



Parents: talk to your kids about dangers of fentanyl

Nationally deaths hit record level

By Alex Paul

Communications Officer

ALBANY — Linn County Sheriff Michelle Duncan is warning area residents about the highly dangerous drug fentanyl, which has caused numerous overdoses and thousands of deaths nationwide.



Sheriff Duncan

Duncan said that in November 2020,

Oregonians passed Ballot Measure 110, which reduced possession of hard drugs such as heroin, cocaine and methamphetamines to citations.

And, while the intent of the Ballot Measure was to steer addicts toward drug treatment programs, less than 1% of those cited have entered treatment.

According to the Centers for Disease Con-



Fentanyl recently confiscated by Linn County Sheriff's Office deputies.

trol, deaths associated with fentanyl increased 23% last year, totaling 107,622, up 14% from 2020's 93,655.

Of those deaths, 71,238 were linked to fentanyl in 2021 compared to 57,834 in 2020.

"With the stigma of drug use and possession being taken away through decriminalization of these hard drugs, I fear we will see our youth more will-

ing to try them," Duncan said.

Duncan said heroin and cocaine are often laced with Fentanyl or it is counterfeited and marketed as oxycotin pills.

"A couple weeks ago, one of our patrol deputies seized a bag of fentanyl pills that were being passed as a black market prescription drug," Duncan said. "All drugs are horribly danger-

ous, but fentanyl is literally killing people and they often don't know what they are taking."

Duncan urges parents to talk to their children about the dangers associated with all illicit drugs, especially their teens and pre-teens.

FENTANYL ... See P. 2

Tips for working for Linn County ... in 1978

By Alex Paul

Communications Officer

ALBANY — In 1978, a gallon of gasoline cost about 65 cents, you could buy a new F150 Ford pickup for about \$4,700 and a new home for about \$55,000.

The minimum wage was \$2.65 per hour and about 86,000 people called Linn County home, compared to about 130,000 today.

And if you started working for Linn County, you were told, "It is our duty to give service and service is our business." That's just one tiny snippet of advice proffered in the new employee handbook, approved in July 1978.

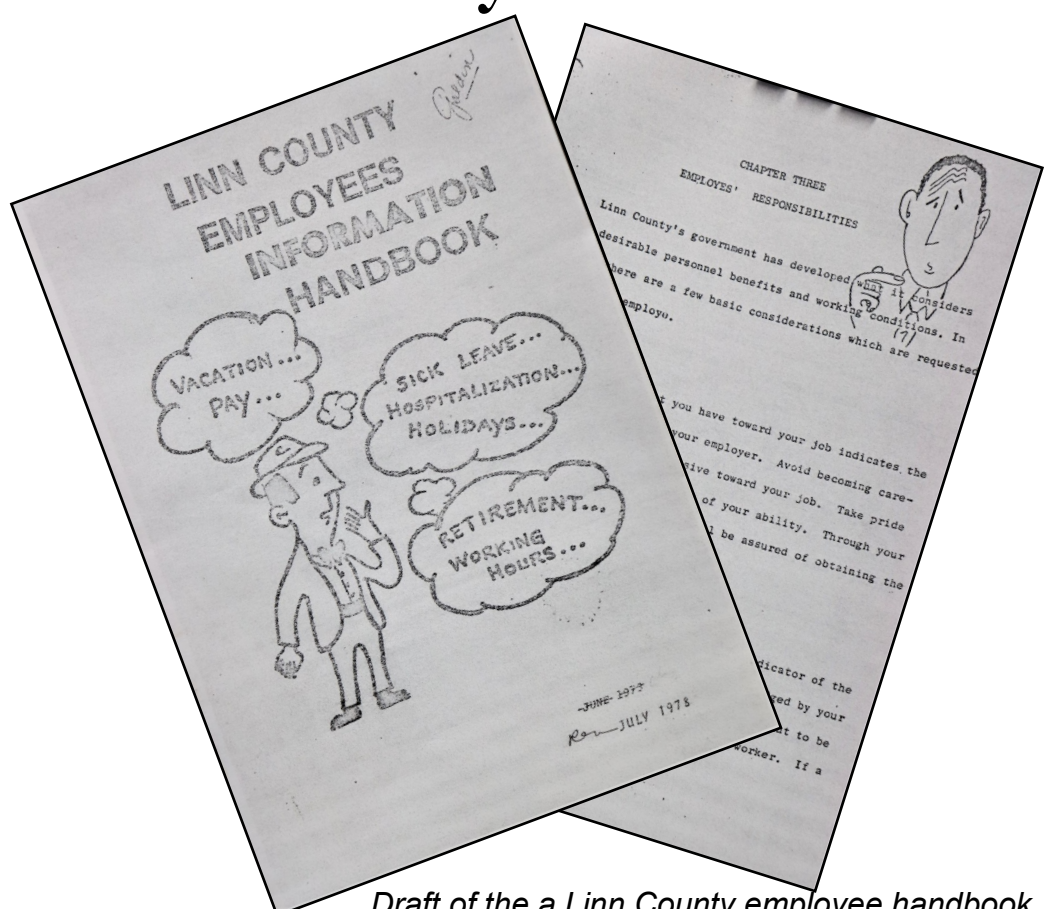
Serving on the Board of Commissioners were Ian Timm, Vernon Schrock and Mary T. Keenon, all registered Democrats.

On page one, employees were told, "We must be courteous and considerate to everyone we meet in our work, whether we meet them personally, write letters or

speak to them on the telephone. Promptness, friendliness, sincerity and understanding are our goals for public service."

About 30% of the county's total annual payroll was in the form of benefits such as holidays, sick leave, insurance and vacations. (Today, it is about 75%) County employees "enjoy a generous authorized vacation with pay each year of employment. (10 days annually after the first year, plus 12 days of sick leave.) Mandatory retirement age was 70, although "an extension of service may be granted by the Governing Body and will be reconsidered each year upon request of the employee."

Employees' key responsibilities to the county included:



HANDBOOK ... See P. 2

Draft of the a Linn County employee handbook from July 1978.

Share your favorite 4th of July recipes



We would like to share your recipe for mouth-watering BBQ ribs or brisket, or how about your mother's family secret potato salad?

Please send to Alex Paul, Communications Officer at apaul@co.linn.or.us

New Beginnings Garden annual plant sale is a blooming success



The Linn County Juvenile Department's annual plant sale was a success, according to manager Kevin Husk.

The sale was conducted primarily on-line, but a May 6 parking lot sale went well, he added.

"We served coffee and had a steady stream of in-person customers," Husk said.

The sale brought in \$1,018 with 24 in-person sales and another eight orders from the Shopify account.

To learn more about the Juvenile Department's New Beginnings Garden, visit <https://new-beginnings-garden.myshopify.com/>.

Linn County Board of Commissioners

Roger Nyquist



Sherrie Sprenger



Will Tucker



Call 541-967-3825

Fentanyl dangers ... From Page 1

Talk to them often, not just once," Duncan said. "Please help keep our kids safe."

