



# Dairy Dispatch

*You Can Never Have Enough Cheese in Your News*

## Tea Types

All tea comes from the same plant: the evergreen tea bush. The differences among teas result from the way they are processed.



- **Green Tea:** Oxidation is a chemical reaction that takes place when tea leaves are picked and begin to wither and die. Green tea is not oxidized, but rather dried and dehydrated for storage. This process retains many of the components associated with its health benefits.
- **Black Tea:** Unlike green tea, black tea is allowed to oxidize, which ripens the tea, creating a rich flavor.
- **Oolong Tea:** Oolong falls between green tea and black tea in the amount of time the tea leaves are allowed to oxidize.
- **White Tea:** White tea is picked before the leaf buds open completely. The delicate buds are air-dried to produce rare and expensive teas.
- **Flavored Tea:** Flavored tea is usually black tea soaked in natural or artificial flavors. A popular example is Earl Grey tea.

Source:  
[www.imperialteagarden.com/teas.html](http://www.imperialteagarden.com/teas.html)

## News to Savor...

### Excelsior Releases Training Video Series with Marzano

Helping educators and administrators learn how to implement standards-based instruction, the Marzano Research Laboratory and Excelsior Software have released a video series hosted by Dr. Robert Marzano, internationally recognized educator, scholar, author, and expert in the field of standards-based grading and assessment. The series includes five coaching sessions that explore classroom-centered assessment to advance the learning growth of all students, and to aid educators in navigating the path to assessment literacy. In each session, Dr. Marzano guides educators through all steps of the implementation process: providing a framework for understanding; choosing and using formative assessments; integrating standards-based instructional practices that effectively improve student achievement; and applying these principles through the *Pinnacle Suite* from Excelsior Software. For more information, visit [www.excelsiorsoftware.com](http://www.excelsiorsoftware.com).

### Funds For Learning Releases E-rate Utilization Report

The E-rate program provides \$2.25 billion annually to help schools and libraries obtain technology funding, but it appears that a significant portion of those funds is not being spent. This is one of the findings in a report released by Funds For Learning, the nation's leading E-rate funding compliance services firm, that explores the issue of E-rate utilization. The analysis reveals that E-rate stakeholders leave more than 25 percent of committed funds unutilized each year. Several factors contribute to the under-utilization of E-rate funding, including the length of the application review, price reductions by service providers, an overestimation of need by the applicant, and a lack of understanding of E-rate program rules and deadlines. To download the full report, visit [www.fundsforlearning.com](http://www.fundsforlearning.com).

### Hotmath Resources Available through netTrekker d.i.

Subscribers to netTrekker d.i. now have free access to math homework help resources, thanks to a partnership between Hotmath, Inc. and Thinkronize. Proven to increase math scores, *Hotmath* provides students in grades 6-12 step-by-step solutions to odd-numbered homework problems in most math textbooks. *Hotmath* offers other resources to help students complete their math homework, including tutorial videos, live online tutoring, reference materials, and learning activities. Access to *Hotmath* is available to all netTrekker d.i. subscribers before, during and after school, between the hours of 5 a.m. and 5 p.m. on weekdays. Schools or districts that want to provide extended 24/7 access to *Hotmath* or add online tutoring can purchase an upgrade option through their netTrekker d.i. sales rep. Parents may also purchase individual upgrades for their child. For more information, visit [www.hotmath.com](http://www.hotmath.com).

## What's Brewing...

### Bridget Foster Elected to SIIA Education Division Board

The Software & Information Industry Association (SIIA) elected Bridget Foster to serve a two-year term on its Education Division Board of Directors. Also named Co-chair, Foster will be serving her third term. She and fellow board members will provide the education technology industry with leadership, advocacy and critical market information in the crucial months and years ahead. In addition, the board will come together to represent more than 150 SIIA Education Division member firms that provide software, digital content and other technologies for educational needs. For more information, visit [www.sii.net](http://www.sii.net) or [www.keypress.com](http://www.keypress.com).

### Trillion Partners Offers E-Rate Tips; 12 Pitfalls to Avoid

When thousands, even millions, of dollars in funding are at stake for a district, carefully following the E-Rate process is critical. As the nation's largest provider of eligible Priority 1 E-Rate WAN and VoIP services, Trillion is sharing its E-Rate experience and expertise to help districts avoid some of the top mistakes that can prevent schools from receiving funding. A new whitepaper, "How to Avoid the Top 12 Pitfalls of Applying for E-Rate," is available for free at [www.trillion.net](http://www.trillion.net). One of the biggest mistakes district personnel make during the E-Rate application process is not tying the Form 470 request to the district's current technology plan. Visit Trillion's Web site for more information.

