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Advance Planning your final arrangements has many benefits, but for you and your loved ones knowing that *"it has all been taken care of"* is by far the best reason to take care of this today.

Your loved ones will be shielded from both the financial and emotional burdens they would face at a very difficult time. **Call today to talk with one of our Advance Planning Counselors** who will answer all of your questions and help guide you through this important gift only you can give your loved ones.



Hillcrest Mortuary & Memorial Park

2201 N Phoenix Road
Medford, OR 97504

541-773-6162

Memory Gardens Mortuary & Memorial Park

1395 Arnold Lane
Medford, OR 97501

541-773-7338

Perl Funeral Home & Siskiyou Memorial Park

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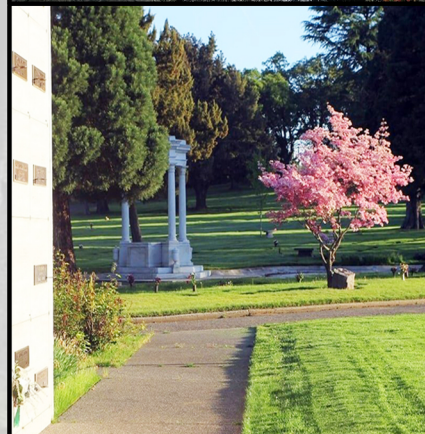
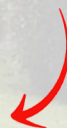
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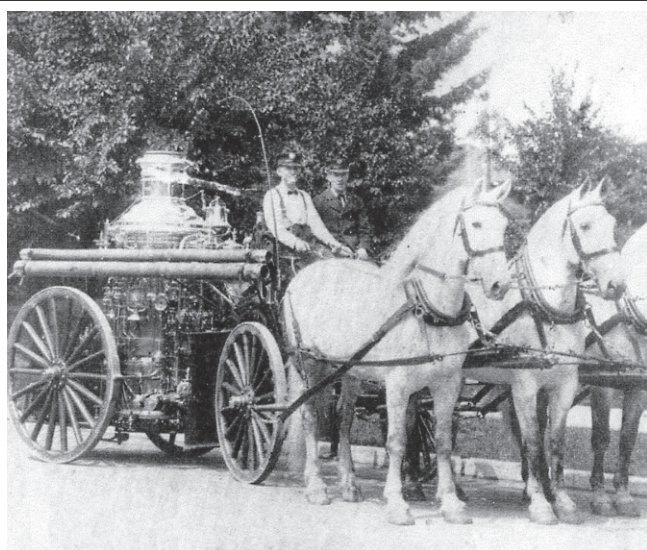
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www.perlfuneralhome.com

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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.

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Chico's Auto Collision Repair 541-500-1549
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Please See Advertisement Page 87

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Hillcrest Mortuary & Memorial Park 541-773-6162
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Medford, OR 97504

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Funeral Services Cont. Page 90

■ Funeral Services Cont.

Memory Gardens Mortuary & Memorial Park

1395 Arnold Lane
Medford, OR 97501

541-773-7338

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Perl Funeral Home

2100 Siskiyou Boulevard
Medford, OR 97504

541-772-5488

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Rogue Valley Funeral Alternatives

550 Business Park Drive
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The **SILVER PAGES**
 OF JACKSON AND JOSEPHINE COUNTIES

A SENIOR
INFORMATION
PUBLICATION

541-779-4839

Are Retractable Awnings Worth The Investment?

Submitted by Overhead Door Co. of Rogue Valley

They're beautiful, customer-loved, and unquestionably useful. But are retractable awnings worth the investment? You will find our awnings are absolutely worth it! Here are a few reasons why:

Save Every Month on Energy Costs

Keeping your home cool, especially in the summer months, can be especially taxing on both your wallet and your HVAC system. But, with the addition of retractable awnings, you will find a noticeable (and welcomed!) difference in your home cooling costs.

Our retractable awnings are made with sun-blocking materials that prevent direct sunlight from shining on or entering your home. Stop solar heat gain from making your house feel warm and overworking your cooling system to keep up. Awnings can also block the sun's UV rays, protecting your furniture, flooring, and other belongings from fading, deterioration, or other damage.

