

May 2010
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Where student success is everyone's business.

ND
Lifelong
Learning
Resource Center



Newsletter

The North Dakota Department of Public Instruction's 21st Century Community Learning Centers provide after school academic and enrichment programming and activities designed to complement the students' regular academic program. Community learning centers provide a range of high-quality services to support student learning and development, including tutoring and mentoring, homework help, academic enrichment (such as hands-on science or technology programs), and community service opportunities, as well as music, arts, sports and cultural activities. At the same time, centers help working parents by providing a safe environment for students when school is not in session.

For the past several years, the 21st Century program and the Adult Learning Centers have shared this newsletter, professional development and resources. At this time, the 21st Century program will merge with the DPI Title I program as their mutual goals and funding align more effectively for the intended population of students served. As a result, the May and June newsletters will focus on articles and information more specifically for 21st Century programs.

Internet Sites

Can You Pass the Driving Test?

This website will ask driving questions. See how well you do!!

http://www.autoinsurance.org/driving_test/

Memory Test Science and Nature: Human Body & Mind

You'll be shown 12 photos in the first part,

You'll be shown another 12 photos in the second part,

You'll be shown 48 photos in the third part and asked if you saw them in the first part, the second part - or never saw them at all.

When you have finished the third part, your results will be given to you.

http://www.bbc.co.uk/science/humanbody/sleep/tmt/instructions_1.shtml

Making Babies

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool "That's interesting," she said, "how do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'.."

Science

Sprouting Seeds

Robert Krampf

This week's experiment is part of my preparations for an upcoming video on plants. I wanted plants which would grow quickly and bend towards a light source. To try this, you will need:

- some millet seeds. I got mine from a bag of bird seed. You can also try it with other kinds of seeds.

- a plate
- paper towels
- water
- a cup

Place a few spoons of your seed into the cup and fill the cup with water. Place it in a dark place, where it will not be disturbed, and let it sit for about eight hours.

Fold a paper towel in half and place it on the plate. Drain the water from the cup of millet seeds, and spread the millet across the paper towel. Place another folded paper towel on top, and add enough water so that the paper towels will be wet, but the seeds are not under water. Place them on a table, out of direct sunlight. Check them every eight hours or so, to be sure that the paper towels do not dry out.

After about 24 hours, remove the top paper towel and check the seeds. You may see that some of them are splitting open, with tiny sprouts and roots coming out. If not, cover them again, and wait another 12 hours. Depending on how fresh your seeds are, it may take up to two or three days for them to sprout.

Once they begin to sprout, you can either transplant them into some moist potting soil so the millet plants will keep growing, feed them to your pet parrot (they love sprouts), or you can rinse them, put them in a salad and eat them yourself.

So what is going on inside those seeds? Well, tucked away inside are some living plant cells. They are dormant, and if protected from water, mold, and wandering parakeets, they can sit for

quite a long time, even years, and still grow under the right conditions.

The thing that is needed to "activate" the seeds is water. If the seed is some place that is moist, it will absorb water and the plant cells will begin to grow. Much of the bulk of the seed is made up of stored food for the growing plant. That stored food, mostly starch, is the reason that we eat seeds such as corn, rice, and wheat. We can use that stored energy just as the young sprout can.

This weekly e-mail list is provided free of charge. You are welcome to print it in your newsletter, repost it on the Internet, etc., as long as you do not charge for access, and my name, and website link (<http://thehappyscientist.com>) are included.

Gardening Guides

Great website for gardening:
<http://www.gardenguides.com/>

Ear Genes

Robert Krampf

This experiment is a result of me looking over the various state science standards to see where I have gaps in coverage. One big gap turned up in genetics, so I began working on a couple of genetics videos. I kept finding more and more interesting stuff, and could not wait to share some and let you in on the fun. This time, we will take a quick look at dominant and recessive traits, to see what that really means. To explore that, you will need:

- your ears
- the ears of other family members

Friends, Romans, and countrymen. Lend me your ears! I only need them for a moment, just long enough to look at your ear lobes. No, it does not

matter if they are pierced or not. We just want to see how they connect to your head.

For some people, the ear lobes are connected directly to the side of their head, all the way to the bottom of the lobe. We will refer to those as attached ear lobes. I have attached ear lobes.

For other people, the ear lobe hangs down beyond the point of attachment. We will refer to those as free ear lobes.

