



# Institute for Continued Learning Digest

## Welcome to the 33rd Edition of the ICL Senioritis

Vol. 33 November 4, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

**Note! November 24th** is the last day of the Fall semester.

Look for an online ballot for ICL Board vote via email in a week or so.

### Updates to the ICL Class Schedule:

Due to Willamette updating their website (see below) updates to the ICL schedule can't be done right now. Here is a brief update on the remainder of the Fall semester. Thank you for a great schedule Curriculum Committee!

11/10	10:00 AM	Post Election Results	Richard Ellis, Seth Cotlar
11/17	10:00 AM	American Pandemic: The Lost Worlds of the 1918 Influenza Epidemic	Rebecca Miller-Moe
	11:00 AM	Best Books, 2020	Robin Beerbower
11/24	10:00 AM	Up Close and Personal	Janice Petroski, Don Gallagher, Barbara Seller-Young
	11:00 AM	Semester In-Review. Medley of Christmas Carols	Dru Johnson, Steve Gram

### ICL Wine Club!

At a recent ICL Happy Hour, there seemed to be quite a lot of interest and expertise in wines. Anyone interested in an **ICL Wine Club** can Zoom in with a bottle of wine you want to tell us about on **November 16th at 4:30 PM**. We'll determine then if there is sufficient interest in continuing on the *3rd Monday* of each month. Use the regular class [Zoom link](#). Here's to hoping we can meet in person and share the actual wines some day. **Cheers!** 🍷

### Willamette Updates:

[New university website is live!](#) The university launched the first phase of its new website last week. Please, check out the new look and feel. Let us know what you think by using the "submit feedback" button at the bottom of each webpage.

### [POLITICO Election Results: Ways left to win](#)

Using live data and predictions from our Election Forecast, we've run 128 simulations showing how the remaining 7 competitive states could vote, and how the electoral math could shake out. (There are 4 ways

### 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.

\*\*\*\*\*

### [Convocation: November 5: Reckoning with Oregon's History:](#)

White power in the mid-20th century & White Supremacy and Hatred in the Streets of Portland: The Murder of Mulugeta Seraw. *Guest: Elden Rosenthal*

\*\*\*\*\*

### [The 2020 Salem Public Library Kids Costume Parade...](#)

...has arrived for your viewing pleasure! We think it was worth the wait!

\*\*\*\*\*

[Savvy Living - The Difference Between the Flu and COVID-19](#) and how to protect yourself.

the race could end in a tie.) [Interactive! Toggle the states winners to come up with your own predictions.](#)

### Center 50 Plus Launches WOW Van to Keep Seniors Connected

Salem's Center 50+ now offers mobile wellness services. With the support from Salem Health, United Way of the Mid-Willamette Valley, P3 Health Partners Oregon, and Home Instead Senior Care, Center 50+ now delivers socially distanced wellness services to area seniors.

Front porch visits from the Wellness on Wheels (WOW) Van include fitness, nutrition, mobility and wellness programming, activities, lifelong learning instruction, social checks ins, and technology tutoring.

The WOW Van was inspired through the work of the [Age-Friendly Salem Initiative](#) and meets the goals of keeping seniors socially connected, engaged in their community, and able to remain safe and healthy in their homes for as long as possible. [...read more](#)

### GUIDE TO FALL FOLIAGE IN OREGON

Jason Notte, Author - August 26, 2020 (Updated September 23, 2020)

*Editor's note: Call destinations before you visit to make sure they're open. Stay posted on what Oregon's phased reopening means for you, and follow these steps for social distancing outdoors. Also, remember to bring your face covering, required for all of Oregon's public indoor spaces and outdoors when keeping 6 feet of distance isn't possible. Here's what to know about Oregon's outdoors right now. Before you go, check weather and road*



*conditions and avoid any damaged trails due to fires or windstorms; also note that some highways might be closed due to fallen trees.*

Many Oregonians look forward to the last lingering days of summer with anticipation of approaching autumn ombré. As fall arrives, days shorten, temperatures cool, and intense sun softens behind slate-gray cloud cover.

Like many Oregonians, Patrick Breen eagerly awaits the broad color palette produced by the state's diverse vegetation. A retired member of the Department of Horticulture at Oregon State University's College of Agricultural Sciences, Breen has developed an eye for fall color as a plant physiologist and self-professed "certified plant nerd." We asked him for a behind-the-scenes look at just why and how the leaves change color, and where you can see it in action across the state.