Add Value and Curb Appeal to Your Home

Retractable awnings not only provide exceptional shade and comfort, but they also look good in the process. Add luxury, style, and sophistication to your outdoor space. Choose from many fabric selections in stunning solids, stripes, textures, and tweeds. You can make your awning a statement piece or allow it to seamlessly coordinate with your existing outdoor setting.

In addition to curb appeal, adding retractable awnings to your home can also add to your property value. The stunning look of an awning, the additional space to gather, shaded comfort, and savings on energy costs are just a few of the reasons why awnings can increase your home's market value.

So, are retractable awnings worth the investment? Without a doubt! Don't miss out on this proven and purposeful investment for your home.

For more information call 541-858-1637.

Do you qualify for a discount?

Oregon Lifeline is a federal and state government program that provides a discount of up to \$15.25* on phone service or up to \$19.25* on high-speed internet service through participating companies for qualifying low-income households.



Apply if you receive:

- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Supplemental Security Income (SSI)
- Veterans or Survivors Pension
- Federal Public Housing Assistance,
- Your total household income is at or below 135% of the federal poverty guidelines

*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

Call (800) 848-4442

TTY (800) 648-3458

VP (971) 239-5845

We accept all relay calls.

Monday — Friday, 9 a.m. to 4 p.m.

Lifeline is non-transferable.

The Lifeline discount is limited to one per household, consisting of either phone (landline or wireless) or high-speed internet service.



Having trouble hearing on the phone?

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We accept all relay calls.

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■ Hair

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■ Jewelry -New & Estate

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Medford, OR 97501 closed Sun & Mon

■ Newspaper Subscriptions

Josephine County Eagle 541-200-6950
1867 Williams Hwy, Suite 201
Grants Pass, OR 97527
Please See Advertisement This Page

■ Phone & Internet - Services & Equipment

Oregon Public Utility Commission 1-800-848-4442
Discounted Services & Equipment
Please See Advertisement Page 92



*That would be a good thing for
them to cut on my tombstone:
Wherever she went, including
here, it was against her better
judgment.*

Dorothy Parker (1893 - 1967)



JOSEPHINE COUNTY
EAGLE

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The Eagle is your source of conservative and thought provoking articles about local, state and national news plus helpful lifestyle articles to better enjoy life in Southern Oregon.

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541-779-4839

Advanced Planning

*Submitted by Hillcrest Memorial Park & Mortuary
Memory Gardens Memorial Park & Mortuary*

Advance Planning of Final Arrangements Has Many Important Benefits for Seniors

It is a wise decision to complete your final arrangements in advance of need. Cost savings and peace-of-mind for you and your loved ones can be realized simply by planning in advance so that "it is all taken care of".

Here Are the Facts Every Senior Should Know About Advance Planning:

1. Prevents emotional over-spending.

For example, a spouse cannot pay burial expenses with reason and normal caution when they have to make last-minute arrangements under emotional stress. Preplanning allows for an informed and educated decision making process.

2. Means selecting your family plot well in advance.

This assures a selection, rather than being forced into choosing from a limited selection under stress.

3. Brings security and peace-of-mind to every member of the family.

Once a decisions have been made you have the satisfaction of knowing the detials have been taken care of once and for all. Your survivors will be grateful you did.

4. Assures that surviving spouses will not be forced to work to pay for final expenses.

Insurance statistics show that if arrangements are not pre-planned surviving spouse often forced to work to pay-off final expenses, decisions based on current finances vs desires.

5. Protects your estate against inflation.

When you buy your family plot today, you pay a fixed price at today's costs that will never change in the many years ahead.

6. Is affordable to every family.

Under Advance Planning, the need to raise funds or to borrow money for final expenses has been eliminated. Instead, payments can be made in smaller monthly amounts, affordable within the household budget.

You Can Protect Your Family Today by Advance Planning Now.

