



Institute for Continued Learning Digest

Welcome to the 88th Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

- **TGIF!** Join us at **4:30 PM** every **Friday** for the **ICL Happy Hour** where there will be lively conversations, laughs, serious discussions, and camaraderie. A great way to keep in touch over the semester break - and all year!

Willamette Update:

- **Winter Children's Book Drive: The Hatfield Library, Long Law Library, and Willamette Store** collaborates with the Salem-Keizer School District to identify one local public school each year to be the beneficiary from a list of nominated schools. New and used books will be accepted until January 15 and will go to Weddle Elementary School. For more information and their Wish List, [check here](#).
- **Willamette Star Tree Lighting** on Saturday, **December 4th** at 7:00 p.m. **The Family Holiday Concert** will follow at 7:45 p.m. in Hudson Hall, Mary Stuart Rogers Music Center.

[Salem Parks Foundation announces a special project for 2021/2022: Restoring the Eco-Earth Globe in Riverfront Park!](#)

Your help is needed with this project!

The iconic mosaic sculpture known as Eco-Earth is deteriorating and needs your help. Time and weather have taken its toll on this beloved community project that was gifted to the City in 2003 and we are asking the community to raise the funding needed to restore Eco-Earth!

The cost of restoration is estimated at \$300,000.

Donations may be made to Salem Parks Foundation designated to Eco-Earth.

Checks may be mailed to:

Salem Parks Foundation
 P.O. Box 5764
 Salem, OR 97304

Or you may [donate on-line](#).

All donations help, no matter the size!



What is the healthiest diet?

[NUTRITIONFACTS.ORG](#) is a science-based nonprofit organization founded by Michael Greger, M.D. FACLM, that provides free updates on the latest in nutrition research via bite-sized videos with captions offered in multiple languages, blogs, and infographics.

We are a strictly non-commercial public service health charity. Nearly 2,000 videos on virtually every aspect of healthy eating are already available online, and new videos and blogs are uploaded every day. We also disseminate fact-based information through social media on the benefits of a whole food, plant-based diet for wellness, disease prevention, healthy

Handy Links:

- [Link to ZOOM classes, Board meetings, Coffees, Happy Hour,...](#) almost all things ICL
- [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.

Johann Sebastian Bach...

wrote an entire musical piece about coffee. "Coffee Cantata" was a mini-opera about a daughter who loved coffee too much.

[Swiss photographer John Wilhelm is a photoholic](#)

who surprises the internet with his amazing montage in which he features his little family. His 3 daughters going through his wife become the actresses of the creative and crazy drama that will make you smile.. ❤

Why do some old-timey shops have names beginning with the phrase "Ye Olde"?

The answer is the Middle English letter thorn. Somewhat resembling a cross between a p and a b, the thorn makes a "th" sound, which means "Ye Olde Gift Shop" should actually be pronounced "The Old Gift Shop."

weight management, and longevity, as well as maintain a Spanish-language site and operate several Chinese platforms.

Everything on the [NutritionFacts.org](https://www.nutritionfacts.org) website is free. There are no ads. There are no corporate sponsorships. To remain free of conflicts of interest, we chose to adopt a Wikipedia-type model where users make donations to support the public service we provide. NutritionFacts.org is a labor of love—a tribute to Dr. Greger’s grandmother whose own life was saved by improving her diet.

Watch our free videos on more than 2,000 health and nutrition topics with new videos and articles uploaded every day. There’s an app! **Dr. Greger’s Daily Dozen** - Keep track of the foods recommended by Dr. Greger in his NYT bestselling book, *How Not to Die*, and now his new book, *How Not to Diet*.

Brain Tip: The Brain and Christmas Lights



When is it too soon to put up your Christmas tree and lights? Is the day after Thanksgiving or that weekend too soon? Should you wait until closer to the actual holiday? Science says the sooner the better with research to back this up.

According to psychologist Deborah Serani, an award-winning author and depression expert, “Christmas decorating will spike dopamine, a feel-good hormone. It does create that neurological shift that can produce happiness.” Our brains literally flip a happy switch when the Christmas lights come on.

Our brains respond to colors (chromotherapy) and it is suggested that the bright and colorful displays of the holiday décor trigger that dopamine boost and elicit a happier energy. Another explanation is what the Danish call ‘hygge’ – that special feeling of coziness and contentment that comes with Christmas ambiance. (See Newsletter, Vol. 74 for details.)

Another factor could merely be nostalgia according to Psychoanalyst, Steven McKeown. He admits that, although there could be a number of reasons why people insist on putting up decorations early, it is most commonly for nostalgic reasons – either to relive the magic or to compensate for the lack of it in the past. “In a world full of stress and anxiety, people like to associate with things that make them happy and Christmas decorations evoke those strong feelings of childhood.” They are the brain’s anchor or pathway to recreating that sense of childhood magical moments. So, putting up decorations early starts the excitement sooner and extends it longer.

