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Additionally, the Red Sox are planning on recalling Tanner Houck today, according to Dan Roche of WBZ. As noted by Pete Abraham of the Boston Globe, this would be Sale's first game since August 13th, ...

Chris Sale To Begin Rehab Assignment; Red Sox To Recall Tanner Houck

The future of the Red Sox met the team's present on Monday at the All-Star Game in Denver. The Red Sox social media account captured star shortstop Xander Bogaerts greeting the team's top overall ...

Boston.com

It was the latest trend in dining: food halls, which bring hordes of people to eat and drink together, often at big communal tables, with customers able to sample a range of eateries in one place.

Most, but not all, Boston food halls have reopened

A June 26 double murder of a Black woman and man in Winthrop and the attempted murder of a rabbi in Brighton on July 1 brought a national wave of racially motivated violence to the

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Racial violence returns to Greater Boston area

Beyond the many acquaintances and friends of de la Garza that he spent time with—and money on—Hajjar appears to be a man of few friends. The only one who would speak for Hajjar was his lawyer, former ...

The Man Who Fell to Earth

Nathan Carman went fishing with his mom. A week later, he was found on a life raft—alone. Tragic accident or murder? Ocean sensors may point to the truth.

A Son Is Rescued at Sea. But What Happened to His Mother?

Chris Sale's minor league rehab assignment will begin on Thursday. Sale will make his first start in a game since Aug. 13, 2019, when he struck out 12 while allowing five runs in 6 2/3 innings against ...

Red Sox Notebook: Chris Sale's rehab assignment to start Thursday

Phoenix: A new energy facility scheduled to open in December southwest of the city will capture methane from cow manure and reuse the biogas as renewable natural fuel. Facility stakeholders said the ...

Manure power, snakes under a bed, castle stair collapse: News from around our 50 states

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The Bay Circuit Trail travels 230 miles, from Bay Farm on Kingston Bay in Duxbury in the south to the beach at Plum Island in Newbury to the north.

A best-kept secret: How 230 miles of hiking trails connect the suburbs of Boston

Some 70,000 people rode the line each day in 2019 ... Boston. And so it's not just the Blue Line, but also the communities that it's surrounded by." The Blue Line, along with the city's Red ...

Boston's Commuter Rail System Vulnerable To Climate Change

On April 8, 2024 a total solar eclipse will once again come to North America. Here's everything you need to know to start making a plan.

It's Just 1,000 Sleeps Until The Next 'Great American Eclipse.' Why It's Time To Start Dreaming—And Planning

Marc Hurwitz at Boston ... planning awaits paperwork. Balich 5 & 10, a family-run five-and-dime at the site since 1984, closed last June. Abbott's Frozen Custard to open in April Posted Feb. 22 ...

NEWS DISHES: Windows Delay Del's Opening

Like Manchester, Greenville, S.C., was a textile-producing powerhouse before it was forced to reinvent itself. Manchester focused on redeveloping its Millyard, which today is populated by tech compani ...

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Distance learning: Seven lessons from a transformed mill city

The rotation has unquestionably been a strength of the Red Sox this season ... Rodriguez, the ace of the 2019 team, is 6-5 with a 5.52 ERA after giving up four runs in five innings against ...

Red Sox starters have been reliable, but who would you trust to start Game 2 of a playoff series?

Fiddler renowned for work with Stones dies in Oklahoma, South Carolina prisons hit national low for recidivism, and more ...

Manatee mortality, bug zapper zaps vision, Borat pot suit: News from around our 50 states

"I also bike to the Malden T station to take the T to Boston." The Northern Strand ... Using data from July to October 2019, the study focused on economic, health, transportation ...

'I can do everything using the bike path': Trail links cities north of Boston to the sea

The Red Sox won a back-and-forth game against Atlanta on Tuesday, 10-8. Boston batters connected on four home runs, and J.D. Martinez added his first triple since 2019. Dont'a Hightower's ...

