



Institute for Continued Learning Digest

Welcome to the 44th Edition of the ICL Senioritis

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ICL Update:

It is with great sorrow we let you know that member, Anne Bowden, died after battling cancer on January 21, 2021. She was about a month shy of 86. Anne had been an active member of ICL since Sept. 2015 and, as a Curriculum Committee member, brought great presenters to ICL. An obituary should be out soon.



This weeks' Class (Tuesday, Jan. 26):

In case you missed it, here is the link to the presentation by **C. M. Hall** titled "[Supreme Inequality: A Review of Supreme Court Decisions and the future of LGBTQ rights](#)".



Willamette Heritage Center Presents: Zooming Back to History, An Online History Speaker Series

This series, a fundraiser for the Willamette Heritage Center, is brought to you by our generous presenting sponsor [Oregon State Capitol Foundation](#).

This public online gathering seeks to share historical perspectives of topics related to the Mid-Willamette Valley and beyond.

Each speaker will talk about their topic for approximately 30 minutes at which point we will ask participants to submit questions regarding the topic.

Registrations required. Donations accepted – \$10/speaker or \$30/series. The link and password for each speaker will be sent to you via email after registration.

“When History Collides with the Present: Tales from the 21st Century Classroom” with Ellen Eisenberg, Willamette University



The Spring 2021 Schedule is posted online:

- [Link to ZOOM classes](#).
- on the [Google Calendar](#)
- the [full online version](#)
- and the [Schedule Reports](#)
- [Recorded Presentations!](#)

Missing ICL Friends?

Join us for...

- [Virtual Happy Hour](#) on Fridays at 4:30PM.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the ICL Website.

Upcoming Dates:

- February 2, 2021:
Groundhog Day

[Just Move: Scientist Author Debunks Myths About Exercise And Sleep](#)

For much of history, human beings needed to be physically active every day in order to hunt or gather food — or to avoid becoming food themselves. It was an active lifestyle, but one thing it didn't include was any kind of formal exercise. [Read more...](#)

LifeSource Is Expanding!

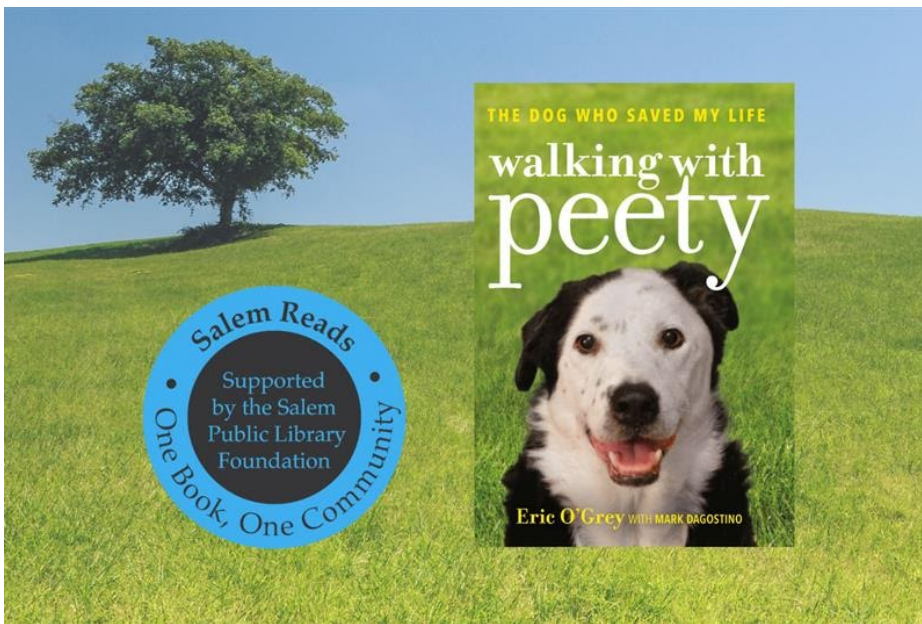
We are excited for this opportunity as it will allow us to continue to grow with our community and provide more services and products.

We will start remodeling in February, with a goal to open the new space by June 1st.

February 9, 2021 | 7:00 PM | On ZOOM

Global pandemic, economic crisis, rising extremism, protest in the streets, insurrection, contested elections, racialized violence, impeachment. In my 30+ year teaching career, I've dealt with all of these topics—as history. Yet over the past several years—and particularly over the past year, I find myself teaching these histories in the classroom just as new incarnations of these events play out across the country (and, in some cases, right outside our classroom window). In this talk, I'll reflect on the ways in which the history I teach has collided with our present moment. How does the immediacy of these events impact our experience in the classroom? How do student experiences of—and concerns about—their present world affect their engagement with the past?

