

## Inside The Helmet My Life As A Sunday Afternoon Warrior

Trying to gain employment, in a society that prides itself on social equality, forces a Black Jamaican-Canadian woman to live through the racist hiring practices of Canadian governmental institutions, i.e., the Canadian Armed Forces and the Royal Canadian Mounted Police (RCMP). The failure of the Canadian Human Rights Commission, to uphold her Canadian Constitutional Rights, left her with the belief that the dominant group (Caucasian) is free to practice racism with impunity. In absolute despair, she embraces thoughts of death as a relief from her life. Paradoxically, the source of her desire to die is also the source of her desire to live.

Paul Henderson will forever be recognized and remembered for his goal with 34 seconds remaining in the 8th game of the 1972 Summit Series. This goal gave Canada the lead and won them the series and with that the team became known as "the Team of the Century." And Paul's goal as, "the Goal of the Century." But there is more to Paul Henderson than just that one goal and in *The Goal of My Life*, Henderson opens up about scoring both on and off the ice. A family man and man with deep faith, Henderson lives each day with tremendous appreciation for the gifts life has rewarded him and has not allowed his recent diagnosis with cancer to alter his positive demeanor. Henderson takes fans back to the moment 1972 when Canada won the Summit Series, though additionally shares memories from his entire life and his early days playing hockey through to his retirement from the game and his personal challenges with Leukemia. Henderson is a hero and his book is one that all fans of hockey and life will enjoy.

Wars are started by a person or persons and are usually a quest for power for a person or a group of people and they don't really care how many people are killed nor how many families are losing a father, mother or brothers or whole families and their relatives. Sometimes, it is necessary to start a war by a peaceful nation against countries that are harming and have the publically displayed their intentions to extend their borders by taking land from established country's land and people. This I would consider declaring a war to be the only necessary solution to the problem----but still a war with people getting maimed and killed. In World War One---Germany was the problem---once again lust for power. I wasn't even thought of at that period of time----in fact, I hadn't even arrived on the scene at that point of time. But, think about it for a moment-----there's not one inch of land that has increased in size in those thousands of years of civilization and wars. I was a training in Camp Blanding in Florida---we could look in any direction and there was a sign posted in large letters-----"Kill or Be Killed"----"Kill or Be Killed." We were just 18 or 19 year old kids-----think about it-----"Kill or Be Killed"-what an education-but necessary to imprint it inside our young brains. It gave us young kids a reason to become killers-----hesitate for a second and you're dead. Back then in training, we used to repeat over and over was that wars were necessary to "Decrease The Surplus Population"-----It is most certainly a true statement. A report on life in the NFL by one of its most outspoken athletes reveals the players he believes to have employed less-than-admirable tactics, the drug therapies used to help injured players, and the pressures of multimillion-dollar contracts. There are 27 million slaves living in the world today—more than at any time in history. Three hundred thousand of them are impoverished children in Haiti, who "stay with" families as unpaid and uneducated domestic workers, subject to physical, emotional, and sexual abuse. This practice, known locally as *restavek* ("staying with"), is so widespread that one in ten Haitian children is caught up in this form of slavery. Jean-Robert Cadet was a *restavek* in Haiti from the late 1950s until the early 1970s. He told the harrowing story of his youth in *Restavec: From Haitian Slave Child to Middle-Class American*—a landmark book that exposed ongoing child slavery in Haiti. Now in *My Stone of Hope*, Cadet continues his story from his early attempts to adjust to freedom in American society to his current life mission of eliminating child slavery through advocacy and education. As he recounts his own struggles to surmount the psychological wounds of slavery, Cadet puts a human face on the suffering that hundreds of thousands of Haitians still endure daily. He also builds a convincing case that child slavery is not just one among many problems that Haiti faces as the Western Hemisphere's poorest nation. Rather, he argues that the systematic abuse of so many of its children is Haiti's fundamental problem, because it creates damaged adults who seem incapable of governing the country justly or managing its economy productively. For everyone concerned about the fate of Haiti, the welfare of children, and the freedom of people around the globe, *My Stone of Hope* sounds an irresistible call to action.

