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Poems: 1988-94

Gerry LaFemina

Shattered Hours Poems 198894

Michelle Hartman



Shattered Hours Poems 198894:

Shattered Hours Gerry LaFemina,1997 New Poems from the Third Coast Michael Delp,Conrad Hilberry,Josie Kearns,2000 An anthology that offers a sampling of the best poetry written by Michigan writers In 1976 Wayne State University Press published The Third Coast Contemporary Michigan Poetry an anthology that offered a sampling of the best poetry written by Michigan writers A second Third Coast anthology was published in 1988 with many new poets and a wider range of styles New Poems from the Third Coast continues that tradition with fifty six writers from across the state sharing their poetic glimpses of trout streams schoolrooms and restaurants as well as portraits of friends families lovers and life in Michigan Although this collection is only a sampling of the rich literary culture alive in Michigan New Poems from the Third Coast is a lively and carefully crafted collection of poems from a variety of Michigan voices Michael Delp Conrad Hilberry and Josie Kearns have balanced the old and the new and combined them in a strong contribution to contemporary poetry

Baby Steps in Doomsday Prepping Gerry Lafemina,2020-02-06 Anyone in the mood to be enchanted by a collection of prose poems that celebrate the quotidian the commonplace the ordinary things of this world those dumb beautiful messengers as Walt Whitman famously referred to them in Crossing Brooklyn Ferry Then you best pick up a copy of Gerry LaFemina s book Baby Steps in Doomsday Prepping LaFemina offers a kind of precision with language making a place into a thing and conveying its feel look and impression on the soul with such searing clarity his poems enchant the senses and succeed in stopping time so that we might examine the things of this world with love and intelligence so that we might hear them speak to us again **Voice Lock Puppet** Ali Yüce,2002 Pursuit Gerry Lafemina,2022-02-24 It s CNF Creative Nonfiction Like the Stones Exile on Main Street it s a hodge podge memoir philosophy lit crit pop culture history and reflection Gerry calls it a meditation It really is an essay in the French way of being a trial or an experiment **Chelsea** ,2000 The Seneca Review ,2001 The Parakeets of Brooklyn Gerry LaFemina,Elisa Biagini,2005 Poetry Bilingual Edition Translated from the English into Italian by Elisa Biagini Winner of the Bordighera Poetry Prize What draws me to Gerry LaFemina s poems is how much of the world they contain Brooklyn streets race tracks Vietnam a boy s imagined transgressions family dramas What is compelling is the tension between the speaker s urge to understand and the mystery that resists explanation the partial understandings the misunderstandings of childhood Public and private collide intersect as events and images become more difficult to reconcile to describe LaFemina s poems ripple with erotic desire the budding sexuality of young boys the lure of the nape hidden under a woman s hair the interiority of the boy who d slid into the sleeve of the dark suit left by his father It s a rich world a gritty and tender gamble Donna Masini *The Book of Clown Baby* Gerry LaFemina,2007 Poetry This is a double collection of playful and surprisingly moving poems rooted in a theme of circus life THE BOOK OF CLOWN BABY explores the fantasy existence of Gerry LaFemina s character Clown Baby Occupied by visions of trick horses parades and high wire acts Clown Baby relates the fantastic to the common reality where he finds himself

Similarly in the Figures LaFemina with his profound gift for image captures the wonder of the big top as imagined and recreated in children's play Gerry LaFemina's poetry collection *THE PARAKEETS OF BROOKLYN* received the 2003 Bordighera Prize in Poetry and was published in a bi-lingual edition of English and Italian Among his honors are prizes from the Academy of American Poets and fellowships from the Irving Gilmore Emerging Artist Foundation and the Michigan Council for Arts and Cultural Affairs The former editor of the literary journal *Controlled Burn* LaFemina now co-edits with poet Dennis Hinrichsen *Review Revue* a journal of reviews interviews and prosody essays Currently he directs the Frostburg Center for Creative Writing at Frostburg State University where he is an Assistant Professor of English