Call your funeral home or cemetery and ask to speak with one of their Advance Planning Counselors. They can expertly guide you through the process and the decisions you will need to make in order to ensure peace-of-mind and protection for your loved ones.

For more information call 541-773-6162.

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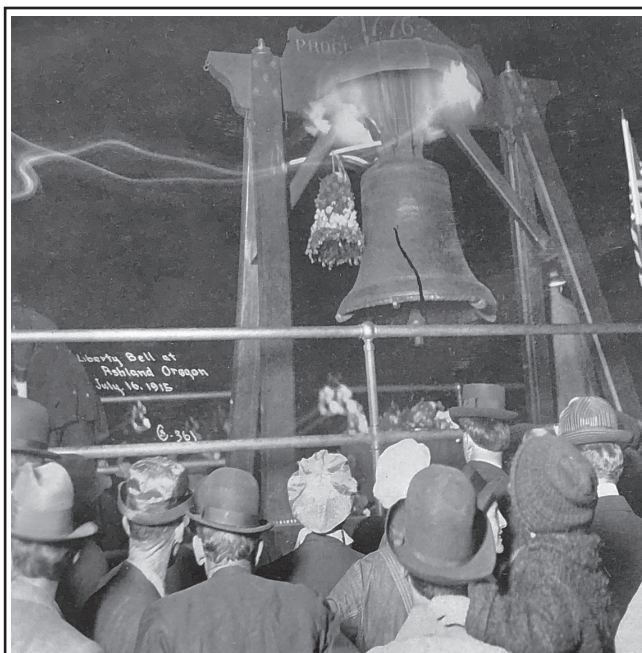
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Ashland, OR 97520
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■ Tree Services

Zero Gravity Tree Service 541-218-5877
www.zgtrees.com



*Joy increases as you give it,
and diminishes as you try to
keep it for yourself. In giving
it you will accumulate a
deposit of joy greater than
you ever believed possible.*



*When the Libery Bell come to
Southern Oregon in 1915*

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OF JACKSON AND JOSEPHINE COUNTIES

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Coping with Death

Submitted by Perl Funeral Home

Coping with the death of a loved one is undoubtedly a challenging and emotional experience. Here are some general pieces of advice and cautions that people often find helpful during such times:

1. Take Your Time to Grieve:

Understand that grieving is a unique process for each individual. There is no right or wrong way to grieve, and it's essential to allow yourself the time and space needed to mourn.

2. Seek Support:

Reach out to friends, family, or a support group to share your feelings. It's important not to isolate yourself during this difficult time.

3. Be Mindful of Your Mental Health:

Grieving can take a toll on your mental health. If you find yourself struggling to cope, consider talking to a mental health professional for support and guidance.

4. Be Wary of Making Major Decisions:

Grief can cloud judgment, so try to avoid making significant life decisions immediately after a loss. Give yourself time to process and think more clearly.

5. Take Care of Physical Health:

Grieving can be physically exhausting. Make sure to eat well, get enough rest, and engage in activities that promote overall well-being.

6. Memorialize and Celebrate:

Consider creating a memorial or tribute to

honor the memory of your loved one. Celebrate their life and the positive impact they had on yours.

7. Handle Legal Matters Carefully:

If you're responsible for handling the deceased's affairs, approach legal and financial matters with caution. Seek professional advice if needed to ensure everything is handled appropriately.

8. Prepare for Waves of Emotions:

Grieving is not a linear process. You may experience waves of different emotions, and that's normal. Be patient and understanding with yourself.

9. Acknowledge Cultural and Religious Practices:

If applicable, be aware of and respect any cultural or religious practices associated with mourning and funerals.

10. Consider Professional Help:

If the death was sudden, traumatic, or unexpected, consider seeking the help of a grief counselor or therapist who can assist in processing the emotions.

Remember, it's okay to ask for help, and everyone copes differently. If you feel overwhelmed, reaching out to a mental health professional or a support group can provide valuable assistance during this challenging time.

For more information call 541-772-5488.

