

A black and white photograph of a woman with short, wavy hair, smiling broadly while holding a mobile phone to her ear. She is wearing a light-colored, ribbed cardigan over a dark top. The background is bright and out of focus.

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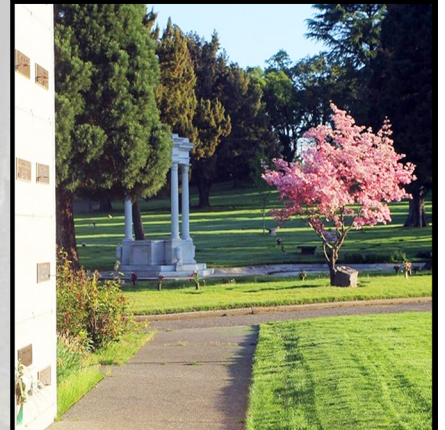
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Funeral Services Cont. Page 98

■ Funeral Services Cont.

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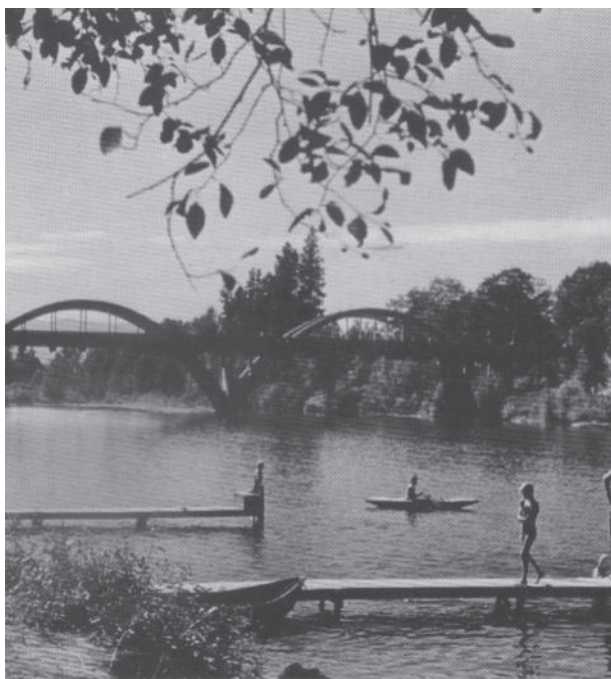
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*Caveman Bridge in Grants Pass before
Seventh Street Bridge was built.*

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Why Should You Choose an Energy Efficient Garage Door?

Submitted by Overhead Door Co. of Rogue Valley

Conservation of energy during these times has become essential. People are exploring various options to protect the environment. Concerning your home, one thing that you can do is use an energy efficient garage door.

Garage doors are an integral part of the house. Energy efficient garage doors contribute greatly towards the environment and make the home owner's life easier. We have grown a lot; technology wise, in recent years. There are multiple options available for everything, which has its pros and cons. If you are wondering whether or not to make such a big expenditure on your door, keep on reading to know what are energy efficient garage doors and the benefits of having them.

Benefits of Using an Energy Efficient Garage Door:

1. **Saving Energy And Cost** - For any house, insulation is an important aspect. An energy efficient or green door will aid in keeping your garage area warm during winters and cool it up when summers arrive. Apt insulation will

keep in warm air, while the air conditioner won't strain during summer season. Thus, maintenance of temperature will result in less energy consumption. Less energy used – less billing amount.

2. **Cost-Effective Maintenance** - Energy efficient garage doors are built with durable, strong materials. They have a longer life span compared to other options. When less bills and repair expenses combine, it saves a lot of money on the whole

3. **Sound Proofing** - Insulation is one of the key factors of eco-friendly garage doors. They keep the heat in and block unnecessary noise from coming in and going out.

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*Discount amounts are subject to change.

If you live on Tribal lands, there are additional programs that may qualify you. Please visit www.lifeline.oregon.gov or call for more information.

