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P-Preliminary forecast * Month to previous Saturday, vs. previous month Expectations, as reported by Reuters If you are an American of Polish descent, author or seller of cookbooks, or country music artist, then October is the month for you. That's because October is Polish American Heritage Month, National Cookbook Month, and Country Music Month, as well as (more serious) health literacy month. The United States is very prolific in creating a national month of events. Along with businesses (from large corporations to local mom and pop shops), numerous valuable organizations and special interest groups create one or more promotions over the course of a calendar month to get their name and message to the public. While it might make sense for vegetarian food and pork lovers to celebrate their food preferences at different times of the year, owners of Italian restaurants may take this month to celebrate both pizza and pasta-topped pepperoni and/or spinach. And for those organizations that help people who are abused by a spouse or partner, October is a month to increase the extra amount of attention that important work. The following events are observed every year throughout the calendar month. ADHD Awareness MonthAdopt Shelter Dog MonthAmerican Pharmacists MonthBat Awards MonthBreast Cancer Awareness MonthCelebrating Bilingual Child MonthComputer Learning MonthCountry Music MonthDown Syndrome Awareness MonthDyslexia Awareness MonthEmotional Intelligence Awareness MonthEmotional Wellness MonthFair Store MonthFamily History MonthGerman-American Heritage MonthGlobal Diversity Awareness MonthGourmet Adventure MonthHalloween Security MonthHealth Literacy MonthI'm Just Me Because MonthItalian American Heritage MonthLesbian, Gay, Bisexual, and Transgender History MonthLong-Term Care Planning MonthNational Safety and Animal Protection MonthNational Apple MonthNational Applejack MonthNational Arts and Humanities MonthNational Audiology Awareness MonthNational Biscuit MonthNational Book MonthNational Bullying Prevention MoonNational Caramel MonthNational Chiropractic Health MonthNational Cookbook Month National Cookie MonthNational Cosmetology MonthNational Landscape Ham MonthNational Crime Prevention MonthNational Cybersecurity Awareness MonthNational Dental Hygiene MonthNational Depression Education and Awareness MonthNational Dessert MonthNational Disability Awareness MonthNational Awareness of Domestic Violence MonthNational Dropout Prevention MonthNational Ergonomics MonthNational Family Sexuality Education MonthNational Hispanic Heritage Month : September 15-October 15National Kitchen and Bath MoonNational Pasta MonthNational Physical Therapy MonthNational Pickled Peppers MonthNational Pizza MoonNational Popcorn Poppin' MonthNational Pork MoonNational Pretzel MonthNational Protect Your Hearing MonthNational Roller Skating Seafood MesiacNational Zbieranie znakom MesiacNational Toilet Tank Repair Repair Window covering Security MonthNational Work and Family MonthOrganize Your Medical Information MonthPatient-Centered Care Awareness MonthPolish American Heritage MonthPregnancy and Infant Loss Awareness MonthSpina Bifida Awareness MonthSpinach Lovers MonthSudden Infant Death Syndrome (SIDS) Awareness MonthVegetarian Awareness Month If you support a cause or interest that is not yet addressed, you should consider contacting chase calendar events. The directory sets annual events from stupid to serious. Whether you are a teacher or student, you can arrange for the school year ahead with these special-purpose calendars. Print or download a free template from one or more of the sites listed below. If you click on a page, you will find that most of these pages update before the new school year. These blank calendars in several basic formats can be customized and used in any year. Choose from a variety of calendars aimed at children in the classroom or at home. School flight calendars, teacher planning calendar, and scheduling calendar are also offered. Publisher and Word formats have several calendar styles for current years. Most are monthly calendars, although some are one-page year calendars and there are also several photo calendar templates. The calendar of the 15-month school year is in large and small sizes for the current school year plus previous years. For more links on the page, go to calendars of various kinds, such as weekly and monthly schedulers. These Excel templates are updated automatically every calendar year. Formats include a 14-month (July through August), landscape and portrait, and an annual 12-month and 14-month calendar. The download includes the entire collection in several color schemes, and you can even customize the starting month with an eternal calendar template. These year-round and 14-month monthly calendars come in landscape and portrait layouts and in several different colors. There are templates for excel and downloadable PDF printable calendars that come in Monday-first and Sunday-first formats, some with holidays. The style is more efficient and sophisticated, using colleges and universities in mind. These Excel files, which are also available in the School Calendar collection for download from The Calendar Nexus, create