



Institute for Continued Learning Digest

Welcome to the 150th Edition of the ICL Senioritis

Vol. 150, February 22, 2023

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ICL Update: 🎉 **150 Senioritis Issues in almost 3 years!** 🎉

- **Follow-up on creating a WU Network account:**
 - **Don't have an account?** [Create a new network account](#)
 - **Can't log into your account?** Reset the password here: willamette.edu/go/password.
 - **Still having trouble?** Contact [Dave MacMillan](#)
- **Special Board Meeting:** For consideration of honorarium that speakers get. Open to members. **Tues., February 28, 2023 at 4:00 PM on [Zoom](#)**

Ask a Techie:

Q: I forget to turn my iPhone off before class. Is there anything I can do to automatically make it quiet?

A: Yes! With **Focus** in iOS 15 and iPadOS 15 or later, you can use **Do Not Disturb** to silence calls, alerts, and notifications that you get while your device is locked. You can also schedule Do Not Disturb and allow calls from certain people. Focus can be triggered in 3 ways: schedule a start and stop time, when the phone is within a designated radius of a location, and when using a certain app.

When you have Do Not Disturb turned on, a crescent moon icon appears in the status bar and on your Lock Screen.

Turn on Do Not Disturb:

1. Go to Settings > Focus.
2. Tap Do Not Disturb
3. Under SET A SCHEDULE, tap Add Schedule
4. Select trigger: certain time, location, or while using a certain app.

To turn on Do Not Disturb from Control Center:

1. Open Control Center on your iPhone or iPod touch, or on your iPad.
2. Touch and hold Focus, then tap Do Not Disturb.

Note: You can add more than 1 schedule. For example, you might want to turn it on during the hours you normally are sleeping, too.

The Brain and Kissing



With Valentine's Day just over, remember to keep on kissing because scientists say it is good for us. Whether you're kissing your pet lizard, a toy teddy bear or a loved one, kissing reduces blood pressure, floods your brain with all the fun chemicals like oxytocin, serotonin and dopamine. It further burns calories, boosts self-esteem and, according to research, may even fight tooth decay because it stimulates saliva which helps reduce the incidence of cavities. (Hauser, 1996)

In her 2019 book, *The Science of Kissing*, Sheril Kirshenbaum shares the biology, psychology and anthropology of osculation (the scientific term for kissing) and its social ramifications. A simple kiss uses 34 of our facial muscles and up to 146 total body muscles – including the important “pucker up muscle”, the *orbicularis oris*. And, humans seem to be the only species that kiss with everted lips – pursed outward.

There is a higher concentration of nerve endings in the lips compared to any

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](#)
- [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](#) 💧

Good News: The power of kindness

After a neurodivergent teen's grand gesture to his valentine fell flat, his classmates [rallied around him to make him feel better](#) — even cheering for him so loud that they got in trouble. “He told me it was one of the best days of his entire life,” his mom said.

other part of the body. Kissing involves five of our 12 cranial nerves and when the nerves in the lips are stimulated, they send an amazing amount of stimulation to the brain. Consequently, the brain's somatosensory cortex is more stimulated by the lips than by any other organ. (Wedekind, 1995)

The bottom line - kissing can have a positive impact on your emotional and physical wellbeing.

[RESOURCE: Black Freedom Struggle in the United States - Challenges and Triumphs in the Pursuit of Equality](#)

At [ProQuest](#), we believe that knowledge and trusted information can help guide progress and change – and as an EdTech provider, we have a unique responsibility to take action.

That's why we developed this website focused on Black Freedom, featuring select primary source documents related to critical people and events in African American history. Our intention is to support a wide range of students (see examples for using in [teaching](#) and [learning](#)), as well independent researchers and anyone interested in learning more about the foundation of ongoing racial injustice in the U.S. – and the fights against it.

By centering on the experiences and perspectives of African Americans, we hope this collection imbues the study of Black history with a deeper understanding of the humanity of people who have pursued the quest for freedom, and the significance of movements like Black Lives Matter.

In this website, we present primary source documents from several of the time periods in American History when the river of the Black Freedom Struggle ran more powerfully, while not losing sight of the fierce, often violent opposition that Black people have faced on the road to freedom.

This website contains over 3,000 documents focused on six different phases of Black Freedom: Slavery and the Abolitionist Movement (1790-1860), The Civil War and the Reconstruction Era (1861-1877), Jim Crow Era from 1878 to the Great Depression (1878-1932), The New Deal and World War II (1933-1945), The Civil Rights and Black Power Movements (1946-1975), and The Contemporary Era (1976-2000)

The documents presented here represent a selection of primary sources available in several ProQuest databases. The databases represented in this website include American Periodicals, Black Abolitionist Papers, ProQuest History Vault, ProQuest Congressional, Supreme Court Insight and Alexander Street's Black Thought and Culture.

The goal of this website is to provide a selection of primary source documents that may be used by a wide range of students, from middle and high school students to college students and independent scholars. Examples of assignments may include National History Day projects or research papers about Black Freedom.

City of Salem: Virtual Public Meeting on Walkable, Mixed-Use Areas

You are invited to a virtual public meeting from 12 noon to 1:30 p.m. on Thursday, **February 23** to learn about new State rules that aim to promote walkable, mixed-use areas in Salem and Keizer.