Proof of eligibility:

You may be required to provide proof that you qualify. Apply online or print the application at:

www.lifeline.oregon.gov

puc.rspf@puc.oregon.gov

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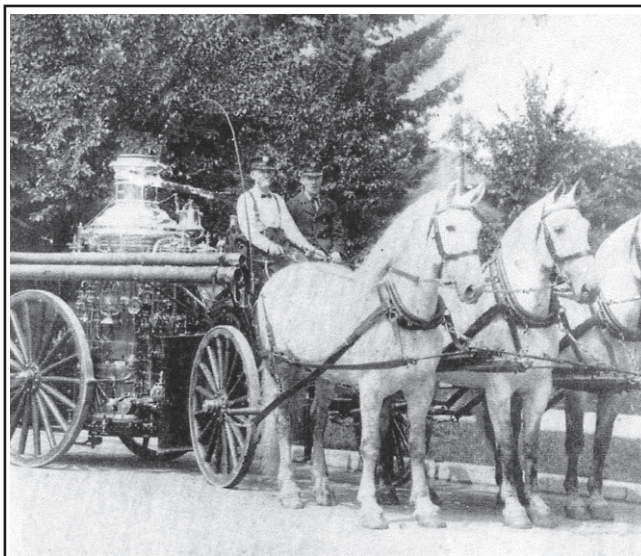


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The first major fire in January, 1894 destroyed almost the entire block of buildings between 5th and 6th Streets in Grants Pass. The City Council passed an ordinance that all rebuilt structures were to be of brick.

The Importance of Tree Care

Submitted by Zero Gravity Tree Service

Oregon is home to hundreds of different types of trees. Just about all Oregon trees can be split into two big categories: conifers and broadleaves. Conifers are evergreens. Oregon's state tree the Douglas fir is a conifer and by far the most common species in western Oregon. Broadleaves are deciduous trees, they have flat thin leaves and shed them in winter. Proper identification is important because it allows us to make the best care plan possible. Trees are incredibly self-sustaining but can still grow old, get sick and die, or experience other forms of damage due to harsh weather or other external factors.

The most important part of tree care is to keep you and your property safe. A well-maintained tree is less susceptible to disease and insects and has a better chance of surviving harsh weather conditions. Trees are not only aesthetically pleasing but they also provide a great amount of shade and create habitats for all sorts of critters. If your tree has grown too big for the space available it's time to trim. Trimming branches that are within ten to fifteen feet of your roof are a good way to reduce the risk of structural damage. Dead trees, and even healthy trees, can fall over in harsh weather conditions and if these trees are in striking distance of structure can cause serious damage

that could cost tens of thousands of dollars. Worse than structural damage these dead trees can cause serious injuries to the people below them.

Arborists can see the early signs of a dying tree and provide warning before catastrophe strikes. Bark sloughing off the trunk, presence of fungi, presence of boring insects, root rot, crown decline, canopy decline, and leaf damage are just a few of the signs. If you see one or more of these signs it's recommended consulting an arborist. Many factors play a role in the health of your trees from soil conditions to light exposure. There are sometimes steps and recommendations that can save your tree before it dies completely, or if there is nothing that can be done an arborist can safely remove the tree. There are a lot of factors that an arborist has no control over, presence of certain fungi, amount of rainfall, and location of the tree are just a few. No two trees are alike.

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Why do I need to pre-arrange for my death?

Submitted by Rogue Valley Funeral Alternatives

The gift of pre-planning is something not very often thought of, but something that can make a world of difference. When a loved one dies, it should be the responsibility of the family to honor and celebrate the life of their loved one and not worry about gathering information and making decisions. By talking with your family about your end-of-life plans, even including them in the arrangement process, your loved ones can feel well informed and comfortable with the decisions you have made.

Is it difficult to do? Preplanning is about as difficult as picking up the phone and dialing a local funeral home. Even if you are not sure where to start, funeral directors are equipped to assist with every step of the way. Once an appointment is scheduled, information is gathered and then kept in a secure file until the plan is needed at death.

What kind of information is gathered? It usually starts with vital information, place of birth, parents' names, occupation, etc. You can be as detailed as you would like with your

funeral director, they are there as a guide in this process. Then, depending on your end-of-life plan, options are discussed that are going to fit your needs once the time comes.

What options do I have? Everyone is special and deserves to be remembered how they would have wanted. End-of-life options range from a traditional burial in a local cemetery, scattering cremated remains at sea, arranging for an eco-friendly burial, or even setting aside a portion of cremated remains to be flown into space. The options provided can be molded to fit everyone individually, especially catered to their life well lived.

Death and the ideas that surround it are concepts that should be thought about actively and without worry. "Because I could not stop for Death," Emily Dickinson so famously wrote, "He kindly stopped for me."

For more information call 541-770-6505 or visit www.roguevalleyfunerals.com

Green Burial: A Return to the Earth

Submitted by The Forest Conservation Burial Ground

Cemeteries close the circle between life and death. They are the place where the body is returned to the earth by loved ones who knew it and cared for it.