David Lange ushered in a revolution in New Zealand when he came to power in 1984, aged just 41. His Labour government introduced sweeping new legislation that unchained the country from its old conservative bonds, established the world's first nuclear free state and let loose a free market economic agenda that radically transformed the country. It was a rapid climb to the very top for the overweight doctor's son from working class South Auckland. As leader during the final years of the Cold War he confronted the agendas of Ronald Reagan and Margaret Thatcher, and lived through the political upheavals of the fall of the Soviet Union, post-apartheid South Africa and Rajiv Ghandi's India. Along the way he memorably defeated the Reverend Jerry Falwell in a famous Oxford Union debate about the morality and sanity of the nuclear arms race, and negotiated the aftermath of the tragic bombing of the Rainbow Warrior by French agents in Auckland harbour.

The Best of Peter Egan offers a "greatest hits" collection of Egan's motorcycle musings from the past four decades, delivered in his signature, wise but amusing, style. Peter Egan's writing invites you to pull up a chair, pour a little scotch, and relax while he shares with you his tales from the road, his motorcycling philosophy, and his keen observations about the two-wheeled life. For some forty years, Peter Egan's columns and feature articles have been among *Cycle World's* most anticipated monthly content. Egan's legions of fans know they will gain a fresh perspective on motorcycling from each of his articles. Drawings from motoring artist Hector Cademartori beautifully illustrate Egan's musings, and a foreword by super-enthusiast Jay Leno introduces the book. This is an unforgettable collection from a master writer whose simple adventures of two-wheeled life remind us why we love to ride.

Can you remember a time in your life when Jesus became real to you? Jesus has always been a big part of my life. Jesus became real to me the afternoon of May 5, 2016. My decision to take a late afternoon motorcycle ride that day changed my life and began my journey to discovering God's mercy and grace. It's in times of brokenness and survival that we see how fragile life really is. Valleys and mountaintops are all part of this thing we call life. It is sad that it takes times of brokenness and loss for us to become teachable and dependent on God. Real life is found at the end of yourself and the beginning of openness to God. The pages within this book are my story. It is a story of ups and downs. A rediscovery of who God is and who I am in Christ. It is a story of God showing up each day to teach me about myself and my faith. And it is the story of how he continues to teach me more about myself and my faith as he deepens my dependence on him for the journey I am on. If your life is one of brokenness, this book is for you.

Building Your Life on the Basic Truths of Christianity is packed full of Bible truths that will nourish newborn and mature Christians alike. Welcome a victorious life as you read this book the second in a two-book series filled with wisdom, foundational biblical principles, and keen insight. Building Your Life on the Basic Truths of Christianity helps you: Deepen your relationship with God. Learn how to relate to and serve others in the church. Manage money purposefully Reach out to others as you build on the foundation of Jesus Christ and His Word. The outline and reflection questions provide a framework for more in-depth study and encourage personal growth. The foundational truths from the Word of God are presented with modern-day stories that help you easily understand the basics of Christianity. Most of the struggles and problems Christians face can be conquered by knowing and living the basic foundations of Christianity. May His Word become life to you today!

For many people, stories of life behind the Iron Curtain during the Cold War may now appear as strange curiosities amid the Internet age. Equally for many, though, those "strange curiosities" were harsh, only too real realities of a mode of existence whose daily concern is how to survive yet another day. Ernst O. Krause's life is one such story. Amid the turmoil of German defeat in World War II and the division of the country into communist and democratic zones of influence, Ernst Krause depicts how the resulting division has affected lives throughout the nation, vividly recounting the loss of social status, modes of living, and the general tragedy among the populace, along with the political apathy that met it across the western zone. Surrounded by the often grim upheavals in his country, Ernst trudges on with his passion to make a life for himself, at the same time chronicling his deep observations for posterity in this, his story. Always, Krause endeavors to follow the advice of his Prussian grandfather: "When you are asked to perform a task, execute it the best way possible. Be doubly careful when no one is watching, because that is the time when most people get sloppy." The book you're about to read is my story working in the post office as a clerk and union officer. Some cases I worked on and my investigations, and how I dealt with management. You will read about how 5 unions merged to form the American Postal Workers Union. The reorganization act and when the United States Postal Service became an independent government agency. You will read about the shootings inside the post offices, and shooting elsewhere. The misappropriation from management, clerks and union officers. you will read about some of the cases postal inspectors investigated outside the post office. Finally you will a little about the two loves of my life and how I went quietly into retirement.

A series of poems bringing thoughts, smiles and inspiration to the reader.

