



Institute for Continued Learning Digest

Welcome to the 122nd Edition of the ICL Senioritis

Vol. 122, August 3, 2022

Editors: GwenEllyn Anderson and Dave MacMillan

ICL Dates to Remember:

- From Janet Budke: “The kids and I are planning an informal gathering on **August 28, from 1-3pm**, at the pavilion at Riverfront Park. Just a time to greet the family and share stories, maybe have a cold drink and a cookie, look at some old photos, remember good times. Pass the word to anyone who might be interested in joining us there.
- 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

Plein Air Invitational Show: August 3 – 27, 2022

The artists will be painting in the downtown Salem area on August 6th from 9am to 3pm. Those paintings will then be shown at the artist reception that evening.

Artist Reception: August 6, 2022 | 5:00 PM to 7:30 PM

[Salem on the Edge Fine Art Gallery](#) (156 Liberty St. NE, Salem, OR)

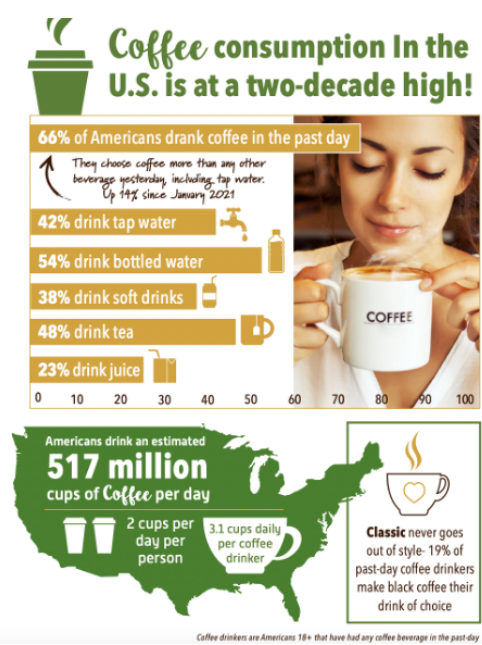
6 Stimulating Facts about Coffee

Coffee is one of the most widely consumed beverages in the world, and Americans are no exception. In 2020, the average American coffee drinker downed more than three cups per day, and Americans overall drank 517 million daily cups. (National Coffee Trends Data, 2022).



First introduced to America in the mid-17th century, coffee grew in popularity after the Boston Tea Party of 1773, which encouraged patriots to swap over-taxed tea for coffee. In the time since, American coffee brands have expanded across the globe. Can't get enough coffee? Here are six amazing facts you might not know about this beloved morning beverage.

- Coffee beans are not actually beans – they are seeds found within coffee ‘cherries’, a reddish fruit harvested from coffee trees.
- Decaf coffee is still a tiny bit caffeinated. It is estimated that 97% of caffeine is removed during the wash and roasted process, but a cup of decaf still has as little as 2 milligrams of caffeine in it compared to a regular cup that has 95 milligrams.
- Bach wrote an opera about coffee. It is a humorous ode to coffee popularly known as the ‘Coffee Cantata’ in which he makes light of fears at the time that coffee was an immoral beverage unfit for consumption. Bach loved coffee and the opera, *Schweigst still, plaudert nicht* (“Be Still, Stop Chattering”) pokes fun



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 \(NYT\)](#)

Good News Story:

When Richard Goodall, a janitor at Davis Park Elementary School in Terre Haute, Indiana, started singing the Journey hit "Don't Stop Believin'" at the end-of-the-year talent show, one of his colleagues recorded his performance and posted it on TikTok, where it soon racked up 3 million views. He chose the song because the fifth grade students were about to move on to middle school,

at a father trying to convince his daughter to give up drinking coffee in order to get married.

- The first webcam was invented for a coffee pot. Computer scientists at the U of Cambridge got tired of trekking to the office kitchen to find that there was no coffee left, so they devised a digital camera to watch the coffee pot and to guarantee that a fresh pot was ready when they wanted more.
- Coffee was a frequent staple at the White House. George Washington grew coffee shrubs at Mount Vernon and Thomas Jefferson loved it so much that he estimated using a pound per day at Monticello in retirement. Teddy Roosevelt reportedly drank an entire gallon each day and George H.W. Bush was known for his 10 cups daily.
- Your genes might determine how much coffee you drink. Researchers found that people with genes that allow them to strongly taste bitter caffeine were more likely to be heavy coffee drinkers (defined as consuming four or more cups daily). (New Science, 2018)

Simple Ways to Keep your Kitchen Cool during a heatwave

Cooking inside on hot summer days can make the entire house heat up. Cook earlier in the day or after the sun has set to reduce the impact of the oven's heat in your home.

Then,

- Stick to recipes that don't use your oven or stove.
- Use your microwave if you need something heated.
- Consider using your slow cooker during the day to make dinner for later.
- Make several meals when you do use the stove or oven and prepare meals for the week.
- Make freezer meals that can be thawed in the refrigerator and quickly heated in the microwave.
- Consider grilling your meals (although this is also a hot outdoor activity).
- Stick to simple, easy to fix meals that don't require many steps or much energy – salads are a good option here.
- Draw your shades and use the oven's fan. If your oven doesn't have a fan, use a small regular circulating fan to get the air moving.

Some Must Haves for Senior Safety

- Secure your scatter rugs so they aren't a trip hazard.
- Don't forget to get non-skid bathroom mats to prevent slips, too.
- Have handrails on both sides of the stairwell.
- Install handrails in the bathroom.
- Make sure entryways, stairs and pathways are properly lit.
- Grabbers – those long poles with pincers on the end – help reach items more than an arm's-length away and help you avoid ladders or step stools.
- Install or inspect smoke alarms to assure they are functioning properly.
- Medical Alert Systems allow easy calls for help in any emergency.
- Properly label and store medications. Set up medication reminders.
- Schedule regular or frequent family or neighbor visits to check in.

