



Institute for Continued Learning Digest

Welcome to the 82nd Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- [ICL Board Meeting](#): Thursday, October 21, 2021 | 10:00 AM - Noon
- **Proof of Vaccination form in exchange for Compass Card:**
 - Wednesday, **October 27th** from 2:00-5:00 PM
 - Wednesday, **November 3rd** from 2:00-5:00 PM
 - Thursday, **November 4th** from 2:00-5:00 PM
 - WHERE: Bush Pasture Park North parking lot (along Mission Street)
 - Please put your name at the top of the first page.

[Fill out form online, then print, sign, and bring with you](#)

● ICL Curriculum Committee:

(longer version sent previously by email)

The Curriculum Committee of ICL is composed of our classmates who wish to contribute their expertise and interests to produce the semester Class Schedule. You do not have to be an expert in a particular field of study; you may be looking to expand your knowledge in an area that you never had time for before in your busy life, seeking out community leaders and specialists. It can also be an opportunity to meet your classmates and learn of their backgrounds and interests, working with them as a sponsor to provide a special and outstanding presentation.

When we joined ICL we said we would do our part to further the organization. There are numerous ways to participate in the betterment of ICL. One is to GIVE a presentation, but you can also help PLAN and CREATE a presentation for someone else. Come join us so ICL continues its purpose, we would love to have you.

If interested, contact Dru Johnson or Judy Gram and we can explore this opportunity together.

- Potpourri are commonly short, 15-20 minute presentations that highlight a particular topic. To learn more, ask Dru, Judy, or GwenEllyn.

Willamette Update:

[Hallie Ford Museum of Art Virtual Exhibitions:](#)

VIRTUAL 360° TOUR: [Carl Hall Gallery](#)

Northwest Perspectives: Selections from the Permanent Collection

Ancestral Dialogues: Conversations in Native American Art

The Confederated Tribes of the Grand Ronde Gallery

[360° VIRTUAL TOUR](#)

[MORE ABOUT THIS PERMANENT EXHIBITION](#)

Across Continents, Through Time

Mark and Janeth Sponenburgh Gallery

[360° VIRTUAL TOUR](#)

[MORE ABOUT THIS PERMANENT EXHIBITION](#)

Point of View Exhibition

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...

- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

This day in history - October

- October 20, 1955 – Final book of “The Lord of the Rings” published
- October 21, 1879 – Thomas Edison invents a commercially practical incandescent light
- October 22, 1914 – First Income tax laws enacted
- October 23, 1915 – Suffrage Movement March in New York
- October 23, 1963 “Doctor Who” appears on British TV
- October 24, 1920 – Black Thursday, Wall Street crashes
- October 24, 1945 – United Nations is formally established

[DR. CATHERINE LEE EXPLORES CONSTANCE FOWLER'S "TIDAL DRIFT" WITH MUSIC](#)

Virtual Library Services

<https://www.cityofsalem.net/Pages/virtual-library-services.aspx>

- [Get a Library card](#) Sign up for a CCRLS library card online.
- [Book Match Service from SPL](#) Request personalized reading suggestions from SPL Staff

Read/Listen/Stream Online

Salem Public Library offers a variety of downloadable and streaming services for fun, education, and research.

- [cloudLibrary](#) ebooks and eaudiobooks (note: available only to patrons within the Salem city limits)
- [Library2go](#) (also known as "Libby" and powered by Overdrive)
- [Kanopy](#) (unlimited streaming movies) and [Kanopy for Kids](#)
- [Tumblebooks](#) Animated Picture Books and Read-alongs
- [TumbleBiblioteca](#) (en español)
- [Creativebug](#) offers unlimited access to thousands of award-winning art and craft video classes taught by recognized design experts

Discover Research Tools from SPL

The [Salem Public Library](#) offers current online subscriptions to meet many needs. A complete list of online resources is available at the library website: <http://bit.ly/SPLonlineresources>

Some key resources include:

- [Community Resources and Support](#)
- [Parent and Educator Resources](#)
- [Gale Health and Wellness Library](#) Reliable professional health information
- [Ancestry](#) for genealogical research
- [Morningstar](#) and [Value Line](#) Investment research
- [Consumer Reports](#) Trustworthy product reviews and ratings
- [Chilton](#) Car repair manuals
- [Homework tools](#) including [National Geographic Kids](#), [Opposing Viewpoints](#) and [World Book Online](#) and more
- [LearningExpress Library](#) Online learning solutions to help students and professionals build academic skills, prepare for school and career certification tests, and more

Online Reference Services: [Live chat](#) for information and reference questions through Answerland (available 24/7)

TECH TIP – Use the SIFT Method to ID Reliable Information

News stories, propaganda, and ads can look the same. Critical thinking is critical to determine the accuracy of media and social media stories. The National Association for Media Literacy Education also provides guidelines for adults to analyze and evaluate media content. They suggest using the SIFT Method to identify reliable information.

