



Institute for Continued Learning Digest

Welcome to the 27th Edition of the ICL Senioritis

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ICL Update: Board Meeting

The Board met on Thursday, September 17th via Zoom. The overwhelming consensus was that the Zoom class sessions have been going very well and the board is pleased with the number of people joining in on Zoom! (Who said you can't teach an old dog new tricks?) Thank you to all of those who have presented so far! The poetry was a big hit!

The **Curriculum Committee** is already busy filling the Spring 2021 schedule.

Social Services: Stay tuned for a social event in early October!

Information Services/Technical Services: We're asking all presenters - including ICL members who are doing presentations - to fill out an online form prior to their presentations if they are willing to share the presentation with CCM (CCTV) to be aired on the radio and/or uploaded to YouTube.

Executive Director, Kasia Quillinan, will select a Nominating Committee to fill expected vacancies in the 2021-2022 year. We voted on this new procedure in April to allow time for the electees to shadow their predecessors and learn the job. We will vote on the nominees in November at the last session.

The Nominating Committee will need to fill the position(s) for the Financial Director(s) positions. Ingrid Brandt and Lester Reed currently fill that position and will not be returning as board members. The rest of the board will be returning.

At the August board meeting Kasia appointed an ad hoc committee to review our constitution and policy and procedures. The expectation is that this committee will make suggested changes and come up with a new, improved and streamlined constitution, possibly a set of bylaws, and updated policy and procedures. Members of the committee are Kasia Quillinan, Bill Foster, Jim McDonald, and Eric Reif. They have already met several times. The general membership will have an opportunity to review the suggested changes and vote on them either at the end of this fall semester or spring semester.

Reminder: Special ICL Presentation on Thursday

September 24 at 10:00 AM - Randall Schriver shares "The new era of US-China Great Power Competition." Join the presentation using the usual class Zoom link:

<https://willametteuniversity.zoom.us/j/92212104940>

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.

The Fall 2020 Schedule is posted online:

- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#), also found online.

These presentations will all be online via [ZOOM](#).

Grant Thorsett continues to make progress cognitively and communicatively despite lack of family contact and extreme isolation due to COVID and the smoke.

[**WU Convocation: Sept. 24th:**](#) **Settler Colonialism in Oregon**, discussion of the article "We were at our journey's end." Settler Sovereignty Formation in Oregon. Reckoning with Oregon's History. Guest: Dr. Katrine Barber. [Join Zoom](#)

Willamette Heritage presents Zooming Back to History - A four-part series of online lectures about Oregon's history. Tuesday nights at 7PM.

Doomscrolling' During COVID-19: What It Does to You and How You Can Avoid It

An increasing number of people are "doomscrolling" as they seek information on the COVID-19 pandemic.

Experts say the obsessive searching for information can have numerous mental health effects, including an increase of stress.

They add that staying informed and making connections while scrolling can be a benefit.

Experts recommend that people limit their doomscrolling by setting timers or using apps that limit daily access to news feeds and social media sites.

All data and statistics are based on publicly available data at the time of publication. Some information may be out of date. Visit our coronavirus hub and follow our live updates page for the most recent information on the COVID-19 outbreak.

"I am a doomscroller," admits Katie, a 26-year-old speech therapist living in Columbus, Ohio.

She checks social media — Twitter and Facebook primarily, and later Google for news — around 10 times daily.

It's a habit that has "increased significantly" since the start of the COVID-19 pandemic.

Doomscrolling is "the act of endlessly scrolling down one's news apps, Twitter, and social media and reading bad news," explained Ariane Ling, PhD, a psychologist and clinical assistant professor in the department of psychiatry at NYU Langone Health in New York.

"The pandemic has exacerbated these habits in many ways, including the fact that there is no shortage of doomsday news," she said.

"Additionally, in the efforts to make information accessible to all, many major news resources like the [New York Times] are offering coverage of COVID for free," Ling told Healthline. "This creates both less barriers to being informed, but it also adds to the abundance of doomsday headlines out there."

If the actions of doomscrolling sound familiar, you're not alone.

Twitter's daily use numbers have jumped 24 percent since the start of the pandemic, while Facebook's numbers are up 27 percent, data analysis shows.

For Katie, her doomscrolling is linked to a need for reassurance.

"I'm very scared about the idea of going back [to school] before there's a vaccine or reliable treatment," she told Healthline. "I check in the hope that I'll get good news and feel better about the prospect of being forced to go back. I do it with the intention of lessening my anxiety, but I think it makes me more anxious."