Facts about fentanyl

- Fentanyl is a synthetic opioid typically used to treat patients with chronic severe pain or severe pain following surgery. Fentanyl is a Schedule II controlled substance that is similar to morphine but about 100 times more potent.
- Illicit fentanyl, primarily manufactured in foreign clandestine labs and smuggled into the United States through Mexico, is being distributed across the country and sold on the illegal drug market.
- There is significant risk that illegal drugs have been intentionally contaminated with fentanyl. Because of its potency and low cost, drug dealers have been mixing fentanyl with other drugs including heroin, methamphetamine, and cocaine, increasing the likelihood of a fatal interaction.
- Producing illicit fentanyl is not an exact science. Two milligrams of fentanyl can be lethal depending on a person's body size, tolerance and past usage. DEA analysis has found counterfeit pills ranging from .02 to 5.1 milligrams (more than twice the lethal dose) of fentanyl per tablet.
- 42% of pills tested for fentanyl contained at least 2 mg of fentanyl, considered a potentially lethal dose.
- Unless a drug is prescribed by a licensed medical professional and dispensed by a legitimate pharmacy, you can't know if it's fake or legitimate. And without laboratory

testing, there's no way to know the amount of fentanyl in an individual pill or how much may have been added to another drug. This is especially dangerous because of fentanyl's potency.

U.S. Drug Enforcement Agency

Signs of an overdose

Recognizing the signs of opioid overdose can save a life. Here are some

things to look for:

- Small, constricted "pinpoint pupils"
- Falling asleep or losing consciousness
- Slow, weak, or no breathing
- Choking or gurgling sounds
- Limp body
- Cold and/or clammy skin
- Discolored skin (especially in lips and nails)

Centers for Disease Control

Employee Handbook ... From Page 1

- **Promptness:** "When you are late for work or an appointment, you are affecting others, possibly delaying them ... allow yourself an extra 10 minutes to get to work."
- **Attendance:** "Attendance is important. If you are unable to report to work, notify your supervisor as soon as possible."
- **Accuracy:** "As a public servant, you can be expected to be asked many questions from the public. If you are not sure of your facts, say you do not know, but will find the answer and inform them of the correct answer."
- **Economy:** "Treat the county's property as if it were your own. Avoid wasting supplies. Avoid using the county's supplies for personal use. You can be the loser in the long run, for the money wasted could be used for a raise in pay or increased benefits."
- **Appearance:** "The way you dress affects the opinions of others who work with you and the public with whom you come into contact."
- **Social Life:** "Plan your parties and talk about your after-work fun on your own time, not during work hours. Your co-workers have their work to do and so do you. Personal telephone calls should be confined to after work hours and during lunch time or coffee breaks. Under no circumstances are personal long-distance phone calls chargeable to office phones."
- **General Conduct:** "The county does not wish to dictate how its employees run their personal lives. However, what you do, the way you act after hours, as well as on the job, can certainly reflect on the county and all of its employees. Therefore, avoid bringing discredit upon yourself, your department, or the county."

"Treat the county's property as if it were your own. Avoid wasting supplies. Avoid using the county's supplies for personal use. You can be the loser in the long run, for the money wasted could be used for a raise in pay or increased benefits."



Celebrating Cinco de Mayo



Staff at the Linn County Juvenile Department celebrated Cinco de Mayo a day early due to busy schedules on May 5.

Rob Perkins and Tencha Serna cooked up a feast and laid out two tables full of tasty food.

The crew also enjoys a taco feast at Christmas.

Top photo: Bruce Carter, plating up. **Left:** Beth Shook and Holly Borba, had plenty of good food to choose from.

Reagan Maudlin is new Linn County transportation director

By Alex Paul

Communications Officer

SWEET HOME — Reagan Maudlin, Linn County's new Transportation Director, has firsthand knowledge about the importance of affordable transportation, especially in rural areas.

She used the Sweet Home Senior Center bus system to commute to Linn-Benton Community College, where she earned an Associate's Degree.

She went on to earn a Bachelor of Fine Arts degree from Oregon State.

Maudlin has worked at Sunshine Industries — a work activity center for developmentally challenged adults — for nearly 10 years.

She will transition into her new role with Linn County over a few months, as she and the Sunshine Industries Board of Directors find and train her replacement.

"I have enjoyed this position very much," Maudlin said. "It was a hard decision to leave, bittersweet, but I'm also very excited to have the opportunity to serve the county in this new position. It's very difficult to leave Sunshine Industries."

Maudlin's new role marks a shift for the county as well. For 17 years, Mark Volmert was contracted as the county's special transportation consultant. For the past year, Ken Bronson, who ran the Sweet Home Senior Center and the community's bus system for many years, took on the role as an interim manager.

Maudlin said her role as executive director at Sunshine Industries included managing transportation for clients and she worked closely with both Volmert and Bronson. "I've spent many hours talking with both Mark and Ken," she said. "I've attended



Reagan Maudlin

Transportation Director

many Transportation Advisory Committee meetings."

Maudlin said she begins her new job at the same time the state is transitioning from the STF (Special Transportation Fund) to STIF (Special Transportation Improvement Fund). "I will need to stay on top of things to make sure rural areas are not overlooked," she said. She said there has been significant good news for local transportation programs in recent months.

Maudlin said the Lebanon bus system will receive \$127,000 to buy a new vehicle, Sweet Home will receive \$224,000 to buy a new vehicle and the Oregon Department of Transportation has dedicated \$21 million to more than two dozen projects to assist with a number of projects from vehicle replacement to expansion of capital projects.

"Also, the STF has allocated \$300,000 to eight programs in Linn County," Maudlin said. Maudlin lives near Sweet Home and enjoys painting and sculpting in bronze in her home studio.

"My minor is in education," she said. "I thought I was going to be an art teacher." Maudlin also enjoys spending time with her 85-pound bull terrier named Mia.

"She looks ferocious, but she's the sweetest thing," she said.

Maudlin enjoys being a member of the Sweet Home Rotary Club and is a past president. She also served on the Sweet Home School District Budget Committee and the Sweet Home Library Board.

Project's goal is faster Internet for Oregon families

PORTLAND — Linn County residents — especially those in rural communities — could get high-speed Internet connections if enough Oregonians answer an on-line survey about their current Internet service, according to Steve Braaten, IT director for Linn County and a member of a regional compact studying the issue.

Braaten said Oregon's portion of federal Build Back Better funds will be used to bring high-speed fiber optics to rural residents. Braaten said the COVID-19 pandemic that saw adults working from home and students attending classes online, pinpointed the disparity between Internet services available in cities compared to rural communities.

"We have the potential to be able to improve the Internet backbone, the infrastructure that will greatly speed up data transmission from town-to-town," Braaten said.

Braaten said the local regional team includes representatives from Linn, Lane, Benton and Lincoln counties.

He said by taking the on-line survey at [HTTP://FasterInternetOregon.org](http://FasterInternetOregon.org), participants will be asked to perform a test of their current Internet speeds.

Data collected from this project will be used by decision makers to:

- Identify Oregon homes that lack high



Steve Braaten

-speed Internet.

- Clarify which households do not have an Internet connection and why.
- Provide cost estimates and assess competitive viability of a variety of solutions for areas with identified gaps.

Survey participants will not be asked to provide their names or contact information.

Information will not be used for commercial or marketing purposes. Only campaign partners and decision-makers who sign a data-use agreement will have access to the household-level data.

The manner in which you receive your Internet service — mobile hot spot, in-home cable or satellite link-up — does not matter.