OK, so why do some people have attached lobes and others have free lobes? That is where the science of genetics comes in, because ear lobe attachment is an inherited trait. That's right. You got your ear lobes from your parents.

Inside most of the cells in your body (not red blood cells) there is a complete set of instructions for your body and how it develops. These instructions are chemicals that fit together into very long molecules called DNA. In a human cell, the DNA forms 46 strands, called chromosomes, which fit together to form 23 pairs. Each pair of chromosomes fits together, sort of like the teeth in a zipper. Arranged along the chromosomes are sequences of chemicals that form genes. Each gene is a part of the chromosome that some of the instructions for making you. Genes control the color of your hair, how tall you will be, the color of your eyes, the color of your skin, and many, many other characteristics, called traits.

Now, it gets even better. Some genes control more than one trait, and some traits are controlled by several genes working together. Some genes turn other genes on or off. Some genes don't do anything that we can detect so far. That does not mean that they are useless, just that we don't yet know what they do.

The connection of ear lobes seems to be controlled by a single gene. I say "seems to be" because there is still a tremendous amount that we don't know about genes. For example, many books list tongue rolling (the ability to roll up the sides of your tongue to form a tube) as a single gene trait, but recent studies suggest that it is not.

So that must mean that you can look at your ears and tell whether you got the gene for your ear lobes from your father or your mother, right? No. Actually, you got an ear lobe gene from each of them. Remember that I said your chromosomes form pairs that are zipped together. One strand of each chromosome pair is from your father, and the other strand is from your mother. So, what happens if your father has attached ear lobes and your mother has free ear lobes? Do you wind up with ears that don't match, one attached and one free?

No. Some genes are dominant, and others are recessive. Dominant genes take priority. In the case of ear lobes, free lobes are dominant and attached lobes are recessive. Since you got one gene from each parent, and there are two options for each gene; there are four possible combinations.

1. If you got a dominant, free lobe gene (we will label that E) from your father and a dominant, free lobe gene from your mother (E), then you have (EE), two dominant, free lobe genes, so your ears will have free lobes.
2. If you got a recessive, attached lobe gene from your father (we will label that with a lower case e) and a dominant, free lobe gene from your mother (E), then you have (Ee), one dominant, free lobe gene and one recessive, attached lobe gene. The dominant gene takes priority, so your ears will have free lobes.
3. If you got a dominant, free lobe gene from your father (E) and a recessive, attached lobe gene from your mother (e), then you have (eE), one dominant, free lobe gene and one recessive, attached lobe gene. The dominant gene takes priority, so, again, your ears will have free lobes.
4. If you got a recessive, attached lobe gene from your father (e) and a recessive, attached lobe gene from your mother (e), then you have (ee), two recessive, attached lobe genes, so your ears will have attached lobes.

Now, if you are reading this and realizing that you have attached lobes and both of your parents have free lobes, don't start worrying that you are adopted. Remember that each of your parents also has a pair of

genes that control ear lobe attachment, and that you only get one from each parent. If your father has (Ee), then you have a 50/50 chance of getting either an E (dominant, free lobe) or an e (recessive, attached lobe) gene. The same is true for your mother, so if both are (Ee), they would both have free lobes, but there is a one in four chance that you could wind up with (ee), getting the recessive attached lobe gene from both parents.

When you add in more variables, it gets more difficult to predict the outcome. For example, hair color depends on the interaction of several genes that control different amounts of different pigments, and it is also genetically connected to skin tone and eye color. That is why it is much easier to deal with traits that are controlled by a single gene, such as ear lobe attachment.

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Punctuate with Pasta

I had the opportunity to visit a school in Williston and found this neat activity that the younger students were using while learning where to put quotation marks. The students glued macaroni at the beginning of the quotation and also at the end of the quotation. Each student had different worksheets. Type up several sentences requiring quotation marks in a large font. Introduce the concept on overhead, or document camera then give each student enough elbow macaroni to do the quotation marks and commas necessary to make the sentences correct. They can work in pairs to complete the activity. This can also be used to introduce commas. Here are some websites on using pasta to punctuate: <http://www.beaconlearningcenter.com/Lessons/11113.htm>

Pasta pieces shaped like various punctuation marks, for example:

