

Lesson 40
Making our favorite breakfast

- take out OJ, 1 English & 2 egg from refig
- Take out plate, fork, Microwave dish from cabinet
- split English w/ fork and put in toaster
- Break 2 eggs into microwave dish and put in MW (covered) 75sec
- Pour 4 oz OJ
- When eggs and English done put on Dining room table
- sit down at table add salt and tobasco and enjoy!

I do not eat breakfast, but I often have brunch. Here is how I fix my Brunch. I start by taking one English muffin, two eggs and OJ from the Refigerator, and from the cabinet, a dinner dish, a juice glass, a fork and microwave dish. then, I split the muffin with the fork and put it in the toaster at setting #5. Next, I break the eggs into the microwave dish and put it into the microwave, with a cover to prectect from splattering, and heat it for 75 seconds. While the muffins and eggs are cooking, I pour about 4 oz. of juice. After everything is cooked, I bring it all to the dining room table and sit down. Finally, I add salt and tobasco to the eggs and enjoy my brunch.

Lesson 41

Small Town vs Big city.

- Big city: a
 - many thing to do 2
 - Interesting cultures 1
 - Many jobs available 3
- Small towns b
 - Quiet 2
 - Less traffic 1
 - More living space 3
 - Less expensive 4
- My preference

Living in a small town or a big city each have their own advantages. For instance, a big city often has people from many different places and of various backgrounds. It is both interesting and enlightening to know other cultures. And more notably, a large city can support a lot of activities such as performing arts, museums or professional sports. But perhaps most important is the variety of employment opportunities. In contrast, a small town offers other benefits. A small town has less traffic making it easier and less stressful get to places. also, smallness affords less noise and hubbub and a sense of tranquillity. A small population permits individuals to have more space; many families own a house with a large yard. On top of all that, living in a small town is normally less expensive, especially for housing. My own preference is a place like Lafayette which I consider a small city or a large town. Lafayette shares all of the above advantages.

Lesson 42
My Favorite Place

- 1 Sevilla
- 2- Lovely city
- 5- Interesting culture, outings
- 4- Nice people
- 3- Studied Spanish there
- 6- Studied Flamenco Guitar
- 7- Stayed with nice "family"
- 8- Would like to return

I think my favorite place is Sevilla, a lovely city. I visited the city in 2006 to attend an immersion school to study Spanish. At the school I met wonderfully congenial people and visited interesting cultural landmarks. In addition to studying Spanish, I was able to take flamenco guitar lessons from an authentic flamenco musician. While there, I stayed with a "family," two sisters, and perhaps my fondest memories of Sevilla are the experiences I shared with them. I would love to return there some day.

Lesson 43
Favorite Way to Go to Work

- 1) I like to go to work in my car.
- 4) Comfort (heater in winter, AC in summer)
- 3) Listen to radio or music -- great sound system
- 5) can park close to office
- 2) Fast.

My preferred method to get to my job is my car. Driving is the fastest way to get to work. While, Lafayette has a bus system, they do not run very frequently; I can jump in my car at any time. My car has a great sound system that allows me the listen to radio programs, music from several different sources or recorded podcasts. My car is very comfortable -- It has AC in the summer, heater in the winter, and heated seats! When I get to work, there is parking just across the street so I don't have to walk very far. For me, driving to work is fast, comfortable and easy.

Lesson 44, 45, 46, & 47
Organizing a Successful Party

- 0) How to organize and give a party at home
- 1) Choose time and Date
- 2) Prepare menu
- 3) Invite people
- 5) Do shopping for food and beverages
- 4) Line up entertainment
- 7) An hour before party, start cooking
- 6) Clean the house
- 8) greet the guests and introduce people
- 9) have a great time
- 10) At 10:00 tell every one to go home

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Parties are a lot of fun. But, hosting a party requires a bit of work. There are many steps to planning a party.

