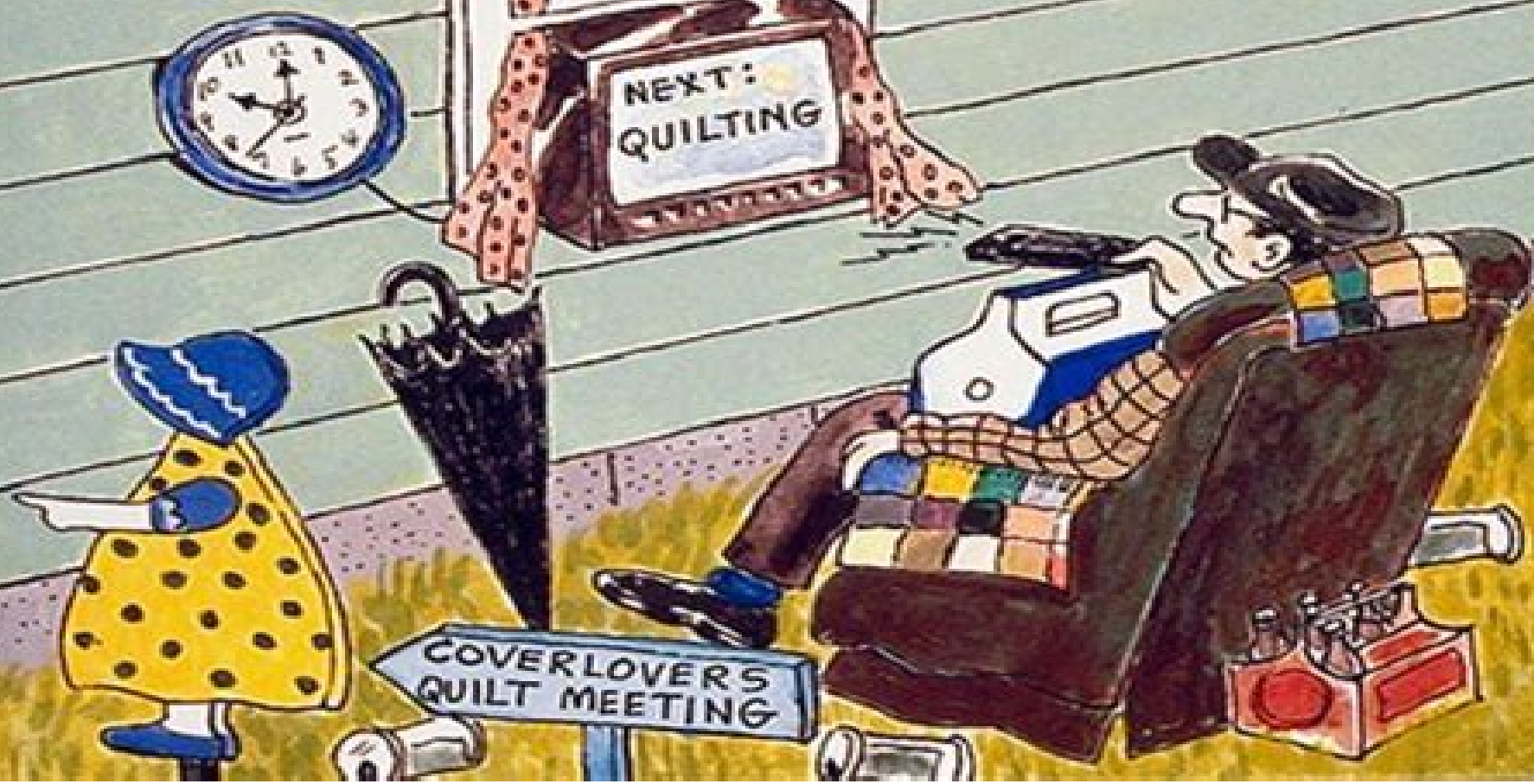


SHOW & TELL 3

DON TYLER



Show Tell Ii A Husbands View Of The Patchwork Passion

C Cleary



Show Tell li A Husbands View Of The Patchwork Passion:

As recognized, adventure as well as experience approximately lesson, amusement, as skillfully as contract can be gotten by just checking out a books **Show Tell Ii A Husbands View Of The Patchwork Passion** afterward it is not directly done, you could endure even more regarding this life, vis--vis the world.

