

The background is a vibrant, abstract painting with thick, expressive brushstrokes in shades of green, blue, red, and yellow. A semi-transparent white rounded rectangle is centered on the page, containing the text. The text is arranged in three lines: the first line is in a dark blue serif font, the second and third lines are in a red serif font.

**Cookbook Specialists**

**SAMPLE  
STUDENT PLANNER**

**Name** \_\_\_\_\_

**Grade** \_\_\_\_\_ **Homeroom #** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**Phone Number** \_\_\_\_\_

**Just the student planner you are looking for ...  
and the bonus is the price.**

Thank you for requesting our sample of

**Cookbook Specialists Student Planner  
5 1/2" x 8 1/2" size**

Please review it for content, quality of materials  
and its usefulness as an educational tool to keep  
your students on track and organized.



For easy ordering or a quote, please call

**800-383-1679**

Add your handbooks, custom assignment pages,  
class schedules, etc.

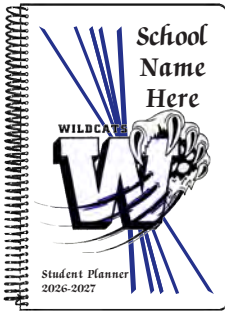
We are happy to customize our planners  
to YOUR school's needs!

## OUR PLANNERS INCLUDE

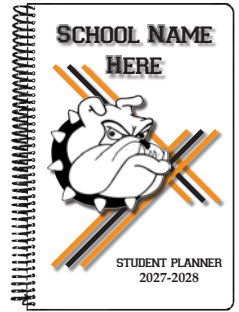
- 21 special pages with handy tips, tricks and reminders geared to help your student find a quick reference.
- 90 pages of student assignment organization. Dates and subjects can be added or removed as needed for your students. Consider including special events!
- 8 hall passes come standard, but feel free to customize to your needs.
- 2 formats available for you to choose from. Let us know if you would like the **Student** or **Parent** version for your assignment pages.

***Phone: 800-383-1679***

# Some Cover Samples



Planner A



Planner B



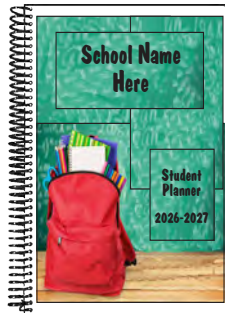
Planner C



Planner F



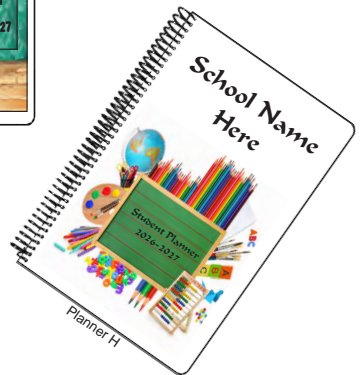
Planner D



Planner G



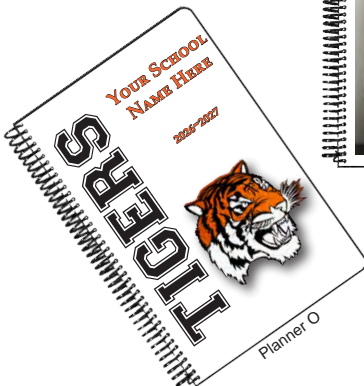
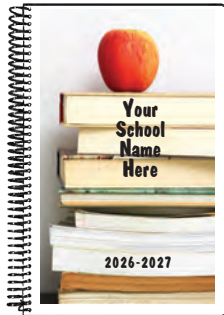
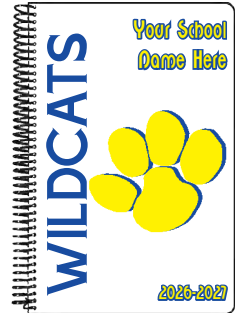
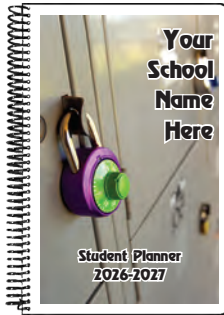
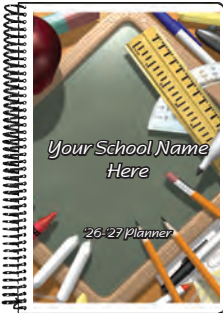
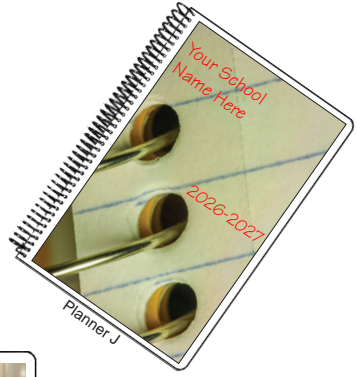
Planner E



Planner H

All of these designs are customizable, or submit your own design

# More Cover Samples



All of these designs are customizable, or submit your own design



## Internet Tips

While the internet is a fantastic learning tool and a great way to keep in touch with family and friends, and even though more and more of us are feeling very comfortable in that virtual environment, we must not take internet safety for granted. We must be on our guard to protect ourselves by following some simple rules.

- **Never give out any personal, identifying information**, such as home address, home or cell phone numbers, social security number, or any other information that might aid predators or identity thieves. Be cautious of people you “meet” on the internet, as they may not be who/what they seem!
- **Remember that nothing is ever forgotten or completely deleted from the internet.** Watch what you post about yourself or others, and what your friends post about you, because it will never go away! And it can be seen by everyone, including parents, teachers, bosses, etc. So keep it clean and don't share too much information! What you are feeling right now will probably pass by tomorrow, but if you post it online, it is there forever!!
- **Be sure to talk to your parents or a trusted adult if something doesn't “seem right.”** The “in person” rules apply to the internet also. If anyone says or does something online that makes you feel uncomfortable, confused or afraid, tell an adult. All predators rely on the victim's silence, so if you take that power away from them, it's one less thing they can count on!
- **“Never meet anyone in person that you meet online”** is the FBI's warning. Of course, we can make good friends online, so if you do decide to meet them in person, just remember to be very cautious and **NEVER** meet anyone face-to-face without your parents or another trusted adult. And always meet online friends in a public place, such as a mall, with lots of other people around. Remember to follow your instincts! If it feels creepy, it probably is creepy! Walk away!
- And last but not least – **Keep your usernames and passwords private!** Don't give that information to anyone, except your parents or other responsible adult that you trust. If someone has that information, they can log onto your account(s) and post anything they want under your name, which can make you enemies, get you expelled from school, in trouble with your parents or even the law!

