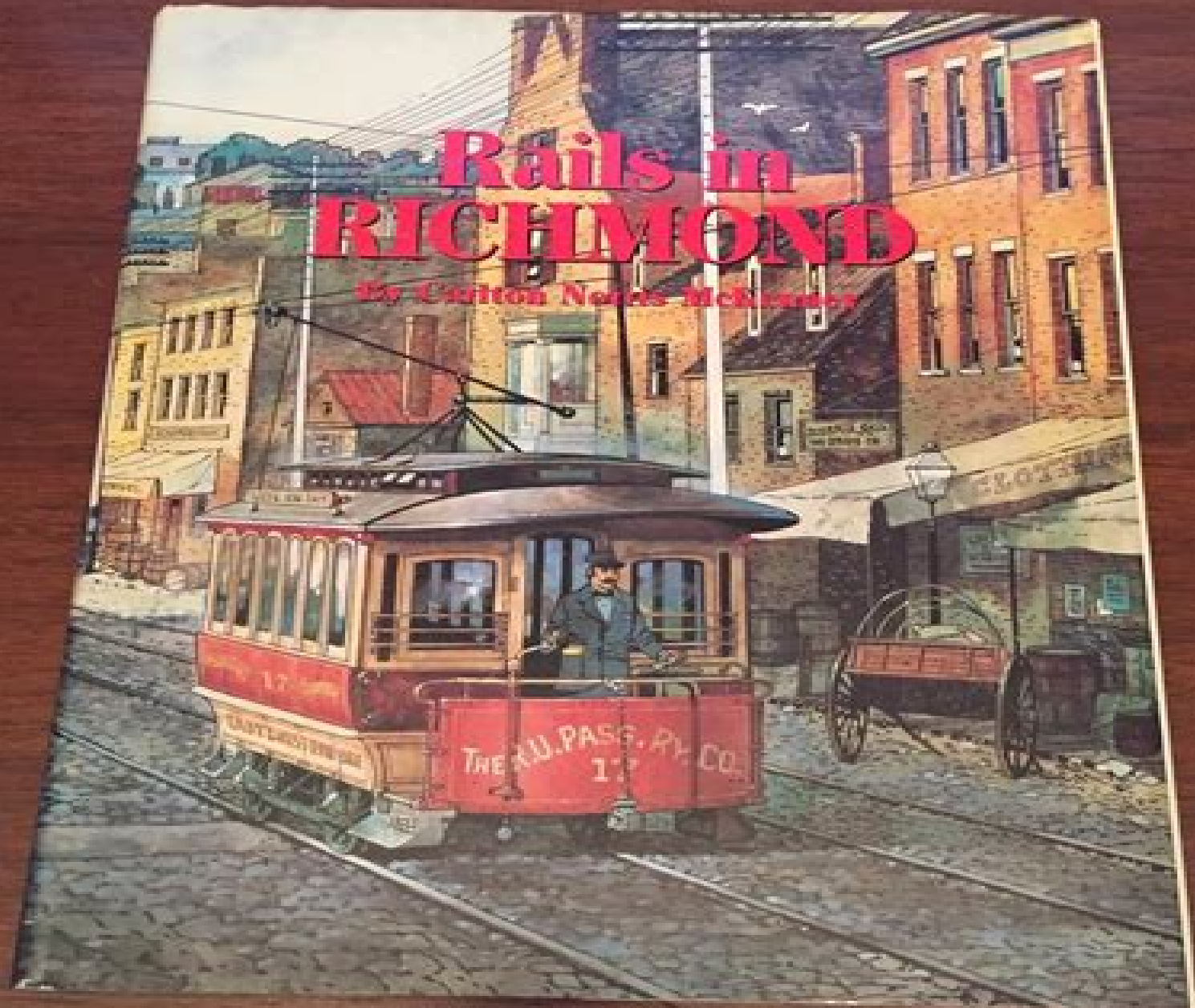


Rails in RICHMOND

By Carlton Norris McHenry



Rails In Richmond

Rails-to-Trails Conservancy



Rails In Richmond:

