

Ready Jet Go, she was an amazing, talented horse; she kept winning stakes. So I decided to take her to Saratoga. First horse I ever raced there. It was a big deal. I drove her up there myself.

Inspiration Chronicles 37 Inspiring Quotes About Working Hard and Achieving Big Things In honor of hard workers everywhere, here are some of the most inspiring quotes about working hard and watching it pay off. Getty Images Summer is technically on the books for another few weeks, but Labor Day is always described as the unofficial end of the season. That is the recipe. It will not always get you to the top, but should get you pretty near. There is no substitute for hard work, 23 or 24 hours a day. And there is no substitute for patience and acceptance. If you want to be good, you have to practice, practice, practice. I saw him once literally bleed from the bottoms of his feet, a man who came here uneducated, alone, unable to speak the language, who taught me all I needed to know about faith and hard work by the simple eloquence of his example. There really is no substitute for working hard. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well. You break a pencil and read it again. I live by that. You grind hard so you can play hard. It could be in a year, it could be in 30 years. Eventually, your hard work will pay off. But hard work is one thing; economic struggle is another. It is the result of preparation, hard work, and learning from failure. What separates the talented individual from the successful one is a lot of hard work. A lot of work. Luck to me is something else: Performance-wise, you really need to be down in the trenches; you need to do the hard work, for a lot of reasons: Losers, on the other hand, see it as punishment. Sep 4, Like this column?

Chapter 2 : Linda M. Buskala

It's also the belief where unemployed people are unwilling to interview and go after work because they are afraid of the idea of working hours a week. It's less painful to stay home and surf the web.

Thirty-six trait-based lessons for primary writers can be found in: [Click here](#) to see how to order your own copy, which contains thirty-six trait lessons like the one found on this page. Big Ideas behind this Lesson: Word Choice – The concept focus is on word choice as Onomatopoeia. Onomatopoeia is used to describe words that look like the sound they are describing. Identify examples of imagery, sensory words, similes Prepare a legible final draft to display or share. Demonstrate phonological awareness of spoken words through rhyming, concept of word, syllable awareness, onset and rime awareness. We start the discussion by first going outside and observing some of the older students in the school during PE physical education class. Maybe they will pay particular attention to the sound a rubber ball makes when it bounces, or the sound of a rope being struck against the ground during jumprope, or they could listen to the sound of children running across the blacktop, etc. Each student would need a clipboard or something hard to write on , paper and pencil to record their sound observations. Red rubber ball – boing! Children running on the blacktop – stampede of cows Birds on fence – tweet Construction across street – thud PE whistle – brrreeep! The more animated you act the better. In this story, a little old woman ventures into the forest in the autumn to collect herbs and seeds. Repetition of phrases is also seen in this primary mentor text. I recommend that when reading to young children, the teacher should read aloud a book at least twice. The first read-aloud is for pure enjoyment, and the second or subsequent readings are to focus on the trait. Hand out this patterned text fill-in graphic organizer for students to fill-in. Possible settings can include: In the garden, there was a first grader who heard a bee: As seen in a comic book. Then students may copy their rough draft from the graphic organizer on to nice but lined paper. Individual writing is mounted on construction paper with the picture on the left and the writing on the right.

Chapter 3 : WritingFix: a lesson from the NNWP's "Six by Six" Print Guide

1 LINDA RICE *Not Afraid of Hard Work* .. 9 2 PATTI (BARTON) BROWNE & DONNA BARTON BROTHERS *Pioneering Spirits* .. 33 3 CHARLSIE CANTEY *Network Natural* .. 59 4 JENINE SAHADI *Against the Odds* .. 79 5 ALICE CHANDLER *In Her Father's Image*.

