

# Tidbits

NDSD Resource Center

February 15, 2021 Volume 3-Issue 7



February

## Connie's Celebrations

When I see the word February, I see red and hearts. We started with 'Wear Red Day' in support of the National Heart Association. Here at NDSD the majority of staff and students wore red. It is a good time to take a look at our own heart health. Are we eating healthy? Are we getting the exercise or movement that we need? Are we finding ways to reduce stress? It also leads to classroom lessons for students on this important organ in our bodies. Personally I have increased my movement around campus which has allowed me to increase communication with staff and students while decreasing stress. Now I will work on the reduction of sugar and chocolate in my diet.

Eating healthy is difficult with Valentine's Day. In the past, the students have made creative valentine boxes at the dorm and their homes and brought them to school for students and staff to deposit cards and treats. This year we placed decorated bags outside each classroom. There were red paper hearts that represented love, sharing, caring and being a good friend.

Students continue to be on campus but with minimal interactions out in the community. This has kept our students and staff safe and seems to have made us a little closer. We are a small community and rely on each other for physical and emotional support.

February 11<sup>th</sup> was Giving Hearts Day in North Dakota. There are over 400 charities that could use your support. My heart goes out to those families and children across North Dakota that have serious needs. The NDSD Outreach programs provide services to individuals and their families who are deaf and hard hearing. They also connect these individuals with other agencies that can provide additional services. February is a good time to reflect on our giving hearts, time and resources for those less fortunate.

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♥ Happy Valentines Day ♥

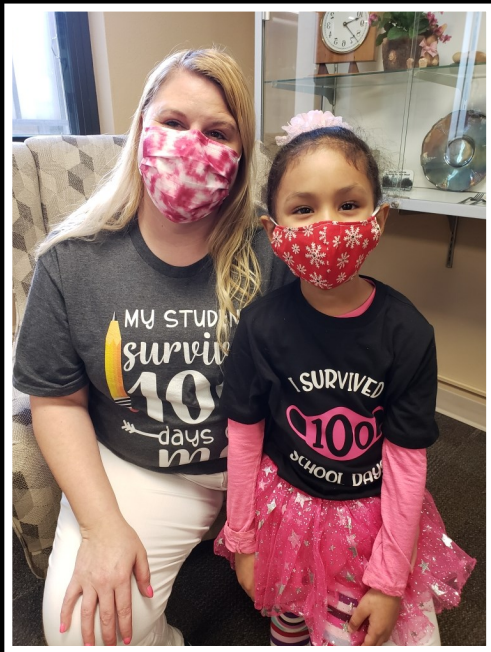


NORTH DAKOTA DEPARTMENT OF  
PUBLIC INSTRUCTION

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We are on the web:  
[www.nd.gov/ndsd](http://www.nd.gov/ndsd)  
Email: [ndsd.school@k12.nd.us](mailto:ndsd.school@k12.nd.us)

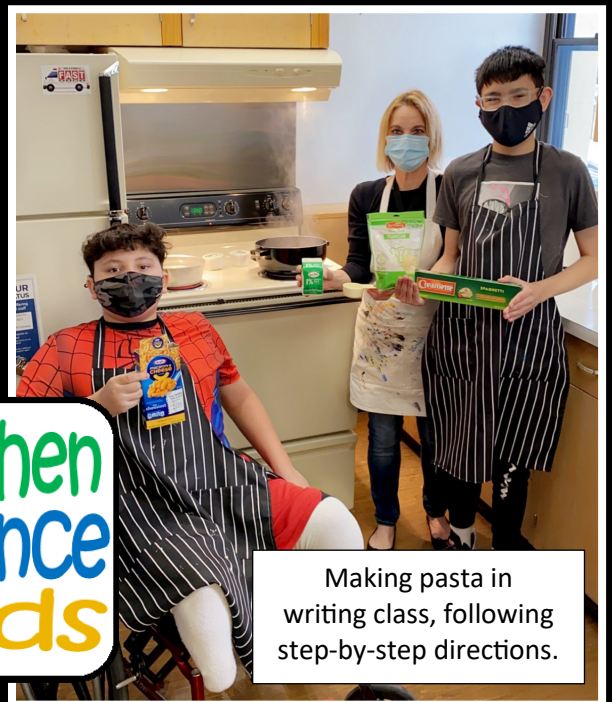


100 Days Smarter

WE PROUDLY WEAR  
red heart  
for red heart



100th Day of School



Kitchen science Kids

Making pasta in writing class, following step-by-step directions.