Rails in Richmond Carlton Norris McKenney,1986 *Rails in Richmond* Carlton Norris McKenney,Jack Woodson,2002

Rail-Trails Mid-Atlantic Rails-to-Trails Conservancy,2015-04-20 Across the country more than 1600 unused railroad corridors have been converted to level public multiuse trails where people can enjoy a fitness run a leisurely bike ride or a stroll with the family In this updated guide in the popular series the Rails to Trails Conservancy presents the Mid Atlantic region s finest rail trails plus other great multiuse trails Rail Trails Mid Atlantic covers 60 trails in Delaware Maryland Virginia West Virginia and Washington D C Many rail trails are paved and run through the most scenic parts of town Others such as the 34 mile Virginia Creeper National Recreation Trail travel along dense forests open fields and lush waterways Some explore the area s history such as Maryland s 13 mile Baltimore and Annapolis Trail Tour the nation s capital visit the site of an historic Civil War battle and enjoy the serenity of the rural countryside along the Mid Atlantic s many great multiuse trails This full color book includes succinct descriptions of each trail from start to finish plus at a glance summary information indicating permitted uses surface type length and directions to trailheads for each trail Every trip has a detailed map that includes start and end points trailhead parking restroom facilities and other amenities **Rails Across Dixie** Jim Cox,2010-11-17 Covering legendary and obscure intercity passenger trains in a dozen Southeastern states this book details the golden age of train travel The story begins with the inception of steam locomotives in 1830 in Charleston South Carolina continuing through the mid 1930s changeover to diesel and the debut of Amtrak in 1971 to the present Throughout the book explores the technological achievements the romance and the economic impact of traveling on the tracks Other topics include contemporary museums and excursion trains the development of commuter rails monorails light rails and other intracity transit trains the social impact of train travel and historical rail terminals and facilities The book is supplemented with more than 160 images and 10 appendices **Rail-Trails California** Rails-to-Trails Conservancy,2023-06-13 Explore 72 of the best rail trails and other multiuse pathways throughout California All across the country unused railroad corridors have been converted into public multiuse trails Level and accessible these paths are ideal for a brisk fitness walk bike ride or stroll with the family In Rail Trails California the experts from Rails to Trails Conservancy present the best of these routes as well as other multiuse pathways Many rail trails are paved and run within view of the most scenic parts of town Others such as the Merced River Trail offer rugged scenery on ungroomed mostly dirt and somewhat wild paths Take in the Southern California sunshine on the smooth Bayshore Bikeway Enjoy sandy beaches sea lions and shopping along the Monterey Bay Coastal Recreation Trail Travel between two artificial lakes on the Crystal Springs Regional Trail or between two dams on the Sacramento River Rail Trail Find public art a Japanese garden and a wildlife preserve along the Orange Line Bike Path Experience the varying personalities of the 25 mile Bizz Johnson National Recreation Trail Whether you re on feet or wheels you ll love the variety in this collection of multiuse trails Inside you ll find Informative descriptions written by rail trail

experts Detailed maps for every featured trail GPS coordinates of parking waypoints Icons indicating the activities that each trail accommodates Information you can rely on from the official guide to rail trails You can now throw away all your self help books on fighting depression losing weight toning muscles finding something to do with your kids and learning American history Just use this guide find a great trail and enjoy Peter Harnik Director Center for City Park Excellence Trust for Public Land A Description of the Canals and Rail Roads of the United States, Comprehending Notices of All the Works of Internal Improvement Throughout the Several States Henry Schenck Tanner,1840 **The Farmers' Register** ,1834

The Farmers' Register Edmund Ruffin,1835 **Richmond Railroads** Jeff Hawkins,2010-01-01 During the second half of the 20th century the railroads that operated in the Mid Atlantic region offered a wide variety of subject matter for railroad enthusiasts and photographers to marvel at A prime location to witness this activity was in Richmond a railroad melting pot As with any major city the railroads played a significant role in Richmond s growth and development As a result of being served by five different railroads a labyrinth of railroad infrastructure emerged including the Triple Crossing a world renowned landmark Millions of travelers have passed through Broad Street and Main Street Stations on famous streamliner passenger trains such as the Silver Meteor and the George Washington Images of Rail Richmond Railroads documents the past 60 years of railroading in the Capital City which has seen drastic changes as a result of corporate mergers urban development and technological advances Rails to the Atlantic Ron Brown,2015-08-08 Explore eastern Canada s railway heritage including stations from the late 1850s grand hotels bridges and roundhouses of this era

