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BURNS CANTRELL

The Arts & Crafts Movement Orchard Books (NY)

A thrilling new account of the tragic story and troubled times of Henry VI, who inherited the crowns of both England and France and lost both. Firstborn son of a warrior father who defeated the French at Agincourt, Henry VI of the House of Lancaster inherited the crown not only of England but also of France, at a time when Plantagenet dominance over the Valois dynasty was at its glorious height. And yet, by the time he died in the Tower of London in 1471, France was lost, his throne had been seized by his rival, Edward IV of the House of York, and his kingdom had descended into the violent chaos of the Wars of the Roses. Henry VI is perhaps the most troubled of English monarchs, a pious, gentle, well-intentioned man who was plagued by bouts of mental illness. In *The Shadow King*, Lauren Johnson tells his remarkable and sometimes shocking story in a fast-paced and colorful narrative that captures both the poignancy of Henry's life and the tumultuous and bloody nature of the times in which he lived.

Ascending the Ranks MIT Press (MA)

Goldfield, Nevada, isn't much of a city these days. With somewhere around 200 or 300 residents, it's home to a couple of small motels, two saloons, a Dinky Diner (that's what it's called), and not even a single gas station - unless you count the handful of abandoned stations and garages in town. There are a lot of abandoned buildings there, because at one time, Goldfield WAS a city. And not just any city, but the largest city in Nevada. Back in 1906, more than 20,000 people lived there, compared with maybe half that many in Reno. Goldfield hadn't even existed four years earlier, but it got very big very fast thanks to the discovery of gold in the area. It didn't stay that way long, though. Like other boomtowns, the mines eventually dried up, and most of the townsfolk moved on, looking for greener (or more golden) pastures. But during its heyday, Goldfield had it all: saloons and tycoons, gunmen and prospectors, the fanciest hotel between Kansas City and San Francisco, and even a deputy named Earp. It also had boxing's biggest promoter: a local saloon owner named Tex Ricard who later owned Madison Square Garden but got his start staging the first "fight of the century" right there in Goldfield. A bicycle messenger named Jim Casey got his start in Goldfield, too. He went on to start a company called UPS. Illustrated with more than 150 images, "Goldfield Century" is the story of a Nevada boomtown, and not just any boomtown, but one of the last and one of the biggest. Goldfield was at the center of a region consumed by gold fever, where fortunes were made and lost in mines and saloon tables from Tonopah south to Beatty and Rhyolite - once a city of 8,000 people, but now a ghost town of crumbling buildings. Take a trip through the glory days of the Nevada frontier at the turn of the 20th century, when the bonanzas were big, the talk was bigger, the booms were unbelievable, and the busts were inevitable. Relive the Goldfield century.

Flip City AuthorHouse

Christ's journey to the cross is filled with images of His sacrificial love for us: the Palms, the Cup and the Bread, the Nails, the Crown of Thorns, and more. These images form the centerpiece of "Come to the Cross and Remember." During simple choir or congregation interludes, each of the images is brought forward to create a very moving tableau. Additional choruses and hymns illumine the journey, including the haunting "Go to Dark Gethsemane," the spine-tingling "Judas," the mournful "Surely He Has Borne Our Grievs," the transportive "You Will Be with Me in Paradise," and the majestic "Every Knee Should Bow." Narration is included for one or more speakers. This worship experience may be performed with piano accompaniment or Michael Lawrence's full orchestration.

Life Is Short, Don't Wait to Dance Simon and Schuster

Explores the career of Kim Zmeskal, the first American gymnast to secure an all-around world title in her sport

The Best Place to be MacMillan Publishing Company

Four girls whose family lives are difficult compete in gymnastics for their gym, Flip City, the place they feel most at home.

Goldfield Century Lippincott Williams & Wilkins

The true story of the 1986 U.S. National Gymnastics champion whose lifelong dream was to compete in the Olympics, until anorexia, injuries, and coaching abuses nearly destroyed her fanciful dreams of gold medals and Nadia Comaneci led Jennifer Sey to become a gymnast at the age of six. She was a natural at the sport, and her early success propelled her family to sacrifice everything to help her become, by age eleven, one of America's elite, competing at prestigious events worldwide alongside such future gymnastics' luminaries as Mary Lou Retton. But as she set her sights higher and higher—the senior national team, the World Championships, the 1988 Olympics—Sey began to change, putting her needs, her health, and her well-being aside in the name of winning. And the adults in her life refused to notice her downward spiral. In *Chalked Up* Sey reveals the tarnish behind her gold medals. A powerful portrait of intensity and drive, eating disorders and stage parents, abusive coaches and manipulative businessmen, denial and the seduction of success, it is the story of a young girl whose dreams would become eclipsed by the adults around her. As she recounts her experiences, Sey sheds light on the destructiveness of our winning-is-everything culture where underage and underweight girls are celebrated and on the need for balance in children's lives.

