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AICB4D - ALICE MOORE

Presenting more than two hundred of the greatest haiku ever written about the game. There are moments in every baseball game that make fans catch their breath: the pause while a pitcher looks in for the sign, the moment a cocksure rookie gets picked off first, or the instant a batter lashes a game-winning homer into the night sky, just before the sell-out crowd explodes onto its feet. Haiku captures these moments like no other poetic form, and Baseball Haiku captures the sights, the sounds, the smells, and the emotions of the game like no previous collection. Some of the most important haiku poets of both America and Japan are featured in this anthology; including Jack Kerouac, a longtime baseball fan who pioneered English-language haiku; Alan Pizzarelli, one of the top American haiku and senryu poets of the last thirty years; and Masaoka Shiki, one of the four great pillars of Japanese haiku—a towering figure—who was instrumental in popularizing baseball in Japan during the 1890s. With over two hundred poems spanning more than a century of ball playing, Baseball Haiku reveals the intricate ways in which this enduring and indelible sport—which is played on a

field, under an open sky—has always been linked to nature and the seasons. And just as a haiku happens in a timeless now, so too does Baseball Haiku evoke those unforgettable images that capture the actions and atmospheres of the national pastime: each poem resonates like the lonely sound of cleats echoing in the tunnel as a grizzled veteran leaves his final game. The largest collection of haiku and senryu on baseball ever assembled, Baseball Haiku is an extraordinary treasure for any true baseball fan.

For he spake--The gates of divinity part and out rush predatory birds. The taste of strawberries. The shepherd raises their right hand, breaks bread. An owl by any other name. There is a merry gaiety in harvesting human teeth from nectarous fruit.--and it was done. He commanded--A hellscape of rot and rut. Brittle angels and biting insects. Flutes salt the earth. The corpse of a coelacanth dissolves into pastel foam. Sibilant language chewing women, ushering neurotoxins, belching charred oak. And, then, rain.--and it stood fast. Ekphrastic prose and poetry in (ir)reverence to The Garden of Earthly Delights.

"ACSM's Resources for the Group Exercise Instructor" gives readers the knowl-

edge and the skills they need to effectively lead group exercise. Developed by the American College of Sports Medicine (ACSM), this book thoroughly prepares readers to become an ACSM Certified Group Exercise Instructor.

This is the ninth in the 300 series of circuit design books, again contains a wide range of circuits, tips and design ideas. The book has been divided into sections, making it easy to find related subjects in a single category. The book not only details DIY electronic circuits for home construction but also inspiring ideas for projects you may want to design from the ground up. Because software in general and microcontroller programming techniques in particular have become key aspects of modern electronics, a number of items in this book deal with these subjects only. Like its predecessors in the 300 series, "308 Circuits" covers the following disciplines and interest fields of modern electronics: test and measurement, radio and television, power supplies and battery chargers, general interest, computers and microprocessors, circuit ideas and audio and hi-fi.

This guide describes 65 of the most effective exercises for strength, definition, and muscle size. Full-color anatomical illustrations show which muscles are being worked as well as proper alignment, positioning, and lifting techniques.

Day Bang is a 201-page book that teaches you how to pick up women during the day, primarily in a coffee shop, clothing store, bookstore, grocery store, subway, or on the street. It contains 51 openers, 23 long dialogue examples with commentary, and dozens of additional lines that teach by example. Day Bang includes... - The optimal day game mindset that leads to the most amount of success-An easy mental trick to prevent your brain

