



Institute for Continued Learning Digest

Welcome to the 80th Edition of the ICL Senioritis

Vol. 80, October 6, 2021

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- In case you missed it, there was a [wonderful article](#) about ICL member **Lois Rosen**'s latest book of poetry, *Diving and Rising. (Finishing Line Press)* in yesterday's Statesman Journal (Life section, page B10). Of further note is the book cover by another ICL member, local artist extraordinaire, **Deanna White**. *Great job both of you!* [See SJ article](#)

Willamette Update:

- The planned merger between the Claremont School of Theology (CST) and Willamette University has been called off, representatives from both schools have confirmed. However, the institutions are continuing their affiliate relationship: none of the joint programs already in place are slated to be cut, CST's Vice President for Communications Steve Horswill-Johnston said.

City of Salem Police Strategic Plan and Survey:

3-YEAR STRATEGIC PLAN DEVELOPMENT

The effort to develop a strategic plan for the Salem Police Department began under the leadership of Chief of Police Trevor Womack. The plan's three-year framework represents our commitment to improve the way we serve our community. The goals, objectives, and strategies captured in the strategic plan will provide focus for the department, ensuring the best use of our limited resources toward measurable progress.

The development of the plan includes an internal and external planning process, combining employee input and community feedback. The plan also incorporates recommendations from the recent Community Engagement Assessment. The completed strategic plan will solidify a new policing philosophy in Salem which improves safety and quality of life, while enhancing trust in the department.

[Continue reading about the progress to-date and the mission, vision, values, and overarching goals...](#)

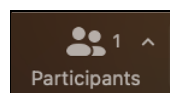
The opportunity for community feedback about the strategic plan objectives is available through October 24, 2021.

[Police Strategic Plan Community Survey - Goals and Objectives](#)

TECH TIP – Changing Your Name in Zoom Sessions

It is most helpful to the hosts and others in a Zoom session to have your own name associated with your video (rather than a phone number or device ID). Here is a reminder about how to change your name in a Zoom session.

A simple way to change your name after entering a Zoom meeting is to



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...

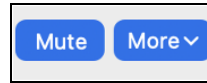
- [Virtual Happy Hour](#) on Fridays at 4:30 PM.
- [ICL Wine Club](#). Every third Monday at 4:30 PM.

This day in history - October

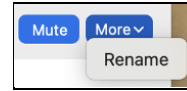
- October 4, 1957 - The Space Race begins with sputnik Launch
- October 5, 1962 – Beatles release first single “Love Me Do”
- October 6, 1926 – Babe Ruth sets new record
- October 10, 1913 – The Panama Canal joins the Atlantic Ocean to the Pacific Ocean
- October 11, 1975 – Saturday Night Live premieres
- October 12, 1962 – Columbus Day Storm

click on the “Participants” button at the base of your screen in the Zoom window and a list of participants will pop up.

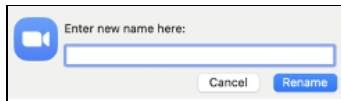
Find your name (usually at the top of the list). Then, hover your mouse over your name in the “Participants” list on the right side of the Zoom window and blue Mute and More buttons will pop up.



Click on the down arrow on the More button. The option to Rename will pop up.



Click on the Rename button and your current name in a box will pop up.



Highlight that area and type in the name you wish to show on the screen. Then, simply click on Rename.

[2021-22 Celebrating Diversity Music Concerts](#)

Celebrate the cultural diversity of the Salem area through a live-stream nine-concert series this coming fall through spring! The Unitarian Universalist Congregation of Salem Music department is planning the concert series for Tuesdays or Fridays each month from October 12, 2021 to June 14, 2022. Series planner, Dr. Kit Abrahamson states, “We want to support the musical community in and around Salem. This varied lineup will help celebrate our community’s cultural diversity in music.”

The concerts will be held at 7:00 pm to 8:30 pm on Tuesdays or Fridays via YouTube. Online streaming tickets for individual concerts are \$5 each, and discounted tickets for streaming the whole series will also be available.

[Purchase Tickets and see the series performers](#)

BRAIN TIP: The Colors of Autumn on Your Brain

It is no surprise that being in nature helps one’s mood and health. But, did you know that the vibrant fall colors actually create positive psychological effects on your brain? Our brains associate colors with different feelings and autumn is full of those associations. Orange, for example, is known to induce feelings of enthusiasm, energy, creativity and determination. And, because orange is a combination of red and yellow, those colors just happen to be on the same “feelings spectrum” as orange. Red – the color of blood and hot coals – triggers our subconscious to think of danger and power, but also passion, desire and love. These feelings stimulate the body and increase circulation. Yellow reminds us of cheerfulness and can actually make us feel physically warmer. It stimulates our brains and generates muscle energy. Pink, in addition to those feelings stimulated by red, also generates feelings of friendship and femininity.