"This is an evolutionary habit, as we like to familiarize ourselves with dangers in order to gain a sense of preparedness and control," Dr. Patricia Celan, a psychiatry resident at Dalhousie University in Canada, told Healthline.

- **September 29:** Rollin' Through Salem: The Railroad Turns 150
 - **October 20:** Women Reforming Drinking Men
 - **November 17:** A New Look at Jason Lee
 - **December 15:** Smallpox Eradication
[Click here](#) to visit the Willamette Heritage Center for more information and to register.
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They're back: The finalists for the annual [Comedy Wildlife Photography Awards](#).

Then and now - photos taken of the same places years later.

[This Image of the Total Eclipse Is Being Called "History's Most Amazing Photo"](#)

"Expect nothing.
Live frugally on surprise."
- Alice Walker

Vocabulary: Confabulate
kən-FAB-yə-leyt
Part of speech: verb
Origin: Latin, early 17th century
1. Engage in conversation; talk.

See Ruth Bader Ginsburg's [Life in photos](#)

OMSI Hosts Online Science Pubs - next up: [Imminent Shaking: What Kind of Earthquake Warning is Possible?](#) - Tuesday,

"Unfortunately, doomsscrolling has worsened during the pandemic because people are hypervigilant for danger and are more likely to seek information in hopes of finding a way to control the problem," she explained. *More at [Healthline.com](#)*

TECH TIP: One Universal INBOX!

Now that you have a Willamette account (see Vol. 25 of the newsletters), here's a way to combine your emails into one Inbox and not have to switch accounts back and forth - or worse, miss something!

Virtually all standard email programs that come with your computer, be it a Windows PC, Mac, iPhone, iPad, or Android, have the ability to add more than one email account.

1. Open the email program (app).
2. Click on Accounts (left menu bar, or top menu)
3. "Add account" or click on one of the common email clients (Google, Yahoo, iCloud, Other). The WU emails are a Google (Gmail) account.
4. After selecting Google, you'll be asked for your email address. Be sure to include the "@willamette.edu". (Even though Willamette uses Gmail, the emails do not have the usual "@gmail.com".)
5. If it finds your account ok, enter your password and click on the Next button. Click "OK" or whatever prompt you see.

You should see Willamette emails in the Inbox along with your regular emails.

BRAIN TIP: Dealing with Cabin Fever

Cabin fever is associated with being isolated and cooped up in one place for an extended period of time. Sound familiar? Often this is accompanied by negative emotions, pessimism and a lack of energy or desire to do much. Lack of patience, difficulty concentrating and restlessness are other common symptoms. Ordinarily, the easiest response to cabin fever is to get outside, but with the current hazardous air conditions, that's been restricted, too.

So, the two best alternatives are to maintain contact with others and to break a sweat. We are social beings by nature so dial up a friend – by phone, FaceTime, Zoom, etc. Hearing another's voice and chatting with them is a good way for the brain to re-engage positively. Try to keep the conversations light-hearted by recalling fun times together. Then, resist the desire to just sit and instead, get yourself moving. Since outside activities are restricted, pace around your house. Pull out a couple of cans of food and use them as added weights. Just lift them like dumb bells. Find a workout online or dance to some aerobic music. A third option is to change things up a bit – sleep in a different room, rearrange some furniture, try an exotic recipe.

Like all fevers, cabin fever is temporary. So take advantage of the time inside to keep your mind and body active until you can go outside again. And, hopefully by now, ash-filled air from the fires has ended and you are able to get outside into fresh air, again.

September 29 at 6:30PM on Facebook or YouTube. No account is necessary to watch.

Local Crafters and Artists

2020 is the first annual season!

- Live Music.
- Food & Spirits
- A Good Time for All Ages!

During this time of COVID-19, we will be working hard on making Oregon Crafters Market a wonderful, celebratory, and safe marketplace for all to experience.

The Oregon Crafters Market is open every Saturday and Sunday through November 1st

- Saturday 11am - 6pm
- Sunday 12pm - 5pm

Come enjoy downtown Silverton and peruse the all the different booths of artists, handmade crafts, local service providers, food, and more!

Ice Cream Eating Challenge:

Try eating your ice cream this way. Hands down, we bet you can't.

Spot the Troll. A troll is a fake social media account most often created to mislead or spread false information.

This quiz allows you to read real social media content and to decide whether it is from a legitimate account or whether it is a troll.

Questions?

**Send us a message at
ICL Digest**

Newsletter Archives