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This book is for climbers of all ages, abilities, and interests who wish to improve their performance. Climbing: Training for Peak Performance carefully details the foundation and fundamentals of nutrition for mind and body, flexibility training, aerobic, and strength conditioning, and how to put it all together to help you perform better. "This study of probable maximum precipitation (PMP) from local thunderstorms for the Southwest United States will be published together with general storm PMP estimates covering this region. General storm PMP estimates are the subject of a current study in the Hydrometeorological Branch and will not be in a form for publication until late in 1974 or early 1975. In the meantime, the estimates of this report can be used for small drainages. In the more orographic regions, the general storm PMP values might exceed the thunderstorm PMP for 6 hours for basins as small as 200 square miles in area"--Page ii Orbital Mechanics for Engineering Students, Second Edition, provides an introduction to the basic concepts of space mechanics. These include vector kinematics in three dimensions; Newton's laws of motion and gravitation; relative motion; the vector-based solution of the classical two-body problem; derivation of Kepler's equations; orbits in three dimensions; preliminary orbit determination; and orbital maneuvers. The book also covers relative motion and the two-impulse rendezvous problem; interplanetary mission design using patched conics; rigid-body dynamics used to characterize the attitude of a space vehicle; satellite attitude dynamics; and the characteristics and design of multi-stage launch vehicles. Each chapter begins with an outline of key concepts and concludes with problems that are based on the material covered. This text is written for undergraduates who are studying orbital mechanics for the first time and have completed courses in physics, dynamics, and mathematics, including differential equations and applied linear algebra. Graduate students, researchers, and experienced practitioners will also find useful review materials in the book. NEW: Reorganized and improved discussions of coordinate systems, new discussion on perturbations and quaternions NEW: Increased coverage of attitude dynamics, including new Matlab algorithms and examples in chapter 10 New examples and homework problems With over 640 full-color photos demonstrating basic to advanced stretches, Full-Body Flexibility presents an easy-to-use approach to flexibility. Premier fitness instructor Jay Blahnik blends the best of yoga, Pilates, martial arts, and sport training in stretching sequences that can be used for warm-ups, cool-downs and challenging workouts. Incorporates 175 stretches and 23 routines including a total-body stretching program for athletes, a posture stretching program, an at-the-office program, and 10- and 20-minute programs for fitness. Original. This comprehensive manual of water supply practices explains the design, selection, specification, installation, transportation, and pressure testing of concrete pressure pipes in potable water service. This second edition is designed to introduce students of urban history to recent interpretive literature in this field. Its goal is to provide a coherent framework for understanding the pattern of American urbanization, while at the same time offering specific examples of the work of historians in the field. February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications; September issue includes List of depository libraries; June and December issues include semiannual index The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government. Photoshop CS6 is truly amazing, but it can also be overwhelming if you're just getting started. This book makes learning Photoshop a breeze by explaining things in a friendly, conversational style—without technical jargon. After a thorough introduction to the program, you'll delve deep into Photoshop's secrets with expert tips and practical advice you can use every day. The important stuff you need to know: Learn your way around. Get a guided tour of Photoshop's beautiful new workspace. Unlock the magic. Discover the most practical ways to use layers, channels, masks, paths, and other tools. Fine-tune your images. Learn techniques for cropping, retouching, and combining photos. Play with color. Drain, change, and add color; and create gorgeous black-and-whites and duotones. Be artistic. Create original illustrations and paintings, use text and filters effectively, and edit video clips. Share your work. Produce great-looking images for print and the Web. Work smarter and faster. Automate common chores and install plug-ins for complex tasks. Written by qualitative researchers for qualitative researchers, and not presuming extensive computer experience, this user-friendly guide takes a critical look at the wide range of software currently available. The book gives detailed reviews of 24 programs in five major categories: text retrievers, textbase managers, code-and-retrieve programs, code-based theory-builders and conceptual network-builders. In addition, the book provides ratings of over 75 features per program. The authors also offer detailed guidance on the operation of each program, helping the reader to ask key questions about the use of the computer - the nature of the project being undertaken, what time-line analyses are planned and what worksheets are re This reference discusses both technical & theoretical aspects of routine blood banking & is used throughout the world as a resource document for the performance of laboratory tests to ensure blood transfusion safety. Special edition of the Federal Register, containing a codification of documents of general applicability and future effect ... with ancillaries. The Apollo 11 Mission, primarily designed to land men on the Moon and return them safely to Earth, signaled a new phase of the manned space program. Based on the success of Apollo 11, the first of a series of missions designed for the systematic exploration of the Moon was successfully accomplished on Apollo 12. The fact that the Apollo 12 astronauts were able to achieve a pinpoint landing at a preselected site, and then spend an extended time on the lunar surface, graphically illustrates the rapid progress of the Apollo program. The Apollo 12 mission added significantly to man's knowledge of the Moon. The precise landing capability allowed the crew to accomplish a wide variety of preplanned tasks and paved the way for planning future missions to smaller, more selected landing areas with the possibility of significant scientific returns. The publication includes chapters on mission description, summary of scientific results, photographic summary of the Apollo 12 Mission, crew observations, passive seismic experiment, lunar surface magnetometer experiment, the solar-wind spectrometer experiment, suprathermal ion detector experiment (lunar ionosphere detector), cold cathode gage (lunar atmosphere detector), the solar-wind composition experiment, Apollo 12 multispectral photography experiment, preliminary geologic investigation of the Apollo 12 landing site, lunar surface closeup stereoscopic photography, preliminary examination of lunar samples, and preliminary results from Surveyor 3 analysis. Advanced Fitness Assessment and Exercise Prescription is built around testing five physical fitness components—cardiorespiratory, muscular, body composition, flexibility, and balance—and designing appropriate exercise programs to improve each component based on assessment outcomes. The all-new Hummer H3 will reach market in early 2005, just as this book chronicling its development is published. The H3 will offer traditional Hummer off-road durability and stump-pulling power in a smaller, more-affordable SUV-styled package. Interest in the new model is very high and the automotive website "edmunds.com" reported, ". . . the smaller and cheaper H3 is likely to become the most popular Hummer ever."

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