



Institute for Continued Learning Digest

Welcome to the 125th Edition of the ICL Senioritis

Vol. 125, August 24, 2022

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ICL Update:

● **Fall Semester: Tuesday, September 6 to Tuesday, November 22, 2022**

- **Tuesday Classes:** 10:00 AM to 12:00 PM and 1:00 PM to 3:00 PM
- **Thursday Classes:** 10:00 AM to 12:00 PM

Note: The fall schedule is still in development - especially Tuesday afternoons. The board just recently decided to include 1 afternoon per week in the fall schedule, so the Tuesday afternoon classes are still being filled.

Goudy is open. Always a good place for lunch and socializing in between the morning and afternoon classes... and after the morning classes on Thursday.

● **It's Time for the ICL Welcome Picnic**

Come to Meet new members and Greet old friends!

When: Thursday, **August 25**, at 12:00 noon

Where: Minto-Brown Island Park Gazebo, Parking Lot #3 ([location map](#))

Who: ICL members - *spouses/partners are welcome*

Potluck: Bring a salad or dessert to share (or your own lunch if you prefer).

ICL will provide kosher hotdogs, buns, condiments, plates, tableware plus ice cold water and flavored waters

Seating: Picnic tables under the gazebo or bring a chair for sitting out on the sunny/shady lawn

Nametags: YES, absolutely - get yours out of storage and wear it!

Masks: Optional, especially useful when going through the potluck line. *See you there!*

- **Thursday Lunches at Taproot:** Tomorrow is the ICL picnic so we will not be meeting at Taproot for lunch tomorrow. **September 1st** will be the last official lunch at Taproot as classes begin the following week. Unofficially, people may want to have lunch with ICL friends at Taproot or Goudy Commons after the morning class on Tuesdays and Thursdays.

Willamette Update:

- **Wednesday, August 24:** Opening Days begins for Willamette freshmen
- **Monday, August 29:** Fall semester begins for Willamette's College of Arts and Sciences

[It's about Time — Learn More About a 'Jiffy,' a 'Shake,' and a 'Whale of a Time'](#) ...continued from last week...

In a Few Shakes: "Be back in a shake" isn't just an idiom; it's a real unit of [measurement](#), just like the "jiffy." In physics, a "shake" is the unit of time used to measure the one step of a nuclear chain reaction. This equals 10 nanoseconds (10 billionths of a second). So technically, it would be impossible for a human to do anything "in a few shakes," but it's understood that it's going to be quick.

Turn Back the Hands of Time: Gen Z might be a little fuzzy on this one, but this idiom has been used in songs, movies, and other pop culture references for decades. It [refers](#) to an analog clock with a face and hands. The pointers

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.
- [Oregon COVID-19 Update](#)
- [By OR. Health Authority](#)
- [CDC COVID Data Tracker](#)
- [Statesman Journal COVID reports](#)

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

[New! Wildfire Tracker for Oregon and beyond.](#) 🔥

[Willamette University Events Calendar](#)

Good News Story:

Keeping in touch with family and friends is important for physical and mental health.

[These are the stories of long-lost friends reuniting.](#) It's a reminder that it is worth reaching out to old friends.

[10 steps you can take to lower your carbon footprint](#)

Small changes alone won't stop climate change, but your actions are still

that move around the face of a clock are called “hands,” so, turning back the “hands of time” metaphorically means to go back in time.

The Crack of Dawn: This 19th-century saying [originated](#) as “at the crack of day,” which would refer to something happening very early in the morning, if not at the exact moment the sun rises. The symbolism in this idiom refers to the thin line of sunlight that appears to make a bright crack in the sky as the sun appears over the horizon.

Once in a Blue Moon: “Once in a blue moon” means it happens incredibly rarely. Someone using the idiom likely doesn’t know exactly how rare that is, but astronomers could calculate it. A “blue moon” is a special type of full moon that [happens](#) once every two or three years when a single month has two full moons. That rare, second full moon is the “blue moon.” The idiom as it’s used today was first [published](#) in an 1821 book called Real Life in London by Pierce Egan. The line was, “How’s Harry and Ben? – haven’t seen you this blue moon” — a usage very similar to what we might say today.



[Capitol Jam Community Music Festival is Coming to Salem](#)

Saturday, August 27, 2022 | 11:00 AM - 10:30 PM

Riverfront Park | Gerry Frank Amphitheater

A fun day of music and community at Riverfront Park

Capitol Jam is Salem's first ever City-sponsored large concert event at the Gerry Frank | Salem Rotary Amphitheater. The August 27 event will feature fun music suitable for all ages and will be totally free to the public. The event celebrates Salem’s passion for the arts and music, bringing joy and inspiration to the community.

Capitol Jam will draw on artists from the Pacific Northwest and feature many local musicians, including performances from the RiverCity Rockstar Academy. A [full list of bands and schedules](#) will be announced soon.

“Our vision is to showcase our new amphitheater and Riverfront Park, as a destination venue for music, fun, and family entertainment,” says Kathleen Swarm, City of Salem’s Amphitheater Manager

[Vendor](#) and [sponsorship](#) opportunities are available for those in the community who wish to support the inaugural community music festival.

