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The Case for Identity Politics: Polarization, Demographic Change, and Racial Appeals. He teaches courses on the American political system and presidential and congressional politics.

Make sure to secure your tickets for Science Pub Corvallis as we frequently have maximum capacity attendance. Please read the specifics below.

Register for the July 13, 2020 science pub

response and take a news break, add something to our routines to stimulate the cognitive parts of our brains and to change up the routines on occasion – much like we would do normally.

Turn ordinary activities into brain-stimulating activities. Watch for something new on your walks, walk around your home and identify something that starts with each letter of the alphabet, grab crayons and color while you watch your favorite tv shows...

Learn something new or pick up that hobby you left behind a while ago.

Challenging the brain is one of the healthiest things you can do to maintain its strength.

Train your brain with word games or Sudoku puzzles. These kinds of challenges help maintain the brain's plasticity as we age.

Take a media break. Plain and simple. Remove any exposure to news for a day. You'll be able to catch up without skipping a beat.

Eat healthy. This is a no-brainer (no pun intended). The healthier we care for our bodies, the healthier our brains will be, too. And, that will affect our mood.

“Without the new learning and social interaction that go along with ordinary life outside of the house, the brain doesn't get the input it needs to stay shashashash