Zarathustra in Love Gerry LaFemina, 2001 Taking on everything from Persian prophets to Bigfoot Jim Nabors to UFO's and Berlitz tapes to the George Forman grill Gerry LaFemina elevates the notion of unpredictability and delight in the prose poem *Zarathustra in Love* is colossal intense and full of visceral magic Denise Duhamel *International Who's Who in Poetry* 2004 Europa Publications, 2003 Provides up to date profiles on the careers of leading and emerging poets

Wild Blessings Hilary Holladay, 2012-05-16 This book offers the first full length study of Lucille Clifton's poetry drawing on a broad knowledge of the American poetic tradition and African American poetry In addition to a new preface written after Clifton's death in 2010 this updated edition includes an epilogue that discusses the poetry she published after 2004 Page 4 of cover *The Window Facing Winter* Gerry LaFemina, 2004 Poetry In *THE WINDOW FACING WINTER* the urgency of the beautiful and sometimes murderous urban landscape set alongside the seductive intricate oasis of the Japanese garden renders possible a vision into sliver of the absolute With unflinching accuracy LaFemina delivers a sacred if momentary world laying bare its essential loneliness its obstinate beauty Robin Behn

The Broken World Marcus Cafagna, 1996 *The Broken World* the powerful debut of a poet of great depth and maturity begins with narratives of individuals caught up in circumstance a distressed girl on a Detroit overpass a boy shooting baskets at a crisis center By the end of the slim volume Marcus Cafagna had led us through the postwar New York of Jewish Holocaust survivors to his native Michigan where his marriage ended tragically with his wife's suicide a death that has come to symbolize for Cafagna the confusion and madness of the twentieth century

The Caribbean Writer, 2002 *Breaking Broken English* Michelle Hartman, 2019-03-26 Black Arab political and cultural solidarity has had a long and rich history in the United States That alliance is once again exerting a powerful influence on American society as Black American and Arab American activists and cultural workers are joining forces in formations like the Movement for Black Lives and Black for Palestine to address social justice issues In *Breaking Broken English* Hartman explores the historical and current manifestations of this relationship through language and literature with a specific focus on Arab American literary works that use the English language creatively to put into practice many of the theories and ideas advanced by Black American thinkers *Breaking Broken English* shows how language is the location where literary and poetic beauty meet the political in creative work Hartman draws out thematic connections between Arabs Arab

Americans and Black Americans around politics and culture and also highlights the many artistic ways these links are built. She shows how political and cultural ideas of solidarity are written in creative texts and emphasizes their potential to mobilize social justice activists in the United States and abroad in the ongoing struggle for the liberation of Palestine.

Broken Souths Michael Dowdy, 2013-11-21 *Broken Souths* puts Latina o and Latin American poets into sustained conversation in original and rewarding ways. Broken Ground William Logan, 2021-05-11 In *Broken Ground* William Logan explores the works of canonical and contemporary poets rediscovering the lushness of imagination and depth of feeling that distinguish poetry as a literary art. The book includes long essays on Emily Dickinson's envelopes, Ezra Pound's wrestling with Chinese, Robert Frost's letters, Philip Larkin's train station, and Mrs. Custer's volume of Tennyson, each teasing out the depths beneath the surface of the page. *Broken Ground* also presents the latest run of Logan's infamous poetry chronicles and reviews which for twenty-five years have bedeviled American verse. Logan believes that poetry criticism must be both adventurous and forthright and that no reader should settle for being told that every poet is a genius. Among the poets under review by the preeminent poet critic of his generation and most hated man in American poetry are Anne Carson, Jorie Graham, Paul Muldoon, John Ashbery, Geoffrey Hill, Louise Glück, John Berryman, Marianne Moore, Frederick Seidel, Les Murray, Yusef Komunyakaa, Sharon Olds, Johnny Cash, James Franco, and the former archbishop of Canterbury. Logan's criticism stands on the broken ground of poetry soaked in history and soiled by it. These essays and reviews work in the deep undercurrents of our poetry, judging the weak and the strong but finding in weakness and strength what endures. *A Reading of Elemental Ecocriticism in Select Northeast Indian English Poetry* Ruth Magdalene, 2023-09-30 *Elemental Ecocriticism* An in-depth exploration of the intricate relationship between nature and human existence through the lenses of four visionary poets. This book delves into the macro and micro-level injustices inflicted upon the elements of nature as conveyed through systematically crafted narratives. Through the poetical verses of these four poets, the principles and features of the elements are showcased, highlighting their importance for human ecstasy and existence. A must-read for those seeking a deeper understanding of the complex interplay between humanity and the natural world. Sweet Jesus Nick Carbó, Denise Duhamel, 2002