a very basic class schedule template that's great for high school students and college students. Templates are divided into 30-minute increments and 15-minute increments. Thanks for let us know! Tell us why! Landeelu Free, print calendar for 2021 from Landeel is sure to keep you organized this year. This calendar contains color cards in the green, red, orange, red, yellow, blue, pink, and purple corners of each page that calls the moon. Gray grid and days of the week also make it look sharp. At the bottom of the calendar of each month, there is a place to write in monthly or to-dos. Every month it prints on its page and it's all put together in quickly and easily download PDFs. Depending on your preferences, portrait and landscape calendars are available for download. Monika Weise Time's simple monthly calendar for 2021 allows us to live our lives, with appointments and dates leading us through our days. Track time-sensitive tasks in your calendar smoothly and efficiently every day. You can budget both your money and your time by printing the Monday to Friday calendar at home. You can use programs that are already in use on your computer to create a working calendar that you can print whenever you need it. Click the Windows Start button, and then click All Programs and Accessories. Click Paint (or Brush if you're using a Mac). Click the Line tool on the left side of the Paint toolbar. To read the labels on toolbar buttons, point to the icons on the toolbar. Use the Line tool to create five columns for a printable calendar. You can also use this tool to create lines to write in appointments or times. Click the Text tool on the left toolbar. Left-click the field you created in step 2 on Monday. A text box appears, along with a toolbar where you can change the font. Select a font, font size, and font color. Enter Monday. Use the routing guides on the sides of the text box to position the size and position of the text box. Repeat these steps for Tuesday through Friday. Click File on the menu bar, and then click Print Preview. If you're happy with your calendar, click the Print button at the top left of the preview window to print the calendar. If not, click the Close button in the upper-right corner of the preview window. Make any changes, and then print. Start a new document in processor text. In general, you click File and then New. For additional instructions, check the word processor Help file. Use the Word Processor Tables feature to draw or insert a table with five columns. Select or draw as many lines as you need to view appointments in a printable calendar. Click the left cell of the table. Use the word processor font feature to select a font, along with the font size and color. In the first cell, type Monday. Click the next cell, and then type Tuesday. Continue in the top row until you enter Wednesday, Thursday, and Friday. Click File on the menu bar, and then click Print Preview. If you're happy with your calendar, click the Print button or printer icon, which is usually located on the toolbar below the menu bar. If not, click Close, which is usually also located on the toolbar below the menu bar. Last updated March 17, 2020 Josh Waitzkin led a full life as chess champion and international martial arts champion, and how writing is not yet 35. The Art of Learning: The Inner Way to Optimal Performance chronicles his journey from chess prodigy (and the subject of the film Finding Bobby Fischer) to the World Championships of Tai Chi Chuan Chuan important lessons identified and explained along the way. Marketing expert Seth Godin wrote and said that one should resolve to change three things as a result of reading a business book; the reader will find many lessons in Waitzkin's volume. Waitzkin has a list of principles that appear throughout the book, but it's not always clear exactly what the principles are and how they tie them together. It doesn't really hurt the book's readability, though, and it is at best less of an inconvenience. There are many lessons for an educator or leader, and as one who teaches college, was president of a chess club in high school, and who began studying martial arts about two years ago, I found the book engaging, enlightening and enlightening. Waitzkin's chess career began among the hustlers of Washington Square in New York, and he learned how to focus between the noise and distraction it brings. This experience taught him ins and outs of aggressive chess-playing, as well as the importance of endurance from the cagey players with whom he interacted. He was discovered in Washington Square by chess teacher Bruce Pandolfini, who became his first coach and developed him from a prodigious talent to one of the best young players in the world. The book presents Waitzkin's life as a study in contrasts; Perhaps this is intentional given Waitzkin admitted a fascination with Eastern philosophy. Among the most useful lessons relate to the aggression of park chess players and young prodigies who brought their queens into action early, or who set elaborate traps and then pounced on opponents' mistakes. These are excellent ways to quickly send out weaker players, but it does not build perseverance or skill. He contrasts these approaches with an emphasis on detail that leads