



Institute for Continued Learning Digest

Welcome to the 32nd Edition of the ICL Senioritis

Vol. 32 October 28, 2020 - **National Chocolate Day!**

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ICL Update:

Social Committee Survey: We've gotten some survey results and would still like to hear from you if you haven't shared your ideas about the Coffee Social. Please link here to take a very [quick survey](#).

Willamette Updates:

- [COVID-19 Response Center](#) - Campus reopening measures, list of cases and dates, and more.
- [Theatre tickets now on sale: 'The Memo' runs Oct. 29–Nov. 15:](#) Tickets for limited live audiences and online performances of WU Theatre's production of [Václav Havel's "The Memo"](#) are now on sale. [Willamette University Theatre Box Office](#)
- [Willamette University and Pacific Northwest College of Art Sign Agreement for PNCA to Become Part of University](#) - PNCA will Join Willamette as an Independent College within the University - [read more](#)

Brain Tip: Halloween, Being Scared and the Brain

It's Halloween and the season is designed around ghouls, goblins and being scared. Do you seek that thrill or do you avoid it?

When faced with spine-tingling situations, our brains drop into the fight-flight mode — part of our essential survival response and developed to help our ancestors respond to predators in their dangerous world. Today, our dangers are rarely physical and more often perceived dangers or *mental* dangers. Mental threats are unlikely to cause us any physical harm, but cause us psychological distress. And, there is no mechanism better able to create perceived fear than our brains.

When your brain perceives fear – real or imagined – your amygdala kicks in and sends messages to the rest of the body to go on alert. Your brain releases a chemical called glutamate that acts on two other regions in your brain: The midbrain that makes you freeze or involuntarily jump; and, the hypothalamus that triggers your autonomic nervous system so your heart rate spikes and adrenaline and dopamine (the brain's reward hormones) are pumped throughout your body. These help your body prepare for combat or to run for your life and this is what causes a rush when you're scared.

Even the creepy music in your horror movie is a trigger that gets your brain and body engaged in the impending danger and you wait, holding your breath even slightly, in anticipation of the surprise...and you still jump when it occurs. It turns out that some people really enjoy that rush

Missing ICL Friends?

Join us for...

- Virtual **Happy Hour** on Fridays at 4:30PM. [Zoom in here](#)
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

The Fall 2020 Schedule is posted online:

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

Link to [ZOOM](#) classes.

Don't forget to VOTE!

- **Post marks do not count for Oregon ballots**
- **Nov. 3:** Ballots can be delivered to an Elections Office or Official Oregon Ballot Drop Site by 8:00 PM.

Brain Tip: [How to Make this Winter Not Totally Suck](#)

According to Psychologists. Shift your focus outward.

The [30 Most Haunted Spots across the country. And, 15 of the world's most haunted castles.](#)

Halloween Trivia

- The holiday goes back more than 2000 years.
- Trick-or-treating has existed

and research shows that their brains lack a 'brake' on the dopamine released. This means that they experience more pleasure and reward in risky situations because they get higher levels of dopamine released. So if you know someone who gets a real kick out of scary movies and scaring others, this is probably why. For the rest of us...breathe deeply to relax the body and return the brain to its higher function that allows the prefrontal cortex to weigh in and remind you that you are safe.

Tech Tip: Brushing Scam (from the Better Business Bureau)

Free box loads of merchandise from Amazon or other companies, right on your doorstep! What could possibly be bad about getting the Santa treatment all year long? Plenty! Better Business Bureau (BBB) is warning consumers that there is a scary downside to this recent scam. You are not the one who hit the jackpot. A scam company is the real winner.

This scam is called brushing, and it has been popping up all over the country. Suddenly, boxes of unordered (by the recipient) merchandise from Amazon begin arriving. There is no return address, or sometimes it just appears to come from Amazon or another retailer, and the receiver has no idea who ordered the items. The items are varied. For example, in one case a humidifier, a hand warmer, a flashlight, a Bluetooth speaker and a computer vacuum cleaner arrived unordered. Often, the items received are lightweight and inexpensive to ship, such as ping pong balls, or more recently, face masks or even seeds from China.

Why would such merchandise be sent to you if you didn't request it? The companies, usually foreign, third-party sellers that are sending the items are simply using your address that they discovered online. Their intention is to make it appear as though you wrote a glowing online review of their merchandise, and that you are a verified buyer of that merchandise. They then post a fake, positive review to improve their products' ratings, which means more sales for them. The payoff is highly profitable from their perspective.

