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### 1S79TS - ORR KINGSTON

The new consolidated edition of Performance Standards for Shipborne Radiocommunications and Navigational Equipment incorporates all amendments adopted up to December 2015 including: (i) Electronic inclinometers; (ii) Bridge equipment and systems; (iii) Revised performance standards for shipborne voyage data recorders (VDR); (iv) Revised performance standards for the long-range identification and tracking of ships; (v) Amendments to the performance standards for devices to measure and indicate speed and distance and worldwide radionavigation system.

Opposites Attract...and can thrive in a marriage built on God. The book starts with the results of a survey detailing the ten most important qualities that each man or woman wants in a spouse, then teaches us how we can be the person who breeds that quality in our husband or wife. Throughout the book the authors use their own personalities and experience with marriage to demonstrate how to do marriage right.

LIKE CLASS NOTES—ONLY BETTER. The Princeton Review's ASAP World History is designed to help you zero in on just the information you need to know to successfully grapple with the AP test. Advanced Placement exams require students to have a firm grasp of content—you can't bluff or even logic your way to a 5. Like a set of class notes borrowed from the smartest student in your grade, this book gives you exactly that. No tricks or crazy stratagems, no sample essays or practice sets: Just the facts, presented with lots of helpful visuals. Inside ASAP World History, you'll find: • Essential concepts, people, events, dates, and ideas for AP World History—all explained clearly & concisely • Lists, charts, tables, and maps for quick visual reference • A three-pass icon system designed to help you prioritize learning what you MUST, SHOULD, and COULD know in the time you have available • "Ask Yourself" questions to help identify areas where you might need extra attention • A resource that's perfect for last-minute exam prep or as a handy resource for daily class work Topics covered in ASAP World History include: • All six time periods featured on the exam • Major ancient & classical civilizations, states, and empires • Globalization & exploration • Imperialism & capitalism • Revolutions & the formation of nations • 20th-century developments such as World War I and II and Communism • Independence movements in Asia & Africa ... and more! Looking for sample exams, practice questions, and test-taking strategies? Check out our extended, in-depth prep guide, *Cracking the AP World History Exam!*

V.1. Practical guide for seaman officers covering syllabus for examination in Navigation and Pilotage.--v.2. Textbook of nautical astronomy and off-shore navigation.--v.3. Based on the navigation syllabus for officers qualifying in Navigation .--v.4. Data on navigational equipment. It is not available for public use.

This book is crammed with puzzles designed to stimulate each of your brain's cognitive functions, keeping it strong and fit. Many different types of puzzles are included, and each of the five levels increases the challenge of solving them. Includes three self-evaluations that allow you to assess your improvement in areas such as focus, attention, memory, and more. With these puzzles, exercising your brain can be fun! The consultant is Dr. Elkhorn Goldberg, a Ph.D. neuropsychologist who created the Manhattan-based Cognitive Enhancement Program, a fitness center for the brain and who wrote *The Executive Brain: Frontal Lobes and the Civilized Mind*; and *The Wisdom Paradox: How Your Mind Can Grow Stronger as Your Brain Grows Older*.

In this epic conclusion to *The Girl King*, two sisters war for a crown that was never meant to be theirs - though only one can wear it. As the late-Emperor's first-born, Princess Lu knows the throne rightfully belongs to her. She also can't forget her promise to shapeshifter Nok, the boy she loves, to win justice for his now powerless people. Yet even with an army at her side, Lu must face a major obstacle: the current Empress, her younger sister, Min. Princess Min used to live in Lu's shadow. Now she wields an ancient magic, one she's determined to use to forge her own path for the Empire, even if that means making enemies in court. But first, she must learn to control her power - before it consumes her . . . and the entire realm. Lu and Min are set for an epic confrontation, but the Empire faces a threat even greater than their rivalry. One that could cost them both the throne - and their lives. Praise for *The Girl King*: 'Everything I want in a high fantasy' Samantha Shannon, Sunday Times bestselling author 'Mimi Yu has that gift of magic' Marjorie Liu, New York Times bestselling author 'If you're down with dangerous magic, clans of shapeshifters, and worthy girls who somehow STILL need to prove their worth, then you will love this as much as I did' Kendare Blake, New York Times bestselling author

Enna is a girl who doesn't believe in herself and often utters the phrase "I can't do that!" One night in a dream she sees all the possible future versions of herself, discovering that she can be any of those versions with time, knowledge and dedication. She develops a growth mindset throughout her journey and instead of saying "I can't do that," she learns to say "I can't do that YET!".