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 (\$12.25) or high-speed internet (\$16.25) service for qualifying low-income households. You can receive this benefit in the form of a discount on existing service or in the form of free voice minutes and data through a participating provider. Residents on federally-recognized Tribal land may qualify for an additional \$25.

You may qualify if your household income is at or below 135% of Federal Poverty Guidelines or you participate in certain federal assistance programs such as Medicaid or the Supplemental Nutrition Assistance Program.

For more information or to apply, please visit www.lifeline.oregon.gov.

Telecommunication Devices Access Program (TDAP)

TDAP is a state program that loans specialized communications equipment at no cost and with no income guidelines to qualifying Oregonians who have a disability in hearing, vision, cognition, mobility, or speech. Examples of specialized communications equipment are devices designed to support the needs of a person with a particular disability. Examples include corded or cordless amplified phones, captioned phones, big button phones, speakerphones, electrolarynxes, cell phones, tablets, speech-generating devices, and more.

You must be an Oregon resident, at least four (4) years of age, and have a physician or one of the professionals listed on your application certify your disability that is within their scope to participate in the program.

For more information or to apply, please visit www.tdap.oregon.gov.

We can also be reached by email (puc.rspf@sate.or.us) or phone (1-800-848-4442), Monday through Friday, 9 a.m. to 4 p.m.

Making a Difference during your Golden Years

By Richard Emmons, Publisher and Editor of the Josephine County Eagle

Read to your grandchildren

Spending time reading to your grandchildren is an investment which brings your grandchildren enjoyment now and builds a foundation for academic success later. Why is that? In *The Read Aloud Handbook*, author Jim Trelease reports that “reading aloud to children improves their reading, writing, speaking, listening—and, best of all, their attitudes about reading.” You can also “adopt” grandchildren by reading to children in your neighborhood.

Invest in your grandchildren’s education

In addition to reading to your grandchildren, you can build a quality home library for your children. When my wife and I became grandparents we filled a closet with old toys for our grandkids to play with. Now, we’re building a library of classic books for them to borrow.

Perhaps you can subsidize your grandchildren’s formal education. You need to tread softly here because these are your children’s children. You’re not in charge! Sometime just say, “if you ever want to homeschool or send your kids to private school, we can help make that happen.”

Become a mentor

“Knowledge is learned from education. Wisdom is learned from experience.” Your hard-earned wisdom is worth its weight in gold to a younger person just starting out. Most young people don’t have enough time (or money) to learn from their own mistakes. Let someone learn from your mistakes and your triumphs.

You can mentor someone in your industry or someone who shares a common interest. The key is finding a young person who wants to be helped and is coachable. Just a month out of college, a bestselling author in my town said to me, “Your schooling is over; now your

education can begin.” He loaned me books, tapes, and newsletters on economics, investing and politics. I learned a lot and he enjoyed helping me learn. You can do likewise.

Volunteer at your church or a nonprofit organization

These organizations play a key role in making communities great places to live. You can make a difference without worrying about taking a paycheck. You can put your life experience to work in a whole new way.

Years ago, the Grants Pass Gospel Rescue Mission had a thrift store which looked like most thrift stores. Lots of used clothing, toys, and household goods sold for low prices. A former retailer volunteered to help the manager arrange the merchandize more like a traditional retailer. The store looked great, the customers loved it and the thrift store sales increased which better supported the operations of the Mission.

Get involved in local politics

You can invest your time and energy getting informed on matters of public interest. You can take this knowledge and write letters to public officials. Better yet, you can attend public meetings such as city council meetings, school board meetings, and county commissioner meetings. When you make public comments, here are five ways to be more effective:

1. Be prepared to speak on one topic.
2. Tell a story to make your point.
3. Offer a solution to any problems you raise.
4. Be clear, concise and compelling when you speak.
5. Be respectful of the officials and always stick to the time limit.

For information, call 541-200-6950 or visit JoCoEagle.com

HOW OFTEN SHOULD YOU GET YOUR VEHICLE INSPECTED?

Submitted by Chico's Auto Collision Repair

Your vehicle is your investment, so like most drivers, it's important to take good care of it. This may leave you wondering how often you should take your car in for servicing.

