



Institute for Continued Learning Digest

Welcome to the 70th Edition of the ICL Senioritis

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ICL Update:

- **Board Meeting:** The ICL Board of Directors met on July 22nd to review the board job descriptions. The board updated several at this meeting and will continue to approve more at the August 12th board meeting.
- **New Proposed Constitution:** Please [submit feedback](#) before the August 12th board meeting: [Proposed ICL Constitution](#)
Accompanying documents: [Explanations](#) | [Showing edits](#)
- Tip for new members (and reminder for the rest): You can watch some, but not all, recorded ICL presentations on **Comcast Channel 21**. [See the schedule](#)

Wildfires: Access wildfire data, live feeds, technology, and resources

This map displays current wildfire locations as reported by responding agencies and other sources of information related to wildfires. View the Legend below. Click the Layers tab above to turn on the smoke layer and to view additional data layers.

More detailed incident specific information can be found on Inciweb by searching for the incident by name.

[Interactive Map](#)

Marion County Environmental Health: [Restaurant and Food Service Inspections](#) - Helping Build Healthy Communities

Notice: Due to a statewide data conversion, there will be a gap in posted inspection data from April-August 2021 as we transition to a new system and web portal.

Restaurants, mobile units, commissaries, warehouses, vending operations, swimming pools, spas, traveler's accommodations, recreational parks and organizational camps are licensed and inspected by local environmental health staff.

To review inspection reports for a licensed facility in this jurisdiction, just enter the name in the search box to see all inspections conducted since starting with the HealthSpace software. All inspections have a 14-day delay before they are posted online. Please check back if an inspection isn't available to view yet.

Inspections are unannounced and focus on items most likely to cause illness or injury to patrons of these facilities, but also include items such as general cleanliness and maintenance. In a food service facility, the focus is on approved food sources, cooking temperatures, holding temperatures of food, personal hygiene of food handlers and contaminated/dirty equipment. For a public pool or spa, the emphasis is water quality values for

Handy Links:

- [Link to ZOOM classes, Board meetings, Coffees, Happy Hour, etc.](#)
- [Calendar:](#) Classes, etc.
- [Schedule Reports](#)
- [Recorded Classes!](#) More recordings are available in the [password protected area](#) for members only. Others are not available at all without permission from the presenter.
- [Zoom Help](#) - Find tips, FAQ, and other resources available on the Website

Missing ICL Friends?

Join us for...

- [Tuesday morning Coffee Hour:](#) 10 AM every Tuesday.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club.](#) Every third Monday at 4:30 PM..

And if you can't
shape your life the
way you want, at
least try as much
as you can not to
degrade it.
- C.P. Cavafy

[Oregon governor signs ambitious clean energy bill](#)

Smoke from **Oregon's Bootleg Fire** is [now over the](#)

disinfectants such as chlorine, clarity, entrapment concerns, proper filtration and the pool enclosure. Tourist facilities are evaluated for safety and general sanitation concerns. [Continue reading...](#)

[Food Inspections](#)

[Marion County Law Enforcement Assisted Diversion](#)

Law Enforcement Assisted Diversion (LEAD®) is a community-based diversion approach with two main goals: improving public safety and public order, and reducing unnecessary justice system involvement of people who participate in the program. LEAD® provides a tool for public safety officers to use their discretionary authority to divert individuals suspected of low-level, non-violent crimes away from jail and into community based services with the help of intensive case management. For more information on the LEAD® program model, visit [LEAD National Support Bureau](#).

How does it work?

Deputies and officers may refer an individual to LEAD® in two ways: arrest diversion when encountered during their patrol duties, instead of making an arrest, or social referral based on history of behavior and conditions vetted by an informed group. [More information...](#)

Brain Tip: How Hydration Helps Your Brain

Your brain is made up of about 75% of water and even slight dehydration can cause fatigue, headaches, stress and sleep issues – not to mention personal problems from the crankiness that accompanies these issues. Of all the important health practices, staying hydrated is on the top of the list. We have easy access to clean tap water and purchased water so keep your brain alert and drink up.

Brain cells require a delicate balance of various elements and water to function. Without water, that balance is disrupted and the brain loses efficiency. This means impairment to short-term memory, difficulty maintaining focus and foggy decision-making.

Thirst is a sign that you are already dehydrated. The longest spell without water shouldn't last more than 6-7 hours – a typical sleep cycle. And, during sleep, you lose fluid, so it is important to replenish this soon after you wake.