to real mastery in the long run. According to Waitzkin, the unfortunate reality in chess and martial arts—and perhaps an extension in education—is that people learn many superficial and sometimes impressive tricks and techniques without developing subtle, nuanced command of basic principles. Tricks and traps can impress (or nly) gullible, but they are of limited usefulness against someone who really knows what he or she is doing. Strategies that rely on fast checkmates are likely to falter against players who can stave off attacks and get one into a long mid-game. Smashing lower players with four-movement checkmates is superficially satisfying, but it does little to better his game. It offers one child as an anecdote who has won many matches against lower opposition but who has refused to take on real challenges, settling for a long series of victories over clearly lower players (p. 36-37). This reminds me of advice I've received from a friend lately: always trying to make sure that you're the stupidest person in the room, so you're always learning. Many of us, though, draw our self-worth from being big fish in small ponds. Waitzkin talks cast chess as boxing wrestling, and they are particularly apt due to his discussion of martial arts later in the book. Those familiar with boxing will remember Muhammad Ali's strategy against George Foreman in the 1970s: Foreman was a heavy hitter, but he had never been in a long fight before. All won with his rope-and-drugs strategy, patiently absorbing Foreman's wounds and waiting for Foreman to exhaust himself. His lesson in chess is apt (p. 34-36) as he discusses promising young players who have focused more intensely on winning quickly rather than developing their games. Waitzkin builds on these stories and contributes to our understanding of learning in the second chapter by discussing the subject and incremental approaches to learning. Subject theorists believe that things are innate; Thus, one can play chess or do karate, or be an economist, because he or she was born to do so. Therefore, the failure is deeply personal. Conversely, incremental theorists view losses as opportunities: step by step, gradually, a newbie can become a champion (p. 30). They lead to opportunities when presented with heavy material, because their approach is oriented to mastering something over time. Theorists of the subject are collapsing under pressure. Waitzkin contrasts his approach, in which he spent a lot of time engaged in end-game strategies where both players had very few pieces. On the contrary, he said, many young students start by learning a wide range of introductory variations. It has damaged their game in the long run: (m)all very talented kids are expected to win without much resilience. When the match was a match, they were emotionally unprepared. For some of us, pressure becomes a source of paralysis and errors are the beginning of a downward spiral (p. 60, 62). However, as Waitzkin argues, a different approach is needed to reach our full potential. The fatal error of shock-and-awe, blitzkrieg approach to chess, martial arts, and finally all that needs to be learned is that all you can learn rote. Waitzkin derides martial arts practitioners who become form collectors with fancy kicks and spins that have absolutely no fighting value (p. 117). You could say the same about problem kits. This is not gainsay basics—Waitzkin's focus in Tai Chi has been to refine some basic principles (p. 117)—but there is a profound difference between technical expertise and real understanding. Knowing movements is one thing, but knowing how to determine what to do next is completely different. Waitzkin's intense focus on refined fundamentals and processes meant he remained strong in the later round while his rivals snued. His approach to martial arts is summed up in this passage (p. 123): I had condensed my body mechanics into a strong state, while most of my opponents had large, elegant and relatively impractical repertoire. The fact is that when there is intense competition, those who succeed have slightly more skill-sharpeners than others. It is important that a mysterious technique that takes us to the top, but rather a deep mastery of what can also be basic skills. Depth beats width every day of the week as it opens the channel for the intangible, unconscious, creative components of our hidden potential. It's about much more than feeling blood in the water. In Chapter 14, he discusses the illusion of mystical taking something so clearly internalized that almost imperceptibly small movements are incredibly powerful, as enshrined in this quote from Wu Yu-hsiang, writing in the nineteenth century: If an opponent doesn't move, then I don't move. At the slightest turn of the opponent, I move first. Looking at intelligence at the heart of learning means combining effort with success through the process of teaching and encouragement (p. 32). In other words, genetics and raw talent can only get you as far as hard work must pick up slate (p. 37). Another useful lesson concerns the use of adversity (cf. 132-33). Waitzkin suggests using the problem in one area to adapt and strengthen other areas. I have a personal example to support. I'll always regret quitting basketball in high