



# Institute for Continued Learning Digest

Welcome to the 37th Edition of the ICL Senioritis

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## ICL Update:

*Note: Senioritis Newsletter Editors are slowing down some over the break. You may not see the newsletter every week like you have for the past 36 weeks. Rest assured that there will be more! Enjoy the break and Happy Holidays! (pandemic-style)*

## City of Salem: New Visioning Activity Available!

Exciting news! There is a new activity available on the Visioning page of [SalemClimateActionPlan.com](http://SalemClimateActionPlan.com)! Below are some updates regarding this activity and participation in this first planning pillar.

### Envisioning a Resilient Salem Activity

During the first workshop, the Task Force was asked to share their ideas about what a resilient Salem of 2050 would look like. We'd like to ask you the same question and to invite you to share your ideas about what a thriving Salem could look like in the future. Visit the **Visioning page** and click "Add Your Visioning Ideas" to start sharing your input. This activity will be available until **December 11**.

### Task Force Workshop 1: Visioning

The first Task Force workshop was live streamed on 11/18; the recording is available on the [Visioning page](#).

### Mapping Activity: Mark your favorite thing about Salem!

Help us understand Salem's existing strengths by dropping a pin and adding a comment/photo about your favorite aspect of Salem. Available on the [Visioning page](#).

### Community Survey Results

We invited the public to share their perspectives on the City and their opinions about climate change in a survey that ran October 21 - November 4. Thank you to all of you who participated! Many of you shared detailed responses to open-ended questions, which provided a robust set of data to analyze. Input gathered from this survey will be integrated with the work of the Climate Action Task Force to develop a Climate Action Plan that reflects the views and insight of the community at large.

The [full survey report](#) (PDF) is available on the [Project Resources page](#).

If you have questions, please reach out to [SalemCAP@cityofsalem.net](mailto:SalemCAP@cityofsalem.net).

## 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 Spring 2021 Schedule is not posted online yet:

- Stay tuned!
- **Links to Recorded Presentations!**

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## **PEAK NORTHWEST:**

The Columbia River gorge is home to nearly 50 notable waterfalls. On our adventuring video series, we visited as many as we could in a single day by foot and bike.

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[Timelapse: Peter Courtney Minto Island Bridge Construction](#)

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## **A Word to Know: Disquisition**

(dis-kwə-ZIH-shən) noun  
Origin: Latin, mid 17th century

1. A long or elaborate essay or discussion on a particular subject.

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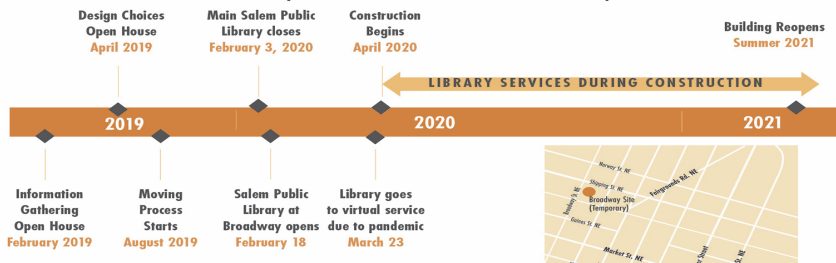
[Incredible fly-over Jupiter](#)

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[Ugly Christmas Sweaters are so 2019. Here are some Ugly Holiday Masks](#)

## SALEM PUBLIC LIBRARY RENOVATION TIMELINE AND INFORMATION

Two-year renovation project will improve earthquake safety, building accessibility, and make other critical improvements



Welcome to "**Construction Chapters**," the monthly video report on the Salem Public Library seismic and accessibility upgrade.

City residents approved a bond in 2017 to improve the safety of the 50-year-old library building. Construction got under way in April 2020 and will continue through summer of 2021.

### [SPL Renovation Update: Construction Chapter 3, The Youth Areas](#)

In response to parent requests, the Salem Public Library is moving all youth activities to the third floor. Find out what families have to look forward to after the Salem Main Library renovation is complete.

#### ***In Case You Missed the Previous Videos:***

See [Construction Chapters Volume 1](#): In this video, Mayor Chuck Bennett, Librarian Sarah Strahl and Project Engineer Allen Dannen talk about the project and join in a virtual ground-breaking.

See [Construction Chapters Volume 2](#): Jack McCutcheon, Salem Public Library Project Engineer for KPFF Consulting Engineers, explains how new shear walls will help protect the library in an earthquake. Kory Ray, Construction Superintendent on the project for Howard S. Wright Co., explains the special way the walls are being constructed to blend in with the historic architecture of the library.