Angel expert Theresa Cheung is back with a new collection of inspiring true stories about how our guardian angels can offer help, protection and direction in times of trouble and, by so doing, transform our lives forever. An Angel Changed My Life brings together a fascinating anthology of ordinary people's extraordinary experiences where angelic intervention has inspired them to turn their lives around. Uplifting, true-life accounts of miraculous healing and guidance include stories of near-death experiences, such as the teenager who found himself unaccountably brought to dry land after almost drowning; the grandmother who discovered superhuman strength when her grandchild faced mortal danger, and the grieving widow who found comfort, support and purpose from an angel presence. These stories bring us a much-needed tonic in a troubled world and show us how angels can bring a sense of wonder and gratitude to our lives, and give us a meaning and purpose we never knew we had.

A revealing memoir by one of pro football's greatest stars chronicles Bettis's life--his youth in one of Detroit's roughest neighborhoods, the football talents that helped make him a high-school and Notre Dame sports hero and allowed him to escape his troubled upbringing, his ten-year career with the Pittsburgh Steelers, and his personal life as a husband, father, mentor, and friend. Reprint. 20,000 first printing.

The author best describes *II Wheels Burning* as a riding autobiography, hard knocks and fantasy. He invites you all to join him on a life's legend of two wheel travels.

This book is a short collection of memories about being white and living in South Africa during Apartheid. I wrote this book for the reader to easily understand what it was like to live in this environment. It is not a history lesson, but some personal experiences that I went through living in South Africa at the time. Living through apartheid I never even realized that it even existed, because we were brought up to believe that it was normal. Life was paradise for me and hell for others! Many of us did not know or care, and even if we did try to change the system, it would have resulted in prison or death. We believed that changing apartheid would have caused the country to fall into the hands of the communists, and many white people were fearful that black rule would have destroyed South Africa and their lives. The other side of the coin is that I cant comprehend what the lives of most blacks was like, which was excruciatingly difficult, something that I didnt personally experience. Our history books never taught us anything good about blacks. I cant remember ever learning anything positive that blacks did. What I did learn was that they were lazy, uneducated, dangerous, and drank a lot. Stay away from them, and if they bother you call the police. There were serious injustices in South Africa, and many black people suffered under the Apartheid Regime.

John Watson and his girlfriend plan to go skiing in the German Alps, but because Sherlock Holmes is bored, he comes along with them. Instead of a relaxing holiday, a series of mysterious skiing accidents awaits them. Sherlock and John soon discover that

those accidents apparently did not happen accidentally.

Presents the memories of former and current Chicago Bears players, including Dick Butkus, Gale Sayers, Mike Singletary, Stan Jones, and Brian Urlacher.

I was around ten years old, sleeping in the back seat of my mom's car, parked during evenings at the Detroit River. I looked out the window at the stars, as I feared morning until by exhaustion I would fall asleep. I often woke up having wet my pants from my very real and imagined fears. By day, my mom would look for work and wash clothes while I hung out with the old black guys that would spend their day fishing in the Detroit River. I thought I was the only one who grew up in fear, in a world of abuse, until at thirteen I finally met my half-brother at a professional boxing match. He was in sitting next to our dad. Donny looked at me from inside the ring, trying to figure out who I was as the fight announcer was making his formal introductions. All we had shared at this point was the same biological father. Little did we know...

The naval aviation safety review.

My unstructured upbringing, and cares to the wind attitude, led to my frequent incarceration, from childhood to adulthood, it's a disturbing story, which is primarily aimed at the adult reading audience, who enjoy reading about reality situations and crime. I have always been a reader, and to a large extent, that helped me become a self taught person. Born on the banks of the Colorado River in Arizona, and raised up in the Marcos De Niza barrio projects in South Phoenix, I experienced the injustices of the cotton fields, Maricopa County Juvenile Detention Home, and Arizona State Industrial School at Fort Grant, Arizona. I wandered the desperate streets of Los Angeles, and the forlorn railroad tracks, alone, like a lost person without a purpose in life. I was locked up in the jails of Phoenix, and Los Angeles, before winding up in the California State penitentiary system. Upon my release, I struggled to stay out of the pen, and took the jobs that society at large would never want to take. Through numerous personal tragedies, incarcerations, and unfortunate circumstances, I lost control of my life. No one was ever able to change my destructive behavior. The changes when they occurred came from within me, when I could no longer cope, with the situations I had cast myself into. Looking back, I can now see what I couldn't see, during those hopeless time periods. I was very fortunate, to finally be able to leave that life behind me, through relationships that believed in me, and successfully worked, and built myself a civil service work career, from which I retired. I now spend my days enjoying life's simple pleasures, after all my previous tragic missteps. My objective in life now, is to become an accomplished writer.

