



# Institute for Continued Learning Digest

## Welcome to the 20th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

### ICL - The Fall 2020 Schedule is posted online!

Thanks to the hard work of the Curriculum Committee and others, the Fall Schedule is now online.

You can access it in at least 3 ways:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#), also found online.

These presentations will all be online via ZOOM. You will receive an invitation for the classes.

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### Willamette News:

As you know, because of our age, risk factors, and the increased need for space on campus, ICL members are not allowed on campus this fall. But if you're interested in what the returning students will experience, here are some interesting factoids:

- All students who are planning to attend in-person courses are strongly recommended to quarantine 14 days prior to their arrival on campus.
- Goudy Commons, Rick's Cafe, and the student-run Bistro will be open, but things will be way different. Check out this video: [Dining Services at Willamette](#).
- [Classes for Fall 2020 - Academic Schedule](#)
- [Return to Campus Plan - Campus Reopening and COVID-19 Measures](#): Lots of current information
- Willamette has suspended football, soccer, and volleyball competitions

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### Health at Cherriots (Salem Area Mass Transit): Combating Coronavirus

We're taking steps to keep you safe

The safety of all Cherriots riders and staff is a top priority for us year-round, and never more so than during the coronavirus pandemic. We answer your frequently asked questions here:

#### Is the bus service still running?

Yes. Cherriots Local, Cherriots Regional, and Cherriots LIFT are operating Monday-Saturday, 7 a.m. to 9 p.m.

#### Do I have to wear a mask?

Yes. We're requiring all riders and staff to wear paper or cloth masks over their nose and mouth. You can also use a scarf, bandanna, or

### 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.

### One-on-One Zoom Practice Sessions Still available:

Link to the [Sign-Up Sheet Here](#). Note there are two pages. If these times do not work for you, [contact us](#) and we can set up a time that works for you.

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### Salem Public Library presents: The 2020 Kids Art Show Gallery

We are so excited to present this year's online art gallery featuring the creative works of Salem-area young artists ranging from ages 4 – 11. Kids submitted their artwork during the month of July as part of the "Imagine Your Story" 2020 Summer Reading Club program. Please enjoy our online gallery at <https://bit.ly/spl-kids-art-gallery>.

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[Uncomfortable Conversations with a Black Man - Episode 6](#): White Parents, Raising Black Children. Emmanuel Acho sits

handkerchief. As of Friday, July 24, this includes all children ages 5 and older, per the governor's order.

**What can I use the bus for?**

Seating is limited on Cherrriots buses, so we're asking riders to use our services only when they really need them. Our riders are going to the grocery store, work, the pharmacy, or medical appointments. If you don't have an immediate need, please stay home and save a seat for someone who really needs it. Also consider other modes of transportation like biking or walking for shorter trips.

**Why are you blocking off some of the seats?**

To help with physical distancing on the bus, certain seats are blocked on the bus. Please do your best to give three to six feet of space between you and other riders when possible. Families can sit together, but must maintain distance between themselves and other non-family riders.

**Why didn't the bus stop for me?**

We're only allowing about 4-15 people on each bus, depending on the size of the bus. We won't pick up new riders until someone gets off when we fill up. We often have extra buses staged to help on routes where buses are getting full.

**Is it true that I have to board through the back doors?**

Riders must board through the back doors on Cherrriots Local unless they need the ramp at the front door. This is to give drivers more space so they can stay healthy.

**How am I supposed to pay if I board through the back doors?**

All Cherrriots services are currently *free*.

**What are the blue circles on the ground at the transit centers?**

We will be strictly enforcing physical distancing at transit centers with markings on the ground. These markings are 6 feet apart to help people lining up know where to wait for the bus.

**Why are the buses coming less often to my stop?**

Our goal is to reduce the number of canceled trips while still providing service for essential workers in our community. You can view all schedules on the individual Route pages or upcoming changes on the Temporary Service page.

**What are you doing to keep buses clean?**

Every bus is being fully disinfected nightly. We also have cleaning crews at the transit centers that wipe down the commonly touched spots on each bus in between trips.

