

# Questions to Ponder ...

- >> Here are some really GOOD questions that you probably never thought
- >> to ask:
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- >> Before they invented drawing boards, what did they go back to?
- >> Does the Little Mermaid wear an algebra?
- >> Do infants enjoy infancy as much as adults enjoy adultery?
- >> How do I set my laser printer on stun?
- >> How is it possible to have a civil war?
- >> If all the world is a stage, where is the audience sitting?
- >> If God dropped acid, would he see people?
- >> If love is blind, why is lingerie so popular?
- >> If one synchronized swimmer drowns, do the rest have to drown too?
- >> If the #2 pencil is the most popular, why is it still #2?
- >> If work is so terrific, how come they have to pay you to do it?
- >> If you're born again, do you have two bellybuttons?
- >> If you ate pasta and antipasta, would you still be hungry?
- >> If you try to fail, and succeed, which have you done?
- >> Is a castrated pig disgruntled?
- >> Why are hemorrhoids called "hemorrhoids" instead of "asteroids"?
- >> Why is it called tourist season if we can't shoot at them?
- >> Why is the alphabet in that order? Is it because of that song?
- >> What happens when none of your bees wax?
- >> Where are we going? And what's with this handbasket?
- >> If the black box flight recorder is never damaged during a plane
- >> crash, why isn't the whole airplane made out of the stuff?
- >> Why is there an expiration date on sour cream?
- >> If most car accidents occur within five miles of home, why doesn't
- >> everyone just move 10 miles away?

**Quotes to Forget**  
(taken from officers' evaluations)

1. He does not deserve command duty and has not effected his present duties as well as could be expected. I think it is time he retired.
2. Is overweight, has a potbelly, is not neat in his dress. Is a great "boot clicker" but otherwise not very military.
3. His approach to superiors is uninhibited and comradery, and I have the continuous feeling that were it not for my out basket, he would brief me from a perch on the edge of my desk.
4. His greatest virtue is a desire to maintain high standard which combined with certain failings cause him to be overbearing, rash, and at times impossible.
5. I have never in my life seen an officer who can work so hard and get less done.
6. A genial excitable officer who avoids responsibility.
7. From the extremes of his cold black handlebar mustache to the trips of his well shines shoes he is a soldier and a respected officer.
8. This officer is handicapped by the fact that all of his teeth are being removed. His instruction is adequate but lacks the spark of enthusiasm. Occasionally either his starter or his battery runs down and needs a recharge.
9. He has accomplishments and knowledge which indicate his youth was not misspent.
10. Only weakness is a tendency at times to make remarks that are ill-considered.
11. Becomes iconoclastic in instances where logical analysis indicates departure is warranted.
12. He combs his hair to one side and appears rustic.
13. This officer has narrow set eyes and appears to be at peace with himself.
14. He possesses a very subtle amount of intelligence which is initially misleading.
15. His room is an absolute boar's nest.
16. He is of average build with no unusual features other than a strong Boston accent.
17. He is constantly trying to improve his knowledge of troop duty which, at the present time, is his only minor deficiency.

## ABC's for a Low-Stress School Year

**B**efore the school doors open this September, post this checklist on your refrigerator to remind yourself how to manage stress and keep your teaching batteries charged throughout the year.

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|----------|--------------------|--|
| <b>A</b> | <b>Attitude</b>    | Nothing beats a positive attitude. If you think you'll have a great year, you will.          |
| <b>B</b> | <b>Balance</b>     | Equal parts of work and play make for a better day.  |
| <b>C</b> | <b>Calm</b>        | Count to ten before you act or speak. Take a slow, deep breath at the first sign of tension. |
| <b>D</b> | <b>Discipline</b>  | Enforcing discipline doesn't mean you're a toughie. It means you care about all kids.        |
| <b>E</b> | <b>Escape</b>      | Take a five-minute "mental escape" to an exotic place.                                       |
| <b>F</b> | <b>Flexibility</b> | Plan, but don't be so rigid that you can't change things if circumstances dictate.           |
| <b>G</b> | <b>Grow</b>        | Do something to expand your mind or tone your body.  |
| <b>H</b> | <b>Humor</b>       | Put something that makes you smile in your plan book or top desk drawer.                     |
| <b>I</b> | <b>Inoculate</b>   | Protect yourself from "stress carriers"—people who gossip, breeding negativity.              |
| <b>J</b> | <b>Joy</b>         | Keep a joy journal by recording at least one good thing that happens every day.              |
| <b>K</b> | <b>Knowledge</b>   | Know yourself, the kids you teach, and, most of all, your stress triggers.                   |
| <b>L</b> | <b>Listen</b>      | Listen to yourself, to your body, and to others.   |
| <b>M</b> | <b>Meditate</b>    | Take a few minutes each day for quiet reflection.  |
| <b>N</b> | <b>Neutralize</b>  | If you can't change the situation, change how you view or respond to it.                     |
| <b>O</b> | <b>Organize</b>    | Use a planning calendar to organize your activities.   |
| <b>P</b> | <b>Plan</b>        | ...and have a backup plan for when or if your primary plan doesn't work out.                 |
| <b>Q</b> | <b>Question</b>    | If you're not sure about school rules, procedures, or practices, ask someone who is.         |
| <b>R</b> | <b>Read</b>        | Take time to read for pleasure.  |
| <b>S</b> | <b>Socialize</b>   | All work and no play makes for a dull day.   |
| <b>T</b> | <b>Time</b>        | Make the most of the time you have. Ask colleagues to share timesaving tips.                 |
| <b>U</b> | <b>Utilize</b>     | Take advantage of prepared forms and teaching aids, like the ones in <i>Instructor</i> .     |
| <b>V</b> | <b>Voice</b>       | Express your opinions. Pent-up thoughts and emotions create stress.                          |
| <b>W</b> | <b>Walk</b>        | Get up and move. Walk around the playground or the building. Organize a walkers' club.       |
| <b>X</b> | <b>Exercise</b>    | Build in at least five minutes of exercise a day. Use stairs whenever possible.              |
| <b>Y</b> | <b>Yoga</b>        | Learn or practice relaxation techniques.   |
| <b>Z</b> | <b>ZZZs</b>        | Get plenty of rest. Know how much sleep your body needs and give it that much.               |



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