Find more [information about Capitol Jam](#) here. See you August 27th, 2022!

The Brain and Horseback Riding

Horseback riding is being used for therapeutic purposes with veterans and people with disabilities. Autistic children often say their first words while riding. In a study published in February 2017, researchers were able to prove that riding horses improves the cognitive ability of children, making it a workout for the brain as well. To sum up their results, it was found that the vibrations produced by the horses while riding activated the sympathetic nervous system, which enhances learning in children. This brain boost in cognitive ability relates to the brain-based skills of improved learning, memory, and problem-solving.

Studies consistently demonstrate the benefits of horseback riding on physical and mental health. The effects work quickly and include a single ride. Regular

worthwhile - by Washington Post Staff

[Webb’s Jupiter Images Showcase Auroras, Hazes](#)

With giant storms, powerful winds, auroras, and extreme temperature and pressure conditions, Jupiter has a lot going on. Now, NASA’s James Webb Space Telescope has captured new images of the planet. Webb’s Jupiter observations will give scientists even more clues to Jupiter’s inner life.

West Salem Library

Branch Hours:

Tuesday	12-5 p.m.
Wednesday	12-5 p.m.
Thursday	12-5 p.m.
Friday	CLOSED
Saturday	1-5 p.m.
Sunday & Monday	CLOSED

A specially formulated drug cocktail can [spur the regrowth](#) of a lost leg in frogs,

according to researchers this week. The results represent a major breakthrough in the field of regenerative science—the species under study, the African clawed frog, is unable to naturally regrow limbs.

[Light pollution: Parkour group saving energy by turning off city lights \(Video\)](#)

A group of young men are using their gymnastic abilities to reduce the impact of light pollution in their hometown. Light pollution is the presence of artificial light in the night environment. More than 80% of the world’s population experiences light-polluted night skies so the group decided to combine what

riding has shown that decision making is easier and concentration is increased. Additional benefits come from being outside, connecting with the horse, the rocking motion – all that reduce stress and boost your mood.

Tech Tip: Password of three random words better

The National Cyber Security Center (NCSC) recommends creating passwords made up of three random words as opposed to choosing complex variations of numbers and symbols. Three random word passwords are easier to remember and they create unusual combinations of letters that make them harder to hack. Cybercriminals target predictable strategies meant to make passwords more complex. For example, substituting the letter 0 for the letter O; or, using an exclamation mark in place of the number 1.

In contrast, passwords that are constructed from three random words tend to be longer and harder to predict and, therefore more difficult for hacking algorithms to detect. By using the three random word option, you are much less vulnerable to cybercrime.

The current difficulty is that most programs still require the symbols and numbers, so do your best to create the three random word password and add the required symbols and numbers until the world of technology catches on.

Newly Discovered Armored Dinosaur Species Found in Argentina

The image we have of dinosaurs is that they are HUGE — like the stegosaurus or T-rex.

But paleontologists in Argentina recently discovered the remains of a small, herbivorous dinosaur, the size of a house cat.

They named the Cretaceous-period dinosaur found in Argentina's northwest Patagonia region Jakapil kaniukura. It is a bipedal, armored juvenile dinosaur from the Thyreophora family according to paleontologists.

The Cretaceous period was what we called the age of giants. It was a difficult time to be a small dinosaur. But Jakapil kaniukura had the double advantage of being fast and being completely armored," said Sebastián Apesteeguía, lead paleontologist on the discovery.



Local and Virtual Events!

- [Oregon State Fair](#): August 26 to September 5, 2022
- **Roger Budke Memorial**: An informal gathering on **August 28, from 1-3pm**, at the pavilion at Riverfront Park. 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.
- [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)
- [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
- [Camerata Musica Salem](#): Free Chamber Music Concerts at the Salem Public Library, Loucks Auditorium (*Note venue has change back to SPL*)

they love doing with an environmental fight.

[Watch...](#)

Podcast: Slow Burn

is a narrative podcast produced by Slate Plus, a division of Slate.

Genre: History, Drama, Political Commentary

[The New York Times](#) praised Slow Burn and credited Malcolm Gladwell with leading the way by making historic podcasts that focused on neglected aspects of well-known events, like Slow Burn, possible.

Season 1: Watergate

Season 2: Clinton–Lewinsky scandal

Season 3: Biggie and Tupac

Season 4: David Duke

Season 5: The Road to the Iraq War

Season 6: The L.A. Riots

Season 7: Roe v. Wade

In so far as one denies what is, one is possessed by what is not, the compulsions, the fantasies, the terrors that flock to fill the void.

- Ursula K. LeGuin

Word to Know:

Caliginous

[kə-LIJ-ə-nəs] : adjective Latin, 16th century

1. Misty, dim; obscure, dark.

"The sky had grown caliginous by the time I left the library."

"Smoke from the burning potatoes had left the kitchen caliginous."

[The oldest building in each of the 50 States.](#)

Questions?

Send a message at [ICL Digest](#)

[Newsletter Archives](#)