# CREATING PASSWORDS



*Passwords are the only thing standing between you and everyone else out there, so they must be unbreakable! There are many opinions on how to create a good password. Recently it has been determined that passwords that include misspelled words are the most effective, because there are so many different ways of misspelling a word that it would be virtually impossible to guess the right one. And there are many programs/websites where you can test the effectiveness of the password you have created. But here are some key steps to think about when creating a password to make it the most effective:*

- Make passwords at least eight characters long.*
- Include letters, numbers, punctuation and symbols, if they are all allowed (some sites don't allow punctuation or certain symbols).*
- To keep passwords most effective, change them often. A good rule of thumb is to change passwords every 3 months.*
- Do NOT use the same password for everything. If one of your accounts is hacked, the cybercriminal can then use that account information for other accounts, if you have used the same password for all.*

## *Things to Avoid When Creating a Password*

- Do not use dictionary words, in any language.*
- Do not use words that are spelled backwards, abbreviations or common misspellings.*
- Do not use letter or number sequences or repeated characters, such as abcdefgh or 12345678, or 11111111 or aaaaaaaa.*
- Do not use personal information, such as name, birthday, driver's license, etc.*



*“Sticks and stones will break your bones,  
but words will never hurt you”*

We have all heard this and probably used the phrase as a child. However, this is so very far from the truth! **Words** might not cause physical harm, but they can definitely hurt! Physical harm is NOT the only form of **bullying**. Using words is also bullying and it can do serious damage to a person’s feelings, emotions and self-worth.

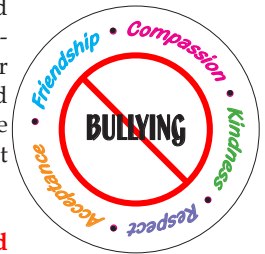
**Bullying** (according to the Oxford Dictionary) is “seeking to harm, intimidate or coerce someone perceived as vulnerable.” Besides physical actions, this can also mean to antagonize, humiliate, intimidate or torment, and can happen while at school, in the community or online.



**Cyber Bullying** (according to Stopbullying.gov) is “**bullying** that takes place using electronic technology...including social media sites, text messages, chat and websites.”

Remember - one insult or rumor, while very hurtful to the victim, does **NOT** mean it is **bullying** or **cyber bullying**, but can certainly lead to a greater problem. **Bullying** and **cyber bullying** is continuous meanness to another kid, happening over and over again, and can be emotional or physical, or both.

**So what qualifies as bullying?** Kids can be mean and tease and name call. They can be thoughtless and self-involved and not even realize they’re hurting other kids’ feelings. Kids have arguments and fights and misunderstandings all the time as they try to navigate through our social rules and figure out how to interact with other people. **This is NOT bullying.**



**Bullying** is **intentional, deliberate** and **repeated** aggressive actions (which continues after they’ve been asked to stop or they know they’re causing harm) that involves a real or perceived imbalance of power or control (i.e. physical strength, popularity or the knowledge of embarrassing information).

There are **FOUR** kinds of bullying that “hurt, harm or humiliate:”

1. **Social Bullying** - social exclusion from a group on purpose, spreading rumors, telling others not to be friends with someone, intentional isolation
2. **Verbal Bullying** - teasing, taunting, name-calling, rumor spreading or threats to cause harm
3. **Physical Bullying** - hitting, kicking, spitting, tripping or pushing, breaking or stealing possessions or money, or any form of abuse involving physical contact.
4. **Cyber Bullying** - spreading rumors online, sharing inappropriate information or pictures online, impersonation, threatening someone online, or “outing” someone.

**You can help put an end to bullying!** Getting involved is very hard, but you can help combat it by standing with the person being bullied, asking the bully to stop, getting help from a trusted adult, just for starters.

**IF YOU ARE BEING BULLIED**, there are some things you can do, even though they may be difficult.

1. Don't react to the bully.
2. Stay calm.
3. Ignore the bully.
4. Walk away.
5. Talk about it with a trusted adult.



**Are YOU a bully?** Even though you might not be aware of it, you may have taken it beyond “teasing” and have now become a bully. You may even be bullying your friends! Are you “teasing” your friend to make him/her feel small or intimidated? Or are you trying to make him/her laugh or see the humor in something? And you must read his/her response. Are you the only one laughing, or do you bring a genuine smile to his/her face?

**You might know someone who is being bullied or cyber bullied.** Try to recognize the signs. He/she has a hard time standing up for him/herself, as he/she is being made to feel powerless. **Bullying** can make him/her sad, lonely, nervous, sick or even suicidal, or it can even turn him/her into a bully.

There are many reasons a kid turns to **bullying**. Perhaps he/she wants to copy or impress his/her friends, **OR** he/she thinks bullying will help him/her fit in, **OR** he/she feels better about him/herself when he/she is degrading someone else.

You must remember that **bullying** is **NEVER** okay, whether it's in person or through technology. If you see bullying occur, do not join in!! The best thing is to get an adult who can stop the bullying on the spot!

***And always follow the GOLDEN RULE:  
Treat others the way you want to be treated.***

**STOP**  
**BULLYING**  
**STAND UP. SPEAK OUT.**

# How to Communicate Effectively

In this world of social media, texting and emoticons, we are losing the ability to communicate face-to-face. This, unfortunately, is something many young people don't realize until they are entering the business world and learn too late that they should have been working on their communication skills all along. Although you might be able to get your thoughts across just fine while texting and abbreviating and while social networking can prove valuable for future business connections, there will come a time when you must spell out words (as in a resumé) or speak to someone face-to-face (as in an interview).



Whether communicating with a large group or one-on-one, here are some key points to remember:



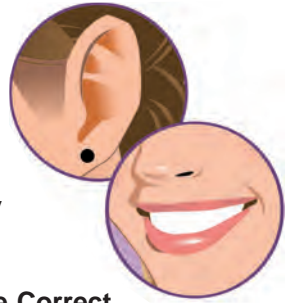
**Make Eye Contact.** Look into the eyes of the person with whom you are conversing, whether you are talking or listening. Eye contact shows the other person/people that you are interested in what they have to say, and will encourage them to be interested in what you are saying.

**Use Gestures.** Even though most people think of this to mean gesturing with the hands, this also means your eyes and mouth. Your whole body should “talk.” And your body language should match your words. You can speak very eloquently, but if your body shows no interest, your audience will pick up on that and lose interest quickly. If you stand with arms crossed, that shows you are not receptive to listening or discussing the subject at hand.



**Develop Good Listening Skills.** Even though most people think of communication as speaking, part of communication also involves listening. You must be able to listen to what the other person has to say objectively and not pass judgement. It is very important to NOT hear only part of their point of view and then stop listening so you can begin to form your rebuttal. You must listen openly to their entire thought and then (and only then) think about your response.

**Speak Clearly.** Don't mumble. If your audience is asking you to repeat yourself, try to slow down and enunciate your words. And formulate complete sentences in your mind before you start speaking. Speak fluidly and avoid short stops and starts. This is very distracting and will take away from the message you are trying to convey and you will lose your audience in "er" and "um."