After a stellar body of work over the course of 29 years, Linda Rice has compiled a resume that would evoke envy among most trainers – regardless of their sex. The native of Racine, Wisconsin, is also the last person other than Todd Pletcher to win a training title at Saratoga. Vanderbilt at Saratoga, and has ranked among the top 25 nationally in earnings in Wonderful things have happened to me because I listened to her advice. Women are realizing they can do what the guys are doing. They can find excitement at the racetrack. Her record stacks up well with anyone. The contender The year-old trainer has started only two horses in Triple Crown races: At the same time, he will also have to prove he can make a daunting jump from the allowance ranks to Grade 1 competition in order to prove that he belongs on the Triple Crown trail. It usually is a better spot than the Derby. But if you win the Wood, nobody passes up the Derby, unless they have to. I was hoping he could carry that speed two turns, which he has. When we purchased him, he had breezed very well on a synthetic surface at Ocala so I felt he would be all right on turf. He finished third and, at that point, moving forward, my intention was to get him on the dirt at Belmont for a mile race. That was the goal at the time. Sent off at , Matt King Coal set the pace and engaged in a fierce stretch duel with Gift Box, only to lose by a nose while finishing 18 lengths ahead of the third. Gift Box, in his next race, ran third behind the undefeated Mohaymen in the Grade 2 Remsen. But then problems set in. While the backstretch offices of some trainers have the kind of clutter and mess only an Oscar Madison clone could love, Rice constructed a highly modern and efficient office at Belmont Park. We have accounts receivable in one area, communications in another, daily operations in another. It helped with my business and communication, which is key. I found we could not keep up with everything until I expanded my office. Janet Elliot, a superb steeplechase trainer, was enshrined in How long will it be before another woman joins her?

Chapter 4 : Linda Zionkowski at Ohio University - calendrierdelascience.com

Linda Rice: "Wonderful things have happened to me because I listened to her advice," says owner Sheila Rosenblum Is 'monumental force' Linda Rice about to scale even greater heights? After a stellar body of work over the course of 29 years, Linda Rice has compiled a resume that would evoke envy among most trainers - regardless of their sex.

The Gospel of Jesus Christ. Paul proudly stated that he was not ashamed of the gospel. And he gave several reasons why he felt this way. The good of which Paul was not ashamed was that God provided salvation and righteousness, deliverance and right standing, healing and acceptance, forgiveness and assurance through the life, death, resurrection, ascension and life of Jesus in every believer. The truth is, Paul felt passionately unashamed of the gospel. Every one of us has been created with the God given likeness and ability to think, feel and will. As far as feelings go there are 5 basic feelings: Paul used a feeling word to describe the theme of his message. In other words, he was emotional about the gospel. I want you to be too! And what do I DO about the gospel is tell it! The NT also affirms the promise of God in Acts God fulfilled His promise to provide for our salvation and righteousness in Christ life, death, resurrection, ascension and life of Christ in every one of us. He was the perfect provision for our sin as the text indicates. He was God as verse 4 indicates and became man as verse 3 reveals. And while there often seems to be no way to find meaning and purpose, contentment and fulfillment, happiness and peace in our lives God has provided a way and Jesus Christ is that way! The gospel is a promised gospel. Repent and believe the good news! According to Acts 9: We are compelled by the love of Christ to preach the gospel. And we need not be ashamed of the gospel because it is a Promised and Preached as well as:

Chapter 5 : “She Is Not Afraid of the Snow for Her Household” - Barbara B. Smith

hard working, demanding, love my kids and pets and home. Not a big socializer. more of a home body. Not afraid to tell you what I think or if you are acting like an idiot or irritating me.