- [continue reading..](#)

### BRAIN TIP: Keep a health sleep cycle

Changing our clocks and even getting an 'extra hour' can throw our body clocks off. It is important to maintain a regular sleep cycle for good brain and body health. Your brain remains very active during sleep and

\*\*\*\*\*

### [Masks Work. Really. We'll Show You How](#)

\*\*\*\*\*

### [Vancouver, BC tops the list as the Friendliest City in the World.](#)

\*\*\*\*\*

### [The best photos of Halloween's blue moon](#)

\*\*\*\*\*

### [The National Wildlife Federation's annual photo awards are absolutely stunning.](#)

\*\*\*\*\*

### [See These Murals of Central Oregon](#)

Matt Wastradowski, Author October 2, 2020

Adventure is different for everyone, and in Central Oregon, you can find your own — from lava flows, desert terrain and mountain lakes to breweries, shopping, and luxury resorts. You truly are in the center of it all. Get inspired and plan your future vacation at [VisitCentralOregon.com](#).

\*\*\*\*\*

Fear is a natural reaction to moving closer to the truth.  
- Pema Chodron

\*\*\*\*\*

### [Feel good story:](#)

Surfer befriends man who found his lost board 5000 miles away and two years later.

\*\*\*\*\*

### [The Economics of Coffee in](#)

### [One Chart](#)

\*\*\*\*\*

uses the time to remove toxins from your brain that build up while you are awake. It is also key to the brain's plasticity; its ability to adapt to input.

How to improve your sleep cycle?

- Go to bed at the same time each night; your body loves routines
- Keep your room dark at night (i.e, do not fall asleep with the tv on)
- Eat your largest meal at lunch and a lighter meal at dinner
- Relax before bed – much like the routines you had for your children – prepare your brain and body for sleep. Read, meditate, listen to music, etc.

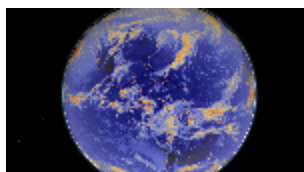
**Tech Tip: [Explore the World in Real-Time \(Interactive Maps from NOAA\)](#)**

The [NOAA Satellite Maps tool](#) provides near real-time access to imagery from GOES-16 and GOES-17, NOAA's next-generation GOES-R series satellites. *This application is intended for informational purposes only, and is not an operational product.*

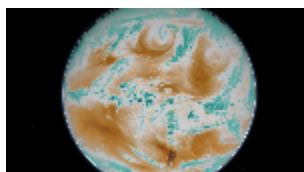
**What are the Layering Options in this Web Map?** (See small globe icons at the bottom after clicking on link)



[Merged Geocolor Map - Western Hemisphere](#) and Pacific Ocean: Displays land, water and clouds as they would appear to our eye from space, captured by GOES East (GOES-16) and GOES West (GOES-17). Updated: every 15 minutes.



[Infrared Map - Western Hemisphere](#) Displays heat radiating off of clouds and the surface of the Earth, higher clouds colorized in orange often correspond to more active weather systems , captured by GOES East (GOES-16). Updated: every 15 minutes.



[Water Vapor Map - Western Hemisphere](#) Displays the concentration and location of water vapor in the atmosphere, captured by GOES East (GOES-16). Updated: every 15 minutes.



[Global Map](#) 'True color' map displays land, water and clouds as they would appear to our eye from space, captured each day by NOAA-20. Updated: Daily.

Learn more about this imagery here: [FAQ](#)

[PAGE](#) (launches new window)

[...How to use video](#) (YouTube)

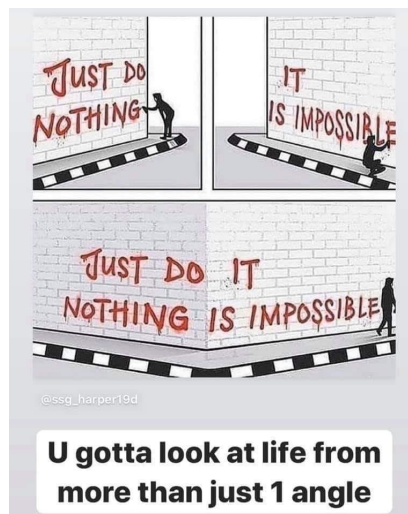
[...Satellite Maps - Frequently Asked Questions](#) (FAQ)



\*\*\*\*\*

[This Animation of How Bridges Were Constructed in 14th Century Prague is Amazing](#)

\*\*\*\*\*



\*\*\*\*\*

**[20 Things That Help Us Relax](#)**

\*\*\*\*\*

**Vocabulary: Veridical**

(və-RI-də-kəl) adjective

Origin: Latin, mid 17th century

1. Truthful.
2. Coinciding with reality.

\*\*\*\*\*

**Questions?**

**Send us a message at**

**[ICL Digest](#)**

\*\*\*\*\*

**[Newsletter Archives](#)**