**Pronounce Your Words Correctly and Use the Correct**

**Word.** It is very distracting to listen to someone who mispronounces words. Unfortunately, your amazing thoughts can be lost on your audience if they are focusing on the words you have pronounced incorrectly. If you are unsure of how to pronounce a word, don't use that word.

**Slow Down.** If you speak too quickly, your audience will see you as unsure and nervous. You must also take care not to speak too slowly. You must find the happy medium.

**Maintain a Lower Pitch.** If you have a high-pitched voice, strive to lower the pitch of your voice. Unfortunately, people with higher voices are sometimes not taken seriously, or can be viewed as weak and easy prey to those more aggressive.

**Be Animated.** Avoid monotone. Animate your voice and, in turn, it will animate your entire speech or conversation.

**Control Your Voice Volume.** When in a one-on-one situation, it will call for a softer tone, while louder volume is necessary with large groups.



To summarize, make sure you enunciate your words and speak loud enough (but not too loudly) for your audience. And make sure you are using proper words and proper grammar. If you are unsure of the words and/or grammar, a dictionary can be most helpful in both cases.

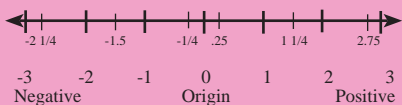
And make sure to look at your audience and make eye contact, use gestures and animate your voice.

Knowing how to use social media is fun and exciting, but knowing how to communicate in person is key to your future!



# Pre-Algebra & Algebra

## Number Line



## General

$$d = r \times t$$

d = distance  
r = rate  
t = time

$$p = c \times n$$

p = total price  
c = cost of item  
n = number of items

$$u = \frac{p}{n}$$

u = unit price  
p = total price  
n = number of units

$$p = 100 \left( \frac{g - s}{g} \right)$$

p = percent of discount  
g = original price  
s = sale price

## Linear

$$m = \frac{y_2 - y_1}{x_2 - x_1}$$

slope definition  
(m = slope)

$$y = mx + b$$

slope-intercept formula  
(b = y-intercept)

$$y_2 - y_1 = m(x_2 - x_1)$$

point-slope formula

$$d = \sqrt{(x_2 - x_1)^2 + (y_2 - y_1)^2}$$

distance formula

## Rules for Integers

- When adding two numbers with the same sign, take the sum of the two numbers and keep the sign.  
Example:  $4 + 5 = 9$ ;  $-6 + -2 = -8$
- When adding two numbers with different signs, take the difference of the two numbers and use the sign of the larger number.  
Example:  $-14 + 8 = -6$ ;  $8 + -5 = 3$
- When subtracting two numbers, change the subtraction problem to an addition problem by adding the opposite of what was being subtracted. Follow steps "1" and "2" to finish the problem.  
Example:  $-10 - 4 = -10 + -4 = -14$ ;  $5 - -3 = 5 + 3 = 8$

## Numbers

**Prime** - any number greater than one that can only be factored by itself and the number one

**Composite** - any number greater than one that has more than two factors

**Natural** - numbers used for counting: {1, 2, 3, 4, ...}

**Whole** - the set of natural numbers, plus zero

**Integers** - any positive or negative whole number, plus zero

**Real** - includes all rational and irrational numbers, both positive and negative

## Equation Solving Process

- Is it a subtraction problem?

no → yes → Change it to an addition problem.

- Are there grouping symbols?

no → yes → Distribute.

- Are there variables on the right side?

no → yes → Move them to the left side.

Combine/simplify left side.

- Is there a number not attached to the variable?

no → yes → Move it to the right side.  
Combine/simplify right side.

- Is there a number attached to the variable?

no → yes → 1. If by 'x' then '+'.  
2. If by '+-' then 'x'.  
3. If a fraction, use reciprocal.

variable = #

variable = #

## Other

Density = Mass ÷ Volume

$$D = \frac{m}{V}$$

Work = Force x Distance

$$W = F \cdot d$$

Power = Work ÷ Time

$$P = \frac{W}{t}$$

Power = Voltage x Current

$$P = V \cdot I$$



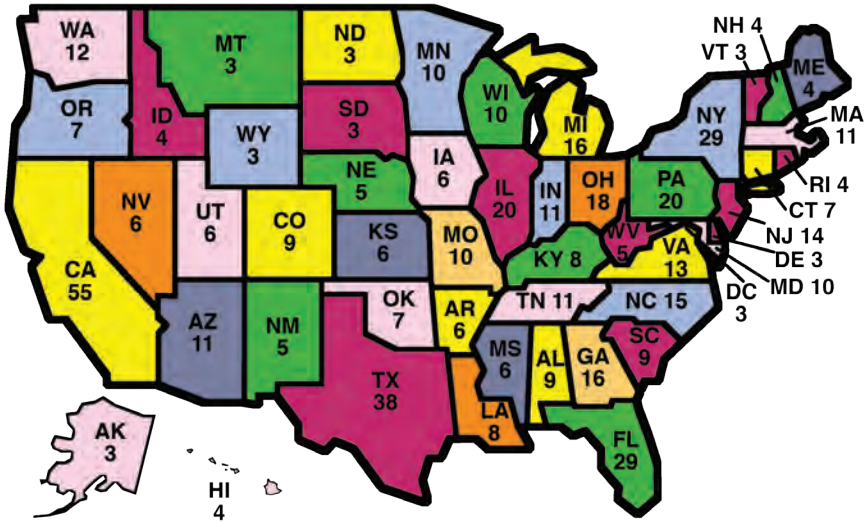


**UNITED STATES**



# ELECTORAL VOTES FOR PRESIDENT

(Based on the 2010 census, which is good for 2012, 2016, 2020 elections)



When Americans vote in November, the ballots they cast do not directly elect the president. Instead, that falls on the electoral college. There are currently a total of 538 electoral votes. The electors are selected on the state level and, in most of 48 states and Washington, D.C., the electors are bound by [state] law to vote in accordance with the results of the popular vote (in other words, if one candidate receives majority vote, the electors have “winner take all” policy and automatically give all the state’s electoral vote to that candidate). The other two states, Maine and Nebraska, award electoral votes by winner of the popular vote for each congressional district. When a candidate receives 270 or more electoral votes, the sitting vice president, acting as president of the Senate, declares that person the president-elect.

Electoral votes are allocated based on the census, so the number of electoral votes can change as the census changes. Every state is given the number of votes equal to the number of senators and representatives. This also includes the District of Columbia, which is allocated three electors and treated as a state for this electoral college process.

The electoral college system was established in 1789 and there has been some debate over whether or not the electoral college is still relevant. To eradicate the electoral college, thereby allowing election by nationwide popular vote, it would require a constitutional amendment, which would be a tremendous undertaking.



