

# Arts & Culture Roundtables to discuss diversity, inclusion

EUGENE — Lane Arts 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 conversations

to better understand and acknowledge the inequalities that exist in Lane County's arts community.

The arts are an integral and powerful tool in helping communities reflect, grow, and heal. The discussion will examine how local arts community excludes some of the most relevant voices of our time.

The first two community-guided conversations will:

- Take an honest look at the issues and challenges in our own arts communities
- Identify strategies to improve equity, accessibility, and representation in our own practices, programs, operations, and organizational cultures
- Recognize gaps and identify existing resources and support for artists and arts professionals
- Cultivate space for the voices of black, Indig-

enous and people of color (BIPOC) and other underrepresented community members to be heard

Following roundtables will be influenced by the needs that arise from these initial conversations.

The roundtables are free and open to all with registration on Lane Arts Council's website at [www.lanearts.org/roundtables](http://www.lanearts.org/roundtables)

Arts & Culture Roundtables are a partnership of Lane Arts Council,

Arts & Business Alliance of Eugene, Florence Regional Arts Alliance, Minority Voices Theatre, and Wordcrafters in Eugene.

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

In 2020, Lane Arts 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 roundtable conversations centered around the COVID-19 pandemic, the May discussions are shifting in 2021 to focus on equity and inclusion in the arts.

**A Smarter Way to Power Your Home.**

**REQUEST A FREE QUOTE!**

**ACT NOW TO RECEIVE A \$300 SPECIAL OFFER!\***  
1 (844) 989-2328

\*Offer value when purchased at retail. Solar panels sold separately.



**One solution for oxygen at home, away, and for travel**


Introducing the INOGEN ONE - It's oxygen therapy on your terms

No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can go virtually anywhere — even on most airlines. Inogen accepts Medicare and many private insurances!

Call Inogen Today To Request Your FREE Info Kit

**1-855-839-0752**

Reclaim Your Freedom And Independence NOW!



**BEST OF HAWAII FOUR-ISLAND TOUR**

12 days, departs year-round

**FROM \$2,599 \$2,349\***

**VMT vacations**

**1-888-817-0676**  
promo code N7017

\*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, made by 6/30/21. Other terms & conditions may apply. Ask your Travel Consultant for details.




# SPA & Beauty Guide

## 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 the 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.

**Impressions Hair Design**

Full Service for the Entire Family

Acrylic & Gel Nails

1059 E. Main Street  
Cottage Grove, OR 97424  
(541) 942-7762



**Dave's Place**

SALON ♦ DAY SPA

[davesplacesalon.com](http://davesplacesalon.com)

704 E. Whiteaker • 541-942-4353  
Cottage Grove, OR 97424

**Rubi's Beauty Salon**

PHONE: 541-942-3731  
CELL: 541-210-7682

**ANA RODRIGUEZ STYLIST**

811 E. MAIN ST, SUITE A  
COTTAGE GROVE, OR 97424

MON - SAT 9AM - 7PM  
CLOSED SUNDAY  
se habla español




**Bochetto Day Spa**

Hair • Nails • Facials  
Tanning • Massage

541.767.1616

104 B Pacific Hwy 99 S  
Cottage Grove, OR 97424



**Salon 7**

- ★ Permanent Make-up
- ★ Hair Services & Nails
- ★ Spray Tan
- ★ Teeth Whitening

541-942-7777 ★ 1007 E. Main Street

**Whistle Stop Barber Shop**

258 E. Oregon Ave.  
Creswell, OR 97426  
by car wash and laundromat

541-658-5058  
Tues 8-5 • Sat 9-3



DeAnne Hirst  
Kim Sabin  
Dee Welch

**The Lion's Mane**  
HAIR • TANNING • NAILS

"FAMILY HAIR CARE"  
PHONE 942-2915

945 So. 4th  
Cottage Grove, OR

