

Even In The Odds Ralph Humphrey

How many times can you cheat death on your path to enlightenment? Meet Ralph "Corky" Matson, a modern-day urban shaman who consistently beats the odds. In this captivating memoir, Matson leads us through Woodstock, down drug alleys, over mountain ashrams and around gamblers on a never-ending quest for higher consciousness as he struggles with his inner demons--and angels. Born to a devoted mother who struggled to protect him from the unjustified hatred of a tyrannical father, Matson grew up in poverty with a negative self-image that haunted him even as he associated with remarkable people such as Ram Dass, Timothy Leary, Rammurti S. Mishra, Swami Rama, Elias DeMohan and Patricia Cota Robles. His many brushes with death, including accidents, tumors, overdoses and heart failure only confirmed his spiritual beliefs and demonstrated the miraculous power of healing. Journey with him as he not only overcomes the hardships of an uncertain early life, but grieves the loss of two wives to illness and forgives the father who tormented him. There is a tangible love felt in these pages, for every character we encounter. Even in his depictions of heartbreak or cruelty, Matson generously renders a world--and a philosophy--of devotion, kindness, and perseverance that is the underlying thread of his life story. Edgy, yet inspirational, *Prodigious Son: A Memoir of Miracles* offers hope and spiritual awakening in the middle of despair.

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In *Self-Reliance*, Emerson expounds on the importance of trusting your soul, as well as divine providence, to carve out a life. A firm believer in nonconformity, Emerson celebrates the individual and stresses the value of listening to the inner voice unique to each of us?even when it defies society's expectations. This new 2019 edition of *Self-Reliance* from Logos Books includes *The American Scholar*, a stirring speech of Emerson's, as well as footnotes and images throughout.

Rhythm by the Numbers provides a fundamental and comprehensive way to learn and use rhythm in drumming. Born from the author's lifelong interest and involvement with rhythm and rhythmic exploration, this book will help students become more creative players by developing vocabulary that does not come from rote learning. The method presents notes within a given metric space that can be applied in various ways at the drumset in any style, in any tempo, and using any note value. The DVD includes examples of Ralph Humphrey demonstrating various ways to apply selected rhythmic elements from each chapter.

The Mom Test is a quick, practical guide that will save you time, money, and heartbreak. They say you shouldn't ask your mom whether your business is a good idea, because she loves you and will lie to you. This is technically true, but it misses the point. You shouldn't ask anyone if your business is a good idea. It's a bad question and everyone will lie to you at least a little . As a matter of fact, it's not their responsibility to tell you the truth. It's your responsibility to find it and it's worth doing right . Talking to

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customers is one of the foundational skills of both Customer Development and Lean Startup. We all know we're supposed to do it, but nobody seems willing to admit that it's easy to screw up and hard to do right. This book is going to show you how customer conversations go wrong and how you can do better.

Examines the key role dissent has played in shaping the United States, emphasizing the way Americans responded to injustices Finalist, 2016 Ralph Waldo Emerson Award One of Bustle's Books For Your Civil Disobedience Reading List *Dissent: The History of an American Idea* examines the key role dissent has played in shaping the United States. It focuses on those who, from colonial days to the present, dissented against the ruling paradigm of their time: from the Puritan Anne Hutchinson and Native American chief Powhatan in the seventeenth century, to the Occupy and Tea Party movements in the twenty-first century. The emphasis is on the way Americans, celebrated figures and anonymous ordinary citizens, responded to what they saw as the injustices that prevented them from fully experiencing their vision of America. At its founding the United States committed itself to lofty ideals. When the promise of those ideals was not fully realized by all Americans, many protested and demanded that the United States live up to its promise. Women fought for equal rights; abolitionists sought to destroy slavery; workers organized unions; Indians resisted white encroachment on their land; radicals angrily demanded an end to the dominance of the moneyed interests; civil rights protestors marched to end segregation; antiwar activists took to the

streets to protest the nation's wars; and reactionaries, conservatives, and traditionalists in each decade struggled to turn back the clock to a simpler, more secure time. Some dissenters are celebrated heroes of American history, while others are ordinary people: frequently overlooked, but whose stories show that change is often accomplished through grassroots activism. The United States is a nation founded on the promise and power of dissent. In this stunningly comprehensive volume, Ralph Young shows us its history. This paperback edition features a new introduction that takes into account the wave of mass protests that occurred following the election and inauguration of President Trump.