from going into a flight-or-fight response when it's time to approach a woman you're attracted to-A detailed breakdown of how to use the "elderly opener," an easy style of approach that reliably starts conversations with women-2 ways to tell if a girl will be receptive to your approach-How to avoid the dreaded "interview vibe"-10 common mistakes guys make that hurt their chances of getting a number Day Bang shares tons of tips and real examples on having successful conversations. It teaches you... -How to use my bait system to get the girl engaged and interested in you-How to segue out of the initial opening topic into a more personal chat where you'll get to know the girl on a deeper level-How to take the interesting things you've done (your accomplishments, hobbies, and experiences) and morph them into bait hooks that gets the girl intrigued enough to want to go out with you-My "Galnuc" method to seamlessly get a girl's number-An easy hack at the end of your interactions that will reduce the chance of a flake and prime the girl for going out with you-Ways to open up a conversation on a girl who isn't giving you much to work with Day Bang goes into painstaking detail on how to approach women in a variety of common environments... - How to open a girl in coffee shops when she has a book, laptop, mp3 player, cell phone, research paper, crossword or Sudoku puzzle, or nothing at all-Two methods for approaching a girl on the street, depending on if she's moving or not, with a diagram to explain all the approach variations-How to approach in a retail store or mall environment, with openers to use on customers or sales clerks-How to approach in bookstores, with specific tips on how to customize your approaches in the cafe, magazine section, or general book aisles-How to

meet women in public transportation, on both the bus and subway-How to meet women in grocery stores-How to approach girls in secondary venues like a beach, casino, concert, gym, hair salon, handicraft fair, museum, art show, park, public square, or wine festival Dozens of additional topics are logically organized into 12 chapters... -Preparation. How to reduce your approach anxiety-Opening. How to deliver your opener in a way that doesn't scare women away-Rambling. How to have conversations that make women interested in you-Closing. How to get a number in a way that reduces the chance she'll flake-The Coffee Shop. How to pick up in coffee shops and cafes-The Street. How to pick up outdoors-The Clothing Shop. How to pick up in retail shops, malls, and big box stores-The Bookstore. How to pick up in bookstores-Public Transportation. How to pick up in the bus, subway, or long distance transportation-The Grocery Store. How to pick up in grocery stores-Other Venues. How to pick up just about anywhere else women can be found-Putting It All Together. How to maximize your day game potential The lessons taught in this 75,000 word, no-fluff textbook will help you meet women during the day. If you need tips on what to do after getting her number, consult my other book Bang, which contains an A-to-Z banging strategy. Day Bang focuses exclusively on daytime approaching.

Offers a collection of true facts about animals, food, science, pop culture, outer space, geography, and weather.

Follow two abolitionists who fought one of the most shockingly persistent evils of the world: human trafficking and sexual exploitation of slaves. Told in alternating chapters from perspectives spanning more than a century apart, read the rivet-

ing 19th century first-hand account of Harriet Jacobs and the modern-day eyewitness account of Timothy Ballard. Harriet Jacobs was an African-American, born into slavery in North Carolina in 1813. She thwarted the sexual advances of her master for years until she escaped and hid in the attic crawl space of her grandmother's house for seven years before escaping north to freedom. She published an autobiography of her life, Incidents in the Life of a Slave Girl, which was one of the first open discussions about sexual abuse endured by slave women. She was an active abolitionist, associated with Frederick Douglass, and, during the Civil War, used her celebrity to raise money for black refugees. After the war, she worked to improve the conditions of newly-freed slaves. As a former Special Agent for the Department of Homeland Security who has seen the horrors and carnage of war, Timothy Ballard founded a modern-day "underground railroad" which has rescued hundreds of children from being fully enslaved, abused, or trafficked in third-world countries. His story includes the rescue and his eventual adoption of two young siblings--Mia and Marky, who were born in Haiti. Section 2 features the lives of five abolitionists, a mix of heroes from past to present, who call us to action and teach us life lessons based on their own experiences: Harriet Tubman--The "Conductor"; Abraham Lincoln--the "Great Emancipator"; Little Mia--the sister who saved her little brother; Guesno Mardy--the Haitian father who lost his son to slave traders; and Harriet Jacobs--a teacher for us all.

Based on industry standards and guidelines, this text highlights a variety of group exercise formats through training principles, correction and progression techniques, and safety to enhance the

skills of group exercise leaders.

First released in the anthology *Dead After Dark*, dive into this hot novella from #1 New York Times bestselling author J.R. Ward. Available for the first time ever as a standalone ebook, get lost in the sinful pleasures of a vampire so obsessed with one woman, he will relinquish her blood, if only he can have her heart... Held captive by a dark, seductive vampire with an unworldly hunger, the beautiful Claire Stroughton fears her life as a lawyer has irrevocably taken a turn for the worse. But when this deeply sensual-and highly dangerous-vampire convinces Claire that his desire for her is stronger than his lust for blood, she is compelled to give everything up to him, body and soul...in *The Story of Son*.

