



Institute for Continued Learning Digest

Welcome to the 71st Edition of the ICL Senioritis

Vol. 71, August 4, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **Nominations are open!** ICL is seeking nominations for the position of Executive Director. If you would like to nominate someone (or yourself) to that position, please send the name(s) to the Nominating Committee: [Janet Atkins](#) and [Don Taylor](#). There will be a vote at a quick general meeting of the ICL membership on the first day of classes: Sept. 7th.
- **The [Fall Schedule](#) is posted online!** It is also in the [Google Calendar](#). Here is a printable [1 page Fall Schedule \(PDF\)](#). Many thanks to the members of the Curriculum Committee!
- **New Proposed Constitution:** Please [submit feedback](#) before the August 12th board meeting: [Proposed ICL Constitution](#)

Accompanying documents: [Explanations](#) | [Showing edits](#)

Willamette University Update: Big News!

Willamette is working on a plan to bring ICL back on campus. We'll probably still be virtual (Zoom) this fall, but this clears the way to plan for in-person classes in the Spring.

Access to the Hatfield library, music events, plays, and chocolate chip cookies at the Bistro may happen sooner, like this fall.

Willamette University joins a growing list of colleges across the country that are requiring all students, faculty, and staff to be fully vaccinated against COVID-19 before the return to campus in the fall.

All ICL members planning on being on campus will be required to be vaccinated or to have an approved exemption. ICL will need to develop a process to have people attest to all that and to gather exemptions.

Stay tuned!

Letter to the Editor: Posted with permission from Peter Ronai

In the latest ICL newsletter an article on hydration compiled by GwenEllyn Anderson contains much sound advice. For those like me who find plain water unpalatable, here are some additional thoughts about alternatives to plain water for hydration:

Variety of ways to maintain hydration:

For those who have trouble drinking large amounts of plain water, here are some more palatable alternatives:

<https://www.healthline.com/nutrition/19-hydrating-foods>

More thoughts about hydration:

For sound advice about many medical topics I strongly recommend the Mayo Clinic as a reliable source. The following article from the Mayo Clinic deals with recommended volumes and types of hydration fluid:

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.

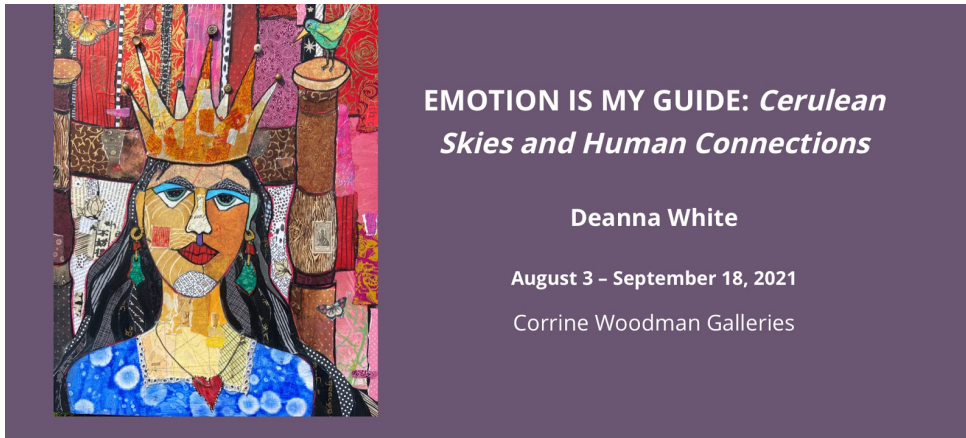
Oregon Air Quality:

The **Air Quality Index** is a daily index of air quality that reports how clean the air is and provides information on potential health risks. Oregon's index is based on three pollutants regulated by the federal Clean Air Act: ground-level ozone, particle pollution and nitrogen dioxide. The highest of the AQI values for the individual pollutants becomes the AQI value for that day. For example, if values are 90 for ozone and 88 for nitrogen dioxide, the

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

To add my own two cents:

1. Be careful of the amount of sugar and caffeine you ingest per day.
2. A couple of neglected types of hydration are milk and watermelon.
3. Thirst is an unreliable indicator of the state of hydration. Develop a regular hydration regime that does not depend on feelings of thirst.
4. Follow any restrictions recommended by your own medical adviser.
- Peter



When: OPEN HOURS: Tuesday-Saturday, 12-5 pm

Where: CORRINE WOODMAN GALLERY, The Arts Center (700 SW Madison Ave, Corvallis)

Deanna White shows two bodies of artwork: landscapes from the Willamette Valley in acrylics and pastel alongside collaged portraits and a full-sized collaged female statue. Experience *Emotion as my Guide* August 4 - September 18, 2021 at The Arts Center, 700 SW Madison Ave. Corvallis, OR.

