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Web Sites

Random Acts of Kindness Day
Always February 17th

Today is Random Acts of Kindness Day. And, you know what to do...perform a few random acts of kindness. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can.

This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. Its a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good.

Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.

Caution: What comes around, goes around. Random Acts of Kindness is highly contagious.

Also see World Kindness Day

Origin of Random Acts of Kindness Day:
Our research did not find the creator, or the origin of this day. We wish we could thank the originators of this great day. The originators have truely helped to make the world a better place.

Many organizations and groups have declared other days to be "Random Acts of Kindness Day". These declarations are usually local, one-time events, often for fundraisers.

[Random Acts of Kindness: What People Are Doing: Teacher's Guide [PDF]](#)
Learn about kindness through activity ideas for students of all ages and ideas for encouraging positive behavior in the classroom and community. Learn what a "Random Act of Kindness" is, and find ways to talk about this character trait

when studying a variety of academic courses: literature, math, history, science, social studies, and more.
http://web.archive.org/web/20121202092030id_/http://www.fwisd.org/safe/Documents/RAK_Teachers_Guide[1].pdf

Random Acts of Kindness Foundation: Kindness Ideas
Learn about random acts of kindness and how you can commits acts of your own that will impact the world around you.
https://www.randomactsofkindness.org/kindness-ideas

ReadWriteThink: Living the Dream-- 100 Acts of Kindness
Contains plans for mini-lessons that ask students to put the dream of Dr. Martin Luther King, Jr. in action by performing 100 acts of kindness. In addition to objectives and standards, this instructional plan contains links to sites used in the lessons as well as assessment and reflection activities.
http://www.readwritethink.org/classroom-resources/lesson-plans/living-dream-acts-kindness-259.html

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Hardware/Software

Passwords

I cannot begin to tell you how many times I have been helping a friend with a new Mac or a troublesome Mac and he cannot remember his password. They start rummaging through sticky notes, old postcards or well-organized notebooks. One friend needed to set up her email and iCloud account. I asked for the administrator password for her Mac and she went to a little pile of sticky notes and tried to find the right one and the scene was repeated for each password we needed. I then proceeded to show her Keychain Access and I could see the light bulb hovering above her head as she understood the value of this app from Apple.

Mac OS X supports what are known as keychains: secure storage lockers for certificates, passwords, or any small bits of information to be kept private. The primary purpose of a keychain is to remember passwords for various applications and accounts such as mail and ftp servers, web sites, or encrypted disk images. The basic idea is that a single password, the keychain password, is used to unlock access to all passwords stored in that keychain.

I keep Keychain Access in my dock and use it all the time to find passwords, banking information, or secure notes. To find Keychain Access you follow this path: Finder > Applications > Utilities > Keychain Access. I do recommend that once you find it that you drag it to your dock, because once you start using it,

you will wonder how you ever lived without it.

With the advent of iCloud and OS X 10.9 Mavericks, Apple made Keychain even more valuable as iCloud Keychain lets you share your Keychain in the iCloud so you can access it from all of your devices. I wish there was an app like Keychain Access on your iOS devices but still, it is awful handy to have your device automatically remember your password for websites, etc.

When you launch Keychain Access you will see that the window is divided into three panes. The top-left pane lists keychains accessible to you. Below this is the Category pane. Here you can choose to view specific kinds of things stored in the keychain: passwords, secure notes, certificates associated with your account, encryption keys, and certificates used by your Mac. The largest pane, to the right, displays the contents of selected category items—for example, all of the items that have a password associated with them. Except in the case of certificates, you can double-click on one of these items to open a window where you can view the item's attributes: name, kind, associated account, location (a website or network address), as well as its access control.

Keychain Access can do a lot of useful things. For example, if you've forgotten a password and would like to recover it, Keychain Access is the place to go. To learn the identity of a password, select All Items or Passwords in the Category pane, then find the item you want the password for and double-click it. In the resulting window, enable the Show Password option. You will be prompted for the password for the login keychain which is either your login password or the administrator password (which will be the same if you are an admin user on your machine). Enter that and click Allow, and the password will be revealed in the Password field.

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Hints/Tips

What to Do When Your Mac is Frozen

It's probably happened to you at least once and it's worse than the spinning beach ball. It's the scary black screen with multiple languages alerting you to restart your computer. I've seen it countless times on machines over the years.