DISCIPLE IV UNDER THE TREE OF LIFE is the final study in the four-phase DISCIPLE program and is prepared for those who have completed BECOMING DISCIPLES THROUGH BIBLE STUDY. The study concentrates on the Writings (Old Testament books not in the Torah or the Prophets), the Gospel of John, and Revelation. Emphasis on the Psalms as Israel's hymnbook and prayer book leads natural to an emphasis on worship in the study. Present through the entire study is the sense of living toward completion - toward the climax of the message and the promise, extravagantly pictured in Revelation. The image of the tree and the color gold emphasize the prod and promise in the Scriptures for DISCIPLE IV: UNDER THE TREE OF LIFE. The word under in the title is meant to convey invitation, welcome, sheltering, security, and rest - home at last. Commitment and Time Involved 32 week study Three and one-half to four hours of independent study each week (40 minutes daily for leaders and 30 minutes daily for group

members) in preparation for weekly group meetings. Attendance at weekly 2.5 hour meetings. DVD Set Four of the five videos in this set contain video segments of approximately ten minutes each that serve as the starting point for discussion in weekly study sessions. The fifth video is the unique component that guides an interactive worship experience of the book of Revelation. Under the Tree of Life Scriptures lend themselves to videos with spoken word, art, dance, music, and drama. Set decorations differs from segment to segment depending on the related Scripture and its time period. Set decoration for video segments related to the Writings generally has a Persian theme. Set decoration for the New Testament video segments emphasizes the simpler life of New Testament times.

Mid Ocean is a Novel of fiction by Author T. Rafael Cimino and is about the war on drugs as it occurs in South Florida in the year 1984. Joel Kenyon has lived in his father's shadow for most of his life. Even after his Dad's death, the man's powerful legacy still haunts him at every turn. As he graduates from the U. S. Custom's Academy, Joel is assigned strategic duty in the 'bad-lands' of U. S. drug enforcement, the Florida Keys. Set in 1984, *Mid Ocean* shows the lives of the sometimes violent drug smugglers and the men and women sworn to uphold the law in this Caribbean 'wild west'. In the end, Joel Kenyon will question everyone, including himself in a quest for what's right and true. It is here that he will find out the sea holds many secrets.

"In today's competitive college admissions environment, even the most successful high school students are looking for an additional edge. Written for high-scoring students who already have ACT

fundamentals down pat but want to perfect their scores, ACT Elite 36 focuses on teaching students to avoid common "small-but-costly" errors that trip up top-scorers, perfect their advanced strategies, and master the toughest ACT material. In late 2015, the ACT plans to debut an online version of this test and a few minor changes (to the optional portions of the exam), which will be addressed in this revision."

First published in 1951, Cherokee Cook-lore introduces us to traditional Cherokee cooking. It starts with a photographic essay as Aggie Lossiah demonstrates how she makes bean bread. This is followed by recipes gathered from the North Carolina Cherokee community (including yellowjacket soup, blood pudding, hominy corn drink, baked squirrel, and hickory nut soup). A description of Cherokee food customs follows. This is a fascinating booklet that provides valuable food lore for the adventuresome gourmet or the student of Native American history.

Rebecca Rusch is one of the great endurance athletes of our time. Known today as the Queen of Pain for her perseverance as a relentlessly fast runner, paddler, and mountain bike racer, Rusch was a normal kid from Chicago who abandoned a predictable life for one of adventure. In her new book *Rusch to Glory: Adventure, Risk & Triumph on the Path Less Traveled*, Rusch weaves her fascinating life's story among the exotic locales and extreme conditions that forged an extraordinary athlete from ordinary roots. Rusch has run the gauntlet of endurance sports over her career as a professional athlete-- climbing, adventure racing, whitewater rafting, cross-country skiing, and mountain biking--racking up world championships along the way. But while she might seem like just another