The Global Maritime Distress and Safety System (GMDSS) - the maritime equivalent to the emergency services number - provides a fast and efficient way of calling for assistance at sea, whatever the size of craft or its location. Denise Bréhaut explains the operation of the system as a whole and clearly outlines the procedures required to get help quickly, as well as covering the syllabi of the General Operator's Certificate (GOC), the Long Range Certificate (LRC) and the Restricted Operator's Certificate (ROC). Concise descriptions of channel usage, call signs, types of transmission and equipment allow novices as well as long-time users to thoroughly understand this life-saving communications system. The 6th edition of GMDSS incorporates all the changes to the regulations that came into force in 2009 as well as the 2016 system updates. GMDSS: A User's Handbook has proved an invaluable reference for exam candidates and equipment users alike for almost 20 years - it is the GMDSS bible. The clear and lucid text is supported with illustrations, handy Q&A sections and a quick-reference revision guide for GOC and LRC students. Since it was first published, this book has helped explain the system for anyone using GMDSS and has been excellent pre-course reading for students.

1. PURPOSE. To provide communications personnel with Coast Guard tactics, techniques, and procedures (CGTTP) for using the radiotelephone. 2. ACTION. The provisions of this CGTTP apply to all Coast Guard personnel conducting voice telecommunications by radiotelephone. Internet release is authorized. 3. DIRECTIVES/TTP AFFECTED. This publication supersedes the Radiotelephone Handbook, CGTTP 6-01.1. 4. DISCUSSION. The Radiotelephone Handbook is a user's guide addressing proper radiotelephone procedures. It consolidates portions of International Telecommunication Union (ITU) radio regulations and various allied communications publications (ACPs) into a single source reference for field use.

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 O (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.

Sailing Made Easy is the first step in a voyage that will last you the rest of your life. It is a gift from a group of dedicated sailing professionals who have committed their lives to sharing their art, their skill, and their passion for this wonderful activity. This book, which *Sailing Magazine* called "best in class" upon its release in 2010, is the most comprehensive education and boating safety learn-to-sail guide to date. It is also the official textbook for the ASA Basic Keelboat Standard (ASA 101). Incorporated in the textbook are useful illustrations and exceptional photographs of complex sailing concepts. The text's most distinguishing feature is its user friendly "spreads" in which instructional topics are self-contained on opposing pages throughout the book. There are also chapter end quizzes and a glossary to help those new to sailing to navigate their way through the extensive nautical terminology.

"The Three Laws of Robotics:1: A robot may not injure a human being or, through inaction, allow a human being to come to harm;2: A robot must obey the orders given it by human beings except where such orders would conflict with the First Law;3: A

robot must protect its own existence as long as such protection does not conflict with the First or Second Law;The Zeroth Law: A robot may not harm humanity, or, by inaction, allow humanity to come to harm." -Isaac Asimov Although this famous quote derived from Isaac Asimov, professor of biochemistry at Boston University, seems plausible, it is highly improbable. The truth is, with the current status of robotic innovation, we are decades or even centuries before we must worry about the consequences that robotic innovation will have for humanity in the future. A robot is a simple enough idea. It is a machine that can do something by itself, in the simplest terms. You have almost certainly seen them in movies or read about them. Many people think of a metallic, human looking, machine when they think of a robot. The reality these days is a little less dramatic than that. In appearance, modern robots are often complex limbs or moving tools. They can complete tasks largely without the need for human assistance, but they are a long way from the types of robots people have been imagining for centuries; that's right, the idea of the 'robot' is very old indeed. The things that robots might be able to do are a key driving force beyond their development. These ideas drive related fields, and those in turn, drive people to come up with better ways to make and use robots. If you are interested in the future, history and present state of robotics, then this book is a must-have addition to your collection.

Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the 12 Steps and 12 Traditions as they relate to marijuana addicts and those with cannabis use disorder. This is an essential resource for anyone seeking recovery through Marijuana Anonymous (MA). "How can we tell you how to recover? We cannot. All we can do is share with you our own experiences and recovery through the Twelve Steps of Marijuana Anonymous." Similar to *The Big Book of Alcoholics Anonymous*, *Life with Hope* thoroughly explains the Twelve Steps and Twelve Traditions as they relate to individuals with cannabis use disorder. The text includes the 12 Steps and the 12 Traditions, fifteen personal stories from Marijuana Anonymous members, and the section, *A Doctor's Opinion about Marijuana Addiction*. *Life with Hope* is an essential resource for the marijuana addict and for anyone with a cannabis use disorder who is seeking recovery through Marijuana Anonymous (MA). The text is ideal for newcomers, people who are in active addiction, and anyone interested learning more about how marijuana addiction affects people's lives.

Presents a collection of short stories featuring noir and crime fiction about the Twin Cities, by such mystery writers as Pete Hautman, Mary Sharratt, Quinton Skinner, and Brad Zellar.

...Alice finally looked around and said, "What's with the murder room?" "The what?" asked Erica. A chair and a small table, isolated in the center of the living room, stood on top of a plastic sheet. Clippers, scissors, and a hand-held mirror rested on the table. At first glance, it looked awfully suspicious. Maybe it was for the best, thought Alice. She had cancer anyway, might as well get it over with in her best friend's murder room...ALICE MORGAN IS different, a fact she's reminded of every time she loses yet another job or another boyfriend. When she thinks it can't get any worse, she finds out she might have breast cancer. Before she even has a chance to come to grips with the diagnosis, she's offered a job and meets a man who might actually like her for who she is. Now what's she supposed to do?

Hidden in the mountains of East Tennessee, an eleven-year old goes about the business of being a boy during the summer of 1970. Within a balance of terror and innocence, he bears silent witness to ghosts of the dead and the cruelties of a teenage killer while local justice plays out in a community carved from legacies of coal mining and religion.

Over two hundred and thirty years ago the Fallocaust happened, killing almost everything that lived and creating what is now known as the greywastes. A dead wasteland where cannibalism is a necessity, death your reality, and life before the radiation nothing but pictures in dog-eared magazines. Reaver is a greywaster, living in a small block controlled by a distant ruler said to have started the Fallocaust. He is a product of the savage world he was raised in and prides himself on being cold and cruel. Then someone new to his town catches his eye, someone different than everyone else. Without knowing why he starts to silently stalk him, unaware of where it will lead him.

In forms as various as the melodramas of old Scottish ballads and the hard-boiled poems of twentieth-century noir, here are assembled the most colourful villains and victims ever to be immortalized in verse, from Cain and Abel and Bluebeard to Jack the Ripper, Lizzie Borden and Mafia hit-men. Browning, Hardy, Auden, Mark Doty, Thom Gunn, Simon Armitage and Stevie Smith are on-

ly a few of the wide range of poets, old and new, whose comic, chilling and occasionally profound poetic musings on murder are gathered in this uniquely - and irresistibly - heart-racing volume.

“Savvily combines literary themes and cross-stitch designs in [a] visually appealing collection of projects . . . delightful.” —Publishers Weekly Inside Book Riot’s Lit Stitch, you’ll find a number of badass, bookish cross-stitch patterns to let you show off your love of all things literary. Some are for bookmarks, others are for wall decor, and still others can take on a whole host of finished outcomes. What they have in common is their literary bent—the patterns speak to all manner of literary-minded book lovers, who are happy to display their nerdier sides. And what better way than through your own cross-stitch art to hang on your wall, prop on your desk, or even gift to friends and family? Most if not all are beginner-friendly and can be completed in a few hours—instant stitchification! So grab yourself some excellent embroidery floss, hoops, and needles, and pick out one or more of these great cross-stitch patterns for your next project.