Because the cooler colors, blue, green and violet, are deeper against the fall evening skies, they bring up feelings of integrity, loyalty, focus and a little sadness – maybe because Fall is also a sign that summer is over and another year is coming to an end. So, get out and enjoy the autumn colors and remember the quote from Celerie Kemble, “There’s a reason we don’t see the world in black and white.”

strikes Oregon and the Western States

...continued next week...

Bestselling author James Patterson co-wrote the "I'm a Toys R Us Kid" jingle years before he made it big in the book world.

[Oregon 2021 Wildfire Season: Situation Overview](#)

[Oregon Smoke Information Blog](#)

Download the free OregonAir mobile app for smartphones. Simply search for **OregonAir** in your app store.

[Air Quality Index](#): shows DEQ air quality monitoring stations throughout Oregon.

[EPA's AirNow](#): Shows air quality monitoring stations throughout the U.S.

Spinach Myth

When children don’t want to eat their spinach, generally their parents will often tell them: ‘It’s good for you and it’ll make you strong – just like Popeye!’ But how healthy is spinach, and how much iron does it really contain?

...continue reading...

Just think:

100 years ago, everyone owned a horse and only the rich had cars.

Today, everyone has a car and only the rich have horses. Oh, how the stables have turned.

Meet the first two Black women inducted into the inventors hall of fame.

Movie: Yesterday
(On Prime Video for \$3.99)

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

Since 2016, the City has commissioned the [Community Satisfaction Survey](#) to better understand community priorities. Insights drawn from the survey and other outreach activities help City leaders plan for the future of Salem. Survey results are one input into the City Council's annual work plan – the City Council Policy Agenda – which provides direction to the organization and informs the City's budget.

[States take aim at ubiquitous "chasing arrow" symbol on products that aren't recycled - by Irina Ivanova \(MONEYWATCH\)](#)

One of the most recognized logos around, the recycling symbol, is in line for a major revamp.

California recently became the first state to restrict the use of the widely known "chasing arrows" symbol. State lawmakers last week passed a bill that criminalizes putting the symbol on any item that isn't commonly recycled as determined by the state's environmental regulator; it will become law unless Gov. Gavin Newsom vetoes it.

California isn't the only state trying to increase transparency around recycling. Earlier this year, Oregon created a task force to examine environmental labeling as part of sweeping legislation that makes packagers more responsible for their waste. New York also introduced a bill in May to eliminate the three arrows from any non-recyclable item.

Forty years after the concept of recycling went mainstream, these states are acknowledging what environmentalists have been saying for decades: Most plastic products are burned or sent to a landfill. Items such as ziplock bags, yogurt cups, prescription bottles, clear beverage cups and plastic films can only be recycled in a handful of processing facilities in a few cities nationwide.

California's bill would guarantee these items don't get the "chasing arrows" symbol unless the state verifies that most of this plastic is actually turned into new products.

[...continue reading and to view some news reports](#)

Local and Virtual Events!

- [Zooming Back to History](#): A Community History Speaker Series from Willamette Heritage Center (online)
- AARP Idaho continues it's Hispanic Heritage Month events with *Cantinflas*, **October 5**. To register, check aarp.cvent.com/ldlatinos21
- **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/scienceontaporwa>)

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

Happy the man, and happy he alone,
He who can call today his own:
He who, secure within, can say,
Tomorrow do thy worst, for I have
lived today.
- John Dryden (1631-1700)

A Word to know: Erumpent

(ih-RUM-pənt) adjective
Latin, origin date unknown

1. (Biology) bursting forth or through a surface.

"The rising temperatures triggered the tulips' erumpent activity."

"The blueberries were erumpent on the trees."

In 1993, Joanne Marx and Don Frantz created the "Amazing Maize Maze," a 1.92-mile labyrinth on three acres of land at Annville, Pennsylvania's Lebanon Valley College. Though they and other maize maze makers have a long tradition of hedge mazes to inspire them, the newer form distinguished itself in notable ways — namely, that corn mazes are usually cut in fun shapes or interesting images when seen from above, rather than basic geometric patterns. That, and they often have stacks of hay and piles of pumpkins around for pictures.

Questions?

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