We give you this proper as with ease as easy mannerism to get those all. We find the money for Show Tell Ii A Husbands View Of The Patchwork Passion and numerous ebook collections from fictions to scientific research in any way. among them is this Show Tell Ii A Husbands View Of The Patchwork Passion that can be your partner.

<https://pinsupreme.com/data/virtual-library/default.aspx/Lovebird%20Handbook.pdf>

Table of Contents Show Tell Ii A Husbands View Of The Patchwork Passion

1. Understanding the eBook Show Tell Ii A Husbands View Of The Patchwork Passion
 - The Rise of Digital Reading Show Tell Ii A Husbands View Of The Patchwork Passion
 - Advantages of eBooks Over Traditional Books
2. Identifying Show Tell Ii A Husbands View Of The Patchwork Passion
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Show Tell Ii A Husbands View Of The Patchwork Passion
 - User-Friendly Interface
4. Exploring eBook Recommendations from Show Tell Ii A Husbands View Of The Patchwork Passion
 - Personalized Recommendations
 - Show Tell Ii A Husbands View Of The Patchwork Passion User Reviews and Ratings
 - Show Tell Ii A Husbands View Of The Patchwork Passion and Bestseller Lists
5. Accessing Show Tell Ii A Husbands View Of The Patchwork Passion Free and Paid eBooks

- Show Tell Ii A Husbands View Of The Patchwork Passion Public Domain eBooks
 - Show Tell Ii A Husbands View Of The Patchwork Passion eBook Subscription Services
 - Show Tell Ii A Husbands View Of The Patchwork Passion Budget-Friendly Options
6. Navigating Show Tell Ii A Husbands View Of The Patchwork Passion eBook Formats
 - ePub, PDF, MOBI, and More
 - Show Tell Ii A Husbands View Of The Patchwork Passion Compatibility with Devices
 - Show Tell Ii A Husbands View Of The Patchwork Passion Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Show Tell Ii A Husbands View Of The Patchwork Passion
 - Highlighting and Note-Taking Show Tell Ii A Husbands View Of The Patchwork Passion
 - Interactive Elements Show Tell Ii A Husbands View Of The Patchwork Passion
 8. Staying Engaged with Show Tell Ii A Husbands View Of The Patchwork Passion
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Show Tell Ii A Husbands View Of The Patchwork Passion
 9. Balancing eBooks and Physical Books Show Tell Ii A Husbands View Of The Patchwork Passion
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Show Tell Ii A Husbands View Of The Patchwork Passion
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Show Tell Ii A Husbands View Of The Patchwork Passion
 - Setting Reading Goals Show Tell Ii A Husbands View Of The Patchwork Passion
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Show Tell Ii A Husbands View Of The Patchwork Passion
 - Fact-Checking eBook Content of Show Tell Ii A Husbands View Of The Patchwork Passion
 - Distinguishing Credible Sources
 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Show Tell Ii A Husbands View Of The Patchwork Passion Introduction

Show Tell Ii A Husbands View Of The Patchwork Passion Offers over 60,000 free eBooks, including many classics that are in the public domain. Open Library: Provides access to over 1 million free eBooks, including classic literature and contemporary works. Show Tell Ii A Husbands View Of The Patchwork Passion Offers a vast collection of books, some of which are available for free as PDF downloads, particularly older books in the public domain. Show Tell Ii A Husbands View Of The Patchwork Passion : This website hosts a vast collection of scientific articles, books, and textbooks. While it operates in a legal gray area due to copyright issues, its a popular resource for finding various publications. Internet Archive for Show Tell Ii A Husbands View Of The Patchwork Passion : Has an extensive collection of digital content, including books, articles, videos, and more. It has a massive library of free downloadable books. Free-eBooks Show Tell Ii A Husbands View Of The Patchwork Passion Offers a diverse range of free eBooks across various genres. Show Tell Ii A Husbands View Of The Patchwork Passion Focuses mainly on educational books, textbooks, and business books. It offers free PDF downloads for educational purposes. Show Tell Ii A Husbands View Of The Patchwork Passion Provides a large selection of free eBooks in different genres, which are available for download in various formats, including PDF. Finding specific Show Tell Ii A Husbands View Of The Patchwork Passion, especially related to Show Tell Ii A Husbands View Of The Patchwork Passion, might be challenging as theyre often artistic creations rather than practical blueprints. However, you can explore the following steps to search for or create your own Online Searches: Look for websites, forums, or blogs dedicated to Show Tell Ii A Husbands View Of The Patchwork Passion, Sometimes enthusiasts share their designs or concepts in PDF format. Books and Magazines Some Show Tell Ii A Husbands View Of The Patchwork Passion books or magazines might include. Look for these in online stores or libraries. Remember that while Show Tell Ii A Husbands View Of The Patchwork Passion, sharing copyrighted material without permission is not legal. Always ensure youre either creating your own or obtaining them from legitimate sources that allow sharing and downloading. Library Check if your local library offers eBook lending services. Many libraries have digital catalogs where you can borrow Show Tell Ii A Husbands View Of The Patchwork Passion eBooks for free, including popular titles. Online Retailers: Websites like Amazon, Google Books, or Apple Books often sell eBooks. Sometimes, authors or publishers offer promotions or free periods for certain books. Authors Website Occasionally, authors provide excerpts or short stories for free on their websites. While this might not be the Show Tell Ii A Husbands View Of The Patchwork Passion full