And, even if you do not have any Internet service, your information is valuable since one of the project's goal is learning how many communities do not have adequate Internet services.

The project is a partnership of the Oregon Economic Development Districts, Onward Eugene, SpeedUpAmerica and Link Oregon.

"Oregon's Economic Development Districts are excited to support this effort so that we have the data we need to bring federal and state funding to our regions that can fill those gaps in broadband availability," said Jessica Metta, president of Oregon Economic Development Districts.

This data will be aggregated and added to a dynamic map that key community decision-makers can use to identify projects and apply for funding.



The Linn County Reporter is digitally published monthly by the Linn County Board of Commissioners.

Would you like to receive the newsletter?

Please send your email address to Alex Paul, Linn County Communications Officer, apaul@co.linn.or.us or call 541-967-3825.

Gardening, cooking in her future ...

Thank you Kerri Putnam

By Alex Paul
Communications Officer

ALBANY — For someone whose job the last 10 years has been informing the county’s nearly 700 employees about their job benefits, Kerri Putnam’s days will soon entail many fewer phone calls and emails.

After her June retirement, Putnam, 61, plans to spend more time working on her family’s hobby farm, especially in her garden.

“We have 14 tomato plants, plus asparagus and lots of flowers, especially peonies,” Putnam said.

She plans to can many of the tomatoes and she will likely use them in her cooking recipes.

“I like to cook all kinds of food, maybe Japanese because I lived in Japan for four years while growing up,” Putnam said.

She also used to enjoy pottery and since she still has the equipment, it’s on her list of retirement possibilities.

Putnam’s father was an Air Force fighter pilot and her family moved many times while she was young.

“Homes” included Tennessee, Texas, New Jersey, Japan, South Carolina,

Georgia and Japan.

The family settled in Utah after her dad’s discharge from military service.

Putnam graduated from Viewmont High School in Salt Lake and it’s where she met her future husband, Val. After they married, they move to West Jordan, Utah, and lived there 26 years.

Putnam said she “job jumped” during that time, working as an accountant at places from Dannon Yogurt to Consolidated Freight.

“They were awesome jobs,” Putnam said. “They were always in accounting or HR.”

The Putnams used to travel through the mid-valley en route to the Oregon Coast on vacation and 12 years ago, they decided to move here. They found five acres near Lebanon and have enjoyed raising chickens, cows and goats over the years.

Val retired in 2009 after a long career at Salt Lake Community College.

Kerri worked at the Linn-Benton ESD and Fisher Farm and Lawn

QUOTABLE

“I love this job. I get to meet all of the new employees. People who work for Linn County have a special attitude, it has been a great place to work.”



Kerri Putnam has met every employee in Linn County as the job benefits manager the past 10 years.

before becoming the county’s personnel benefits specialist.

“I love this job,” she said. “I get to meet all of the new employees. People who work for Linn County

have a special attitude, it has been a great place to work.”

The Putnams have an adult son, Jake, and daughter-in-law Molly, who live in Lebanon.

Living it up at the annual Scio Lamb & Wool Festival

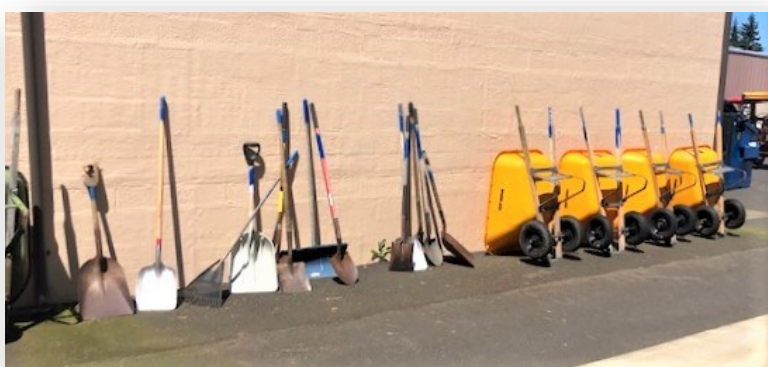
“Captain America” rides again. Where is Jack Nicholson when you need him?

Linn County Commissioner Sherrie Sprenger — newly licensed to drive a motorcycle — has been attending the annual Scio Lamb & Wool Festival since she was a child.

This year, she rode her “new” 1981 Honda Trail 110 that has just 475 original miles, in the annual parade.

The event enjoyed terrific weather and was a welcome treat after being idled for two years due to the COVID-19 pandemic.

No details were available about whether Commissioner Sprenger popped any wheelies during the Grand Parade.



Working tools behind Scio High School impressed Commissioner Sprenger.



Master Gardeners’ “Through the Garden Gate” returns June 18

ALBANY — The Linn County Master Gardeners Albany “Through the Garden Gate” tour is back after a 2-year pandemic activity shutdown.

The tour is from 10 a.m. to 4 p.m. on Saturday, June 18.

“This year we have six beautiful and varied gardens for you to enjoy and explore,” said Karin Magnuson, Garden Tour Committee member. “You will find that each garden is full of lush plantings and dozens of inspiring ideas.”

Sharing their gardens is a labor of love for these gracious homeowners, Magnuson added.

“Each garden is a unique expression of the gardener’s personalities and gardening styles. You will have the pleasure of visiting with champion rose growers, a new Asian garden designer, creators of beautifully decorated and welcoming garden rooms, makers of clever small back and side yard gardens, curators of whimsical garden art, growers of abundant fruits and veggies and more.”

Tickets are \$15 and are available online at LinnMasterGardeners.com or now and the day of the tour downtown at the Albany Visitors Association, 110 SE 3rd St.

Garden information and driving directions are on the ticket brochure. Proceeds from the tour support the outreach and education work of the Linn County Master Gardeners Association and our continued collaboration with the Oregon State University Extension Service.



Trawdy Shawger garden.



John and Jan Sitton garden.



Marlena and Jerry Stewart garden.



Livestock weigh-ins a sign Linn County Fair is near

4-H volunteers and family have been busy weighing in livestock for the upcoming 4-H and FFA Fair in July. There have been 50 steers weighed in and 350 sheep, goats and hogs.

This year’s big event will be held July 11-16 at the Linn County Fair & Expo Center.





Neva Anderson, Linn County Health Emergency Manager, presents information to representatives of the Region II Health Care Coalition that held an all-day session May 20 at the Linn County Fair & Expo Center. Anderson has chaired the coalition for three years.

Health Care coalition planning ahead for long-term disasters

By Alex Paul

Communications Officer

ALBANY — Although it has existed for fewer than two years, the Office of Resilience & Emergency Management is reaching out statewide to assist counties affected by disasters — such as the Labor Day 2020 wildfires in the Santiam Canyon — more than 50 health care and emergency systems coordinators were told recently.

Members of the Region II Health Care Coalition met for an all-day session on May 20 at the Linn County Fair & Expo Center.

Coalition chair Neva Anderson, Linn County Health Emergency Manager, facilitated the event.

Jeff Gilbert told the group the Office of Resilience & Emergency Management has a staff of 63 and hopes to double that number within the year.

The wildfires of 2020 were the impetus for the formation of the new office.

Gilbert said that when the fires erupted, the ODHA emergency management program had only three staff members, and the Office of Resilience and Emergency Management was formed around that nucleus. Its primary responsibilities include mass care, emergency shelters, food, water and disaster social services.

