

This is a 2008 RT listserv message. Remember, if you want to respond to an individual, do not use the "Reply" button. Instead, use the "Forward" button and cut-and-paste the individual's email address in the "To" field.

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2008 RT NEWS 31 – December 12, 2008
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1. DEADLINES

- **Wednesday, December 31:** WISE Assignment #5: Readings and Reflection; Spend Mini-Grant
- **Friday, January 2, 2009:** Final version of Lesson/Activity
- **Monday, January 26:** Mini-Grant Expenditure Report and Receipts

2. RT PROGRAM NEWS

a. Lesson/Activity Draft Reviews: DEADLINE DATE: Friday, January 2, 2009. By now, you should have received your original copies with our handwritten notes on them with a checklist and summary sheet of comments in the front. We know that it's a very busy time of the year with the holidays, so try to find some blocks of time to wrap up your activity! Email your follow-up questions or concerns to Mel as soon as you can.

b. Mini-Grant Awards: Please spend your award on the items you had requested by December 31st and submit the receipts no later than January 26th. Forms are available at:
http://www.the-aps.org/education/2008rts/mini_grants.shtml

c. EB Hotel Info: Have you found a fellow RT(s) to share a room in New Orleans? Have you made your hotel reservations yet? Most of our activities will take place at the APS Headquarters Hotel: the Hilton New Orleans Riverside (Two Poydras Street). Visit: <http://www.eb2009.org/HotelInformation.htm>. **You will be required** to participate in the APS Education Programs beginning **Saturday, April 18, mid-afternoon (an Orientation Session) through Tuesday, April 21 at 2:00 pm**, the conclusion of the Awards Luncheon with your Research Host. More details will come in due time. Keep in mind that you may come earlier or stay later, but whatever the costs you incur, the maximum reimbursement for travel and lodging remains at \$1000.

IMPORTANT: Please DO NOT register for the meeting! Our office takes care of this.

IMPORTANT: Please DO NOT make airline reservations yet...just WAIT. Thanks!

d. Quick links to the 2008 RT Webpages:

Homepage link: <http://www.the-aps.org/education/2008rts/index.shtml>

Assignments: <http://www.the-aps.org/education/2008rts/assignment.shtml>

3. RESOURCES

...On Research from the APS

- **Life Lines Podcast: Circadian Rhythms and Jet Lag; Exercise and Appetite:** <http://lifelines.tv/> Episode 16 features interviews with Clifford Saper of the Beth Israel Deaconess Medical Center on circadian rhythm and how to cope with jet lag. David J. Stensel of the University of Loughborough explains his study on how exercise affects appetite suppression.

- **Exercise Suppresses Appetite By Affecting Appetite Hormones**

<http://www.the-aps.org/press/journal/08/41.htm>

A vigorous 60-minute workout on a treadmill affects the release of two key appetite hormones, ghrelin and peptide YY, while 90 minutes of weight lifting affects the level of only ghrelin, according to a new study from the American Journal of Physiology-Regulatory, Integrative and Comparative Physiology. The findings show that aerobic exercise is better at suppressing appetite than non-aerobic exercise and provides a possible explanation for how that happens. This line of research may eventually lead to more effective ways to use exercise to help control weight, according to the senior author, David J. Stensel of Loughborough University in the United Kingdom.

...On Technology

- **Speak Up 2008 Survey Open Through Dec. 19:** <http://www.netdayspeakup.org/Speakup2008/>

Over 60,000 students, parents and educators have shared their views through Speak Up 2008 since the survey opened in October. Find out how you can help Speak Up! achieve 1% response from total student enrollment from all 50 states at their web site.

- **New Study Shows Time Spent Online Important for Teen Development**

<http://www.macfound.org/site/c.lkLXJ8MQKrH/b.4773437/>

From the MacArthur Foundation: Results from the most extensive U.S. study on teens and their use of digital media show that America's youth are developing important social and technical skills online – often in ways adults do not understand or value.

- **Matrix Helps Students Weigh Internet Research** (*sound familiar?*)

<http://www.eschoolnews.com/news/top-news/index.cfm?i=56296>

From eSchool News: Two professors develop tool to aid students in assessing research and resources -- both online and off. Direct link to the published guideline: <http://www.nmc.org/files/nmc-resources-tables.pdf>

...On Resources for the Classroom

- **Classroom Tools & Tips from EduHound: The Scientific Method and Inquiry**

<http://www.eduhound.com/cttarchives/120408ctt.cfm>

...On Professional Development

- **National Science Digital Library Professional Development:** <http://nsdl.org/pd/>

The NSDL Resource Center announces a new service that offers a way to stay attuned to developing trends in K12 and undergraduate STEM education and technology use; explore intersections between research and education in the NSDL community; and learn about emerging best practices across multidisciplinary communities.

4. OPPORTUNITIES

- **NEW! ING Unsung Heroes, Awards of \$25,000 for Innovative Educators, Deadline: April 30**

<http://www.ing-usa.com/us/aboutING/CorporateCitizenship/Education/INGUnsungHeroes/index.htm>

Are you an educator with a class project that is short on funding but long on potential? Do you know a teacher looking for grant dollars? ING Unsung Heroes could help you turn great ideas into reality for students.

- **The Albert Einstein Distinguished Educator Fellowship, Deadline: Jan. 13**

<http://www.trianglecoalition.org/ein.htm>

The Albert Einstein Distinguished Educator Fellowship is a paid fellowship for K-12 math, science, and technology teachers. Einstein Fellows spend a school year in Washington, DC serving in a federal agency or on Capitol Hill. To be considered for an Einstein Fellowship for the 2009-2010 school year, apply and submit three letters of recommendation online by January 13, 2009.

- **Presidential Awards for Excellence in Mathematics and Science Teaching, Deadline: May 1**

<http://www.paemst.org/controllers/home.cfc?method=view>

The Presidential Award for Excellence in Mathematics and Science Teaching (PAEMST) is the highest recognition that a kindergarten through 12th-grade mathematics or science teacher may receive for outstanding teaching in the United States. This program authorizes the President to bestow up to 108 awards each year. The National Science Foundation administers PAEMST on behalf of The White House Office of Science and Technology Policy. The online application system is now open for 2009 applications, for secondary teachers (grades 7-12).

5. LISTSERV INFORMATION

- We hope you will use the 2008 RT listserv to share resources and ideas and to ask questions of your fellow RTs. Please take a minute to review the information about how this listserv works at the 2008 RT website: <http://www.the-aps.org/education/2008rts/listserv.shtml>. Also listed on this page are your fellow RTs' email addresses, as well as each of these APS RT News in pdf form.

As always, feel free to directly contact Mel (mlimson@the-aps.org) in the APS Education Office with questions, suggestions or concerns.