## UNITED STATES CAPITALS

Montgomery, Alabama	Honolulu, Hawaii	Boston, Massachusetts	Santa Fe, New Mexico	Pierre, South Dakota
Juneau, Alaska	Boise, Idaho	Lansing, Michigan	Albany, New York	Nashville, Tennessee
Phoenix, Arizona	Springfield, Illinois	St. Paul, Minnesota	Raleigh, North Carolina	Austin, Texas
Little Rock, Arkansas	Indianapolis, Indiana	Jackson, Mississippi	Bismarck, North Dakota	Salt Lake City, Utah
Sacramento, California	Des Moines, Iowa	Jefferson City, Missouri	Columbus, Ohio	Montpelier, Vermont
Denver, Colorado	Topeka, Kansas	Helena, Montana	Oklahoma City, Oklahoma	Richmond, Virginia
Hartford, Connecticut	Frankfort, Kentucky	Lincoln, Nebraska	Salem, Oregon	Olympia, Washington
Dover, Delaware	Baton Rouge, Louisiana	Carson City, Nevada	Harrisburg, Pennsylvania	Charleston, West Virginia
Tallahassee, Florida	Augusta, Maine	Concord, New Hampshire	Providence, Rhode Island	Madison, Wisconsin
Atlanta, Georgia	Annapolis, Maryland	Trenton, New Jersey	Columbia, South Carolina	Cheyenne, Wyoming

## UNITED STATES PRESIDENTS

Order	Name	Dates	Order	Name	Dates
1.	George Washington	1789-1797	24.	Grover Cleveland	1893-1897
2.	John Adams	1797-1801	25.	William McKinley	1897-1901
3.	Thomas Jefferson	1801-1809	26.	Theodore Roosevelt	1901-1909
4.	James Madison	1809-1817	27.	William H. Taft	1909-1913
5.	James Monroe	1817-1825	28.	Woodrow Wilson	1913-1921
6.	John Quincy Adams	1825-1829	29.	Warren G. Harding	1921-1923
7.	Andrew Jackson	1829-1837	30.	Calvin Coolidge	1923-1929
8.	Martin Van Buren	1837-1841	31.	Herbert C. Hoover	1929-1933
9.	William Henry Harrison	1841	32.	Franklin D. Roosevelt	1933-1945
10.	John Tyler	1841-1845	33.	Harry S. Truman	1945-1953
11.	James K. Polk	1845-1849	34.	Dwight D. Eisenhower	1953-1961
12.	Zachary Taylor	1849-1850	35.	John F. Kennedy	1961-1963
13.	Millard Fillmore	1850-1853	36.	Lyndon B. Johnson	1963-1969
14.	Franklin Pierce	1853-1857	37.	Richard M. Nixon	1969-1974
15.	James Buchanan	1857-1861	38.	Gerald R. Ford	1974-1977
16.	Abraham Lincoln	1861-1865	39.	James Earl Carter	1977-1981
17.	Andrew Johnson	1865-1869	40.	Ronald Reagan	1981-1989
18.	Ulysses S. Grant	1869-1877	41.	George Bush	1989-1993
19.	Rutherford B. Hayes	1877-1881	42.	William J. Clinton	1993-2001
20.	James A. Garfield	1881	43.	George W. Bush	2001-2009
21.	Chester A. Arthur	1881-1885	44.	Barack H. Obama	2009-2017
22.	Grover Cleveland	1885-1889	45.	Donald J. Trump	2017-2021
23.	Benjamin Harrison	1889-1893	46.	Joseph R. Biden Jr.	2021-



# Charters of Freedom

The Declaration of Independence, Constitution and the Bill of Rights are collectively known as the Charters of Freedom. These documents were instrumental in not only securing the rights of Americans for over two centuries but also are instrumental to the founding and philosophy of the United States.

Original copies of the documents are on display in the National Archives Museum and can be viewed online at: <https://www.archives.gov/founding-docs>

**Declaration of Independence** - Announced the separation of the 13 North American British colonies from Great Britain. This document was approved by the Continental Congress on July 4th, 1776.

The Declaration of Independence has two main parts. The first part explains the beliefs of Americans about democracy. It lists rights that can't be taken away. There were seven truths declared in this document.

1. That all men are created equal.
2. That all men are born with rights that no one can take away.
3. That some of these rights are life, liberty and the pursuit of happiness.
4. That the purpose of government is to preserve these rights.
5. That the government is the servant of the people and gets its powers with the permission of the people it governs.
6. That if a government fails to protect people's rights, men have the right and the duty to change government.
7. That men have the right to form new governments that will protect their rights and provide safety and happiness.

Since the signing of the Declaration of Independence, our rights as citizens of the United States have been contested, debated, amended and documented. The Declaration of Independence established our basic civil rights.

**Constitution of the United States** - Established the United States national government and fundamental laws. It was signed on September 17, 1787 by delegates to the Constitutional Convention in Philadelphia. The Constitution guaranteed basic rights for the citizens of the U.S.

Preamble of the Constitution's outlines it's purpose.

*"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."*

**The Bill of Rights** - Are the first 10 amendments to the United States Constitution and list specific prohibitions on government power, in response to calls from several states for greater constitutional protection of individual liberties. The Bill of Rights were ratified on December 15, 1791.

**Bill of Rights**

**1st** - Freedom of Religion, Speech, Press, Assembly and Petition

**2nd** - Bearing and Keeping Arms

**3rd** - Quartering Soldiers

**4th** - Search and Seizure

**5th** - Grand Jury, Double Jeopardy, Self-Incrimination, Due Process

**6th** - Rights of Those Charged in Criminal Prosecutions

**7th** - Civil Trial Rights

**8th** - Protections against Excessive Bail, Cruel and Unusual Punishment

**9th** - Unenumerated Rights - The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

**10th** - Rights Reserved to States - The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.



**Additional Amendments:**

11th - (1795) Suits Against a State

12th - (1804) Election of President and Vice-President

13th - (1865) Abolition of Slavery and Involuntary Servitude

14th - (1868) Citizenship, Equal Protection, and other Post-Civil War Provisions

15th - (1870) Right of Citizens to Vote

16th - (1913) Income Tax

17th - (1913) Popular Election of Senators

18th - (1919) Prohibition of Liquor

19th - (1920) Women's Suffrage Rights

20th - (1933) Presidential Term and Succession

21st - (1933) Repeal of Prohibition

22nd - (1951) Presidential Term Limits

23rd - (1961) Presidential Electors for District of Columbia

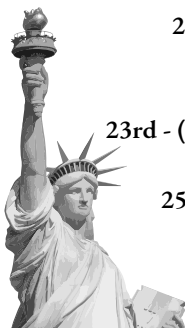
24th - (1964) Abolition of the Poll Taxes

25th - (1967) Presidential Vacancy and Disability

26th - (1971) Reduction of Voting Age

27th - (1992) Congressional Compensation

(Year of Ratification)