Ellen Eisenberg is the Dwight and Margaret Lear Professor of American History at Willamette University, where she has taught since 1990. She teaches courses on American history since Reconstruction, immigration and ethnic history, African American history, American Jewish history, and a research seminar called History in the Archives.



Salem Reads 2021: One Community, One Book will focus on Walking with Peety by Eric O'Grey

...a heartwarming book about a man and a rescue dog who walk their way to better health.

Salem readers are invited to join together to celebrate the themes of reading, community, healthy living, and dogs from February 1-28. Many [free community activities and virtual events](#) are planned throughout the month, including:

- **Author Talk with Eric O'Grey - 7 p.m. Thursday, February 4** on Zoom. [Sign up](#) to get the Zoom access information for this and other Salem Reads events like book discussions, dog trivia night, lectures and workshops, and walking and biking activities.

[More information... scroll down for the link to the Expansion Survey.](#)

[Archaeologists Unearth Egyptian Queen's Tomb, 13-Foot 'Book of the Dead' Scroll](#)

[Music in Morocco: The ultimate sonic journey:](#) From Marrakech to the Atlas Mountains, here's where to rock the casbah. [National Geographic](#)

[An origami samurai soldier made from a single sheet of paper.](#)

[History of White House First Dogs](#)

It is not only for what we do that we are held responsible, but also for what we do not do
- Moliere

A Word to Know:

Holus-Bolus

(hol-əs-BOL-əs) adverb
Origin: Unknown, mid 19th century

1. All at once.

"Everything was happening holus-bolus, and I couldn't keep up."

"After a lull in my business, holus-bolus, I have all sorts of great opportunities."

[Looking for an unusual Hall of Fame, check these out.](#)

- [Salem Reads: At Home and On the Go Challenge](#)
Join this challenge on Beanstack to earn badges and chances at prizes for reading and activities related to the themes of Walking with Peety throughout the month of February. Visit Salem Public Library's [Beanstack](#) to get started.
- [Furry Friends Pet Photo Contest:](#)
Entries will be accepted from January 6-February 15 for a photo contest celebrating beloved house pets.
- [Walking with Peety Art Exhibit - February 3-25 at the Elsinore Find Art Gallery, 444 Ferry St. SE](#)
View the work of local professional artists inspired by reading Walking with Peety. Groups of 10 or less welcomed with masks.

[Recycle Right! \(Department of Environmental Quality\)](#)

To protect the environment and reduce waste, it's important to learn how to recycle right. With so many items to sort, it can be confusing to know what is and isn't recyclable. If you recycle at home, check the list below to make sure you're recycling right. It won't take long, but it will make a difference for the environment!

Know before you throw. Always keep these five items *out* of your household recycling bin (more info at the link):

1. Plastic bags and plastic wrap
2. [Batteries](#) (*in Salem and some surrounding towns, household batteries are accepted in the small red or blue curbside recycling basket*)
3. Clothing, textiles and fabric
4. Styrofoam (TM)
5. Frozen and refrigerated food boxes

[Read more details about each of these items...](#)

Brain Tip: The 'Winter Brain'

For many years, studies have shown that moods and behaviors do change with the seasons, along with brain activity. You've probably heard of SAD - Seasonal Affective Disorder - which is a type of depression triggered by the long, darker days. But in older people, our memory and concentration peak in late summer months and drop during the winter months.

It also turns out that our decision-making is affected by the colder months. The theory is that, as our bodies work to keep warm, they consume the resources that might otherwise be used for mental processing.

It helps to get more vitamin D with a walk outside - even on a gray day - and to eat vitamin D-rich foods. Keep your house and toes warm. Wear colors that make you happy and work on projects that keep your brain and body active. And as always, maintain a regular sleep cycle.

Energy drinks being replaced by [relaxation drinks](#).

Go inside [America's most expensive home](#).

Plan a vacation overnight in [Idaho's 6 ton potato Airbnb](#).

[The Seven Wonders of the Modern World](#).

Common phrases introduced by Shakespeare:

- A laughing stock (The Merry Wives of Windsor)
- A sorry sight ([Macbeth](#))
- As dead as a doornail (Henry VI)
- Eaten out of house and home (Henry V, Part 2)
- Fair play ([The Tempest](#))
- I will wear my heart upon my sleeve ([Othello](#))
- In a pickle (The Tempest)
- In stitches (Twelfth Night)
- v In the twinkling of an eye (The [Merchant Of Venice](#))
- Mum's the word (Henry VI, Part 2)
- Neither here nor there (Othello)
- Send him packing (Henry IV)
- Set your teeth on edge (Henry IV)
- There's method in my madness ([Hamlet](#))
- Too much of a good thing (As You Like It)
- Vanish into thin air (Othello)



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[Newsletter Archives](#)