



LIZ WESTON
ASK LIZ

Tweak tech settings to protect privacy

So much of our sensitive personal data is being tracked and sold that trying to protect our privacy can seem like a pointless exercise.

We can disable the location tracking on phone apps only to find new apps stalking us the next time we check. We can turn off personalized advertising and still get bombarded by marketers that ignore our wishes. We can be fooled by language that's designed to protect companies' access to data rather than our privacy.

All this surveillance allows advertisers to manipulate us into spending more. People who are struggling financially can be targeted by predatory lenders and other seedy companies. If there's a database breach, criminals can buy our information for just a few dollars and use it to impersonate or target us for various scams.

As individuals, we have limited ability to stop the prying. Meaningful action typically must come from regulators and lawmakers. But we can take a few steps to reclaim small but significant chunks of privacy and send a signal to companies that we don't like what they're up to.

"It's a way of making a statement to a company that you're not going along with what they're doing," says independent journalist Bob Sullivan, a consumer privacy advocate and author of "Gotcha Capitalism."

Set limits on location tracking

You may think it's your own business how often you visit a liquor store, go to the gym or attend a religious service. But many companies are in the business of gleaning and using such data for marketing and other purposes. You can throw a wrench into this relentless location tracking by changing a few settings on your devices.

On iPhones and iPads, go to "Settings," then "Privacy" to find "Location Services." With Android devices, go to "Settings," then "Location" to find "App location permissions." Don't worry that you'll "break" an app by reducing or eliminating its ability to track you, says Thomas Germain, a technology and privacy writer at Consumer Reports. If you want to do something with the app that requires your location, the app will make it easy to turn that back on, Germain says.

Regularly check these settings on all your devices, and delete any app you're not using. The fewer apps you have, the fewer opportunities companies have to suck up and sell your data, Sullivan notes.

Shut down other data collecting

If you use any Google app or service, your location history could be stored and used even after you've shut off tracking. Your searches and other activity are being stored as well, so consider shutting off Google's ability to keep that data, Germain says.

To do that, open Google.com in a browser, log into your account and click on your icon in the upper right corner. Select "Manage your Google account," then "Privacy & personalization." Under "Your data & privacy options," choose "Things you've done and places you've been." You'll see options to review the information Google is storing about you, as well as ways to turn off data storage and delete stored histories.

Some of Google's apps may not work as well without this data, but you can always turn these functions back on, Germain says.

"I think it's something that people should experiment with turning off and seeing if the trade-offs are worth it," he says.

Another setting on this page you can toggle off: ad personalization. Google tries to make tailor-made advertising sound like something you should want or need; it's probably not.

Your devices have similar options. With iPhones and iPads, switch off "allow apps to request to track" in the "Tracking" portion of privacy settings. With Android devices, click "delete advertising ID" under "Ads" in the "Advanced" portion of privacy settings.

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On the FARM

Oregon Gov. Kate Brown talks rural and farming issues

By **SIERRA DAWN McCLAIN**
Capital Press

JUNCTION CITY — Oregon Gov. Kate Brown recently visited Antiquum Farm, a Willamette Valley vineyard and livestock operation owned by Stephen Hagen and his wife, Niki.

The governor was there at Hagen's invitation to learn more about Antiquum's vertically integrated business, sustainability goals and the benefits of grazing.

The farm, nestled in Junction City's rolling hills by Turnbow Creek, has grazing-based viticulture — rotational intensive grazing of Katahdin and Dorper sheep, Kunekune pigs, poultry and waterfowl among rows of Pinot noir and Pinot gris grapes to control weeds and boost soil health.

In addition to wine, the Hagens sell pasture-raised meats, eggs and honey, and their latest venture involves expanding their targeted grazing operation, using goats to graze private forestland to reduce wildfire risk. As Brown toured the farm, she asked questions, trekked through pastures and forestland and petted a menagerie of farm animals.

During her time in office since 2015 as Oregon's 38th governor, Brown's policies — especially relating to climate change and business regulation — have been controversial, and her approaches have often generated criticism from many in the state's farming and rural communities.