Determined to learn how to swim, Ralph the cow turns to his water-friendly friends, such as the ducks and turtles, to give him pointers on how to stay afloat, in an amusing tale from the author of *When Pigs Fly*.

William Golding's unforgettable classic of boyhood adventure and the savagery of humanity comes to Penguin Classics in a stunning Graphic Deluxe Edition with a new foreword by Lois Lowry As provocative today as when it was first published in 1954, *Lord of the Flies* continues to ignite passionate debate with its startling, brutal portrait of human nature. William Golding's compelling story about a group of very ordinary boys marooned on a coral island has been labeled a parable, an allegory, a myth, a morality tale, a parody, a political treatise, and even a vision of the apocalypse. But above all, it has earned its place as one of the indisputable classics of the twentieth century for

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readers of any age. This Penguin Classics Graphic Deluxe Edition features an array of special features to supplement the novel, including a foreword by Lois Lowry, an introduction by Stephen King, an essay by E. M. Forster, an essay on teaching and reading the novel and suggestions for further exploration by scholar Jennifer Buehler, and an extended note by E. L. Epstein, the publisher of the first American paperback edition of *Lord of the Flies*. For more than seventy years, Penguin has been the leading publisher of classic literature in the English-speaking world. With more than 1,700 titles, Penguin Classics represents a global bookshelf of the best works throughout history and across genres and disciplines. Readers trust the series to provide authoritative texts enhanced by introductions and notes by distinguished scholars and contemporary authors, as well as up-to-date translations by award-winning translators.

A professional rhythm workbook researched from commercially released records as played by today's top studio drummers. The styles covered include commercial funk rhythms, reggae (authentic and funk), unusual time signatures, funk sambas, southern funk beats, and fusion funk.

A GRIPPING NEW SCIENCE FICTION THRILLER NOVEL SET IN 'NEW LONDON' 2049 AD, IN THE MIDST OF NANO-TECHNOLOGY. WE LIVED IN THE DIGITAL AGE, FUTURE WARS WOULD BE FOUGHT THROUGH TECHNOLOGY. NEW LONDON'S ARCHITECTURE KEPT GROWING; THEY BUILT BUILDINGS OUT OF NOTHING. FOREIGN ENTITIES CREATED ILLUSIONS THROUGH ARCHITECTURE,

VAST LABYRINTHS-WORLDS WITHIN WORLDS. DISTINGUISHING AUTHENTIC WORLDS FROM FAKE ONES BECAME CHALLENGING, EVEN FOR THE GREATEST OF MINDS. CAST UNDER A SPELL, TRICKED. FOREIGN ENTITIES UNDERSTOOD NUMBERS, THEY TOOK ADVANTAGE OF THEM. THEY ACQUIRED POWER, DOMINION OVER ALL KINGDOMS ON-'EARTH.' "I HEAR THE SCREAMS FROM EARTH; SCREAMS OF A BILLION PRISONERS; SCREAMS OF ABANDONED CHILDREN FROM THEIR MOTHERS; WHAT HAVE WE BECOME?" "WE HAVE SEEN EARTH DISINTEGRATE INTO A HANDFUL ASH. WE WATCH YOUR MASTER MANIPULATORS CREATE FAMINES, DEBT-PRISONS TO HOUSE YOU IN. HOW THEY CREATE ENDLESS LANGUAGES TO KEEP YOU DIVIDED. WE WATCH THE 'UNDESIRABLES' PERPETUATE FALSE CLAIMS; A MYRIAD OF LIES. A WORLD FULL OF SCREENS, LOTS OF SQUARES, NO CIRCLES. TRYATHON HAS SEEN IT ALL, AND WE WILL WATCH NO-FURTHER. "IN THE AGE OF TECHNOLOGY, EARTH IS STARVED OF WISDOM." - HATHORA THE EPIC BEGINS.

