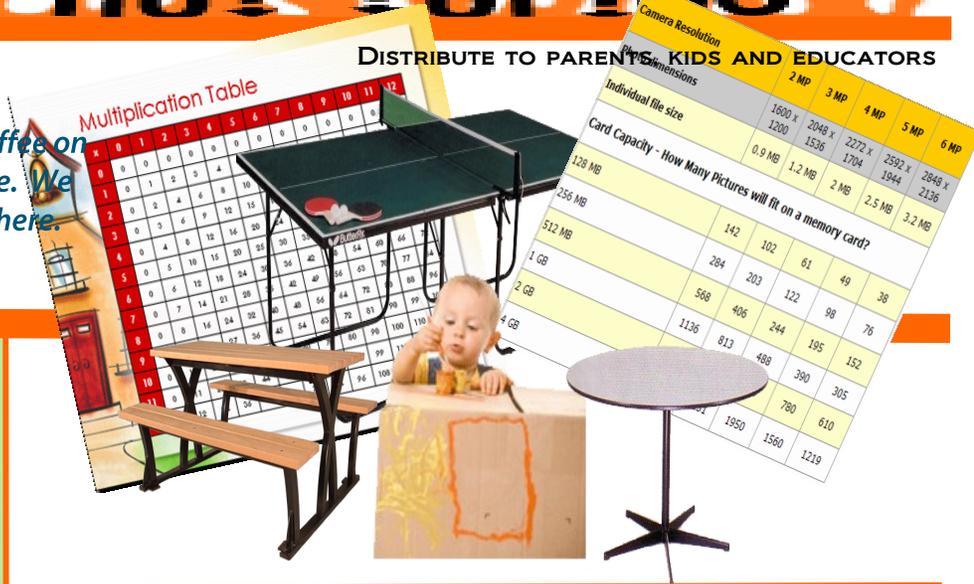


Do all tables have legs?

We can postpone or table it? We can sit our coffee on it. We place numbers in it. We can play a game. We can look at the table of contents. We can eat there. Can we live without tables?



How many tables can you think of?

- Dining table
- Drafting table
- Dressing table
- Sports table
- Knights of the Round Table
- Surgical table
- Multiplication table
- Table of Contents
- Negotiating table
- Art table
- Folding table
- Display table
- Card table
- End table
- Coffee table
- HTML table
- Computer table
- Word table
- Operating table
- Periodic Table of Elements
- Truncate table
- Conversion table
- Picnic table
- Typeface table
- Drafting table
- Training table

Just think of the things we use as tables? Also think of all the type of tables under a category. Such as dining table. They can be many things such as glass, wood, laminate, round, square, small, large, oblong, legs or pedestal. A sports table can be a pool table, foos ball or ping pong. A Table of Contents which is a road map of what is to come. And remember, we can make our own tables. Look at the graphic on top of this page. A little boy created his own art table.



Benefits of Family Dining

- Balanced meals
- Talking
- Lower risks for female eating disorders (University of Minnesota)
- Less tobacco, drug usage (Columbia University)
- Better achievement scores (University of Michigan)

Even scheduling a family talk or game night several times a week. We all know with both parents working now and activities we have to remember to schedule “family” time and make it as important as that basketball practice.

Do you remember the kids table at holidays? I do. Do you remember those multiplication tables we had to memorize? I do. Do you remember the coffee table in front of the couch? I do. Tables come in all sizes, shapes and for many purposes. Have you thought about what we would do without tables?

How can we see what is hidden in the pages of a book without a table of contents? Of course the book was sitting on the end table right? Have you ever played a good game of pool on the pool table? Or, spun the little men on a foos ball table?

Then we arranged our numbers in columns and rows and into data sets. Some of those tables became famous such as the Period Table of Elements. What about the conversion table? We all need to know how Fahrenheit and Celsius compare. The metric system would be a suitable example.

So back to the original question. Do all tables have legs? NO but then if you think of legs as “supporting” then that is another question for another day.

History of the Dining Room Table

As a kid we always ate our meals around the table. Today with all the activities it is difficult to get a family to set together long enough for a meal.

The history dates back to the Victorian times. Female ankles were considered scandalous. They were required to be kept covered. The legs of a table were draped with a cloth to cover those scandalous ankles.

