



Institute for Continued Learning Digest

Welcome to the 10th Edition of the ICL Senioritis

Vol. 10 May 27, 2020

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The future of the ICL Digest – With the end of the semester and summer break ahead, we will continue to provide a newsletter, however on a less regular basis. We hope you've enjoyed the newsletters and will continue to check your emails for ICL updates and future publications. Please also continue to [share your ideas and stories with us](#).

In the ICL News:

Willamette University remains closed during the summer and on-campus events are suspended. [Today@Willamette](#) will continue to publish on weekdays to provide flexibility for important updates, developments and news concerning Willamette's response to the COVID-19 epidemic.

The 2020 Hanni Scholar Presentations!

Due to the coronavirus and classes being canceled mid-semester, ICL was not able to host presentations from the Hanni Scholars in person. Thanks to the University and those involved in the Hanni Scholars program, the students have all created videos of their presentations and shared them with ICL. Each finalist received a check for \$400 and a certificate from ICL. Here are the six presentations:

- **Alyson Budde** presents: "[Wonderland: reimagining creativity in elementary school](#)"
- **Sam Macdonald** presents: "[Gerry-meandering: Measuring Congressional District Compactness](#)"
- **Kathryn McConaughy** presents: "[Overcoming Conscience: How the NKVD Motivated Its Agents to Carry Out](#)"
- **Margaret Murray** presents: "[The Law of Difference: United States Federal Law and Policy in the Production of Normative Gender Roles: 1990-2020](#)"
- **Naomi Rothenberg** presents: "[Migrant Justice at the Chilean Border: Discriminatory Practices and their Consequences on the Integration of Migrants](#)"
- **Isabel Solano** presents: "[Optimizing a Quadruplex Molecular Beacon with the Potential to Detect Cancer](#)"

[More information about this year's Hanni Scholars](#) (PDF)

CCTV Radio coming soon!

CCTV is starting a radio station and wishes to use ICL content. To do so, ICL video programs need to be screened to determine which are more suitable for just audio, i.e. not heavily dependent on visuals to carry the presentation. We need a few ICL volunteers to screen our programs and make a determination of suitable content. ICL presentations are [here](#).

Please contact [Kasia Quillinan](#) if you are interested in helping with this project.

Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM.

[Zoom in here](#)

- Virtual **Coffee Breaks** on Tuesdays at 10 AM

[Zoom in here](#)

[Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.



Chess Challenge!

Interested in learning and/or playing chess online with friends and/or family? Play from [Chess.com](#) or download the app to your devices. *Free and easy to use!* "Daveplay" is ready for a game!

From Camping to Eating Out, Experts [Rate the Risk of 14 Summer Activities](#)

"Your personal risk depends on your age and health, the prevalence of the virus in your area, and the precautions you take during any of these activities. Also, many areas continue to restrict the activities described here, so check your local laws."

Tech Tip: Improving Your Virtual Meeting Connection

If you have been part of a Zoom call when someone's voice started to break up or when an image froze, you may have a problem with your internet speed. As you consider more involvement with virtual meetings, you may want to address this and it isn't that hard to fix. It's quick and free, but it helps to know what you're looking for and what results you want in order to be satisfied.

Jacqueline Lowe from OLLI in North Carolina has found that speed tests measure three things:

1. The ping is how quickly the internet server replies to a communication, sort of like sonar on a submarine. It's the amount of time it takes data to travel from one computer to another.
2. Download speed denotes how quickly Internet content is transferred to your computer in megabits per second (Mbps).
3. Upload speed is the opposite of download speed, it is how quickly you are able to upload content to the Internet. This is important if you use your internet to share videos, music, and images. Double digits, usually hovering around 10 Mbps is really good.

There are two simple ways to improve these numbers that will make a good difference:

- You can increase the speed of the internet you are getting. This means upgrading your current system, which probably means either switching providers or paying more. Most internet providers will offer you a deal on this if you've been a subscriber for any length of time and you can ask about it. Hardwiring into your internet router helps, but might not fix bad internet or hardware.
- You can also update your hardware. Using an old router or old computer can cause these problems. Most virtual problems have phone options, but it might be taxing to watch or participate in a presentation for very long on your smartphone.

This article from [Lifewire](#) includes links to help you learn more about every step of the process.

You are probably most involved with Zoom meetings at this point. This [FAQ from San Jose State University offers some helpful tips to improve your Zoom connection.](#)

"Discovering My Neighborhood During a Pandemic" by Gretchen Jensen

My childhood in the 1950 was spent in a neighborhood of modest homes in Moorhead, Minnesota. I knew every kid on my block and beyond. I knew the names of all the adults and frequently was in the homes of my neighbors. We kids ran free and were called home by our parents or sent home by our neighbors at dinner time or bedtime. Dogs ran free. We biked or walked to the nearest grocery to buy occasional candy. My neighborhood was my world and it was a welcoming one.



