



Institute for Continued Learning Digest

Welcome to the 15th Edition of the ICL Senioritis

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In the ICL News: WU Compass Cards

Compass Cards are the student ID cards that we all get at the beginning of the semester in September. Since we're not meeting on campus this coming Fall semester, Willamette will not be issuing Compass Cards to ICL Members. Campus Security has asked that everyone request a refund to close out your Compass Card. There are two ways to do this.

1. Email safety@willamette.edu
2. Call 503-370-6000 during office hours

They will want your **name, address and telephone number** in case they need to get in touch with you. Checks will be mailed to your home. If you have questions, you can call or email them.

To see what your Compass Cash balance is,

- Log into the Willamette Compass Card website <https://willamette.edu/offices/compasscard/index.html>
- Scroll down slightly to the link to **Access My Account**
- This will take you to a page that asks you to log in using your **User Name** and **Password**, then it will take you directly to a page that shows your account and the amount of money remaining on your Compass Cash Card.

You do not need this information to get a refund. It is just for you.

Tech Tips: Joining a Zoom meeting using a telephone only

(these instructions are especially meant for members without a computer or smartphone using a landline - anyone can do this!)

You don't need a computer, smart phone, or tablet to participate in a Zoom meeting. All you need is an old fashion telephone.

Most Zoom invitations include a phone number you can dial. After dialing the long distance phone number, you will be asked to enter the Zoom Meeting ID number, which are also typically included in the Zoom invitation. Punch in the number on the phone and hit the pound key when finished.

You should be able to hear the other participants in the meeting in a few seconds. And they will be able to hear you. Of course, there is no video, but you probably know what everyone looks like in the meeting anyhow.

If you want to try it out, below are some numbers for the various Zoom meetings. We hope to "see" you there!

The phone number is the same for all: Dial: **1-253-215-8782** (Tacoma)

- **ICL Coffee Break** (Tuesdays at 10 AM; 9 AM on board meeting days): Meeting ID: **977 3611 2003**
- **ICL Happy Hour** (Fridays at 4:30 PM): Meeting ID: **674 024 1125**

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 *Just for fun, wear a hat!*

[Zoom in here](#)

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

Uncomfortable Conversations with a Black Man - Episode 2 with [Matthew McConaughey](#)

SCAM Alerts - For updates on current scams, visit [AARP's Fraud Watch Network](#) - including how scammers are using COVID-19 to scam you and how to avoid them.

What to Watch: [American Masters \(PBS.org\)](#) [Toni Morrison: The Pieces I Am](#) - Toni Morrison leads an assembly of her peers and critics on an exploration of the powerful themes she confronted throughout her literary career in this artful and intimate meditation that examines the life and work of the legendary storyteller.

[Watch Now](#)

● **ICL Board Meeting** ([July 21](#) at 10:00 AM): Meeting ID: **938 9845 5534**

For instructions on using a computer or smartphone: [Zoom Help Page](#)

Brain Tip: Your Brain on Fireworks!

It's the Fourth of July and there won't be a RiverFront celebration this year. This might dampen your Fourth of July spirits and your brain will miss out, too.



When fireworks explode, the light travels hundreds of feet in the air shooting sparks in all directions. In those few seconds, your retinas track the colors and moving shapes against the dark sky and your neurons fire up, too. Ultimately, the information about the images and shapes gets passed to the deeper cortex and then forward to the prefrontal cortex and areas involved in memory where those ooh and ahh reactions get expressed. But, it's the anticipation that hooks us.

Neuroscientists suggest that we love fireworks because they scare us. Some say that it is in our DNA from our evolutionary coup to tame fire rather than to only fear it. It is also a function of eustress – positive stress (like planning a wedding or having a baby – fun and stressful at the same time). Our bodies and brains anticipate the sound and the sight – the boom and the follow-up shooting sparks into the night sky. The huge boom and bright flash activate the amygdala that detects fear. This releases a rush of dopamine – the chemical that regulates pleasure. And, because our brains know that this is not a dangerous sound and explosion of lights, we get a sense of satisfaction rather than dread; it is self-induced and controlled. The first sets the brain into an anticipatory mode and we get excited about the next and the next. At the same time, each set of fireworks shares a novel set of colors shooting in different directions so the novelty keeps us looking for more.

Some neuroscientists even believe that we're hardwired not to look away and that the rapid firing of sound together with 'new' colors, forces our brains to continue to quickly make sense of what is happening. Our brains like that challenge and its immediate reward so we get kind of 'hooked' on the experience and are disappointed when it all ends. (Unlike young children and dogs who are overwhelmed by the noise and don't have the brain power developed to balance the fear or the odd firecracker for us.)