A Bike Ride through My Life chronicles the life of author Frank Clements with bicycles following the twists and turns that his life has taken in pursuit of his passion for riding. Clements is the younger brother of Ernie Clements, winner of several British Cycling Championships and a Silver Medal in the 1948 Olympic Games Bicycle Race. Despite his love of cycling, he first chose to join National Service in the RAF to establish a unique place for himself and spent virtually all of his final twelve months of service riding a bike. After his tour of duty ended, he began training to become the best cyclist in the world, his life's ambition since his success as a potential world class cyclist as a teen. Clements has had many ups and downs in his cycling life. At a young age, he came in second in the British under-eighteen championships and just missed being a member of the British Olympic Cycling team for the 1956 Olympics in Melbourne, Australia. He also designed, built, and loaned five special Cross country bikes to Roger Hammond and he won the Worlds Cyclo Cross Championship with them. This memoir follows Clements from youth to retirement, offering a fascinating trip through an amazing life.

This is the true story of a draftee in the U.S. Army Military Police Corps during the mid-1960s. Chapters 1, 2 and 3 describe Army life in detail from the Draft Board Office in November 1965, to the Induction Station in Detroit, the Reception Station and Basic Combat Training at Fort Knox, Kentucky, on through Advanced Individual Training at Fort Gordon, Georgia. Chapters 4 and 5 cover duties the 218th MP Company serving a peace-keeping mission in the Dominican Republic, to the 503rd MP Battalion at Fort Bragg, North Carolina. Chapter 6 describes duties as an MP guard with the 22nd MP Platoon (100th MP Battalion) at the Fort Bragg Post Stockade. Chapter 7 brings Tom Homeward Bound, and Chapter 8 tells of Life after Olive Drab. The author illustrates how humorous life in Olive Drab can be, while describing many serious aspects of Military Police duty.

Unlock a Cache of Enduring Riches In Sparkling Gems From the Greek, Rick Renner unlocks an amazing cache of rich, enduring treasures mined from deep within the Word to unveil a wealth of brilliant wisdom and sound counsel that will enrich and redefine your life. Sparkling Gems is arranged in a devotional format with more than 1,000 in-depth Greek word studies, crafted into 365 daily devotions that are sure to inspire and provoke you to plunge deeper into your own search for more hidden treasures from God's Word. Three exhaustive indices — an English to Greek index, a Greek to English index, and a Scripture Index — are also included, making Sparkling Gems a highly effective reference tool for your own personal study library. So let wisdom and enduring riches define your life as you delve into the depths of God's Word with Sparkling Gems From the Greek by Rick Renner. Order your copy today!

What creates a championship team? Spirit, determination, and a legacy that refuses to die. Game of My Life Auburn Tigers is a collection of the greatest Tigers moments from past and present as seen through the eyes of the players themselves. In this newly updated collection, Mark Murphy has brought together passionate Auburn football players to share their fondest experiences and memories. Some of these games involve championships, including the heart stopping BCS Championship Game victory over Oregon in January 2011, while others seem ordinary save for extraordinary personal meaning. In each case, it is the player who singles out the game, the moment in time that to him is the most defining of his Auburn Tiger football career. Each player has his own unique story, but together they weave a tapestry of Auburn's legendary history. Heisman Trophy-winners Pat Sullivan and Cam Newton, along with many of the great names in Auburn history, such as All-Americans Jackie Burkett, Tucker Frederickson, and Tre Mason and fan favorites such as Joe Cribbs and Jason Campbell are profiled in this unique book. Game of My Life Auburn Tigers takes readers down memory lane, while also providing an in-depth look into the men and games that helped shape and build the Auburn football tradition and heritage.

