

Mischief And Mayhem Whiskey Sisters The Mayo Clinic Diabetes Diet

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Explore the rebellious spirit of Mischief And Mayhem Whiskey Sisters and gain vital health insights from The Mayo Clinic Diabetes Diet. This unique content navigates the intersection of indulgent lifestyle choices and responsible dietary management, offering a balanced perspective for individuals prioritizing well-being while enjoying life's pleasures.

Each file is designed to support effective teaching and structured learning.

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The Mayo Clinic Diabetes Diet Journal

The #1 New York Times bestseller adapted for people with diabetes, now in paperback—with 16 brand-new pages, full of menus designed to kick-start your weight loss and control your blood sugar. From Mayo Clinic, a leading authority in health and nutrition, comes The Mayo Clinic Diabetes Diet, adapted for people with pre-diabetes and type 2 diabetes from the #1 New York Times bestseller, The Mayo Clinic Diet. This reliable plan is what you need to lose weight to help you control your blood sugar. The medical specialists at Mayo Clinic have created The Mayo Clinic Diabetes Diet as a two-phase plan—Lose It! and Live It! The Diet helps at-risk people prevent and control diabetes by losing weight quickly and safely, and then maintaining that weight loss. The Lose It! phase is a simple, straight-forward, two-week plan that encourages quick but safe weight loss that can help lower blood sugar. The Live It! phase of the diet offers basic and manageable steps and lifestyle changes and choices that are designed to help participants lose one to two pounds a week until a healthy weight is reached, and then to keep the pounds off. Mayo Clinic's weight-loss and nutrition experts have packed this book with meal plans, practical solutions, and specific tips on how to improve health and lose weight safely. The Mayo Clinic Diabetes Diet tackles all the familiar obstacles that get in the way of weight loss—dislike of exercise, distaste of healthy food, too little time to cook well, a too hectic schedule, struggles with cravings, and minimal support from family and friends. It is a reliable and safe companion for losing weight and controlling diabetes, beginning immediately and into the future. "This diabetes diet isn't a fad; it's about changing your habits for the better," states Donald Hensrud, M.D., Mayo Clinic specialist in nutrition and internal medicine and medical editor-in-chief. "With The Mayo Clinic Diabetes Diet, people can truly manage diabetes, eat well, lose weight and enjoy life."

The Mayo Clinic Diabetes Diet

Filmatised in 2013 and the official recipient of three Oscars, Solomon Northup's powerful slave narrative 'Twelve Years a Slave' depicts Northup's life as he is sold into slavery after having spent 32 years of his life living as a free man in New York. Working as a travelling musician, Northup goes to Washington D.C, where he is kidnapped, sent to New Orleans, and sold to a planter to suffer the relentless and brutal life of a slave. After a dozen years, Northup escapes to return to his family and pulls no punches, as he describes his fate and that of so many other black people at the time. It is a harrowing but vitally important book, even today. For further reading on this subject, try 'Uncle Tom's Cabin' by Harriet Beecher Stowe. Solomon Northup (c.1807-c.1875) was an American abolitionist and writer, best remembered for his powerful race memoir 'Twelve Years a Slave'. At the age of 32, when he was a married farmer, father-of-three, violinist and free-born man, he was kidnapped in Washington D.C and shipped to New Orleans, sold to a planter and enslaved for a dozen years. When he gained his freedom, he wrote his famous memoir and spent some years lecturing across the US, on behalf of the abolitionist movement. 'Twelve Years a Slave' was published a year after 'Uncle Tom's Cabin' by Harriet Beecher Stowe and built on the anti-slavery momentum it had developed. Northup's final years are something of a mystery, though it is thought that he struggled to cope with family life after being freed.

The Mayo Clinic Diabetes Diet Journal

How are salt, sugar, coffee, chocolate, alcohol, tobacco, marijuana, opioids, and cocaine alike? We know they offer little or no nutritional benefit, can be addictive, and may cause health problems. They also provide pleasure to the brain. But another similarity is often overlooked: these substances-which author John L. Graham refers to collectively as spices-are all pushed upon us by companies and producers that relentlessly market them. Given the potential dangers of these and other psychoactive substances, consumers may believe that their governments and public health policies would protect them. But as Graham reveals, regulations often do little to curb consumption; instead, interested businesses actively encourage overuse of their products and may pay off the politicians. While other authors have also addressed the history and health effects of spices, Graham is the first to examine the marketing and advertising techniques used to hook consumers. Through *Spiced*, Graham hopes to expose marketing's role in sustaining our addiction to sugar, tobacco, and other psychoactive substances and to then inspire a discussion of strategies for reining in that marketing. To get the conversation going, he offers seven cogent "prescriptions for change" that he believes could fix our broken health policy.