Since 2020 more than 4,300 people have been provided shelter and the state has provided more than 2.1 million meals.

More than 800 survivors have transitioned into long-term housing. Near-



Undersheriff Micah Smith and Emergency Manager Ric Lentz talk surrounded by emergency equipment and supplies on display during the Region II Health Care Coalition meeting at the Linn County Fair & Expo Center.

ly 80 hotels/motels provided shelter with contracts with the Oregon Department of Human Services.

The office is working with contractors to develop portable shelters that can be implemented quickly after a natural disaster, Gilbert said.

Gilbert said his office has identified four key goals:

- Take ownership of mass care functions.
- Resolve overreliance on non-governmental organizations.
- Collaboration with community-based organizations.

Transition from mass care to disaster housing.

Another major goal is developing a statewide program that is prepared if the Cascadia earthquake occurs. That will require consistent funding resources to ensure that emergency and recovery functions are adequately executed.

Gilbert said his office also assisted with COVID-19 vaccination programs and learned that vaccination rates went up if participants received a meal. So, the state contracted with vendors to provide meals and food boxes around the state.

To meet its goals, Oregon needs to:

- Permanently staff the mass care mission
- Enable effective emergency coordination through training and exercise
- Provide facilities, equipment and supplies to enable faster statewide deployment of mass care resources
- Build communities' capacity to empower effective local response across the state

Participants also heard from Curtis Ryun, who talked about the many projects underway at the Legacy Health Center Burn Center; Cathy Orcutt, who talked about the CISA emergency telecommunications system and had round table discussions.

Numerous pieces of emergency equipment were on display for participants to look over.

The Region II Healthcare Coalition meets every other month and is composed of partners from six surrounding counties and four sectors (hospitals, Public Health, Emergency Management, and Fire/EMS agencies).

Anderson, who has chaired the Coalition for three years, said the goal is to "Prepare on blue sky days, versus being reactive during an emergency. We make plans and develop contacts and then exercise those plans to ensure they will work."

She said the coalition was formed after the 9-11 terrorist attacks.

The program is federally funded by the Assistant Secretary of Preparedness and Response.

Linn County Fair entertainment VIP tickets on sale now!

www.linncountyfair.com/

July 14-15-16

2022



Sara Evans, Five For Fighting, Sawyer Brown

Call the Linn County Board of Commissioners at 541-967-3825.



Vendors and others who use the Linn County Fair & Expo Center will see much faster Internet connections due to newly installed fiber optics.

Linn County speeding up messaging with fiber optics

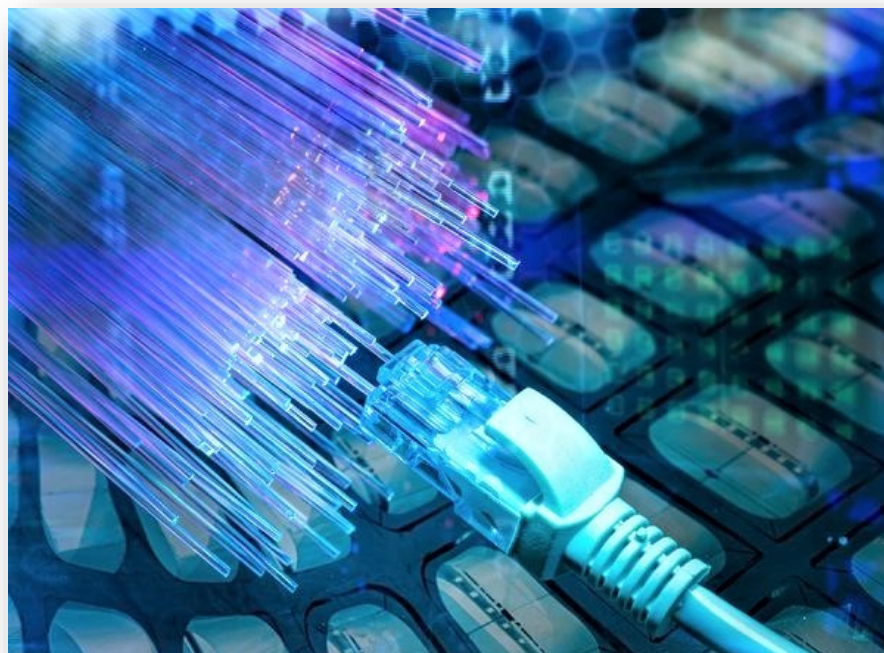
By Alex Paul

Communications Officer

ALBANY — Vendors at the upcoming Linn County Fair in July will see a marked improvement in their Internet service due to the installation of high-speed fiber optics. Linn County partnered with LS Networks to install fiber optic cable from the courthouse servers to the fairgrounds, according to IT Director Steve Braaten.

“We have had a problem with Internet speed at the Fair & Expo Center for years,” Braaten said. “It really came to light when the county set up a temporary fire evacuation center there in 2020 and when we used the fairgrounds for our COVID-19 vaccination clinics.”

The new system is 100 times faster than the current system, Braaten said. “This project would have been terribly expensive, really almost impossi-



ble, if we hadn’t been able to partner with LS Networks, which already has fiber optic lines set up in the city,” Braaten said.

The project was completed in late April and cost about \$20,000 plus \$500 per month. “This will make videoconference,

such as Zoom or Microsoft Teams, so much better,” Braaten said.

Braaten said the line is secure and dedicated to Linn County traffic only.

“No one else can listen in or communicate on this line,” Braaten said. “High-speed Internet will mean that our clients will be able to do business much more efficiently,” Fair & Expo Center Director Randy Porter said. He said the annual Christmas Bazaar is an example.

“It was really tough for folks to make multiple transactions at once, but with fiber optics, that won’t be a problem,” Porter said. “It will benefit our stay daily, but it will really be noticeable and useful for our customers and their events.”

The Fair & Expo Center project is one of several fiber optic upgrades undertaken by Linn County in recent years.

In late June, the Willamette Health Center will upgrade to fiber optics and the Health Department will change over later this year, Braaten said.

“We already worked with Peak Internet to set up fiber optics at the Lebanon Health Center and the Juvenile Detention Center.

“This is something that has taken a lot of time, in part due to the pandemic restrictions on the supply chain and labor shortages,” Braaten said. “It’s been a complete team effort by the IT department folks. It’s been a major feat to get here.”

Why is fiber optics so fast? Information is transported by light carried over thin glass or plastic fibers that is not “vulnerable to electromagnetic frequencies” according to LS Networks.

Traditional communication lines — made of copper wire — can be affected by high-power electrical lines and lightning.

Welcome General Services intern Iman Swan



Iman Swan

OSU Interior Design student

Iman Swan, 25, is enjoying her summer internship with the county’s General Services department and tackling her first major project designing a new reception/office area in the Board of Commissioners area in the courthouse.

Originally from San Fernando, California, Swan and her daughter Amaya, 7, moved to Linn County to attend Linn-Benton Community College, before transferring to the Interior Design program at Oregon State.

She said she wanted a change of scenery and her Godmother lives here. She is pleased with her decision.

“I am enjoying my program, especially the lighting studio work,” Swan said. “Our instructors are interested in us and want us to be successful.”

She is also amazed at how friendly Oregonians are, although she admits she doesn’t understand their laidback driving, compared to California freeway driving.

