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**South Lane Mental Health Grupo FUERTE**



La pandemia de Covid-19 impacta nuestros niveles de estrés y ansiedad. Una forma de lidiar con los efectos de la pandemia es buscar y crear conexiones sociales en su comunidad. Grupo FUERTE es un grupo de apoyo para hombres hispanohablantes en el condado Lane. Únete al Grupo FUERTE para aprender de recursos locales, temas de bienestar mental y crea su propia red social. Este es un servicio gratuito patrocinado por South Lane Mental Health. Para más información o para inscribirse, llame a 541-942-3939 y pregunte por el Grupo FUERTE.

The Covid-19 pandemic impacts our stress and anxiety levels. One way to deal with the effects of the pandemic is to seek and build social connections in your community. Grupo FUERTE is a support group for Spanish speaking men in Lane County. Join Grupo FUERTE to learn about local resources, mental health topics and create your own social network. This is a free service sponsored by South Lane Mental Health. For more information or to enroll, call 541-942-3939 and ask about Grupo FUERTE.

**6-day weather forecast**

<b>FRIDAY</b> 63°   39° Showers	<b>SATURDAY</b> 54°   39° Showers
<b>SUNDAY</b> 50°   37° Showers	<b>MONDAY</b> 50°   36° Showers
<b>TUESDAY</b> 50°   36° Showers	<b>WEDNESDAY</b> 50°   36° Showers

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## Lane among 16 counties improved to 'high' risk level

SALEM—Oregon Gov. Kate Brown announced at the end of last week that 16 counties improved in risk level, with 10 of those improving from extreme risk. “For the second time in a row, we are seeing great progress in stopping the spread of COVID-19 across Oregon and saving lives,” Brown said. “Oregonians continue to step up and make smart choices.”

County risk levels under the state’s public health framework aim to reduce transmission and

protect Oregonians from COVID-19. The framework uses four different risk levels for counties based on COVID-19 spread — extreme risk, high risk, moderate risk, and lower risk — and assigns health and safety measures for each level. Effective Feb. 26 through March 11, there will be five counties in the extreme risk level, 11 at high risk, 10 at moderate risk, and 10 at lower risk. Lane County joins those able to reintro-

duce certain activities, including in-person dining at restaurants and the reopening of community center. “While these county movements are welcome news, we must continue to take seriously health and safety measures, especially as more businesses reopen and we start to get out more,” Brown continued. “As we see infection rates going down and vaccinations ramping up, now is not the time to let down our guard. Continue to wear your masks, keep physical

distance and avoid indoor gatherings.” The Oregon Health Authority will examine and publish county data weekly. County risk levels will be reassigned every two weeks. The first week’s data will provide a “warning week” to prepare counties for potential risk level changes. The next assignment of risk levels will be announced March 9 and take effect March 12. For more information visit coronavirus.oregon.gov.

## Lane Arts Council offering professional development workshops for artists

Lane Arts Council’s artist professional development program, Professional Practice returns this spring with a series of three workshops and discussions. The series focuses on ongoing collaborative learning with an artist cohort, combining presentations from regional and national experts with take-home work and group discussions. This year’s virtual format can be accessed by artists throughout Lane County. This year’s topics are applicable to visual artists, musicians, actors, writers, dancers, and all creatives of all disciplines. The series kicks off in early March and will continue through the spring with multiple workshops and discussions. Artists are highly encouraged to register for the full series for \$65; single workshops are \$25. Each session is held on a

- Creative Resilience for Artists with Marie Schumacher, creative resilience coach and founder of PDX Vox: Reignite your motivation to create, freshen up your routines and adopt new habits, activate your network of support, and reconnect with why art matters. *Discussion: March 16*
- Financial Wellness for Creatives with Brooke Benson, Financial coach and Founder of Not Starving Artists: Gain practical tools and knowledge to manage your money, plan for your financial future and reframe your money mindset: moving away from the “Starving Artist” trope and towards financial freedom. *Workshop: March 30 Discussion: April 13*
- Developing Your Digital Presence with Ceylon

Mitchell II, Founder and Co-owner of M3 | Mitchell Media & Marketing, LLC: Learn how to effectively use digital marketing strategies to improve your brand, website, and social media identity. *Workshop: April 27 Discussion: May 11*

The cohort model allows artists to build connections and learn with others throughout the course of the series. Artists in Lane County have had few opportunities for professional development and the skills needed to build and strengthen their businesses and their creative practice. Most learning is focused on developing an artistic practice, but artists are often left in the dark when it comes to business and financial planning, building audiences, connecting with venues, presenting their work, or pursuing other

professional opportunities. To help meet this need, Lane Arts Council has been providing professional development workshops for over ten years, leveraging local, regional, and now national experts and consultants to support artists of all disciplines in their creative endeavors. Lane Arts Council is a nonprofit organization that works to cultivate strong and creative arts communities throughout Lane County. It provides high-quality arts experiences, engaging people of all ages in arts education and encouraging artistic endeavors. More information and registration at lanearts.org/workshops. Professional Practice is presented by Lane Arts Council, and sponsored by City of Eugene Cultural Services and Columbia Bank.

## LCC offering tuition-free summer course for HS juniors, seniors

Eugene — High school students graduating in 2021 or 2022 can take one tuition-free course this spring or summer from Lane Community College to jump-start their college education; that’s a \$480 savings for one four-credit course. Courses will be held re-

motely from March 29 to June 12 for spring term, and June 21 to Sept. 11 for summer term. Students will receive free access to Moodle, Zoom and other important college resources to take their course. Registration and a Tuition-Waiver Request form

must be completed by the first day of each term; March 29 and June 21 respectively. This includes courses that start in July or August. This initiative started in summer 2020 with almost 200 high school students starting their college career early. High school students saved \$68,970 in

tuition costs last summer. For more information go online at www.lanecce.edu/tuitionfreecourse or contact High School Connections advisor Brenda Williams at williamsb@lanecce.edu or (541) 463-3443. Lane is an AA/EEO/Veterans/Disabilities Employer.

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