Unilever Overseas

This popular and critically acclaimed text, using movies to help learn about mental illness, has been fully updated with DSM-5 and ICD-10 diagnoses, dozens of evocative and informative frame grabs, a full film index, "Authors' Picks," sample syllabus, more international films and shorts... Films can be a powerful aid to learning about mental illness and psychopathology - for students of psychology, psychiatry, social work, medicine, nursing, counseling, literature or media studies, and for anyone interested in mental health. *Movies and Mental Illness*, written by experienced clinicians and teachers who are themselves movie aficionados, has established a great reputation as a uniquely enjoyable and highly memorable text for learning about psychopathology. The new edition has been fully updated to include DSM-5 and ICD-10 diagnoses. The core clinical chapters each use a fabricated case history and Mini-Mental State Examination along with synopses and discussions about specific movies to explain, teach, and encourage discussion about all the most important mental health disorders. Each chapter also includes: Critical Thinking Questions; "Authors' Picks" (Top 10 Films); What To Read if You Only Have Time to Read One Book or Article; and Topics for Group Discussions. Other features of the new, expanded edition include: * Full index of films * Sample course syllabus * Ratings of around 1,500 films * Fascinating appendices, such as "Top 50 Heroes and Villains," psychotherapists in movies, misconceptions about mental illness in movies, and recommended websites, plus listings of the PRISM Awards for Feature Films and the SAMHSA Voice Awards.

The A to Z of Dartmoor Tors

FROM THE AUTHOR OF THE BEAST MUST DIE - NOW A BRITBOX SERIES The annual Sports Day at respected public school Sudeley Hall ends in tragedy when the headmaster's obnoxious nephew is found strangled in a haystack. The boy was despised by staff and students alike, but English master Michael Evans, who was seen sharing a kiss with the headmaster's beautiful young wife earlier that day, soon becomes a prime suspect for the murder. Luckily, his friend Nigel Strangeways, nephew to the

Assistant Commissioner of Scotland Yard, is on hand to help investigate the case. A Nigel Strangeways murder mystery - the perfect introduction to the most charming and erudite detective in Golden Age crime fiction.

Twelve Years a Slave

A New York Times Notable Book of 2020 How do we read William Faulkner in the twenty-first century? asks Michael Gorra, in this reconsideration of Faulkner's life and legacy. William Faulkner, one of America's most iconic writers, is an author who defies easy interpretation. Born in 1897 in Mississippi, Faulkner wrote such classic novels as *Absalom, Absalom!* and *The Sound and The Fury*, creating in Yoknapatawpha county one of the most memorable gallery of characters ever assembled in American literature. Yet, as acclaimed literary critic Michael Gorra explains, Faulkner has sustained justified criticism for his failures of racial nuance—his ventriloquism of black characters and his rendering of race relations in a largely unreconstructed South—demanding that we reevaluate the Nobel laureate's life and legacy in the twenty-first century, as we reexamine the junctures of race and literature in works that once rested firmly in the American canon. Interweaving biography, literary criticism, and rich travelogue, *The Saddest Words* argues that even despite these contradictions—and perhaps because of them—William Faulkner still needs to be read, and even more, remains central to understanding the contradictions inherent in the American experience itself. Evoking Faulkner's biography and his literary characters, Gorra illuminates what Faulkner maintained was "the South's curse and its separate destiny," a class and racial system built on slavery that was devastated during the Civil War and was reimagined thereafter through the South's revanchism. Driven by currents of violence, a "Lost Cause" romanticism not only defined Faulkner's twentieth century but now even our own age. Through Gorra's critical lens, Faulkner's mythic Yoknapatawpha County comes alive as his imagined land finds itself entwined in America's history, the characters wrestling with the ghosts of a past that refuses to stay buried, stuck in an unending cycle between those two saddest words, "was" and "again." Upending previous critical traditions, *The Saddest Words* returns Faulkner to his sociopolitical context, revealing the civil war within him and proving that "the real war lies not only in the physical combat, but also in the war after the war, the war over its memory and meaning." Filled with vignettes of Civil War battles and generals, vivid scenes from Gorra's travels through the South—including Faulkner's Oxford, Mississippi—and commentaries on Faulkner's fiction, *The Saddest Words* is a mesmerizing work of literary thought that recontextualizes Faulkner in light of the most plangent cultural issues facing America today.

