



# Institute for Continued Learning Digest

## Welcome to the 34th Edition of the ICL Senioritis

Vol. 34 November 11, 2020

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

Ballot! 'Tis the season for ballots. You should have received a ballot in your email recently or later with this newsletter if you got this newsletter in the mail. Only one board position will be open next year (2021-2022) and that is for Financial Director. Please vote for that position and the returning board members.

### Another Coffee Social! ☕

Tune in to the [ICL class link](#) tomorrow on **Thursday, November 12 at 10 AM** for another social gathering hosted by Priscilla Hibbard and Dee Ittis, our Social Services Co-Directors.

### ICL Wine Club Reminder!

Anyone interested in an [ICL Wine Club](#) can Zoom in with a bottle of wine you want to tell us about on Monday, **November 16th at 4:30 PM**. **Cheers!** 🍷

### Willamette U. Updates:

**ART NOW: The final Visiting Artist Lecture of the Fall semester, with Ashley Stull Meyers**

Thursday, **November 12th, 5:30 PM**

Zoom Meeting ID: **947 5149 3079** (Open Zoom, click on "Join Meeting", and enter this number)

Ashley Stull Meyers is a writer, editor, and curator. She has curated exhibitions and public programming for a diverse set of arts institutions along the west coast, including those in San Francisco, CA, Oakland, CA, Seattle, WA, and Portland, OR. [Read more...](#)

### Join Willamette online for the annual STAR TREES LIGHTING

Join online for one of Willamette's most beloved traditions, the [annual Star Trees lighting](#). Yes, it's happening a little earlier than usual, but couldn't we all use a little festive cheer right about now?

The virtual event will take place at 7 p.m. Saturday, Nov. 14, via [YouTube livestream](#). The link to view the livestream will be shared with the community as we get closer to the event.

Note: To help us maintain the guidelines and restrictions we have in place to manage COVID-19, please do not come to the Star Trees to watch the event in person.

One student will be randomly selected to flip the switch on the Star Tree lights and be a part of the live broadcast of the event.

### 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.

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### 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.

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Upgrade your food knowledge and get with the [trends for 2021](#). According to Whole Foods, these are the 10 biggest trends coming our way.

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### PowellsBooks.Blog: Best Nonfiction of 2020

by Emily Brodowicz

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### Mask Up Fun!

Show your flair with a mask!

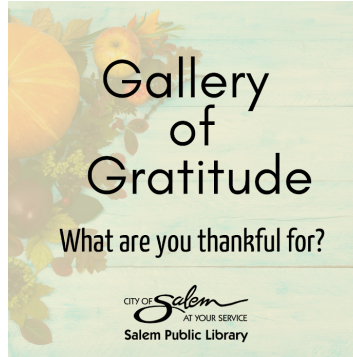
Join the **Mask-Up Salem Contest** to win some fun Salem swag. Prizes will be given for best performance, best fashion accessory, best hand-made made and most unique design. Post your photo or video wearing your COVID-19 mask properly, on

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### What Are You Grateful For?

For many years, **Salem Public Library** has built a “**Wall of Gratitude**” decorated with expressions of thanks from our patrons. This year, we have moved to a virtual [Gallery of Gratitude](#) that will be available to view and enjoy online as it grows throughout November.

We invite you to enjoy the thoughts of your neighbors and to share your own. [Have your Gratitude added to the gallery.](#)

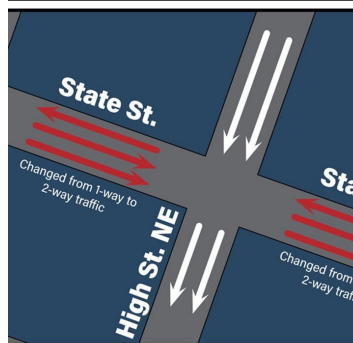


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### State Street Traffic Pattern Changes

New traffic patterns on State Street, between Liberty Street and Church Street, are set to take effect today (weather allowing).

State Street will be changed from three eastbound travel lanes to two eastbound lanes and one westbound lane. All parking on the north side of State Street will be modified for the correct direction of travel (with no reduction in current number of parking stalls).



This traffic change will allow vehicles traveling on both High Street and Church Street to make westbound turns and continue through to Front Street. [Learn More](#)

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### BRAIN TIP:

Our brains are hardwired to survive. At the same time, we have evolved to thrive in groups – socially dependent on others to feed, shelter and cloth ourselves. Protection means getting along with a group. MIT Sloan Senior Lecturer Tara Swart points out that we’ve become the most successful animals on the planet because we could exist in large groups.” However, the other side of our socialness is a ‘we vs. them’ mentality. The more we create ‘them’ as bad, the better we can feel about ourselves. This was important when physical survival was at stake. Today, this attitude is used more often to create imagined fear and panic because these are core ‘survival emotions’ and motivate individuals to act. But acting on an emotional fear rather than a physical danger creates unnecessary discord.