Intended as the primary text for introductory courses on medical anthropology, this book integrates human biological data relevant to health and disease with both evolutionary theory and the social environments that more often than not produce major challenges to health and survival. Because students who take this fastest-growing anthropology course come from a variety of disciplines (anthropology, biology, especially pre-med students, and health sciences, especially), the text does not assume anything beyond a basic high-school level familiarity with human biology and anthropology. The authors first present basic biological information on a particular health condition and then expand their analysis to include evolutionary, historical, and cross-cultural perspectives. Among the topics covered are nutrition, infectious disease, stress, reproductive health, behavioral disease, aging, race/racism and health, mental health, and healers and healing.

Toast: the ultimate fast food. Everyone loves toast. And now it's the piping-hot new food trend. Posh Toast features every toast recipe you could ever need: Breakfast Toasts including Eggs Royale, Chocolate Spread & Cream Cheese, Lox & Cream Cheese Lunch Toasts including Mozzarella & Kale Pesto, Avocado, Tahini & Toasted Chickpeas, Mint & Walnut Baba Ganoush Snacks & Canape Toasts including Mini Croque Monsieurs, Swedish Prawns, Tuna Tartare Supper Toasts including Posh Beans, Spiced Potted Crab, Warm Hummus and Spiced Lamb With over 70 recipes, each with a gorgeous photo, plus a guide to bread basics and toasting, this is the ultimate cookbook for toast addicts, expert chefs and novices alike. It's toast. And it's posh. It's Posh Toast.

Radio logs must be carried on the navigating bridge of certain vessels, to be inspected and signed off by the Skipper on a daily basis. This log book should help ensure compliance and is supplied with carbon paper. It supersedes the 1994 edition.

In COLLEGE MATHEMATICS FOR THE MANAGERIAL, LIFE, AND SOCIAL SCIENCES, Soo T. Tan provides an accessible yet accurate presentation of mathematics combined with just the right balance of applications, pedagogy, and technology to help students succeed in the course. The new Sixth Edition includes highly interesting current applications and exercises to help stimulate student motivation. An exciting new array of supplements provides students with extensive learning support so instructors will have more time to focus on teaching core concepts.

Catwad and Blurmp reach new highs and lows with these hilarious comic stories and a few bonus back-of-book activities. Join this hilarious duo as they dive into the world of video games, go camping, fight a mighty dragon, and more.

Yvonne Ridley's terrifying 10 day detainment by the Taliban regime in Afghanistan struck a chord that continues to resonate around the world. At a time when the world was plunged into a state of unprecedented chaos and uncertainty following the terrorist atrocities in the US, Yvonne faced the ordeal of her life. Captured by the Taliban as she attempted to cross the Afghan border to report on the outbreak of war for the Sunday Express, Yvonne found her life hanging in the balance in the hands of the most reviled regime in the world. For Yvonne, an unexpected survival instinct kicked in that saw her face her captors not with fear, but with anger. Her courage and gutsiness, and that of her family, prompted the Taliban to release her, glad to be rid of such a so-called 'difficult' woman. This is Yvonne's full, true story. From her capture, to the ordeal she endured at the hands of the Taliban, to her eventual release; she offers a unique perspective into a way of life that remains a mystery to many. The friendships she formed with her fellow hostages, her feelings about her captors and their beliefs, and her discoveries -- many of which surprised and baffled her -- are all exclusively revealed in detail. Yvonne's story is a truly compelling and inspirational read.