Spiced

Drugs and Drug Policy: The Control of Consciousness Alteration provides a cross-national perspective on the regulation of drug use by examining and critiquing drug policies in the United States and abroad in terms of their scope, goals, and effectiveness. In this engaging text, authors Clayton J. Mosher and Scott Akins discuss the physiological, psychological, and behavioral effects of legal and illicit drugs; the patterns and correlates of use; and theories of the "causes" of drug use. Key Features: * Offers more coverage of drug policy issues than competitive books: This book addresses the number of significant developments over the last few decades that suggest the dynamics of drug use and policies to deal with drug use are at a critical juncture. The book also considers the issue of "American exceptionalism" with respect to drug policies through a detailed analysis of emerging drug policies in other Western nations. * Makes explicit comparisons between legal and illegal drugs: Due to their prevalence of use, this book devotes considerable attention to the use and regulation of legal drugs in society. The book illustrates that commonly prescribed medications are similar to drugs that are among the most feared and harshly punished in society and that drug-related problems do not necessarily result from particular drugs, but from how drugs are used. * Includes many pedagogical tools: With chapter opening photos and more photos throughout, this text presents material in a student- friendly fashion. Highlight boxes provide interesting examples for readers; encourage further emphasis on issues; and serve as important topics for in class writing exercises. In addition, Internet exercises and review questions reinforce key points made in the chapter and prompt classroom discussion.

Movies and Mental Illness

The first visual and narrative account of the American Revolution told through tales about the Colonial-era inns, taverns, and alcoholic beverages that shaped it, *Taverns of the American Revolution* is equal parts history, trivia, coffee-table book, and travel guide. A Complete Guide to the Spirits of 1776 In

1737, Benjamin Franklin published "The Drinker's Dictionary," a compendium of more than two hundred expressions for drinking and drunkenness, such as "oil'd," "fuzl'd," and "half way to Concord." Nearly forty years later, the same barrooms that fostered these terms over bowls of rum punch helped sow the seeds of revolution. Taverns of the American Revolution presents the boozing and schmoozing that went on in some of America's most historic watering holes, revealing the crucial role these public houses played as meeting places for George Washington, Thomas Jefferson, Benjamin Franklin, and their fellow Founding Fathers in the struggle for independence. More than a retelling of the Revolutionary War, this unique volume takes readers on a tour of more than twenty surviving colonial taverns; features period artwork, maps, and cocktail recipes; and is filled with trivia and anecdotes about the drinking habits of colonial Americans. From history buffs and those interested in colonial architecture and art to tavern goers, beer aficionados, trivia lovers, and those keen on hitting a few historic pubs on their road trip through the original thirteen colonies, this one-of-a-kind compendium is the ultimate guide to the taverns that helped spark a revolution. Includes: -Commentary on more than twenty surviving colonial taverns Period artwork, maps, and documents -A detailed time line of the events leading up to, during, and immediately after the American Revolution -Six colonial cocktail recipes -A comprehensive index of more than one hundred fifty surviving colonial taverns -An abundance of little-known facts and anecdotes that will have you owning your next pub quiz trivia night

A Question of Proof

In any consideration of S. J. Perelman-and S. J. Perelman certainly deserves the same consideration one accords old ladies on street cars, babies traveling unescorted on planes, and the feeble-minded generally-it is important to remember the crushing, the well-nigh intolerable odds under which the man has struggled to produce what may well be, in the verdict of history, the most picayune prose ever produced in America. Denied every advantage, beset and plagued by ill fortune and a disposition so crabbed as to make Alexander Pope and Dr. Johnson seem sunny by contrast, he has nevertheless managed to belt out a series of books each less distinguished than its predecessor, each a milestone of bombast, conceit, pedantry, and strutting pomposity. In his pages proliferate all the weird grammatical flora tabulated by H. W. Fowler in his Modern English Usage-the Elegant Variation, the Facetious Zeugma, the Cast-iron Idiom, the Battered Ornament, the BowerVBird Phrase, the Sturdy Indefensible, the Side-Slip, and the Unequal Yokefellow. His work is a museum of mediocrity, a monument to the truly banal. What Flaubert did to the French bourgeois in Bouvard and Pecuchet, what Pizarro did to the Incas, what Jack Dempsey did to Paolino Uzcudun, S. J. Perelman has done to American belles-lettres.