Biomechanics Center Street

For residents and visitors alike, this indispensable guidebook invites readers to explore the history, heartbeat, and character of Canada's capital. Katharine describes 10 walking tours focusing on Ottawa's magnificent heritage buildings as well as the wonders of the natural green space within the city. With this second edition, two new walks - the Central Experimental Farm (including the Arboretum and the Fletcher Wildlife Garden) and the

Ottawa River Parkway - join Parliament Hill, Sussex Drive, Lowertown, New Edinburgh, Rideau Canal, The Glebe, Sandy Hill, and Rockcliffe. This book is the third in a series. Historical Walks: The Gatineau Park Story, and Capital Rambles: Exploring the National Capital Region will also make invaluable additions to your home library.

Risk, Originality & Virtuosity (ROV) Century Cities Publishing

Drills and exercises for training gymnasts in the vault, tumbling, bars, and dance exercises.

Kim Zmeskal Parkstone International

"Have nothing in your house that you do not know to be useful, or believe to be beautiful." This quote alone from William Morris could summarise the ideology of the Arts & Crafts movement, which triggered a veritable reform in the applied arts in England. Founded by John Ruskin, then put into practice by William Morris, the Arts & Crafts movement promoted revolutionary ideas in Victorian England. In the middle of the "soulless" Industrial Era, when objects were standardised, the Arts & Crafts movement proposed a return to the aesthetic at the core of production. The work of artisans and meticulous design thus became the heart of this new ideology, which influenced styles throughout the world, translating the essential ideas of Arts & Crafts into design, architecture and painting.

The Shadow King Lorenz Publishing Company

Martinsville Memories by Stephen H. Provost examines the history of Martinsville, a town in southern Virginia. A town of fewer than 15,000 people, it's been the plug tobacco capital of the world and the sweatshirt capital of the world. It hosts two stock-car races each year at a speedway that holds four times that many people - the oldest on the NASCAR circuit. It's a place of verdant beauty and blue skies a few miles north of the North Carolina state line, in the Goldilocks zone: seldom too hot in summer or too cold in winter. It has thrived as the town with the nation's most millionaires per capita and struggled through factory closures during the era of globalization. Packed with more than 200 images, Martinsville Memories looks at the town from its beginnings through its is a textual and photographic look a diverse town built on tobacco, textiles and furniture that occupies a unique place in the nation's fabric and history. From its the town's historic beginnings through its 20th century prosperity, this volume offers a nostalgic trek through time, with stops at drive-ins, old hotels and iconic storefronts along the way. Martinsville Memories doesn't stop at the city limits, but gives the reader a tour of surrounding communities such Collinsville, Ridgeway, Bassett, Spencer and Axton, as well. With a foreword by author and Martinsville native Stephen Mark Rainey, Martinsville Memories captures the triumphs and struggles of a city at the heart of the South and the soul of America.

Fresno Century Random House Digital, Inc.

Move over P.J. O'Rourke! From Al Franken, America's premier liberal satirist, comes a hilarious homage to the wonderful, awful, and always absurd American political process that skewers a whole new crop of presidential hopefuls--just in time for the 1996 presidential election. "(Franken is) responsible in part for some of the most brilliant political satire of our time" --John Podhoretz, New York Post.

Scientific Inquiry Into Hydraulic Fracturing in the Northern Territory Fitness and Gymnastics Books

Do you remember Al Radka and Hopalong Cassidy? When Fresno State's basketball team filled Selland Arena and won the NIT? When Fulton was a mall and Manchester Center was a fig orchard? Whether you answered, "I didn't know that," or whether you just want to be reminded, you'll find it all in "Fresno Century." It's part of the Century Cities series, which was created to celebrate and preserve the history of midsized and smaller American cities during the 20th century. In Fresno Century, the author of "Fresno Growing Up" presents new anecdotes, never-before-seen and historic photographs, and new details of familiar stories you thought you knew, all in an easy-to-read timeline format. Fresno was founded back in 1872 around a new railway station and grew to become, as of this writing, the fifth-largest city in California, with more than half a million people. It's home to a diverse array of cultures, from Armenian to Hmong to Basque Americans, the urban centerpiece of the state's agricultural heartland. The city's proximity to Yosemite, Kings Canyon, and Sequoia national parks, along with its location roughly halfway between Los Angeles and San Francisco, has made it a central player in California history. It has produced Olympic champions, baseball legends, major celebrities, and much of the nation's food. The county that shares its name is the nation's leader in agriculture, and not just for its raisins and wine grapes, for which it has long been known. Almonds, milk, citrus, oranges, figs, cotton, garlic, tomatoes, and pistachios are or have been big there at one time or another. The pioneer years of the 19th century boom and recent developments in the new millennium hold many tales of their own. Fresno Century tells the story of what happened in between.