Up-to-date, focused coverage of every topic on the CompTIA Network+ exam N10-007 Get on the fast track to becoming CompTIA Network+ certified with this affordable, portable study tool. Inside, certification training experts guide you through the official N10-007 exam objectives in the order that CompTIA presents them, providing a concise review of each and every exam topic. With an intensive focus only on what you need to know to pass the CompTIA Network+ Exam N10-007, this certification passport is your ticket to success on exam day. Inside:

- Itineraries—List of official exam objectives covered
- ETAs—Amount of time needed to review each exam objective
- Travel Advisories—Expert advice on critical topics
- Local Lingo—Concise definitions of key terms and concepts
- Travel Assistance—Recommended resources for more information
- Exam Tips—Common exam pitfalls and solutions
- Connecting Flights—References to sections of the book that cover related concepts
- Checkpoints—End-of-chapter questions, answers, and explanations
- Career Flight Path—Information on the exam and possible next steps

Online content includes:

- 200 practice exam questions in the Total Tester exam engine

Five great poets of the T'ang dynasty (eighth and ninth centuries A.D.) are represented in this collection: Wang Wei, Li Po, Tu Fu, Li Ho, and Li Shang-Yin. Each poet is introduced by the translator and represented by a selection that spans the poet's development and career. These constitute some of the greatest lyric poems ever written.

FOOD ETHICS, 2E explores the ethical choices we make each time we eat. With twenty-six readings that bring together a diverse group of voices, this textbook dives into issues such as genetically modified foods, animal rights, population and consumption, the food industry's impact on pollution, centralized versus localized production, and more. In addition, this edition includes new introduction, new readings, a comprehensive index, and study questions that frame these significant issues for discussion and reflection. Important Notice: Media content referenced within the product description or the product text may not be available in the

ebook version.

20 transformative stories and sexual healing practices from international pioneers in the sexual shamanism movement • Reveals intimate details about how each sex shaman overcame personal struggles with heartache, jealousy, mental illness, or social shame to realize their calling as a sacred sexual healer • Includes 20 in-depth embodiment exercises such as soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling • Includes contributions from 20 diverse voices in the sexual shamanism community, all part of the mystery school ISTA: International School of Temple Arts Drawing on traditional and modern practices, a sex shaman uses the power of erotic energy as a healing medicine. They channel divine love and embrace sexuality freely, practicing polyamory, sexual healing, and even sex magic. They teach tantra, trance dance, kundalini yoga, and other techniques for healing shame, guilt, fear, and sexual trauma. Designed to guide the reader on a journey into their own sacred sexual awakening, this book shares true stories from 20 visionary pioneers in the sexual shamanism movement, all of them associated with the International School of Temple Arts (ISTA), a mystery school that works to illuminate the path of sexual shamanism and heal the split between sex and spirit, release the shame surrounding sexual awakening, and inspire more sexual liberation around the world. The teachers reveal intimate details of their life stories and sexual awakening journeys, showing how, by surrendering to the wisdom of the erotic current of the universe, transformation occurs. Each story is accompanied by an in-depth embodiment exercise with step-by-step instructions, including soul gazing, contacting your spirit guides, sexual divination, energetic sex, self-pleasuring, moon blood rituals, and sacred sexual storytelling. Underlying these exercises is the belief that the body is a temple that opens with pleasurable worship so spirit may dwell more fully within. The 20 contributors include Baba Dez Nichols, Bruce Lyon, Crystal Dawn Morris, Dawn Cherie, Deborah Taj Anapol, Ellie Wilde, Janine Ma-Ree, Kamala Devi McClure, Komala Lyra, Laurie Handlers, Lin Holmquist, Matooka Moonbear, Mia Mor, Ohad Pele Ezrahi, Patrik Olterman, Raffaello Manacorda, Ria Bloom, Sean O'Faolain, Stephanie Phillips, and Stephen SouLove.

An illuminating collection of work by members of the Religious Society of Friends. Covering nearly three centuries of religious development, this comprehensive anthology brings together writings from prominent Friends that illustrate the development of Quakerism, show the nature of Quaker spiritual life, discuss Quaker contributions to European and American civilization, and introduce the diverse community of Friends, some of whom are little remembered even among Quakers today. It gives a balanced overview of Quaker history, spanning the globe from its origins to missionary work, and explores daily life, beliefs, perspectives, movements within the community, and activism throughout the world. It is an exceptional contribution to contemporary understanding of religious thought. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.