The Saddest Words: William Faulkner's Civil War

Negotiation is a core skill used in a variety of personal and commercial settings and can be the key to success. Inventive Negotiation demonstrates how to transform transaction-oriented competitive or integrative bargainers into inventive negotiators that focus on long-term commercial relationships.

Drugs and Drug Policy

Examines the links between unhealthy consumer products, business-influenced politics, and the challenges of disease, arguing that commercial interests have a greater impact on health care than scientists and policymakers.

Crossword Lists

pictorial history of Oxford, MS

Taverns of the American Revolution

Publisher description

Best of S. J. Perelman

Following her great-grandmothers' examples of creatively stretching meals during the Great Depression, Whitney Miller transforms recipes from her Southern roots by preserving flavors of traditional family dishes and offering the excitement of her own special touches. After winning season one of the TV series Masterchef, Miller reimagines classic recipes and experiments with flavors inspired by her travels from around the world. The book features approachable dishes simple enough for any home cook to create and embodies the true hospitality of a southern family. In Whitney Miller's New Southern

Table, Miller offers a taste of her family table with meals such as... PB&J Chicken Satay, Sweet Corn Grit Tamales, Creole Stuccotash Salad, Mozzarella-Stuffed Meatloaf and much more. Whitney Miller's New Southern Table shares personal fond memories of family, food, and community tables...all things those in the south all hold so dear. Using new techniques and cooking methods, Miller's ability to cook can only be matched by her incredible desire to serve others. This book is more than a cookbook but instead a reminder through Miller's recipes, stories, and photographs that in every small town and country farm, the love of food and family endures.

Inventive Negotiation

The Impact of 9/11 and the New Legal Landscape is the third volume of the six-volume series The Day that Changed Everything? edited by Matthew J. Morgan. The series brings together from a broad spectrum of disciplines the leading thinkers of our time to reflect on one of the most significant events of our time.

Lethal But Legal

Daily existence is more interconnected to consumer behaviours than ever before, encompassing many issues of well-being. This edited volume includes 33 chapters on a wide range of topics by expert international authors, including unhealthy eating, credit card mismanagement, alcohol, tobacco, and much more.

Oxford, Mississippi

Warren Zevon: Desperado of Los Angeles is the first book-length, critical exploration of one of popular music's most talented and tormented antiheroes. George Plasketes provides a comprehensive chronicle of Zevon's 40-year, 20-record career and his enduring cultural significance. Beginning with Zevon's classical training and encounters as a youth with composers Robert Craft and Igor Stravinsky, Plasketes surveys Zevon's initiation into the 1960s through the Everly Brothers, the Turtles, and the film Midnight Cowboy. Plasketes then follows Zevon from his debut album with Asylum Records in 1976, produced by mentor Jackson Browne, through his successes and struggles from a Top Ten album to record label limbo during the 1980s, through a variety of music projects in the 1990s, including soundtracks and scores, culminating with a striking trio of albums in the early 2000s. Despite his reckless lifestyle and personal demons, Zevon made friends and alliances with talk show host David Letterman and such literary figures as Hunter S. Thompson and Carl Hiaasen. It was only after his death in 2003 that Zevon received Grammy recognition for his work. Throughout this book, Plasketes explores the musical, cinematic, and literary influences that shaped Zevon's distinctive style and songwriting themes and continue to make Zevon's work a telling portrait of Los Angeles and American culture.

China Now

"Civilization" is the definitive history of Western civilization's rise to global dominance--and the "killer applications" that made this improbable ascent possible: competition, science, the rule of law, consumerism, modern medicine, and the work ethic.

Whitney Miller's New Southern Table

John Ross has been living in the old colonial quarter of Mexico City for the last three decades, a rebel journalist covering Mexico and the region from the bottom up. He is filled with a gnawing sense that his beloved Mexico City's days as the most gargantuan, chaotic, crime-ridden, toxically contaminated urban stain in the western world are doomed, and the monster he has grown to know and love through a quarter century of reporting on its foibles and tragedies and blight will be globalized into one more McCity. *El Monstruo* is a defense of place and the history of that place. No one has told the gritty, vibrant histories of this city of 23 million faceless souls from the ground up, listened to the stories of those who have not been crushed, deconstructed the Monstruo's very monstrousness, and lived to tell its secrets. In *El Monstruo*, Ross now does.