A. J. Hawk can isolate the game of his life, the 2006 Fiesta Bowl against Notre Dame, not because of individual statistics, but because of what the game represented. "I think the fact that it was the end of an amazing four years—four big Bowl wins; three Michigan wins; lots of victories in those four years; and an amazing group of teammates and coaches—is why it felt like the game of my life," Hawk said. Jan White has a different reason for the game of his life: He scored his first touchdown as a Buckeye, playing a position he didn't necessarily want to play. "It became a footrace I was determined to win," White says of his 72-yard reception from Rex Kern against Northwestern in 1968. Whoever they are and whatever the reason, there always is "the" game in a player's memory bank. The folks, whose stories are chronicled in Game of My Life Ohio State Buckeyes, tell you why a certain game was the best, providing the detail, the color, and the emotion that only a player can share. Football fans, most especially those card-carrying members of Buckeye Nation, will be enlightened and entertained by these stories. Buckeye greats such as Archie Griffin, Cris Carter, Mike Lanese, and Bob Hoying relive their legendary moments—from the sidelines to the huddle, from the depths of impending defeat to the pinnacle of glory. It just doesn't get any better.

The son of a wrestler turned cycling coach called Killer Kowalski, Rob Hayles was soon winning races himself and realizing that he didn't really want to work for a living. The world of amateur club cycling in the 1990s was a long way from the millionaire sport of today though. When Rob first rode for Great Britain, it was with his own bike, one spare tyre, and a hand-me-down jersey. Yet Rob became an integral part

of the amazing success story of British cycling, and has been at the centre of the sport for the past two decades. With Bradley Wiggins, he was a member of the first GB team to become world champions at the team pursuit, the most demanding and thrilling discipline on the track. With teammate David Millar, he witnessed first-hand the drug-strewn, often demeaning life of the professional road cyclist. And as Mark Cavendish's training partner, Rob has been the experienced influence at the side of the fastest man on two wheels. *Easy Rider* is an unforgettable journey through revolutionary times. Sharp, down-to-earth, packed with anecdotes and just plain fun, it takes you from the humblest of beginnings through a golden era in British cycling.

Brett Lee is one of cricket's most prolific personalities. Recipient of the prestigious Allan Border Medal and a former Test Player of the Year—the blond speedster has amassed over 300 test wickets, and continues to add more feathers to his cap. Tearing in at over 160 kilometres an hour, 'Binga' has dented many a helmet and inspired fear in the best batsmen. *My Life* is his story—honest, engaging, and laced with charming wit. The book takes you inside the dressing room and sheds light on the highs and lows of the game—the pride of possessing a baggy green, the camaraderie between the boys, superstardom, and the inevitable controversies. It provides a glimpse into the life of one of Australia's most successful fast bowlers and his love for music, fashion, and above all India.

Do you know your life is meant to be a genuine expression of God's will, just like Jesus's earthly life was? *Working Out What God Has Worked In* will bring this truth into focus for you.

*Nine Lives to Eternity* is a true chronicle of cheating death time and again. This inspirational and faith-driven human triumph details the aftermath of my many harrowing experiences and mishaps, any of which should have resulted in certain death. Each time, I was somehow incessantly saved by guardian angels. The numerous near-death experiences accounted for twenty-six fractured bones and rendered me unconscious on five separate occasions, yet somehow I lived to tell my compelling story of survival and triumph over death. By the release date of this book, the good Lord has allowed me to somehow, somehow survive up until and beyond the celebration of my fifty-fifth birthday. Trust me when I reiterate that my life hasnt been a painless journey while defeating death on a habitual basis. Beginning as a mere infant at the age of nine months old and then continuing through fifty-five years, I've cheated death again and again. During my life's journey, I've survived an unfathomable twenty-seven encounters with death. I've escaped death through seven different machinery and equipment mishaps. I've avoided horse or mule death challenges no fewer than five times. Although one of my life's greatest pleasures has always been motorcycling, I've paid a price by suffering through five singular accidents that should have terminated my life. Few in life could survive even one automobile crash, yet I've lived to describe three separate vehicular collisions. In addition, I've escaped death from toxic fumes twice and twice averted death threats while working within dangerous third world countries. I've even fallen from a rooftop, nearly crashed in an airplane, and lived through a poisoning, yet by the grace of God, I've failed to become a fatality statistic. I've often joked that for every day in which I don't read my own name within a newspaper obituary column that becomes a really good day for me. To survive so many brushes with death is difficult to absorb. My goal-driven ambitions have unfortunately brought me to the threshold of death numerous times. I've driven myself to limits that few would attempt. Early in life, I set a goal for myself to try and fit three lifetimes of experiences into my short time on this planet. As a youth, I never believed that I would survive beyond an age of forty years. Most certainly, my high-risk behaviors reduced my odds for a lengthy existence. As my life unfolded, the numerous encounters with death became staggering. Between the ages of nine months up until nine years, I faced death three times. From the ages of ten years through my nineteenth birthday, death crossed my pathway four more times. During my tumultuous twenties from the ages of twenty years through twenty-nine years, I survived eight separate death encounters. Between the ages of thirty years through thirty-nine years, my chances of death slowed down to two. By the ages of forty years through forty-nine years, the Grim Reaper visited me on three separate occasions. As I reached midlife, I discovered that the pace of my death engagements was increasing. From the ages of fifty years through fifty-five years, I'd already amassed five singular close encounters with death. Perhaps that assertion should come as no surprise. Since reaching my fifties, I'd done little to slow down or reduce my zest for life and risk-taking determination. Few adults when faced with their own midlife crisis will attempt such outlandish feats as mountain climbing to the summit of Devils Tower in Wyoming or riding a motorcycle nonstop for ten thousand miles or consulting in the midst of a war within the country of Afghanistan. I'm thankful for each and every day that I'm allowed the privilege of living. I try to give thanks and praise to my Lord every day for granting me the tenacity to overcome even the worst of survival odds. Through my strong faith and spirituality, and by never accepting defeat, I've been able to constantly repel the onset of death.

