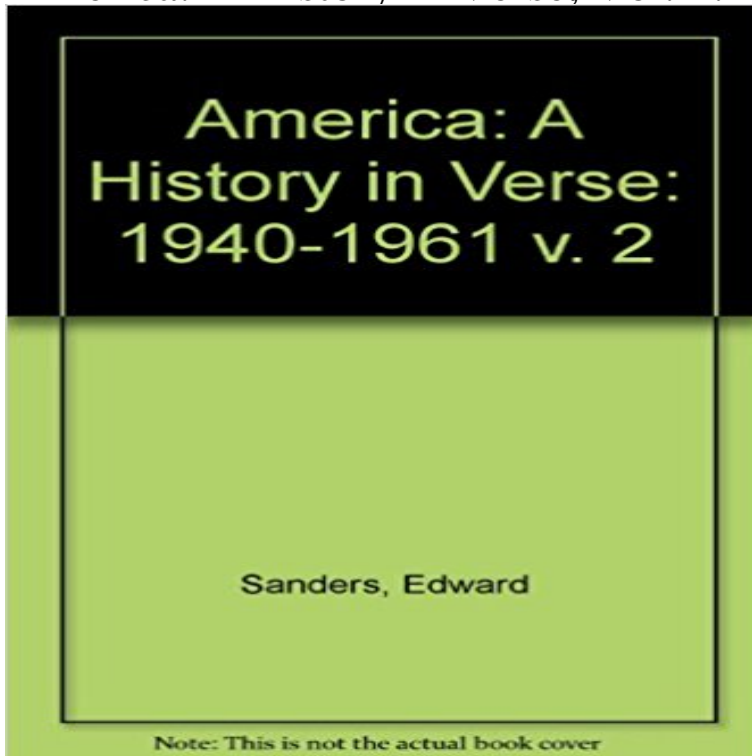


America: A History in Verse, Vol. 2: 1940-1961



Founder and guiding spirit of the satirical folk-rock band the Fugs, Ed Sanders is America's bard, the cheerful, chanting poet-prophet who sings our collective life and times. His present project, the multi-volume America: A History in Verse, is his most ambitious to date, a free-wheeling, episodic, free-verse chronicle of the American Century, from the explosion of the Maine in Havana Harbor down to the present day. The first two volumes, cataloging the years 1900 through 1961, were welcomed by one critic as an epic finding-out-for-oneself of salient moments in the public and private history of the 20th century bold, sweeping, hilarious, heart-rending, and thought-provoking. Not since Leaves of Grass has there been such an un-ironic attempt to give voice to the rhapsody of a great nation / where so many sing without cease / work without halt / shoulder without shudder / to bring the Feather of Justice to every / bell tower, biome & blade of grass / in Graceful America. Long may Sanders sing our common song, and long may his America dwell in peace, freedom & equality / out on its spiraling arm / in the Milky Way.

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much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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