# Arts & Culture Roundtables to discuss diversity, inclusion

Council and community partners are hosting a series of Arts & Culture Roundtables, community conversations addressing diversity, equity and inclusion in our local arts community, with a focus on racial justice.

The first two virtual conversations will be held May 6 and May 20 from 5 to 7 p.m.

Facilitators Ritu Roy and Eric Braman will guide these conversa-

EUGENE — Lane Arts tions to better underist in Lane County's arts communities community.

gral and powerful tool in bility, and representation helping communities reflect, grow, and heal. The programs, how local arts community excludes some of the

nity-guided conversations will:

• Take an honest look enous and people of color Arts & Business Allistand and acknowledge at the issues and chalthe inequalities that ex- lenges in our own arts

• Identify strategies to The arts are an inte- improve equity, accessiin our own practices, operations, discussion will examine and organizational cul-

• Recognize gaps and most relevant voices of identify existing resources and support for artists The first two commu- and arts professionals

the voices of black, Indig-

(BIPOC) and other underrepresented community members to be heard

will be influenced by the needs that arise from these initial conversa-

The roundtables are free and open to all with registration on Lane Arts lanearts.org/roundtables

Arts & Culture Round-• Cultivate space for tables are a partnership of Lane Arts Council,

ance of Eugene, Florence Regional Arts Alliance, Minority Voices Theatre, Following roundtables and Wordcrafters in Eu-

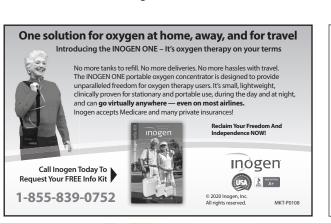
The series of community conversations is table sponsored by Springfield Arts Commission and Columbia Bank.

In 2020, Lane Arts Council's website at www. Council and community partners began bringing together Lane County artists and arts administrators for facilitated

conversations around the current issues impacting our arts community, and provide opportunities to share challenges, questions, ideas and support.

While previous roundconversations around centered COVID-19 pandemic, the May discussions are shifting in 2021 to focus on equity and inclusion in the arts.







year-round





\* Free date changes anytime up to 45 days prior to departure for land tours, up to 95 days prior to departure for cruise tours. Deposits and final payments remain non-refundable. Prices are per person based on double occupancy plus \$299 in taxes & fees. Single supplement and seasonal surcharges may apply. Add-on airfare available. Offers apply to new bookings only by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details

are beautiful. Beauty can be intimidating and something that can be difficult to see in ourselves.

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.

"Beauty is when

you can appreciate

yourself. When you

love yourself, that's

"While bangs don't

eryone, confidence

look good on ev-

– Lauren Conrad

you feel inferior

without your con-

- Eleanor Roosevelt

"No one can make

when you're most

beautiful."

does."

sent."

– Zoe Kravitz

"Don't change your body to get respect from society. Instead, let's change society to respect our bod-

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

# 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 stereo-

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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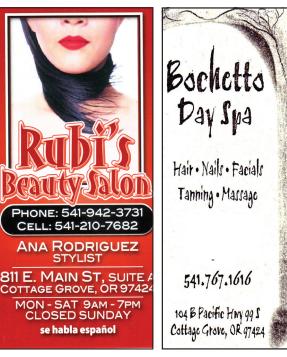
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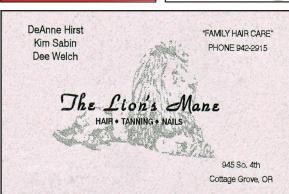
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