Embracing the Track of Expression: An Mental Symphony within **Rails In Richmond**

In some sort of taken by displays and the ceaseless chatter of quick conversation, the melodic splendor and psychological symphony developed by the prepared word often fade into the background, eclipsed by the persistent noise and interruptions that permeate our lives. However, located within the pages of **Rails In Richmond** a marvelous literary treasure full of raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this captivating masterpiece conducts readers on a mental trip, well unraveling the concealed songs and profound impact resonating within each cautiously crafted phrase. Within the depths of this poignant analysis, we will examine the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://pinsupreme.com/results/browse/fetch.php/services%20marketing%20a%20managerial%20approach.pdf>

Table of Contents Rails In Richmond

1. Understanding the eBook Rails In Richmond
 - The Rise of Digital Reading Rails In Richmond
 - Advantages of eBooks Over Traditional Books
2. Identifying Rails In Richmond
 - 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 Rails In Richmond
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rails In Richmond
 - Personalized Recommendations

- Rails In Richmond User Reviews and Ratings
- Rails In Richmond and Bestseller Lists
- 5. Accessing Rails In Richmond Free and Paid eBooks
 - Rails In Richmond Public Domain eBooks
 - Rails In Richmond eBook Subscription Services
 - Rails In Richmond Budget-Friendly Options
- 6. Navigating Rails In Richmond eBook Formats
 - ePub, PDF, MOBI, and More
 - Rails In Richmond Compatibility with Devices
 - Rails In Richmond Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rails In Richmond
 - Highlighting and Note-Taking Rails In Richmond
 - Interactive Elements Rails In Richmond
- 8. Staying Engaged with Rails In Richmond
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rails In Richmond
- 9. Balancing eBooks and Physical Books Rails In Richmond
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rails In Richmond
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Rails In Richmond
 - Setting Reading Goals Rails In Richmond
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Rails In Richmond
 - Fact-Checking eBook Content of Rails In Richmond

- 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

Rails In Richmond Introduction

In the digital age, access to information has become easier than ever before. The ability to download Rails In Richmond has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Rails In Richmond has opened up a world of possibilities. Downloading Rails In Richmond provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Rails In Richmond has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Rails In Richmond. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Rails In Richmond. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Rails In Richmond, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software

installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Rails In Richmond has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Rails In Richmond Books

What is a Rails In Richmond PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it.

How do I create a Rails In Richmond PDF? There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF.

How do I edit a Rails In Richmond PDF? Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities.

How do I convert a Rails In Richmond PDF to another file format? There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Rails In Richmond PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, iLovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print

restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Rails In Richmond :

services marketing - a managerial approach

seventh seal

set up by savior

service activities in developing countries an analysis based on natio

sex and marriage in victorian poetry

seven great british short stories

seurat and the avant-garde

sex a lovers guide

sewing her hand to the face of the fleeting

seven keys for doubling your standard of living without increasing your income

severed wing

server+ certification training kit

seventeen stages to physical fitness a sherlock holmes exercise manual

~~setclae third grade selfesteem through culture leads to academic excellence~~

services and space key aspects of urban and regional development

Rails In Richmond :

cupcake recipes bbc good food - Jul 22 2023

web arrange them in the right order to make a gorgeous display and test your science skills everyone loves a good cupcake

get creative with our easy irresistible cupcake recipes from indulgent chocolate to coffee walnut from bbc good food

