



Institute for Continued Learning Digest

Welcome to the 47th Edition of the ICL Senioritis

Vol. 47 February 17, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

Tomorrow, Thursday, February 18th's class has been CANCELED due to power outages and lack of internet.

Note: Assuming our world returns to some normalcy next week we are scheduled for classes on Tuesday AND Thursday at 10:00 AM.

The **Board Meeting** scheduled for Tuesday, February 16 was canceled due to the lack of power in many board member households. The Meeting will be incorporated into next week's work meeting on **Thursday, February 25 at 1:00 PM.**

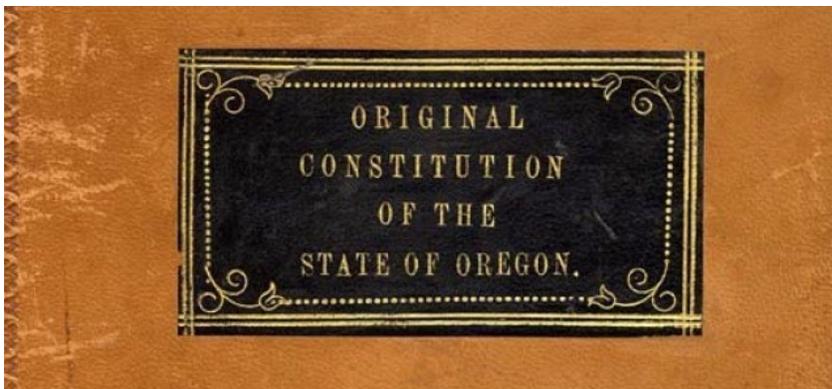
Stay tuned for more!

Willamette University Update:

Please read our [full update](#) for important information about the new variants, the need to upgrade or reinforce your masks, procedures and hours for indoor recreational facilities on campus, and athletics' gym and practice guidelines.

[President Thorsett featured in higher education panel:](#)

Salem Area Chamber of Commerce recently featured President Thorsett and the presidents of Chemeketa Community College and Corban University in an online discussion of Salem's higher education landscape.



Oregon Constitution Available for Online Viewing

Every year your Capitol is proud to host the original Oregon Constitution. This year, Oregon State Archives has made the [original](#)

The Spring 2021 Schedule is posted online:

- Link to [ZOOM](#) classes. This is the same link each week.
- 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.

City of Salem Tree Report January 2021

Note: ICL member Paul Rice is a member of the Parks and Recreation Advisory Board.

[Salem Poetry Project with Isabel Jaén](#)

Thurs. Feb. 18th at 7pm

Travelers' choices of the [best US National Parks.](#)

An Art Revolution, Made with Scissors and Glue

By Jason Farago (Jan. 29, 2021)

Innovations, Visual Art, Europe, Behavioural shifts
Source: *The New York Times*
"How to speak to your time, when new technologies are so much more immediate than

[document available to view online](#) in its entirety. They also have a [modern day version](#) available if it is too hard to read the original handwritten version.

This precious state document is kept in the vault of Oregon State Archives year-round, until the first two weeks of February, when, in anticipation of Oregon's Birthday and Anniversary of Statehood, an archivist shuttles it to and from the Capitol to display in a special protective case. During the Capitol's annual Birthday and Anniversary of Statehood event, an archivist is available to answer questions from the public while it is on display.

Thank you to the Oregon State Archives for making this online experience possible! And thank you to the Oregon State Capitol Foundation for providing funding for the archival case that it can be displayed in without harm while it is in the building.

Virtual Brown Bag Lunch: What to Expect When Researching During a Pandemic

Upcoming Zoom Meeting: **Noon, Thursday, February 18, 2021**

The pandemic has changed a lot of things, including how we do research! The [Willamette Heritage Center](#) is teaming up with several other Salem-based libraries, archives, and genealogical societies for a Virtual Brown Bag Lunch to talk about what we are all doing to help researchers even when our doors are closed. Learn more about what area organizations are offering during this time. Join us Thursday, February 18th at noon via zoom!



[More information can be found here.](#)



Salem City Club Presents: Fresh Perspectives on a Very Different Legislative Session:

**Senator Deb Patterson and Representative Raquel Moore-Green
Friday, February 19, 2021 | 12:00 PM | Zoom Webinar**

The year 2020 was a year most of us would like to forget...a pandemic like no other with thousands of deaths from COVID-19, a crashing

painting?"