- Florentine for question marks
- Elbow macaroni for commas
- Orzo for quotation marks
- Spaghetti for exclamation points
- Small round pasta shapes for periods
- A reading passage from your child's favorite book

http://www.education.com/activity/article/Punctuate_with_Pasta/

OVAE News

ED Supports More Spending on Correctional Education

OVAE Assistant Secretary Brenda Dann-Messier announced March 30 that ED is asking Congress to remove a cap on states' spending of funds under the *Adult Education and Family Literacy Act (AEFLA)* for corrections education and education for other institutionalized persons. Addressing the Correctional Education Association in Annapolis, Md., Dann-Messier said that current law limits *AEFLA* expenditures for correctional education to no more than 10 percent of each state's *AEFLA* instructional allotment. ED's recommendation, if implemented, would ensure that states spend no less than 10 percent of their *AEFLA* instructional allotments for corrections education. Seven states currently are not using *AEFLA* funds for corrections education while just three are spending the full 10 percent for these programs. Average state spending for these populations is 6 percent of *AEFLA* instructional funds.

ESL

The Center for Applied Linguistics (CAL) has launched an enhanced website for adult ESL assessments, BEST Plus and BEST Literacy. This site now provides comprehensive information about the assessments and has other resources for English Language Learners.

<http://www.cal.org/aea/>

Reflective Writing A Way to Lifelong Teacher Learning

This pdf has a variety of themes and comments. This is an excellent read!

<http://www.cal.org/resources/pubs/reflective-writing.pdf>

Reading

Read/Write

The National Institute for Literacy has archived the discussion list for the Read/Write discussions at:

<http://www.nifl.gov/pipermail/readwrite/2010/date.html>

This site has great discussions and ideas to use in the classroom.

Reading for Adults

Reading Skills for Today's Adults can be found at:

http://resources.marshalladulthoodeducation.org/reading_skills_home.htm

Story Jumper

<http://www.storyjumper.com/>

Here is a place to create and discover stories for kids. This is for teachers, parents, and authors.

Digital Storytelling

<http://teachingteachers.com/>

The ancient tradition of storytelling meets the digital age. You can download "Tell a Story, Become a Lifelong Learner" in pdf. This pdf has a wealth of information and digital storytelling projects.

http://www.microsoft.com/education/teachers/guides/digital_storytelling.aspx

Storytelling

http://teachingteachers.com/?page_id=61

What is a Story? In the quest to grab the attention of a digital generation and prepare them to be entrepreneurs and social activists we need a new set of tools. The stand and deliver, memorization, trivial pursuit, drill and kill, test driven, standards based approach to education will not lead to the creative generation that our future depends on. Time to think different, break the mold, think out of the box.

Lesson Plans

Microsoft also has an educational section where teachers and students can download ideas and lesson plans in Math, Science, History/Social Studies, Language Arts, and more.

An example of a math lesson plan: *Candy is Dandy*.

The plan gives the teacher goals, objectives, procedures, main activities, conclusion, and extended activities. There is a student lesson which can be downloaded in Word.

Many lesson plans and ideas can be found at this website:

<http://www.microsoft.com/education/lessonplans.msp>

No Bully Zone

<http://printables.scholastic.com/printables/detail/?id=29855>

Cyberbullying

<http://www.komando.com/tips/index.aspx?id=8670>

Parenting Conference

Contributed by Rosie Carle
Williston ALC

North Dakota Parent Information Resource
Center <http://www.ndstatepirc.org/>

Annual NDDPI and Pathfinder Parent Involvement Conference May 6, 7 & 8 - Minot

MINOT, N.D. – The North Dakota Department of Public Instruction and the Pathfinder Parent Center are partnering to put on our annual Parent Involvement Conference. The conference will take place at the Minot, Grand International Inn on May 6th, 7th & 8th of 2010.

Full Brochure (PDF)

<http://ndstatepirc.org/pathconf2010.html>

Keynote Speakers

Dan Habib - Dan is the director and producer of a life-changing documentary film called *Including Samuel*. This film has re-awakened the national conversation about the importance of inclusion. To view a trailer of the film go to: <http://www.includingsamuel.com/media>

Dave Anderson - Dave is an American Indian and the founder of Famous Dave's Barbeque Sauce and the chain of restaurants and items

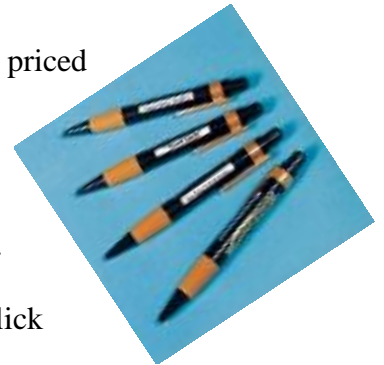
associated with this product. Dave has made light of his diagnosis of ADHD by learning to vision instead of day-dream and multi-task instead of losing focus. He has been acknowledged nationally for his work with Native American youth. Check out his website at <http://www.lifeskillsforsuccess.com>

Email the [Pathfinder Parent Center](#) with your name, address and phone number if you want to be included in future mailings for the conference. Or register now by calling 1.800.245.5840 or 701.837.7500, OR by completing our [registration form](#) and sending it to us with your registration fee.