### PBS Teachers Live! Webinar Series Announced

PBS Teachers is introducing a free monthly webinar series for preK-12 educators featuring leading education experts, authors and PBS producers who will discuss timely and relevant curriculum-related topics, and demonstrate ways to integrate digital media in the classroom. The inaugural PBS Teachers Live! webinar is on "Changing Views of History, Changing Views of Race" with speaker Dr. Henry Louis Gates, Jr., of Harvard University, on Jan. 28. Gates will discuss how Americans' understanding of and attitudes toward Lincoln, African American history, and culture continue to evolve, and ways to approach these topics with students. PBS Teachers is working with Classroom 2.0 to host the webinars. For more information, visit [www.pbsteachers.org](http://www.pbsteachers.org).

### ePals and Privacy Networks Partner for E-mail Archiving

Public records requests and litigation threats regarding e-mail use consume valuable time and resources that districts could spend on educational advancement. Privacy Networks, the unified messaging archive company, has partnered with ePals to provide an easy-to-use, affordable and legally compliant archive solution to address this problem. Privacy Networks' PrivacyVault e-mail archive is fully compatible with *ePals SchoolMail*, providing schools with an auditable archive of all inbound, outbound and internal communication content. "We have built an open solution that allows any district to couple its free *ePals SchoolMail* service with e-mail archiving providers," said Victoria McEachern, Director of Sales for ePals. For more information, visit [www.epals.com](http://www.epals.com).

## Herbal Remedy

Not only is tea a fairly inexpensive beverage, research studies are documenting a growing number of health benefits linked to drinking it. Tea seems to be nothing but savory goodness for the body! Below are a number of conditions drinking tea can prevent or improve, according to medical research.

- **Arthritis:** Older women who drink tea are 60 percent less likely to develop rheumatoid arthritis than those who don't drink it.
- **Bone Density:** People who drank tea on a regular basis for 10 or more years had higher bone mineral density in their spines than those who hadn't.
- **Cancer:** Both green and black teas have been said to inhibit cancer. Green tea was found to protect against bladder, stomach and esophageal cancers.
- **Flu:** Black tea helps increase immunity to the flu virus.
- **Heart Disease:** Drinking more than two cups of tea a day decreases heart attack risk.
- **High Blood Pressure:** Drinking a half-cup of green or oolong tea per day reduces high blood pressure risk by almost 50 percent.



Source:

[www.farsinet.com/hottea/medicalbenefits.html](http://www.farsinet.com/hottea/medicalbenefits.html)

## In the Bag

Need to warm up this winter? Try this *tealicious* recipe that's sure to have you toasting the new year with warmth!



### Ingredients

- 4 tea bags
- ½ tsp lemon zest
- ½ cup sugar
- 2 Tbsp. lemon juice
- 1 tsp. almond extract
- ¼ tsp. vanilla extract
- 4 cups water

### Preparation:

Steep the tea and lemon zest together in boiling water for four minutes. Stir in the sugar, lemon juice, almond and vanilla flavorings. Serve hot.

Source:

[coffeetea.about.com/od/hottea/Hot\\_Tea\\_Recipes.htm](http://coffeetea.about.com/od/hottea/Hot_Tea_Recipes.htm)

## Mark Your Calendar

### FETC 2009

January 21-24 • Orlando, FL  
Media Central: January 23  
8:00 a.m. – 5:00 p.m.  
PBS Teachers, PBS TeacherLine,  
Excelsior Software, STI, Hotmath,  
Lightspeed Systems, ePals

### TCEA 2009

February 2-6 • Austin, TX

### CoSN 2009

March 10-12 • Austin, TX

### NECC 2009

June 28-July 1 • Washington, DC

## Piping Hot...

### Califone Highlights Schools Using Audiovisual Tech

Califone International, Inc., has recently launched a special blog ([www.califone.com/blog](http://www.califone.com/blog)), designed to highlight schools, districts and educators nationwide who are making a big difference in the classroom through the use of audiovisual and multimedia technology. “We hope that by sharing these stories of innovative educators and administrators, we can inspire new teachers to integrate technology across the curriculum – engaging students to participate in the learning process,” said Tim Ridgway, VP of Marketing for Califone. A recent blog post discussed how Dysart Unified School District in Phoenix, Ariz., uses array speakers in the classroom to allow all students, including those with hearing difficulties, to listen and learn. The Califone Media Blog also will feature the latest product and company information. For more information, visit the [www.califone.com/blog](http://www.califone.com/blog).

### STI Helps Districts With School Improvement Through Data Analysis

To augment STI *InformationNOW*, a Web-based student information system, STI offers EDU by Q3 Solutions to provide customers with a data warehousing and mining solution that enables administrators to spot trends, predict outcomes, and conduct more accurate and timely data analysis. Schools can quickly answer critical questions such as “How did ninth graders perform on the high-stakes tests this year compared to last year?” and “Which teachers are producing the highest level of student improvement?” Based on the findings, schools can deploy strategies to address areas for improvement, or to reinforce successful initiatives. Davis Brock, Elmore County Schools’ director of technology, said the district is able to integrate its data for more effective data-driven decision-making and achieve continuous improvement through EDU and STI’s student information and assessment systems. Visit [www.sti-k12.com](http://www.sti-k12.com) to learn more.