Dont'a Hightower rejected retirement speculation after 2020 opt-out

Entering the year, Cora was planning on mixing and matching outfield ... Kiké Hernández plays hero in extra innings as Boston Red Sox beat A's, 3-2, for 8th straight win Eduardo Rodriguez

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Kiké Hernández's clutch throw helps Boston Red Sox win in extras: 'The way we play defense in the outfield is elite,' Alex Cora says

After a long closure, Billings' Red Lion Hotel is reopening under new ownership, new management, and a new name. The Red Lion Hotel closed in November of 2019, when former management company ...

This cute, portable weekly Planner is an amazing gift for yourself or any Boston Terrier Lover. Printed on high quality interior stock, it contains about 100 weeks (2 years) of blank pre lined spaces where you can write the date and your notes. Perfect as a Christmas gift or New Year's Gift. Other details include: 200 pages, 6x9 white paper and a beautiful matte finish cover. Light weight, easy to carry around. Make sure to look at our other products for other Journal ideas.

Today, Boston is in a uniquely powerful position to make our city more affordable, equitable, connected, and resilient. We will seize this moment to guide our growth to support our dynamic economy, connect more residents to opportunity, create vibrant neighborhoods, and continue our legacy as a thriving waterfront city. Mayor Martin J. Walsh's Imagine Boston 2030 is the first citywide plan in more than 50 years. This vision was shaped by more than 15,000 Boston voices.

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Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his re?sume?, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the *Forbes* magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, *On Purpose*, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring,

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empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

A New York Times Bestseller A New York Times Book Review Editors' Choice The "highly evocative, deeply moving" true account of the extraordinary life and brutal death of Mildred Harnack, the American leader of one of the largest underground resistance groups in Germany during WWII—"a stunning literary achievement" (Kai Bird, author of *The Outlier* and co-author of Pulitzer Prize-winning *American Prometheus*) Born and raised in Milwaukee, Mildred Harnack was twenty-six when she enrolled in a PhD program in Germany and witnessed the meteoric rise of the Nazi party. In 1932, she began holding secret meetings in her apartment—a small band of political activists that by 1940 had grown into the largest underground resistance group in Berlin. She recruited working-class Germans into the resistance, helped Jews escape, plotted acts of sabotage, and collaborated in writing leaflets that denounced Hitler and called for revolution. Her coconspirators circulated through Berlin under the cover of night, slipping the leaflets into mailboxes, public restrooms, phone booths. When the first shots of the Second World War were fired, she became a spy, couriering top-secret intelligence to the Allies. On the eve of her escape to Sweden, she was ambushed by the Gestapo. At a Nazi military court, a

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panel of five judges sentenced her to six years at a prison camp, but Hitler overruled the decision and ordered her execution. On February 16, 1943, she was strapped to a guillotine and beheaded. Historians identify Mildred Harnack as the only American in the leadership of the German resistance, yet her remarkable story has remained almost unknown until now. Harnack's great-great-niece Rebecca Donner draws on her extensive archival research in Germany, Russia, England, and the U.S. as well as newly uncovered documents in her family archive to produce this astonishing work of narrative nonfiction. Fusing elements of biography, real-life political thriller, and scholarly detective story, Donner brilliantly interweaves letters, diary entries, notes smuggled out of a Berlin prison, survivors' testimony, and a trove of declassified intelligence documents into a powerful, epic story, reconstructing the moral courage of an enigmatic woman nearly erased by history.

In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance. Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your "bun." *Mama Glow* also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. *Mama Glow* includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost

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fertility • A simple formula for deconstructing those crazy cravings • Yoga sequences designed for prepregnancy, each trimester, and postpartum • Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag • Glow foods to help you snap back to your fab prebaby body As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

Final report of the National Commission on Terrorist Attacks upon the United States.