Why it's bad news for you

The fact that someone was able to have the items sent to you as if you purchased them indicates that they probably have some of your personal information such as your name, address, and possibly, your phone number. Once the information is out there on the internet, it could be used for numerous crooked enterprises.

The fake online review angle is only one way they benefit. By using the brushing scam, they also are increasing their sales numbers. After all, they aren't really purchasing the items, since the payment goes right back to them. Increased sales numbers, even though padded with fake purchases, look good for the company and help lead to more sales.

Then there is the "porch pirate" angle. There are instances where thieves use other people's mailing addresses and accounts, then watch for the delivery of the package so they can steal it from the door before the resident gets it.

since medieval times.

- Some Halloween rituals used to involve finding a husband.
- Immigrants helped popularize the holiday in the USA.
- Sugar rationing during WWII halted trick-or-treating.
- Halloween is now the second largest commercial holiday in the country next to Christmas.
- Americans spend about \$86.27 on Halloween every year.
- This will be the first year Halloween in 19 years to have a full moon.
- The Irish also brought us the jack-o'-lantern.
- They used to be carved out of turnips, potatoes, beets.
- There's also traditional Halloween bread in Ireland called barmbrack.
- Illinois produces up to five times more pumpkins than any other state.
- Candy corn was originally called 'chicken feed'.
- The fastest pumpkin carving lasted 16.47 seconds.
- New York City throws the biggest Halloween parade in the U.S.
- The most popular children's costumes are princesses and superheroes.
- Skittles is the top Halloween candy.
- Harry Houdini died on Halloween.
- Some shelters used to suspend black cat adoptions for Halloween.
- The night before Halloween is called Mischief Night or Goosey Night.

For more details, check [Good](#)

What can you do?

- **Notify the retailer.** Brushing and fake reviews are against Amazon's policies, so contact [Amazon Customer Service](#) if this happens to you and the product appears to come from Amazon. They will investigate and take action on the bad actor. Go directly to Amazon's website to get their contact information. The company also takes security seriously and encourages customers to [report fraudulent purchases](#) or other security issues. If the preference is to contact them by phone; be cautious of [searching for support phone numbers](#).
- Change your account passwords. This may be a sign that personal information has been compromised and to improve account security, keep a close eye on credit reports and credit card bills.
- You are allowed to keep the merchandise. The [Federal Trade Commission](#) says you have a legal right to keep unordered merchandise.

From Roger Budke: Fireman used Coke to Extinguish Fire

Firefighters recommend having a bottle of Coke in the refrigerator. This trick can save lives and lessen property damage. Your bottle of Coca Cola can get you out of the most complicated situations.

Indeed, in case of attending to an early fire at home, not every household kitchen is equipped with an extinguisher at hand. To remedy this you can react almost immediately to prevent the fire spreading quickly in the house. Instead of wasting time fetching water and repeatedly flaming the flames, it is possible to use a bottle of Coca-Cola.

The trick, as [the video](#) demonstrates, is very simple: Just remove the cap, and shake your bottle of soda by plugging the opening with your thumb. Then direct your bottle to the flames, and in a few seconds the fire will be quickly controlled.

Remember that Janet Budke was an R&D chemist at Coke during their two year stay in Atlanta, '67 to '69.

Mapping America's Favorite Halloween Candies by State:



Click on this link to visit an [interactive map](#) with more details about favorite candies in each State.

Housekeeping

BREAKING NEWS

Wearing a mask 🤒 inside your home is now highly recommended. Not so much to prevent Covid-19 but to stop eating.

[Shipping containers in Los Angeles becoming homes for the homeless](#) (news video)

What to Watch - The Age of Nature: Understanding (PBS)

Explore how a new understanding of nature is helping us find surprising ways to fix it. From the Pacific Northwest to Yellowstone to Scotland, scientists, citizens and activists are restoring the environment, benefiting humans and animals alike.

[Watch Now](#)

Vocabulary: revanchist
re·vanche (rə-vānch', -vāNsh').
Noun [from Old French revancher, to revenge : re- + vengier, vencher, to avenge]
The act of retaliating, especially by a nation or group to regain lost territory or standing; revenge. (The Free Dictionary)

Let go, live your life, the grave has no sunny corners.
- Charles Wright

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