This year, as the Nov. Barring late scratches or withdrawals, to date they are each in line for at least six mounts out of the 12 total races, and their agents are working on more. Both are high in the top U. Overall, they are both in the world top Modest to a fault, both jockeys have retained their courteous demeanor with trainers, owners and stable staff while becoming two of the most sought-after jockeys in the talent-laden New York colony. The true test of their skills and success perhaps came with the conclusion of the Saratoga meet Sept. To date this year, they are among the top four jockeys in national earnings: Even though prize money has increased exponentially in the past five years or so, their national earnings figures are still eye-popping. Both have the bulk of their careers in front of them. The pair say hard work, experience and earning the right to being booked on some of the top horses account for their continued success. In late June, both were suspended three days for bumping and interference infractions during the Belmont spring meet and so began the downstate fall meet on the sidelines - five days Irad and three Jose - for bumping and interference infractions. Since coming to the U. The two will be married in December in Ocala, Florida, where the Rice family live. Jose is proud of being an uncle and jokes about his impending marriage to another jockey and what the domestic future could hold. He was aboard Moonlight Song, a 9-year gelding who had not raced since winning the same race a year earlier. I want to thank every single owner and trainer who gave me the opportunity. Saratoga is the place to be in the summer, and I really love it. Their mother, Vilma Morales Adomo, says they are more mature than they were when they first came to the country from Trujillo Alto in Puerto Rico, a municipality of 75, on the northern coast of the island, but their goals of being top jockeys, following in the footsteps of their grandfather and uncle, have never changed. Vilma enrolled her sons at the prestigious Escuela Vocacional Hipica jockey school, which has produced among others, Hall of Fame jockey John Velazquez currently No. Instructors there recalled the Ortiz brothers as shy at first but showing great potential from the outset. To get into the school, which accepts 16 students a year from applicants, candidates are subjected to rigorous interviews and other tests. Their mother was also rigorous during their upbringing, making sure they stayed out of trouble, worked hard in school and were always respectful of their teachers, family and others around them. To this day they act the same. Helping hands The Ortiz brothers had some important helping hands to ease their transition into New York racing from their close family friend, Efraim Rosa, a NYRA security officer who is known as Pito. A former hotwalker, Rosa housed the pair when they first arrived and, more importantly, introduced them to trainers, jockey agents and others connected to the track. Another helping hand was Hall of Fame jockey Angel Cordero, who gave them his personal Equicizer as well as important riding advice. His most repeated admonition: They still consult him. Trainers and other jockeys are quick to praise their work ethic, attention to detail and professional behavior. They have surrounded themselves with good people and have a good support system. They stay at home with their mother and family. In a very short period of time, they have become world-class riders, he said. Never too busy or proud Trainer Linda Rice, who uses Jose more than his brother, said they got a break in when Ramon Dominguez was forced to retire from racing because of an injury. Another prominent agent, Jim Riccio Jr, has represented Jose from the start. From the outset, both jockeys were frequent visitors to New York tracks in the pre-dawn hours to work horses for top trainers, which paid off down the line in mounts. Rice cited the Oct. In afternoons, they come prepared and focused on what want they have to do. Trainer David Jacobson, who is among perennial leaders in New York, agreed they can adapt to any type of horse, whether speed or come from behind. It enables them to make more good judgments than other riders. Their parents did a good job of raising them. But not long enough for them “ at least when the brothers contemplate their futures. What does it hold?

Chapter 6 : How To Eliminate Your Fear Of Hard Work. | Rich Gee

Linda Johnson Rice Quotes The bitter might be just an initial reaction of, 'Oh my goodness, it's sold,' but not really understanding fully that I will be chairman emeritus of the new company, which is Ebony Media Operations.

Email My dear brothers and sisters, last July six stake Relief Society presidents visited me in my office; they were all from Idaho stakes affected by the Teton flood. They spoke of the labor and love given by thousands of priesthood volunteers and also of the service of countless Relief Society women who washed, scrubbed, cleaned, prepared food, cared for children, and performed other essential services for victims of that terrible disaster. As those sisters spoke, several images came to my mind. I recalled my own visit to the flood area, where I saw a cultural hall with tables with good clothing, clearly sized and marked; another room with neatly stacked food—cans of wheat, dehydrated milk, bottled fruit, nonfood items, all donated by individuals acting in spontaneous compassion and generosity. I remembered the spirit of love and unity, as members in nearby areas not affected by the flood opened their homes and shared their food and other supplies with flood victims. I thought at the time what a blessing it was that those who had been obedient to the counsel of the Brethren had sufficient personal supplies to share with the flood victims. Through this hard experience, lessons in preparedness and provident living were learned for the entire Church. Let us consider now what we as Relief Society leaders need to do in the next six months to help all of us accomplish the storage goals established by the General Authorities. First, help sisters assess their own progress in this assignment. Have their families met the goal? Are they moving toward the halfway mark? Perhaps some have just started, while others may not know where to begin. Second, teach storage principles: Fresh taro or sweet potato, and live pigs, chickens, or fish might be considered as a supply in some areas of the world where it is difficult to store food. Remember that regular use of whole grains is important in building a digestive tolerance for roughage. Basic Clothing and Fuel Storage. These would be used when a family or individual has only a short time to flee a disaster or needs to stay in a sheltered area within the home. Families may also wish to expand their basic storage to include foods and other daily essentials that would supply total nutritional needs and allow for variety and personal preferences in diet and living. These would be things normally used every day, for which frequent shopping is done. After this goal is reached, emergency and expanded storage is desirable. In all of our storage, quality products, proper containers and storage facilities, proper storage temperature, and regular rotation are important considerations. Some of the recent disasters in which Church members have been involved show that there is a need for diversification in places of storage and in types of containers. Perhaps not all storage should be concentrated in one area of the house, not all should be stored in tin or plastic containers, not all in glass containers. I outlined in the April welfare services meeting eight suggested topics for Relief Society homemaking mini-classes. I repeat these by way of review: How to save systematically for emergencies and home storage. How to, what to, and where to store. How to store seeds, prepare soil, acquire proper tools for gardening. How to grow your own vegetables. How to can and dry foods. How to teach and help your family eat foods needed for physical health. How to do basic machine and hand sewing, mending, and clothing remodeling. How to plan and prepare nutritious, appetizing meals, using the resources available and foods from home storage shelves. May I also strongly urge stake and district Relief Society leaders to encourage miniclass instruction on how to use the basic food storage items in daily diets. I ask Relief Society leaders to secure and study approved materials on home storage appropriate to local culture, climate, and area; to counsel with local priesthood leaders and make realistic storage plans available to the people in their area. Plans for storage may vary according to the circumstances of individuals or families. But always the guidelines will be helpful that are set forth in the Church Welfare Services Department bulletin, Essentials of Home Storage, available through Church Distribution. Local university and government departments could also be a source of help. We urge Relief Society leaders to work out ways in which women can help in Church welfare projects. Many could be active participants in the actual work of production projects and canneries. Others might do telephoning and scheduling. Babysitting might be provided to enable young mothers to work on projects or in canneries, or several young mothers could do babysitting for each other. Families might go