Here are the steps I take to plan a party. First, I decide when to hold it: a time and date. Then, I prepare a menu. Next, I make a list of friends that I want to come and invite them. If we are to have entertainment, I arrange it. On the day before the event, I shop for the food and beverages. On the morning of the party, I clean up the house. An hour before the guests are expected, I start cooking. As the guests arrive I greet them and introduce those that don't know each other. A good time should be had by all, but by 10:00 the folks should be on their way. Follow these steps and you will be the toast of the town.

We see here that there are a number of details in first planning and then giving a party. Following these steps will ensure that your party will be successful. Give them a try.

Lesson 47
Banning Cell Phones in Public Places

Ban them every public place

2-Some people abuse talking on their phone in public

1-If you receive a call, you can move to a less public place to take the call, or to make a call.

4-Personal information should not be aired in public

3-Talking loudly in public is disturbing to others.

Over the past few decades, cell phones have become ubiquitous, but they have also become controversial. Many people object to being compelled to listen to other people's conversation while in public places like waiting rooms or shopping areas, and it has been recommended that talking on a cell phone be banned in public places. I agree with that suggestion for a number of reasons.

I feel cell phones should be banned from use in public places for a number of reasons. Hearing someone talk on their phone can be very annoying. Because of the design of a cell phone people tend to raise their voice on them, and this can be very disturbing to others. Also, Hearing someone's conversation can be very distracting; it is rude to expose others to your private matters. And finally, it is unnecessary: a person can, and should, step away from the public place to make or take a call. For these reasons, I believe the it would be in the best interest of everyone to disallow the use of cell phones in public places.

Cell phones in public places can be disturbing to others, noisy and unnecessary. For this reason they should not be permitted there. I think people can get along quite well using their phones away from others, this, I believe, will make our world a better place.

Lesson 48 Learning new skills

Learned PHP, a programming language

Why I needed to learn it

- 1-I develop web pages
- 3-php server-side scripting
- 4-can complement client-side javascript
- 5-Troubleshoot WordPress pages
- 2-makes web pages interactive

Why I chose it

- 3-Many tutorials on internet
- 1-PHP is open-sourced and free
- 2-PHP is relatively easy to learn
- 4-Has a lot of support
- 5-can also be executed on command line

How it helped me

- 1-gives flexibility to pages
- 3-store data on server
- 2-make complicated forms
- 4-replace WordPress pages

NOT USED:

- learning php is a continuing process
 - php isn't only serverside language
 - Need to know other languages
 - JSP, Python and C++ can augment php
- +++++

I am constantly learning new skills; some because need to and others because I like to. One skill that I am currently working on is PHP, a programming language. I needed it for website developing, chose it for many reasons, and found it useful in many ways.

I do a lot of website development, and it requires a number of tools. PHP allows scripting on the server which, when complemented with a client-side language like Javascript, can make web pages interactive. I also needed to know PHP because I often have to work with WordPress which is PHP-based. These are just a few reasons I needed to learn PHP.

I chose PHP over other server-side tools for a number of reasons. First, and most important, it is free and open-sourced. Also, it is relatively easy to learn. In addition, there is a lot of support -- if I run into a problem, I can generally find an answer with Google. And as a bonus, it can be executed from the command line, making debugging much simpler. These are some of the reasons that I chose PHP.

PHP has helped me in a number of ways. It allows for a great deal of flexibility with my web pages. It makes for some very complex interactive forms. It permits storing data on the server that can be used by the current page or for any other purpose. And, since I prefer not working

with WordPress, it can replace or substitute WordPress pages. I am continually finding new uses for PHP

Because I needed a server-side webpage tool, I learned PHP, chose it for several reasons, and benefited in many ways. I am glad I learned because it has helped me in my work as a developer. But, the learning process is not complete; since, I am always learning more about the language.