To see the full description of the Bill of Rights and a list of all 27 Amendments to the Constitution visit: <https://www.archives.gov/founding-docs/constitution>

## MULTIPLICATION TABLE

	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>2</b>	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50
<b>3</b>	6	9	12	15	18	21	24	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75
<b>4</b>	8	12	16	20	24	28	32	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96	100
<b>5</b>	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125
<b>6</b>	12	18	24	30	36	42	48	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144	150
<b>7</b>	14	21	28	35	42	49	56	63	70	77	84	91	98	105	112	119	126	133	140	147	154	161	168	175
<b>8</b>	16	24	32	40	48	56	64	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200
<b>9</b>	18	27	36	45	54	63	72	81	90	99	108	117	126	135	144	153	162	171	180	189	198	207	216	225
<b>10</b>	20	30	40	50	60	70	80	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
<b>11</b>	22	33	44	55	66	77	88	99	110	121	132	143	154	165	176	187	198	209	220	231	242	253	264	275
<b>12</b>	24	36	48	60	72	84	96	108	120	132	144	156	168	180	192	204	216	228	240	252	264	276	288	300
<b>13</b>	26	39	52	65	78	91	104	117	130	143	156	169	182	195	208	221	234	247	260	273	286	299	312	325
<b>14</b>	28	42	56	70	84	98	112	126	140	154	168	182	196	210	224	238	252	266	280	294	308	322	336	350
<b>15</b>	30	45	60	75	90	105	120	135	150	165	180	195	210	225	240	255	270	285	300	315	330	345	360	375
<b>16</b>	32	48	64	80	96	112	128	144	160	176	192	208	224	240	256	272	288	304	320	336	352	368	384	400
<b>17</b>	34	51	68	85	102	119	136	153	170	187	204	221	238	255	272	289	306	323	340	357	374	391	408	425
<b>18</b>	36	54	72	90	108	126	144	162	180	198	216	234	252	270	288	306	324	342	360	378	396	414	432	450
<b>19</b>	38	57	76	95	114	133	152	171	190	209	228	247	266	285	304	323	342	361	380	399	418	437	456	475
<b>20</b>	40	60	80	100	120	140	160	180	200	220	240	260	280	300	320	340	360	380	400	420	440	460	480	500
<b>21</b>	42	63	84	105	126	147	168	189	210	231	252	273	294	315	336	357	378	399	420	441	462	483	504	525
<b>22</b>	44	66	88	110	132	154	176	198	220	242	264	286	308	330	352	374	396	418	440	462	484	506	528	550
<b>23</b>	46	69	92	115	138	161	184	207	230	253	276	299	322	345	368	391	414	437	460	483	506	529	552	575
<b>24</b>	48	72	96	120	144	168	192	216	240	264	288	312	336	360	384	408	432	456	480	501	528	552	576	600
<b>25</b>	50	75	100	125	150	175	200	225	250	275	300	325	350	375	400	425	450	475	500	525	550	575	600	625

## SQUARES, CUBES AND ROOTS

No.	Square	Cube	Square	Cube	No.	Square	Cube	Square	Cube
			root	root				root	root
1	1	1	1.000	1.000	13	169	2197	3.606	2.351
2	4	8	1.414	1.260	14	196	2744	3.742	2.410
3	9	27	1.732	1.442	15	225	3375	3.873	2.466
4	16	64	2.000	1.587	16	256	4096	4.000	2.520
5	25	125	2.236	1.710	17	289	4913	4.123	2.571
6	36	216	2.449	1.817	18	324	5832	4.243	2.621
7	49	343	2.646	1.913	19	361	6859	4.359	2.668
8	64	512	2.828	2.000	20	400	8000	4.472	2.714
9	81	729	3.000	2.080	25	625	15625	5.000	2.924
10	100	1000	3.162	2.154	30	900	27000	5.477	3.107
11	121	1331	3.317	2.224	40	1600	64000	6.325	3.420
12	144	1728	3.464	2.289	50	2500	125000	7.071	3.684

## PRIME NUMBERS TO 1,009

A prime number is a positive integer that is divisible only by two positive integers, 1 and itself.

2	53	127	263	353	443	547	641	739	839	947
3	59	131	269	359	449	557	643	743	853	953
5	61	137	271	367	457	563	647	751	857	967
7	67	139	277	373	461	569	653	757	859	971
11	71	149	281	379	463	571	659	761	863	977
13	73	151	283	383	467	577	661	769	877	983
17	79	157	293	389	479	587	673	773	881	991
19	83	163	307	397	487	593	677	787	883	997
23	89	167	311	401	491	599	683	797	887	1009
29	97	229	313	409	499	601	691	809	907	
31	101	233	317	419	503	607	701	811	911	
37	103	239	331	421	409	613	709	821	919	
41	107	241	337	431	521	617	719	823	929	
43	109	251	347	433	523	619	727	827	937	
47	113	257	349	439	541	631	733	829	941	

NAME	FIGURE	AREA	PERIMETER CIRCUMFERENCE
TRIANGLE		$A = \frac{b \times h}{2}$	$P = MN + NP + PM$
PARALLELOGRAM		$A = b \times h$	$P = DE + EF + FG + GD$
RHOMBUS		$A = b \times h$	$P = b + b + b + b$ $P = 4b$
RECTANGLE		$A = L \times w$	$P = L + w + L + w$ $P = 2L + 2w$
SQUARE		$A = l^2$	$P = l + l + l + l$ $P = 4l$
TRAPEZOID		$A = \frac{(B + b) \times h}{2}$	$P = MN + NP + PR + RM$
CIRCLE		$A = \pi r^2$	$C = 2\pi r = \pi d$

# UNITS OF MEASUREMENT & CONVERSIONS

System Linear Measurements	
12 inches	= 1 foot
3 feet	= 1 yard
5.5 yards	= 1 rod
40 rods	= 1 furlong
8 furlongs	= 1 mile
3 land miles	= 1 league

Area Measurement	
144 sq. inches	= 1 sq. foot
9 sq. feet	= 1 sq. yard
30.25 sq. yards	= 1 sq. rod
150 sq. rods	= 1 acre
640 acres	= 1 sq. mile
1 sq. mile	= 1 section
36 sections	= 1 township

Liquid Measure	
2 cups	= 1 pint
2 pints	= 1 quart
4 quarts	= 1 gallon

Dry Measure	
2 pints	= 1 quart
8 quarts	= 1 peck
4 pecks	= 1 bushel

Weight	
27 11/32 grains	= 1 dram
16 drams	= 1 ounce
16 ounces	= 1 pound
100 pounds	= 1 hundredweight
20 hundredweight	= 1 san
2000 pounds	= 1 ton

