higher life satisfaction and less depression.

Noordsy says people tend to know about the connections between crossword puzzles and the slowing of cognitive decline, but there's not as much awareness that hobbies, whether it's gardening, knitting, painting, playing games or volunteering, can help boost our moods. As the authors of the study point out, hobbies involve imagination, novelty, creativity, relaxation and stimulation.

"It's really nice to have a specific effect on mental health," Noordsy says of the new study. "Hobbies really involve aspects of creativity and engagement," compared with the passive pursuits of watching TV or scrolling social media, he says. Whether it's knitting or playing bridge — hobbies that may be familiar to our grandparents — "they keep us connected in ways that people have been connected over generations," Noordsy says.

The takeaway

Just as we can take steps to reduce our risk of chronic diseases, the research shows we can also take steps to reduce the risk of depression, Sahakian says. And oftentimes, the same strategies that promote physical health are also good for our mental health.

It's probably not possible to eliminate depression, which afflicts millions of Americans. Many people do improve with medicines and therapy, and now there's a growing body of evidence to show lifestyle medicine can help people alter their behaviors. "I certainly see some people who can effectively manage their symptoms with lifestyle interventions," Noordsy says. The key is for people to get the support they need to navigate change.

## Quotable

*"I think the biggest surprise is that if you have a favorable lifestyle, you can reduce the risk of your getting depression by 57%, which is really quite a massive amount ..."*

**Barbara Sahakian**

# Rep. Court Boice challenges federal firefighting actions

Courtesy The Pilot, Brookings

BROOKINGS — Oregon State Rep. Court Boice is sounding the alarm about the wildfire threat to local communities.

The U.S. Forest Service latest update showed the 8,000-acre Flat Fire, two miles southeast of Agnes, was growing north northeast. Fire managers are conducting reconnaissance for access points where firefighters can build fireline safely. Fire retardant was used to enhance a fireline on the northwest side of the fire Monday, July 17. Overnight the fire was expected to continue to be active. Boice has sent The Pilot a Guest Column about his concerns, posted on the Pilot's social media platforms earlier today. He also sent the following revised letter to Oregon Gov. Tina Kotek and the Oregon Congressional delegation.



Rep. Court Boice

Dear Governor Kotek, US Senators Wyden and Merkley, US Representatives Bentz and Hoyle - Please give our Hero Fire Fighters Historically Proven Plans to Win – Stop another Curry Monster Wind Driven Fire! Lessons Learned: The Afternoon Winds are upstream ... generally towards the east on the Rogue and Illinois river drainages. As the sun sets offshore, the atmosphere becomes kinetic per the temperature change. The Chetco River has a weather anomaly. In the afternoons - the winds are toward the ocean, pushing west; This effect is why the town of Brookings has such nice warmer winter weather.

As and if the Flat Fire likely continues burning generally Southwest ... upstream on the Illinois; it tops out into the Chetco drainage which is commonly known as the "Chetco Effect"... It may take the fire in the exact opposite direction... about due west to Brookings. Already happened once – almost twice. This time it undoubtedly will happen faster. Communities of Pistol River and Gold Beach of course are also at risk and potentially even Smith River California. The 2017 Chetco Bar took 191,000 and the 2018 Klondike likewise destroyed 176,000 acres. EACH cost a staggering \$80-plus million dollars to fight! (Yes – Fact: combined \$ 170 million in 18 months in my county!) The fuels now are quicker and more volatile per brush regrowth due to multiple previous Mega Fires; Biscuit, (Still the largest Fire in Oregon History), the Collier, Chetco Bar repeatedly prove this. **ACTION NOW:** Declare a wise and legitimate emergency - Override Congressional Laws stopping designated wilderness areas – No Equipment Allowed. This mis-guided approach is brutally dangerous to our communities. Also, we know without debate – millions and millions of our wildlife are incinerated – their instincts help them normally escape healthy-normal fires, but they cannot survive our tragic Curry Nuclear Fires. History proves what follows will work and Save Lives, Property, Wilderness, Watersheds, Fish and Wildlife. **ACTION NOW!**

• Immediately open and improve all relevant and advantageous roads.

• Seasoned Loggers and Fire

Fighters (now in their 60's and 70's) – Experienced people on D-7 dozers... cutting lines on critical ridge tops.

- Hand crew 'Back Burns' can help off the ridges, but are very risky. That work must have unanimous consent between USFS, ODF and CFPA prior.
- Aviation work to cool both sides down.
- Hand crews catch the spots.

