



# Institute for Continued Learning Digest

## Welcome to the 78th Edition of the ICL Senioritis

Vol. 78, September 22, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

### ICL Update:

#### ● Curriculum Committee:

- The next Curriculum Committee will meet on Thursday, **October 14** at 1 PM on Zoom.
- We have finished the scheduling for this Fall semester and are into preparations for the Spring semester which will begin on **January 11, 2022**.
- We will be following the ICL Board's decision to schedule classes for Tuesdays and Thursdays, 10 AM - 12 noon. Whether these classes will be on Zoom or Kaneko will be dependent upon the status of the Covid pandemic and our ability to provide a safe environment on campus for our members.
- If you have an idea for a presentation, contact by email or phone [Judy Gram](#), [Dru Johnson](#), or any member of the [Curriculum Committee](#).
- Expanding our schedule to Thursdays provides an opportunity to bring back potpourris and opportunities for more member involvement.

- **ICL Social:** The first fall term **ICL Coffee and Conversation** will be held next week on **Thursday, September 30 at 10:00 AM via Zoom**. The theme will be "**Meet and Greet**" with an emphasis on our new members. As usual we'll break into small breakout sessions three times during the hour. With luck there will be one or more new members in each session, with time to learn more about them ... And, as always, a chance to catch up on news, plus great books, films and TV offerings to recommend. Join the Social using the same [Zoom link](#) as for classes.

### [Salem Public Library Strategic Planning Survey](#)

*Open through October 11, 2021*

[Salem Public Library](#) has begun work on a five-year strategic plan, which will serve the library through the year 2026. The strategic plan will provide direction for the library and will inform how the library serves the changing needs of our community.

To do this process well, we need everyone involved and want to hear your voices and perspectives. Please share your insights to inform how the library serves our community. This survey will be open through October 11, 2021. Learn more about the strategic planning process here: <https://bit.ly/SPL-plan>

### [Salem Public Library Strategic Planning Survey](#)

### Handy Links:

- Link to [ZOOM](#) classes, Board meetings, Coffees, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

### Missing ICL Friends?

Join us for...

- **Tuesday morning Coffee Breaks** will not happen again until next Summer.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

### Oregon Beach Monitoring Program

As state parks are open to public use, the Oregon Beach Monitoring Program (OBMP) will be monitoring Oregon beaches for harmful bacteria in the north, mid and south coast. The OBMP will continue this monitoring schedule through the beach use season unless actions by state and local authorities restrict public beach access. [healthoregon.org/beach](http://healthoregon.org/beach) or call 971-673-0482, or 877-290-6767 (toll-free).

## Health Tip: [Do I Really Need 10,000 Steps A Day?](#)

**Scientists Say 7,000 Is Fine (Source: Science Friday Sept. 17, 2021)**

You've probably heard someone say that they have to "get their steps in." But does the number of steps you take in a day actually matter? For years, there was a mythology around the health benefits of walking 10,000 steps a day.

But it turned out that number wasn't based on actual data—it grew out of a marketing effort in Japan from a pedometer company in the 1960s. Now, Amanda Paluch, an assistant professor of kinesiology at the University of Massachusetts Amherst, has [published a paper](#)—based on actual data—to help answer this question in the academic journal JAMA Network Open.

Mining data collected by the [CARDIA cohort study](#), they compared the overall health outcomes of people who walked less than 7,000 steps a day, those logging 7,000 to 10,000 steps, and those trekking over 10,000. They found that people who walked over 7,000 steps a day had a significant decrease in mortality, compared to people who took fewer steps. They're still trying to tease out exactly what health benefits the steps may bring.

Paluch joins guest host Umair Irfan to talk about the research, and what you should know about how walking might improve health.

[Listen to the podcast](#)

[See Brain Tip below: *What Happens to Our Brains and Bodies When We Walk*]

---

## BRAIN TIP – What Happens to Our Brains and Bodies When We

**Walk** - We've known some of the physical benefits of walking for quite some time now – it's good for your heart, works your muscles, improves circulation – the list goes on. But what's becoming more and more prevalent are the positive effects walking can have on brain health.

For starters, we've known that walking helps improve oxygen flow to the brain. Maintaining even a moderate pace increases our heart rate and causes us to breathe deeper. Those deep breaths help more oxygen get into the bloodstream. With the heart pumping faster, our circulation increases, and more oxygen gets to the brain.

But, research has suggested that it's not just our hearts that are responsible for blood flow to the brain. It found that the impact from hitting our feet on the ground while walking sends a hydraulic wave upward through our bodies. This wave is actually strong enough to send blood back up through our arteries, increasing blood flow to the brain. More oxygen getting to the brain is a good thing. Our brains use about 20% of our body's total oxygen supply, so if we're not getting enough oxygen up there, it's easy to feel "foggy" or unfocused.

On top of that, about a third of the brain is made up of blood vessels, so it's no wonder that substantial blood flow is important to brain health. In fact, increased blood flow to the brain is linked to better cognitive function, improved memory, and overall protection against decline.