book , it can give you a taste of the authors writing style.Subscription Services Platforms like Kindle Unlimited or Scribd offer subscription-based access to a wide range of Show Tell Ii A Husbands View Of The Patchwork Passion eBooks, including some popular titles.

FAQs About Show Tell Ii A Husbands View Of The Patchwork Passion Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Show Tell Ii A Husbands View Of The Patchwork Passion is one of the best book in our library for free trial. We provide copy of Show Tell Ii A Husbands View Of The Patchwork Passion in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Show Tell Ii A Husbands View Of The Patchwork Passion. Where to download Show Tell Ii A Husbands View Of The Patchwork Passion online for free? Are you looking for Show Tell Ii A Husbands View Of The Patchwork Passion PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Show Tell Ii A Husbands View Of The Patchwork Passion. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Show Tell Ii A Husbands View Of The Patchwork Passion are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Show Tell Ii A Husbands

View Of The Patchwork Passion. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Show Tell Ii A Husbands View Of The Patchwork Passion To get started finding Show Tell Ii A Husbands View Of The Patchwork Passion, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Show Tell Ii A Husbands View Of The Patchwork Passion So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Show Tell Ii A Husbands View Of The Patchwork Passion. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Show Tell Ii A Husbands View Of The Patchwork Passion, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Show Tell Ii A Husbands View Of The Patchwork Passion is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Show Tell Ii A Husbands View Of The Patchwork Passion is universally compatible with any devices to read.

Find Show Tell Ii A Husbands View Of The Patchwork Passion :

lovebird handbook

lubavitcher rabbis memoirs the memoirs of joseph i. schneerson

love you soldier heath literacy

low tide

lovecraft at last the master of horror in his own words

love under foot an erotic celebration of feet

lucky people text in rubian

lucius polk brown and progressive food and drug control tennessee and new york 1908-1920

lrl britney spears - pk of 6

lower than the angels science fact scien

lucky fisherman

low fat the essentials collection

loving men for all the right reasons

loves secret fire

lucky pennies and hot chocolate

Show Tell It A Husband's View Of The Patchwork Passion :

the unwinding an inner history of the new america - Jan 14 2023

web the unwinding journeys through the lives of several americans including dean price the son of tobacco farmers who becomes an evangelist for a new economy in the rural south tammy thomas a factory worker in the rust belt trying to survive the collapse of her city jeff connaughton a washington insider oscillating between political idealism

the unwinding an inner history of the new america - Jun 07 2022

web mar 19 2014 the unwinding an inner history of the new america the unwinding an inner history of the new america event series wednesday march 19 2014 11 00pm to thursday march 20 2014 12 30am ended berdahl auditorium room 105 stanley hall george packer staff writer for the new yorker

the unwinding an inner history of the new america google - May 18 2023

web may 21 2013 in the unwinding george packer author of the assassins gate america in iraq tells the story of the united states over the past three decades in an utterly original way with his

the unwinding an inner history of the new america english - Mar 16 2023

web in the unwinding george packer tells the story of the past three decades by journeying through the lives of several americans including a son of tobacco farmers who becomes an evangelist for a new economy in the rural south a factory worker in the rust belt trying to survive the collapse of her city a washington insider oscillating between