school. I remember my sophomore-my last year of play-I broke my thumb, and instead of focusing on cardiovascular conditioning and other aspects of my game (like working with my left hand), I waited for recovery before I got back to work. Waitzkin offers another useful chapter called Slowing Down Time, which discusses ways to sharpen and leverage intuition. He discusses the process of chunking, which is shattering problems into progressively larger problems until one makes a comprehensive set of calculations silently without having to think about it. His technical example of chess is particularly enlightening in a footnote on page 143. Chess GrandMaster internalized a lot about pieces and scenarios; GrandMaster can process much more information with less effort than an expert. Mastery is the process of turning articulated into intuitive. There is a lot that will know people who read books like this as they need to pace themselves, set clearly defined goals, need to relax, techniques for getting into the zone, and so on. Anecdotes illustrate his points beautifully. Over the course of the book, he sets out his methodology for getting into the zone, another concept that people in performance-based occupations find useful. It is called a soft zone (Chapter Three), and it consists of elasticity, pliable, and able to adapt to circumstances. Combative artists and devotees of David Allen's Getting Things Done can recognize that it has a mind like water. He contrasts this hard zone that requires a cooperative world for you to function. Like a dry twig, you are brittle, ready to snap under pressure (p. 54). The soft zone is durable, like a flexible blade of grass, which can move with and survive winds (p. 54). Another illustration concerns the creation of sandals when confronted with a path through a thorn field (p. 55). Not even success in a submissive world or overwhelm power, but for intelligent preparation and cultivated resilience (p. 55). A lot here will be known to creative people: you're trying to think, but that one song that one band keeps blasting away in your head. Waitzkin's only option was to become at peace with noise (p. 56). The language of economics lists the restrictions; We don't choose them. This is examined in more detail in Chapter 16. He discusses top artists, Michael Jordan, Tiger Woods, and others who have no obsession for recent failures and who know how to relax when they need to (p. 179). The experience of NFL quarterback Jim Harbaugh is also helpful as more could let things go while the defense was on the field, sharper was in the next drive (p. 179). Waitzkin discusses other things he learned while experimenting in human performance, especially with regard to cardiovascular interval training, which can have a profound impact on your ability to quickly release tension and recover from mental exhaustion (p. 181). It's that last concept-based to recover from mental exhaustion—that's probably what most academics need help with. There's a lot about pushing boundaries; However, one must get the right to do so: as Waitzkin writes, Jackson Pollock could draw like a camera, but instead decided to spray paint in a wild way that pulsated with emotion (p. 85). This is another good lesson for academics, managers and educators. Waitzken emphasizes great attention to detail when receiving instruction, especially from his Tai Chi instructor William C.C Chen. Tai Chi is not about offering resistance or strength, but about being able to blend in with (rival) energy, yield and overcome softness (p. 103). The book is full of stories of people who have not reached their potential because they have seized opportunities for improvement, or because they have refused to adapt to the conditions. This lesson is highlighted in Chapter 17, where the production of sandals is discussed when confronted with a thorny road, such as an underhanded competitor. The book offers several principles by which we can become better educators, scholars and managers. The celebration of results should be secondary to the celebration of the processes that these results have brought (p. 45-47). There's also a study in contrasts starting on page 185, and that's something I've tried to learn. Waitzkin points out himself at tournaments being able to relax between matches, while some of his opponents have been under pressure to analyse their games in between. This leads to extreme mental fatigue: this tendency of competitors to run out between rounds of tournaments is surprisingly widespread and very self-destructive (p. 186). The art of learning has much to teach us regardless of our I found it particularly important given my chosen profession and my decision to start studying martial arts when I started teaching. The insights are numerous and usable, and the fact that Waitzkin uses the principles he now teaches to become a world-class competitor in two very challenging competing businesses makes it much easier to read. I recommend this book to anyone in a position of leadership or in a position that requires extensive learning and adaptation. That said, I recommend this book to everyone. More about LearningFeatured Photo Credit: Jazmin Quaynor via unsplash.com unsplash.com

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