The Impact of 9/11 and the New Legal Landscape

A Short History of San Miguel Mission, by Ryan Thornton, OFM Murals, madness, and murder. This is the history of Mission San Miguel Arcángel, rich with tales of poisoned padres and murderous desperados. In a new book, a Franciscan friar who lived, worked, and studied at Mission San Miguel

offers an insider's take on the history of the place. Combining the art of story-telling with well-researched facts, this book is the perfect introduction to Mission San Miguel, no matter what age.

An Unforeseen Life

This book tells the story of how this beloved food became the apple of our collective eye-or, perhaps more precisely, the pepperoni of our pie. Pizza journalist Liz Barrett explores how it is that pizza came to and conquered North America and how it evolved into different forms across the continent. Each chapter investigates a different pie: Chicago's famous deep-dish, New Haven's white clam pie, California's health-conscious varieties, New York's Sicilian and Neapolitan, the various styles that have emerged in the Midwest, and many others. The components of each pie-crust, sauce, spices, and much more-are dissected and celebrated, and recipes from top pizzerias provide readers with the opportunity to make and sample the pies themselves.

Transformative Consumer Research for Personal and Collective Well-being

Changing definitions of crime accompanied the economic transformation of seacoast New Hampshire from a predominantly agricultural, rural society in 1812 to one that was mainly industrial, commercial, and urban by 1914. This work analyzes a sample of 820 felony incarcerations recorded at the New Hampshire State Prison for that period. Prison records are used to analyze the role of the state prison. This study finds that the original rehabilitative mission of the prison was subordinated to the exploitation of prison inmates through the implementation of the contract labor system.

Warren Zevon

Bruno. The surname Lawrence seems almost superfluous, but the first name conjures up a whirlwind of memories. Music, touring theatre in New Zealand and Australia, films and television. From the 1950s until his untimely death in 1995 Bruno Lawrence was an enduring popular culture figure on both sides of the Tasman. But Bruno also enjoyed an international reputation, with roles in feature films like *Smash Palace*, *Utu* and *The Quiet Earth* as well as major roles in television programmes such as *Frontline* (which propelled him to fame in Australia), and several academy awards. Boundless energy, diverse talents, tremendous charm, a strong sense of fairness... these were just some of the qualities that made him so memorable. Yet this is no hagiography, for author Booth also explores Bruno's excesses, his improvidence and minor criminal activities (starting with the theft of a saxophone at age eight, and its redeeming aftermath). This first biography of Bruno Lawrence will delight all who have enjoyed his music and films. Numerous illustrations add visual appeal to an amazing and enchanting story.

Civilization

The first complete biography of an influential historian whose dramatic life intersected with many great events and thinkers of the twentieth century This is the first complete biography of Ernst Kantorowicz (1895–1963), an influential German-American medieval historian whose colorful life intersected with many of the great events and thinkers of his time. Born into a wealthy Prussian-Jewish family, he fought in World War I—earning an Iron Cross and an Iron Crescent—before being sent home following an affair with a general's mistress. Though he was an ardent German nationalist during the Weimar period, after the Nazis came to power he bravely spoke out against the regime before an overflowing crowd in Frankfurt. He narrowly avoided arrest after Kristallnacht, fleeing to England and then the United States, where he joined the faculty at Berkeley, only to be fired in 1950 for refusing to sign an anticommunist “loyalty oath.” From there, he “fell up the ladder” to Princeton’s Institute for Advanced Study, where he wrote his masterwork, *The King’s Two Bodies*. Drawing on many new sources, including numerous interviews and unpublished letters, Robert E. Lerner tells the story of a major intellectual whose life and times were as fascinating as his work.

Writing from Sources

How to lose weight, lower cholesterol, prevent cancer, eat more, get fit, and feel great!

El Monstruo

Diane France loves bones. Why? Because they talk to her. Every skeleton she meets whispers secrets about the life-and death-of its owner. Diane France can hear those secrets because she's a forensic anthropologist, a bone detective. She has the science skills and know-how to examine bones for clues to

a mystery: Who was this person and how did he or she die? Bones tell Diane about the life and times of famous people in history, from a Russian royal family to American outlaws and war heroes. They speak to her about murders, mass disasters, and fatal accidents. One day she's collecting skeletal evidence at a crime scene. A phone call later she's jetting to the site of a plane crash or other unexpected tragedy to identify victims. Young readers will be captivated by the thrilling real-life story of this small-town girl full of curiosity and mischief who became a world-famous bone detective.