# Dorm Life

## Super Bowl LV Fun!



Jordan was our blackout winner using Super Bowl signs and pictures.



Staying off electronics comes with a price for this poor VCR tape being dissected by Keron and Shane.



Using a distance measuring wheel we learned a VCR tape stretches 757 feet.

Only monkey business going on here.



Something's fishy here, Mom. Why won't my candles blow out?



We haven't gone "batty" this year!



Experimenting with an air fryer and Bisquick mix, Jeremy and Drayton make donuts.



## National Anthem in ASL for Deaf Viewers

Submitted by Lilia Bakken, Communications

Did you see Warren 'WaWa' Snipe's beautiful ASL performance of the **National Anthem** before the start of the 2021 Super Bowl game? Wawa, a deaf rapper and actor, received many accolades for his emotional rendition. If you missed seeing it live, watch it on YouTube—his performance went viral!

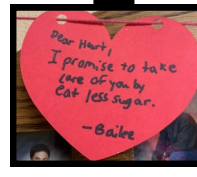
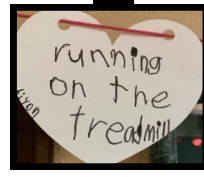
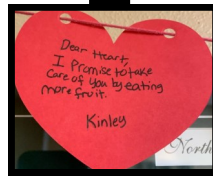


However, did you know that **Phyllis Frelich (NDS Class of '62)** also had the honor of performing the **National Anthem at a Super Bowl game**? Phyllis was invited to sign the song, as singing star, **Jewel**, sang the Anthem at the start of the 1998 Super Bowl. Unfortunately, Phyllis' performance is not available on YouTube.

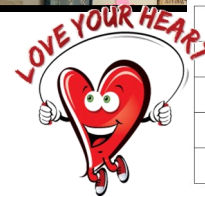
Phyllis & Jewel

NDSD/RCDHH Health & Wellness Team celebrated Heart Health Month with various activities.

## Dear Heart, I promise to take care of you by...



We made it,  
**100 hearts** for  
Heart Health Month.  
Just in time for **100th**  
day of school.



Stress-Relief				
B	I	N	G	O

### Tech Tips



Here's a few tips and tricks that could help make your time on the computer more practical and save you some time. Check them out and maybe you'll find one or two really useful.

#### Computer Tips & Tricks

**Emoji keyboard:** If you're addicted to using emoji, know desktop OS support them natively just like mobiles do.

On **Windows** press the Windows Key + . (period) and on **macOS** Cmd + Control + Spacebar. An Emoji panel will appear so you can carry on as usual using all the expressions you want.

**Close the current window/tab:** Sick of moving all the way to that X button? Press Ctrl + W and the current window will close.

**YouTube keyboard shortcuts:** If you thought using the spacebar to pause a YouTube video was effective (except when focus is elsewhere and it doesn't work), instead try using K for pausing, while J and L will step backward/forward 10 seconds. M works for mute. Super handy.

#### Web Browsing Tips & Tricks

**Bring back a closed tab:** Accidentally closed a tab? Simply press Ctrl + Shift + T to reopen the most recently closed tab and get back to what you were doing (Cmd + Shift + T on Macs).

**Jump to address bar:** There are a number of ways to jump right to the address bar from anywhere in browser. Pressing Ctrl + L, F6, and Alt + D all accomplish this goal.

**Scroll through pages with the spacebar:** Tapping the spacebar on a website will scroll down in full page chunks and hitting *shift + space* will take you back up.

**Copy links quicker:** Right click the link like usual but tap E on your keyboard to copy the link.

**Zoom In, Reset Zoom:** Use the browser magnifier to adjust a website for more comfortable reading. Ctrl/Cmd + (plus/minus sign) does the trick. To reset to the default zoom level use Ctrl + 0.

So, did you learn something that you didn't know before?

## Information, Education and Support for Individuals with Hearing Loss

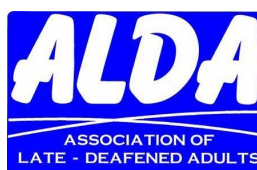
There are many resources available to those who experience hearing loss.

