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Internet Cool Guide Internet Cool Guide GmbH,2000 Pinpointing over 500 awesome online resources for favorite offline sports this guide covers professional teams and tours sports scores athletes weekend diversions fitness hiking gear shopping and more Full color illustrations Surfer Magazine's Guide to Southern California Surf Spots The Editors of Surfer Magazine, 2006-05-04 Surfer Magazine offers the ultimate guide to catching the best waves from the pristine points of Santa Barbara to the sunny beaches of San Diego For more than 250 spots this sturdy manual sporting a water resistant cover delivers a clear assessment of wave quality prime wave conditions and local hazards both natural and manmade Informative text answers the burning questions that surfers often pose What tide What wind What swell How are the locals Are they worse than the sharksor the traffic With helpful maps photos and directions this Surfer's Guide is sure to become the gold standard for anyone looking to score the perfect wave **Explorer's Guide 50 Hikes Around Anchorage** Lisa Maloney, 2010-05-03 The best hikes in and beyond the web of trails that covers the Anchorage area from well known treks to little know gems 50 Hikes Around Anchorage is your guide to exploring everything in this hub of cultural and outdoor life from never before published wilderness routes to miles of mountain footpaths and National Recreation Trails All hikes are within a 30 minute drive of the city and include such sites as the Iditarod Trail Campbell Tract Rendezvous Peak Mount Baldy and so much more Routes pass over foothills and alongside streams showcasing the region s natural beauty and pristine wilderness areas You ll find cultural and natural history on each of the routes detailed directions to the trailheads GPS coordinates topographic maps information on local rules and regulations and details on Leave No Trace ethics Pediatric Nurse Practitioner Certification Review Guide Silbert-Flagg, Elizabeth D. Sloand, 2015-10-02 Review Guides Certification Prep The Understanding Your Grief Support Group Guide Alan D. Wolfelt, 2004-06-01 This guide to Pocket Guides facilitating support groups offers bereavement caregivers practical strategies for creating and maintaining a productive environment for mourners Logistical considerations such as setting up and publicizing a new group are discussed as is the importance of prescreening new members Tips for creating a set of ground rules are provided and the pros and cons of creating structured and unstructured meetings are considered Responding constructively to problems in the group is also

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chronology of major events in Canadian film and television history Compiled by Wyndham Wise the editor and publisher of Take One Canada's most respected film magazine with a foreword by Canadian director Patricia Rozema this is the only reference book of its kind published in English Each film title is listed with credits a mini review and significant awards Biographical listings of directors producers actors writers animators cinematographers distributors exhibitors and independent filmmakers are accompanied by date and place of birth date of death if applicable a brief career overview and a filmography Wise celebrates Canadian achievement on both a national and an international scale and juxtaposes the distinctly Canadian with Canada's exports to Hollywood Maury Chaykin and Jim Carrey John Candy and William Shatner Mon Oncle Antoine and Porky's Highway 61 and Meatballs The Red Violin and The Art of War From great early Hollywood stars like Walter Huston Fay Wray Mary Pickford Norma Shearer and Marie Dressler to our current crop of star directors including Patricia Rozema Atom Egoyan David Cronenberg Denys Arcand Peter Mettler Guy Maddin and Robert Lepage Canadians have made an important but largely unrecorded contribution to the history of world cinema Impressive for its breadth of coverage refreshing in its opinionated informality this comprehensive and lively look at Canadian film culture at the start of the twenty first century admirably fills the gap The Rough Guide to Montréal Arabella Bowen, John Shandy Watson, 2004 Montreal and Quebec City are like outposts of European culture in the heart of Canada just hours from the US distinctively Canadian but with a palpable French spirit The Rough Guide to Montreal takes you through everything in great detail providing informative and entertaining accounts of what the city has to offer in terms of attractions restaurants accomodation and its vibrant nightlife There is extensive coverage of Quebec City as well as the snow capped peaks of the Laurentian Mountains and Eastern Townships all accessible day trips from Montreal In each chapter there are detailed maps and plans covering every neighbourhood The contexts section includes a useful French language section and glossary Rob's Guide to Raising Fit Kids Robert S. Gotlin, 2008-07-15 Written for parents concerned about their children's overall fitness Dr Rob's Fitness Guide for Kids addresses the importance of both food and physical activity in keeping children healthy Gotlin sees sports with its emphasis on playing by the rules being a good teammate winning and losing with grace and working toward a common goal as an essential route to physical psychological and social health This book helps parents choose a sport or activity in which their child can find comfort and confidence In addition to outlining the benefits of various team and individual sports Gotlin provides detailed information about the equipment needed safety issues and how to create a supportive environment for young athletes Also included are exercises developed specifically for children age appropriate fitness and calorie guidelines and delicious dietician developed meal plans and sport specific menus that instill a lifetime of good eating habits **Pediatric Nurse Practitioner Certification Review Guide** JoAnne Silbert-Flagg, Elizabeth D. Sloand, 2020-05-05 The Ultimate Learning Package to Prepare for the CPNP PC Exam Pediatric Nurse Practitioner Certification Review Guide is organized and condensed and focuses on important topics that will likely show up on boards

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Technical Design Solutions for Theatre Volume 3 Ben Sammler, Don Harvey, 2013-01-17 Technical Design Solutions for Theatre is a collection of single focus articles detailing technical production solutions that have appeared in The Technical

Brief Collection a publication of the Yale School of Drama's Technical Design and Production Department The primary objective of the publication was to share creative solutions to technical problems so that fellow theatre technicians can avoid having to reinvent the wheel with each new challenge The range of topics includes scenery props painting projections sound and costumes Each article describes an approach device or technique that has been tested onstage or in a shop Great reference of tips and solutions to persistent technical challenges in theatre production Solutions provided by contributors from over twenty different producing organizations Ten years of The Technical Brief Collection articles bound in each of three volumes A comprehensive index to all three volumes included in Volume III **Video Rating Guide for Libraries**, 1994 **Frommer's Irreverent Guides** Dan Santow, George McDonald, Todd A. Savage, 1995-12

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