A NEW YORK TIMES, TIME, GQ, Vulture, and WASHINGTON POST TOP 10 BOOK OF THE YEAR ONE OF BARACK OBAMA'S FAVOURITE BOOKS OF THE YEAR Finalist for the Los Angeles Times Book Prize, and the National Book Critics Circle Award Shortlisted for the Rathbones Folio Prize Winner of the Hefner Heitz Kansas Book Award From the award-winning author of 10:04 and Leaving the Atocha Station, a tender and expansive family drama set in the American Midwest at the turn of the century, hailed by Maggie Nelson as Ben Lerner's "most discerning, ambitious, innovative, and timely novel to date." Adam Gordon is a senior at Topeka High School, class of '97. His mother, Jane, is a famous feminist author; his father, Jonathan, is an expert at getting "lost boys" to open up. They both work at a psychiatric clinic that has attracted staff and patients from around the world. Adam is a renowned debater, expected to win a national championship before he heads to college. He is one of the cool kids, ready to fight or, better, freestyle about fighting if it keeps his peers from thinking of him as weak. Adam is also one of the seniors who bring the loner Darren Eberheart--who is, unbeknownst to Adam, his father's patient--into the social scene, to disastrous effect. Deftly

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shifting perspectives and time periods. The Topeka School is the story of a family, its struggles and its strengths: Jane's reckoning with the legacy of an abusive father, Jonathan's marital transgressions, the challenge of raising a good son in a culture of toxic masculinity. It is also a riveting prehistory of the present: the collapse of public speech, the trolls and tyrants of the New Right, and the ongoing crisis of identity among white men.

From the Preface: This manual, *Child Protective Services: A Guide for Caseworkers*, examines the roles and responsibilities of child protective services (CPS) workers, who are at the forefront of every community's child protection efforts. The manual describes the basic stages of the CPS process and the steps necessary to accomplish each stage: intake, initial assessment or investigation, family assessment, case planning, service provision, evaluation of family progress, and case closure. Best practices and critical issues in casework practice are underscored throughout. The primary audience for this manual includes CPS caseworkers, supervisors, and administrators. State and local CPS agency trainers may use the manual for preservice or inservice training of CPS caseworkers, while schools of social work may add it to class reading lists to orient students to the field of child protection. In addition, other professionals and concerned community members may consult the manual for a greater understanding of the child protection process. This manual builds on the information presented in *A Coordinated Response to Child Abuse and Neglect: The Foundation for Practice*. Readers are encouraged to begin with that manual as it addresses important information on which CPS practice is based—including definitions of child maltreatment, risk factors, consequences, and the Federal and State basis for intervention. Some manuals in the series also may be of

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interest in understanding the roles of other professional groups in responding to child abuse and neglect, including: Substance abuse treatment providers; Domestic violence victim advocates; Educators; Law enforcement personnel. Other manuals address special issues, such as building partnerships and working with the courts on CPS cases.

This book by the National Institutes of Health (Publication 06-4082) and the National Heart, Lung, and Blood Institute provides information and effective ways to work with your diet because what you choose to eat affects your chances of developing high blood pressure, or hypertension (the medical term). Recent studies show that blood pressure can be lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan-and by eating less salt, also called sodium. While each step alone lowers blood pressure, the combination of the eating plan and a reduced sodium intake gives the biggest benefit and may help prevent the development of high blood pressure. This book, based on the DASH research findings, tells how to follow the DASH eating plan and reduce the amount of sodium you consume. It offers tips on how to start and stay on the eating plan, as well as a week of menus and some recipes. The menus and recipes are given for two levels of daily sodium consumption-2,300 and 1,500 milligrams per day. Twenty-three hundred milligrams is the highest level considered acceptable by the National High Blood Pressure Education Program. It is also the highest amount recommended for healthy Americans by the 2005 "U.S. Dietary Guidelines for Americans." The 1,500 milligram level can lower blood pressure further and more recently is the amount recommended by the Institute of Medicine as an adequate intake level and one that most people should try to achieve. The lower your salt intake is, the lower your blood pressure.

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Studies have found that the DASH menus containing 2,300 milligrams of sodium can lower blood pressure and that an even lower level of sodium, 1,500 milligrams, can further reduce blood pressure. All the menus are lower in sodium than what adults in the United States currently eat-about 4,200 milligrams per day in men and 3,300 milligrams per day in women. Those with high blood pressure and prehypertension may benefit especially from following the DASH eating plan and reducing their sodium intake.

Presents a training guide to becoming a safe, responsible, and successful babysitter, focusing on what to do when children suffer different kinds of accidents and illnesses.

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