Kitchen Measurements	
3 tsp	= 1 tbsp
4 tbsp	= 1/4 cup
5 1/3 tbsp	= 1/3 cup
16 tbsp	= 1 cup
2 cups	= 1 pint
4 cups	= 1 quart
2 pints	= 1 quart
4 quarts	= 1 gallon

Temperature	
Celsius	= 5/9 (F-32)
Fahrenheit	= 9C/5 + 32

Metric Linear Measurement	
10 millimeters	= 1 centimeter
10 centimeters	= 1 decimeter
10 decimeters	= 1 meter
10 meters	= 1 decameter
10 decameter	= 1 hectometer
10 hectometer	= 1 kilometer

Metric Area Measurement	
100 sq. mm	= 1 sq. centimeter
10,000 sq. cm	= 1 sq. meter
1,000,000 sq. mm	= 1 sq. meter
100 sq. meters	= 1 are
100 areas	= 1 hectare
100 hectares	= 1 sq. kilometer
1,000,000 sq. m	= 1 sq. kilometer

Metric Volume Measurements	
1 liter	= 0.001 cubic meter
10 milliliters	= 1 centiliters
10 centiliters	= 1 deciliter
10 deciliters	= 1 liter
10 liters	= 1 decaliter
10 decaliters	= 1 hectoliter
10 hectoliters	= 1 kiloliter

Metric Weight	
10 milligrams	= 1 centigram
10 centigrams	= 1 decigram
10 decigrams	= 1 gram
10 grams	= 1 dekagram
10 dekagrams	= 1 hectogram
10 hectograms	= 1 kilogram
1,000 kilograms	= 1 metric ton

Conversion Chart	
<u>To Convert:</u>	<u>Into:</u> <u>Multiply By:</u>
Centimeters .....	Inches ..... 0.394
	Feet ..... 0.0328
	Meters ..... 0.01
	Millimeters ..... 10
Meters .....	Centimeters ..... 100
	Feet ..... 3.281
	Inches ..... 39.37
	Kilometers ..... 0.001
	Miles ..... 0.0006214
	Millimeters ..... 1000
	Yards ..... 1.093
Kilometers .....	Feet ..... 3281
	Meters ..... 1000
	Miles ..... 0.621
	Yards ..... 1093
Liters .....	Cups ..... 4.226
	Pints ..... 2.113
	Gallons ..... 0.264
	Milliliters ..... 1000
	Quarts ..... 1.057
Grams .....	Ounces ..... 0.035
	Pounds ..... 0.002
	Kilograms ..... 0.001
Kilograms .....	Grams ..... 1000
	Ounces ..... 35.274
	Pounds ..... 2.205
Inches .....	Centimeters ..... 2.54
	Feet ..... 0.0833
	Meters ..... 0.0254
	Yards ..... 0.0278
Yards .....	Inches ..... 36
	Feet ..... 3
	Meters ..... 0.914
	Miles ..... 0.0005682
Miles .....	Feet ..... 5280
	Yards ..... 1760
	Kilometers ..... 1.609
Pints.....	Liters ..... 0.473
	Quarts ..... 0.5
	Gallons ..... 0.125
Quarts .....	Pints ..... 2
	Liters ..... 0.946
	Gallons ..... 0.25
Gallons .....	Pints ..... 8
	Liters ..... 3.785
	Quarts ..... 4
Ounces.....	Grams ..... 28.35
	Pounds ..... 0.0625
	Kilograms ..... 0.029
Pounds.....	Grams ..... 453.59
	Ounces ..... 16
	Kilograms ..... 0.454

## ROMAN NUMERALS

I.....1	IX.....9	XVII.....17	XC.....90
II.....2	X.....10	XVIII.....18	C.....100
III.....3	XI.....11	XIX.....19	CC.....200
IV.....4	XII.....12	XX.....20	CD.....400
V.....5	XIII.....13	XXX.....30	D.....500
VI.....6	XIV.....14	XL.....40	CM.....900
VII.....7	XV.....15	L.....50	M.....1000
VIII.....8	XVI.....16	LX.....60	

## Commonly Confused Words

**ACCEPT**-to receive / **EXCEPT**-to take or leave out  
**AFFECT**-to influence / **EFFECT**-(noun) result, (verb) to accomplish  
**A LOT** (two words)-many / **ALOT** (one word)-NOT a word  
**ALL READY**-prepared / **ALREADY**-by this time  
**ALTOGETHER**-entirely / **ALL TOGETHER**-gathered, with everything in one place  
**ASCENT**-climb / **ASSENT**-agreement  
**CAPITAL**-seat of government; financial resources / **CAPITOL**-the actual building in which the legislative body meets  
**CITE**-to quote or document / **SIGHT**-vision / **SITE**-position or place  
**COMPLEMENT**-(noun) something that completes; (verb) to complete / **COMPLIMENT**-(noun) praise; (verb) to praise  
**COUNCIL**-a group that consults or advises / **COUNSEL**-to advise  
**ELICIT**-to draw or bring out / **ILLICIT**-illegal  
**EMINENT**-famous, respected / **IMMINENT**-ready to take place  
**ITS**-of or belonging to it / **IT'S**-contraction for it is  
**LIE**-to lie down (a person or animal); to be dishonest / **LAY**-to lay an object down  
**PRECEDE**-to come before / **PROCEED**-to go forward  
**PRINCIPAL**-adjective, most important; noun, a person who has authority / **PRINCIPLE**-a general or fundamental truth  
**REGARDLESS**-in spite of everything; anyway / **IRREGARDLESS**-NOT a word  
**STATIONARY**-standing still / **STATIONERY**-writing paper  
**SUPPOSED TO**-to be obligated to (NOT "suppose to") / **SUPPOSE**-to guess or make a conjecture  
**SUPPOSEDLY**-considered to be true, often mistakenly / **SUPPOSABLY**-NOT a word  
**THAN**-use with comparisons / **THEN**-at that time, or next  
**THEIR**-possessive form of they / **THERE**-indicates location / **THEY'RE**-contraction for "they are"  
**TO**-toward / **TOO**-also, or excessively / **TWO**-a number  
**WHO**-pronoun, referring to a person or persons / **WHICH**-pronoun, replacing a singular or plural thing(s); not used to refer to persons / **THAT**-used to refer to things or a group or class of people  
**WHO**-used as a subject or as a subject complement (see above) / **WHOM**-used as an object

<b>PARTS OF SPEECH</b>		
<b>PART OF SPEECH</b>	<b>BASIC FUNCTION</b>	<b>EXAMPLES</b>
<b>noun</b>	names a person, place, or thing	pirate, Caribbean, ship
<b>pronoun</b>	takes the place of a noun	I, you, he, she, it, ours, them, who
<b>verb</b>	identifies action or state of being	sing, dance, believe, be
<b>adjective</b>	modifies a noun	hot, lazy, funny
<b>adverb</b>	modifies a verb, adjective, or other adverb	softly, lazily, often
<b>preposition</b>	shows a relationship between a noun (or pronoun) and other words in a sentence	up, over, against, by, for
<b>conjunction</b>	joins words, phrases, and clauses	and, but, or, yet
<b>interjection</b>	expresses emotion	ah, whoops, ouch
<b>article</b>	identifies and specifies a noun	a, an, the