Do you have memories of visiting cemeteries to bury or remember a family member? For many of us, such visits were familiar rituals that connected us with our ancestors. They gave us a chance to recall who these people were in our lives, what they meant to us, and to pay our respects. Those visits were quiet, reflective breaks from our busy lives. They reminded us of who we are, where we came from--and where we're all headed.

How do you imagine your friends and family paying their respects to you after your death? If you desire to have a place in nature for your folks to gather around your body for a final goodbye, you might want to look into a green burial.

Natural or green burial is a return to burials that are simple, non-toxic, and designed to support the reunion of human bodies with nature as effectively and completely as possible.

Like so many inspiring and "new" ideas, green burial isn't new at all. Green, or natural, burial is the way that our loved ones were always laid to rest up until about 150 years ago. Many cultures, like Jewish and Muslim, have always done green burial and still do today. For others, as funerals became big business, traditional and simple burials became a forgotten practice.

What makes green burial special?

- **Respect Green** burial cares for the dead respectfully with minimal environmental impact* and in a way that returns the body to the earth in the most natural way possible. For many, it is what they've always imagined for their body.

- **Sustainability** Green Burial is non-toxic, meaning the body is not prepared with embalming

chemicals, and the materials used are biodegradable. The minimal environmental impact aids in the conservation of natural resources.

- **Reconnection** Green burial is designed to support the reunion of human bodies with nature as effectively and completely as possible.

- **Lower Cost** The lack of embalming, conventional caskets, or concrete vaults makes green burial a cost-effective alternative. It lowers the cost by thousands of dollars.

Here in southern Oregon, we have some options for green burial. Many cemeteries are 'hybrids', meaning that you can do a green burial in your plot, but you may be buried next to others who chose embalming and a vault.

We are fortunate to have an option that is a dedicated natural burial ground, The Forest Conservation Burial Ground located at Willow-Witt Ranch just outside of Ashland. All burials at The Forest are green and often bring together family and friends who create an experience that celebrates the deceased's life values--love of nature and giving back to the Earth.

It is a life-affirming cemetery whose mission is to reconnect our experience of life and death with land conservation. The Forest is open from dawn to dusk and welcomes your private, scheduled tour.

For more information call 541-625-9697 or info@theforestconservationburial.org.

Green Burial is "caring for the dead with minimal environmental impacts that aids in the conservation of natural resources, reduction of carbon emissions, protection of worker health, and the restoration and/or preservation of habitat. Green burial necessitates the use of non-toxic and biodegradable materials, such as caskets, shrouds, and urns.--Green Burial Council (www.greenburialcouncil.org)

Why have a Funeral Service or Celebration of Life?

Submitted by Perl Funeral Home & Siskiyou Memorial Park

Dying and death are not easy subjects to talk about and I have found most people avoid it at all costs. If you have had someone close to you pass away, you know that this can be an extremely challenging time in your life. Life as you know it has changed forever. I want to pose a question as the title suggests; why have a funeral service or celebration of life for my loved one? There are many reasons, but I want to focus on dealing with grief and the healing process.

I would like to share a story I heard not long ago. John and Debbie have lived in the community all their lives. They had been part of the community activities, local church and even had a small business in town. When the conversation of death came up, John always said, "I do not want anything big after I die, just throw me over the fence. When I go... no fuss, no frills." When the day came and John passed away, Debbie did just as he asked; she had no service and no obituary for John.

Not long after, Debbie was shopping at the grocery store when a close friend named Nancy saw Debbie down the aisle. Nancy wanted to console Debbie and tell her how sorry she was for John's passing. However, as she started to approach Debbie, thoughts started to flood into Nancy's head: "I wonder why she didn't have a funeral service for John? She didn't even put it in the paper. She probably doesn't want to talk about it?" Nancy quickly turned around hoping Debbie did not see her.

The reality was, after Debbie lost her husband, what she needed most was a kind word from her friends in the community. Nancy made her assumptions based on Debbie not having a funeral service for John and this prolonged Debbie's healing process. I have found that people like John who do not want a funeral or celebration of life believe that it is not important and is a burden. The truth is, Debbie valued John's life and it was important to her to have a service. Although she honored John's wishes, it did not help her healing process.

A funeral service or celebration of life is not for the person that has passed away, but for the family and friends left behind. It provides a way to acknowledge that a loved one is gone and an opportunity for everyone to say their final goodbyes. It is important because not only does their life deserve to be honored but to provide healing gifts to their family and friends.

