

xpress wellness urgent care ponca city

Xpress Wellness Urgent Care Ponca City: Your Go-To for Quick and Quality Care

Are you searching for reliable, convenient urgent care in Ponca City? Experiencing a sudden illness or injury and need immediate attention? Look no further! This comprehensive guide dives deep into Xpress Wellness Urgent Care Ponca City, exploring its services, benefits, and why it's the preferred choice for many residents. We'll cover everything from appointment scheduling to the types of conditions they treat, ensuring you have all the information you need before your next visit.

Understanding Xpress Wellness Urgent Care Ponca City

Xpress Wellness Urgent Care Ponca City offers a convenient and accessible alternative to traditional emergency rooms and primary care physician appointments for non-life-threatening medical issues. Their commitment to providing prompt, high-quality care sets them apart in the community. Unlike waiting for days to see your primary doctor or facing long wait times at the ER, Xpress Wellness prioritizes speed and efficiency without compromising the quality of care.

What Conditions Does Xpress Wellness Urgent Care Ponca City Treat?

Xpress Wellness handles a wide range of urgent care needs. They're equipped to diagnose and treat various conditions, including:

Minor Injuries: Sprains, strains, cuts, lacerations, minor burns, and fractures. Their skilled medical team can provide immediate treatment, including wound care and splinting.

Illnesses: Flu, colds, respiratory infections, strep throat, ear infections, and allergies. They can perform rapid diagnostic tests and prescribe appropriate medication when necessary.

Skin Conditions: Rashes, minor infections, and allergic reactions. They can offer diagnosis and treatment plans for various skin concerns.

Other Conditions: They also treat headaches, migraines, stomach aches, vomiting, diarrhea, and other common ailments.

The comprehensive nature of their services makes them a one-stop shop for various urgent medical needs, saving you time and potentially avoiding unnecessary trips to multiple medical facilities.

The Xpress Wellness Advantage: Why Choose Them?

Several factors make Xpress Wellness Urgent Care Ponca City stand out from other urgent care facilities:

Convenient Location: Strategically located for easy access for Ponca City residents, saving you valuable time during a medical emergency.

Extended Hours: They offer extended hours of operation, ensuring you can get care when you need it, even outside of traditional business hours. This flexibility is particularly beneficial for those with busy schedules or unexpected emergencies.

Short Wait Times: Their efficient system minimizes waiting time, getting you seen and treated quickly and efficiently. This contrasts sharply with the potentially lengthy waits at other facilities.

Experienced Medical Staff: Xpress Wellness employs a team of experienced and qualified medical professionals dedicated to providing compassionate and high-quality care. Their expertise ensures accurate diagnoses and effective treatment plans.

Advanced Equipment: They utilize advanced medical equipment for accurate diagnosis and treatment, further enhancing the quality of care they provide.

Affordable Care: They strive to offer affordable care options, understanding the financial burdens that can accompany unexpected medical expenses. They often work with various insurance providers to make healthcare more accessible.

Making an Appointment at Xpress Wellness Urgent Care Ponca City

Scheduling an appointment at Xpress Wellness is simple and straightforward. You can typically walk in or call ahead to check wait times. Their website might also offer online scheduling options, providing even greater convenience. Be prepared to provide your insurance information and a brief description of your symptoms when scheduling your appointment.

Beyond Urgent Care: Additional Services (If Applicable)

Many urgent care facilities offer additional services beyond immediate medical attention. Check with Xpress Wellness to see if they provide any of the following:

Occupational Health Services: Some urgent care centers offer services for workplace injuries and illness.

Travel Medicine: Pre-trip vaccinations and consultations might be offered.

Sports Physicals: Depending on their capabilities, they may provide sports physical examinations.

Drug Testing: Check for availability of workplace or other drug testing services.

Preparing for Your Visit to Xpress Wellness Urgent Care Ponca City

To ensure a smooth and efficient visit, consider the following:

Bring your insurance information: Having your insurance card readily available will expedite the check-in process.

List your medications: Preparing a list of your current medications, including dosages, will assist the medical staff in providing the best care.

Note down your symptoms: Writing down a timeline of your symptoms and their severity will aid in accurate diagnosis.

Conclusion

Xpress Wellness Urgent Care Ponca City offers a valuable resource for residents needing prompt and effective medical attention for non-life-threatening conditions. Their convenient location, extended hours, short wait times, and skilled medical staff make them an excellent choice for urgent care needs. Remember to check their website or call ahead for the most up-to-date information on services, hours, and appointment scheduling.

