



July 2025 | Oregon

Connections

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going paperless eliminates printing and postage costs. And Paperless Billing offers the convenience of receiving your monthly bill summary via email. Customers can also choose to receive helpful reminders or notifications regarding their bill and continue to have the flexibility of paying any way they choose. Safely and securely.

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Avista Foundation Helps Cascade Community Pool Promote Water Safety

In Oregon, a vital resource is making waves in water safety education, thanks to the support of the Avista Foundation.

Built in 1963 in White City, Oregon, the Cascade Community Pool (CCP) was originally maintained by volunteers. Over time, it was managed by the Eagle Point School District and the YMCA before becoming a nonprofit in 1996. Since then, it has served as a vital community resource.

CCP Board member Lynne Gilstrap, a retired educator, became involved after bringing her granddaughter to swim lessons. She now helps to oversee the facility that welcomes around 3,000 visitors monthly, including children, veterans, and seniors.

The pool is especially valued for its warm 87°F water and accessibility features—namely, a lift for those with limited mobility. It's a favorite among veterans and seniors, including a 93-year-old who attends water exercise classes three times a week.

A major focus is water safety. With support from the Avista Foundation, the pool offers low-cost swimming lessons to about 550 children annually. Every third-grade student in the area receives water safety instruction, helping them overcome fear and learn life-saving skills.

"Some kids won't even get in the water on the first day," Gilstrap said. "But by the end, they're diving in. Water safety saves lives."

Gilstrap, who lost family members to drowning, emphasizes the importance of teaching children how to stay afloat and exit the water safely. These skills are essential in the Rogue Valley, which is home to many rivers, lakes, and creeks.

Visit ccompool.mystrikingly.com to learn more or get involved.



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Know what's below

Before you break ground with a shovel, auger, or other equipment, click or call 811 at least two full business days before you dig — it's the law.

A utility representative will mark the location of your buried utility lines in the requested dig area or indicate the area is clear of buried Avista utilities. The service is FREE. Privately owned lines can be located by a third party for a fee.



CLICK OR CALL 811 BEFORE YOU DIG CHECKLIST

Never disturb the ground until you complete these steps:

- ✓ Use white paint to mark the zone where you plan to dig
- ✓ Click or call 811 and wait for the utility representative to mark the facilities owned by Avista
- ✓ Maintain and respect these locate marks
- ✓ If your located ticket expires and you intend to continue digging, you must re-notify 811
- ✓ Carefully hand dig within the 24-inch tolerance zone to expose the marked utility

If you damage, hit, or nick a natural gas line, immediately notify Avista customer service at (800) 227-9187. If you damage a pipeline and natural gas is escaping, DO NOT FOLD OVER THE PIPE to seal the leak. Static charge can ignite the gas. Walk upwind a safe distance away, then call 911 and Avista.

Visit myavista.com/811 for more information.

ELECTRIC: RED
GAS-OIL: YELLOW
COMMUNICATIONS: ORANGE
WATER: BLUE
SEWER: GREEN
TEMPORARY SURVEY: PINK
IRRIGATION: PURPLE
PROPOSED EXCAVATION: WHITE

GROUND MARK IDENTIFICATION

Ground markings are in different colors to indicate the locations and types of utility facilities buried below. Locate marks are valid for 45 days in Oregon. If anyone digs after the listed times, they are digging with an invalid ticket.

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There are lots of reasons why keeping up with your energy bill may be difficult. If you need help or just want to know your options, we're here for you. We team up with local community action agencies to provide billing and payment programs and home energy-saving solutions to eligible customers.

We also offer payment arrangements and options to help even or spread out your costs. Even better, our *My Energy Discount* program lowers natural gas bills every month for two years.

Visit myavista.com/ORassistance to see which options are available to you and find out if you qualify for *My Energy Discount*.

Connect with us

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