

Welcome to *TEKTOK*
April 7, 2017

Action may not always bring happiness; but there is no happiness without action.

- Benjamin Disraeli

Web Sites

Walk to Work Day

The First Friday of April

Walking to work, who does that anymore? We know with all the rushing around you have to do and hitting the snooze button 5 times before crawling out of bed and barely getting there on time in the car... who has time to WALK to work? Well Walk to Work Day is a chance to change up your routine, add a little more time to it, and see how a slower start to your day can lead to a more efficient life overall. In this age of growing awareness about how being sedentary effects our health, walking to work can make a huge difference in our lives, and our lifespans.

History of Walk to Work Day

Of course, the heart of Walk to Work Day isn't just based in our physical and emotional health, but actually concerns itself with the health of the planet as a whole. Prevention magazine promoted this holiday in 2004 and it was quickly picked up by the US Department of Health and Human services. It was a strong mutual push for this holiday in the years to follow, and continues to be celebrated and supported unofficially by people everywhere.

Walking to work provides amazing health benefits to the otherwise sedentary person. The extra time necessary to walk to work helps wake you up and spend time clearing your head and greeting the day in something less than a rush. In a world where we so often forget that there's more to life than working and sleeping, this extra time can help us take time to appreciate the things we usually miss. Whether it's just the feel of the wind on our skin, the sun overhead, the rain falling down, the sound of birds or just the activity and life of the city around us, Walk to Work Day helps to reconnect us with our environment in some very important ways.

How to Celebrate Walk to Work Day

Set the car keys down, set the alarm early, pack yourself a breakfast you can eat on the go, and plot your route. Those are the first steps to your Walk to Work Day experience. After that, you might want to grab a second set of shoes

to throw in your bag so you aren't trying to walk in heels or dress shoes, both of those are just going to lead to a day of woe for you with blisters the size of pancakes. If it's particularly warm out, you might even pack your work clothes into your bag and give yourself a little extra time to change when you get there. Walk to Work Day helps you reduce carbon emissions, add some healthy movement to your day, and generally appreciate the world around you more. So get out there and get to steppin'!

Science Buddies: Keeping Up

Do you ever feel like you need to walk faster than your parents just to keep up with them? This is because of the difference in leg length between you and your parents. In this experiment you will test if the height of a person is related to their walking pace, and if this information can be used to estimate the height of a person.

http://www.sciencebuddies.org/science-fair-projects/project_ideas/Sports_p002.shtml

Utah Education Network: Why Walk?

This lesson engages students in reading activities related to James Marshall's book, Yummers. Students will analyze the diet of the main character and determine what made the character sick

<http://www.uen.org/Lessonplan/preview.cgi?LPid=381>

Choose My Plate: How Many Calories Does Physical Activity Use?

This website has a chart showing how many calories a 154-pound, 5'10" male will burn while participating in various physical activities including hiking, walking, and swimming.

<https://www.choosemyplate.gov/physical-activity-calories-burn>

Hardware/Software

Share easily with friends

In various places in OS X and macOS you see the option of sharing things to friends and contacts from a little Share button that looks like an arrow going up out of a box. The best bit, though, is that Macs keep track of how and to whom you most often share stuff.

So, if you're in the habit of sharing funny links with a friend and AirDropping files to a colleague sitting next to you, these options will get stuck to the bottom of the share menu to make it easy to pick those options next time.

Hints/Tips

Use Split Screen

Working with two windows or apps side-by-side became much easier since OS X 10.11 El Capitan, thanks to Split Screen view. By holding down a left-click on an app's green maximize button in the top-left hand side, you can then drag it to be positioned on the left or right-hand side of the display.

You'll then need to pick a second open window or app to snap to the opposite side. Split Screen obscures the launcher and OS X's Menu Bar, so you get a bit more screen real-estate and fewer distractions.

Dividing the separating line between the two apps lets you make them smaller or larger, which can come in handy for keeping an eye on live information such as sports scores at one end while being productive on the other.

Riddles You Can Tell in Class

- 1 - What's the best way to send a letter to the Easter Bunny?*
- 2 - Once there was two chocolate bunnies and one had its ear bit off. One said, "Happy Easter." What did the other one say?*
- 3 - Why is a bunny the luckiest animal in the world?*

- 1 - Hare mail
- 2 - Huh?
- 3 - It has four rabbit's feet

This Day in History

Birthdates which occurred on April 10:

- 0401 Theodosius II the Younger, Eastern Roman emperor
- 1512 James I king of Scotland (1513-42)
- 1827 Lewis Wallace Major General (Union volunteers)/lawyer/diplomat/author (Ben Hur)
- 1829 William Booth founder (Salvation Army)
- 1847 Joseph Pulitzer Hungary, publisher (St Louis Post-Dispatch, New York World)
- 1915 Harry Morgan Detroit MI, actor (December Bride, MASH, Dragnet)
- 1921 Chuck Connors Brooklyn NY, actor (Rifleman, Branded, Cowboy in Africa)
- 1921 Sheb Wooley Erick OK, vocalist (Purple People Eater, Hee Haw)
- 1927 "Alvin" Junior Samples Cummings GA, country performer (Hee Haw)
- 1929 Max [Carl Adolf] Von Sydow Lund Sweden, actor (Hawaii, Exorcist, Dune,

Dreamscape)

1932 Omar Sharif [Michael Shalhoub] Alexandria Egypt, actor (Dr Zhivago, Top Secret)

1934 David Halberstam New York Times international correspondent (New York Times/Pulitzer 1964)

1936 John Madden NFL coach (Oakland Raiders)/sports commentator (CBS, FOX)

1988 Haley Joel Osment Los Angeles CA, actor (Cole Sear–The Sixth Sense, Trevor 'Trev' McKinney–Pay It Forward)

On this day...

0837 Comet 1P/837 F1 (Halley) approaches within 0.0334 astronomical units (AUs) of Earth

1849 Safety pin patented by Walter Hunt (New York NY); sold rights for \$100

1865 At Appomattox, General Lee issues General Order #9, his last

1866 American Society for Prevention of Cruelty to Animals (ASPCA) forms

1869 Congress increases number of Supreme Court judges from 7 to 9

1878 California State Cable Car Railroad Company starts service

1887 President Abraham Lincoln is re-buried with his wife in Springfield IL

1912 RMS Titanic sets sail for its 1st & last voyage

1925 F Scott Fitzgerald publishes "The Great Gatsby"

1947 Jackie Robinson became the 1st black in modern major league baseball (Dodgers)

1955 Dr Jonas Salk successfully tests Polio vaccine

1960 Senate passes landmark Civil Rights Bill

1961 New Washington Senators loses 1st regular-season game 4–3 to Chicago White Sox

1971 US table tennis team arrives in People's Republic of China

1972 US, USSR & 70 other nations agree to ban biological weapons

1974 Yitzhak Rabin replaces resigning Israeli PM Golda Meir

1974 Magicians Penn & Teller 1st meet

1981 Computer glitch keeps Space Shuttle Columbia grounded

1982 Los Angeles Kings losing 5–0 to Edmonton Oilers in the 3rd period, win in OT 6–5

1989 Intel corp announces shipment of the 80486 chip

1989 H J Heinz, Van Camp Seafood & Bumble Bee Seafood say they will not buy tuna caught in nets that also trap dolphins

1991 Los Angeles King Wayne Gretzky scores NHL record 93rd playoff goal

1995 NYC bans smoking in all restaurants that seat 35 or more

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