### Schools Face New Internet Safety Regulations

The Broadband Data Improvement Act, which passed in the fall of 2008, includes amendments to the Children’s Internet Protection Act (CIPA) that require teachers to educate students about appropriate online behavior and cyberbullying as part of their Internet safety policies. This year, schools are re-examining their policies and procedures for monitoring students’ online activities, safeguarding students from online dangers, and providing Internet safety instruction. To help schools consolidate and save on network security software, and ensure student safety, Lightspeed Systems offers *Total Traffic Control*, which provides a full range of security features in a single application and enables schools to enforce acceptable use policies, comply with federal regulations, and minimize legal liabilities. With Lightspeed’s software and training, schools can provide 21st century education while maintaining a reliable and safe network. Visit [www.lightspeedsystems.com](http://www.lightspeedsystems.com).



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[www.cblohm.com/cba\\_news.xml](http://www.cblohm.com/cba_news.xml).

## Snippets to Soak Up...

### **PBS TeacherLine® Offers New Mentoring Tips Online**

New professional development resources from PBS TeacherLine and its content partners are available online to educators, mentors and teacher leaders to improve instructional practices and student learning. The free resources were developed in collaboration with Just ASK Publications & Professional Development and the New Teacher Center at University of California Santa Cruz, and cover teaching and mentoring topics such as “Tips for Conducting Effective Teacher Mentoring” and “Top Ten Questions to Ask Myself as I Design Lessons.” Effective mentoring can accelerate the development of new teachers’ instructional practice. To download the free resources and tip cards, go to [www.pbs.org/teachers/resourceroundups/](http://www.pbs.org/teachers/resourceroundups/).

### **Aventa Provides Courses for New e-Learning Initiative**

Aventa Learning is providing more than 50 online courses in a wide range of subject areas for students across New Mexico in grades 6-12 through the state’s new e-learning initiative. The Innovative Digital Education and Learning (IDEAL) program is a statewide joint effort of the New Mexico Higher Education and Public Education Departments to offer online courses to public educational institutions and government agencies, and provide students with access to a broad range of learning opportunities. IDEAL-NM selected Aventa last fall following a successful pilot program. State leaders developed IDEAL-NM to close achievement gaps, support college and career goals, and prepare students for global competition. For more information, visit [www.aventallearning.com](http://www.aventallearning.com).

### **Siemens, Discovery Education Provide Free Science Tools**

The Siemens Foundation and Discovery Education recently launched a new Web site continuing the organizations’ mission to empower and engage teachers and students in science education. Hosting a wide variety of free, high-quality science tools and resources, *Siemens Science Day* provides the standards-based videos, tools and hands-on activities for earth, life and physical science that educators need for 4th - 6th grade students. “Educators are often challenged to find new ways within existing curricula to interest students in science education,” said Dale Fulton, Discovery Education’s Senior Vice President of Curriculum Development. “*Siemens Science Day* provides many new and creative ways to present lessons on a variety of science topics, all tied to national science standards.” For more information, visit [www.discoveryeducation.com](http://www.discoveryeducation.com).

### **Tulsa Public Schools Give Students Hands-On Learning**

Tulsa Public Schools recently acquired *Nova5000* devices from Fourier Systems to be used in McLain High School of Science & Technology’s five strands that comprise its Scientific Exploration & Technology Utilization Magnet Program. For the 2008-2009 school year, McLain High School students have access to 10 carts of *Nova5000s*, and by 2010 Tulsa Public Schools plans to house enough *Nova5000s* to serve all students at McLain High School. “The technology we are receiving for our students is innovative and very exciting. As we integrate it into our classroom activities, and become more proficient with the equipment, both students and teachers will have wonderful learning experiences,” said Sylvetta Striplin, Science Teacher and Department Chair. Visit [www.fourier-sys.com](http://www.fourier-sys.com) for more information.

## Tea Quotables

“Strange how a teapot can represent at the same time the comforts of solitude and the pleasures of company.”  
–Unknown

“There is a great deal of poetry and fine sentiment in a chest of tea.”  
–Ralph Waldo Emerson

“There is no trouble so great or grave that cannot be much diminished by a nice cup of tea.”  
–Bernard-Paul Heroux

“If you are cold, tea will warm you. If you are too heated, it will cool you. If you are depressed, it will cheer you. If you are excited, it will calm you.”  
–William Gladstone

“The mere chink of cups and saucers tunes the mind to happy repose.”  
–George Gissing

“All true tea lovers not only like their tea strong, but like it a little stronger with each year that passes.”  
–George Orwell

“Remember the tea kettle – it is always up to its neck in hot water, yet it still sings!”  
–Unknown

Source:

[www.quotearden.com/tea.html](http://www.quotearden.com/tea.html)

## How to Reach Us

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