Derived from the Latin word tabula which means board, plan or flat piece, tables were made of wood, stone and metal and fashioned more like pedestals. The first tables were long and portable to fit in castles.

Smaller tables as we know today were the cause of The Plague—Black Death in the 14th Century. People wanted smaller gatherings as not to get ill.

Over time the “dining room” table would be used on Sunday, an English tradition brought to the United States. It brought conversation, togetherness and warm memories. Remember...no elbows on the table.

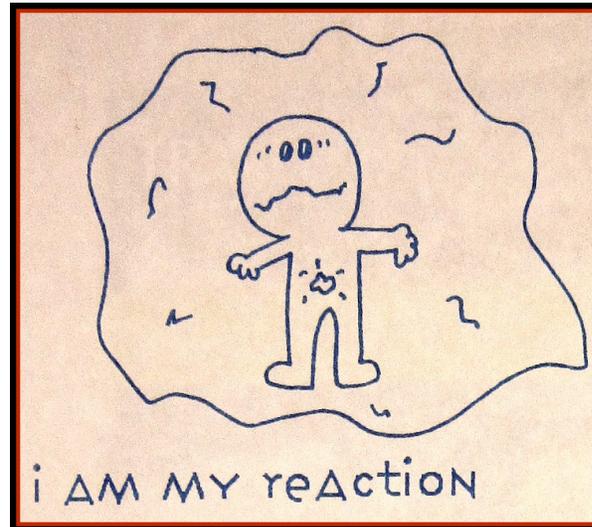
Our “tables” get used for more than just eating today. We find ourselves doing all sorts of things at the table from family meetings to homework.

You will ALWAYS remember your chair. That special spot that is yours only. As you grow and leave home, whenever you return, the “spot” will be there. It is always your spot at the table, even if the table has changed.



"We make a living
by what we get, we
make a life by what
we give."

Sir Winston Churchill

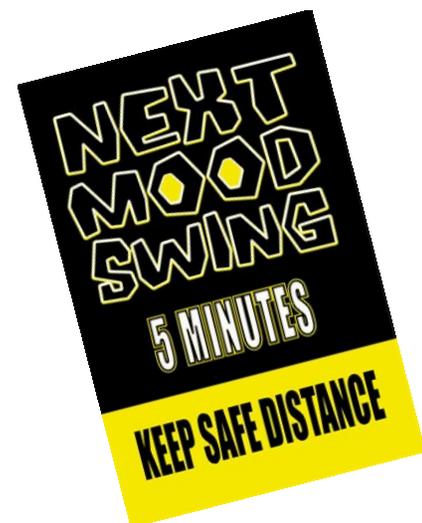


Don't Table an Emotion

Emotions, positive or negative, are healthy. In today's world we go to the internet to find all our facts and answers to make decisions, rational decisions so we think.

One important factor is the emotion of that decision that we do not consider. There is a saying that your emotions will always point back to what is important to you.

Lay it out on the "table."
Dan Gilbert, author of "Stumbling on Happiness" says that research shows having more options generally decreases happiness because we get stuck second guessing.



Part of life is learning and part of learning is mistakes. But it is what we choose to "table" or learn from that is important. There are times we have to do it over and over before we realize the results will not change.

Have you ever sat back and rocked in your chair looking at the spread on the table. It can be the family dinner, homework, magazine or even a math table on the computer screen. Sometimes we lean back to far and fall, we try to analyze too much and have a million what if's.

So what if sister Debbie sat in the chair on the left instead of her usual place on the right. Does that really change the fact your family will have dinner because the norm is broken? Will the meatloaf taste the same?

You are a surgeon, standing at the operating "table". You have a task at hand, isn't that why you planned a operation? Now look at your "table" of instruments, what do you use first? Is there an important order?

I found an old article that said teenagers had two important decisions in life; professional/career choice and marriage partner choice. Have times changed since 1994. Decision making is a skill we all need to learn and with practice we will succeed. What we are saying is...STOP ROCKING and face your challenge/decision. Gather your resources and tools. Lay them on the "table."

Remember your perception is how you will judge the world. And as a patient on that operating "table" I would hope my surgeon has the right "table" to use.

In short, yes life is what we make it by our perceptions and choices. What is your decision? To "table" it or lean forward and join the game in progress.

After reading all this can you answer the question, can we live without tables? Where would you go to think about it? What tools/instruments would be necessary?

Or is the choice to rock???