



Times Remembered

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It's been a long time since I've seen a blackboard. Many years ago the green ones came into play, and then the white ones, erasable markers. But when I went to school, we used blackboards.

The blackboard was the place I feared when the teacher called on me to put a math problem on the board or to diagram sentences. If you forgot and left your books on top of your desk and went to lunch you had to write sentences on the blackboard or take a whipping. I never had to do either one.

My hands were clammy and my knees were knocking as I marched to the blackboard to work my math problem, but somehow I managed to get the problem right most of the time. I was so nervous when it came to Math and Algebra. Math was my most difficult subject; I made straight A's in everything else, but Math, I usually got a B or an occasional C in Algebra.

Blackboards

The most beneficial math class I had in school was Business Math. It was everyday math problems that you encounter in everyday life. We learned to add rows of numbers up and down and back and across in our head. No calculators back then. I learned how to count money back to customers without the computer cash register doing it for you; and how to balance a check book and reconcile a bank statement. There would be fewer over drafts at the bank if people learned to perform these tasks in school nowadays. Financial classes are very important in the real world.

With using the blackboard came assignments to clean the blackboard, but I enjoyed it... though I admit cleaning the shelf where the erasers were laid was the hardest part, the chalk dust was messy and gunky. But I loved getting to go outside and clean the erasers. I never could stand messiness, and black boards were messy by the end of the day.

My teachers wanted clean boards. We used rags that we wrung out many times, and used clean water. Minimal cleaning was unacceptable. When the task was completed the boards had to be, as teachers would say, "good and clean."

Some teachers used blackboard and eraser cleaning as a form of punishment, and sometimes the chore was given

to a misbehaving student to perform the task after school. I never cleaned the board and erasers as punishment; if I remember correctly, we rotated cleaning weekly.

Cleaning of many sorts fell into practical lessons category, like sweeping the floors, especially if we had made a messy art project such as cutting paper designs or finger painting. We had to clean up after.

On a new morning at school, it was always a treat if we got to use a new piece of chalk, though a new stick was reserved for cursive writing. Imagine getting excited about chalk! But back then we were thrifty; we used every single piece till it was gone.

Sometimes one of the boys pretended they had made a mistake, and then they would deliberately drag their chalk across the board in a dramatic performance of despair, making the chalk squeak and cause some of the girls to squeal and hold their ears. (I think they just wanted attention from the girls). On the other hand, teachers caught on to the boys and it did not happen a second time with the same student.

Blackboards may be a thing of the past, but I am happy to say that I learned a lot on those old slate boards. I must confess that I trembled with fear every time when I had to do anything with arithmetic.

Be careful what you say when the anesthesia is wearing off



America's Heartland

Roger Alford
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A fellow waking up from anesthesia looked around and saw his wife sitting at his bedside.

"You are so beautiful," he said before dropping back to sleep.

A few minutes later, his eyes opened again, his wife was still right there.

"You're cute," the man said.

"Cute," his wife responded. "What happened to beautiful?"

"The drugs are wearing off," he said.

We laugh at that as a funny joke. But, if it were true, it would be entirely inappropriate. Scripture

calls for us to build up other people, not tear them down. I'm sure you've noticed that the world is filled with people whose very existence seems to be to tear others down, and they seem to be multiplying in number these days.

I can't tolerate listening to the hateful talking heads on TV and radio these days. They rarely have a kind word for anyone. Facebook and Twitter are filled with more of the same. In many workplaces and schools, we typically have a few who spent too much of their time engaging in damaging criticisms of others. And, all too often, it invades even our churches and our homes.

Our Lord expects better of us.

"Do not use harmful words, but only helpful words, the kind that build up and provide what is needed, so that what you say will do good to those who hear you" (Ephesians 4:29).

Doing otherwise certainly has its pitfalls. There's the story of the woman who invited the ladies from her Bible study class to her home for dinner. With everyone gathered around

the table, she asked her 5-year-old daughter to say the blessing.

"I wouldn't know what to say," the little girl responded.

"Just say what you hear Mommy say," her mother said.

The little girl thought for a moment, then bowed her head and prayed: "Lord why on earth did I invite these persnickety women to dinner anyway?"

We need to be good examples for our children. They're watching us like hawks, or perhaps like mocking birds, because they're very likely to repeat anything we say.

That's a great reason why we should do as the Bible instructs and use only the kind of words that build people up. It's a good idea to make a habit doing just that, so that, if ever we find ourselves waking up from anesthesia, we'd have trained ourselves to have a compliment ready for whoever is at our bedside.

Roger Alford offers words of encouragement to residents of America's heartland. Reach him at rogeralford1@gmail.com.