together to work on a production project, thus strengthening the bonds of brotherhood and sisterhood among them. Women should encourage their families and arrange home activities and schedules so that the family will want to participate. Her enthusiasm can be contagious, and filling such assignments provides her with a golden opportunity to teach gospel principles of love and service, of work and self-reliance, of stewardship and consecration. As each sister participates in welfare, we feel added blessings can come into her life as conceptualized by the Relief Society Nauvoo monument to women, and she will be blessed spiritually. She will give a good pattern for her children to follow. She and her family will be blessed physically and socially. Furthermore, the Relief Society sisters of today will discover, as the founding sisters of Nauvoo realized, that there is a special blessing in working with the priesthood brethren of the Church. In so doing, they will be reliving and strengthening the companion pattern that began with Adam and Eve. In the name of Jesus Christ.

Chapter 7 : Not Afraid of a Little Hard Work | Photo

Linda is amazing! She gave me a complete make over - from a dry, dull and brittle platinum blonde to a gorgeous, shiny deep brown with a full head of extensions in less than 2 hours.

Wisdom 26 sayings Chinese people have traditionally been good at drawing lessons from the ordinary things of life. Below are some of the most common wisdom sayings that give practical life advice. The most time-honored and popular Chinese sayings present wisdom or a concept in short pithy idiom. Many have just four Chinese characters. This Chinese web saying is recorded in the Urban Dictionary. According to the book "Huainanzi" Lessons of the Human World", an old man living in a border region lost his horse and people came to comfort him. But he said, "This may be a blessing in disguise, who knows? This proverb tells us that if a trivial problem is not solved in time, it will become a serious and knotty one. Similar to "what comes up must come down", this proverb points out that: This proverb advises us to always keep the overall situation in mind, and be far-sighted, while we set our hands to mundane business. Work steadily and make solid progress. It is as impossible to find a perfect man as it is to find percent pure gold. This proverb notes the difficulty of finding an outstanding leader. This can be used to praise someone a magnanimous person. This proverb tells us that as long as people are unified, any goal can be achieved. A righteous man is not afraid to seem unrighteous. Have loan have repayment; again loan not hard. This refers to self-sacrifice for the benefit of others. This saying from "The Analects of Confucius" teaches that patience and the right method achieves the right result, where trying to do the same thing too quickly by cutting corners does not. Chinese people have always thought very highly of friendship, so there are many old sayings about it. This proverb espouses that human relationships are decreed by fate. Here are some Chinese idioms about love and romance. These old sayings usually espouse love or commitment to love. It means that love encompasses everything connected with somebody: This is a wish for conjugal bliss. Love will find a way. This is the Chinese proverb for "tough love". Familial longing is greatest in China on its traditional family reunion festivals, like Mid-Autumn, the harvest moon festival. This poetic verse expresses familial love and homesickness, and is one of many Popular Mid-Autumn Festival Sayings. He who heads a family knows the responsibility. In Chinese, there are many old sayings to encourage others to continue to work hard despite or because of the trials of life. Opportunity knocks but once. Things always get easier if you persevere. This proverb encourages us to persevere to succeed. Patience and persistence can break through anything, no matter how great the difficulty. This is used to describe when a disciple has surpassed his master. This describes one who still cherishes high aspirations in spite of age. Having gone through a setback, one will have gained experience and wisdom, which will be useful if only one can take warning and learn something from the setback. This proverb urges us to be fully prepared for difficulties and setbacks: It means an army burning with righteous indignation is bound to win. Education 10 sayings The Chinese have always attached importance to study, so there are also many idioms to promote study. This proverb reminds us that we can never read widely enough. This proverb stresses the fact that study requires undivided attention. No single word should be passed over before we fully understand it. Only in this way can study be rewarded. Literature 30 sayings Proverbs are eloquent and tell the naked truth in a quick turn of phrase, and so make excellent literary devices. Here are 30 literary quotes most frequent used in Chinese daily life. Subjects think food is heaven. This is used to point out that someone knows the situation quite well, yet says nothing as is common in Chinese culture. Chinese tend to keep their thoughts to themselves see more on Chinese and Western Thought. Various attributed to "History of the Later Han Dynasty" c. It means to feel tense and uneasy. It means to take things as they come. Dragons 10 sayings Dragons are found in many aspects of Chinese culture, including sayings. Chinese dragons are seen as lucky and good quite different to dragons in most Western stories. It refers to a flamboyant style of calligraphy, and writing devoid of content. It refers to a vigorous spirit in old age. It refers to crooks mixed in with honest folk. It refers to a scene of bustling activity. It refers to a scene of heavy traffic Chinese dragons have very long bodies. It refers to a very dangerous spot. It refers to adding the vital finishing touch; the crucial point that brings the subject to life. It refers to someone who pretends to like something that he really fears. It refers

