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A hard fall means a high bounce... if you're made of the right material.
~Anonymous

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Web Sites

February 3
Carrot Cake Day
Carrot Cake has been made since the Middle Ages, when sugar and other sweeteners were rare and very expensive, and so people used sweet vegetables to flavor their puddings. This technique became practically obsolete for several hundred years, but resurfaced in the 20th century. During World War II, the British government rationed many luxury foods and household staples including sugar. To appease the nation's sweet tooth, the Ministry of Food promoted recipes for carrot puddings, carrot-filled pies, and carrot cakes. Today, many families in the UK still serve carrot cake on Christmas Day! Carrot cake is much healthier than many other baked goods. A traditional recipe calls for carrots, raisins, walnuts, and brown sugar. Enjoy a slice from your local bakery in honor of Carrot Cake Day!

Science 360: Cake or Carrots?
Caltech neuroeconomists have found that your ability to exercise self-control when deciding what to eat may depend upon just how quickly your brain factors healthfulness into a decision. [2 min, 2 sec]
https://science360.gov/obj/video/adb07e60-8dcb-41e1-a254-8c03cd6f8940/cake-carrots

Choose My Plate: All About the Vegetable Group
Learn about the vegetable group, including what foods are vegetables and how much of each type counts as a serving. Three broccoli spears counts as a cup of vegetables, as do one large ear of corn, and two large stalks of celery. What about other vegetables? Take a look at the chart provided at this website and find out.
https://www.choosemyplate.gov/vegetables

TKSST: Why do Carrots Taste Sweeter in the Winter?
Listen as Molecular Biologist Liz Roth-Johnson explains why cold weather makes carrots taste sweeter. [1 min, 2 sec]
http://thekidshouldseethis.com/post/why-do-carrots-taste-sweeter-in-the-winter

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Hardware/Software

Apple's Support app is now available in the U.S.
There's a new way to get help from Apple.

Apple has launched its new Support app in the U.S., giving customers the ability to get expert help with devices and software — as well as scheduling repairs at the Apple store if necessary — from the comfort of their iOS device.

Handily, the app also provides a catalog of support articles designed to help users fix common issues.

Previously, the ability to book Genus Bar appointments using an app was part of the Apple Store app, but was buried among other features.

Cleverly, the app knows which Apple products you have (courtesy of iCloud), thereby saving you time entering information about the exact model of iMac, MacBook, iPhone or other device(s) you own. That means that not only are users given the right documentation, but if they have to communicate with a support rep, that person will know exactly which devices to refer to.

Finally, the app lets users chat with Apple service experts, and view support case history as well.
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Hints/Tips

Keyboard shortcuts help you make quick, efficient use of the OS X Finder on your MacBook, providing all kinds of options for performing common tasks

Key Function
Command+A   Selects all items in the active window (icon view), all items in the column (column view), or all items in the list (list viewand Cover Flow view)
Command+C   Copies the selected items
Command+D   Duplicates the selected item or items
Command+E   Ejects the selected volume
Command+F   Displays the Find controls in a new Finder window
Command+H   Hides All Finder windows
Command+I   Shows info for the selected item or items
Command+J   Shows the view options for the active window
Command+K   Displays the Connect to Server dialog
Command+L   Creates an alias for the selected item

