



Institute for Continued Learning Digest

Welcome to the 121st Edition of the ICL Senioritis

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Editors: GwenEllyn Anderson and Dave MacMillan

ICL Update:

● ICL Board Meeting (July 21st) Highlights:

- Those interested in updating their Membership Directory photos, please contact [Vernelle Judy](#), ICL Membership Co-Director and photographer.
- The Fall 2022 schedule is going to include Tuesday afternoons, but not Thursday afternoons.
- For the Spring 2023 schedule, the plan is to go back to an 8 hour week, including afternoons on Tuesdays and Thursdays (4 hrs each day).
- Thank you to all of you who have replied to the email confirming your contact information! If you haven't, please look for an email with the subject "ICL Contact Information Verification...".
- We are an all-volunteer organization, as you know. There are multiple opportunities to participate, and here is one: the Curriculum Committee is in need of two members, one who will find speakers in the area of Natural Sciences and one for Visual Arts. Previous experience with this committee isn't necessary as you will be paired with at least one other member. One meeting a month plus time at your computer connecting with speaker(s) is doable for most schedules. Please contact our Curriculum Director, Jinx Brandt jrb60@live.com for more details.

Dates to Remember:

- The ICL Picnic is on **August 25 at Minto Brown Island...** stay tuned.
- **1st Day of Classes: September 6, 2022** from 10:00 AM - 12:00 PM

The Brain and Weather's High Temperatures

High temperatures kill hundreds of people every year. Take measures to prevent illness because getting too hot can make you sick.

There is a growing body of research that demonstrates how environmental conditions – and heat in particular – can affect mental performance. Many people experience brain fog when temperatures get uncomfortably high. This decline in mental function is not limited to adults and has been observed in high school students as well. Why does heat affect our ability to think?

Heat stress occurs when the body can't cool itself enough to maintain a healthy temperature, which can decrease our cognitive function. (Varshney, U of Illinois Urbana-Champaign) Excessive exposure to heat can also effect blood flow and oxygen supplies to the brain and in some cases, has led to fainting episodes. In addition, blood-brain barriers begin to break down and so unwanted proteins and ions can build up in the brain, causing inflammation and abnormal functioning. Experts also believe that the hypothalamus may come into play with how heat affects the brain. The hypothalamus is the region of the brain that regulates internal body temperature and sends signals to the sweat glands that produce sweat which cools the body. From that, the body loses water due to excessive sweating and if not matched by adequate replenishing hydration, the brain's function is impaired.

While this may be worrisome, experts remind us that most of the impacts are temporary and various cooling methods can mitigate the negative impacts. That's why it is crucial to avoid high temperatures as much as possible – not

Handy Links:

- Link to [ZOOM](#) for Board meetings, 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.
- [Lunch on Thursdays: Taproot at the Mill \(Willamette Heritage Center\)](#) about 11:30 AM
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

[Track Wildfires in the West \(NYT\)](#) 🔥

[Joni Mitchell is back!](#)

The legendary singer-songwriter made a surprise appearance at the Newport Folk Festival Sunday night, sharing the stage with Brandi Carlile, Marcus Mumford and more in what was her first full set performance in more than 20 years. Mitchell, 78, delighted the crowd with 13 songs, [Watch on YouTube.](#)

The [Best Small Town in each State.](#)

just to avoid a temporary cognitive decline – but also to minimize any adverse, long-term effects of extreme heat.

Keep Your Cool in This Heat

Here are some ideas to help you stay safe and cope in extreme heat:

- Drink water, even if you don't feel thirsty. Carry water with you at all times.
- Keep cool. Draw your blinds, use a fan, take cool showers, dress in light clothing. Do not rely on fans alone to keep you cool.
- Limit your use of the stove and oven because it will make your house even hotter.
- Plan ahead. Schedule activities in the cool part of the day and avoid being out in the heat. If you must go out, wear a hat and sunscreen (and take your water with you).
- Plan ahead if you will be in a car. Hot cars kill. Never leave anyone in the car because the temperatures inside a parked car can double within minutes.
- Check in on others who might be alone.
- Check the local news for health and safety updates.
- Experts also recommend avoiding alcohol which is dehydrating and caffeine which is a mild diuretic and causes you to eliminate any increased amount of fluid in your body.

Tuesday, August 2 is National (Neighborhood) Night Out

National Night Out was introduced in August of 1984 through an already established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations and volunteers across the nation. The first annual National Night Out involved 2.5 million neighbors across 400 communities in 23 states.

National Night Out grew to become a celebration beyond just front porch vigils and symbolic efforts among neighbors to send a message of neighborhood camaraderie. Neighborhoods across the nation began to host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and more. Sixty-seven cities in Oregon participate, including Salem.

Take a moment on Tuesday to say 'hello' to your neighbors!

Welcome to the library of the 21st century

On a recent Monday morning, the citizens of Kanawha County, West Virginia, came to check out a new chapter in the life of an old institution. After more than two years and \$32 million in renovations, downtown Charleston's public library reopened to the public – less a warehouse of books, and more a marketplace of ideas.

Inside, visitors discovered a brand-new cafe, a tool-lending library, and an "idea lab" full of the latest technology. From podcasting booths to computerized sewing machines to augmented reality screens, the facility has been updated for the modern age.