# COMMONLY MISSPELLED WORDS

accidentally	defendant	liaison	personnel
accommodate	definitely	leisure	possess
acknowledgment	desirable	library	privilege
acquainted	desperate	license	propaganda
acquire	eligible	lieutenant	questionnaire
all right	eliminate	lightning	receipt
already	embarrass	liquefy	receive
amateur	environment	maintenance	restaurant
appearance	existence	marriage	rhythm
appropriate	fascinating	medieval	ridiculous
bellwether	February	millennium	sacrilegious
bureau	fluorine	miniature	sergeant
business	foreign	miscellaneous	separate
calendar	forty	Mississippi	seize
canceled	gauge	misspelled	sheriff
Caribbean	government	mnemonic	sincerely
cemetery	grammar	mysterious	stubbornness
changeable	grateful	necessary	supersede
chrysanthemum	harass	noticeable	tangible
Cincinnati	humorous	occasionally	temperament
collectible	hurrying	occurrence	temperature
commitment	incidentally	opportunity	transferred
committee	independent	optimistic	truly
connoisseur	indispensable	parallel	twelfth
conscientious	inoculate	patience	vaccinate
conscious	irresistible	performance	vacuum
convenience	jewelry	permanent	Wednesday
corduroy	judgment	permissible	weird
deceive	laboratory	perseverance	wholly





## College Action Plan: High School Freshmen

### Fall - Plan for the Year Ahead

\*Meet with your counselor to discuss your college plans. Review your schedule with him or her to make sure you're enrolled in challenging classes that will help you prepare for college. Colleges prefer four years of English, history, math, science, and a foreign language. \*Use College Search to find out the required courses and tests of colleges that you might be interested in attending. \*Start a calendar with important dates and deadlines. \*Get more involved with your extracurricular activities. \*Go to college fairs in your area.

### Winter - Learn about Colleges

\*Learn about college costs and how financial aid works. \*Use the College Savings Calculator to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your parents about financing college. \*Visit colleges while still in session. \*Find out about college firsthand from college friends who are home for the holidays. \*Prepare for Tests: Talk to your counselor and teachers about taking SAT Subject Tests™ in your strong subjects this spring. Take Subject Tests such as World History, Biology E/M, and Chemistry while the material is still fresh in your mind.

### Spring - Stay Focused

\*Sign up for college preparatory courses. Consider AP® courses. \*Study for May AP Exams. Get free AP preparation. \*Explore Summer Opportunities: Look for a great summer opportunity - job, internship, or volunteer position. \*Check with your counselor and search online for summer school programs for high school students at colleges.

### Summer - Make the Most of Your Break

\*Start a summer reading list. Ask your teachers to recommend books. \*Plan to visit college campuses to get a feel for your options. Start with colleges near you. \*Finalize your summer plans.

## College Action Plan: High School Sophomores

### Fall - Plan for the Year Ahead

\*Meet with your counselor to discuss your college plans. Review your schedule with him or her to make sure you're enrolled in challenging classes that will help you prepare for college. Colleges prefer four years of English, history, math, science, and a foreign language. \*Start a calendar with important dates and deadlines. \*Get more involved with your extracurricular activities. \*Use College Search to find out the required courses and tests of colleges that you might be interested in attending. \*Go to college fairs in your area. \*Consider Taking the PSAT/NMSQT®: Sign up for the PSAT/NMSQT, which is given in October. Ask your counselor which date is offered at your school. Get free online PSAT/NMSQT practice. \*If you're taking the PSAT/NMSQT check 'yes' for Student Search Service® to hear about colleges and scholarships.

### Winter - Prepare for Tests

\*Use the access code on your PSAT/NMSQT score report to sign in to My College QuickStart™. With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors, and careers. \*Talk to your counselor and teachers about taking SAT Subject Tests™ in your strong subjects this spring.

Take Subject Tests such as World History, Biology E/M, and Chemistry while the material is still fresh in your mind. \*Learn about Colleges: Learn about college costs and how financial aid works. \*Use the College Savings Calculator to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your parents about financing college. \*Visit colleges while they're in session. \*Find out about college firsthand from college friends who are home for the holidays.

### **Spring - Stay Focused**

\*Sign up for college preparatory courses. Consider AP® courses. \*Study for May AP Exams. Get free AP preparation. \*Explore Summer Opportunities: Look for a great summer opportunity - job, internship, or volunteer position. \*Check with your counselor and search online for summer school programs for high school students at colleges.

### **Summer - Make the Most of Your Break**

\*Start a summer reading list. Ask your teachers to recommend books. \*Plan to visit college campuses to get a feel for your options. Start with colleges near you.

## **College Action Plan: High School Juniors**

### **Fall - Take the PSAT/NMSQT**

\*At school, sign up early to take the PSAT/NMSQT® in October. Get PSAT/NMSQT tips and a free practice test. \*Start Your College Search: Start with you - Make lists of your abilities, preferences, and personal qualities. List things you may want to study and do in college. \*Jumpstart your college planning by reading about majors and careers. \*Use College Search to find colleges with the right characteristics. \*Start Thinking about Financial Aid: Talk to your counselor about your college plans and attend college night and financial aid night at your school. Use financial aid calculators to estimate your aid eligibility and college costs.

### **Winter - Plan Your Spring Testing Schedule**

\*You can take either the SAT Reasoning Test™ or up to three SAT Subject Tests™ on one test day. Plan your testing schedule carefully if you want to take both types of SAT®. See the SAT schedule of test dates and register online for the SAT. \*Use the access code on your PSAT/NMSQT score report to sign in to My College QuickStart™. With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors, and careers.

### **Spring - Get Ready for the SAT**

\*Visit the SAT Preparation Center™ to take a free full-length official practice test and get a score and skills report. Be sure to sign up for The Official SAT Question of the Day™ for daily practice. \*Explore Colleges: Start visiting local colleges: large, small, public, and private. Get a feel for what works for you. Develop a list of 15-20 colleges that interest you. Search for colleges and use My College List. \*Prepare for AP® Exams: Do well on AP Exams and receive credit or placement at most colleges. Get AP Exam preparation. \*Plan Ahead for the Summer & Senior Year: Review your senior year class schedule with your counselor. Challenge yourself with honors and AP classes and stick with sequences you've begun, in the languages, for example. Read about how to select your courses. \*Plan summer activities early. Enrich yourself by volunteering, getting an interesting job or internship, or signing up for special summer learning programs.