This black screen is often referred to as a kernel panic and I like to describe it as the computer's equivalent to your car's check engine light. It's a very generic error that can means something has gone horribly wrong or your computer just simply needs to restart. Generally the only way to know if your kernel panic was the result of a serious problem is running diagnostics, typically performed by a technician. I once experienced this with a 15in

MacBook Pro of mine. I was sitting in my living room looking up something on the internet and BAM kernel panic. I was stuck with a machine that was completely unresponsive, locked up and displayed a scary black screen. My computer had never before indicated any kind of performance issues and was working perfectly fine until it locked up on me without warning.

If you should find yourself in the unlucky position of having your Mac lock up on you due to a kernel panic you will need to restart your computer. How you might ask? When your computer is locked up and unresponsive to your keyboard, mouse, trackpad, etc the only way to restart your computer is to hold down the power button for about five seconds. This will force your computer to turn off and it will shut down. I would suggest letting your computer sit for about thirty seconds and then turn the computer back on again. With the new Touch Bar MacBook Pros you will need to press down on the blank touch ID button until you feel and hear a click.

It's never advisable to shutdown and restart your computer by just holding down on the power button and you should only do this in situations where you have no other choice. Forcing your computer to shut down by holding the power button can cause corruption and loss of data among other things. However, when your Mac is frozen there is no other option. In many cases this lock up is a one time deal, as was the case with my MacBook Pro. The machine only ever locked up the one time. Like your cars check engine like, the kernel panic can be caused by any number of benign issues from a bad memory chip to a logic board issue. Certainly it's recommended that if your machine locks up again you should have it looked it, but more than likely it's just an isolated event.

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Riddles You Can Tell in Class

Spell Indian tent with 2 letters.
Answer: TP.

Can you spell a composition with two letters?
Answer: SA.

Can you spell very happy with 3 letters?
Answer: XTC.

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This Day in History

Birthdates which occurred on February 20:
1898 Enzo Ferrari Modena Italy, racing car manufacturer (Ferrari)

1899 Cornelius Vanderbilt Whitney Long Island NY, railroad tycoon
1902 Ansel Adams photographer (1966 ASMP Award)
1927 Sidney Poitier Miami FL, actor (Porgy & Bess, A Raisin in the Sun, Guess Who's Coming To Dinner)
1929 Amanda Blake [Beverly Louise Neill], Buffalo NY, actress (Kitty Russell–Gunsmoke)
1934 Bobby Unser auto racer (1968, 75, 81 Indianapolis 500)
1947 Jennifer O'Neill Rio de Janeiro Brazil, actress (Summer of '42)
1947 Peter Strauss Croton-on-Hudson NY, actor (Rich Man Poor Man, Secret of NIMH, Space Hunter)
1949 Ivana Trump Gottwaldov Czechoslovakia, ex-wife of Donald Trump (1st Wives Club)
1954 Patty Hearst Shaw San Francisco CA, famous kidnap hostage (Tanya)
1955 Kelsey Grammer St Thomas Virgin Islands, actor (Fraiser Crane–Cheers/Fraiser)
1963 Charles Barkley Leads AL, NBA forward (Houston Rockets, Phoenix Suns, Philadelphia 76ers, Olympics-gold-96, All Star 1987-90)
1966 Cindy Crawford Dekalb IL, super model (Sports Illustrated Swimsuit)

On this day…
1792 US postal service created; postage 6¢-12½¢, depending on distance
1809 Supreme Court rules federal government power greater than any state
1839 Congress prohibits dueling in District of Columbia
1872 Silas Noble & JP Cooley patents toothpick manufacturing machine
1895 Congress authorizes a US mint at Denver CO
1941 Nazis order Polish Jews barred from using public transportation
1941 1st transport of Jews to concentration camps leave Plotsk Poland
1943 New volcano Paracutin erupts in farmer's corn patch (México)
1943 Phil Wrigley & B Rickey charter All-American Girls Softball League
1944 Batman & Robin comic strip premieres in newspapers
1958 Los Angeles Coliseum Committee approves 2-year pact allows Dodgers to use facility
1962 John Glenn is 1st American to orbit Earth (Friendship 7)
1974 Cher files for separation from husband Sonny Bono
1975 Margaret Thatcher elected leader of British Conservative Party
1986 Los Angeles Dodger Orel Hershiser is 1st to win a $1 million salary by arbitration
1992 Ross Perot says he'll run for President on Larry King Show

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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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