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smashed baked potato bowl from liz shaw ms rd of simple swaps jackfruit black bean quinoa tacos from sharon palmer rd the plant powered dietitian pesto pasta salad from rebecca clyde rd of nourish nutrition co

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web sep 10 2014 when starting high school athletes on a nutritional program i use a breakdown of 55 percent carbs 25 percent protein and 20 percent fat a 160 pound male athlete will start at about 225 grams of

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web nov 7 2022 experts recommend increasing calories 10 20 above the calories you need to for the target weight gain 1 6 to 2 2 grams of protein per kilogram of weight should be consumed throughout the day with 0 4 to 0 55 grams per kilogram of weight per meal depending on your desired weight you would need to consume 3 to 6 meals per day

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web mar 25 2019 weight gain meal plan 7 30 or 8 a m 3 4 eggs 2 slices of whole wheat toast with nut butter bowl of fruit glass of milk 11 a m grilled chicken breast or thigh broccoli a cup or more of brown rice with olive oil and nuts 3 p m

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web although the goal is to gain maintain weight with a high calorie meal plan try to eat quality nutrients the majority of the time and limit foods such as fried food processed foods sugary packaged pastries alcohol etc examples of low calorie foods to limit include the following thin bread tortillas wraps

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web feb 23 2021 but what about the trend for athletes to eat high fat low carb diets evidence suggests these diets don t boost athletic performance and actually hinder it at higher intensities during a workout carbohydrates fuel your brain and

muscles

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web jan 29 2022 what is measured is well managed download a free app to help with tracking calories protein fats and carbs you can't gain weight if you're not eating enough calories consistently to attain a calorie surplus if you're unwilling to track calories i recommend the plate method for weight gain see our weight gain performance plate

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web mar 15 2021 sports nutritionists recommend that strength training athletes consume about 1.4 to 2.0 grams of protein per kilogram of body weight per day for an athlete weighing 90 kg 200 pounds that is a total of 126-180 grams of protein a day

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web healthy weight gain strategies if you are wondering how to gain weight the healthy way and gain lean mass it is necessary to consume more calories than you expend while participating in an appropriate exercise program increasing your portions and intake of high calorie foods can be an appropriate strategy for weight gain

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web jun 3 2018 healthy weight gain tips eat frequently ideally every 3 hours and have a snack right before bed add coconut oil avocado oil or olive oil healthy fats to vegetables potatoes meat etc 1 tbsp 120 calories add sliced avocado to sandwiches smoothies meals 1 2 an avocado 161 calories

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web apr 4 2023 1 focus on healthy balanced meals for healthy weight gain a balanced healthy meal plan is essential for helping underweight athletes gain weight make sure to include a variety of all the food groups so that nutrients are present consistently throughout the day include the following protein foods eggs lean meats fish beans etc

the weight gain meal plan eat to bulk bodybuilding com - Jun 13 2023

web mar 1 2021 weight gain meal plan sample week 1 this healthy meal plan is for anyone looking to gain weight and add muscle mass but was designed by chris mohl ph d rd specifically for hardgainers and athletes chris mohl ph d rd