We should never forget, the Chetco Bar Fire (started on July 12th, 2017) on August 22nd many will remember; it exploded, roaring West – unstoppable as it traveled 18 miles in less than 40 hours.

I believe answered prayers dramatically turned it north as it fizzled within just 4.5 miles of the Brookings City Limits. Our Curry Fire History is invaluable data. The outlined steps herein either happen, or we know the fire will not be checked. We cannot again wait for late October Rains – futile and unacceptable! The risk of loss of property and life is immense. We could lose towns or worse.

**Editor's Note:** Rep. Court Boice represents Oregon District 1, which includes Coos, Curry and Douglas counties. He is a former Curry County Commissioner.

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## Honoring former Commissioner John Lindsey

Greg Hart and James Reed of General Services were busy Sept. 20, installing a memorial plaque in honor of former Linn County Commissioner John Lindsey. Commissioner Lindsey served the county from 1999 until March 2021, upon his passing. The plaque was installed in front of the tree that had been planted in his honor.



## Everyone likes pretty flowers

In the midst of all of the Board of Commissioners office remodeling, Andrea Leao and Michele Webster dropped by and presented Marsha Meyer with some pretty flowers. They helped brighten a hectic day.



### Meet With Your Local Deferred Compensation Retirement Specialist

Phillip Carbajal, Linn County's new Nationwide Deferred Compensation Retirement Specialist will be available to meet in person or virtually with any employee who has questions about their current Nationwide deferred compensation account, may be thinking about opening an account, or wants to learn more about deferred compensation. Phillip will be on site for in person meetings. Or if you prefer, Phillip is also available via a virtual meeting (you can use the same link below), phone or email at any time; see contact info below. If you would prefer a virtual meeting on the days he is visiting in person, please let him know and he can send to you a Teams invite.

On-Site Visit: Tuesday October 3<sup>rd</sup>, 2023 8am-4:00pm

Location: County Circuit Courthouse -300 SW 4<sup>th</sup> Ave. Albany, OR 97321

To schedule an in-person or virtual appointment please use the link below. You can also contact Phillip directly at (360) 953-4841 or [phillip.carbajal@nationwide.com](mailto:phillip.carbajal@nationwide.com).

Scheduling Link

<https://ms-linn-county.myretirementappt.com>



Nationwide Customer Support can be reached at (888) 401-5272 or [ursforu@nationwide.com](mailto:ursforu@nationwide.com). Note: you do not need to login or register to use this site. Click on your location of choice and it will proceed to the next screen.



**Linn County  
Juvenile Department**

*We greatly appreciate Mr. B,  
who volunteers his time on Fri-  
day evenings to teach our youth  
guitar!*

Free, rapid COVID-19 tests.  
Delivered. Have them  
when you need them.

Order Now at [COVIDTests.gov](https://COVIDTests.gov)  
Or, call 1-800-232-0233.



Pruebas de COVID-19  
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Entregadas a domicilio.  
Téngalas cuando las  
necesite.

Llame al 1-800-232-0233 para pedir las.  
O visite, [COVID.gov/es/tests](https://COVID.gov/es/tests).



**Suicide Prevention Training for Adults**

“Question. Persuade. Refer.” These are three steps anyone can learn to help prevent suicide. Make a positive difference in the life of someone you know.

Tuesday, October 17, 2023  
5:30 - 7 p.m.  
Armory Building  
104 SW 4th Ave  
Albany, Oregon  
You will learn:

- Myths and facts about suicide
- Suicide clues and warning

signs

- How to ask someone if they are thinking about suicide
- How to persuade someone to stay alive
- How to refer someone for additional support

Registration is required and space is limited. To register or for more information, email [prevention@co.linn.or.us](mailto:prevention@co.linn.or.us)  
Sponsored by Linn County Health Services



**Let's Talk About  
Fentanyl**

Facts and conversation starters to help protect your kids.




**Fentanyl Facts & Conversation Starters**

**Y**ou've likely heard about the dangers of fentanyl, but may be unsure what information your teen needs to know. Linn Together is providing fentanyl facts and conversation starters to help guide your conversation.

Linn Together can provide 3" X 3" card packs of fentanyl facts and conversation starters to Linn County schools and organizations (while supplies last). Please email [info@linntogether.org](mailto:info@linntogether.org) with request.