## **Summer - Keep Your Momentum Up This Summer**

\*Visit colleges. Take campus tours and, at colleges you're serious about, schedule interviews with admissions counselors. Be sure to bring your campus visit checklist. \*Request applications from colleges to which you'll apply. Check important dates; some universities have early dates or rolling admissions. Consult the College Application Calendar and the Financial Aid Calendar for a basic idea of the applications timeline. \*Finalize your summer plans.

## **College Action Plan: High School Seniors**

### **Fall - Pulling Your Applications Together**

\*Narrow your list of colleges to between 5 and 10 and review it with your counselor. Get an application and financial aid info from each. Visit as many as possible. \*Make a master calendar and note:

\*Test dates, fees, and deadlines. \*College application due dates. \*Required financial aid applications and their deadlines. \*Recommendations, transcripts, and other necessary materials. \*Your high school's deadlines for application requests, such as your transcript. \*Ask for recommendations. Give each person your resume, a stamped, addressed envelope, and any required forms. \*Write application essays and ask teachers, parents, and friends to read first drafts. \*Applying Early Action or Early Decision? November 1: For early admissions, colleges may require test scores and applications in early November. Send your SAT® scores at collegeboard.com. \*Ask if your college offers an early estimate of financial aid eligibility. \*Get Financial Aid Info: Attend financial aid info events in your area. \*Talk to your counselor about CSS/Financial Aid PROFILE® and learn about it with Completing the PROFILE. \*Use Scholarship Search at collegeboard.com, review scholarship books, and ask your counselor about local and state funding sources.

### **Winter - Application Details**

\*Most regular applications are due between January 1 and February 15. Keep copies of everything you send to colleges. \*Have your high school send your transcript to colleges. \*Contact colleges to make sure they've received all application materials. \*Financial Aid: Apply Early. Apply Right.: You and your family should save this year's pay stubs to estimate income on aid forms that you'll file early next year. \*Submit your FAFSA as soon after January 1 as possible. Men 18 or older must register for the selective service to receive federal financial aid. \*Many priority financial aid deadlines fall in February. To get the most attractive award package, apply by the priority date. Keep copies of everything you send.

### **Spring - When the Letters Start Rolling In**

\*You should get acceptance letters and financial aid offers by mid-April. \*Use Compare Your Aid Awards to compare awards from different colleges. Questions? Talk to financial aid officers. Not enough aid? Ask if other financing plans are available. \*If you haven't already, visit your final college before accepting. \*May 1: Making Your Final Choice: You must tell every college of your acceptance or rejection of offers of admission or financial aid by May 1. Send a deposit to the college you choose. \*Wait-listed? If you will enroll if accepted, tell the admissions director your intent and ask how to strengthen your application. Need financial aid? Ask if funds will be available if you're accepted.

### **Summer - Next Steps**

\*Ask your high school to send a final transcript to your college. \*Start preparing for the year ahead.

The following pages  
are an example of our  
**STUDENT ASSIGNMENT** pages.

The planners usually range in date  
from the beginning of August  
to the middle of June.

You may remove, change  
or add dates and class subjects  
as needed for your school.

Also included are 8 hall passes  
at the end of the planner



**AUGUST 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach.  
~ Benjamin Mays ~

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**5 MONDAY**

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**6 TUESDAY**

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**7 WEDNESDAY**

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**GOALS/NOTES**



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**8 THURSDAY**

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**9 FRIDAY**

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**10 SATURDAY**

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**11 SUNDAY**

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**AUGUST 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Study while others are sleeping;  
work while others are loafing;  
prepare while others are playing;  
and dream while others are wishing.  
~ William Arthur Ward ~*

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**12 MONDAY**

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**13 TUESDAY**

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**14 WEDNESDAY**

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**GOALS/NOTES**



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**15 THURSDAY**

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**16 FRIDAY**

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**17 SATURDAY**

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**18 SUNDAY**

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**AUGUST 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

*Wise people learn when they can;  
fools learn when they must.  
~ Arthur Wellesley, Duke of Wellington ~*

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**19 MONDAY**

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**20 TUESDAY**

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**21 WEDNESDAY**

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**GOALS/NOTES**



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**22 THURSDAY**

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**23 FRIDAY**

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**24 SATURDAY**

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**25 SUNDAY**

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The following pages  
are an example of our  
**PARENT PLANNER** pages.





# AUGUST 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 _____ _____ _____ _____ _____	2 _____ _____ _____ _____ _____	3 _____ _____ _____ _____ _____
7 _____ _____ _____ _____ _____	8 _____ _____ _____ _____ _____	9 _____ _____ _____ _____ _____	10 _____ _____ _____ _____ _____
14 _____ _____ _____ _____ _____	15 _____ _____ _____ _____ _____	16 _____ _____ _____ _____ _____	17 _____ _____ _____ _____ _____
21 _____ _____ _____ _____ _____	22 _____ _____ _____ _____ _____	23 _____ _____ _____ _____ _____	24 _____ _____ _____ _____ _____
28 _____ _____ _____ _____ _____	29 _____ _____ _____ _____ _____	30 _____ _____ _____ _____ _____	31 _____ _____ _____ _____ _____

**LOOKING AHEAD TO NEXT MONTH:**



# SEPTEMBER 2024

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 _____ _____ _____ _____ _____	5 _____ _____ _____ _____ _____	6 _____ _____ _____ _____ _____	7 _____ _____ _____ _____ _____
11 _____ _____ _____ _____ _____	12 _____ _____ _____ _____ _____	13 _____ _____ _____ _____ _____	14 _____ _____ _____ _____ _____
18 _____ _____ _____ _____ _____	19 _____ _____ _____ _____ _____	20 _____ _____ _____ _____ _____	21 _____ _____ _____ _____ _____
25 _____ _____ _____ _____ _____	26 _____ _____ _____ _____ _____	27 _____ _____ _____ _____ _____	28 _____ _____ _____ _____ _____

**LOOKING AHEAD TO NEXT MONTH:**

# 2024

January 2024							February 2024							March 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6						1	2	3					1	2
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23
28	29	30	31				25	26	27	28	29			24/31	25	26	27	28	29	30

April 2024							May 2024							June 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3	4						1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23/30	24	25	26	27	28	29

July 2024							August 2024							September 2024							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5	6						1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14	
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28	
28	29	30	31				25	26	27	28	29	30	31	29	30						

October 2024							November 2024							December 2024						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

# 2025

January 2025							February 2025							March 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28		23/30/24/31	25	26	27	28	29	

April 2025							May 2025							June 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	3						1
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
27	28	29	30				25	26	27	28	29	30	31	29	30					

July 2025							August 2025							September 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2							1
6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24/31	25	26	27	28	29	30	28	29	30				

October 2025							November 2025							December 2025						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
26	27	28	29	30	31		23/30	24	25	26	27	28	29	28	29	30	31			





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