Martinsville Memories Harper Collins

At 13, Dominique Moceanu burst into the spotlight by becoming the youngest U. S. national gymnastics champion. Her awesome performance at all the major 1995 competitions wowed the crowds--and won her countless medals. Then, at only 90 pounds and 4 feet, 5 inches, Dominique was psyched to take the 1996 Olympics by storm. And she did! Under the guidance of her renowned coach, Bela Karolyi, Dominique performed dynamic routines that ignited fans around the world--and helped her teammates win an Olympic gold medal.

Modern Rhythmic Gymnastics Markham. Ont. : Fitzhenry & Whiteside

The first edition of Kreighbaum and Barthels "Biomechanics "was the first book in this field to approach human movement qualitatively rather than quantitatively-- focusing on generalizable concepts that can be used by an instructor, coach, or exercise specialist to analyze several different sports activities with a common overall performance objective. The fourth edition retains this qualitative approach and expands it to include an even broader perspective for movement professionals in general.

Capital Walks Yearling

Becoming the leader you were born to be relies on your ability to master five leadership principles: character, competence, compassion, courage, and commitment. o Character: refine your moral qualities. o Competence: develop skills and knowledge. o Compassion: practice empathy. o Courage: stand up for what you believe in. o Commitment: dedicate yourself to continuous learning. It has taken me more than thirty years to finally have the courage to stand up and tell the story of how I achieved the top rung of the leadership ladder in law enforcement—how I became a top cop. I have distilled my journey down to pivotal moments that have left a lasting impression on who I am as a leader and where I stand today. If my journey inspires one person to become more intentional in the pursuit of their dreams, then I have achieved my goal of paying it forward.

Fresno Growing Up

Olympic Gold medalist Peter Vidmar teaches principles embodied by ROV which are simple, yet the underlying messages are profound. When applied together, these principles can help change lives.

Chalked Up

Highly acclaimed UCLA Women's gymnastics coach of 7 NCAA championships Valorie Kondos Field shares insights on how to use uniqueness and authenticity to achieve success. Former professional ballerina Valorie Kondos Field--or Miss Val, as she's affectionately known--has never tumbled, flipped, or even played any type of organized sports, and yet she has been able to craft a legendary coaching career through curiosity, creativity, attention to detail, and unwavering care for the overall well-being of her athletes. For Miss Val, it's not about winning and losing, it's about choreographing your life and owning the choices you make. Miss Val has shaped her UCLA Gymnastics program as a life skills class and now she's sharing those lessons with you, whether you're an athlete, business leader, or simply someone who wants to own their destiny. Miss Val's philosophies are timeless. Her coaching style is unorthodox. *Life Is Short, Don't Wait to Dance* is a thought-provoking, fun journey through the anecdotes of the 35-year career of a dancer/choreographer turned athletic coach. The book includes unforgettable stories of the Olympians and athletes with whom she's worked--including the inspirational journey of Katelyn Ohashi, whose joyful transformation under the tutelage of Miss Val was evident to the world when her perfect 10 floor routine went viral -- reaching over 100 million viewers. Other triumphs include Olympian Jamie Dantzscher, who found her confidence at UCLA and learned the tools to combat her previous abuse; and sensation Christine Peng Peng Lee, who helped the Bruins clinch the 2018 NCAA championship with back-to-back 10's. Miss Val also shares her favorite memories of her mentor, legendary basketball coach John Wooden, as well as her thoughts on Larry Nassar and the gymnastics sexual abuse scandal. Miss Val reveals how her coaching journey had a rocky start before she found her own best approach. In time she realized that her dance background wasn't a detriment, it was a gift. When she embraced this, Miss Val led the Bruins to victory. *Life Is Short, Don't Wait to Dance* is packed with great advice for anyone on a quest for success, delivered in Miss Val's reassuring and inspirational tone. She took the same approach to her breast cancer diagnosis, explaining how she made that struggle into one of the best years of her life. For Miss Val, it's all about attitude. *Life Is Short, Don't Wait to Dance* is a powerful book that shows you how to make the leap of faith in choosing your own path to greatness.

[The modern gymnast](#)

[The Injured Athlete](#)

[Recycling Solid Waste from the Olive Oil Extraction Process](#)