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Social media is here to stay. A robust social media campaign can provide academic libraries with a means to showcase library resources, highlight content and events, and attract students to sample what the library has to offer. *Building Communities* is a handbook to implement social media technologies for academic libraries. It is a guide to planning and implementing a successful social media campaign and evaluating its impact. This title covers: the beginning of social networking in the academic context; how to implement use of social media technologies; and evaluating their use. The final section considers the future and asks: 'What's next?' Provides information on how to plan, integrate, and assess the use of social media in academic libraries Gives examples on the best social media technologies to implement in academic libraries Discusses the skills and knowledge required in the academic library to launch a successful social media campaign

Navigating the available fitness information online can be confusing and time-consuming at best, and a minefield of misinformation at worst. One inherent problem is that information online is always presented as supremely important and as the next 'big thing,' without context or any understanding of priorities. Enter *The Muscle and Strength Pyramid* books. The foundational concept of these books is understanding priorities and context, so you can take all the pieces of the puzzle and fit them together into an actionable plan. * No longer waste time and energy with your nutritional efforts The structured order of importance is what makes this book different. Learn what matters and when. * Use our science-based calculations for optimal setup Whether you're headed for the bodybuilding stage, cutting pounds for a weight class, or about to go on a bulk, we've got it covered. * Achieve continued and lasting changes Learn how to balance adherence, consistency, and flexibility so you can live your life while progressing toward your goals. The chief author of the books, Dr. Eric Helms, has not only the academic understanding of training and nutrition as an active researcher but also extensive practical experience. He has been a personal trainer, powerlifting and bodybuilding coach since 2005, helping hundreds bridge the gap between science and practice to reach their goals. In addition, he has the minds of Andrea Valdez, and Andy Morgan to ensure the concepts are communicated clearly and effectively and no stone is left unturned. Andrea is a lifelong athlete with extensive coaching experience and her Masters in Exercise Physiology, and Andy is a successful writer and consultant for body composition change with a unique grasp of how to communicate topics to diverse groups, as he produces content for both the Japanese and English speaking fitness communities. Together, they bring you *The Muscle and Strength Nutrition Pyramid*, the hierarchical, comprehensive, evidence-based guide that is a must-have for every serious lifter or trainer.

Enjoy this re-release of *One Night in Paradise* by USA TODAY Bestselling author Maisey Yates. All of her most exotic fantasies are about to bubble over into reality! Clara Davis knew the moment yes slipped from her lips she was in way over her head. Just how is she supposed to pretend to be her boss's fiancée on his luxury honeymoon? Zack Parsons' don't date the staff rule has prevented him from ever seeing beyond Clara's baker's apron. But now he's looking at her in a completely different, rather more tempting light. Giving in to one night of wickedness should be enough to satisfy their new found cravings... Shouldn't it? If you enjoy *One Night in Paradise*, look out for *The Argentine's Price*, and *Girl on a Diamond Pedestal!*

Fathers of Nations

A SPEC Kit

Grandad Mandela

The Wonderful Surgeon and Other Poems

Children in Globalising India

Swahili Exercises

Recasting French literary history in terms of the cultures and peoples that interacted within and outside of France's national boundaries, this volume offers a new way of looking at the history of a national literature, along with a truly global and contemporary understanding of language, literature, and culture. The relationship between France's national territory and other regions of the world where French is spoken and written (most of them former colonies) has long been central to discussions of "Francophonie." Boldly expanding such discussions to the whole range of French literature, the essays in this volume explore spaces, mobilities, and multiplicities from the Middle Ages to today. They rethink literary history not in terms of national boundaries, as traditional literary histories have done, but in terms of a global paradigm that emphasizes border crossings and encounters with "others."

Contributors offer new ways of reading canonical texts and considering other texts that are not part of the traditional canon. By emphasizing diverse conceptions of language, text, space, and nation, these essays establish a model approach that remains sensitive to the specificities of time and place and to the theoretical concerns informing the study of national literatures in the twenty-first century.

A Kiswahili translation of Julius Caesar. William Shakespeare's *Julius Caesar* is the first of his three Roman history plays. Closely based on actual events chronicled in Plutarch's *Lives*, this play is the story of the tragic downfall of Caesar and those who conspired against him. Many of Shakespeare's most memorable lines are found here, in what is considered by some to be the greatest tragedy ever written.