Note: This is amazing. Please take the time to check it out!

[Scroll through the animated story here...](#)

[The land-healing work of George Washington Carver](#)

The iconic scientist was way more than just the "Peanut Man." - by Brianna Baker (Feb 12, 2021)

Book Recommendations:

- [Deacon King Kong](#) by James McBride
- [The Underground Railroad](#) by Colson Whitehead
- [The Nickel Boys](#) by Colson Whitehead

[Iconic films shot in the Mid-Willamette Valley](#)

Salem and the Mid-Willamette Valley are no strangers to Hollywood: The likes of Cate Blanchett, Tommy Lee Jones, and Jack Nicholson have all shot big-budget films in our backyard over the years. But in reality, the star of most of those films happens to be the Willamette Valley itself.

[Continue reading...](#)

[Rare photographs show African cheetahs in snowstorm](#)

The images, taken recently in South Africa's Rogge Cloof Nature Reserve, show that the wildcats are much more adaptable than we thought.

Wearing a mask in your house is now highly recommended - not so much to prevent COVID-19 but to stop eating. 🧐

economy, dramatic job loss and millions of Oregonians staying home, hoping for better times.

Fortunately, 2021 looks much better with a rigorous program to vaccinate all Oregonians, case numbers going down as patient citizens wait their turns at home and the opening of the 85th Legislative Session with elected officials “on both sides of the aisle” ready to tackle huge, complicated issues.

Featured in Salem City Club’s program on February 19 are two newly-elected legislators from Salem, Senator Deb Patterson, Democrat, District 10 and Representative Raquel Moore-Green, Republican, District 19. Both will present views of a “*session less clearly defined than those in the past.*”

In response to the pandemic, Salem City Club presents programs as Zoom webinars. In this format, audience members can enjoy the program in the comfort of their own homes. You can join the webinar on a computer or smart device to hear/see the speakers, see any visuals they share, and ask questions of the speakers after their presentation. You can also join by telephone, but, of course, then you will only hear the presentation.

The structure and presentations are the same as our in-person meetings, including the question and answer period. To ask a question, those joining on a computer or smart device have the option of typing in a question or asking the question live. Those joining by telephone can “raise hand” to ask questions live.

With the online format, you are required to register for each program. After registering, you will receive an email with instructions for joining the webinar. You will also receive reminders with the same information.

Cost: Members Free, Non-Members \$5 [To Register](#)

Brain Tip: The Lying Brain

The story retold about George Washington was that he “could not tell a lie” and his father embraced him for being honest — a good practice because it turns out that our brains change as we lie. According to many studies, the more we lie for our own benefit, the more desensitized we become to any uncomfortable emotions that may accompany the lying. It becomes easier to lie the next time. And it can start with something as simple as little white lies. During the studies, the amygdala - remember that emotional part of the brain - showed the highest activity with the first self-serving lie. With every lie thereafter, the activity level in the amygdala dropped. The level of decrease would also predict the level of the lie - the greater the drop in amygdala activity, the bigger the next lie was going to be.

The cure? Self-awareness and mindfulness. The psychology of dishonesty stems from ‘a deep primitive mechanism for self preservation, both physically and mentally.’ (Sharot, 2016) Gaining insight into when we feel the need to lie can help us make an “honest” choice not to.

**Die when I may, I
want it said of me
by those who knew
me best, that I
always plucked a
thistle and planted
a flower where I
thought a flower
would grow.**

- Abraham Lincoln

A Word to Know: Redivivus

(red-ə-VI-vus) adjective
Origin: Latin, late 16th century
1. Come back to life; reborn.

"The reenactor was so good at his role that critics said he was George Washington redivivus."

"After a long night's sleep, a hot shower, and a cup of coffee, I feel redivivus."

And, as we are reminded by Ken Ash's presentation recently: Dr. Frankenstein's redivivus creation

[The land-healing work of George Washington Carver](#)

The iconic scientist was way more than just the "Peanut Man." - by Brianna Baker (Feb 12, 2021)

Will 2021 Be the Year of Guaranteed Income?

Summary: [The Takeaway Feb. 8, 2021](#) Listen to More: [Mayors for a Guaranteed Income](#)

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

[Newsletter Archives](#)