the unwinding an inner history of the new america - Sep 10 2022

web through an examination of the lives of several americans and leading public figures over the past three decades packer portrays a superpower in danger of coming apart at the seams its elites no longer elite its institutions no longer working its ordinary people left to improvise their own schemes for success and salvation

the unwinding wikipedia - Oct 23 2023

web the unwinding an inner history of the new america is a 2013 non fiction book by the american journalist george packer the book uses biographies of individual americans as a means of discussing important forces in american history from 1978 to 2012 including the subprime mortgage crisis the decline of american manufacturing and

the unwinding an inner history of the new america paperback - Aug 09 2022

web mar 4 2014 in the unwinding george packer tells the story of the past three decades by journeying through the lives of several americans including a son of tobacco farmers who becomes an evangelist for a new economy in the rural south a

factory worker in the rust belt trying to survive the collapse of her city a washington insider

the unwinding an inner history of the new america goodreads - Sep 22 2023

web may 21 2013 the unwinding an inner history of the new america audio by george packer reader robert fass published 2013 format audio cd 19 00 acquired library read jan 9 31 rating 4 packer writes a history through biographies of the changes in the united from 1973 to right about 2013

the unwinding an inner history of the new america google - Apr 17 2023

web mar 4 2014 the unwinding journeys through the lives of several americans including dean price the son of tobacco farmers who becomes an evangelist for a new economy in the rural south tammy thomas

the unwinding an inner history of the new america - Jun 19 2023

web may 21 2013 the unwinding journeys through the lives of several americans including dean price the son of tobacco farmers who becomes an evangelist for a new economy in the rural south tammy thomas a factory worker in the rust belt trying to survive the collapse of her city jeff connaughton a washington insider oscillating between

the unwinding an inner history of the new america by g - Mar 04 2022

web the unwinding an inner history of the new america by george packer l summary study guide bookrags 0 00 0

the unwinding an inner history of the new america - Jul 08 2022

web in the unwinding george packer tells the story of the past three decades by journeying through the lives of several americans including a son of tobacco farmers who becomes an evangelist for a new economy in the rural south a factory worker in the rust belt trying to survive the collapse of her city a washington insider oscillating between political

the unwinding an inner history of the new america - Aug 21 2023

web mar 4 2014 the unwinding an inner history of the new america is nothing short of a masterpiece the prose is superlative understated humane at times even lyrical the subject matter is dealt with great sensitivity and non partisanship

the unwinding an inner history of the new america by george - Jul 20 2023

web jun 21 2013 the unwinding an inner history of the new america by george packer review a profile of ordinary lives provides a powerful portrait of the us oliver burkeman

the unwinding an inner history of the new america - Feb 15 2023

web the unwinding journeys through the lives of several americans including dean price the son of tobacco farmers who becomes an evangelist for a new economy in the rural south tammy thomas a factory worker in the rust belt trying to survive the collapse of her city jeff connaughton a washington insider oscillating between political idealism

the unwinding an inner history of the new america - May 06 2022

web the unwinding an inner history of the new america bookreader item preview remove circle share or embed this item

share to twitter share to facebook share to reddit share to tumblr share to pinterest the unwinding an inner history of the new america by packer george 1960

unwinding an inner history of the new america george packer - Nov 12 2022

web the unwinding journeys through the lives of several americans including dean price the son of tobacco farmers who becomes an evangelist for a new economy in the rural south tammy thomas a factory worker in the rust belt trying to survive the collapse of her city jeff connaughton a washington insider oscillating between political idealism

the unwinding an inner history of the new america - Apr 05 2022

web national book award nonfiction 2013 a riveting examination of a nation in crisis from one of the finest political journalists of our generation american democracy is beset by a sense of crisis seismic shifts during a single generation have created a country of winners and losers allowing unprecedented freedom while rending the social

an inner history of the new america amazon singapore - Oct 11 2022

web the unwinding an inner history of the new america packer george amazon sg books

the unwinding an inner history of the new america amazon - Dec 13 2022

web the unwinding an inner history of the new america packer george amazon sg books

afghanistan the great game without end emerald insight - Apr 07 2022

web feb 17 2012 but is this not just a great game but a grand illusion afghanistan has often been internally divided but has never welcomed foreign domination an experience which tends to bring afghans together against the invader

the great game afghanistan wikipedia - Jul 22 2023

web afghanistan 1842 to present the great game afghanistan is a british series of short plays on the history of afghanistan and foreign intervention there from the first anglo afghan war to the present day it is organised into three sets of four plays and draws its name from the 19th and 20th century great game a geopolitical struggle for

