

Chapter 1 : Texas Big Star Half Marathon, 5K, and 1-mile - Frisco, TX | ACTIVE

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While putting together a slide show, Dee Dee discovers that there are very few photographs of Mona with their father. She feels sorry for her sister and makes several attempts to cheer her up first creating fake photos of the two, then trying to set up a lunch date for Mona and Charles , but only angers her further. Spencer develops an attraction to Camille, a photographer working with Delicious Records artists. He finally tells her the truth, but they discover that Spencer is involved with Camille. Meanwhile, Dee Dee becomes annoyed when her "summer fling" starts to get a little too attached to her. She soon discovers that the fling may have serious consequences. Before Dee Dee can check the results, her mother bursts and demands to use the bathroom. Big Dee Dee also takes a pregnancy test, which turns out to be positive. She is startled, but she and Charles quickly accept the news. Big Dee Dee gets to rub her pregnancy in the face of Phyllis, who had believed Big Dee Dee was going through menopause. He claims that he wanted to keep quiet until he knew the relationship could last. Phyllis chastises Mona for letting "her" man get away, while Adam refuses to believe that Spencer is over Mona. He insists that he is happy with Camille, adding that Mona would never want him anyway. Mona patches things up with Spencer and says that she is very happy for him. Phyllis quickly pushes him to ask her out, and they agree to a date. Mona then learns that Big Dee Dee recently arranged a date for Dee Dee and Ron, who have been friends since childhood. The sisters are unsure about dating the same man, but their mothers insist that it will be all right as it is unlikely that both will be compatible with Ron. Phyllis and Big Dee Dee treat the whole thing as a personal competition. However, she soon becomes extremely bored. They share a picnic lunch and have a revealing talk about their relationship. Everyone is embarrassed when Spencer has a panic attack after the earthquake. She suffers from so much stress that she has a breakdown and hears a doll talking to her. Mona recommends that she make an appointment with Phyllis to discuss her problem. She says that she feels as though she is the only one who is worried about the way the baby will change her life. Phyllis assures her that her reaction is perfectly natural and that she should air her concerns with Big Dee Dee. Meanwhile, Spencer continually cancels on Mona because of plans with Camille. Meanwhile, Mona reluctantly takes her mother out on the town. She feels crowded when Phyllis begins showing up regularly at her hangout and playing matchmaker for the patrons. She is determined to help Zora, a promising young singer, secure a contract with the record company. She confesses her crush to Adam, who keeps the news to himself so that he can watch the sparks fly. Meanwhile, Dee Dee dates a man who pays way too much attention to her feet. She reluctantly agrees to bring her boyfriend, Earl, to the apartment to meet the girls. Earl is handsome, sweet and romantic, and leaves everyone including Big Dee Dee sufficiently impressed. Dee Dee sees Earl at a restaurant with another woman, and learns that it is his wife. Mona and Dee Dee try to break the news to Phyllis, and are stunned to discover that she already knew that Earl is married. She believes that he is separated and about to get a divorce. Mona and Dee Dee try to convince her to stop seeing him. Meanwhile, Spencer discovers that being attached has suddenly made him virtually irresistible to other women. He recalls the time in college that he walked in on Spencer and Mona apparently in the midst of a drunken tryst, creating friction between Spencer and Camille. The story prompts Mona to confront her feelings for Spencer, as she wonders if the reason she has been so jealous of his girlfriends is because she wants him for herself. Mona gives Dee Dee the silent treatment, but later has a talk with Phyllis about her fears. Big Dee Dee dreads the shower because she knows the guests will insist on touching her belly. The Bay Area experiences a heatwave, which leads to a brownout that nearly ruins dinner. Mona later offers to help Spencer track down his father. Neil calls Dee Dee and asks to come over and speak with her. She believes that he wants her back, and is stunned when he instead announces plans to marry. She tries to use the heat to her advantage in an attempt to win back Neil, while Mona urges her to just move on. Mona is thrilled when she and Carlo hit it off, and believes he might be a long-term boyfriend prospect. However, Carlo is actually in love with Camille and wants to pursue a relationship with her.

Meanwhile, Dee Dee and Big Dee Dee are desperate to find out the sex of the baby, while Charles insists that they should wait until the birth. The women try to go behind his back to the doctor. She is bringing many of her own associates along, so she begins conducting interviews to see which employees will get to keep their jobs. Adam, exhilarated by all of the drama, giddily celebrates each new firing by banging a gong. Mona fears that she will be the next to go because she is terrible in interviews. However, Kai respects her work so much that she promotes her to a Vice President position. Mona worries that they will not be able to maintain their friendship. Meanwhile, Dee Dee pleads with her mother to let her make a connection with her unborn brother in some way. Big Dee Dee offers to let her name the baby. She finally admits that she is desperately homesick and has decided to move back to England. A panicked Dee Dee turns to Mona for help. They grow increasingly competitive as they buy him gifts and try to impress Charles and Big Dee Dee. Mona is surprised to learn that Dee Dee plans to get Phyllis a present. She scrambles to find something appropriate for Big Dee Dee. He tells her that he has gotten treatment for his problem, and asks to start seeing her again. Dee Dee is not interested, but Mona and Big Dee Dee convince her that he is a good guy who deserves another chance. Mona is very nervous, as she has never met the parents of any of her boyfriends.

Chapter 2 : Oscar's Half Birthday by Bob Graham

The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathons (and Half Marathons) gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World.

Chapter 3 : Download The Runner S World Big Book Of Marathon And Half Marathon Training PDF

The Vitality Big Half race route starts by Tower Bridge. Runners will head to Canary Wharf, then come back along the Highway to cross Tower Bridge into the borough of Southwark as they head towards the finish at the Cutty Sark in Greenwich.

Chapter 4 : Half & Half - Wikipedia

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Chapter 5 : HALF in Big Book Alcoholics Anonymous, 12 Steps and 12 Traditions

The latest Tweets from The Vitality Big Half (@OfficialBigHalf). the Vitality Big Half returns on Sunday 10 March ! ðŸ™ƒ General entries are now open! #BigHalf.

Chapter 6 : Home - Big Sur Marathon

In Mark Kurlansky's wonderful book, The Big Oyster: History on the Half Shell we learn about the bivalve bounty that once existed off the shores of Manhattan. Kurlansky writes, "By , New York was the undisputed capital of history's greatest oyster boom in its golden age, which lasted until at least

Chapter 7 : Alcoholics Anonymous : Alcoholics Anonymous

Created by Jeffrey Klarik. With Essence Atkins, Rachel True, Chico Benymon, Valarie Pettiford. Mona and Dee Dee are half-sisters who share the same father. They are completely unlike each other, but they live in the same apartment building, so disagreements are common.

Chapter 8 : Big Book of Marathons and Half Marathons

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Half & Half is an American sitcom that aired on UPN from September 23, , to May 15, The show focuses on the lives of two paternal half-sisters in their twenties who were estranged throughout their childhood, and are finally developing a close relationship.

Chapter 9 : [PDF/ePub Download] runner s world big book of marathon and half marathon training eBook

The Vitality Big Half returns for London's most exciting half marathon set to take place on Sunday 10 March. 31 May , a.m.