



# Institute for Continued Learning Digest

## Welcome to the 79th (Coffee) Edition of the ICL Senioritis

Vol. 79, September 29, 2021

Editors: GwenEllyn Anderson and Dave MacMillan



### [HAPPY NATIONAL COFFEE DAY!](#)

[September 29, 2021](#)



### [INTERNATIONAL COFFEE DAY is](#)

[October 1, 2021!](#)



### **ICL COFFEE SOCIAL: September 30, 2021**

The first fall term ICL Coffee and Conversation will be held **TOMORROW!**

**Thursday, September 30 at 10:00 AM via Zoom.** The theme will be "Meet and Greet" with an emphasis on our new members. As usual we'll break into small breakout sessions three times during the hour. With luck there will be one or more new members in each session, with time to learn more about them ... And, as always, a chance to catch up on news, plus great books, films and TV offerings to recommend. Join the Social using the same [Zoom link](#) as for classes.



### **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 Breaks](#) will not happen again until next Summer.
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

### [City of Salem Community Satisfaction Survey \(PDF\)](#)

From August 12 to 16, 2021, DHM Research conducted a survey of Salem residents. The purpose of the survey was to assess residents' satisfaction with City services and communications; to gauge emergency preparedness; and to weigh opinions related to fairness in the City of Salem. To track changes in opinion, the survey benchmarked many questions from previous surveys. [Get the results...](#)

### **ICL Update:**

- **The Curriculum Committee Corner:** The Curriculum Committee is in the process of scheduling for the Spring Schedule, 2022. We are planning to be back at Kaneko in the Spring, but we are also asking our presenters to be ready to switch back to Zoom depending upon the pandemic.

We are planning for several potpourris, so be on the lookout for requests for participation. Potpourris are very special to ICL members and we are a very supportive audience.

Thank you to those who have submitted suggestions to us. Keep them coming! We have some wonderful programs coming up. Our Curriculum Committee will meet on **October 14, 2021** at 1 PM. All members are invited.

- **Note:** This newsletter is 4 pages long...with apologies to tea drinkers!

## Willamette Update:

- Visiting Assistant Professor Brings Human Rights Experience to Willamette Law - by Sarah Bello, September 21, 2021: Visiting Assistant Professor **Robin Maril** has joined Willamette Law for the 2021-22 academic year, teaching Constitutional Law, Administrative Law, and Family Law. [Read more...](#)

## Salem Public Library: Express Services begins October 1, 2021

Express Service at the Salem Public Library's Main Library is tentatively set to open to the public on Friday, October 1. Salem residents can visit from 11 a.m.-6 p.m. Wednesday-Saturday for browsing, holds pickup, and limited public computer use. Curbside Service by appointment will continue to be available from 11 a.m.-6 p.m. Tuesdays and 1-3 p.m. Sundays. The outdoor book return at the Main Library is available 24/7.

### Know before you come:

- Masks worn over the mouth and nose are required at all times inside the library
- We will welcome a maximum of 200 visitors in the building at one time
- Those planning to visit are asked to make an appointment in advance through SignupGenius; additional capacity may be available for walk-in visitors. Sign up for appointments are planned to open Thursday, September 30
- Visitors are requested to limit their stay to a maximum of one hour
- Public computers are available for a maximum of one hour per day; public WiFi access will be available
- Some services/areas will be temporarily unavailable due to COVID-19, including: in-person programs and storytimes; meeting and study rooms; Discovery Room; Teen Scene Room; the Plaza Level; and the West Salem Branch.

## BRAIN TIP - Coffee and the Brain

Coffee is such a popular drink world-wide that many studies have examined its effects on health – both immediate and long-term. Moderate consumption is associated with several health and brain benefits. Coffee contains hundreds of bioactive compounds – many of them antioxidants that fight the damage caused by harmful free radicals in your cells. Caffeine affects the central nervous system in many ways and it is believed that this comes from the way caffeine interacts with adenosine receptors – a neurotransmitter that promotes sleep.

Neurons in your brain have specific receptors that adenosine can attach to. When it binds to those receptors, it inhibits the tendency of neurons to fire. This slows neural activity.