Figuring explores the complexities of love and the human search for truth and meaning through the interconnected lives of several historical figures across four centuries--beginning with the astronomer Johannes Kepler, who discovered the laws of planetary motion, and ending with the marine biologist and author Rachel Carson, who catalyzed the environmental movement. Stretching between these figures is a cast of artists, writers, and scientists--mostly women, mostly queer--whose public contribution

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have risen out of their unclassifiable and often heartbreaking private relationships to change the way we understand, experience, and appreciate the universe. Among them are the astronomer Maria Mitchell, who paved the way for women in science; the sculptor Harriet Hosmer, who did the same in art; the journalist and literary critic Margaret Fuller, who sparked the feminist movement; and the poet Emily Dickinson. Emanating from these lives are larger questions about the measure of a good life and what it means to leave a lasting mark of betterment on an imperfect world: Are achievement and acclaim enough for happiness? Is genius? Is love? Weaving through the narrative is a set of peripheral figures--Ralph Waldo Emerson, Charles Darwin, Elizabeth Barrett Browning, Herman Melville, Frederick Douglass, Nathaniel Hawthorne, and Walt Whitman--and a tapestry of themes spanning music, feminism, the history of science, the rise and decline of religion, and how the intersection of astronomy, poetry, and Transcendentalist philosophy fomented the environmental movement.

Explore the evocative Star Wars concept art of legendary artist Ralph McQuarrie in this miniature art book. Hold a galaxy of legendary designs in the palm of your hand with *Star Wars: The Concept Art of Ralph McQuarrie Mini Book*. Featuring over 100 stunning concept images from the original Star Wars trilogy as well as the many books and publications inspired by the Star Wars galaxy, this mini book is bound together at a readable pocket-book size and is the perfect collectible item for Star Wars fans of all

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ages.

A man sets out to Mexico to avenge his father's death in this western from USA Today bestselling author Ralph Compton. Nathan Stone, the man they called The Gunfighter, lay dead in the dust of an El Paso street. The Sandlin gang kicked up that dust as they rode back laughing into Mexico, where the U.S. law couldn't touch them and local law didn't want to. Behind him Nathan Stone left his horse, his Winchester, his custom-made Colts, and his name. The son who had grown up without him took them all. His name is Wes Stone. He used to be a lawman, but when he picks up his father's guns, he takes down the star from his chest. Wes knows the impossible odds of going against the outlaw army and its empire of evil. But he knows something else too. He's his father's son, and he's going to teach his father's killers exactly what that means... More Than Six Million Ralph Compton Books In Print!

Spanning several decades and three continents, Modoc is one of the most amazing true animal stories ever told. Raised together in a small German circus town, a boy and an elephant formed a bond that would last their entire lives, and would be tested time and again; through a near-fatal shipwreck in the Indian Ocean, an apprenticeship with the legendary Mahout elephant trainers in the Indian teak forests, and their eventual rise to circus stardom in 1940s New York City. Modoc is a captivating true story of loyalty, friendship, and high adventure, to be treasured by animal lovers everywhere. A cattle drive faces long odds in this exciting new installment in Ralph Compton's Trail

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Drive series. An outbreak of hostilities with Comanches has disrupted the usual trail routes. But Mase Durst must get his cows from his Texas ranch to the railway up in Wichita, Kansas, or face losing his land, which the bank is fixing to foreclose on. He's forced to take his herd on a little-used route called the Red Trail--little used for good reasons. It's a tough trek: dangerous, narrow, and fraught with banditry. Along the way, Durst and his men face numerous obstacles thrown up by Mother Nature, cattle rustlers and crooked lawmen. But even their safe arrival in Wichita will offer no relief if he can't make it home in time to save his ranch from the bank--and his wife from the predations of their rapacious neighbor. . .

Presents the essential elements of bop drumming demonstrated through concise exercises and containing ideas to help understand what to play and how to play it and why, as well as an explanation of how the drummer functions in a group.

"Focusing on three hunger strikes occurring on university campuses in California in the 1990s, Ralph Armbruster-Sandoval examines people's willingness to make the extreme sacrifice and give their lives for justice"--Provided by publisher.

When Elise Tanory was twenty-two, her life changed forever. The year was 2008, and Elise was still trying to find herself and her place in life. She drifted between Atlanta, Georgia; Los Angeles, California; and Guatemala. She even dated a few famous faces. None of it seemed to last. Then, a couple of days after the New Year began, Elise received a phone call that sent her life in a dramatically different direction. Her father, Ralph, had suffered a debilitating stroke and was airlifted to Atlanta Medical Center. The doctors gave him a 2 percent chance of

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recovery. Elise was determined for him to beat those odds. In an inspiring and heartbreaking display of daughterly devotion, she tackled both the medical and financial challenges of her father's rehabilitation. It wasn't easy. Insurance refused to pay for the round-the-clock care Ralph needed, so Elise found an out-of-the-box solution for their health-care troubles. In *His Name Is Ralph*, Elise celebrates her father's recovery and her own unique experiences. Her journey into the fractured world of health care will open your eyes to the flaws in the system. At the same time, Elise's story is one of resilience, friendship, and love.