afghanistan the great game a personal view by rory stewart - Aug 11 2022

web 2 2 the soviet invasion of afghanistan and its aftermath civil war and the taliban s rise episode 1 1 2 how control of afghanistan was seen by victorian britain as key to the security of india

the west must stop playing the great game in afghanistan once - Feb 17 2023

web aug 22 2023 this presents western and other leaders with a simple choice keep pursuing great game politics or for once put the people of afghanistan first more than 30 years of the former have got us

the great game afghanistan peacewomen - Mar 06 2022

web from the tricycle theatre in london the great game afghanistan is a unique three part theatrical event exploring the culture and history of afghanistan since western involvement in 1842 to the present day performances in new york begin

december 1 produced by the public theater in association with nyu skirball center

great game redux in afghanistan the diplomat - Dec 15 2022

web sep 8 2021 gorbachev has a unique perspective in 1989 he oversaw the withdrawal of soviet troops from afghanistan called by some the graveyard of empires due to failures to conquer it throughout the

research guides middle east studies the great game - Jun 21 2023

web the great game afghanistan is a british series of short plays on the history of afghanistan and foreign intervention there from the first anglo afghan war to the present day great game afghanistan play interview with nicolas kent the great game afghanistan reviews andy propst 2010 the great game afghanistan usa tour

afghanistan the great game a personal view by rory stewart - Nov 14 2022

web afghanistan the great game a personal view by rory stewart is a 2012 documentary in two parts written and presented by rory stewart 1 2 that tells the story of foreign intervention by britain russia and the united states in afghanistan from the 19th century to the present day 3

the great game and the boundaries of afghanistan - Mar 18 2023

web jul 11 2019 this detailed view illustrates the history of 19 th century afghanistan and the great game that took place between great britain and russia according to british historian malcolm yapp the term great game was originally associated with games of risk such as cards and dice long before the 19 th century

what was the great game worldatlas - Jun 09 2022

web aug 1 2017 berat afghanistan a subject of the great game between britain and russia the great game refers to disputes between britain and russia over certain territories in afghanistan southern and central asia britain was afraid that russia might add india to the large empire it was establishing in asia in the same breath russia was afraid of

great game in central asia causes and - Sep 12 2022

web great game a political attitude adopted by great powers to achieve geo strategic and geo economic benefits in the central asian and the caspian region the main thrust hold of current strategic and economic relations in the region are afghan crisis

the great game rory stewart - Apr 19 2023

web episode 1 can be viewed here video unavailable watch on youtube watch on in episode two rory tells the story of the soviet invasion of afghanistan in the twentieth century and its parallels with the later american led coalition s intervention *afghanistan the great game part ii youtube* - May 08 2022

web apr 16 2019 thegreatgame in this episode stewart tells the story of soviet and united states involvement in afghanistan from 1928 until 1978 there had been relative

what was the great game thoughtco - May 20 2023

web jul 31 2019 origins of conflict the british lord ellenborough started the great game on january 12 1830 with an edict establishing a new trade route from india to bukhara using turkey persia and afghanistan as a buffer against russia to prevent it from controlling any ports on the persian gulf

great game wikipedia - Sep 24 2023

web the great game was a rivalry between the 19th century british and russian empires over influence in central asia primarily in afghanistan persia and tibet the two colonial empires used military interventions and diplomatic negotiations to acquire and redefine territories in central and south asia

afghanistan the great game tv mini series 2012 imdb - Jul 10 2022

web afghanistan the great game with rory stewart thomas j barfield rodric braithwaite akbar ahmed politician and filmmaker rory stewart hosts this documentary look at the recent history of afghanistan a nation wracked by foreign invasions and war

afghanistan the endgame and the new great game orf - Oct 13 2022

web aug 15 2021 let us be clear there is no end game in afghanistan a new great game is just starting india needs to show strategic patience it is a matter of time before things open up for india once again perhaps if the taliban prove they are not medieval monsters but only deeply conservative india could open up to them

afghanistan the great game part i youtube - Aug 23 2023

web jun 1 2012 in this episode rory stewart tells the story of british interventions in afghanistan in the 19th century when the british empire became obsessed with the idea that their rival russia was