Tech Tip: Combine Duplicate Contacts - Or Remove Duplicates - On Mac desktop or laptop

Removing duplicates from an iPhone or iPad has to be done manually, one at a time. But it can be accomplished quite easily on a Mac computer and the results should be carried over to the mobile device through iCloud.

and he wanted them to take along the message of "don't stop believing in what you love."

Knowing your neighbors is associated with a wealth of positive effects on wellness and community safety. Being connected to your neighbors leads to lower death rates during natural disasters and a greater sense of psychological well-being, particularly among older adults.

Word to Know: Denouement

(dā-, nū-'mä) noun

French

1. The resolution of a plot's many threads

[The story about Tokyo International University of America](#) By Barbby

Dressler

TIUA graciously hosts ICL in their Kaneko Auditorium.

Source: [The Oregon](#)

[Encyclopedia](#), Explore Oregon's history and culture — from Athapaskan Indians to Zigzag Ranger Station

[15 of the Strangest Things Sent to Space](#)

[10 Bookstores worth traveling to experience.](#)

[15 Stunning Photos of Italy](#)

[The history of America's favorite sandwiches.](#)

[The security guards at the Baltimore Museum of Art created their own exhibition](#)

"Public art is for everyone."

Seventeen security officers at Baltimore Museum of Art now have the added title of "guest curators" for an inclusive (rather than exclusive) new exhibit called "Guarding The Art."

If you have a Mac, you can delete duplicate iCloud address book entries using the built-in Contacts app. For this to work, you first need to check that iCloud contacts are syncing with your Mac—if they're not, you won't be able to see any contacts on the app. To do that, click the Apple logo in the top-left of your Mac's home screen and go to System Preferences > Apple ID. Under "Apps on This Mac Using iCloud," make sure that Contacts is checked.

Open the Contacts app on Mac. If you're having trouble finding it, use the Command+Space Bar shortcut to fire up Spotlight search (or try these better alternatives). In the search bar, type Contacts and open the app. Here you'll be able to see all of the duplicate entries in your contact list. To find all duplicates in one fell swoop, go to the menu bar at the top and navigate to Card > Look for Duplicates. [More information...](#)

Mental Health Film by Ken Burns features Willamette student

For several years, Billie Henderson '24 has lived with depression, anxiety and anorexia. Now she's offering her experience as a way to help others in a new documentary produced by Ken Burns.

In "[Hiding in Plain Sight: Youth Mental Illness](#)," Henderson and more than 20 young Americans describe their symptoms of the mental illness and the impact of social media, childhood trauma and stigma. Perspectives from providers, families and advocates are also included in the two-part series, which premiered on PBS late last month and is [now streaming](#).

Local and Virtual Events!

- **The Oregon High Desert Museum** presents: [Imagine a World](#), on display through **September 25, 2022**.
- **Riverfront Family Fest, August 6 | 10am-2pm**. Held at Salem's Riverfront Park the first Saturday of each August, Riverfront Family Fest is one of the largest child-friendly community events in Salem with nearly 4,000 parents and children each year. This health and safety resource fair is free to attend.
- **[The Great Oregon Steam-Up!](#)** August 6 & 7, 2022 | 7:00 AM to 6:00 PM at Powerland Heritage Park (3995 Brooklake RD NE, SALEM, OR, 97303)
- **[Monmouth Music in the Park Series](#)**: Free concerts are offered every Wednesday (July and August) starting at 6:30 PM | **Main Street Park Amphitheater, Monmouth, OR**
- **[Albany River Rhythms 2022](#)**: Most **Thursdays in July and August | starting at 7:00 PM | Monteith Riverpark** (489 Water Ave NW, Albany)
- **[Second Annual Oregon Senior Games will be held August 11-14 and 18-21](#)**. Athletes of all skill levels age 50 and better are welcome in multiple events at the event hosted in Corvallis. <https://oregonseniorgames.com/>
- **24th Annual Elephant Garlic Festival in Portland - [Funstinks](#), August 12-14**
- **[Englewood Forest Festival](#)**: Saturday, **August 13th** | 10:00 AM to 4:00 PM Free! Art vendors, 6 hours of music, family-friendly workshops, food trucks
- **[Camerata Musica Salem](#)**: Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)
- **[The West Coast Giant Pumpkin Regatta weekend is happening October 15 & 16, 2022!](#)**
- **[River's Edge Summer Series](#)**: Movies on Thursdays at 9:30 PM | Concerts on Fridays at 6:00 PM | Downtown Independence Oregon | Riverview Park | Independence Amphitheater

[The one food to try in every state.](#)

Africa is the only continent with land in all four hemispheres.



Bookface Challenge is an international trend of people aligning themselves with book covers to create a mashup. Librarie Mollat, France's first independent bookstore, took it to heart and has become one of the most prolific creators. [Check out a sampling here.](#)

Back in the 1930s, baseball uniforms were made out of wool — not exactly the best fabric to be wearing when you're running bases. To keep cool during the game, Babe Ruth would slip a cold cabbage leaf underneath his cap and change it every two innings.

[Evergreen Architecture: A New Book Explores Buildings That Place Nature at Their Core](#)

[ICYMI \(In Case You Missed It\): Hotdogs, hungry horses and orange skies](#)

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