



# Institute for Continued Learning Digest

Welcome to the 147th Edition of the ICL Senioritis

Vol. 147, February 1, 2023

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## ICL Update:

- ICL **Board Meeting**: Monday, **February 13**, 2023 at **1:00 PM** via [Zoom](#)
- **Announcement!** The new card reader has been installed outside the east door to Keneko. The new Compass Cards (student ID cards) will now unlock the door. Please be sure to bring your NEW Compass Card with you this Thursday in order to get in (no one will be at the door). **THANK YOU** to those who volunteered for this job the last couple weeks!

## Willamette University WITS:

WITS has again extended the **password change deadline** to a date you'll love....February 14th! 🍷

ICL members who have [set up new accounts](#) recently do not need to find a new password.

If you already have a Willamette account and have not updated your password since September 1, 2022, you have until February 14th to do so. Tip: You could do right now: Change your password at: [willamette.edu/go/password](http://willamette.edu/go/password)

If you have an account and have not updated the password since September 1, 2022 and miss the Feb. 14th deadline, your password will be changed for you and you will need to follow the Reset Password process before regaining access to WU systems and services.

If you don't know your password or you miss the deadline use the "Reset Password" option: [willamette.edu/go/password](http://willamette.edu/go/password)

## A Few IMPORTANT Tips:

– After changing your password, promptly update it where saved: email clients, smartphone email apps, web browsers, etc. If you neglect this step, it may result in your account being locked out of all WU systems due to repeated failed attempts...if this happens, contact the WITS Help Desk ASAP.

– If using a university-owned computer, log out, then log back in after changing your password. This will connect any mapped network drives or folders using the new one automatically.

– Don't change your password over the weekend or when the campus is closed as there won't be anyone at WITS to help you if needed.

– As far as account security goes, it never hurts to change passwords, and not just the WU password.

Need help or have questions? Email WITS at [wits-info@willamette.edu](mailto:wits-info@willamette.edu) or call the Help desk at 503-370-6767.

## One Log Bridge - Willamette University Theater

How is one inspired to write an opera? What are the challenges of staging new works? or working in collaboration with other composers?

Composer Yan Pang & librettist Qinqing Qian, the creators of One Log Bridge, share insights and conversation at special preshow discussions.

The opera theatre piece centers on the immigrant experience in the US. Come

## Handy Links:

- Link to [ZOOM](#) for Board meetings, Happy Hour, etc.
- [Calendar](#): Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#)
- [More recordings](#) are available to members (password protected)
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website
- [ICL Virtual Happy Hour on Fridays at 4:30 PM.](#)
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)
- [Find COVID19 Vaccines](#)
- [WU: Tips for navigating cold and flu season](#)

## Willamette University Events Calendar

## LegiScan: OR Legislation 2023 | Regular Session

[OLIS: 2023 Regular Session](#): To find a bill, Click on the Bills icon in the upper right

## NOAA: River Information and Forecast for the Willamette River at Salem

**Oregon is rolling out bee-themed license plates** that will help [support research on the state's native buzzers.](#)

**Good News Story:** In addition to helping ease the state's drought, California's recent record rains carry with them another potential silver

find out how a work comes together, including question and answer sessions. Each preshow talk is followed by a performance of the new opera.

**Performances:** Saturday, **Feb. 4** at 7:30pm. Preshow talk at 6:30pm.  
Sunday, **Feb. 5** at 2:00pm. Preshow talk at 1:00pm.  
Hudson Concert Hall - Rogers Music Center  
[More information and tickets here.](#)

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## [A Salem Reads Event: South African History Lecture](#)

**Saturday, February 4, 2023 | 2:00 PM - 3:00 PM**  
**Loucks Auditorium | Salem Main Library, 585 Liberty St SE**

Learn about the intricate history of South Africa from Portland State University professor Safia Farole. From colonialism to present time, see what has gone into shaping this country.

*Free and open to the public on a first-come, first-seated basis.*

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## **Discuss Born a Crime by Trevor Noah**

Three discussions hosted by Salem Public Library as part of [Salem Reads 2023](#): One Book, One Community - supported by the [Salem Public Library Foundation](#)

Salem Public Library is hosting three opportunities to get to know your neighbors and discuss the book that is the focus of the 2023 Salem Reads: One Book, One Community sponsored by the Salem Public Library Foundation. You can drop in on any of these discussions:

- Fully Booked! Book Club for Adults - 5:30-6:30 p.m. Thursday, **February 2** in the Collaboration Studio
- Brown Bag Book Club for Adults - 12-1 p.m. Tuesday, **February 7** in the Collaboration Studio
- Page Turners: Teen Book Discussions - 4:30-5:30 p.m. Thursday, **February 15** in Teen Scene. Readers can choose between reading Born a Crime or the young readers version, It's Trevor Noah. Sign up in advance to get a meeting reminder.

Adults interested in the book discussions can pick up a free copy of [Born a Crime](#) at the Floor 1 Ask Here Desk while supplies last. Teens can pick up a free copy to keep of It's Trevor Noah in the Teen Scene while supplies last.

All readers can check out copies of the books from the Salem Reads display on Floor 1 at Salem Public Library. This book is also available as an eBook from [cloudLibrary](#) and [Libby/Library2go](#).