Adenosine normally builds up during the day and eventually makes you drowsy when it's time to go to sleep. When caffeine is present in the brain, it competes with adenosine to bind to the same receptor, but doesn't slow the firing – it prevents it. Caffeine stimulates the central nervous system so you feel alert. Caffeine also stimulates the CNS by promoting the release of other neurotransmitters, including noradrenaline, dopamine, and serotonin. Caffeine can improve your mood, reaction time, attention,

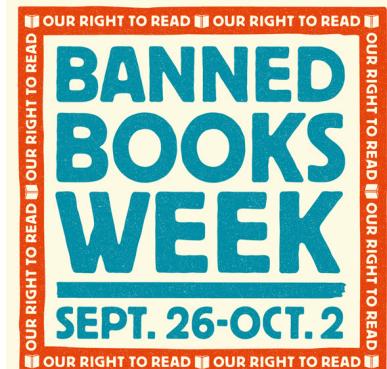
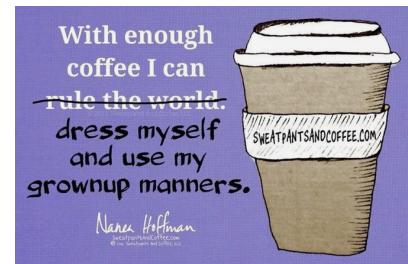
## Five Surprising Health Benefits of Coffee

Evidence is pouring in that drinking a cup of joe — or three — can help with everything from managing blood sugar to getting more from a workout...

## A DAY WITHOUT COFFEE IS LIKE...

Just kidding. I have no idea.

## The best [drone photography of 2021](#)



Banned Books Week isn't just about defending open access to information or everyone's right to tell their stories. It's also about celebrating the way books build bridges between people, engendering empathy and teaching nonviolent argument. When we prevent people from finding difficult, fractious, or simply different ideas, we end

learning and general mental function. But a little bit goes a long way and tolerance can build over time. This means that you will need more caffeine to get the same effects, so more isn't always better.

## Try One of These Slang Words for Coffee

Maybe you're the type of coffee drinker who treasures their first cup, sipped out of a "But first, COFFEE" mug every morning. Or maybe you have a quadruple shot of espresso to slingshot you into your morning. Even if you don't drink coffee, the beverage has probably crept into your vocabulary. "Let's get coffee" is an easy way to say, "Let's hang out for about 30 minutes, because finishing this cup will naturally wind down the conversation."

But let's talk about the vocabulary of coffee itself. Like the seemingly endless menu of coffee orders and customizations, there are many names for the beverage we come back to morning after morning.

**Joe:** "Cup of joe" has mixed origins. One theory claims that it's named after a Navy general, Joe, who told sailors, "No more booze, only coffee from here on out." A second theory suggests that Joe is a common man's name, just as coffee is his drink. And a third theory, which stems from our love of shortening words, posits that "joe" is an abbreviated version of the words "java" and "mocha" combined.

**Java:** Coffee became popular worldwide in the 19th century, and the primary source was Java, Indonesia. "Java," as a slang term for coffee, caught on as quickly as the beverage itself. You're likely to find a "Java Hut" in every small town.

**Mud or Dirt:** Sometimes you just need a hot cup of mud to get going in the morning. "Mud" and "dirt" are somewhat obvious as far as nicknames go, but we can't overlook them. Coffee, mud, and dirt are all brown, but the slang probably came from bad coffee, thick with grounds. If someone calls the coffee you made them "mud" or "dirt," you might want to practice your barista skills.

**Bean Juice:** You can't quite juice a coffee bean like a lemon, but you can still make an excellent cup of bean juice. True coffee connoisseurs start their morning ritual by grinding up coffee beans. The treatment of the coffee bean can lead to great variety in the cup of coffee you drink. The darker the roast on coffee beans, the deeper and more complex the flavor. Combine the perfect grind with hot water and your choice of brewing technique, and you have a decadent cup of bean juice.

**High Octane:** Some people drink coffee purely for the energetic feeling that they get from the caffeine entering their bloodstream. Caffeine can increase your heart rate and blood pressure, leading to a jumpy or jittery feeling. Even so, truly caffeine-addicted folk will be lining up for their fourth or fifth cup of high octane before noon.