**Source:** <https://www.cherrriots.org/health/>

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**Tech Tip: Open your Camera app on iPhone/iPad/iPod Touch**

The perfect moment can happen at any moment, so it's good to know how to access your Camera fast. There are a few ways to open your Camera app.

down with Aaron & Jamie Ivey and their kids, to have an uncomfortable conversation about the struggles, differences and what they have learned, in raising black, white and mixed children. Emmanuel asks the Ivey's if they fear for their black children's lives and if the kids would rather have black parents raising them.

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**[21-Day Racial Equity Habit Building Challenge ©](#)**

For 21 days, do one action to further your understanding of power, privilege, supremacy, oppression, and equity.

Plan includes suggestions for readings, podcasts, videos, observations, and ways to form and deepen community connections. *Read more and see suggestions at the link above.*

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**YouTube: [Beethoven Piano Concerto no 3 1st Movement - Isata Kanneh-Mason](#)**

(Recording of Facebook Live)

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**[Coronavirus-Themed Pothole Art Debuts In Uptown: 'It's An Opportunity For An Unexpected Grin'](#)**

Hand sanitizer may not be at the store, but it's on Gunnison Street in Uptown Chicago.

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**[Pennsylvania man captures all walks of life crossing log bridge - The Log Movie - 1](#)**

[The Log Movie - 2](#) (YouTube)

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**Groaner of the Week:** If COVID-19 has forced you to wear glasses and a mask at the same time, you may be entitled to condensation.

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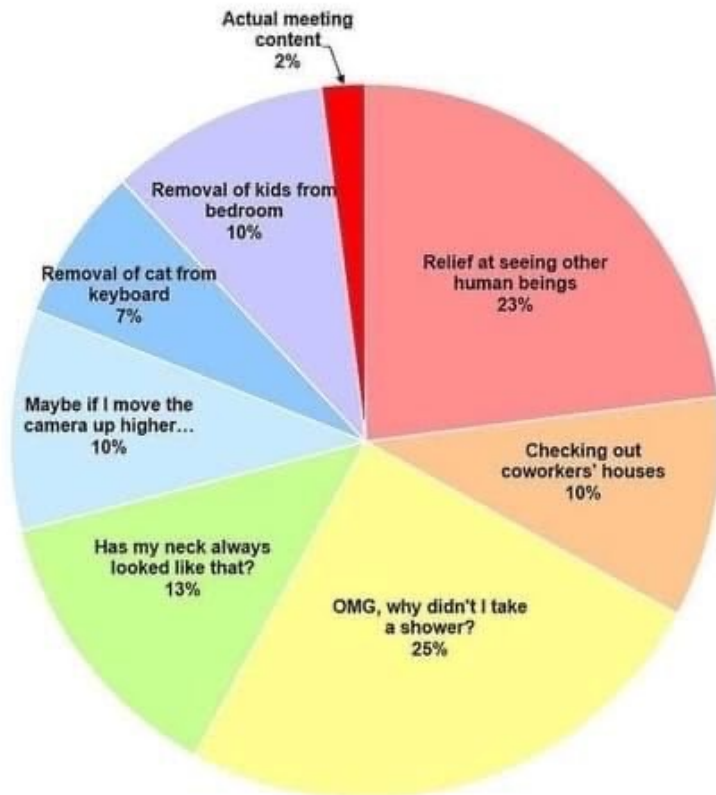
**Home screen**  
From your Home screen, tap the Camera app.

**Control Center**  
Open Control Center by swiping from the bottom up (iPhone) or top right corner to the lower left (iPad), then tap the Camera button .

**Lock screen**  
Turn on device, then swipe to the left to access the Camera, or press the Camera button .

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### Diagram of Zoom Meeting Attention Span



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**Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future.**  
  
**Thich Nhat Hanh**

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[History of the Oreo cookie name and things you might not know about it](#)

The cookie has only grown in popularity since it was invented in 1912, propelling it to the rank of best-selling cookie in the United States.

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### Quickie Brain Tip: Feeling Anxious?

The quickest way to reduce anxiety is to breathe deeply. Breathing out creates a chemical in the brain that gets sent to the rest of your body that calms it down. All of those reactions you have when stressed - tightness of breath, increased heart rate, high blood pressure and racing thoughts - decrease when you breathe deeply.

To help you, inhale deeply and hold it for the count of 4, then release it on the count of 4.

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

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[Newsletter Archives](#)