A great way to eliminate a lot of this confusion and stress is by talking to your loved one while they are still alive and sitting down with an advanced funeral planner. Pre-planning is a solution to a stressful situation during a family's hardest moments and is also one of the greatest gifts you can give them. Having an open discussion with your family is hard but extremely important to avoid the situation and prolonged grief Debbie faced.

For more information call 541-772-5488 or visit perlfuneralhome.com

Oregon Lifeline & Telecommunication Devices Access Program

Submitted by Oregon Public Utilities Commission

Oregon Lifeline

Oregon Lifeline is a state and federal program that provides a discount on phone (up to \$15.25) or high-speed internet (up to \$19.25) service. (Discount amounts are subject to change). You may receive this benefit in the form of a discount on existing service with a participating provider or in the form of free wireless service with one provider. To qualify for the discount on high-speed internet service, your internet speed must be at least 25 megabits per second downstream and 3 megabits per second upstream. Check with your service provider to verify your internet speeds.

You may be eligible if you are enrolled in a qualifying government program such as the Supplemental Nutrition Assistance Program or Medicaid or your total household income is at or below 135% of the

federal poverty guidelines. Residents on federally-recognized Tribal lands may be eligible for an additional discount (up to \$25).

For a list of participating providers, eligibility criteria, and information on how to apply, please

visit www.lifeline.oregon.gov

email puc.rspf@puc.oregon.gov

call 1-800-848-4442 Monday through Friday, 9 a.m. to 4 p.m.

Telecommunication Devices Access Program (TDAP)

TDAP is a state program that loans specialized telephone equipment to qualifying Oregon residents who have a disability in hearing, vision, cognition, mobility, or speech at no cost and with no income restrictions. TDAP has a large selection of equipment to choose from including but not limited to amplified phones, captioned telephones, big button phones, smartphones, tablets, speech generating devices, artificial larynxes, etc. Delivery generally takes 2 to 8 weeks.

To qualify, you must be at least four (4) years of age, complete an application and have a professional such as a physician certify your disability on the application that is within their scope to participate in the program. For example, a speech language pathologist is qualified to certify a speech disability.

For more information and to download an application, please

visit www.tdap.oregon.gov

email puc.rspf@puc.oregon.gov

call 1-800-848-4442 Monday through Friday, 9 a.m. to 4 p.m.

Start One of the Most Important Conversations of Your Life

Dwight Wilson, Executive Director, Southern Oregon Friends of Hospice/Celia's House

By putting off the discussion about end-of-life planning, families and individuals often find themselves in a difficult situation without the ability to communicate their desires. Reasons vary, but results are the same: others are left to make decisions; many times, with sad consequences.

It might help to think of this conversation as a gift that can bring a sense of connection with those around you. Whatever feels right is the way to start – far better than no discussion at all. The good news is you can begin any way you wish. Perhaps during an engaged conversation with your loved ones about your wishes and hopes for how you would like to be treated in your last months. Perhaps using an event that those around you can relate to might be a starter.

Here's how it happened in my family after I had a significant bike accident. One of my adult children asked what treatment I would want if I were tragically hurt. This question began a discussion with my wife and our closest family members. The result was a clear understanding of my desires, and a document that empowers my family to make these decisions. It was freeing for all of us to speak openly about our thoughts on care and end-of-life options.

Try opening with "I'd like to share my hopes and dreams for my last months of life." You don't need a goal, it's an evolution of many conversations. As we age and go through health issues, our sense of what we would like evolves. Over time, your conversations should guide you to the following:

- Your desire for aggressive care balanced by the burden of such care.
- Your selection of a spokesperson(s) for decisions when you are unable to speak for yourself. The goal is to establish a durable power of health or medical care to empower this person.
- Make sure your spokesperson will honor your wishes and share your desires even when they are saddened or anxious by the turn of events.
- Discuss your financial goals with the person that would manage them when you are no longer able.

Often this conversation doesn't begin because people might be fearful of the outcome. It doesn't matter what you say, it is more important to open a dialog. Remember, doing nothing or avoiding this discussion puts you at risk for having these important decisions made by others without your input. In the worst-case scenario, they could be made by governmental entities.

As I watch the care we give to those who come to us at Celia's House, the individuals who shared their wishes helped them live their final time in a peaceful and serene way, and helped provide relief from anxiety for those they love. So please, start the discussion with those closest to you.

For more information call 541-500-8911.