"...profoundly moving..." -Publishers Weekly Nelson Mandela's two great-grandchildren ask their grandmother, Mandela's youngest daughter, 15 questions about their grandad - the global icon of peace and forgiveness who spent 27 years in prison. They learn that he was a freedom fighter who put down his

weapons for the sake of peace, and who then became the President of South Africa and a Nobel Peace Prize-winner, and realise that they can continue his legacy in the world today. Seen through a child's perspective, and authored jointly by Nelson Mandela's great-grandchildren and daughter, this amazing story is told as never before to celebrate what would have been Nelson's Mandela 100th birthday.

Electronic Resource Sharing

Shiloh and Other Stories

Mr. Myombekere and His Wife Bugonoka, Their Son Ntulanalwo and Daughter Bulihwali

Hawa the Bus Driver

The Dilemma of a Ghost ; Anowa

Houseboy

Written by award-winning African novelist Mariama Bâ and translated from the original French, *So Long a Letter* has been recognized as one of Africa's 100 Best Books of the 20th Century. The brief narrative, written as an extended letter, is a sequence of reminiscences—some wistful, some bitter—recounted by recently widowed Senegalese schoolteacher Ramatoulaye Fall. Addressed to a lifelong friend, Aissatou, it is a record of Ramatoulaye's emotional struggle for survival after her husband betrayed their marriage by taking a second wife. This semi-autobiographical account is a perceptive testimony to the plight of educated and articulate Muslim women. Angered by the traditions that allow polygyny, they inhabit a social milieu dominated by attitudes and values that deny them status equal to men. Ramatoulaye hopes for a world where the best of old customs and new freedom can be combined. Considered a classic of contemporary African women's literature, *So Long a Letter* is a must-read for anyone interested in African literature and the passage from colonialism to modernism in a Muslim country. Winner of the prestigious Noma Award for Publishing in Africa.

This story unfolds amidst the traditional social and cultural life of the people inhabiting Ukerewe in northern Tanzania. It tells of the lives of Mr. Myombekere and his wife Bugonoka whose love survives despite their failure to conceive children in a polygamous society where sterility is stigmatised, bearing children is a central source of meaning in life, and a man is expected to marry additional women until he produces a child. This couple remain committed only to one another and search for a cure to their ailment. Their actions strengthen their relationship, and they become an exemplary couple in their society, finally rewarded by the birth of a son and daughter. The genesis and evolution of Kitereza's epic novel and its context is as perhaps as remarkable as the work itself. Kitereza was born in Ukerewe in 1896 and wrote at the height of colonial rule, in part to preserve a culture threatened with extinction. He wished to keep alive the relationships of a people with one another and the land, and the spirit of cooperation on which their social life was based. He chose to write in his native Kikerewe because 'above all, I wanted this to be a way of preserving the language of our ancestors, by showing the reader how beautifully they spoke to each other'. This classic Tanzanian story was written in Kikerewe in 1945, but to this day, remains unpublished in this language. Failure to find a publisher for the Kikerewe work persuaded Kitereza to translate his work into Swahili in 1969, which was then published in 1980 and widely acclaimed. Previously only available in the author's own Kiswahili translation, this is the first complete translation into English. The translator, Gabriel Ruhumbika is a writer, professor of literature and descendant of Kitereza. He had unique access to the author's manuscripts and diaries. Ruhumbika also provides a comprehensive introduction and explanatory notes on the text.

"These stories will last," said Raymond Carver of *Shiloh and Other Stories* when it was first published, and almost two decades later this stunning fiction debut and winner of the PEN/Hemingway Award has become a modern American classic. In *Shiloh*, Bobbie Ann Mason introduces us to her western Kentucky people and the lives they forge for themselves amid the ups and downs of contemporary American life, and she poignantly captures the growing pains of the New South in the lives of her characters as they come to terms with feminism, R-rated movies, and video games. "Bobbie Ann Mason is one of those rare writers who, by concentrating their attention on a few square miles of native turf, are able to open up new and surprisingly wide worlds for the delighted reader," said Robert Towers in *The New York Review of Books*.