Swan will be a senior in the fall and says she isn’t sure where she will land after graduation. Oregon looks like a good candidate, but she would like to explore Australia too.

OSU Extension—Linn County News

Her mission: Clean water for everyone

By Alex Paul

Communications Officer

TANGENT — Did you know there are an estimated 350,000 active domestic wells in Oregon?

Of those, about 13,000 are in Linn County and another 9,000 in Benton County, according to Chrissy Lucas, Outreach Program Coordinator with OSU Extension-Linn County, and an expert in how to keep your well water safe and your septic tank working efficiently.

And in the mid-valley, that means dealing with excessive levels of nitrates and arsenic in groundwater.

Nitrate is especially harmful to people with compromised immune systems, pregnant women and children, Lucas said. “They can contribute to blood pressure issues.

The majority — about 90% — of rural Oregonians rely on wells for their drinking water.

“If the nitrate levels are extremely high, it can lower oxygen levels to the point a baby’s skin tone can turn blue,” Lucas said.

Lucas said it is important that well water be tested regularly, screened for coliform bacteria and arsenic.

“The problem is that you can’t see, taste or smell any of these,” Lucas said. “People usually don’t have their well tested unless they see discoloration or have an odor.”

Lucas said OSU Extension-Linn County staff are trained to do nitrate screenings. Homeowners should bring a sample of their water to the office during regular business hours and they can have their results in about 10 minutes.

The testing is free.

Lucas said that homes that utilize wells likely also have septic systems for waste removal. She said it is vital to maintain a healthy septic system — which includes a regular pumping schedule.

She said an issue with septic systems is that virtually the entire system is underground and out of sight.

“Septic tanks need to be pumped regularly to ensure the system works correctly and does not damage the drain field,” Lucas said. “If you do not pump them, they will eventually fail.”

An improperly functioning septic can contaminate water wells, as can outside sources such as livestock manure, or fertilizers and other farm chemicals.

She has seen photos of “septic systems” that were 55-gallon barrels and in one instance, even an old car was added.

Lucas works in Linn, Benton, Lane, Marion and Polk counties.

She has seen extensive damage to septic systems and wells in area affected by the September 2020 wildfires.

“Many homeowners are finding that they were under-insured, or that their policies did not include replacement of their septic systems or wells,” Lucas said.

Lucas has a degree in animal science with a minor in environmental chemistry from Oregon State and has had



Above: Chrissy Lucas staffs an OSU Extension information booth promoting ways to ensure drinking water quality and efficient septic tank operations in rural areas. (Photo courtesy Michele Webster)

Below: Lucas engages with community members of all ages to spread the word about protecting groundwater resources.



extensive course work in agricultural education.

Lucas said she started working at Oregon State in 2004 with the Sea Grant Program and her job has “evolved” ever since.

“My work changes all of the time,” she said.

Lucas said she is excited about having three interns from OSU to help with outreach projects this summer.

“We plan to participate in at least 15 screening events such as Farmers Markets this summer,” she said.

The crew will also survey local health care providers to determine whether they are informed about nitrate issues and whether they ask their patients if their homes are served by municipal system or private wells.

“They need to know if someone

has a well, since there are potential health issues to look for,” Lucas said. “We hope to develop an information piece that we can give health care providers.”

Lucas teaches several community classes annually dealing with healthy water and septic systems.

Here are 12 basic tips to protect your well water:

- Locate your well.
- Locate your septic tank.
- Locate your drain field.
- Test your water.
- Pump your septic tank.
- Use water conservation measures.
- Clean out you well house.
- Ensure that your well is capped and has an adequate sanitary seal.
- Install backflow prevention device on all outdoor faucets.
- Limit your use of lawn and garden chemicals.
- Protect the soil from contamination from oil, gasoline and household chemicals.
- Shield animal waste from rain.

You can find a list of labs that provide private water testing services at:

https://www.oregon.gov/oha/PH/LABORATORYSERVICES/ENVIRONMENTALLABORATORYACCREDITATION/Documents/DWLLabsWithPublicTesting_rpt.pdf

LCSO's Mike Harmon headed to OSU campus duties

By Alex Paul
Communications Officer

ALBANY — When Mike Harmon got on the scent of a suspect in a cold case, he wouldn't let go until he found closure for their victims, Linn County Sheriff Michelle Duncan said May 23, as Harmon edged toward retirement after 28 years of service in Junction City, Coburg and Linn County.

But Harmon really isn't retiring, he's shifting gears, taking on a new challenge as a sergeant with the Oregon State University Police Department. He will join former Sheriff Jim Yon, who is a lieutenant at OSU.

"I've definitely enjoyed this," Harmon said before his family, friends and coworkers arrived to celebrate his accomplishments.

Harmon's father, Pat, was a resident LCSO deputy and then sergeant in Harrisburg.

Harmon, 50, graduated from Harrisburg High School in 1990, which is also when he joined the Police Explorers in Junction City. In 1993 he became a reserve officer in Junction City and went full-time in 1995.

He worked in Coburg from 1996 to 2000, when he came to the Linn County Sheriff's Office.

Harmon was promoted to corporal in 2003, sergeant in 2005, patrol deputy in 2007, detective in 2008, patrol sergeant in 2017 and support services lieutenant in 2020.

He has been recognized locally and nationally during his career, Sheriff Duncan said.

He was Division Employee of the Year in 2008 and 2016. He has earned the Joint Service Commendation in 2003, the Team Citation of Excellence in 2003; Medal of Honor in 2005; National Missing & Exploited Children's Award in 2005; was OSSA Deputy of the Year in 2013 and earned the Public Safety Employee award presented by Security Alarm Corporation in 2017.

Harmon said he took a few community college classes after high school but didn't stick with it. He later went back to college, earning a degree in business from Northwest Christian College and a Master's Degree in Criminal Justice from the University of Wisconsin at Platteville.

During his tenure at LCSO, Harmon has been a hostage negotiator, detective, patrol deputy, DARE instructor, Field Training Officer and assistant SWAT team commander.

"I would say my favorite work has been as a detective," Harmon said. "I like bringing closure to families."

Harmon's tenacity and teamwork led to the culmination of the Rashanda Pickle murder investigation after several decades. She was killed by her stepfather, John Arthur Ackroyd, who eventually died in prison. He was serving time after being found guilty of a woman near Camp Sherman.

He also was instrumental in the recovery of Tanner Kahn, an 11-year-old autistic boy, who had been abducted near Mt. Angel by Jeffrey Eggiman of Silverton and was being held near Green Peter Reservoir.

There was a shootout between the 38-year-



Above: Sheriff Michelle Duncan presents retiring Support Services Lieutenant Mike Harmon with a shadow box filled with mementoes of his 22 years with the Linn County Sheriff's Office. **Below left:** Harmon holds his 9-month-old granddaughter Adie. **Below right:** Harmon and now Undersheriff Micah Smith were honored at the White House by President George Bush for their efforts in recovering an autistic child who had been abducted.



old Eggiman and deputies and Eggiman was killed.

Harmon and now Undersheriff Micah Smith were called to Washington, D.C., where they were recognized by the National Missing & Exploited Children organization and met with President George Bush in the Oval Office.