Rotten Ralph is even rotten on his birthday, finally forcing poor Sarah to take drastic measures. I loved Ralph Plaisted like my own dad. But even if you didn't know Ralph and his team, you will love this book. Ralph taught me the true spirit of adventure by living it. Who else could sit over a glass of scotch in Duluth looking out over Lake Superior's stark winter ice cap and dream of conquering the North Pole by snowmobile? Who else could realize that dream of having a United States Air Force plane radio to him at the Pole proclaiming Plaisted, every direction from where you fellas are is south! That could only be Ralph. First to the Pole engages the reader on every twist and turn of this amazing journey. A journey that not only captures the North Pole, but the true spirit of adventure which was the fabric of my dear friend and wilderness mentor, Ralph Plaisted. Eric Gislason, Longtime KSTP-TV Sports Reporter/Outdoor TV Show Host/Storyteller"

Inner city communities in the US have become "junkyards of dreams," to quote Mike Davis--wastelands where gangs package narcotics to stimulate the local economy, gunshots occur multiple times on any given day, and dreams of a better life can fade into the realities of poverty and disability. Laurence Ralph lived in such a community in Chicago for three years,

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conducting interviews and participating in meetings with members of the local gang which has been central to the community since the 1950s. Ralph discovered that the experience of injury, whether physical or social, doesn't always crush dreams into oblivion; it can transform them into something productive: renegade dreams. The first part of this book moves from a critique of the way government officials, as opposed to grandmothers, have been handling the situation, to a study of the history of the historic "Divine Knights" gang, to a portrait of a duo of gang members who want to be recognized as "authentic" rappers (they call their musical style "crack music") and the difficulties they face in exiting the gang. The second part is on physical disability, including being wheelchair bound, the prevalence of HIV/AIDS among heroin users, and the experience of brutality at the hands of Chicago police officers. In a final chapter, "The Frame, Or How to Get Out of an Isolated Space," Ralph offers a fresh perspective on how to understand urban violence. The upshot is a total portrait of the interlocking complexities, symbols, and vicissitudes of gang life in one of the most dangerous inner city neighborhoods in the US. We expect this study will enjoy considerable readership, among anthropologists, sociologists, and other scholars interested in disability, urban crime, and race.

Even in the Odds
A Study of Odd Meters and Rhythms for the Drummer
Studio Funk Drumming
A Professional Workbook
Alfred Music

With Freeman Kwazdo Donkor and Abraham Adzenyah. Based on four Ghanaian rhythmic groups (Siky, Adowa, Gahu and Akom), this book and CD will provide drumset players with a "new" vocabulary based on some of the oldest and most influential rhythms in the world. A groundbreaking presentation!

This book is the most comprehensive and up-to-date book on gold prospecting. Within its

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pages is everything you need to know to find gold today. Full of practical information and great illustrations, it is designed to be the one prospecting book you will never outgrow. Whether you are a beginner or have twenty years of prospecting experience, you will find a wealth of new information and tips in these pages. From equipment operations, to the geology of how gold deposits form, to the nature of coarse gold nuggets, this book takes a unique and different approach in teaching the “trade skills” of prospecting. It focuses primarily on the knowledge you need to find locations rich with recoverable gold. This is critical because in the final analysis, no matter how well you operate your dredge, metal detector or other prospecting equipment, unless you can find the places where gold is located, your equipment cannot help you recover it.

Like the renowned classics *Praying for Sheetrock* and *North Toward Home*, *Ever Is a Long Time* captures the spirit and feel of a small Southern town divided by racism and violence in the midst of the Civil Rights era. Part personal journey, part social and political history, this extraordinary book reveals the burden of Southern history and how that burden is carried even today in the hearts and minds of those who lived through the worst of it. Author Ralph Eubanks, whose father was a black county agent and whose mother was a schoolteacher, grew up on an eighty-acre farm on the outskirts of Mount Olive, Mississippi, a town of great pastoral beauty but also a place where the racial dividing lines were clear and where violence was always lingering in the background. *Ever Is a Long Time* tells his story against the backdrop of an era when churches were burned, Medgar Evers and Martin Luther King were murdered, schools were integrated forcibly, and the state of Mississippi created an agency to spy on its citizens in an effort to maintain white supremacy. Through Eubanks's evocative

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prose, we see and feel a side of Mississippi that has seldom been seen before. He reveals the complexities of the racial dividing lines at the time and the price many paid for what we now take for granted. With colorful stories that bring that time to life as well as interviews with those who were involved in the spying activities of the State Sovereignty Commission, *Ever Is a Long Time* is a poignant picture of one man coming to terms with his southern legacy.