It is important to override the amygdala’s fears with good information from the prefrontal cortex. What is true? You are safe. It is an emotional fear. This frees the brain to find common ground or how we are more similar than different. It can help us reestablish our collaborative survival and remove the ‘we vs. them’ antagonism. Recognizing our commonalities reconnects us to the group support and survival we need in order to thrive.

Facebook with the hashtag [#SalemCaresandWears](#) or email to [media@cityofsalem.net](mailto:media@cityofsalem.net).

Deadline is midnight, **Friday, November 20, 2020**. Entries will be featured in the Mask-a-Parade video.

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### A Word to Know:

#### Circumlocution

sir-kəm-lo-KYOO-shən

Part of speech: noun

Origin: Latin, 16th century

1. Using more words than necessary to express a thought
2. An indirect expression

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### Great Decisions | Books that Matter: The Federalist Papers

**Professor Joseph L. Hoffmann, J.D.**, Indiana U.

Maurer School of Law  
Despite their lack of official or legal status, it would be difficult to overstate the influence of The Federalist Papers. These 85 brilliant essays have served as the single most important guide to the interpretation and application of the United States Constitution for more than 230 years. 12 Lectures. Reduced price of \$17.95 (\$19.95 for the DVD) [Download and watch anytime, anywhere!](#)

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A new ignorance is on the horizon, an ignorance borne not of a lack of knowledge but of too much knowledge, too much data, too many theories, too little time.  
- Eugene Thacker

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Roger Budke shares this video of underwater footage from Fiji

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## **TECH TIP: Veterans Twice as Likely to Be Targeted in Fraud Scams — From the [Fraud Watch Network](#)**

Scam artists are active all of the time and especially now during COVID. Veterans are particular targets by them. Some ways they attempt to scam:

- Scammers call claiming to be from the VA or Tricare with an offer for a COVID testing kit or to claim they have an early vaccine, but these services only come in exchange for personal or financial information.
- Vets in need of money are offered cash in exchange for future disability or pension payments that never come, but personal and financial information is shared in order to complete the application.
- Vets are asked to donate money for disabled or seriously ill vets – and now vets supposedly with COVID-19.
- Bogus jobs are offered to vets on various online job boards.

**What You Should Know:** There is no vaccine yet and you won't get a phone call about one. Be wary of any upfront cash in exchange for future payments. It's a scam if you have to pay upfront to get the job or you are told you have to pay for personal military records, or if the ad claims to share "previously undisclosed" federal jobs. Scammers like your sympathy vote and will play on your emotions. Give money directly to a local veteran's program. Work with the veteran's programs to find a job. (Vets and military spouses lose more money to employment scams than the general population. AARP, 2020.)

**What You Should Do:** Verify any requests by calling the VA at 800-827-1000. Check charities through websites like [give.org](#) or [charitynavigator.org](#). Be vigilant and share your knowledge with others.

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### **Car Maintenance Tip:**

Did you know that your gas car likely has 2 filters: one for the engine air intake and one for the air circulated in the automobile cabin space?

After all the smoke and ash this summer along with the falling leaves and general road dust, your filter is probably clogged. Mine was totally clogged (see image).



How long has it been since you had your filter replaced? Ever?

Replacement for most vehicles is not expensive and could be very easy to replace yourself. Check [YouTube](#) for an instructional video and save some money. And breathe cleaner air!

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### **[COVID-19 Cases in Oregon by Zip Code](#) (interactive map)**

This map shows new cases of COVID-19 in each ZIP code in Oregon. ZIP codes are colored by the number of cases per 10,000 residents. ZIPs are shaded to show contrast; rates in Oregon remain lower than most of the U.S.

and Tonga: [Dakuwaqa's Garden](#)

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There is an annual [Air Guitar Championship](#) in Finland. This year they celebrate their 25th anniversary..

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**Feel good video of the week:**  
[Baby wombats playing with flowers.](#)

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**A meat-lover's mask:**

Hormel is giving away bacon-scented face coverings.

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**Best Books | Powells Books:**  
[Best Nonfiction of 2020](#)

**Barnes & Noble:** [Best Books of 2020](#)

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The year's best photos celebrating [the beauty of weather.](#)

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*"Your contents have shifted."*

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

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[Newsletter Archives](#)