

Abuse *from A8*

Child requires states to protect children from “all forms of physical or mental violence” while under care. The United Nations Committee on the Rights of the Child has affirmed that corporal punishment is incompatible with this requirement.

In the worst cases, physical health consequences of abuse on small children include brain damage, central nervous system injuries and bone fractures, all of which could lead to life-long disabilities.

Accounting for the fewest cases across data sets is sexual abuse. There were 61 incidents in Lane County for the 2017 fiscal year, making up just over four percent of

the county’s total abuse and neglect cases.

Though relatively rare, sexual abuse is no less serious as it can cause reproductive health problems, sexually transmitted infections and unwanted pregnancies – all this before the potential psychological damage and resulting difficulties imposed upon the child’s life.

Fatalities resulting from abuse or neglect are even rarer, but also cause for concern. There were 30 deaths attributed to abuse or neglect in Oregon during the 2017 fiscal year, 20 of which were the result of neglect. More than half of all victims were under the age of five.

Social Implications

The issue of child abuse pervades nearly all cultures

and communities worldwide and its prevalence has deep-running implications for any social fabric.

Abused children are more likely to grow up with heavier burdens in their lives and consequently project those burdens onto others and into their community in various ways.

Increased rates of child abuse have been linked to poorer health, both physically and psychologically. A 2012 systematic review found that emotionally abused subjects were three times more likely to develop a depressive disorder than non-abused individuals.

The same study concluded a strong causal relationship between non-sexual maltreatment and a range of mental disorders, risky sexu-

al behavior and drug use.

“We know that child abuse, neglect and childhood trauma are risk factors for a lot of adult health outcomes such as homelessness, drug and alcohol addiction and mental health issues,” said Co-chair of 90by30’s Child Abuse Prevention Month committee Amanda Hampton. “Healthy and protected children become healthy and protected adults and I think as a community we all want those things.”

Socioeconomic effects play a role as well. A 2010 study comparing abused or neglected children to non-abused or non-neglected children indicated that adults with documented histories of childhood abuse and/or neglect had lower levels of education, employ-

ment, earnings and fewer assets as adults.

In the web of interrelated factors, poverty often emerges as a significant player in determining the likelihood of a healthy home environment.

When parents must choose between necessities such as gasoline or food, the accompanying stress of daily living may cause parents or even children to unburden themselves in unhealthy ways. Reducing that stress is one means of giving families a chance.

“Every child, every adult deserves the opportunity to thrive and not just be surviving,” Hampton said. “And that means getting basic needs met.”

Hampton’s observation highlights the importance

of local support programs and preventative measures, giving credence to the adage that it takes a village to raise a child. And while the adage may hold true, providing a social scaffolding that enables children and families to thrive may depend not only on community members rowing in the same direction, but also allowing individuals avenues to be effective actors in the process.

“I think its everybody’s place to learn the skills and the tools to be able to just be an advocate for a struggling parent or family real-time,” said Nordquist. “Somebody forming a connection. Somebody taking an interest. Somebody caring. “Anybody can do that.”

Storm *from A1*

recovery. If awarded, the program promises a reimbursement of at least 75 percent of costs.

In determining if federal assistance through the program is warranted, damage assessments must be reviewed to see if managing the event is beyond local and state capabilities. Eligible reimbursement costs include the removal of debris, providing emergency pro-

tective measures and repair or replacement of damaged public infrastructure.

“It would be nice to get that 75 percent,” Stewart said.

Topping the costs on the city’s damage assessment is the removal of downed trees and woody debris from the city’s streets. With roughly 50 percent of municipal roads requiring attention, an estimated \$125,000 will eventually be spent to complete the cleanup by the end of May, around \$30,000 of which is dedicated solely to managing the grinding up

and removal of the wood. As part of the process, the city will freely redistribute the chips and potentially sell the rest to make up for costs.

“We’re going to make it available to citizens for personal use in their yards and some of the city parks,” Stewart said, “but what we can’t repurpose locally, we’re going to try to sell to either the composting yards or to a mill that can use it.”