When: August 3rd to September 18

Where: 700 SW Madison Ave, Corvallis

Reception: August 19 from 5:30 to 7:30 pm

In Corrine Woodman Gallery 1: ICL member, Deanna White's pastel and acrylic Willamette Valley Landscapes.

In Corrine Woodman Gallery 2: Deanna White's collaged self-portraits.

Announcing the August 2021 Community Wellness & Recovery Workshop schedule!

CCRLS and Chemeketa Community College are teaming up to offer a series of free workshops focused on supporting community resilience in the face of COVID-19. Presented by Chemeketa faculty and staff, workshops are an hour long and will be delivered via Zoom. Pre-registration is required.

Registration opens Thursday, **July 29**, 2021.

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Register cctrls.org/events/workshops/

Take the Salem-Keizer Area Transportation Study (SKATS) Outreach Survey (for regional transportation planning)

AQI reported would be 90 for the pollutant ozone on that day.

A **mobile app** is also now available for smart phones. Simply search for **OregonAir** in your app store.

New Podcast: [Let's Talk to Lucy](#)

In the 1960s, comedian Lucille Ball hosted a CBS radio series, where she interviewed Hollywood figures. Those old recordings are being repurposed for a new SiriusXM channel and podcast series. **[Starts tomorrow, August 5th](#)**

[Beware Of 'Shrinkflation,' Inflation's Devious Cousin](#)

Downsizing and shrinkflation mean the same thing - NPR

Life is too short to be lived badly.
- Marjane Satrapi

[Olympic acts of kindness.](#)

From member, Lee Coyne:

"I refuse to believe that age itself is an alibi for marking time or for brain 'treading water'".

A Word to know:

Hypocoristic

(hi-pə-kə-ris-tik) noun
Greek, mid-19th century

1. A form that denotes a pet name or diminutive form of a name.

"She found the hypocoristic to be childish."

"The father of eight came up with a hypocoristic for each child."



[Sneak Preview of the Salem Public Library Renovation!](#)

Target reopening is Wednesday, **September 1st**. See [link above for more pictures](#).

Salem Public Library at Broadway location, 1400 Broadway St. NE, is open for browsing and other limited services from Tuesday, July 6 to Tuesday, August 17. Services are limited to browsing, checkout, holds pickup, limited public computer use and printing, WiFi access, and library cards. Curbside service is available by request.

The West Salem Branch will remain closed to the public until September 2021. [...more information](#)

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 in Monteith Riverpark (489 Water Ave NW, Albany, Oregon); Outdoor concerts start at 7 p.m.
- **Hayloft Concerts**. Contact [Sharon Moore](#) for details and to get on the mailing list for concerts this summer.
- [A Celebration of the Life of Local Artist James Kirk](#): August 5, 2021 - September 5, 2021 at River Gallery in Independence
- **August Board business meeting on August 12th** at 10:00 AM. Board meetings are open to members. [Zoom](#)
- The **Elsinore Theatre presents Clay Walker**, August 18 at 7:30PM. Tickets on sale 10AM Friday, July 23. [Click here to purchase](#).
- [Homer Davenport Community Festival: August 6-8, 2021](#)
Activities: parade, davenport races, classic cars, cartoon contest, fun runs and food
- [Silverton Art Festival: August 21 & 22](#) | Silverton’s historic Coolidge-McClaine Park - Celebrating the talents of our finest local and regional artists; All work will be juried
- **ICL Picnic!** In person!! Wednesday, **September 1st** starting at 12:00 PM at Minto-Brown Island Park, the gazebo near parking lot #3

Every Vowel in Its Place

Only two words in the entire English language use each of the five vowels in alphabetical order — "facetious" and "abstemious".

To Watch on Peacock: [GOLDEN - The journey of USA’s elite gymnasts](#)

A six-part docuseries chronicling the journey of five elite American gymnasts as they head to the Olympic Trials, offering a glimpse of the rarely seen moments that high-level athletes endure in their personal lives, training and competitions.

Scientists say goose flying upside-down [is just showing off](#).

How it’s made: [Kaweco Writing Instruments](#)

See the 33 new sites added to [the World Heritage list](#).

The most expensive sandwich in the world... is the "Quintessential Grilled Cheese" sold by Serendipity 3 in New York City for \$214. Of course, this isn't just any common grilled cheese; the sandwich is made with two pieces of French Pullman champagne bread (made with Dom Perignon), edible gold flakes, white truffle butter, and very rare Caciocavallo Podolico cheese.

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

[Newsletter Archives](#)