In the absence of live fireworks, sparklers might help a little, but the next time you watch fireworks in celebration, remember that your brain is having a little celebration, too. Happy Fourth!

What is at Risk in the next 18 months?

Using 31 risk factors, [this graphic and article](#) uses data from the World Economic Forum to share the most likely risks over the next 18 months to economic, social, geopolitical, technological and environmental health in a post COVID-19 world.

What to look for in a mask?

As the recommendations for the continued wearing of masks increases, check out [what to look for in a mask](#) - according to science.

A Fourth of July Reminder: America is Less Broken Than You Think

by Danny Oppenheimer and Mike Edwards, authors of *"Democracy Despite Itself."* Together, they share a bit of history that demonstrates "If media bias, corruption, racism, and polarization spelled the doom of America, we would have been destroyed long ago."

[Read the full article here.](#)

For all the bread-makers out there... follow these recipes to make [7 famous breads](#) from around the world.

How do you memorialize the pandemic? This

[Chicago Pothole Artist](#), Jim Bachor, has filled in 90



potholes with mosaics. To add humor to the current crisis, he made a toilet paper mosaic and

a Purell bottle. The popularity of the TP mosaic grew enough to inspire the creation of iPhone cases, puzzles and block prints.

One Parent's response to Quarantine... "I have given

up. Our goal is to survive: No divorce, no getting fired and no children running away from home. If we can do that, I'll consider us a success story. We have lowered our expectations in every way possible."

Weird Words & Tasteful Tongue Twisters - by B. Lee Coyne, MSW

Every sentence we roll out consists of words. Some are commonplace. Others border on the weird because they display internal rhyme.

This column is dedicated to the latter. Notice the rhymes within each.

You may want to choose a Word of the Day from this alphabetical list.

- Abracadabra: Word said to do magic.
- Boogie woogie: Musical genre popular during the 1920's.
- Boo hoo: A cry of disappointment.
- Claptrap: Worthless dialogue.
- Cowtow: To yield under pressure.
- Deadhead: Very boring person.
- Dingaling: An eccentric person.
- Fuddy duddy: Fussy individual.
- Hanky panky: Risky activities.
- Hari kari: Ritual suicide.
- Harum scarum: Being reckless.
- Helter skelter: Confusion, chaos.
- Hobnob: Mix with higher ups.
- Hocus pocus: Meaningless talk.
- Hodge podge: Outlandish mix.
- Hoity toity: Naughty or snobbish.
- Honky tonky: A hangout bar.
- Hoochy koochy: Exotic dance.
- Hot shot: An important person.
- Humdrum: Dull or pedestrian.
- Hurly burly: Boisterous event.
- Hustle bustle: Noisy venue.
- Lovey dovey: Romantic interest.
- Mayday: Warning of danger.
- Mumbo jumbo: Pointless ritual.
- Namby pamby: Not resolute.
- Nitty gritty: Essence of matter.
- Pall mall: Game using mallet.
- Powwow: Indian ceremony.
- Pooper scooper: Dung gatherer.
- Ragtag: Shabby or disheveled.
- Roly poly: Short and plump.
- Sci fi: Science fiction material.
- Sea bee: Navy construction member of team.
- Tepee: Indian pointed tent.
- Voodoo: Cult worship.
- Whatnot: Miscellaneous items.
- Willy nilly: Unplanned action.
- Yoo hoo: Call for attention.
- Zoot suit: Attire in the 1920's.

[Newsletter Archives](#)

Our Salem: Scenario Survey (City of Salem)

We have developed four options – or scenarios – for how Salem could grow based on input from this Salem community.

Scenarios help us “test drive” future land use planning options for a community. Each scenario is different. Each represents different ideas to consider. We are not asking that you choose one as the vision for the future. Instead, what do you like and dislike about each one?

Please answer the following questions, and help us shape the vision for Salem’s future.

[Take Survey](#)

[Our Salem: Neighborhood Hub Survey \(City of Salem\)](#)

We have heard a lot of community support for creating neighborhood hubs in Salem. These are small-scale shops and services in residential neighborhoods.

Neighborhood hubs are a newer idea in Salem, so we need your input as we start working out the details. What kinds of businesses would you like in your neighborhood? What should they look like? Where should they be located?

Please take this short survey to help us answer these and other questions, and shape neighborhood hubs!

[Take Survey](#)

Questions?

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