### **Top Ten Emerging Technologies of 2020**

These advances in health care, industry and general society have the potential to revolutionize our lives. An international group of experts was convened by *Scientific American* and the World Economic Forum who sifted through more than 75 nominations. "To win the nod, the technologies must have the potential to spur progress in societies and economies by outperforming established ways of doing things." They also needed to be novel and "likely to have a major impact within the next three to five years." Here are their top ten:

- [Microneedles](#) that enable painless injections and blood draws
- [Sun-powered chemistry](#) that turns carbon dioxide into common materials
- [Virtual patients](#)
- [Spatial computing](#)

### **New on Netflix: [Hillbilly Elegy](#) (based on the good book by J. D. Vance)**

A Yale law student drawn back to his hometown grapples with family history, Appalachian values and the American dream. Be sure to read the credits and updates about the family.

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### **[THE TORTUOUS LITERARY PUZZLE CAIN'S JAWBONE HAS BEEN SOLVED FOR THE FIRST TIME SINCE 1934](#)**

Only three people have ever cracked it. The most recent sleuth did it during pandemic lockdown.

In 1934, Edward Powys Mathers, the crossword puzzle creator at Britain's popular newspaper *The Observer*, created his masterpiece: a nearly-impossible mystery-novel puzzle called *Cain's Jawbone*.

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[Harvard offers free online classes](#) for your semester break and then you can brag that you've been to Harvard! A variety of colleges offer classes and you can [check some of them out here](#).

There is also [OneDayU](#) worth checking out here.

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### **[How to do a full workout in just 24 minutes:](#)**

JOE WICKS sets out eight exercises that aim to elevate your heart rate as much as possible

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### **[Global Wind Map \(interactive\):](#)**

You can zoom in and out and rotate the Earth in any direction.

- [Digital medicine](#) that can diagnose and treat what ails you
- [Electric aviation](#)
- [Low-carbon cement](#) to help combat climate change
- [Quantum sensors](#) that let autonomous cars ‘see’ around corners
- [Green hydrogen](#) for renewable energy
- [Whole-genome synthesis](#) that will transform cell engineering

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**TECH TIP: Watch out for Holiday Scams - from AARP**

**How they work:**

- Scammers set up fake websites or smartphone apps, often made to look just like a trusted retailer.
- Some bogus websites are made to look like a legitimate, if unfamiliar, shopping destination.
- Scammers lure shoppers with emails, text messages and ads on social media.
- They offer hot items at a fraction of the usual cost and may throw in free shipping and overnight delivery.

**What you should know:**

- Some of the sham sites do deliver merchandise, but typically a knockoff brand, while others don’t bother sending anything at all.
- Bargain-basement prices on popular gift items should make you suspicious if the discount is greater than 55 percent.
- Legitimate retailers have meticulous websites — look for spelling errors, bad grammar or no contact information that may indicate the site is a fake

**What you should do:**

- Rather than click on a link from an email, text or social media ad, open your web browser and type in the web address yourself. This ensures you are going to the correct site and reduces the risk that clicking on a link brings with it — namely adding malware to your device to steal your credentials.
- When making an online purchase, use a credit card, which gives you more protections should fraud occur.
- Be sure to keep your operating and antivirus software current.

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**[5 Minutes That Will Make You Love Sopranos](#)**

We’ve asked some of our favorite artists to choose five minutes or so they would play to make their friends love classical music, the piano, Baroque music and more. Now we’ve collected recordings to inspire love for the soaring soprano voice. You’ll want to turn your volume up for this one.

The novelist Ann Patchett suggests turning first to Renée Fleming, “who makes the most impossible repertoire seem effortless.” Ms. Fleming herself recommends going directly to the recordings of Leontyne Price, who makes “rapturous music unforgettable.” And for Kira Thurman, a historian, the sheer power of Jessye Norman’s voice “is enough to make your eyes water.”

Have an ethereal night. (Tip: Keep scrolling down for more sopranos...)

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**The world has been abnormal for so long that we’ve forgotten what it’s like to live in a peaceful and reasonable climate. If there is to be any peace or reason, we have to create it in our own hearts and homes.**

**- Madelene L’Engle (Died in 2007)**

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Tired of jigsaw puzzles during COVID? Try Lego’s newest [9,036-piece roman colosseum](#) kit and let us know when it’s completed.

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German tv ad calls on youth to [be couch potato heroes](#) during COVID - now subtitled in English.

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**Life Hacks:**

Stretch for 5 minutes before you go to bed. Your muscles will be more relaxed and it will be easier to find a comfortable sleep position.

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**[Lost Languages Discovered in One of the World’s Oldest Continuously Run Libraries](#)**

The centuries-old texts were erased, and then written over, by monks at Saint Catherine’s Monastery in Egypt

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**Questions?**

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

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**[Newsletter Archives](#)**