Harmon and his wife Melissa — his former neighbor in Harrisburg — have four daughters, Emmalee Keys, Jessica Karstens, Hannah and Hailee and two 9-month-old twin granddaughters, Harper and Adie.

The Harmons recently spent a week in Maui and have a trip to Cabo San Lucas in January and a cruise through the Panama Canal is coming up as well.

Harmon said he enjoys grilling, driving side-by-sides, hunting, fly fishing and camping, especially at the Metolius River.

Sheriff Duncan read comments from letters Harmon has received over the years, praising his work.

She said one mother wrote about how her runaway daughter's life was turned



around after Harmon recovered her. "Her life is wonderful now," the mother noted.

Ani Yardumian praised Harmon for his work on a homicide cold case that resulted in a killer's conviction.

"Mike has a driven work ethic," Duncan said. "He follows all leads, follows through and gets resolution for victims. He has been dedicated to our

office and our community. He has worked so many tough cases."

Sheriff Duncan also thanked Harmon for bringing new technology into the office, much of which has resulted in closing cases.

She presented Harmon with a shadow box of his mementoes, a book of LCSO photos and his retirement badge.

Linn County can help you with mental health issues

ALBANY — The last two years have been stressful for everyone, from children to adults, and staff at Linn County Mental Health want people to know that it's OK to sometimes feel overwhelmed.

They also want you to know that help is available to anyone with serious mental health concerns — free of charge — by calling 541-967-3866. Members of the Linn County Mental Health Crisis Team are available 24/7 by calling 1-800-304-7468, or dial 9-1-1.

You are not alone. Everyone at some time, feels overwhelmed and stressed out.

According to the National Alliance on Mental Illness, one in five adults has experienced a mental illness and one in 20 has experienced a serious mental illness. One

in 15 adults has experienced a substance use disorder and mental illness at the same time and more than 12 million adults have had serious thoughts of committing suicide.

Young people also experience mental health issues. One in six children ages 12 to 17 have had a major depressive episode and 3 million have had serious suicidal thoughts.

One in five young people say the COVID-19 pandemic had a significant negative effect on their mental health and one in 10 young people under the age of 18 have experienced a mental health condition following a COVID-19 diagnosis.

Educators report major behavioral issues among students as they have

returned to in-school learning.

The Linn County Mental Health Advisory Board offers the following suggestions to help mid-valley residents deal with stress/mental illness:

General/Stress

If you have ever noticed changes in your sleep patterns, a decrease in energy level, you find your eating habits are changing, or you're isolating yourself; you might be experiencing chronic stress.

Some helpful tips to try, include allowing yourself time to relax, reaching out to positive people in your life, and asking for support; are all signs of strength.

It's important to figure out what works

best for you!

Sleep

Having trouble sleeping? This isn't just another mattress commercial.

Did you know that "lack of sleep" can affect your mental and physical health?

According to the Sleep Association, between 50 to 70 million U.S. adults have a sleep disorder.

If you're not rested you may notice you have difficulty concentrating, an increase in irritability, you can't make it through the day without wanting a nap, or you struggle with remembering things.

Some helpful tips to improve your sleep are making sure your sleep area is comfortable for you, turning your electronics to nighttime mode, creating a night time routine or if your evenings are too hectic, having a regular wakeup time will help you sleep better.

Physical Exercise

When you think of exercising do you think of the gym, sports, sweating? What about doing the dishes, walking your dog, mowing the lawn or maybe playing with your kids?

Physical activity is really any time you're up and about. Did you know physical activity is directly related to your mental health? It relieves stress, improves memory, helps you sleep better and boosts overall mood.

The Department of Health and Human Services recommends getting at least 150 minutes of moderate physical activity every week. This could be walking your dog for 10 minutes three times a day during the week or maybe as simple as taking your kids to the park for half an hour a few days a week.

Eating Habits

Do you wish it was easier to eat healthy?

Did you know eating a well-balanced diet can affect your mental health?

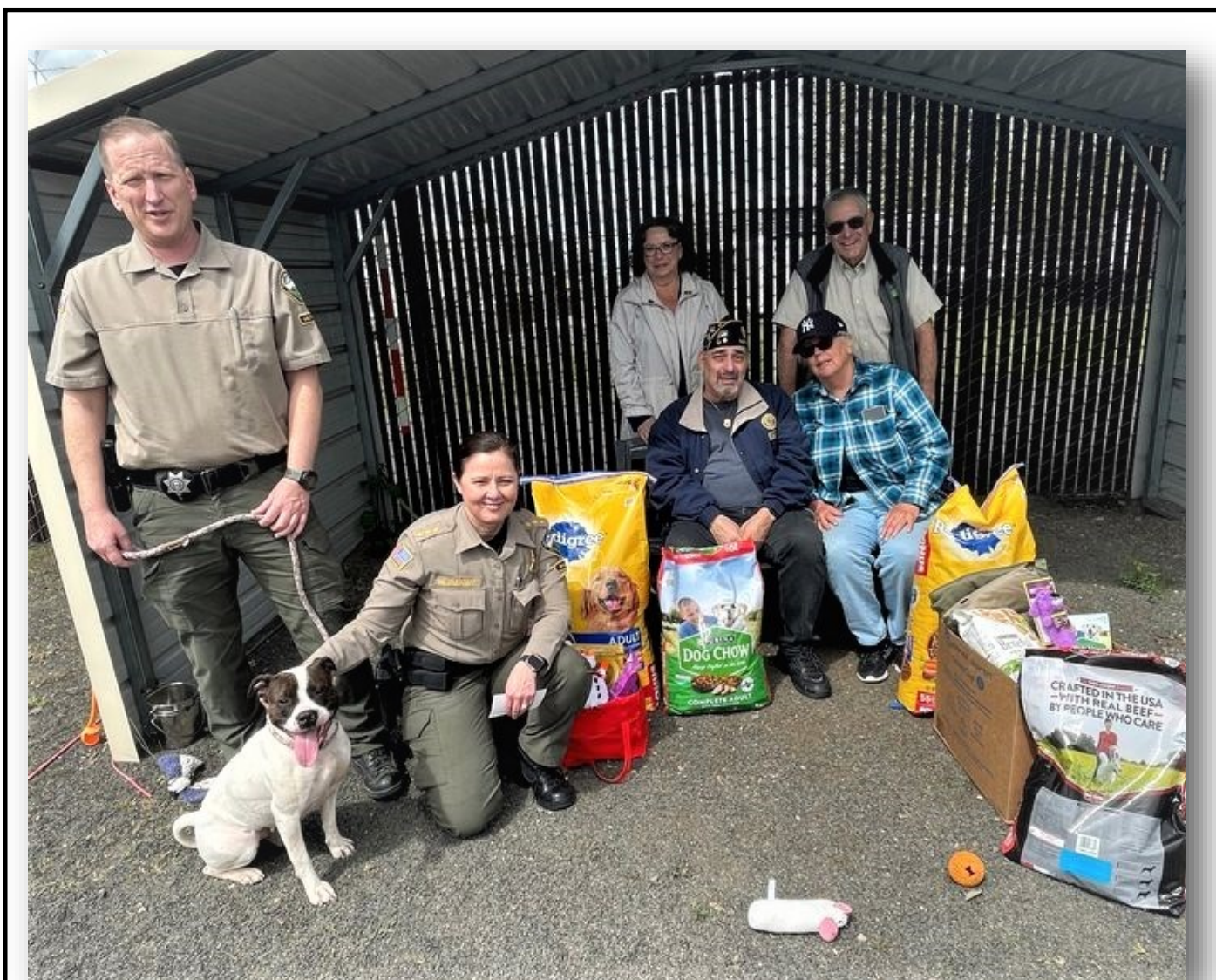
Some easy ways to work on healthy eating habits include drinking a glass of water before you eat a meal, bring a healthy snack with you instead of buying something on the run, doing your best not to skip meals and keeping variety in your diet.