During the Great Depression, Seabiscuit captured the hearts of Americans from the streets to the White House, winning more money than any horse at that time and shattering speed records across the country. Moving and inspirational, "Come on Seabiscuit!" is a reminder of the qualities that make a real American champion.

As a favor for a friend, a bright and talented young woman volunteered to read her poetry to a group of prisoners during a Black History Month program. It was an encounter that would alter her life forever, because it was there, in the prison, that she would meet Rashid, the man who was to become her friend, her confidant, her husband, her lover, her soul mate. At the time, Rashid was serving a sentence of twenty years to life for his part in a murder. *The Prisoner's Wife* is a testimony, for wives and mothers, friends and families. It's a tribute to anyone who has ever chosen, against the odds, to love.

From award-winning author Eve L. Ewing comes an illustrated middle grade novel about a forgotten homemade robot who comes to life just when aspiring fifth-grade scientist Maya needs a friend -- and a science fair project. Maya's nervous about fifth grade. She tries to keep calm by reminding herself she knows what to expect. But then she learns that this year won't be anything like the last. For the first time since kindergarten, her best friends Jada and MJ are placed in a different class without her, and introverted Maya has trouble making new friends.

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She tries to put on a brave face since they are in fifth grade now, but Maya is nervous! Just when too much seems to be changing, she finds a robot named Ralph in the back of Mr. Mac's convenience store closet. Once she uses her science skills to get him up and running, a whole new world of connection opens up as Ralph becomes a member of her family and Maya begins to step into her power. In this touching novel, Eve L. Ewing melds together a story about community, adapting to change, and the magic of ingenuity that reminds young readers that they can always turn to their own curiosity when feeling lost.

This best-selling, progressive encyclopedia of rock/funk patterns for all tempos utilizes a new contemporary teaching style for independence, rudiments, styles and more.

A study of the life, work, and influence of Ralph Ellison details his poverty-stricken Oklahoma youth, his education and involvement in New York's liberal intellectual circles, his personal relationships, and the influence of racism on his life.

This revisionist history offers a fresh analysis of Napoleon and the French army as they defended their empire against the massive Coalition invasion of 1814. * 20 drawings, engravings, and paintings, primarily from the 19th century * Maps depicting the invasion of France, Napoleon's 1814 campaign, and the Battle for Paris * Charts and tables examining some of the French regiments, including information regarding age, physical size, and civilian occupations of recruits * A bibliography of general works, monographs, and archival sources Examines a sharp decline in marriage rates among the African-American middle class while analyzing probable causes, tracing the rise of educated and independent black women and evaluating the potential of interracial marriages.

(Percussion). Bobby Rondinelli of Rainbow, Black Sabbath and Blue Oyster Cult and master

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teacher Michael Lauren from the Drummers Collective have put together the most comprehensive text ever written on the subject of double bass drumming. It features hundreds of innovative warm up, beat and fill exercises, tips for getting started, a discography of important double bass recordings, plus a timeline of the most important double bass drummers in history, including photos of their setups. A must for all drummers interested in improving their double bass technique!

The actual daily practice routines used by professional symphonic and jazz drummers. The many variations of basic rudimental patterns make snare drum practicing a joy. An editor at This American Life reveals the searing story of the secret binge-eating that dominated her adolescence and shapes her still. "Her tale of compulsion and healing is candid and powerful."--People NAMED ONE OF THE BEST BOOKS OF THE YEAR BY MARIE CLAIRE For almost thirty years, Susan Burton hid her obsession with food and the secret life of compulsive eating and starving that dominated her adolescence. This is the relentlessly honest, fiercely intelligent story of living with both anorexia and binge-eating disorder, moving past her shame, and learning to tell her secret. When Burton was thirteen, her stable life in suburban Michigan was turned upside down by her parents' abrupt divorce, and she moved to Colorado with her mother and sister. She seized on this move west as an adventure and an opportunity to reinvent herself from middle-school nerd to popular teenage girl. But in the fallout from her parents' breakup, an inherited fixation on thinness went from "peculiarity to pathology." Susan entered into a painful cycle of anorexia and binge eating that formed a subterranean