A good starting point is to ask your teen, "What have you heard about fentanyl?" If they mention specific information, check and discuss the facts. Explain that knowing about fentanyl helps people stay safe. Listen to any questions or concerns they may have.

Each week, approximately 20 Oregonians die of a drug overdose. More than half of these deaths involve synthetic opioids such as fentanyl. Right now, fake pills with fentanyl added to them are all over Oregon. These fake pills are extremely danger-

ous and are deceptively being sold as legitimate prescriptions. A single pill can cause overdose.

Urge your teens not to use any medications not prescribed to them. Let them know that even a pill from a friend may not be safe. For more information on the risks of fentanyl, visit the DEA's website One Pill Can Kill.

This message brought to you by Linn Together. Linn Together provides substance use education, resources, and support to the community that promote the physical and emotional well-being of youth and their families.

# Honor Flight to Washington. D.C.



## Thank you, veterans!

### 1922 BUDGET ... From P. 1

The projected cost of operating the County Jail was just \$755 for the entire year, including "board of prisoners, light(s), water, fuel, telephone, supplies and repairs."

\$800 was budgeted to assist "indigent soldiers."

There was \$8,000 budgeted for "widow's pensions" and \$755 to feed and house prisoners in the county jail.

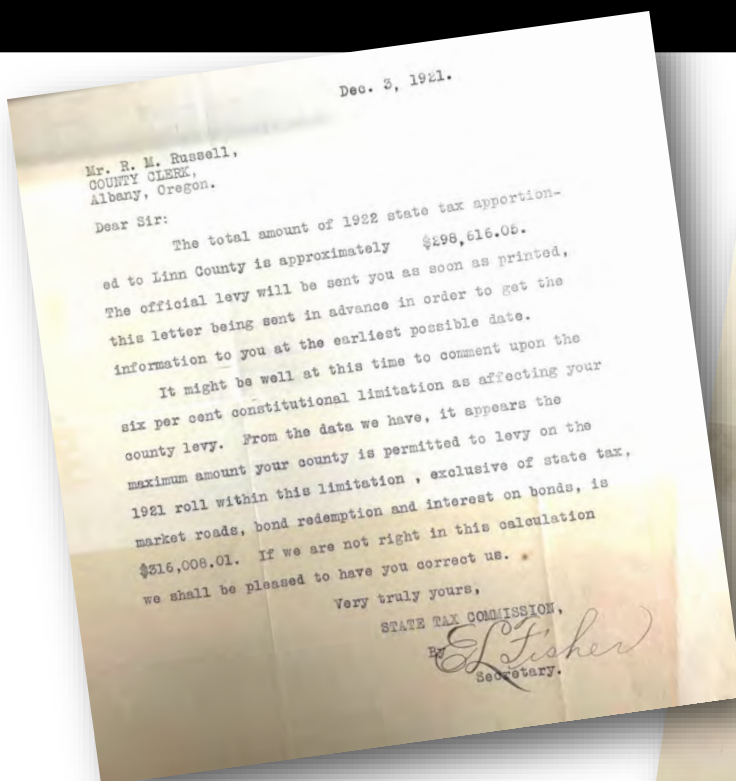
\$14,535 was budgeted for "Care of the Poor" which included "provisions, transportation, hospital charges and burials."

The Roads and Highways department had a hefty \$30,250 budget and there was even more, \$75,312 budgeted among "Road Districts".

Ferries were operating in those years, and the ferrymen's total salaries was \$3,600, another \$500 for labor and \$800 for materials and supplies.

Linn County recently restarted its Noxious Weed Commission, but weeds were a problem 100 years ago as well. The county budgeted \$200 for "extermination of Canada Thistles."

There are now about 135,000 residents in Linn County.



The 2023-24 total budget — which includes pass-through funding — is \$229 million and change.

**General Fund, \$52,054,069; Road Fund, \$31,814,204; Fair Fund, \$686,600; Law Library, \$360,651; General Grants Fund, \$31,515,265; Bicycle and Pedestrian Fund, \$408,468; Corner Preservation Fund, \$413,645; Law Enforcement Levy, \$44,140,211; Historical Fund, \$37,497; County Forest Park Fund, \$923,500; Health Fund, \$62,315,292; County School Fund, \$1,966,100; Federal Forest Title III/Restricted Fund, \$420,000; Internal Service Fund, \$2,215,050. Total: \$229,270,552.**