It's important to remember eating healthy isn't one size fits all; figure out what works best for you.

Symptoms of possible mental health issues:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people

MENTAL HEALTH ... See P. 11



American Legion Post 10 donates to Linn Animal Control

American Legion Post 10 Commander David Solomon participated in the Linn County Sheriff's Office's last Citizen's Academy. He saw Lieutenant Steve Looney's love and dedication for the dogs he cares for during the Animal Control presentation. Commander Solomon rallied the American Legion and donated more than 400 pounds of dog food, toys, bedding and \$1,100 to go towards the care of the dogs housed here. Also, a special thank you to Lieutenant Steve Looney for caring so much about these dogs that you move others to help.





Cherrie Scheinberg, left, Dr. Sam Scheinberg and Linda Dahan sort through supplies at Samaritan Health Services' Corvallis warehouse.

Samaritan donates medical supplies to Ukraine — Couple with ties to SHS spearhead effort

Using a sort of shopping list, three volunteers spent several days this week digging through nearly a dozen pallets of expired medical supplies and determining which items were potentially lifesaving for Ukrainians.

Cherrie Scheinberg, a former Samaritan North Lincoln Foundation board member, has been in direct contact with Brian McMurray, a trauma expert who is currently in or near Ukraine. McMurray, who serves as the ambassador to Ukraine for the American College of Emergency Physicians, messaged Scheinberg a list of supplies needed at Ukrainian military hospitals.

As the trio sorted surgical tubing, gloves and sutures, Cherrie and her friend Linda Dhan would occasionally show an item to former Samaritan surgeon, Sam Scheinberg, Cherrie's husband who would determine if it should be shipped.

Sam, who worked at both Samaritan North Lincoln and Samaritan Pacific Communi-

ties Hospital, visited Ukraine with two other doctors seven years ago teaching trauma techniques.

By the end of the three days of sorting, the crew had sifted through more than \$100,000 worth of medical supplies. The warehouse had an unusual backlog of medical supplies due to the pandemic.

Normally the items are shipped overseas to nonprofits in countries whose regulations aren't as strict as the United States.

"Shipping has become a nightmare," said Todd Heustis, warehouse manager. "Not only in just the logistics of getting something somewhere, but the cost of it."

By Thursday morning a box truck with four pallets of medical supplies started the journey to Portland and then to Ukraine.

— Courtesy Heart to Heart magazine



Volunteer Linda Dahan of Portland carries of box of packed supplies to be placed on a pallet destined for Ukraine.

Mental health help ... From Page 10

- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

— National Alliance on Mental Illness



Todd Heustis, Samaritan warehouse and courier services manager, tapes a box destined for Ukraine while Cherrie Scheinberg, left, Dr. Sam Scheinberg sort through supplies.

Linn County Budget Committee OKs \$221,838 million budget

ALBANY — After four days of deliberations, the six-member Linn County Budget Committee on Thursday approved a budget of \$221,838, 213 for Fiscal Year 2022-23.

The current operating budget is \$215,343,377.

The approved budget is scheduled to be officially adopted at 9:30 a.m. on Friday, June 2, by the Board of Commissioners.

The Budget Committee is composed of Jennifer Stanaway, chair; Kerri Johnson, vice-chair; Mellissa Barnard and Commissioners Roger Nyquist, Sherrie Sprenger and Will Tucker.

The highest inflation in the past 40 years was a major factor in building the budget document. County staff will receive a 5% Cost of Living Adjustment and staff at the Sheriff's Office will also receive a 3% adjustment based on comparable salaries within other sheriff's offices.

The approved budget is made up of the following:

General Fund, \$53,852,724; Road Fund, \$42,482,445; Fair Fund, \$527,000; Law Library, \$290,501; General Grants Fund, \$29,901,565; Bicycle and Pedestrian Fund, \$114,368; Corner Preservation Fund, \$618,384; Historical Fund, \$37,501; County Forest Park Fund, \$1,063,000; Health Fund, \$48,832,915; County School Fund, \$1,966,100; Federal Forests Title3/Restricted Fund, \$235,000; Unemployment Insurance Fund, \$1,581,958.

A General Fund contingency is set at about \$1 million.

Committee members approved a tax rate of \$1.2736 and a Law Enforcement Levy of \$2.98 per \$1,000 of property valuation.

The 4-H and Extension District



Above: Linn County Assessor and Tax Collector Andy Stevens details his department's proposed budget during hearings at the Linn County Fair & Expo Center. **Below:** County Clerk Steve Druckenmiller distributes materials before his budget presentation.



Budget Committee approved a total revenue of \$967,047, of which \$875,316 is the OSU Ex-

tension Budget. Linn County reserves \$823,916 for the building loan program, \$76,400 for county

materials and services and \$52,583 in Capital Outlay for future building expenses.

Linn County Sheriff's Office tips to discourage campsite thefts

Camping season is officially here despite the rain. We wanted to take this opportunity to remind everyone of some campsite theft safety tips.

- Lock your vehicle. When venturing off on an early morning hike, lock your personal belongings out of sight in your vehicle, or better yet, carry them with you. If you're tent camping, valuables can easily be stolen.
- Get an extra set of eyes. If you leave your campsite for a day trip, ask your neighbors to keep an eye on it for you.
- Lock items to a tree. If you have an expensive grill or bike, secure them with a cable locked around a nearby tree.
- Properly store your food. Thieves can also take the form of furry critters. Store your food in airtight containers. This not only keeps it fresh; it prevents animals from noticing its scent and raiding your campsite.
- Keep an eye on Mother Nature. Mother Nature can quickly whip up a summer storm. Make sure your belongings are properly secured. Store expensive items in your car or RV. Properly stake items to help keep them secure from strong winds.
- Dry your gear during the day. If you have expensive camping gear that needs to air out, do it during the day. Never assume you can leave it out overnight and expect it to be there in the morning.
- Leave it at home. Camping provides an opportunity to enjoy the outdoors with family and friends. Leave the tablet or laptop at home and enjoy a simpler life.



Deputy praised for firefighting efforts

Law enforcement officers and firefighters all serve the public but they also like to poke fun at each other at times.

Cops will call firefighters "hose draggers" and firefighters refer to law enforcement officers' propensity to enjoy a doughnut now and then.

But Linn County Sheriff's Office Deputy Zachary Vanderhoof recently blurred the lines of the two professions when he responded to a panic alarm at a home in the 29000 block of Santiam Terrace and found fire climbing up the side of the house.

He grabbed a fire extinguisher from his patrol vehicle and began extinguishing the flames, according to Sheriff Michelle Duncan.

When the fire extinguisher went dry, he found a water hose and continued to battle flames until the Sweet Home Fire crew arrived.

