

Welcome to *TEKTOK*
March 27, 2017

Act as if what you do makes a difference. It does.
- William James

Web Sites

Spinach Day

26th Mar each year

It's not just Popeye who will be strong to the finish on Spinach Day, but everyone who chooses to celebrate the day by consuming some of this leafy green plant will get to join in the health benefits as well!

Packed with nutrients such as Iron, Vitamin A and Calcium, spinach is known for being a healthy part of a balanced diet – but do we eat enough of it? If not, why not try a new recipe on Spinach Day? Sauté it in olive oil and a little bit of garlic – or what about a baby spinach salad with mozzarella cheese, avocado slices and crispy bacon crumbled on top? Delicious!

You can purée spinach up and hide it in soups and pizza sauces for the finicky eaters in your life who might not eat it straight up. So, no excuses – get your leafy greens down you on Spinach Day!

[Schools Online: My First Garden](#)

An interactive guide to "plan[ning], nurtur[ing], and enjoy[ing] the benefits of a beautiful flower or vegetable garden," "My First Garden" clearly relays the basic steps necessary in creating a garden and provides a detailed "Teacher's Guide." <http://extension.illinois.edu/firstgarden/index.cfm>

[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>

[Glencoe Science: WebQuest](#)

Site offers an internet WebQuest on phytochemicals and a healthy diet. Provides internet resources to aide the user in their quest for knowledge.

Hardware/Software

Share your location

*You can share and/or send your current location from within **Messages**:*

- Tap **Details** in the message thread
- Choose **Send my Current Location** to send a link to Apple Maps with a pin showing where you are.
- Or, choose **Share My Location** to share your location for One hour, one day or indefinitely.

Hints/Tips

Search Messages

You can search through message contents for keywords and so on just like an email, but you need to enable the feature in Spotlight search. Open this in **Settings > General > Spotlight Search** and set **Messages** to **on** (toggle green).

Riddles You Can Tell in Class

- 1 - Where did the hamburger take his date?*
- 2 - What do you get when you cross a watermelon with a cauliflower?*
- 3 - What happened when the wheel was invented ?*

- 1 - To the meat ball!*
- 2 - A melancholy baby!*
- 3 - It caused a revolution.*

This Day in History

Birthdates which occurred on March 28:

- 1472 Fra Bartolomeo monk, Florentine Renaissance painter
- 1941 Charlie McCoy Oak Hill WV, harmonica player (Hee Haw)
- 1944 Ken Howard El Centro CA, actor (Ken-White Shadow, Dynasty, 1776)
- 1944 Rick Barry ABA/NBA forward (New York Nets, Golden State Warriors)
- 1947 Bruce Gilbert producer (China Syndrome, 9 to 5, On Golden Pond)
- 1948 Dianne Wiest Kansas City MO, actress (Radio Days, Hannah & Her Sisters, Footloose)

1948 John Evans [Evan] rock drummer (Jethro Tull, Blades–A Song for Jeffrey)

1955 Reba McEntire McAlester OK, country singer (Can't Even Get the Blues)

On This Day:

1738 English parliament declares war on Spain (War of Jenkin's Ear)

1774 Britain passes Coercive Act against Massachusetts

1797 Nathaniel Briggs of New Hampshire patents a washing machine

1866 1st ambulance goes into service

1920 Actor Douglas Fairbanks marries actress Mary Pickford

1930 Constantinople & Angora changes names to Istanbul & Ankara

1939 Spanish Civil War ends, Madrid falls to Francisco Franco

1972 Wilt Chamberlain plays his last pro basketball game

1990 Michael Jordan scores 69 points, 4th time he scores 60 points in a game

1990 President Bush awards Jesse Owens the Congressional Gold Medal

Doug Yonce

Apple Distinguished Educator

Apple Teacher – 2016

STAR Discovery Educator

Doug.Yonce@svusd.org

yonce@mac.com

To subscribe/unsubscribe or manage your preference, visit:

<http://www.svusd.org/technology.html>

Archives of selected newsletters may be found at:

<http://www.mryonce.com/tektokarchives.html>

TEKTOK uses *netTrekker* to explore the internet

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:

<http://www.nettrekker.com/us/>