

Welcome to *TEKTOK*  
March 30, 2017

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*If you can dream it, you can do it.*  
– Walt Disney

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## Web Sites

### Doctors' Day

30th Mar each year

It's easy to forget just how important, valuable and necessary good doctors are – that is, until you get ill or sustain an injury. Doctors Day puts hard-working doctors in the spotlight, and encourages us to be considerate of the long hours they work, their compassion, and the effort they put into practicing medicine.

### [KidsHealth: Talking to Your Doctor](#)

Talking to your doctor can sometimes be intimidating. Find out why communicating with your doctor is so important and the best way to go about it. This site also includes links to similar articles.

<http://kidshealth.org/en/teens/talk-doctor.html>

### [Q-files: Science: Medicine](#)

Presents an overview of medicine including types of treatment, doctors and hospitals, and emergency medicine.

<https://www.q-files.com/science/medicine/>

### [Science Buddies: Career Profile: Physician](#)

This site from Science Buddies gives a good overview of what a career as a physician might be like. In addition to information about various specialties, you can find out the education requirements and responsibilities of being a physician. Included are videos and interviews with physicians.

<http://www.sciencebuddies.org/science-engineering-careers/health/physician>

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## Hardware/Software

### The shortcuts

*These are the shortcuts to learn in order to get better screenshots on a Mac -- don't forget you can cancel the shot by pressing Escape before you click:*

- ⌘+⌘+3: Capture entire screen and save as a file.
- ⌘+Ctrl+⌘+3: Capture entire screen and copy to the clipboard.

- ⌘+⇧+4: Capture dragged area and save as a file.
- ⌘+ctrl+⇧+4: Capture dragged area and copy to the clipboard.
- ⌘+⇧+4 then Space: Capture a window, menu, desktop icon, or the menu bar and save as a file.
- ⌘+Ctrl+⇧+4 then Space: Capture a window, menu, desktop icon, or the menu bar and copy to the clipboard.

When you press ⌘+⇧+4 to grab an image you can toggle between an image you select using a crosshair or a full-window snap by keeping those keys depressed and pressing the Spacebar. The cursor will swap between the crosshair and a camera icon when you do. In camera mode you can just click on the window you want an image of to highlight and capture it.

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## Hints/Tips

### Catch the cursor

*You might want to include your cursor within the screenshot. To achieve this, launch the Grab app (hidden in Utilities) and select Grab Preferences.*

- This offers a range of pointer icons.
- Select one of these and the pointer will appear where it is located when the picture is taken.

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## Riddles You Can Tell in Class

- 1 - *What's big and grey with horns?*
- 2 - *How does a elephant get out of a tree?*
- 3 - *What did the grape say when the elephant stepped on him?*

- 1 - An elephant marching band.
- 2 - He climbs on a leaf and waits till autumn.
- 3 - Nothing, he just let out a little wine.

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## This Day in History

### ***Birthdates which occurred on March 31:***

- 1596 René Descartes France, philosopher (he thought, therefore he was)
- 1903 Arthur Godfrey New York NY, TV host (Arthur Godfrey's Talent Scouts)
- 1915 Henry Morgan New York NY, comedian/TV panelist (I've Got a Secret, Arena)
- 1922 Richard Kiley Chicago IL, actor (Man of La Mancha, Endless Love)
- 1927 Cesar Chavez Yuma AZ, farm labor leader (United Farm Workers)
- 1927 William Daniels Brooklyn NY, actor (Dr Mark Craig-St Elsewhere, 1776)
- 1928 Gordie Howe Floral Saskatchewan, NHL right wing (Detroit Red Wings)

1929 Liz Claiborne Brussels Belgium, fashion designer  
1935 Herb Alpert bandleader/trumpeter (Tijuana Brass)/CEO (A & M)  
1946 Gabe Kaplan Brooklyn NY, comedian/actor (Welcome Back Kotter)  
1948 Albert Gore Jr Washington DC, (Senator–Democrat–TN, 1985–92)/45th  
US Vice President (1993– )  
1948 David Eisenhower Eisenhower's grandson (married Julie Nixon)  
1948 Rhea Perlman Brooklyn, actress (Zena–Taxi, Carla–Cheers)

***On this day:***

1861 Confederacy takes over mint at New Orleans  
1878 Jack Johnson is 1st black to hold a heavyweight boxing title  
1921 Albert Einstein lectures in New York on his new theory of relativity  
1922 KFI–AM in Los Angeles CA begins radio transmissions  
1943 Rodgers & Hammerstein musical "Oklahoma!" opens on Broadway  
1953 Department of Health, Education & Welfare established  
1953 UN Security Council nominates Dag Hammarskjöld Secretary–General  
1954 US Air Force Academy in Colorado Springs CO, established  
1959 Dalai Lama fled China & was granted political asylum in India  
1963 Los Angeles ends streetcar service after 90 years  
1965 US ordered the 1st combat troops to Vietnam  
1966 25,000 anti–war demonstrators march in New York NY  
1967 Jimi Hendrix begins his tradition of burning his guitar  
1968 LBJ announces he will not seek re–election  
1971 William L Calley Jr sentenced to life for My Lai Massacre  
**1975 37th NCAA Men's Basketball Championship: UCLA beats Kentucky  
92–55; this is John Wooden's final game & UCLA's 10th NCAA  
championship in 12 years**

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## **Doug Yonce**

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