

April 2015

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ESU #1

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Tracey Anderson



## SCAM ALERT!

Phishing isn't about rocking out to your favorite jam band.

Phishing emails try to trick you into divulging your username and password. One way they do this is by sending you an email that says there's a problem with your account. But when you follow the link provided, it's a spoof site that looks like your real (Zimbra, banking, eBay, etc.) website, but it isn't. It's a fake to trick you into entering your credentials.

You've heard of the FISH! philosophy. Now there's the Phishing! philosophy.

**1. When in doubt, check it out!** — Don't be afraid to ask around. If it's about your ESU #1 email, it's probably not kosher unless it came from Jim Hopkins. Go ahead and ask us. Call your bank. Most places won't send legitimate emails like this. For example, after one of the eBay data breaches, they didn't send me an email, but as soon as I logged in to my account, it suggested I change my password for safety.

**2. If it might be a trick, don't click!** — One way to keep yourself safe is to not follow the links provided in such emails. Instead, go to what you know is the REAL site (that you've bookmarked, for example) and log in from there. If there is a real problem with your account, a reputable company will tell you after you log in.

**3. If you sense deceit, you must delete!** — Phishing emails depend on your fear. Lines like, "Log in now so you don't run out of storage" and "A problem has been detected with your account" are designed to scare you into inputting your passwords. Don't fall for it. Keep calm and use your Phishing philosophy to guide you through.

See you online. Be careful out there.

If you have any questions or concerns, please contact Scott at [smcintosh@esu1.org](mailto:smcintosh@esu1.org).



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# April Happenings

## Happy Birthday!!

Anderson Tracey	2nd
Bobbie Hightree-Comstock	3rd
Billie Sitzmann	3rd
Kayla Nejedly	3rd
Jessica Bertschinger	7th
Kim Lubberstedt	11th
Staci Greunke	13th
Vernae Luhr	13th
Ryan Stansberry	22nd
Alexa Sorensen	25th
Jim Hopkins	27th
David Hulac	28th

## \*Thank you\*

*Thank you for the gift of money. It will be donated to the Genoa Community Hospital as a donation for their wonderful care for our mother and for the flower bouquet.*

*Sara Jaixen and the Family of Pauline Connelly*

## ESU #1 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> APL 8:30-3:30 Health & Physical ED	<b>2</b> Perkins 8:30-11:30	<b>3</b> Agency Improvement Team Leader & SPED Coord 11-1:30	<b>4</b>
<b>6</b>	<b>7</b> Math Teachers of American Native Students 8:30-4	<b>8</b>	<b>9</b> LanMan Spring Mtg 9-3	<b>10</b> ESU 1 Data Retreat 10-2 SPED Coord 12:30-1:30	<b>11</b>
<b>13</b> PST 8-3	<b>14</b> APL 8:30-3:30	<b>15</b> APL 8:30-3:30 PRT 11-2 Lewis & Clark 4:30	<b>16</b> School Nurse Conf 9-3	<b>17</b>	<b>18</b>
<b>20</b>	<b>21</b>	<b>22</b> SPED Director Coord 9-12:30 Level 1 Bus - 6-10	<b>23</b>	<b>24</b>	<b>25</b> Level I Bus 8-3
<b>27</b>	<b>28</b>	<b>29</b> Safety Mtg 3:30 Level 2 Bus 6-9	<b>30</b> PEP Grant Healthy Schools 9-2		

# STAFF NOTES



If you haven't already, you might soon see an invite to the ESU #1 Employee group pop up in your Facebook notifications.

The ESU #1 Employee group is for sharing with each other: personal or professional news, humor, articles, delivery

requests. The stuff posted there is *only* visible to other members of the group — and being a member doesn't let any of us see your personal stuff unless we're already Facebook friends with you. Participation is totally voluntary.

Once you're a member, please invite your ESU #1 co-workers to join. The only way to join is by invite from some cool person who's already a member. We can only invite folks we're personally FB friends with — so we need your help spreading the news!

*ESU #1 will be closed Friday, April 3rd and Monday, April 6th, to observe the Easter Holiday.*



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**ATTENTION:**

School Calendars for the 2015-2016 school year will be posted to the ESU #1 website by the end of April.

# Spreading Knowledge of Nut Butters

Source: **The American Council on Exercise**  
© 2015 eMazine



Peanut butter is not the only nut spread option. Other nut butters are becoming popular.

Nuts and their butters provide heart-healthy monounsaturated fat. They are also a source of vitamin E, other vitamins and minerals, and fiber. Remember, though, that nut butters are still high in fat and calories, so be mindful of how much you consume. One serving (**2 level tablespoons**) has about 200 calories and 25% of your daily fat allowance.

When selecting nut butters, look for “all-natural” products that contain only the nut and maybe some salt. Avoid options with added sugar. You can also make butter by simply grinding nuts in a food processor.



## Cashew butter

- Pros: Highest in zinc, copper, and iron of all the nut butters
- Cons: Slightly less protein than other butters and does not contain omega-3s

## Almond butter

- Pros: Among the lowest of nut butters in calories, and one of the highest in protein, fiber, and calcium
- Con: More expensive than peanut butter

## Hazelnut butter

- Pros: One of the lowest in percentage of saturated fat and high in the powerful antioxidants proanthocyanidins (**PACs**)
- Con: Chocolate is often added to the spread, which increases the sugar content

For easy, great tasting recipes for homemade Peanut Butter, Almond Butter or Hazelnut Spread visit this link: <http://www.inspiredtaste.net/21318/how-to-make-peanut-butter-three-ways/>