Avoid COVID-19 Scams

Hackers and scammers are taking advantage of the virus and isolation to bilk consumers. Keep yourself and finances safe. The [FCC suggests these precautions.](#)

Live Feed Websites

Go on an African Safari, watch an active volcano, explore a tropical reef and more. While you're waiting to travel to these places, take sensational virtual tours in real time.

Matchstick Marvels

Need something to fill your confinement time? Try creating [matchstick art](#) like Iowa native, Pat Acton. For example, the two-headed dragon required 272,000 matchsticks. It measures 11 feet in length, has a wingspan of 10 feet, and stands 5 feet tall. The dragon also features animation including wings that flap, simulated fire breathing and fierce reptilian sounds!



FREE Audible Stories.

Designed primarily for children, Audible Stories have offered hundreds of free stories read to you with choices in several languages. [Check them out](#) or share with the grandchildren.

City of Salem Directory -

Need COVID-19 updates and not sure how to contact

Sadly, neighborhoods seem to have changed over the last fifty years. I have lived in my present home for the past 15 years and except for my immediate neighbors until recently have had only a “polite” relationship with my neighbors. Perhaps a friendly greeting at our mailboxes or a wave as I pass somebody in the car as we drive by going to and fro in our busy lives.

Enter Covid 19 and the accompanying “settling in place” restrictions to flatten the curve on infections. Suddenly my neighbors and I were more drawn together while being rigorous in our social distancing. From day one I had neighbors offering to pick up what I might need at the grocery store. While on walks we seemed to find more time to converse at a distance. We had organized a book group prior to the restrictions which now is determined to be together via zoom. When I had an untimely accident resulting in a torn meniscus I was deluged with offers from my neighbors to walk my dog. My teenage neighbor, Emma, and her friend are sending me texts to take him out almost daily. Another new neighbor friend has brought her dog to my backyard to play with mine. And through the neighborhood network I learned of another neighbor who plays the violin. We are now playing duets in my open garage, safely distancing ourselves. She is the mother of three little boys and welcomes a chance to make music. On Mother’s Day these boys made me a bouquet of flowers fashioned from painted egg cartons. My circle of friends has been greatly enlarged by our mutual efforts to make life just a little nicer during a tough time. I guess you could say that although the crisis has made life so much harder for everyone, it has given me the gift of closer relationships with my neighbors. And this gift in some ways makes my neighborhood more like the one I enjoyed 55 years ago. It feels like a REAL NEIGHBORHOOD!

Brain Health Tip: The Value of Routines

You may be noting as we move into Phase I of the reopening that you are eager to return to ‘normal’ and at the same time have gotten used to your new routine. Studies have determined that routines take about eight weeks to get established – contrary to the popularized notion that it takes 21-30 days.

Routines provide structure and a sequence to our lives. They provide what psychologists call ‘flow’ and because of that, we are more efficient when we have routines. Some of the early decision-making that occurs with new routines becomes more natural; we don’t have to spend time thinking about it. This reinforces self-confidence and reduces stress. Routines actually make us more productive and more creative. They free our minds to use that energy in other pursuits.

As you slowly move back to another set of norms – a combination of your earlier routine and the one you’re in now – use it as an opportunity to make choices about what you will retain and what you will return to. If the idea is overwhelming – write out a typical day and pick one routine that you will keep. In time, that will be an established part of your norm and you’ll be surprised that it wasn’t always there.

[Newsletter Archives](#)

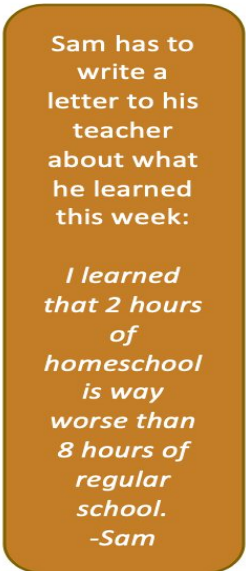
various departments in the City of Salem? This link will take you to more links and topics on the City website as well as phone numbers and email addresses to contact the appropriate departments directly.

Member Recommendations:

[Take a Tour of the Van Gogh Museum in Amsterdam](#)

Willamette Heritage Center’s [Social Distancing Learning Opportunities](#)

The education and curatorial departments are hard at work on creating a ‘new normal’ for whenever they are able to reopen. In the meantime, they invite you to check out their website to see the “History Pin Tours” and “Couch Historian Web Courses” in addition to other [impressive resources](#) they’ve created for distance learning.



Questions?
Send us a message at
[ICL Digest.](#)
