

Welcome to *TEKTOK*
March 7, 2017

Education's purpose is to replace an empty mind with an open one.
– Malcolm Forbes

Web Sites

Cereal Day

7th of March each year

Cereal (at least, in terms of breakfast cereal) is a surprisingly modern invention. Dating back to colonial America, cereal has become an incredibly popular way to start the day. Why not celebrate Cereal Day by trying a new breakfast cereal!

[University of Mass. : Bread, Cereal, Rice, and Pasta](#)

At this website from the University of Massachusetts you can read about the different foods that make up the bread group in the food pyramid. Learn about the nutritional value of bread, cereal, rice, and pasta, and read about the nutritional values of different types of bread products such as whole-grain breads and doughnuts.

<http://www.umass.edu/nibble/infofile/breads.html>

[KidsHealth: Ready, Set, Breakfast!](#)

Use this site to learn why breakfast really is the most important meal of the day. This article provides information on how breakfast jumpstarts your body and includes alternatives to eating cereal in the morning.

<http://kidshealth.org/en/kids/breakfast.html>

[Choose My Plate: Why Is it Important to Eat Grains, Especially Whole Grains?](#)

"Why is it important to eat grains, especially whole grains?" This website has the answer. Read about the "health benefits" of eating whole grains and learn about the nutrients found in whole grains.

<https://www.choosemyplate.gov/grains-nutrients-health>

Hardware/Software

How to Type Trademark, Copyright, Symbols on iPhone and iPad

If you find yourself needing to type a trademark symbol, copyright symbol, or registered symbol on the iPhone or iPad, you can do so easily using either of

the two methods below.

The first trick to typing the trademark symbol “™”, the registered symbol, “®”, or the copyright symbol “©” will utilize the QuickType suggestion bar on the iOS keyboard, and the second trick uses the Emoji keyboard to type the same special character symbols.

Typing Trademark, Copyright, Symbols on iOS with QuickType

The simplest way to type the trademark, copyright and other symbols in iOS is to use the QuickType bar across the top of the keyboard on the iPhone or iPad. If you haven't done so already, be sure you show the QuickType bar on the iOS Keyboard to use this trick:

1. Open the app where you want to type a trademark symbol, copyright symbol, or registered symbol (notes, Mail, Messages, etc)
2. Type the following shorthand to trigger the QuickType keyboard to offer a symbol replacement:
 - For trademark, type: TM
 - For registered symbol, type (R)
 - For Copyright symbol, type ©
3. Tap on the appropriate symbol in QuickType bar to type the symbol offered

The QuickType method may be easiest for some users, but if you don't use QuickType bar or you have a version of iOS that does not support it, you can also use the emoji keyboard on iOS to type the same special character symbols.

Typing Trademark, Copyright Symbols on iPhone and iPad with Emoji

Another option to type the various copyright, trademark and registered symbols is to use the Emoji keyboard, yes the same Emoji keyboard with all the goofy faces. First you must enable the Emoji keyboard on the iPhone or iPad if you have not done so already, the rest is easy:

1. Open the app where you want to type the trademark, copyright symbols
2. Tap the smiley face button to access the Emoji keyboard
3. Swipe through the Emoji options until you get to the 'Symbols' section where you will find the trademark symbol “™”, the registered symbol, “®”, or the copyright symbol “©”

Don't worry, tapping on one of the trademark or copyright emoji symbols will render the symbol in text, not as an emoji.

Option 3 for typing trademark symbol “™”, the registered symbol, “®”, or the copyright symbol “©” : Copy & Paste

A third option would be to use the iOS Copy & Paste function to copy the symbols and then paste them into the location where you want to type them, though that really shouldn't be necessary if you use either the autocorrect method or the emoji keyboard method.

Hints/Tips

Disappear

You're working pretty hard and have a whole bunch of apps open. You can Command-Tab to quickly rush through apps, or try this tip to quickly hide the ones you aren't using to help you focus in your Windows space (assuming you haven't set a Space up):

Riddles You Can Tell in Class

1 - Carl the butcher wears a size 12 shoe, is 6 feet 3 inches tall, and wears a 42-long suit. What does he weigh?

2 - Why did the urban gang cross the road?

3 - Why did the baker stop making donuts?

1 - He weighs meat.

2 - To ghetto the other side.

3 - He got sick of the hole business.

This Day in History

Birthdates which occurred on March 8:

1841 Oliver Wendell Holmes Massachusetts, 59th Supreme Court justice (1902-32)

1918 Alan Hale [MacKahan] Jr Los Angeles CA, actor (Skipper Jonas Grumby-Gilligan's Island)

1921 Cyd Charisse [Tula Ellice Finklea] Amarillo TX, dancer/actress (East Side West Side, Brigadoon)

1938 Lew DeWitt Roanoke VA, country singer (Statler Brothers-*Flowers on the Wall*)

194- Alan Sues Ross CA, comedian/actor (Laugh-In, Oh Heavenly Dog)

1942 [Dick] Richie Allen baseball player (American League MVP 1972)

1943 Lynn Redgrave London England, actress (Georgie Girl) Weight-Watcher

1944 Carole Bayer Sager NY, aka Mrs Burt Bachrach, singer (Arthur)

1945 Mickey Dolenz Los Angeles CA, actor (Circus Boy) singer (Monkees)

1948 [Little] Peggy March [Margaret Battavio] Lansdale PA, vocalist (I Will Follow Him)

1953 Jim Rice Boston Red Sox outfielder (American League MVP 1978)
1959 Aidan Quinn Chicago IL, actor (Legends of the Fall, Michael Collins, Benny & Joon, Reckless)
1975 Kenny Wheaton cornerback (Dallas Cowboys)
1976 Freddie Prinze Jr actor (I Know What You Did Last Summer)
1977 James Van Der Beek actor (Dawson's Creek)

On This Day:

1862 Confederate ironclad "Merrimack" launched
1862 Naval Engagement at Hampton Roads VA: CSS Virginia, Jamestown & Yorktown vs USS Cumberland, Congress & Monitor
1894 New York passes 1st state dog license law
1900 National League decides to go with 8 teams They exclude Baltimore, Cleveland, Louisville & Washington (in 1953 Boston Braves move to Milwaukee)
1930 Babe Ruth signs 2-year contract for \$160,000 with New York Yankee GM Ed Barrow, wrongly predicts "No one will ever be paid more than Ruth"
1930 Mahatma Gandhi starts civil disobedience in India
1934 Edwin Hubble photo shows as many galaxies as Milky Way has stars
1944 US resumes bombing Berlin
1959 Groucho, Chico & Harpo's final TV appearance together
1966 Casey Stengel elected to Hall of Fame
1971 Joe Frazier beats Muhammad Ali at Madison Square Garden (New York NY)in 15, retains heavyweight boxing title
1971 Radio Hanoi broadcasts Jimi Hendrix's "Star Spangled Banner"
1972 1st flight of the Goodyear blimp
1973 Eisenhower Tunnel, world's highest/US longest, opens
1983 IBM releases PC DOS version 2.0
1983 President Reagan calls the USSR an "Evil Empire"

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