There was an excitement you could see AND hear – which is exactly what the librarians were hoping for. [...continue reading...](#) (Be sure to watch the video)

Tech Tip: Going Cashless

Mobile payments and wireless transfers; digital banking and e-commerce on your smartphone? The Cashless Society is here. (Erica Manfred, Senior Planet)

You Can't Make Everyone Happy...

You're not coffee 

Lillian Frances' Tiny Desk Contest entry is off the wall – literally.

The Sacramento-based artist, who describes herself as a "sonic collager" with an "alt-pop style," filmed her entry video from a [portaledge](#) on the side of a cliff in Lake Tahoe. Her striking video – which shows her climbing up the mountain, setting up on the cliff and sporting tiny-desk jewelry – stood out among (or above, you might say) the thousands of entries NPR Music received for this year's Contest. [Watch on YouTube](#)

Good News Story: Giuseppe Paterno, who is 98, has become Italy's oldest graduate – again – and continues to fulfill his dream. Paterno has added a masters in history and philosophy from the University of Palermo to an initial degree in the same subjects he earned two years ago. He passed the latest degree with top marks and has no plans to rest. He wants to write a novel using his trusty old typewriter. Born in 1923, Paterno grew up in a poor family in Sicily and despite his love of books and studying, he wasn't able to go to university as a young man. Instead he served in the navy during World War Two from the age of 20. Paterno started his working life at his father's brewery in Palermo, before working as a tele-

Once a science fiction method, the cashless society has arrived, partly due to the Pandemic. Contactless payments skyrocketed during this time because people wanted to avoid touching potentially infected coins and paper money, so instead of cash, checks or credit cards, digital payments are more the norm – like Venmo, PayPal, Zelle and others. Here’s a quick rundown of what’s out there and what you need to know when paying by app.

What is Tap to Pay?

Samsung Pay, Google Pay, and Apple Pay all use NFC (Near Field Communication) technology to make the cashless society a reality. NFC is similar to wireless or Bluetooth but works over a very short range to transmit a signal, enabling users to just hover a card, phone, or watch over a terminal and presto! Instant payment.

Are NFC payments secure? Generally, yes. The security protocol followed by NFC technology is the same one used by chip-enabled payment cards, making it more secure than swiping your card at a terminal. They are secure because they use a process called “tokenization” which turns your bank account number into a random string of characters which can only be translated by the merchant and only for that one transaction.

“I’ll Venmo you” has entered the language because it’s such a popular payment method. Instead of whipping out your checkbook, you can send payments over the internet, using your phone, tablet or computer, thanks to one of the many apps available. Each has pros and cons. Here is a description of how they differ and which one is best for what purpose. (These three are the main ones used socially. Many other apps exist.)

Major Cashless Society Apps

- **Venmo:** Best for friends, Venmo offers a quick, easy way to reimburse a friend for dinner, pay the cleaning person, or send money to your daughter. The downside is you can only use it from your phone and it’s not terribly intuitive. It’s free unless you use it with a credit card.
- **Zelle:** Best for banking. Zelle is a digital payments network owned by the major U.S. banks and goes straight from one person’s bank account to another’s. It’s more complicated to use than Venmo, but it’s free and very secure.
- The best all around. **PayPal** is both online and on your phone. You can look up balances easily and transfer money to and from your bank account. Business transactions pay a fee but personal transactions, as long as they’re designated “friends and family” are free. PayPal has a customer service number and can be helpful with scams or problem transactions.

Cashless Security Tips:

- **Be careful** making cashless payments. Everything can be hacked and there are scammers figuring out ways to part you from your money as we speak.
 - **Be aware** that once you’ve paid through an app that money is probably irretrievable. Here are tips on keeping your money safe.
 - **When in doubt use a credit card** or PayPal which functions like a credit card and provides protection for their customers. PayPal will go after vendors who try to rip you off.
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- [Salem Cinema](#) is showing the movie “Where the Crawdads Sing” based on the much acclaimed, global best selling novel by Delia Owens.
 - [The Great Oregon Steam-Up!](#) July 30 & 31 and August 6 & 7, 2022 | 7:00 AM to 6:00 PM at Powerland Heritage Park (3995 Brooklake RD NE, SALEM, OR, 97303)

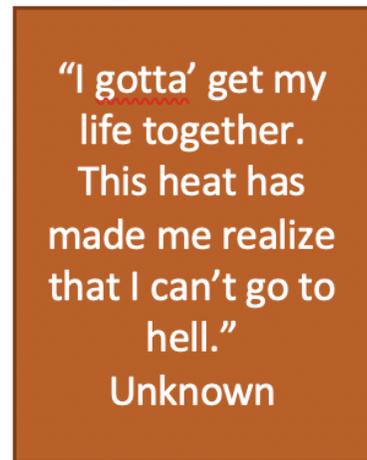
grapher for the Italian army in 1943 and later for the railways. Paternò eventually graduated from high school at the age of 31, after attending night school, and joined his local university in 2017.

[Blue Angels name first female demonstration pilot.](#)

[Watch animals cool off from the UK heat wave.](#)

[British man returns photos to family after finding a memory card in the sea.](#)

Mount Everest is the tallest peak and it is still growing! Plate tectonics push it up while erosion pulls it down, but it gains about 4 millimeters each year.



Word to Know:

Grandiloquent

(gran-DIHL-ə-kwent) adjective
Origin: Latin, late 16th century

1. A lofty, colorful style of speaking intended to impress
2. Being vain or pompous in an overbearing style

Questions?

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