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Command+M        Minimizes the active window
Command+N        Opens a new Finder window
Command+O        Opens (or launches) the selected item
Command+R        Shows the original for the selected alias
Command+T        Opens a new Finder tab
Command+V        Pastes items from the Clipboard
Command+W        Closes the active window
Command+X        Cuts the selected items
Command+Z        Undoes the last action (if possible)
Command+,        Displays Finder Preferences dialog
Command+1        Shows the active window in icon mode
Command+2        Shows the active window in list mode
Command+3        Shows the active window in column mode
Command+4        Shows the active window in cover flow mode
Command+[        Moves back to the previous Finder location
Command+]        Moves forward to the next Finder location
Command+Delete   Moves selected items to the Trash
Command+Up Arrow    Shows the enclosing folder
Command+`        Cycles through windows
Command+/        Shows/Hides Status bar
Command+?        Displays OS X Help Viewer
Command+Shift+A  Goes to your Applications folder
Command+Shift+C  Goes to the top-level Computer location
Command+Shift+G  Goes to the specified folder
Command+Shift+H  Goes to your Home folder
Command+Shift+Q  Logs you out
Command+Shift+N  Creates a new untitled folder in the active window
Command+Shift+P  Shows/Hides Preview pane
Command+Shift+T  Shows/Hides Tab bar
Command+Shift+U  Goes to your Utilities folder
Command+Shift+Del    Deletes the contents of the Trash
Command+Option+H    Hides all windows (except Finder windows)
Command+Option+I    Opens the Inspector for the selected items
Command+Option+N    Creates a new smart folder
Command+Option+T    Shows/Hides the Finder window toolbar and sidebar
Command+Space    Displays the Spotlight search box
Control+Up Arrow    Displays the Mission Control screen
Control+Down Arrow    Shows all open windows for the current application
using Mission Control
Command+F3   Hides all windows to display the Desktop using Mission
Control
F4   Displays your Dashboard widgets
Spacebar    Displays the contents of a file using Quick Look
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Riddles You Can Tell in Class

Why is the letter D so important at a wedding?
Answer: We cannot be wed without it.

What is the coldest letter?
Answer: C – it is in the middle of ice.

What letter comes after B in the alphabet?
Answer: The letter e. (alphabet)
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This Day in History

Birthdates which occurred on February 6:
1564 Christopher Marlowe English poet/dramatist (Dr Faustus)
1665 Anne Stuart Queen of England (1702-14)
1756 Aaron Burr Newark NJ, (D-R), 3rd US Vice-President (1801-05), dueler
1895 George Herman (Babe) Ruth Baltimore MD, baseball great (Yankees)
1911 Ronald Reagan Illinois, actor (Bedtime for Bonzo)/40th President (R) (1981-89)
1931 Mamie Van Doren Rowena SD, actress (Navy vs Night Monsters)
1931 Rip Torn Texas, actor (Coma, Summer Rental, Cat on a Hot Tin Roof)
1939 Mike Farrell St Paul MN, actor (BJ Honeycutt-MASH, Battered)
1940 Tom Brokaw Yankton SD, news anchor (NBC Nightly News)
1945 Bob Marley Jamaican reggae vocalist (Bob Marley & Wailers-Roots Rock Reggae)
1950 Natalie Cole Los Angeles CA, singer (Unforgettable, Pink Cadillac, Miss You Like Crazy)
1957 Kathy Najimy actress (Sister Act, Veronica's Closet)
1958 Barry Miller Los Angeles CA, actor (Fame, Peggy Sue Got Married)

On This Day:
1693 Royal charter granted College of William & Mary, Williamsburg VA
1778 France recognizes US, signs treaty of aid in Paris; 1st US treaty
1778 England declares war on France
1788 Massachusetts becomes 6th state to ratify constitution
1862 Victory for General Ulysses S Grant in Tennessee, capturing Fort Henry, and ten days later Fort Donelson; Grant earns the nickname "Unconditional Surrender" Grant
1862 Naval Engagement at Tennessee River-USS Conestago vs CSS Appleton Belle
1869 Harper's Weekly publishes 1st picture of Uncle Sam with chin whiskers

1921 "The Kid", starring Charlie Chaplin & Jackie Coogan, released
1935 Board game "Monopoly" goes on sale for the 1st time
1965 Righteous Brothers "You've Lost That Lovin' Feelin'" hits #1
1968 Former President Dwight Eisenhower shot a hole-in-one
1971 1st time a golf ball is hit on the Moon (by Alan Shepard)
1990 Brett Hull becomes 1st son of NHL 50 goal scorer (Bobby) to score 50

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Doug Yonce

Apple Distinguished Educator
Apple Teachet - 2016
STAR Discovery Educator
Doug.Yonce@ svusd.org
yonce@mac.com

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To subscribe/unsubscribe or manage your preference, visit:
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netTrekker delivers the industry-leading digital learning resource library with only the best content from the web — 360,000+ curated digital resources tagged, organized, and aligned to standards so that teachers, students, and parents can find just what they need, all in one place, in a fraction of the time. Learn more about this tremendous resource at:

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