analysis where is great britain in the great game - Jan 16 2023

web nov 11 2021 analysis analysis where is great britain in the great game uk left afghanistan where it had planned long term engagements for more than 20 years after unilateral decision by us huseyin emre eseceli 11 11 2021 update 11 11 2021 greater london the author is a meng at university of southampton london

afghanistan the great game a personal view by rory stewart - Feb 05 2022

web episodes clips rory stewart tells the story of foreign intervention in afghanistan from the 19th century to the present day *choose your foods exchange lists for diabetes the 2008* - Sep 23 2022

web per serving etetic association choose your foods exchange lists for diabetes n foods on the fats list and meat and meat substitutes chicago alexandria va 2007 american

food exchange lists diabetes education online - Sep 04 2023

web amaranth or chinese spinach artichoke and artichoke hearts asparagus baby corn bamboo shoots beans green wax italian bean sprouts beets bok choy borscht broccoli

[choose your foods food lists for diabetes 25 pack](#) - Jun 01 2023

web may 1 2008 choose your foods exchange lists for diabetes formerly exchange lists for meal planning a booklet used to help people with diabetes plan meals has

choose your foods exchange lists for diabetes cover page - Jun 20 2022

web glucose control through food choices and exchanges eating healthy with diabetes may 20 2020 new picture cues for portion sizes color codes for food types and space to

[choose your foods exchange lists for diabetes sciencedirect](#) - Jan 28 2023

web this portable pocket sized version of the choose your foods exchange lists for diabetes meal planning takes all of the information from the original and packages it in a

the official pocket guide to diabetic exchanges choose your - Aug 23 2022

web aug 24 2010 general guidelines the american dietetic association food exchange list is based on food groups starch milk meat fruit vegetable fat and free foods each

[diabetes exchange diet food lists verywell health](#) - Aug 03 2023

web may 19 2019 choose your foods food lists for diabetes 25 pack academy of nutrition and dietetics and american diabetes association this updated and redesigned

choose your foods exchange lists for diabetes - Apr 18 2022

[pdf choose your foods exchange lists for diabetes](#) - May 20 2022

web may 19 2019 details for nearly 70 years this resource has been the standard for diabetes education and meal planning based on input from current users this new

choose your foods exchange lists for diabetes full pdf - Dec 15 2021

choose your foods exchange lists for diabetes - Jan 16 2022

choose your foods food lists for diabetes amazon com - Apr 30 2023

web the diabetic exchange list you will notice symbols on some foods in the exchange groups foods that are high in fiber three grams or more per normal serving have the

choose your foods exchange lists for diabetes - Oct 05 2023

web oct 1 2008 the 2008 exchange lists for meal planning has been given a new title choose your foods exchange lists for diabetes and an updated look grounded in evidence based nutrition recommendations input from stakeholders and the

current

choose your foods exchange lists for diabetes - Oct 25 2022

web in depth understanding of the worst 20 foods for a diabetic but also a detailed list of the top 20 foods and menu you should prepare to lower your blood sugar level when you

choose your foods exchange lists for diabetes pdf scribd - Mar 18 2022

choose your foods exchange lists for diabetes the 2008 - Jul 22 2022

web jan 6 2018 if you have diabetes your doctor may put you on a diabetic exchange diet to help control both your weight and the amount of sugar and cholesterol in your blood

choose your foods exchange lists for diabetes sixth - Mar 30 2023

web setting goals for a weight control program weight management meal plans and exchange lists are discussed an extensive food exchange list is provided choose your foods

choose your foods food lists for diabetes eatrightstore org - Nov 13 2021

choose your foods exchange lists for diabetes - Jul 02 2023

web jun 1 2019 for the 25 pack see isbn 9780880910323 this updated and redesigned booklet features the choices approach for diabetes meal planning expanded food lists

food exchange guide for a diabetic menu food lists - Nov 25 2022

web choose your foods exchange lists for diabetes formerly exchange lists for meal planning a booklet used to help people with diabetes plan meals has been in

the diabetic exchange list exchange diet - Dec 27 2022

web oct 1 2008 medical nutrition therapy mnt for diabetes has experienced much changes since 1550 bc when the papyrus ebers noted that wheat grains grits grapes and

choose your foods food lists for diabetes - Feb 26 2023

web oct 1 2008 the american diabetes association exchange list is a system of food exchanges that assists diabetic individuals with meal planning dietary information is

how to choose your foods exchange lists for diabetes - Feb 14 2022