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layer to her sunny life. She went from success to success--she went to Yale, scored a dream job at a magazine right out of college, and married her college boyfriend. But in college the compulsive eating got worse--she'd binge, swear it would be the last time, and then, hours later, do it again--and after she graduated she descended into anorexia, her attempt to "quit food." Binge eating is more prevalent than anorexia or bulimia, but there is less research and little storytelling to help us understand it. In tart, soulful prose Susan Burton strikes a blow for the importance of this kind of narrative and tells an exhilarating story of longing, compulsion and hard-earned self-revelation. Sarah's high-spirited, poorly behaved cat, Ralph, disrupts her aunt's wedding with his outlandish antics.

Developed to increase the speed and ease of getting around the drumset using rudiments as the foundation. The cross sticking and drum-to-drum patterns used in this book will increase the student's coordination skills, familiarity of the drumset, and soloing vocabulary. An exceptional way to incorporate rudiments into the drumset performer's practice routine.

Torture is an open secret in Chicago. Nobody in power wants to acknowledge this grim reality, but everyone knows it happens—and that the torturers are the police. Three to five new claims are submitted to the Torture Inquiry and Relief Commission of Illinois each week. Four hundred cases are currently pending investigation. Between 1972 and 1991, at least 125 black suspects were tortured by Chicago police officers working

under former Police Commander Jon Burge. As the more recent revelations from the Homan Square “black site” show, that brutal period is far from a historical anomaly. For more than fifty years, police officers who took an oath to protect and serve have instead beaten, electrocuted, suffocated, and raped hundreds—perhaps thousands—of Chicago residents. In *The Torture Letters*, Laurence Ralph chronicles the history of torture in Chicago, the burgeoning activist movement against police violence, and the American public’s complicity in perpetuating torture at home and abroad. Engaging with a long tradition of epistolary meditations on racism in the United States, from James Baldwin’s *The Fire Next Time* to Ta-Nehisi Coates’s *Between the World and Me*, Ralph offers in this book a collection of open letters written to protesters, victims, students, and others. Through these moving, questing, enraged letters, Ralph bears witness to police violence that began in Burge’s Area Two and follows the city’s networks of torture to the global War on Terror. From Vietnam to Geneva to Guantanamo Bay—Ralph’s story extends as far as the legacy of American imperialism. Combining insights from fourteen years of research on torture with testimonies of victims of police violence, retired officers, lawyers, and protesters, this is a powerful indictment of police violence and a fierce challenge to all Americans to demand an end to the systems that support it. With compassion and careful skill, Ralph uncovers the tangled connections among law enforcement, the political machine, and the courts in Chicago, amplifying the voices of torture victims who are still with us—and lending a voice to those long deceased.

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From the time he became one of the first African American football players at Robert E. Lee High School in Montgomery, Alabama, Ralph Stokes recognized a calling on his life for the cause of integration. This calling followed him everywhere he went. After becoming one of the first five Black football players at the University of Alabama and making many advances there, Ralph was a pioneer for integration in the business arena and later in the world of golf. Throughout his life, Ralph was frequently told all the things he couldn't do as a Black man. Over and over, he proved his critics wrong. Many barriers were broken, and the cause of integration was advanced. No matter what he faced, Ralph always looked out into his promised land and decided he could go in and take it. Let his story inspire you to go and take your promised land. "Ralph Stokes has broken many barriers, from the world of football, to the business world, to the world of golf. Ralph consistently persevered through biases, blatant racism, and other challenges, paving the way for those who came after him." — Sylvester Croom, First African American Head Football Coach in the SEC "One of the First reveals the truth that with commitment, perseverance, and faith, you can overcome any obstacle in life, including racism." — Ozzie Newsome, NFL Hall of Fame Tight End and First African American General Manager in the NFL "With his new book, One of the First, Ralph has drawn out tremendous wisdom from his personal life, addressing some issues that are uncomfortable. He does not point fingers, but he does teach some very valuable lessons about racial issues and about persevering through challenges. A must read for

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everyone.” — Wendell Hudson, First African American Scholarship Athlete at The University of Alabama

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