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MONDAY August 21	TUESDAY August 22	WEDNESDAY August 23	THURSDAY August 23	FRIDAY August 24
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SOUTH IRVINE EARLY LEARNING CENTER BREAKFASTS

Breakfast Pizza Pineapple Tidbits	Yogurt, Cheese Scooby Snacks Apples	Cinnamon Toast Crunch, Goldfish Grahams, Banana	Scrambled Eggs Toasted Banana	Muffin Mandarin Oranges Juice
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SOUTH IRVINE EARLY LEARNING CENTER LUNCHES

Grilled Cheese Sandwich Pork 'n Beans Applesauce Milk	Chicken Tenders Roll Mashed Potatoes Peaches Milk	Spaghetti w/Meat Sauce Texas Toast Garden Salad/Ranch Apple, Milk	Cheese Bread Sticks Marinara Sauce Cucumber Slices Mandarin Oranges Ranch Dip, Milk	Round Pepperoni Pizza Baby Carrots Pears Ice Cream, Milk
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ESTILL SPRINGS BREAKFASTS

Breakfast Cereal/Graham Snacks, Pineapple Tidbits Asst. Juice	Pizza Mini Pancakes or Cereal/Graham Snacks Apple Asst. Juice	Donuts or Cereal/ Graham Snacks Cantaloupe Asst. Juice Milk Choices	Scrambled Eggs Toasted or Cereal/Toast Banana Asst. Juice	Asst. Muffins or Cereal/ Graham Snacks Strawberry Cup Asst. Juice Milk Choices
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ESTILL SPRINGS LUNCHES

Grilled Cheese Sandwich Potato Rounds Pork 'n Beans Applesauce	Chicken Tenders Roll Mashed Potatoes Green Beans Peaches	Spaghetti, Meat Sauce, Apple Texas Toast Romaine Salad Cooked Carrots	Deli Turkey Wrap Cheese Potato Smiles Steamed Broccoli Strawberry Cup	Round Pepperoni Pizza, Corn Baby Carrots Pears Ice Cream Sandwich
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WEST IRVINE BREAKFASTS

Breakfast Pizza or Cereal, Fruit Juice, Milk	Mini Maple Pancakes or Yogurt, Cheese, Crackers, or Cereal	Mini Cinni Rolls or Donut or Cereal/ Graham Snack, Fruit	Scrambled Eggs Toasted or Cereal/ Toasted, Fruit	Assorted Muffins or Cereal, Fruit Juice, Milk
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WEST IRVINE LUNCHES

Grilled Cheese Sandwich Pork 'n Beans Potato Rounds Applesauce	Chicken Tenders Roll Green Beans Mashed Potatoes Peaches	Spaghetti w/Meat Sauce, Texas Toast Cooked Carrots Garden Salad Apple	Deli Turkey Wrap Shredded Cheese Potato Smiles Steamed Broccoli Strawberry Cup	Round Pepperoni Pizza, Corn Fresh Carrots/Dip Pears Ice Cream Sandwich
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ESTILL COUNTY MIDDLE SCHOOL BREAKFAST

Breakfast Pizza Cereal & Pop Tart Apples Juice & Milk	Sausage Biscuit Cereal & Pop Tart Pineapples Juice, Milk	Pancake Porky Cereal & Pop Tart Applesauce Juice & Milk	Maple Pancakes Cereal & Pop Tart Banana Juice & Milk	Cereal & Pop Tart Cereal Bars Peaches Juice, Milk
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ESTILL COUNTY MIDDLE SCHOOL LUNCH

Chicken Nuggets Texas Toast Mashed Potatoes California Blend Apples Tropical Fruit	Pepperoni Pizza Garden Salad Corn Pineapples Grapes Milk, Juice	Cheeseburger or Mr. Rib on Bun Potato Wedges Lettuce, Tomato Baked Beans Peaches, Banana	BBQ on Bun Fish on Bun Sweet Potato Fries Cole Slaw Applesauce Pears	Taco w/Shell Chicken Fajita w/Shell, Salsa Let./Tom./Cheese Refried Beans Pineapples, Oranges
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ESTILL COUNTY HIGH SCHOOL BREAKFAST

Cereal, Pop Tarts Yogurt Oranges/Apples Juices/Milk	Muffins Cereal Pop Tarts, Yogurt Oranges/Apples	Bacon/Egg/Cheese Biscuit, Cereal Pop Tart, Yogurt Banana, Apple	Sausage Biscuit Cereal, Pop Tart Yogurt Banana or Orange	Donuts Cereal, Pop Tart Yogurt Banana or Apple
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ESTILL COUNTY HIGH SCHOOL LUNCH

Hamburger on Bun Mini Corn Dogs Let./Tom./Pickles Potato Wedges Grape Tropical Fruit	Hot Ham & Cheese Grilled Chicken/ Bun Baby Bakers Carrot Sticks Applesauce Sidekicks	Chicken Patty/Bun Mr. Rib on Bun Let./Tom./Pickles Steamed Broccoli California Blend Pineapples, Peaches	Spaghetti w/Meat Sauce, Breadstick Fish on Bun Romaine Salad Grape Tomatoes Corn, Man. Oranges	Meatloaf w/Roll Pork Chop on Bun Mashed Potatoes Green Beans Peaches Pineapples
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