superhuman playing out a fistful of aces, her empowering story proves that anyone can rise above self-doubt and find their true potential. First turning heads with her rock climbing and paddling skills, Rusch soon found herself spearheading adventure racing teams like Mark Burnett's Eco-Challenge series. As she fought her way through the jungles of Borneo, raced camels across Morocco, threaded the rugged Tian Shan mountains, and river-boarded the Grand Canyon in the dead of winter, she was forced to stare down her own demons. Through it all, Rusch continually redefined her limits, pushing deep into the pain cave and emerging ready for the next great challenge. At age 38, Rusch faced a tough decision: retire or reinvent herself yet again. Determined to go for broke, she shifted her focus to endurance mountain bike racing and rode straight into the record books at a moment when most athletes walk away. *Rusch to Glory* is more than an epic story of adventure; it is a testament to the rewards of hard work, determination, and resilience on the long road to personal and professional triumph.

This oversized lift-the-flap board book of a child's first 101 words has big, clearly labeled photos of objects in a baby and toddler's world with an interactive puzzle activity on each spread. Identifying words and their meanings is an important foundational step in language development for babies and toddlers, and *Highlights brings Fun with a Purpose®* into this essential learning. Babies will love looking at and naming the photos in this sturdy book, while toddlers and parents will enjoy the lift-the-flap questions and answers that help them find the cute red bird hidden on each spread.

An explosion of new exercise techniques

and equipment has left many fitness professionals and their clients unsure of how to advance from one exercise and level of intensity to the next. Functional Exercise Progressions presents 13 sample progressions covering every major muscle group. This large-format guide includes over 250 different exercises with dozens of clear photographs and detailed exercise descriptions. Ideal for personal trainers, physical therapists, and anyone who wants a safe and effective path to improved strength and fitness.

In the constantly evolving world of fitness and exercise, it is challenging to become—and remain—an effective group exercise instructor. *Methods of Group Exercise Instruction, Fourth Edition With Online Video*, offers expert guidance in a variety of group exercise formats so current and aspiring instructors can hone their skills and create demand for their services. The authors—who have dozens of years of experience—thoroughly explain group exercise training principles, correction and progression techniques, and safety tips. They also have taught this course within a university setting. This research-based text will enhance the skills of group exercise leaders and prepare them to lead more dynamic, safe, and effective classes for clients of differing ages, abilities, and interests. *Methods of Group Exercise Instruction, Fourth Edition*, goes beyond theory to help fitness instructors and managers understand the why behind class and program design, the proper way to cue participants, and the variety of modalities they can use in their teaching. Revised and reorganized based on current industry best practices, this edition includes the following: Over 100 minutes of online video demonstrating warm-ups, routines, drills, and 15 new class formats A new chapter dedicated specifically to instruct-

ing older adults New coverage of high-intensity interval training (HIIT) Two additional sample class plans for featured group exercise formats The text also features a number of additional learning aids to help readers retain and apply the content. Pro Tips offer insights and expertise from industry veterans; boxes and sidebars highlight important topics, research findings, and technique and safety checks; practice drills offer opportunities to apply the information; and evaluation forms are provided to self-assess teaching success. *Methods of Group Exercise Instruction, Fourth Edition*, will prepare any group fitness instructor for a successful career. Students will gain a strong foundation to earn their group fitness certification, and veteran instructors will be able to refine their skills to increase their marketability and success.

This atlas presents normal and pathologic findings observed on CT angiography with 3D reconstruction in a diverse range of clinical applications, including the imaging of cerebral, carotid, thoracic, coronary, abdominal and peripheral vessels. The superb illustrations display the excellent anatomic detail obtained with CT angiography and depict the precise location of affected structures and lesion severity. Careful comparisons between normal imaging features and pathologic appearances will assist the reader in image interpretation and treatment planning and the described cases include some very rare pathologies. In addition, the technical principles of the modality are clearly explained and guidance provided on imaging protocols. This atlas will be of value both to those in training and to more experienced practitioners within not only radiology but also cardiovascular surgery, neurosurgery, cardiology and neurology.