Sheriff Duncan said Fire Chief Dave Barringer contacted her office after the event and thanked Deputy Vanderhoof for his actions which gave firefighters the time they needed to save the structure. Deputy Vanderhoof is one of many great men and women at the Linn County Sheriff's Office serving their community in a variety of ways that is not always seen by the public.

If you're interested in being part of this family, visit <https://buff.ly/2tEj6B4> and challenge yourself to make the difference in your community.



Zachary Vanderhoof

Jonathan Crow steps out of the courtroom, into retirement

By Alex Paul

Communications Officer

ALBANY — Jonathan Crow has had a 30-year relationship with Linn County courts — in a good way.

Crow, who has retired as a Senior Deputy District Attorney, was a jury manager and clerked for judges in the summer of 1992 and in 1998, while he was a law school student at Willamette University, worked at the Linn County District Attorney's Office.



His coworkers honored Crow with lunch and a bit of a good-natured

roast on May 25 at the Old Armory Building.

"Jonathan is dedicated to his craft," District Attorney Doug Marteeny said. "He introduced me to the book 'Outrage' that includes so many fantastic ideas about being a prosecutor. He looked for ways to be good at his work."

Marteeny said Crow was the "office expert" when it comes to use the LEADS (Law Enforcement Data System) to glean information about those who had been arrested.

"He is a master at finding criminal histories," Marteeny said. "He's also a lot of fun to be around. He has given me a lot of good advice and his instincts are very good."

Marteeny said Crow has prosecuted numerous high-profile Measure 11 cases — everything from child abuse to murders.

"I estimate that a Deputy District Attorney comes into contact with at least one crime victim per day," Marteeny said. "For Jonathan, that would mean he has



Jonathan Crow and his wife, Jane Snyder, with mementoes from his May 25 retirement party at the Old Armory Building.

interacted with about 5,000 victims over the years."

During his tenure, Crow has served as the juvenile prosecutor, Senior Deputy District Attorney, Internet Crimes Against Children Task Force, was a member of the drug team, Domestic Violence Court twice, firearm liaison and law library.

"You all are like my second family," Crow said. "Our leader reminds us weekly about our guiding principles and ultimately, we are here for the public's safety. It is one of the most essential services of government. It

feels good to help people be safe."

But that effort also takes a personal toll, Crow said prior to his farewell party.

Crow, 52, said he is retiring in part because of job stress.

"I believe strongly in prosecuting, but I'm tired of dealing with other people's traumas," Crow said. "When I came out of college, I thought I was going to be a

defense attorney, because we were studied a lot of Supreme Court cases where law enforcement overstepped its bounds, but you soon realize that is not what has happened in the vast majority of cases. I decided I wanted to help victims."

Crow grew up in Albany and attended West Albany High School with his wife, Jane Snyder. He graduated in 1988 and his future wife graduated in 1989. They have a son, Atticus, 21, who is studying International Service at the American University in Washington, D.C.

Crow earned a degree in political science from the University of Oregon and his law degree from Willamette University in 1998.

He was hired by former Linn County District Attorney Jason Carlile in 1998 and prosecuted cases until 2000 when Atticus was born. He took two years off to rear his son, returning to the DA's office in 2002.

From 2018 to 2020, Crow worked half-time at the District Attorney's Office and half-time as the Legal Services Coordinator.

Crow enjoys running marathons — even ultra-marathons — and especially enjoys fly fishing in the Madison River near Yellowstone National Park.

"My dad taught me to fly fish," Crow said. "He has made about 40 trips to the Madison."

Crow plans to take some time off and possibly move when his wife, who is a marketing manager, moves to another work post somewhere in the country.

"I'm actually sad to leave the office, it's such a great group of people to work with," Crow said. "I have made a lot of really good friendships. I have enjoyed my work very much, despite the stress."



Linn County Sheriff Michelle Duncan presents Crow with one of her new challenge coins.



District Attorney Doug Marteeny presents Crow's wife Jane Snyder with flowers and a plaque thanking her for support her husband's work effort over the past 30 years.



Linn County Parks seasonal rangers Derek Allen and Ali Garrett.

Seasonal park rangers enjoy the great variety in their work

By Alex Paul
Communications Officer

WATERLOO — When Ali Garrett was growing up in Sweet Home, her family enjoyed camping at Cascadia State Park, where she and her twin sister explored old growth Douglas fir trees and hiking trails.

“We would see park rangers and we thought that would be a great job,” Garrett said.

Garrett now has what she considers her “perfect job” as a seasonal Park Ranger with Linn County Parks.

“I love this job,” Garrett, 48, said. “It can be hard work at times, but at the end of the day, I feel awesome. It’s the best job I have ever had.”

Garrett and fellow seasonal ranger Derek Allen, 26, are beginning their second summers with Linn County Park & Recreation.

Garrett spent last summer working in guest services — cleaning things — and worked at Waterloo, Lewis Creek and Sunnyside parks.

“I used to work running a lawn maintenance crew at Sunshine Industries and I really enjoyed being outdoors,” Garrett said.

This summer, Garrett will be a seasonal ranger working primarily at River Bend County Park east of Sweet Home.

“I will assist full-time Ranger Kade Pulliam with a variety of things,” she said. “I will do everything from clean restrooms to mow grass and take care of our trails.”

A major difference between working

in guest services and her new job is that she will now also be responsible for answering lots of questions from guests as well as making sure they follow park rules.

Allen has a degree in Outdoor Recreation from Oregon State and didn’t think he was going to be able to work for Linn County this summer because his National Guard Unit based in Dallas, Oregon, was serving in the Afghan relocation camps in Indiana.

“We were supposed to be there until December, but we came home after six months,” he said. “I had kept in contact with Adam Breneman and he said they needed help.”

Allen said he also enjoys his job because of the great variety of duties he is required to perform in a typical day.

For example, one day he was burning a wood pile at Waterloo County Park and the next day he was helping Adam take water samples at the U.S. Forest Service campsites.

“You have to like interacting with people — even when they might be a bit upset — be able think on your feet to solve problems and perhaps most importantly, be able to switch from one project to another quickly and repeatedly as needs change.”

Allen said the great variety of duties makes “the days go by very quickly and you feel like you accomplished something.”

Linn County Parks & Recreation has several summer jobs open. Job applications can be found online at <https://linnparks.com/general-info/jobs-volunteer/>.



New shower/restroom at Sunnyside Park

Linn County staff, working with contractors, will soon install a new shower/restroom at Sunnyside County Park’s C-loop. The old building was 48 years old. The new building is funded by state RV license fees through the State Marine Board.



Thanks for your help

Recently, Senator Fred Girod, Senator Lee Beyer and Rep. Jami Cate attended a Linn County Fire Defense Board meeting and were presented with agency challenge coins in recognition of their support and work to secure funding for upgrades to the local 911 radio system.

Thank you!

Pictured left to right: Chad Calderwood, Oregon Department of Forestry; Chief Rogers, Brownsville Rural Fire District; Chief Hewitt, Halsey Fire; Chief Wooten, Albany Fire Department; Sheriff Duncan, Linn County Sheriff’s Office; Representative Cate; Senator Beyer; Senator Girod; Chief Rodondi, Lebanon Fire District; Chief Tyler, Sweet Home Fire District; Undersheriff Smith, Linn County Sheriff’s Office.