One Night in Paradise

So Long a Letter

Passed Like a Shadow

Social Networking for Academic Libraries

Compiled for the Universities' Mission to Central Africa

A Man of the People

The very best of the world's best researchers have discovered a way to develop Africa: Way Omega. Now Africa's heads of state are at a summit to approve it. If they do, it promises Africa will start developing immediately. Unknown to the summit, aggrieved conspirators plotting to defeat Way Omega and replace it with a rival strategy: Path Alpha. Their path, the only way. Should the summit still follow Way Omega, or make a U-turn? *Fathers of Nations* is a satire on contemporary politics.

Dilemma of a Ghost When Ato returns to Ghana from his studies in North America he brings with him a sophisticated American wife. But their hopes of a happy marriage and of combining 'the sweetness and loveliest things in Africa' are soon shown to have been built on an unstable foundation.

Mona Lisa, msichana mwenye sura ya malaika na umbo la malkia anafakiwa kuutikisa ujabali wa Joram Kiango hata alikuwa kustarehe naye. Joram Kiango anajikuta katika mkasa mzito na wa kutisha, na ambao hajawahi kukutana nao maishara alipokurupuka usiku wa manane na kumkuta Mona Lisa akiwa maiti, tundu la risasi likivuja damu kifvani mwake. Mkasani unazidi kuwa mzito pale Mona Lisa, aliyekufa anapotokea, tena katika kila maficho ya Joram Kiango. Kila anapotokea mwake watu wengi wasiokuwa na hatia yanaangamia. Mona Lisa ni binadamu wa kweli? Ni jini au ni malaika? Ni miongoni mwa maswali ambayo nusura yamtie wazimu Joram Kiango, jeshi zima na vikosi vyote vya usalama. Ungana naye Joram kuti kizungumkuti hiki kiso mwisho.

Macroeconomics

The Story of an Ancient African Community

Ngugi Wa Thiong'o Speaks

Swahili Tales

Zawadi ya Ushindi

Unanswered Cries

From the renowned author of *The African Trilogy*, a political satire about an unnamed African country navigating a path between violence and corruption As Minister for Culture, former school teacher M. A. Nanga is a man of the people, as cynical as he is charming, and a roguish opportunist. When Odili, an

idealistic young teacher, visits his former instructor at the ministry, the division between them is vast. But in the eat-and-let-eat atmosphere, Odili's idealism soon collides with his lusts—and the two men's personal and political tauntings threaten to send their country into chaos. When Odili launches a vicious campaign against his former mentor for the same seat in an election, their mutual animosity drives the country to revolution. Published, prophetically, just days before Nigeria's first attempted coup in 1966, *A Man of the People* is an essential part of Achebe's body of work.

Short story.

In this volume leading international scholars elaborate upon the central issues of the analysis of ideology: the nature of dominant ideologies. The ways in which ideologies are transmitted; their effects on dominant and subordinate social classes in different societies; the contrast between individualistic and collectivist belief systems; and the diversity of cultural forms that coexist within the capitalist form of economic organization. This book is distinctive in its empirical and comparative approach to the study of the economic and cultural basis of social order, and in the wide range of societies that it covers. Japan, Germany and the USA constitute the core of the modern global economy, and have widely differing historical roots and cultural traditions. Argentina and Australia are white settler societies on the periphery of the capitalist world-system and as a result have certain common features, that are cut across in turn by social and political developments peculiar to each. Britain after a decade of Thatcherism is an interesting test of the efficacy of an ideological project designed to change the cultural values of a population. Poland shows the limitations of the imposition of a state socialist ideology, and the cultural complexities that result.

Dominant Ideologies (RLE Social Theory)

Oral Literature of the Luo

Death at the Well

The Lion and the Jewel

Dar Es Salaam by Night

Takadini

Contributed articles.