The book describes my life from birth all the way to where I am today. My days putting up with Epilepsy / Seizures. What it took to become seizure free and yes the family I grew up in.

Ever since he was a child, Keith O'Neil wanted to play football. Born on the same day that his father, Ed O'Neil, was cut from the New England Patriots, football was all Keith could think about...aside from his anxiety. Offered a scholarship to Northern Arizona University, O'Neil jumped at the chance to prove himself. Though it wasn't a Division I-A school, he brought his all and was a natural on the field, achieving first-team All-Big Sky choice as a junior and senior, as well as earning All-American honors. Going undrafted, luck came from the Dallas Cowboys, who offered O'Neil an invite to rookie mini-camp. But while trying to learn the playbook, his anxiety and insomnia returned. Even so, he made the team as an undrafted free agent. His dream had come true. While proving himself as a hard-nosed special teamer, sleepless nights, constant anxiety, and suicidal thoughts clouded his mind. O'Neil considered stepping away from the game multiple times, even speaking to his coach, Bill Parcells. Parcells gave him the wisdom that "Everyone has a demon in their head, and we have to beat that demon. Beat the demon!" After being released from the Cowboys, O'Neil spent time with the Colts and Giants, but still could not escape his inner demons. He asked for help but never received the attention he needed. In fact, for suicidal thoughts was given a CD to help him relax—Enya. It finally became too much for him to handle, and the final decision was made to walk away from the game. It wasn't until sometime later that was finally diagnosed: Bipolar I disorder. Finally, everything made sense. *Under My Helmet* is the personal story of a man working every day to prove his worth while struggling with a debilitating—and undiagnosed—mental illness. O'Neil's voice is honest and open as he shares his battles and the steps he's taken to overcome adversity.

Ever wonder what it's like to interview famous athletes and coaches? For twenty years, sportscaster Jessie Garcia has done just that. In *My Life with the Green & Gold* she brings fans to the sidelines at Lambeau Field, inside the locker room, aboard the Packers bus, and into the host's chair at *The Mike McCarthy Show*. A self-proclaimed "terrible athlete" born without sports in her blood, Garcia reported on Wisconsin's beloved Green Bay Packers during the Holmgren, Rhodes, Sherman, and McCarthy years. She's been a Packers sideline reporter for preseason games and covered the team during their Super Bowl showdowns against the Patriots, Broncos, and Steelers. She's traveled with the team to Tokyo and the White House and to schools and retirement

homes, where the gridiron heroes interacted with their fans. She's visited the hometowns of players and coaches, she's met their proud parents and their pets, she's interviewed the team trainer about their strength exercises. My Life with the Green & Gold also features up-close and personal stories about other teams and athletes she's covered, from the Badgers and Brewers to Wisconsin Olympians such as Bonnie Blair and Casey FitzRandolph. Garcia's expertise is capturing behind-the-scenes, human-interest stories. In My Life with the Green & Gold, she shares a personal and humorous insider's look at many Wisconsin sports heroes from the perspective of a female sports journalist who has ridden the adrenaline rush to be on the air at 5:00 a.m., 10:00 p.m., and any hour in between, while also juggling the many demands of family life. Not many parents can say they've changed their child's diaper in the tunnel at Lambeau, but Jessie Garcia can.

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