Other benefits of water to your brain: water delivers nutrients to your brain; it gives your brain the electrical energy to perform simple and complex functions; it helps keep your nerve signals going; it contributes to removing toxins from your brain and body; it helps decrease the risk of contracting more serious illness (even Lou Gehrig's, Parkinson's, Alzheimer's); it increases focus, speed of thought and creativity.

Start each morning with a 12 oz glass of pure water. Then, it is recommended to drink half your body weight in ounces throughout the day. So, if you weigh 180 pounds, you want to drink 90 ounces of water to keep

[East Coast](#) (click on "vertically integrated smoke").

...and a toxicologist breaks down [what's in wildfire smoke](#).

[Happy birthday, insulin!](#)

A Word to know: Finitude

(FIN-ə-tood) noun
Latin, 1640s

1. The state of having limits or bounds.

"The fussy toddler's mother was quickly reaching the finitude of her patience. "

"There is a finitude of fresh produce at the convenience store."

[The 12-year-old becoming Tokyo's youngest Olympian](#)

[Dust devil almost takes out football players at match in Bolivia](#)

Top 10 Baby Names of 2020

	Male	Female
1	Liam	Olivia
2	Noah	Emma
3	Oliver	Ava
4	Elijah	Charlotte
5	William	Sophia
6	James	Amelia
7	Benjamin	Isabella
8	Lucas	Mia
9	Henry	Evelyn
10	Alexander	Harper

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."

Snag a free comic book!

August 14 is Free Comic Book Day. Usually held in May, the event has been moved to August and will

your body hydrated. In extreme heat or after heavy physical exercise, you must add more water to replenish what you lost in sweat.

Each time you drink a glass of water, refill it and leave it handy. You are more likely to drink it if it is in sight.

Scam Alert – Shopping Online

COVID has opened the door for more scam practices and this includes shopping online because so many people are using online vendors rather than in store purchases. The Federal Trade Commission has filed complaints against “retailers” who didn’t inform customers about shipping delays, offer order cancellations or give refunds. Some vendors have made claims that their products didn’t include (such as protective cloth masks that had no protective qualities as promised).

When you shop online, sellers are supposed to ship your order according to the time they state or within 30 days of the order. If the seller cannot ship within that time, it has to give you a revised shipping date or the option to cancel your order for a full refund or accept the new shipping date.

So, before you shop online – especially from an unfamiliar vendor:

- Read the product description carefully and check any additional Terms of Service.
- Check out the company or product. Search the vendor online with added words like “review”, “complaint” or even “scam.”
- Look at the terms of sale and make note of the additional costs such as taxes, shipping and handling. Check the refund policy and if there is a restocking fee.
- Check for country where the product is manufactured and the country from where it will be shipped.
- Pay by credit card because you’ll get protections under the federal law which means you won’t have to pay for things you ordered and did not receive.

Local and Virtual Events!

- [Gaiety Hollow Musical Open Gardens](#): Free!
- [Monmouth Music in the park](#): July and August at Monmouth Main Street Park starting at 6:30 PM
- [River Rhythms is back!](#) Thursdays starting July 22nd in Monteith Riverpark (489 Water Ave NW, Albany, Oregon); Outdoor concerts start at 7 p.m.
- **Memorial Service for Marion Dearman**: Saturday, July 31, 2021 at 11:00 a.m. at the Unitarian Universalist Congregation of Salem ([5090 Center Street NE, Salem](#)). See *obituary on page 4*.
- [A Celebration of the Life of Local Artist James Kirk](#): August 5, 2021 - September 5, 2021 at River Gallery in Independence
 - **Opening Reception**: Saturday, **August 7**, 2021 from 12:00 PM to 4:00 PM

commemorate 20 years of comic books on the house. Local comic book stores: Tony’s Kingdom of Comics and Collectibles (Keizer) and Wild Things Games (Salem).

Fun Fact:

The full title of Daniel Defoe's 1719 novel commonly called "Robinson Crusoe" is: "The Life and Strange Surprising Adventures of Robinson Crusoe, of York, Mariner: Who Lived Eight and Twenty Years, All Alone in an Un-inhabited Island on the Coast of America, Near the Mouth of the Great River of Oroonoke; Having Been Cast on Shore by Shipwreck, Wherein All the Men Perished but Himself. With an Account how he was at last as Strangely Deliver'd by Pyrates. Written by Himself."

The popular soft drink, 7-Up

was originally sold as “Bib-Label Lithiated Lemon-Lime Soda.” The origin story for the shorter moniker is unknown, but the original recipe contained the mood enhancer lithium. The FDA banned the ingredient in 1948, forcing a reformulation of the lemon-lime bubbly beverage.

Next time you’re in Idaho, consider an overnight or two in the [Big Potato Hotel](#).

Questions?
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