Lesson 49 Improving Your Life

Continue Learning New things

1) Teaching at VITA (Where)

Learn about students (What)

Culture (How)

Back grounds (How)

their city (How)

Learn about English language (What)

Rules (What)

Workbooks (how)

Use google (Where/How)

Learn teaching techniques (What)

Projector (What)

Using visuals (What)

Involving students (How)

2) Khan Academy (Where)

Take academic courses in New areas (Why)

History (What)

Biology (What)

Review past courses ie Matrix Algebra (Why)

work-related ie JavaScript (Why)

3) Web Design (What)

Always finding areas lacking knowledge (Why)

Google for examples (how/where)

Tutorials (how/Where)

Improving My Life

From time to time I feel a bit dissatisfied with myself. I think "I need become better." But how? There are thousands of self-improvement books on the shelf of libraries. What I usually settle on is learning something new. There are many ways to learn new things; here are some ways I've found.

One place that I have an opportunity to learn new things in various ways is at VITA. I learn from my students; I enjoy finding out about their cultures, their backgrounds and their cities. I also learn about my language by teaching ESL. There so many rules that no one has taught me: grammar, syntax or spelling. I find answers from the workbooks, Google or even my students. I also learn new teaching techniques such as using visuals or involving the students. All of these make me feel a little smarter.

Another place I go to learn new things is Khan Academy. I have taken courses in subjects that I never took in school such as history or biology. Perhaps I wasn't interested in them earlier but now I am, or I now find the new information useful. I also can re-take a subject that I didn't do well with when in school or that I've forgotten much of. Khan Academy provides a structured learning environment that make learning fun.

A third source of learning is for my work in website design. In programming, there is so much to know that no one can master it all. I learn new programming skills as they become needed. Fortunately there is a wealth of information immediately available on the internet. When I am stumped on some code, I Google it and usually someone has had the same problem and someone else has answered it. And, there are tutorials that can bring me up to speed with a more thorough understanding of that area. I would not be able to do my job as a programmer without what I learn on the internet.

These are only a few areas where I learn new things. There are many more roads to learning. We should never stop looking for new things to learn. Life would be pretty dull if we didn't learn new stuff.

Lesson 50
Your Last Day-off

Last day-off: Last Sunday

Most Sundays are the same

High points of my Sunday

Practice guitar

Do every morning - commitment years ago

Primarily to improve playing

Also good way to relax to start day almost meditation

Can see improvement when I compare to last year

Fellowship

At 10:30

Go every week

I'm not spiritual - go for companionship

Lunch after service

Visited Bunny

She's at Blake assisted living

Go on Sunday to take flowers from Fellowship

Take her cat to her

Bring food and supplies

Check that things OK in her room

Sundays different than other days

No VITA

Like a routine - can do because retired

My last day off was last Sunday; the day before I returned to my "job" at VITA. Last Sunday was like most most of my Sundays. I will relate some high points of the day.

I started the day, as I start every day, by doing an hour or so of practicing the guitar. It is a commitment I made years ago. I do it primarily to improve my ability to play, but it is also a nice way to start the day. It is very relaxing, even when I struggle to learn a new technique or a new piece, it puts me in "the zone," and is almost like meditation. It's hard to see any improvement from day to day, but if I compare my playing now with what it was a year ago, it is definitely better and worth the effort.

Part of my Sunday routine is attending UU Fellowship, an informal religious service, from 11:00 to 12:00. I'm not a spiritual person; I attend for the companionship. The members of our Fellowship share similar values and interests, and I feel very comfortable with them. After the service, several of us go out to lunch together, and I enjoy this part of Fellowship the most. The Fellowship is an important part of my life.

Another Sunday routine is visiting my wife, Bunny, at The Blake. The reason that I chose Sundays is that I take her flowers from Fellowship. I also bring her cat, Mow, to see her. Bunny can't keep a cat at The Blake, but Mow is allowed to visit. I also bring some food and supplies and check to make sure things are OK in her room. Bunny appreciates my Sunday visits.

Sundays are different than the other days in my week, mainly because I don't have VITA on weekends. Even though my Sundays are all alike, I like having a routine, and I can do that because I am retired .