Now in its eighth edition, *The Moral of the Story* continues to bring understanding to difficult concepts in moral philosophy through storytelling and story analysis. From discussions on Aristotle's virtues and vices to the moral complexities of the *Game of Thrones* series, Rosenstand's work is lively and relatable, providing examples from contemporary film, fiction narratives, and even popular comic strips. The Connect course for this offering includes Smart-Book, an adaptive reading and study experience which guides students to master, recall, and apply key concepts while providing automatically-graded assessments. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- Smart-Book® - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book.

This binder-ready, loose-leaf version includes free shipping. Complete system requirements to use Connect can be found [here:
http://www.mheducation.com/highered/platforms/connect/training-support-students.html](http://www.mheducation.com/highered/platforms/connect/training-support-students.html)

Combining our extensive mapping experience and unrivalled destination knowledge, our first dedicated atlas is packed with insightful commentary and inspiring

images to help you explore the world and plan trips with ease. Each large page of mapping is accompanied with top sights and activities, while popular regions are presented at greater scale.

Can Leonardo battle ninja robots and keep his troublemaking brothers in line? Kids ages 2 to 5 will find out in this all-new, full-color book starring Nickelodeon's Teenage Mutant Ninja Turtles. This Nickelodeon Read-Along contains audio narration.

"A collection of stories celebrating the underbelly of the city, its ghosts, and the characters that give Memphis its rich patina of blues." —Memphis Flyer *The Home of the Blues* knows how darkness can permeate a person's soul—and what it can drive you to do. It's the soundtrack to a city that's made up of equal parts hope and despair, past and present, death and rebirth. On the streets of Memphis, noir hits the right note. *Memphis Noir* features stories by city standouts Richard J. Alley, David Wesley Williams, Dwight Fryer, Jamey Hatley, Adam Shaw, Penny Register-Shaw, Kaye George, Arthur Flowers, Suzanne Berube Rorhus, Ehi Ike, Lee Martin, Stephen Clements, Cary Holladay, John Bensko, Sheree Renée Thomas, and Troy L. Wiggins. "A remarkable picture of contemporary Memphis emerges in this Akashic noir volume . . . Something for everyone." —Publishers Weekly "Covers train cars and Beale Street, hoodoo and segregation, Nathan Bedford Forrest and, of course, Graceland, and even includes a graphic novella." —Memphis Flyer "Captures the subtlety of the Memphis ethos, where blacks and whites, rich and poor, are intimately entwined. The collection—fifteen stories by some of the city's finest writers—bleeds the blues and calls down the dark powers that permeate

this capital of the Delta.” —The Commercial Appeal (Memphis) “The new anthology Memphis Noir is replete with murders, ghosts, gangsters, a sharp-toothed baby, Boss Crump, and high water on the bluff.” —Memphis Magazine

This book is dedicated to Aristid Lindenmayer on the occasion of his 60th birthday on November 17, 1985. Contributions range from mathematics and theoretical computer science to biology. Aristid Lindenmayer introduced language-theoretic models for developmental biology in 1968. Since then the models have been customarily referred to as L systems. Lindenmayer's invention turned out to be one of the most beautiful examples of interdisciplinary science: work in one area (developmental biology) induces most fruitful ideas in other areas (theory of formal languages and automata, and formal power series). As evident from the articles and references

in this book, the interest in L systems is continuously growing. For newcomers the first contact with L systems usually happens via the most basic class of L systems, namely, DOL systems. Here "0" stands for zero context between developing cells. It has been a major typographical problem that printers are unable to distinguish between 0 (zero) and 0 (oh). Thus, DOL was almost always printed with "oh" rather than "zero", and also pronounced that way. However, this misunderstanding turned out to be very fortunate. The wrong spelling "DOL" of "DOL" could be read in the suggestive way: DO L Indeed, hundreds of researchers have followed this suggestion. Some of them appear as contributors to this book. Of the many who could not contribute, we in particular regret the absence of A. Ehrenfeucht, G. Herman and H.A. Maurer whose influence in the theory of L systems has been most significant.