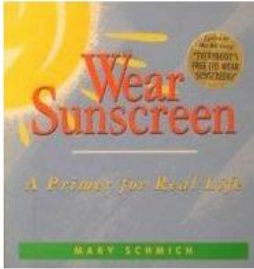
Graduation

Graduation Pens

Looking for a reasonably priced graduation gifts for your students? Graduation Message Pens from Oriental Trading Company are a great gift. These pens have a new message each time you click the pen. It also says "Congratulations Graduate" on the pen.



Find these at: <http://www.orientaltrading.com/> and type in graduation pens in the search box.



Graduation Books

Some great advice is given in the book “Wear Sunscreen”.

Article on the Internet:

<http://www.chicagotribune.com/news/columnists/chi-schmich-sunscreen-column,0,4054576.column>



The last part of this workshop was to have the girls sit in a circle and watch as different girls would fight off their offender. Some of the girls could fight very well and had a powerful kick!

He also gave the girls statistics and valuable information to think about. His first session was from 8:30-11:30 a.m. It only seemed like a few minutes. Mr. Iacavazzi held the attention of the girls the entire time.



He keeps a week every month for Montana, but he told me he would like to add ND in for that week also. Local businesses donated money to pay for his day. Area schools could partner up to have him come in for a day session.

He has sessions for younger girls also from about 5th grade and up.

He definitely is a first rate instructor.

For more information his website is:
<http://www.rockymountainrapeescape.com/modules/content/index.php?id=1>

Rocky Mountain Rape Escape
515 Michael Grove #53
Bozeman, MT 59718
(406)-599-5786

Rape Escape Workshop

Laurel Kaae



I was honored to be invited to observe and participate in the Rape Escape

program by the presenter when he was at the Sidney High School in Sidney, MT in April. This is a program that all schools should work on getting for their female students.

Peter Iacavazzi and his partner walked the girls through rape escape by demonstrating a step and then having the girls practice that step. Then the next step was introduced and the girls would practice that step. Each step was



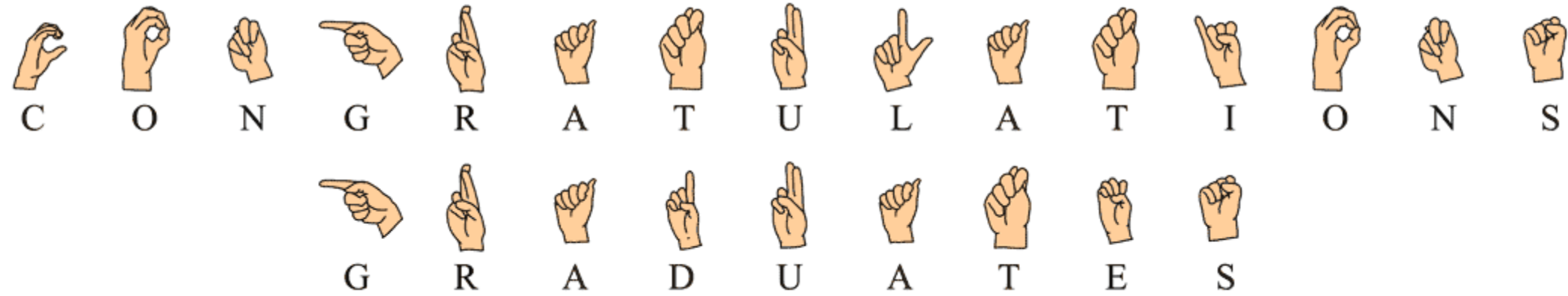
introduced and then practiced.



Professional Development

Summer Workshops
Continuing Education and Professional Development for teachers classes through UND can be found at:

<http://educators.und.edu/>



Create your own card at: <http://www.soundkeepers.com/sign/>

More in the next newsletter.

Enjoy!!