S = Stop. Ask yourself if you have heard of the website and have you found it reliable in the past?

- October 24, 2003 – Concorde makes it final commercial passenger flight
...continued next week...

Book recommendation: **The Midnight Library (novel) by Matt Haig**

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? ([Amazon](#))

Movie suggestion: PIG (2021) Prime Video (\$6.99 with subscription) A truffle hunter who lives alone in the Oregonian wilderness must return to his past in Portland in search of his beloved foraging pig after she is kidnapped. Starring Nicholas Cage ([IMDB](#))

Fractal Kitty

(recommended by Jim Brown at a recent Happy Hour)



I sometimes feel like a broken record. I repeat so much in conversation with parents, educators, and students when I consult with them on learning math that finally I sat down and brainstormed a website to share my ideas and best practices that I have used through the years. My plan is to share my stories,

I = Investigate the sources. Is the information unbiased or is the site sponsored by a source that benefits from a particular slant?

F = Find additional coverage. Look beyond a single source. Be intentional about looking for alternative perspectives.

T = Trace the original source. Put what you read into context. Often statistics are misrepresented or not applicable to the population in the article. It is estimated that 99% of all images shared on social media have been altered in some way or reference an event from years ago, not the current situation it would suggest. Remember that sites like Wikipedia can be edited by the public.

The National Association for Media Literacy Education (namle.net) suggests more ways to analyze and evaluate media content. Snopes began as a site to debunk urban legends and has become a reliable, fact-checking site: <https://www.snopes.com/fact-check/>

BRAIN TIP: Your Brain and Scary Movies:

Some people love them and others avoid them, but what happens in your brain and body when you watch something scary? Humans tend to be fascinated by what scares us and get a rush by pushing that limit. In a Finnish study, people found horror that was psychological in nature and based on real events the scariest, and were far more scared by things that were unseen or implied rather than what they could actually see.

Your body has a distinct physiological reaction to the sights and sounds of scary stories. That's because your brain is wired to treat what it sees as real and the primitive brain has trouble ignoring what it is seeing. So, when the images appear to be real and terrifying, your brain tells your body to react accordingly and it does so before you can distinguish what is real or imagined. Physical reactions might include sweaty palms, tensed muscles, a drop in skin temperature, a spike in blood pressure and an increased heart rate. Dopamine and adrenaline get secreted that is similar to any other thrill-seeking activity. However, too much can actually trigger someone to faint or have a panic attack.

When a person repeatedly watches this type of movie, they build a bit of tolerance and become less emotionally reactive to the images. While this can result in lower levels of anxiety and fear, it can also lower empathy for others in those situations. And, of course, the younger one starts watching these images, the greater the impact on their less developed brain.

Experts suggest three ways to make your frightful experience entertaining:

- Ask why it is scary? What tricks are being employed to enhance your fear?
- Start slow. Go for the comedic scary movies with a balance of horror and absurdity.

Choose by context. Some horror movies are designed to be watched alone and some should be watched with other people for maximum effect.

Local and Virtual Events!

- [Science on Tap: Fuzz - When Nature Breaks the Law](#)
 - Tuesday, **October 26, 2021** | 7:00 pm Pacific
 - Location: [Online](#)
 - \$5 for General Admission - FREE tickets are also available!

syllabuses, games, reviews, poetry,... the list goes on. I look forward to what this grows into.

Maya Angelou to become the first woman [featured on a quarter](#).

Even trees do not die without a groan.
- Henry David Thoreau

A Word to Know: Percipient
(pər-SIP-ee-ənt) adjective
Origin: Latin, mid-17th century

1. Having a good understanding of things; perceptive.

Cupcakes were originally called 1-2-3-4 cakes because to make them, one used 1 cup of butter, 2 cups of sugar, 3 cups of flour and 4 eggs. The first official use of the term cupcake comes from a 19th-century cookbook by Eliza Leslie. No one knows for sure whether Leslie chose the name "cupcakes" because of the cup-sized measurements or because they were deliciously baked into cups.

Good news! Experts explain why you [shouldn't rake your leaves](#).

The [Goodpasture Covered Bridge](#) makes the list of [15 Swoon-worthy covered bridges in America](#).

Artist lights up the interior of [St. Peter's Basilica](#).

[Breathtaking Historical Portraits Brought To Life](#).

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

[Newsletter Archives](#)