to someone who has successfully past the civil service examination.

Chapter 8 : Say It Like You Mean It: How to Communicate Effectively at Work | The Glasshammer

You've worked hard to get where you are. You've earned your success because you're not afraid of hard work. However, sometimes communicating with your male colleagues can seem like trying to put a puzzle together without all the pieces.

October 26, In Council District 1 â€” basically everything north and west of the corner of University Avenue and Sacramento Street â€” our challenge is how best to replace retiring City Councilwoman Linda Maio, who has ably served the district and the city for more than 20 years. Fortunately, candidate Igor Tregub has the proven experience and history of progressive accomplishment to comfortably pick up her torch. Thanks to a vigorous grassroots initiative effort that Linda stuck with, Berkeley enacted the Neighborhood Preservation Ordinance, which brought us Ohlone Park â€” a now-treasured resource. We both learned that good things happen by applying progressive values through grassroots efforts and persistence over months and years. That life journey led directly to his central campaign pledge today: Igor has now lived here â€” and been deeply involved â€” for 15 years. Educated at UC Berkeley as an engineer, even while still in school he learned about organizing in a democratic country. I met him in while I was managing a campaign against an anti-transit initiative; Igor organized public meetings to inform the university community on that and other issues. Igor is a tireless progressive activist. From issue to issue, meeting to meeting, and campaign to campaign, he has been a faithful presence in the center of Berkeley issues. He is as well known at City Hall as he is among local labor unions, democratic committees, city boards and commissions he has served on, and a range of East Bay progressive nonprofits. That involvement is not just talk: Rashi is well educated in public policy matters, and currently holds a responsible budget manager job in San Francisco. Nonetheless, she is not noted for grassroots involvement. As she learns, her emphasis has been changing. In the two months from her first flyer to the most recent mid-October one, for example, Rashi has moved to a more top-down and management-centric orientation. Rashi flyer By the release of her October flyer, Rashi had apparently stopped listing her early progressive priorities, which no longer appeared. Serving as an elected official to the Rent Stabilization Board and on the Zoning Adjustment Boards, he has had to make real-world decisions on housing not just adopting policies ; serving as the president of the Bay Area Chapter of the Sierra Club, he has had to coordinate fights such as stopping coal shipments through Berkeley by rail. His actions, not just his words, prove his progressive accomplishments in the real world. Curiously, though, the flyer features endorsement photos of former Mayor Tom Bates and current State Senator Nancy Skinner, both often tagged with fiscal profligacy by those same moderate citizens. Which perspective does she really favor? So District 1 faces a clear choice between two candidates who differently embody bottom-up progressive community involvement or top-down policy management. While both are qualified, Igor will more ably serve at carrying on the intimate public service that will extend the representation we have gratefully enjoyed from Linda Maio. Alan Tobey became another progressive immigrant to Berkeley in After retiring from work in technical development and marketing, he is still involved in local environmental activism.

Chapter 9 : Interesting Chinese Sayings, Popular Chinese Phrases and Proverbs

37 Inspiring Quotes About Working Hard and Achieving Big Things In honor of hard workers everywhere, here are some of the most inspiring quotes about working hard and watching it pay off.