Feel free to try out any of these slang terms for coffee with your barista, but if your specialized order starts to resemble a list, maybe throw an extra buck or two in the tip jar.

life-changing conversations before they start. [Read more..](#)

## The winners of the 2021 Ocean Photographer of the Year

### [5 Ways to Get Active After a Year Indoors](#) by James Quigley

As a new season sweeps over us, cooler temperatures make it easier to work up a sweat without overheating. Celebrate the new season with a little exercise! If you want to feel happier, more energetic, and less stressed, you've got to move around. According to the Mayo Clinic, these are just a few of the numerous benefits of regular physical activity:

- Controlling your weight
- Strengthening your heart
- Reducing your anxiety
- Supporting your immune system
- Boosting your energy
- Promoting better sleep

[...continue reading...](#)

## Humor: Jerry Seinfeld

"I saw a study that said speaking in front of a crowd is considered the number one fear of the average person. Number two was death. This means to the average person, if you have to be at a funeral, you would rather be in the casket than doing the eulogy."

## [Iceland Turns On The World's Biggest Machine To Pull Carbon Out Of The Air](#)

### A Word to know: Zarf

(n.): cardboard sleeves for hot coffees.

Do you know your coffee terms? [Find them here](#)

## Healthy Living: Five Surprising Health Benefits of Coffee

*Evidence is pouring in that drinking a cup of joe — or three — can help with everything from managing blood sugar to getting more from a workout*  
by Kimberly Goad, **AARP**, September 20, 2021

Caffeine lovers looking for a healthy way to get their daily fix have long been led to believe that tea offers greater health and wellness benefits. Not anymore. Nutrition experts and medical researchers are finding all kinds of reasons to recommend indulging in that cup of joe, most of them rooted in the fact that coffee is the single greatest contributor to total antioxidant intake.

"Coffee is abundant in bioactive compounds that promote health," says Kristin Kirkpatrick, a registered dietitian at Cleveland Clinic. As she explains, research published in *The New England Journal of Medicine* shows that these compounds may improve the gut microbiome (made up of healthy bacteria that aid in digestion and boost immunity) and reduce what's called oxidative stress, which occurs when free radicals outnumber antioxidants in a way that leads to disease-causing cellular damage in the body. "The beans also have a deep rich hue, and we know that the deeper the color of a plant, the more benefits we can expect for health." Those benefits, research shows, translate into everything from lowering your risk of diabetes to potentially boosting your brain health.

Moderation, of course, is key. According to current dietary guidelines, three to five 8-ounce cups of coffee — or up to 400 mg of caffeine — per day can be part of a healthy diet. But that's true only for plain black coffee, not cappuccinos, lattes and macchiatos, which are typically high in calories, sugar and fat. And keep in mind that "some medications or health conditions may limit your tolerance to caffeine or its safety profile, so discuss this with your healthcare provider," says Jill Weisenberger, a registered dietitian nutritionist and author of *The Overworked Person's Guide to Better Nutrition*.

Here are five solid health benefits of coffee that give you even more reason to enjoy your next cup (or three).

1. **Lowers your risk of type 2 diabetes**
2. **Protects your ticker (in quite a few ways)**
3. **Boosts brain health (if you don't overdo it)**
4. **Improves your mood — for longer than you'd guess**
5. **Gives your workout a measurable assist**

[For more information on each numbered bullet, go to AARP](#)

### **Local and Virtual Events!**

- **[Zooming Back to History](#)**: A Community History Speaker Series from Willamette Heritage Center (online)
- AARP Idaho continues its Hispanic Heritage Month events with **[Cantinflas, October 5](#)**. To register, check [aarp.cvent.com/Idlatinos21](https://aarp.cvent.com/Idlatinos21)
- **[Science on Tap – 7PM](#)** September 30, Thursday - **[Hands Up, Don't Shoot: Policing as a Public Health Crisis](#)**. (If you missed a program, watch it here: <https://www.youtube.com/scienceontapowra>)

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**[Child handprints in Tibet may be the oldest discovered cave art.](#)**



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[Artist imagines what famous historical figures would look like today.](#)

**[Ancient footprints found](#)** in New Mexico believed to be the earliest evidence of human presence in the Americas; dating between 21,000 and 23,000 years ago, the find resets the timeline of human migration from Siberia during the ice age.

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**[The first state fair in the U.S. was held in 1807](#)** in Pittsfield, Massachusetts, by agriculturist Elkanah Watson, and featured only sheep shearing demonstrations. Other farmers began to showcase their livestock at public gatherings, eventually leading to the large agricultural fairs we know and love today.

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