Writing in French in the 1950s, Ferdinand Léopold Oyono (1929–2010) had only a brief literary career, but his anticolonialist novels are considered classics of twentieth-century African literature. Like Oyono's Houseboy, also available from Waveland Press, this novel fiercely satirizes the false pretenses of European colonial rule in Africa. Meka, a village elder, has always been loyal to the white man. It is with pride that he first hears he is to receive a medal. While waiting for the ceremony, however, Meka's pride gives way to skepticism. At the same time, his wife has realized that the medal is being given to her husband as compensation for the sacrifices they have made. The events following the ceremony confirm Meka's new estimation of the white man. Both subtle and oftentimes humorous, this beautifully told story lays bare the hollowness of the mission in Africa. It fuels opportunities for discussing colonial politics around class and race as well as for exploring indigenous Cameroon life and values.

This remarkable and symbolic novel centers on Wariinga's tragedy and uses it to tell a story of contemporary Kenya.

Readings from Primary Sources

Devil on the Cross

This Time Tomorrow

The Old Man and the Medal

Betrayal in the City

Colonial Rule in Africa

Takadini East African Publishers *This Time Tomorrow* The Interview MacMillan *Unanswered Cries* MacMillan *Three Suitors, One Husband and Until Further Notice* Passed Like a Shadow

The DSST (Defense Activity for Non-Traditional Education Support) Subject Standardized Tests are comprehensive college and graduate level examinations given by the Armed Forces, colleges and graduate schools. These exams enable students to earn college credit for what they have learned through self-study, on the job, or by other non-traditional means.

This novel is a treatment of the theme of corruption wrought by poverty. It is the story of an upright man resisting the temptations of easy bribes and easy satisfactions and winning for his honesty nothing but scorn even from those he loves.

Interviews with the Kenyan Writer

Questions and Answers

Building Communities

The Beautiful Ones are Not Yet Born

French Global

Three Suitors, One Husband and Until Further Notice

Addressing the questions that have arisen since the publication of the second edition, this volume explores topics such as the implications of the concept of vehicle and fuel as a single system, fuel's contribution to emissions control and the demands for low emissions while maintaining good drivability and freedom from knock.

Betrayal in the City, first published in 1976 and 1977, was Kenya's national entry to the Second World Black and African Festival of Arts and Culture in Lagos, Nigeria. The play is an incisive, thought-provoking examination of the problems of independence and freedom in post-colonial African states, where a sizeable number of people feel that their future is either blank or bleak. In the words of Mosese, one of the characters: "It was better while we waited. Now we have nothing to look forward to. We have killed our past and are busy killing our future."--Page 4 of cover.

Toundi Ondoua, the rural African protagonist of *Houseboy*, encounters a world of prisms that cast beautiful but unobtainable glimmers, especially for a black youth in colonial Cameroon. *Houseboy*, written in the form of Toundi's captivating diary and translated from the original French, discloses his awe of the white world and a web of unpredictable experiences. Early on, he escapes his father's angry blows by seeking asylum with his benefactor, the local European priest who meets an untimely death. Toundi then becomes the Chief Europeans' boy-the dog of the King. Toundi's attempt to fulfill a dream of advancement and improvement opens his eyes to troubling realities. Gradually, preconceptions of the Europeans come crashing down on him as he struggles with his identity, his place in society, and the changing culture.

A New Approach to Literary History

Automotive Fuels Reference Book

Juliasi Kaizari (Julius Caesar)

The Muscle and Strength Pyramid: Nutrition

Theory and Policy

This is the sixth title in a series of titles focussing on the oral literary tradition of various East African ethnic groups - the Maasai, the Embu and the Mbeere amongst others - published by EAEP. Okumba Miruka, particularly known for his contribution to oral literature in Kenya, sets out to contextualise his subject by first explaining about the Luo people and culture - from migratory patterns and economic activity to the concept of divinity, death, warfare and Luo cuisine and eating culture. He then approaches the oral literature of the Luo through the genres of riddles, proverbs, poetry and narratives. For each genre, he offers a general introduction, notes on style, convention, performance and social function, and a wide range of samples, or 'primary texts' with commentaries.

Ngugi wa Thiong'o's evolution as a thinker can be discerned in the conversations collected here. The earliest, recorded forty years ago, reflect his interest in exploring events in Kenya's colonial past that had a profound impact on his own people, the Kikuyu, and ultimately on his own life. More recent discussions focus on present conditions in Kenya and other parts of the Third World. - from publisher information.

Educational Psychology

The Interview

Challenging Our Conscience

Two Plays

A Play