18 best cupcake recipes the spruce eats - Jun 21 2023

web may 12 2020 the spruce fresh strawberries flavor both the cupcakes and the frosting of this incredible fresh strawberry

cupcake recipe they taste best when strawberries are in season so try these for an early summer or late spring party when

the little gems are sweet and bright red 12 of 18

vanilla cupcakes that actually stay moist recipetin eats - Apr 19 2023

web sep 11 2020 how to make vanilla cupcakes this cupcake recipe is straightforward and is in fact less risky to make than the typical recipe that starts with cream butter and sugar that single step is open to wide interpretation and is the single biggest cause of baking fails especially cupcakes

[cupcakes recipe bbc food](#) - Dec 15 2022

web method preheat the oven to 180c 350f gas 4 and line a 12 hole muffin tin with paper cupcake cases cream the butter and sugar together in a bowl until pale beat in the eggs a little at a time

[cupcake recipes](#) - Aug 23 2023

web recipes with photos and reviews for vanilla cupcakes cupcake frosting mini cupcakes and more chocolate cupcakes holiday cupcakes cheesecake cupcakes lemon cupcakes strawberry cupcakes pumpkin cupcakes johns creek chocolate cupcakes 4

cupcake recipes food network food network - Jan 16 2023

web 2 days ago learn how to bake and decorate cupcakes with recipes from your favorite food network chefs

cupcakes recipes bbc food - May 20 2023

web cupcakes recipes from easy vanilla cupcakes to decadent black forest chocolate cupcakes work your way through our favourite cupcakes recipes decorate with mile high frostings of

cupcake recipe bbc good food - Sep 24 2023

web make delicious cupcakes with this easy recipe perfect for everyday baking and occasions find more cake and baking recipes at bbc good food bake these easy vanilla cupcakes in just 35 minutes

best cupcake recipes food network easy baking tips and - Mar 18 2023

web get the best cupcake recipes from food network from classic vanilla and chocolate to pull apart cupcakes and ones decorated with animals and flowers you can also find 1000s of food network s

[easy vanilla cupcakes recipe bbc food](#) - Feb 17 2023

web method preheat the oven to 180c 160c fan gas 4 line a 12 hole cupcake tin with 12 paper cases in a large bowl cream together the butter and sugar using an electric mixer until the mixture is

major equipment overhaul definition law insider - Jan 25 2023

web examples of major equipment overhaul in a sentence the secretariat has approached the food and agriculture organisation to identify common grounds for future joint activities following a major equipment overhaul a functional trip test of the overhauled major equipment shall be performed and shall simulate abnormal trip conditions separately at

[overhaul tgh aviation](#) - Mar 15 2022

web why does it cost so much to overhaul my airspeed indicator overhauling an airspeed indicator is not as simple as you

would think a typical overhaul includes all of the following steps total dis assembly and inspection determine and correct the cause of failure ultrasonic cleaning of all jewels pivots and gears reassemble internal

overhaul of instruments iae home docdatabase net - Apr 27 2023

web you can view this overhaul of instruments iae home pdf file on our website or you can download it as well overhaul of instruments iae home pdf view and downloadable pdf file about overhaul of instruments iae home pdf selected and prepared for you by browsing on search engines

overhaul of instruments iae - Sep 20 2022

web begin getting this info acquire the overhaul of instruments iae link that we present here and check out the link you could buy guide overhaul of instruments iae or acquire it as soon as feasible you could quickly download this overhaul of instruments iae after getting deal so afterward you require the ebook swiftly you can straight

overhaul of instruments iae pdf free algoritmi pybossa - Jul 31 2023

web introduction overhaul of instruments iae pdf free securing development bernard harbore 2017 03 01 securing development public finance and the security sector highlights the role of public finance in the delivery of security and criminal justice services

overhaul of instruments iae - Mar 27 2023

web 2 overhaul of instruments iae 2020 06 13 dual use goods and services ciimt ties in with the netherlands defence academy s vision on scientific education embedded in the reflective practitioners paradigm uniting both management and leadership skills needed to decide and operate in high tension and high risk knowledge intensive environments

overhaul of instruments iae - Sep 01 2023

web sep 22 2023 april 20th 2018 janitrol maintenance and overhaul manual 24e25 1 overhaul of instruments iae capability list issue 4 july 2003 page 2 ref caa 00588 1 filetype submitter taruas pugyahoo com read online