Also high on the city’s damage assessment, tree damage at city parks and the Middlefield Golf Course

is estimated to add another \$70,000 to the tally.

Other costs and damages listed in the assessment include attending to blown wastewater pumps, a perforated bathroom roof at Coiner Park, road surface repair, and supplies such as sand and bags which were prepared in anticipation of flooding.

While the city awaits review of its submission, private businesses and homeowners, too, have been encouraged by Lane County to submit initial damage assessments, even if repairs

have now been completed.

One Dorena area business has done so already.

Log House Plants, a wholesale nursery on the east side of Dorena Lake, absorbed a substantial amount of damage during the storm. As nearly two feet of wet snow fell in the forested area, nine of the nursery’s greenhouse roofs collapsed under the weight, covering many of the plants inside.

Despite the cave-in, surprisingly few plants were lost. “My family really worked hard to save what

we had,” said the nursery’s co-owner Alice Doyle. “The damage is extensive but it is all fixable.”

Though business has resumed, the owners of Log House Plants are hopeful funding will come through.

“I would like FEMA to help us out,” Doyle said. “It was quite a blow. The main thing is just how much work it’s created for us.”

Businesses and homeowners may submit damage reports online at apps.lane-county.org/InitialDamage-Assessment/.



You are Beautiful

In case no one has told you today, **you are beautiful**. Beauty can be intimidating and something that can be difficult to see in ourselves.

And when we do recognize beauty in ourselves, it often comes with harsh stereotypes and external pressures to maintain it.

This is important for your self-esteem, of course, but also for your health. Here are some successful, beautiful women and what they have to say about beauty.

“Don’t change your body to get respect from society. Instead, let’s change society to respect our bodies.”
– Golda Poretsky

“You will never look like the girl in the magazine. The girl in the magazine doesn’t even look like the girl in the magazine.”
– Jessiemae Peluso

“Don’t ever let a soul tell you that you can’t be exactly how you are.”
– Lady Gaga

“Beauty is when you can appreciate yourself. When you love yourself, that’s when you’re most beautiful.”
– Zoe Kravitz

“While bangs don’t look good on everyone, confidence does.”
– Lauren Conrad

“No one can make you feel inferior without your consent.”
– Eleanor Roosevelt

A Beauty Regimen for Every Age

As you age, your skin changes, and your beauty routine should, too. But most people stick with the same routine they’ve been practicing since high school, hoping for the same results.

Here’s how to put your best face forward at every age.

- PRESERVE AND PROTECT**
Your teens and 20s should be all about preserving the assets of youth with your skin care regimen. Acne may be an issue, and scars should be treated promptly. Start with a good foaming cleanser and a moisturizer with SPF. Add a spot treatment or an intense night serum for moisturizing. If acne is more than just the occasional breakout or is large and painful, a trip to the dermatologist might be in order.
- EXFOLIATE AND REPAIR**
As you near the end of 30s, your skin is no longer exfoliating naturally as often as it once did – about once a month as opposed to the every two weeks it exfoliated in your teens and 20s. It may be time to switch to a gentle exfoliating cleanser or use an exfoliating mask once a week.
If you are lucky enough to avoid fine lines around your eyes in your 30s, they will most certainly find you in your 40s. Give your eyes an extra surge of hydration with a good eye cream.

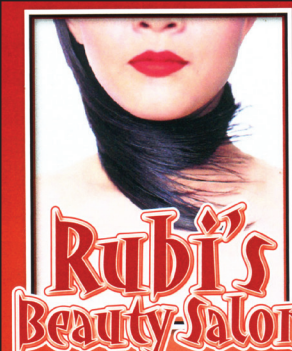


MOISTURIZE
As you reach your 50s, the most important thing you can do for your skin is give it the moisture it no longer produces on its own. As we reach our senior years, we are even more prone to dryness. In fact, the most common skin conditions and skin infections affecting the elderly start with severely dry skin. If you haven’t already, it’s time to switch to a nonfoaming cleanser, as well as a retinoid and peptide-rich serum. Look for moisturizers with hyaluronic acid in them. And, as always, consult your dermatologist for proper treatments for problem areas.



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