After the tour, Brown sat down with Capital Press reporter Sierra Dawn McClain for an exclusive interview on issues of importance to farmers and ranchers.

The text of the conversation has been edited for brevity and clarity.

Q: How would you characterize your relationship with Oregon farmers?

Well, I see our farmers and ranchers, what they produce and create and make, as very integrated into Oregon's economy. Our agricultural industry is very much a part of who we are. It's also culturally incredibly important. This family (she gestured to the farmers at Antiquum Farm) is taking farm-to-table to the nth degree, right? They are vertically integrated here and I think it is happening in Oregon because of the creativity and innovation Oregonians have. This is so a part of who we are.

Q: But how would you characterize your relationship with farmers? For example: positive?

Ah! Haha. I'm not sure I would characterize it that way. I think I have a strong passion and concern for our farming and ranching communities. I don't know; you would have to ask them how they feel about me.

Q: Where do you see common ground that you share with the farming community?

One is our work around wildfire, and our work to create healthier primarily forest landscapes through thinning, prescriptive burning and the work we're doing through the wildfire council.

I think the second piece I would say is drought. I've been really proud of the work my administration has done to invest — we put together a \$100 million drought package in December of 2021 — (and

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Sierra Dawn McClain/Capital Press
Antiquum Farm owner Stephen Hagen, right, talks to Gov. Kate Brown about his targeted grazing operation on his property near Junction City on Thursday, April 14, 2022. His practices involve using goats to graze his private forestland to decrease wildfire risk and control weeds. Hagen plans to expand the operation so his goats can graze forestlands owned by others too.

From hobby to full-time business

Wallowa County's Chrystal Allen making career out of soap

By **BILL BRADSHAW**
Wallowa County Chieftain

WALLOWA — Inspired by a quest for a healthier lifestyle, Chrystal Allen is turning a hobby into a full-time business, mostly out of her home in Wallowa.

Chrystal Springs Soapery: Inspired by Nature, as her website states, creates cleaning products — mostly bar soap — made at home in small batches by tried-and-true recipes Allen has developed.

"I researched the benefits of many different oils, butters and essential oils and tried many different soap recipes and methods, and finally created a few recipes that we loved," Allen said in a prepared statement.

Change of careers

After working for nearly 21 years for Wallowa County, Allen retired recently as grants administrator, a position she'd held since 2018. She's also worked numerous different positions at the courthouse, much of it in the Planning Department.



Bill Bradshaw/Wallowa County Chieftain

Chrystal Allen, owner of Chrystal Springs Soapery in Wallowa, shows some of the many types of soap she makes and sells Wednesday, April 13, 2022.

"I learned a lot, doing a lot of different jobs," she said during an interview Wednesday, April 13.

She's still lending her expertise there, helping to train her replacement.

But now she's transitioning to what she really wants to do.

"Now I'm getting to do what I love to do full time," she said, that being her soap-making work.

Making the soap

Start to finish, it takes about an hour to make one small batch of soap. Each batch yields a block that will be cut into 16 bars.

Given the caustic nature of the lye, Allen is careful both with a face mask to ward against fumes and safety glasses to protect from splatters.

The batch she made April

13 was her chamomile tea facial bar, from a base of distilled water made into chamomile tea and mixed with lye, oils, butters, activated charcoal and essential oils.

The tea-and-lye are mixed together and the oils and butters are heated up to where it's thoroughly melted.

Then both are allowed to cool to around 110 degrees Fahrenheit before combining. She pours them together and mixes them slowly to avoid any bubbles that would end up in the solidified bar of soap.

Then she adds essential oils and other ingredients, such as cosmetic-grade activated charcoal, which adds color and cleansing qualities, Allen said. Although customer comments and research attest to the benefits of such ingredients as the charcoal and certain essential oils that are believed to have benefits for skin, she refrains from making any medical claims, "which the law prohibits," she said.

"This facial bar I designed with ingredients that have been shown to combat acne and for people who have trouble with rosacea and things like that," she said. "But I make no medical claims."

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