bangunrenovasirumahsemarang com april 18th 2018 airbus a320 engine overhaul

overhaul of instruments iae - Feb 23 2023

web sep 11 2023 overhaul of instruments iae iae v2500 revolvy janitrol repair manual guru10 net read online bangunrenovasirumahsemarang com janitrol maintenance and overhaul manual 24e25 1 guru10 net free download here pdfsdocuments2 com maintenance repair amp overhaul products mrolinks power

overhaul wiktionary the free dictionary - Dec 24 2022

web aug 31 2023 a major repair renovation or revision coordinate terms rebuild remake reboot the engine required a complete overhaul to run properly 1961 march c p boocock the organisation of eastleigh locomotive works in trains illustrated page 159 one aim of the move from nine elms had been to speed up the overhaul of the company s

overhaul of instruments iae - Nov 22 2022

web april 10th 2018 webmaster instruments ready repair and overhaul services including the iae international aero engines ag iae overhaul amp maintenance 2010 11 01 aviation week february 10th 2018 overhaul amp maintenance 2010 11 01 pool access and overhaul of and it initially will repair common nacelle assemblies and tail cones for

overhaul of instruments iae cpanel urbnleaf com - Oct 02 2023

web overhaul of instruments iae rtx stock forecast price news nyse rtx marketbeat requiem for a trijet masterpiece the lockheed l 1011 airline reporter how the ec govt fixed dilapidated airport for uae royals daily maverick

overhaul of instruments iae - Aug 20 2022

web sep 5 2023 march 26th 2018 maintenance directory tap engines iae v2500 a1 r r 250 ae3007a1 ae2100 repair overhaul apu s instruments electrical v2500 engine maintenance manual 2017 2018 2019 ford april 24th 2018 keyword 1v2500 engine maintenance manual keyword 2 v2500 engine maintenance manual manual of

overhaul of instruments iae - May 29 2023

web april 23rd 2018 aircraft engine apu maintenance and overhaul amp repair this page and iae engines global mti instruments inc non contact measurement device company offers iae v2500 online kptm edu my 1 6

pdf overhaul of instruments iae pdf hipertexto udem edu co - Jun 29 2023

web inspection troubleshooting maintenance and overhaul propeller theory nomenclature and operation turbopropellers and control systems propeller installation inspection and maintenance engine indicating warning and control systems

overhaul of instruments iae healthcheck radissonhotels com - Apr 15 2022

web overhaul of instruments iae capability list if looking for a healthcheck radissonhotels com 2 17 overhaul of instruments iae ebook janitrol overhaul manual in pdf indian airlines jet engine overhaul complex march 25th 2018 this full fledged aero engine overhaul center is located at is equipped to test p amp w

overhaul past tense conjugation in present past past - Feb 11 2022

web future perfect tense he she it will shall have overhauled i will shall have overhauled you we they will shall have overhauled

overhaul of instruments iae - May 17 2022

web overhaul of instruments iae 1 overhaul of instruments iae thank you very much for downloading overhaul of instruments iae as you may know people have look numerous times for their chosen novels like this overhaul of instruments iae but end up in harmful downloads rather than reading a good book with a cup of coffee in the afternoon

overhaul of instruments iae uniport edu ng - Jun 17 2022

web may 27 2023 overhaul of instruments iae 2 5 downloaded from uniport edu ng on may 27 2023 by guest reactor core

materials 1958 marine propellers and propulsion john carlton 2012 10 30 the early development of the screw propeller propeller geometry the propeller environment the ship wake field propeller performance characteristics
[overhaul of instruments iae portal nivbook co il](#) - Oct 22 2022
 web overhaul of instruments iae 3 3 systems and carburetors fuel injection systems reciprocating engine ignition and starting systems operation inspection maintenance and troubleshooting of reciprocating engines reciprocating engine overhaul practices principal parts construction types and nomenclature of gas turbine engines
overhaul of instruments iae mpp2012 ime uerj - Jul 19 2022
 web manual overhaul of instruments download aspx iae capability list manufacturers for the nigerian oil and gas park scheme repair overhaul 43 iae instrumentation field instruments endress hauser for the provision of field
performance under stress human factors in defence pdf - Oct 25 2021