Staff from the Oregon Department of Land Conservation and Development will explain the new [Climate Friendly and Equitable Communities \(CFEC\)](#) rules and describe what walkable, mixed-use areas are. Planners from the cities of

[A Love Letter to Libraries, Long Overdue \(NYTimes\)](#)

The New York Times sent photographers to seven states to document the thrum and buzz in buildings once known for silence.

[A Doodle Reveals da Vinci's Early Deconstruction of Gravity](#)

(follow-up to the presentation on da Vinci)

Long before Galileo and Newton used superior mathematics to study a fundamental natural force, Leonardo calculated the gravitational constant with surprising accuracy. (NYT)

[TedTalk: Why city flags may be the worst-designed thing you've never noticed](#)

(Shown at the ICL presentation about Flags-2/14) Roman Mars is obsessed with flags -- and after you watch this talk, you might be, too. These ubiquitous symbols of civic pride are often designed, well, pretty terribly. But they don't have to be. In this surprising and hilarious talk about vexillology -- the study of flags -- Mars reveals the five basic principles of flag design and shows why he believes they can be applied to just about anything.

[YouTube: World Oregon Webinar "Good Flag, Bad Flag: What they Mean & Why they Matter with Ted Kaye"](#)

Explore the world of flags through a tour of these national symbols. Ted Kaye offers an engaging look at 200+ country flags, followed by Q&A about them. Learn about their symbolism, their

Salem and Keizer will discuss how the rules are expected to be implemented in our communities.

Virtual Public Meeting Details (Zoom)

Date: Thursday, **February 23, 2023**

Time: 12 noon - 1:30 p.m.

Join by phone: (669) 900-6833 and enter Meeting ID: 811 2633 7489

Join by computer or smartphone: [Click this link](#) or

Use this URL: <https://us02web.zoom.us/j/81126337489> with Meeting ID 811 2633 7489

[Learn More](#)

[Center 50+ Presents: Generations Over Dinner...](#)

is a [National Initiative](#) that encourages generations to gather around the dinner table in an effort to better understand one another and unite to address bigger community needs.

Interested in joining a dinner table? Limited to 10 people per dinner event. Thank you Western Oregon University Gerontology Program for partnering with Center 50+ to make these events happen.

RSVP to connect50plus@cityofsalem.net. or call 503-588-6303.

- February 28th at 6p.m. @ Center 50+
- March 1st at 11a.m. @ Center 50+
- March 2nd at 6p.m. @ Center 50+

[Oldest Pancake Race in the World](#)

Shrove Tuesday, aka Pancake Day, is similar to Mardi Gras in its objective – people eat sweets like pancakes/crepes and candy leading up to the period of Lent and fasting. In Olney, England, the celebration goes a bit further with the oldest annual pancake race in the world – dating back to 1445.

Participants must run 415 yards while flipping a pancake in a pan. The race has taken place every year since its revival in 1948 and even during COVID-19.

The rules: It's women only who must have lived or worked in Olney for at least three months. You must wear a skirt and bring your own pancake. An apron, headscarf and pancake pan are provided for you. You cannot run if you have already won three times.

Local and Virtual Events!

- [Hidden Histories: Ancient Art from the Permanent Collections](#)
January 3 - April 22, 2023 | **Hallie Ford Museum of Art** | Study Gallery
- Join **Chemeketa Cellars** in 2023 for one of their fun new [community education classes](#). Learn painting techniques while sipping Chemeketa Cellars wine, make a Mother's Day flower arrangement under the tutelage of a Chemeketa Horticulture instructor or expand your knowledge of Italian wines with their Wines of Italy wine appreciation series.
- [HATTITUDE: Hats from the Hatboxes of Willie Richardson](#)
Jan. 6 – Feb. 26, 2023 | **Bush Barn Art Center** | **A.N BUSH GALLERY**
- [Brush Creek Theatre](#) is launching its 2023 season with the return of one of our favorite shows, **The Further MISAdventures of the Seven Dwarfs**. This crowd-pleaser brings back the seven dwarfs for a romp through the collected tales of the Brothers Grimm. **Friday, February 24 through Sunday, March 12**. Performances are at 7 pm on Fridays and Saturdays, with a 2 pm matinee each Sunday.

design, their use, and why flags mean so much to those they represent.

Ted Kaye is a vexillologist (flag expert). He compiled the definitive work on flag design, **Good Flag, Bad Flag**, and consults on the adoption of new flags at the city, state, and national level.

He is currently secretary of the North American Vexillological Association.

(Presented June 9, 2020 via Zoom by WorldOregon)

[The Oregon Maple Project](#)

is an educational nonprofit that engages community members in local production of Bigleaf Maple syrup - because nature is admirable, trees accomplish astonishing things, and together we can tap in for a taste.

[The warriors of this West African kingdom were formidable—and female](#)

In the 17th century, Dahomey flourished under the protection of its all-woman military regiment that inspired Viola Davis's acclaimed film *The Woman King*. (National Geographic)

[YouTube: Amsterdam Just Got Awesomer](#)

(YouTube channel: **Not Just Bikes**)

The secret of staying young is to live honestly, eat slowly, and lie about your age. — Lucille Ball

Word to Know: Visagiste

(viz-ah-JEEST) noun
French, 20th century
1: A make-up artist.

Questions?

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

[Newsletter Archives](#)