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## [How to see the Green Comet C/2022 E3 \(ZTF\) visible in the night sky now as it approaches Earth](#)

Don't miss your chance to see this visitor from the outer reaches of our solar system as it prepares to make its closest approach to Earth.



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[Statesman Journal: Want to become a bald eagle monitor in Salem?](#)  
Several bald eagle families call Minto-Brown Island Park and Riverfront Park home.

The city is looking for volunteers to monitor the eagles' nests and ensure their safety in the park. Previous volunteer efforts have helped the trails near the eagle nests remain open for public use. [...more...](#)

lining: **a likely “superbloom” in the coming months.** A relatively rare occurrence, a superbloom is when unusually heavy winter rains lead perennial flowers to bloom all at once in the spring. Sometimes the spectacle is so large and so colorful, it can even be spotted from space.

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## [The best close-up photographs of 2022.](#)

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### [6 Fin-Tastic Dolphin Facts](#)

Dolphins are some of the most beloved creatures on the planet. After all, what isn't to like about these seafaring cetaceans? They're highly intelligent. They make adorable noises. They're friendly to humans. They even like to surf. But beyond these crowd-pleasing theatrics, dolphins also boast impressive physiological capabilities and exhibit an array of mind-boggling behaviors. [Here are six fascinating facts you may not know about them.](#)

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### **Beer Around the World**

Millet is a highly prized grain for making an African style of beer variously named Bantu, malwa, pombe, or tchouk. This beer is usually pale, opaque, and varies in alcohol content from region to region. In many West African cultures, it's a part of everyday life, and is used for rites of passage, dances, births, marriages, funerals, and other celebrations.

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### [7 Unique Bridges Around the World](#)

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**The Oregon Historical Society: [Mark O. Hatfield Lecture Series](#)  
Featuring Nina Totenberg, Mae Ngai, Douglas Brinkley,  
and Peniel E. Joseph**

**SERIES: Thursday, February 2 – Tuesday, May 23,  
2023 | 7PM – 8:30PM**

*Lecture, in person or online:*

[Arlene Schnitzer Concert Hall](#)

[1037 SW Broadway Avenue, Portland, OR 97205](#)

[Nina Totenberg: February 2, 2023](#)

**Dinners with Ruth: A Memoir on the Power of  
Friendships**

Nina Totenberg is National Public Radio's award-winning legal affairs correspondent. The first radio journalist to win the "Broadcaster of the Year" award, Totenberg shines a light on the inner workings of the nation's highest court and helps audiences understand the impact of major judicial cases on America's future. Series and single lecture tickets are on sale now.

[Join today](#) to access discounted pricing.

[Buy Tickets](#)



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**The Brain and Morning Alertness**

If you tend to wake up feeling sluggish, tired, and a little cranky, you've probably wondered what you can do to make the start of each day easier. According to recent research, there are three simple and effective ways you can help yourself become more of a morning person — and will leave you feeling more refreshed and alert when your feet hit the floor! (Spitulki 2022)

A recent study found that the key to waking up feeling more refreshed doesn't come from your genetic makeup but from three simple factors: exercise, more sleep, and a breakfast high in carbohydrates with limited sugar. (Vallat, Berry, and Tsereteli, November 2022.)

The scientists found those who woke up most alert did more exercise the previous day, slept longer and later into the morning, and ate a low-sugar breakfast that was high in complex carbohydrates with a modest amount of protein.

The study also discovered the importance of paying attention to one's glucose response after eating breakfast, noting a controlled blood glucose response is important for experiencing a less sluggish morning.

So if you want to start this new year off on a refreshed and recharged note, remember: sleep, move, eat breakfast, and repeat.

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**Local and Virtual Events!**

- **Willamette University Annual Frost Lecture: In Search of Reconciliation on America's Stolen Lands - With Margaret D. Jacobs,** Center for Great Plains Studies, University of Nebraska-Lincoln, Director Wednesday, **February 1, 2023** (Willamette Day) | 7:00 PM - 9:00 PM (PT) **Ford Hall** | Film Studies Auditorium | Rm 122 ([more in last week's newsltr](#))
- [Community Health Speaker Series: Childhood, Adulthood, Elderhood - Featuring Dr. Louise Aronson:](#)

**Thursday, February 9th, 2023 | 7:00 PM**  
**Willamette U. | Rogers Music Center | Hudson Hall**

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[Chemists develop fluorescent dye that allows imaging of difficult-to-see cancerous brain tumors.](#)

[The human circulatory system is more than 60,000 miles long.](#)

Human hearts have a big job: moving oxygen and nutrients throughout our bodies. But as much credit as the heart gets, it doesn't work alone — the adult human circulatory system includes arteries, veins, and capillaries in a [network that's more than 60,000 miles long.](#)

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[Breakdancing will soon be an Olympic sport.](#)

[Meet a 9-year-old poet laureate.](#)

**Not what we have but what we enjoy constitutes our abundance.**  
~ Jean Antoine Petit-Senn

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[Some predictions for the next 12 months.](#)

**Word to Know: Spinney** [SPIN-ee] noun

Old French, 16th century

1. A small area of trees and bushes.

"Our dog raced into the spinney at the edge of the rest stop before returning with a stick."

"The picnickers laid out their blanket beside a spinney of pine trees at one end of the park."

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[Japanese sightseeing train runs on ramen broth.](#)

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**Questions?**  
**Send a message at**  
**ICL Digest**

[Newsletter Archives](#)