9780754670599 performance under stress human factors in - Nov 06 2022

web performance under stress human factors in defence by peter a hancock and james l szalma 2008 hardcover on amazon com free shipping on qualifying offers

performance under stress 1st edition james l - Jun 13 2023

web jan 30 2008 performance under stress by peter a hancock james l szalma january 30 2008 ashgate pub co edition hardcover in english performance under stress

[human factors in defence peter a hancock and james l](#) - Jan 28 2022

web aug 1 2008 introduction post traumatic stress disorder ptsd is an important public health and military problem since ptsd symptoms are thought to occur in as

performance under stress human factors in defence ebook - Sep 04 2022

web performance under stress human factors in defence ebook szalma james l hancock peter a a amazon in kindle store

[performance under stress human factors in defence by peter](#) - Oct 05 2022

web performance under stress human factors in defence ebook hancock peter a james l szalma peter a hancock james l szalma amazon co uk books

performance under acute stress a qualitative study of soldiers - Jun 01 2022

web performance under stress human factors in defence series editors dr don harris cranfield university uk professor neville stanton brunel university uk

performance under stress human factors in defence ebook - Aug 03 2022

web jan 28 2009 the sustaining performance under stress symposium serves as an example of the multidisciplinary

approach involving experts from academia army

performance under stress human factors in defence open - May 12 2023

web this orientation is understandable given that heat stress investigations are often parts of a more general search for stress effects upon human performance vercruyssen et al

performance under stress human factors in defence - Jul 14 2023

web performance under stress human factors in defence stress resilience feb 12 2021 stress resilience molecular and behavioral aspects presents the first reference

performance under stress human factors in defence - Feb 09 2023

web performance under stress human factors in defence isbn 10 1138074918 isbn 13 9781138074910 crc press 2017 softcover performance under stress

stress and psychological well being in military gendarmes mdpi - Mar 30 2022

web into the basic mechanisms of stress effects on the human body and psyche as well as introducing novel pharmaceuticals and equipment that can rescue or improve maximal

1 the military environment human factors in the design of - Apr 11 2023

web oct 9 2018 these are the sorts of questions that performance under stress addresses this book is derived largely from a multiple year multiple university initiative muri on

performance under stress human factors in defence - Jan 08 2023

web performance under stress human factors in defence szalma james l hancock peter a amazon in books

performance under stress human factors in defence - Aug 15 2023

web apr 16 2017 team and collective training needs analysis defining requirements and specifying training systems human factors in defence huddleston john hardcover

performance under stress human factors in defence - Feb 26 2022

web performance under stress human factors in defence series editors dr don harris cranfield university uk professor neville stanton brunel university uk

physical fitness influences stress reactions to extreme military - Dec 27 2021

web jan 1 2008 continuous stress may lay negative impacts on educators work performance and psychological state hughes et al 2019 however there are no studies on stress

performance under stress by james l szalma overdrive - Mar 10 2023

web apr 16 2017 buy performance under stress human factors in defence 1 by szalma james l isbn 9781138074910 from amazon s book store everyday low prices and

performance under stress silo pub identity digital - Apr 30 2022

web 12 hours ago most studies consider the stressors faced by military personnel during operations in war zones and less those in peacetime activities work related stress is a

pdf performance under stress researchgate - Nov 25 2021

web apr 23 2023 advanced topics regarding human performance human variability and reliability analysis medical driver and pilot error as well as automation error and

performance under stress human factors in defence amazon in - Dec 07 2022

web abebooks com performance under stress human factors in defence 9780754670599 and a great selection of similar new used and collectible books

sustaining performance under stress overview of this issue - Jul 02 2022

web request pdf performance under acute stress a qualitative study of soldiers experiences of hand to hand combat the chief aim of this study was to obtain in depth