Having your vehicle inspected doesn't mean something is wrong, but an excellent way to check that major components are running efficiently. Regular vehicle maintenance protects you, other passengers, and your wallet in the long run.

While most experts agree that if possible, you should consult your owner's manual for a recommended maintenance schedule – how often you get your car serviced may not be as simple as that. Each driver has different routines and therefore we all have different demands on our vehicles.

Some vehicles are kept inside a garage and rarely driven, while others are used regularly by different drivers and kept outside. Obviously, each vehicle will experience a different rate of wear and tear.

How old is your car?

If you're currently driving a newer vehicle, it may already have built-in vehicle maintenance reminders. The in-vehicle maintenance system in a newer vehicle will take your driving habits into account and alert you on your dashboard when servicing needs to get done. However, older cars may not come with this function.

An older vehicle may have more wear and tear that makes them more prone to mechanical issues. It would be a good idea for owners of older vehicles to have their car inspected during

every oil change, and anytime you notice any unusual symptoms.

Each automotive manufacturer has servicing recommendations based on each vehicle make and model. Their maintenance recommendations will differ depending on whether you're operating your vehicle in normal or severe operating conditions.

Conditions may be considered severe if you're driving in climates that have extreme weather. Short trips with a lot of stop-and-go can wear your vehicle out quicker.

If you drive under normal conditions, you should stick to a regular maintenance schedule.

Whether you're driving in normal or severe conditions, it's best to stick to a regular schedule. Not getting your vehicle regularly serviced can result in poor handling, mechanical failures, and reduced fuel efficiency.

When driving in normal driving conditions, your motor oil should be changed every 3,000 miles (Up to 5,000 miles if Synthetic oil is used). Tire rotations are suggested on every 2nd oil change (Every 6,000-10,000 miles). In contrast, brake flushes should occur every two years.

As a rule of thumb, have your vehicle inspected by a mechanic at least once to twice a year. This will ensure all major and minor services are completed. Consistent inspections help you stay on top of any problems that may randomly creep up.

For more information call 541-500-1549 or visit www.chicosautocollision.com

Veteran-Centric Excellence: The Holistic Care Journey at VA Southern Oregon Rehabilitation Center and Clinics (VA SORCC)

Experience unparalleled care tailored to the unique needs of our Veterans at the Veterans Administration Southern Oregon Rehabilitation Center and Clinics (VA SORCC), situated in the picturesque Rogue Valley of Southern Oregon. As the Veterans Health Administration's sole freestanding Mental Health Residential Rehabilitation Treatment Program (MHR RTP), VA SORCC specializes in offering comprehensive care for Veterans grappling with mental illnesses or addictive disorders. Our facility provides a vital support structure, addressing severe psychosocial deficits, including homelessness and unemployment.

VA SORCC extends its impact through an active ambulatory care clinic, delivering primary care, mental health care, and sub-specialty care to Veterans across three rural counties: Jackson, Josephine, and Klamath, in Southern Oregon and Northern California. Our outpatient services, including Care Coordination Home Telehealth (CCHT) and Home-Based Primary Care (HBPC), enhance accessibility to quality healthcare.

The MHR RTP at VA SORCC provides a crucial level of care for Veterans who need residential support but do not require acute hospitalization or nursing home care. Embracing Patient-Centered Care and Recovery Model treatment approaches, our therapeutic, semi-structured, clean, and sober environment fosters healthy lifestyle choices, effective social-skill building, and higher-level clinical services. Our primary objective is to restore Veterans to independent or semi-independent community living.

VA SORCC takes pride in its ever-growing Women's Program, ensuring the health, welfare, and dignity of women Veterans. With 1471 enrolled women Veterans and comprehensive Women's Health Care provided to 96%, our designated women's health providers offer timely and appropriate care. Our commitment extends to residential treatment for women, with a capacity of up to 13 residential women's beds. Trust VA SORCC to provide compassionate, holistic, and gender-specific care, promoting functional independence, personal empowerment, and healthy living for our cherished Veterans."

For more information call 541-826-2111.