## [Murals: Shamsia Hassani's graffiti...](#)

works have been showcased around the world. Her murals are pieces of art on walls of Afghanistan, United States, Italy, Germany, India, Vietnam, Switzerland, Denmark, Norway, and other countries.

While mainly doing graffiti in Kabul, Afghanistan, her last murals abroad were created in Wide Open Walls of Sacramento, and 20x21 Eugene's mural project in Oregon.

---

**Retired flight attendant walks 200 miles to [honor 9/11 colleagues](#)**

---

**[Vincent Price has some thoughts on racial prejudice and religious hatred \(1950\)](#)**

---

**A granular map of [where Americans live](#)**

---

**Winners of the 2021 [Bird Photographer of the Year](#)**

---

**[15 of The Most Colorful Places in the United States](#)**

---

**A Word to know: Epergne**

(ə-PERN) noun

French, early 18th century

1. An ornamental centerpiece for a dining table, typically used for holding fruit or flowers.

---

Remember, light and shadow never stand still.  
- Benjamin West

---

**Copenhagen is named the [world's safest city](#).**

---

**[The most ornate buildings in the world.](#)**

The good news is, walking more is a relatively accessible goal for most people. You don't need to start running marathons to improve your health, you can start by simply going for a walk. Try making a goal to increase your steps by 1,000 a day, which is roughly a half-mile. In a month, you'll be walking 14 miles more than you are today, which is bound to leave you feeling pretty good. AARP. New Research Provides Clues to the Brain Benefits of Walking. 2017

---

## **VOLUNTEERS NEEDED - WILLAMETTE HERITAGE CENTER**

Do you enjoy meeting new people and helping others? We could use your help! We are looking for volunteers to be the face of the WHC by welcoming visitors to our site, orientating them to the museum, and providing them with excellent customer service.

Shifts available: 10:00 AM – 2:00 PM or 12:00 PM – 4:00 PM Tuesday, Wednesday, Friday, or Saturday on a weekly or biweekly basis.

For a complete description of activities or to submit your application, click on the appropriate links here: [Learn More](#) [Apply Now](#)

---

## **Who owns the forests?**

If you said that Oregon's forests belong to everyone, you'd be 64 percent right. The general public owns most of Oregon's forests, which are held by the federal government or the state of Oregon.

Private landowners of both large and small tracts of forestland own 34 percent of Oregon's forests. The remaining 2 percent of forests is in tribal ownership.

Oregon is home to many different types of forests, with varying species of trees, plants and wildlife. The forest type that dominates a region depends on climate, elevation, wind and rainfall, temperature and soil conditions.

### **[Forest Types Map](#)**

---

## **Local and Virtual Events!**

- **[Zooming Back to History](#)**: A Community History Speaker Series from Willamette Heritage Center (online)
- **[Salem City Club \(Zoom Webinar\)](#)**: Oregon Drought: Water History of the Klamath Basin with Dr. Don Negri, Willamette University History Department (Retired)  
**September 24**, 2021 from 12:00 PM to 1:30 PM  
Registration: Members – free; Non-Member – \$5.00
- Sunday, **September 26<sup>th</sup>** “Wildfire in a Time of Climate Change” A MidValley Poetry Society Poetry in Performance event, 2-4PM Kimmel Park, Mill City. Free.
- September is **Hispanic Heritage Month** so tune in to these movies and activities celebrating the traditions, heritage and accomplishments of Latinos.  
On Monday nights, enjoy these movies (in English)  
*Motorcycle Diaries*, **September 27**  
*Cantinflas*, **October 5**  
On Tuesdays, enjoy learning “How to mix refreshing aguas frescas”,  
**September 28**  
To register for these online events, check [aarp.cvent.com/ldlatinos21](http://aarp.cvent.com/ldlatinos21)

---

## **Bobbing for Apples:**

It's mostly limited to kids' parties now, but bobbing for apples had quite a saucy start. In 18th century Britain it was a courting ritual, played out in a few different variations. In one, the person who could bite an apple the fastest was said to be the first who would get married. In another, bobbers were assigned certain apples to see who they got paired with.

---

## **In Vermont, it is law...**

that everyone who serves apple pie must make a "good faith effort" to serve it with ice cream, cold milk, or "a slice of cheddar cheese weighing a minimum of 1/2 ounce."

---

## **The Jeep debuted on**

February 19, 1941, wowing crowds in Washington D.C. when it climbed the steps of the U.S. Capitol building, showcasing its four-wheel-drive capabilities.

---

## **[Sam Adams new beer is so strong it is illegal in 15 States.](#)**

---

## **[Leaves are changing: A dozen places to find colorful fall foliage near Salem](#)**

---

## **[Navy Seals' Insane Parachute Jump \(YouTube\) - into Football Stadium](#)**

---

**That tiny pocket in jeans** was originally designed for your pocket watch.

---

## **Questions?**

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

---

## **[Newsletter Archives](#)**