$$68 = \quad 60 + 8$$

$$+ 83 = \quad 80 + 3$$

$$140 \quad 140 + 11$$

$$+ 11$$

$$151$$

68 → 70

68 → 60

83 → 90

83 → 80

70+80= 150
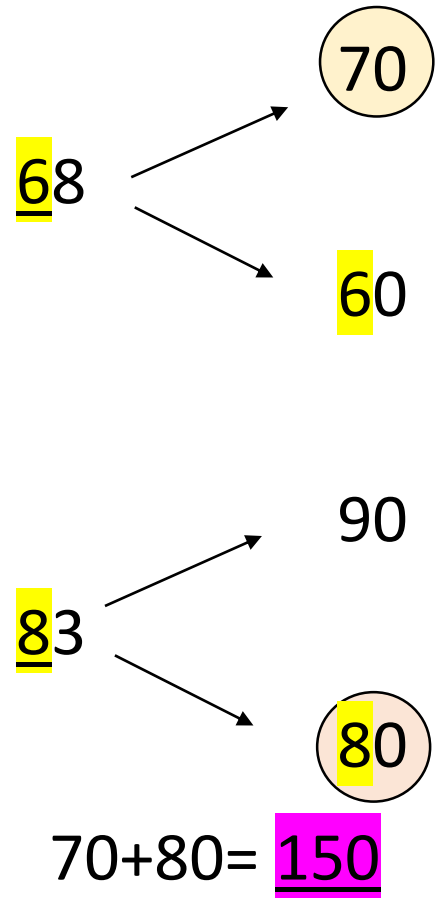
Our estimate is very close to our sum.  That is a good thing!