Hearing loss can impact an individual in many ways, and knowing what resources are available can minimize the negative effects. Three organizations that can provide information, education and be a support system;

**The Hearing Loss Association of America (HLAA)** is the nation's leading organization representing consumers with hearing loss. <https://www.hearingloss.org/>

**Association of Late Deafened Adults (ALDA)** is an all-volunteer support network organization run by volunteers. <https://alda.org/>

**Say What Club** is an international peer to peer support group run by volunteers. <https://www.saywhatclub.org/>



Whether you are just beginning to lose your hearing or have struggled with hearing loss for years, these web sites can provide an array of information. You will find basic information on hearing loss, as well as state and federal programs that specialize in hearing loss services.

Each of these organizations also hosts a convention. At these conventions you may attend educational workshops, explore exhibitor booths, and have unique networking opportunities. Hearing loss can be isolating, so having others to reach out to can have a positive impact.

Not sure what technology device will work best for you?  
Contact Adult Outreach Services for more information.



**Contact Adult Hearing Outreach Services**

**(701)665-4401 or 1(800)887-2980**

**Pam Smith, Kathy Frelich, Kristen Vetter & Dawn Sauvageau**



## Parent-Infant Program/ School Age Outreach Specialists (Statewide Services)

### Valentine's Contest



Thank you to all the kids and families who participated.

Here's how participating develops these and other skills:

**Increase communication.** When making something with their hands, children may need to ask for help, may need to request a certain tool or piece of material, or they may simply want to express that they're having a hard time squeezing the glue out of the bottle. Additionally, because they create something visual and tangible, they can talk about it. When children bring their projects home, this provides the perfect segue to talk about what they made. A word of caution – just try to restrain yourselves from initially asking, "What is it?" Start with a few comments and see if your child will contribute some additional information on his own (e.g. Wow, that's really nice. I like the colors. I see blue, yellow...etc). Too often adults ask too many questions, which decrease the child's desire to engage in dialogue or conversation.

**Introduce child to language concepts like prepositions, comparatives, opposites and gives opportunities to target following directions.** Arts and crafts provide the perfect opportunity to naturally introduce children to prepositions (put some glue on the black line), comparatives (make the circle bigger than the square), opposites (the paper is smooth, but the sandpaper is rough). Children learn more when engaged. They need to experience something in order to fully understand and encode it.

**Improve Pragmatics and Social Interaction.** Making arts and crafts creates a natural context in which to take turns, to ask for help, to compliment another's work, to tell stories, and to share about past or future experiences.

**Improve attention and concentration.** This is because when you're doing an arts and crafts activity you have to use some hand-eye coordination which requires focus. Also, creating something takes time. It's not going to magically appear in seconds (unlike some tablet technology). This helps to teach children to delay immediate gratification. Children learn patience and realize that they need to complete steps to finish a quality project.

*Credits to: Kimberly Scanlon, Speech Therapy*

# Banner Flashback, 1918

Submitted by Lilia Bakken, Communications



## THE FLU

By Edna Davis

When the last "flu" victim is better  
And the ban is lifted at last,  
We'll go wild, simply wild, in our rapture  
That the "flu" days are over and past.

We'll all go for a trip to the movies  
And feast on some pictures again,  
Where Frances can see Mary Pickford  
And George watch our brave soldier men.

For Cecil 'twill be Charlie Chaplin,  
And Marion will want Dorothy Gish;  
While Loren will hunt Dustin Farnum,  
And the others whoever they wish.

We'll all want a trip to the barber,  
And some will surely need shoes;  
And the stores—oh, won't it be rapture  
For us to go there and choose?

But till then we'll have to be patient.  
We can go for a walk in the park  
And look at the pictures on billboards  
And think of that as a lark.

We're glad that we haven't got it,  
I mean that terrible "flu,"  
But we won't regret it a minute  
When the "flu" has finally flew.

**Retraction:** last month in **Tidbits**, I submitted a story about Carl Anderson, cartoonist. I felt so proud of his accomplishment because I was under the impression (mistakenly) that he was a graduate of NDSD. However, after the story was posted, I was contacted by a retired archivist at Gallaudet University (and 1974 graduate of NDSD, Michael Olson) who informed me that the story was not correct. NDSD's Carl was also a skilled artist/cartoonist. However, sad to say, he was NOT "THE Carl Anderson" that created the "Henry" cartoon. My sincere apologies for the error.