A Short History of Mission San Miguel

Food writer and Food Network personality Simon Majumdar sets out across the United States to discover what it means to be American, one bite at a time. Before deciding whether to trade in his green card for a U.S. citizenship, Simon Majumdar knew he needed to find out what it really means to be an American. So he set out on a journey to discover America through the thing he knows best: food. Over the course of a year, Simon crisscrossed the United States, stopping in locales such as Plymouth, Massachusetts, to learn about what the pilgrims ate; Kansas, for a Shabbat dinner; Wisconsin, to make cheese; Alaska, to fish for salmon alongside a grizzly bear; and Los Angeles, to cook at a Filipino restaurant in the hopes of making his in-laws proud. Along the way he makes some friends and digs in to the food cultures that make up America—brewing beer, farming, working at a food bank, and even tailgating. Full of heart, humor, history, and, of course, food, *Fed, White, and Blue* is a warm, funny, and inspiring portrait of becoming an American in the twenty-first century.

Meteorological Observations and Essays

(Meredith Music Resource). If we could sit down with some of the best choral conductors of our time, what might we learn? In this book, directors at Iowa State University, University of Kentucky, University of Louisville, University of Michigan, Michigan State University, Penn State University, St. Olaf College, and University of Southern California are interviewed. The book shares these directors' approaches to: recruitment, auditions, and singer placement in ensembles; selection auditions, and singer placement in ensembles; rehearsal planning; choral timbres and vocal pedagogy; intonation; kinesthetic learning and choreography; traditions and choral culture. Interviews with students and observations of live rehearsals complement these director interviews to provide readers with a comprehensive look at how these choral programs consistently achieve success.

Pizza, A Slice of American History

*** This is the old edition! The new edition is under the title "Cracking Codes with Python" by Al Sweigart
*** Hacking Secret Ciphers with Python not only teaches you how to write in secret ciphers with paper and pencil. This book teaches you how to write your own cipher programs and also the hacking programs that can break the encrypted messages from these ciphers. Unfortunately, the programs in this book won't get the reader in trouble with the law (or rather, fortunately) but it is a guide on the basics of both cryptography and the Python programming language. Instead of presenting a dull laundry list of concepts, this book provides the source code to several fun programming projects for adults and young adults.

Crime and Punishment in New Hampshire, 1812-1914

In *Rocky Boyer's War*, Allen Boyer offers a wry, keen-eyed, and occasionally disgruntled counterpoint history of the hard-fought, brilliant campaign that won World War II in the Southwest Pacific. Based in part on an unauthorized diary kept by the author's father, 1st Lt. Roscoe "Rocky" Boyer, this narrative history offers the reader an account of Allied air commander Gen. George Kenney's "air blitz" offensive as it was lived both in the cockpit and on the ground. During 1944, as Gen. Douglas MacArthur's forces fought their way from New Guinea to the Philippines, Kenney, discarding pre-war doctrine, planned and ran an "air blitz" offensive. His 5th Air Force drove forward like a tank army, crash-landing in open country, seizing terrain, bulldozing new airfields, winning air control, and moving forward. At airfields on the front line, Rocky kept the radios working for the 71st Tactical Reconnaissance Group, a fighter-bomber unit. Diaries were forbidden, but Rocky kept one—full of casualties, accidents, off-duty shenanigans, and rear-area snafus. He had friends killed when they shot it out with Japanese anti-aircraft gunners, or when their bombers vanished in bad weather. He wrote about wartime camp life at Nadzab, New Guinea, the largest air base in the world, part Scout camp and part frontier boomtown. He knew characters worthy of *Catch-22*: combat flyers who played contract bridge, military brass who played office politics, black quartermasters, and chaplains who stood up to colonels when a promotion

party ended with drunken gunplay and dynamite. This is a narrative of the war as airmen lived it. Rocky's experience of life on the front line gives from-the-bottom-up detail to the framework of Kenney's air blitz. The author uses Rocky's story as a jumping-off point from which to understand the daily life, pranks, mishaps, and casualties, of the men who in 1944 fought their way over the two thousand miles from New Guinea to the Philippines.

Bruno

Type & Typo