One bonus of this practice is that you are more likely to give your neighbors the impression that you are sociable as well; that you wish to extend the holiday joy throughout your neighborhood (Werner, Lewis, Brown, 2005). Another bonus is that the sooner the lights and decorations are up, the sooner you can relax and enjoy the rest of the holiday season!

So string up those lights and watch those Christmas movies – soon!

A First in Fossil Research: Seeds Sprouting From 40-Million-Year-Old Pine Cone Encased in Amber

<https://scitechdaily.com/a-first-in-fossil-research-seeds-sprouting-from-40-million-year-old-pine-cone-encased-in-amber/>

Though the "th" sound has endured, the letters for Y and thorn looked pretty much the same in certain Gothic scripts, so the thorn eventually fell out of use in most alphabets. However, some modern languages, like Icelandic, retain the thorn in essentially its original usage and form.

All it took for Robert Crandall

To pocket his company an extra \$40,000 a year was removing a single olive from each salad served on American Airlines flights. The story has since become a widely-referenced example of business ingenuity.

Without the bitterest cold that penetrates to the very bone, how can plum blossoms send forth their fragrance to the whole world?
- Matsuo Basho

A Word to Know: Twee

(twee) adjective

British, early 20th century

1. Excessively or affectedly quaint, pretty, or sentimental.

"Mary Beth had a fascination with all things twee."

"The porcelain, flowered tea set was a twee addition to her kitchenware."

About Twee: This word stems from the childish pronunciation of the word "sweet."

Fun Fact:

Originally, the balloons of the Macy's Thanksgiving Day Parade were just released into the air when the parade was over.

People who found them got a gift certificate from the department store.

By OREGON STATE UNIVERSITY NOVEMBER 17, 2021

Germinating Pine Cone

The first fossil evidence of a rare botanical condition known as precocious germination in which seeds sprout before leaving the fruit. Credit: George Poinar Jr., OSU

Oregon State University research has uncovered the first fossil evidence of a rare botanical condition known as precocious germination in which seeds sprout before leaving the fruit.

In a paper published in Historical Biology, George Poinar Jr. of the Oregon State College of Science describes a pine cone, approximately 40 million years old, encased in Baltic amber from which several embryonic stems are emerging.

PARO Therapeutic Robot

PARO is an advanced interactive robot developed by AIST, a leading Japanese industrial automation pioneer. It allows the documented benefits of animal therapy to be administered to patients in environments such as hospitals and extended care facilities where live animals present treatment or logistical difficulties.



PARO has been found to reduce patient stress and their caregivers

PARO stimulates interaction between patients and caregivers

PARO has been shown to have a Psychological effect on patients, improving their relaxation and motivation

PARO improves the socialization of patients with each other and with caregivers

World's Most Therapeutic Robot certified by Guinness World Records

PARO is the 8th generation of a design that has been in use in Japan and throughout Europe since 2003.

PARO has five kinds of sensors: tactile, light, audition, temperature, and posture sensors, with which it can perceive people and its environment. With the light sensor, PARO can recognize light and dark. He feels being stroked and beaten by tactile sensor, or being held by the posture sensor. PARO can also recognize the direction of voice and words such as its name, greetings, and praise with its audio sensor.

PARO can learn to behave in a way that the user prefers, and to respond to its new name. For example, if you stroke it every time you touch it, PARO will remember your previous action and try to repeat that action to be stroked. If you hit it, PARO remembers its previous action and tries not to do that action.

By interaction with people, PARO responds as if it is alive, moving its head and legs, making sounds, and showing your preferred behavior. PARO also imitates the voice of a real baby harp seal. [...more information...](#)

Local and Virtual Events!

- [Elsinore Theatre Wednesday Film Series](#): Every Wednesday at 2pm and 7pm; Tickets are \$10

[The bridge that's double Dutch!](#)

Aqueduct goes OVER motorway which sinks below the surface of a lake in Holland.

The Veluwemeer Aqueduct in the town of Harderwijk was built in 2002 to allow cars to travel under the water.

New drone footage shows the optical illusion of cars disappearing before reemerging, as boats sail across.

The road descends below the water level which is supported by concrete and steel iron piles.

Amor Towles' "The Lincoln Highway" is [Amazon's #1 pick of the year.](#)

Check out the other 19, the Editors' picks and top books by categories like children's, biographies, mysteries, etc. And, [Powell's Books follows suit with their top picks here.](#)

Older than dinosaurs

Lampreys survived several mass extinction events and today, Oregon has 10 native lamprey species. Often confused with eels, lampreys are very different and not closely related.

Learn more about these fascinating fishes in [ODFW's new lamprey brochure.](#)

A 41,500-year-old carved mammoth tusk fragment

found to be the earliest known example of human-decorated jewelry in prehistoric Eurasia ([More](#)).

Ten hauntingly [beautiful abandoned sites](#) around the world

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

[Newsletter Archives](#)