FAQs

1. Does Xpress Wellness Urgent Care Ponca City accept my insurance? It's best to contact Xpress Wellness directly or check their website to confirm which insurance providers they accept. They often work with a wide range of insurance plans.
1. What are the typical wait times at Xpress Wellness? Wait times can vary depending on the time of day and the number of patients. Calling ahead to check wait times is always a good idea.
1. Do I need an appointment to visit Xpress Wellness Urgent Care? While walk-ins are generally accepted, calling ahead to inquire about wait times is recommended.
1. What forms of payment do they accept? Xpress Wellness typically accepts various payment methods, including cash, credit cards, and debit cards. Contact them directly to confirm the specific payment options available.
1. What should I bring to my appointment? Bring your insurance card, a list of current medications, and a note of your symptoms and their timeline for a smooth and efficient visit.

xpress wellness urgent care ponca city: *Management in the Era of Big Data* Joanna

Paliszkiewicz, 2020-06-18 This book is a wonderful collection of chapters that posits how managers need to cope in the Big Data era. It highlights many of the emerging developments in technologies, applications, and trends related to management's needs in this Big Data era. —Dr. Jay Liebowitz, Harrisburg University of Science and Technology This book presents some meaningful work on Big Data analytics and its applications. Each chapter generates helpful guidance to the readers on Big Data analytics and its applications, challenges, and prospects that is necessary for organizational strategic direction. —Dr. Alex Koohang, Middle Georgia State University Big Data is a concept that

has caught the attention of practitioners, academicians, and researchers. Big Data offers organizations the possibility of gaining a competitive advantage by managing, collecting, and analyzing massive amounts of data. As the promises and challenges posed by Big Data have increased over the past decade, significant issues have developed regarding how data can be used for improving management. Big Data can be understood as large amounts of data generated by the Internet and a variety of connected smart devices and sensors. This book discusses the main challenges posed by Big Data in a manner relevant to both practitioners and scholars. It examines how companies can leverage Big Data analytics to act and optimize the business. This book brings together the theory and practice of management in the era of Big Data. It offers a look at the current state of Big Data, including a comprehensive overview of both research and practical applications. By bringing together conceptual thinking and empirical research on the nature, meaning, and development of Big Data in management, this book unifies research on Big Data in management to stimulate new directions for academic investigation as well as practice.

xpress wellness urgent care ponca city: The Sciences' Media Connection -Public Communication and its Repercussions Simone Rödder, Martina Franzen, Peter Weingart, 2011-12-02 The Yearbook addresses the overriding question: what are the effects of the 'opening up' of science to the media? Theoretical considerations and a host of empirical studies covering different configurations provide an in-depth analysis of the sciences' media connection and its repercussions on science itself. They help to form a sound judgement on this recent development.

xpress wellness urgent care ponca city: *Pediatric and Adolescent Obstetrics and Gynecology* J.P. Lavery, J.S. Sanfilippo, 2012-12-06 This book covers a broad area-the problems associated with female development-from the appearance of gender abnormalities in the delivery room, through the trials of pubescence, early maturation, and precocious child bearing. Experts from many diverse fields of scholarship have contributed chapters covering a wide range of subjects. The contributors have concentrated on their areas of expertise. The broad range of this book is unique; no other textbook covers as many areas. The diversity of subjects covered will help the reader (gynecologist, pediatrician, nurse, health counselor, social worker, or psychologist) to understand both the physical and psychological problems which beset the female, from birth to adolescence. Because of the wealth of information presented, we hope that this volume will serve as a reference source and as a basis for further in-depth studies. The editors wish to express sincere thanks for the efforts above and beyond the call of duty on the part of many members of our staff. A special thank you to Carrie Marcell R.N., our research nurse and University of Louisville coordinator for this project, for her time and effort in putting up with the vagaries of the editors; and to Betty Jones and Linda Gear for their fine secretarial work. Special recognition is due Sue Koenig, whose patience with us in adapting the text to our word processor made our job a great deal easier.

xpress wellness urgent care ponca city: *I Got Magic in My Bow* Keoki Cooper-Anderson, 2021-12-20

xpress wellness urgent care ponca city: A Series of Plays in which it is Attempted to Delineate the Stronger Passions of the Mind: Each Passion Being the Subject of a Tragedy and a Comedy Joanna Baillie, 1806

xpress wellness urgent care ponca city: *Inside* Kevin O'Malley, 2004 The year is 1961, the place, Ireland. Inside a monastery is Brendan O'Kane who, at thirteen years of age, has been recruited into the Irish Christian Brothers. Does he have a true vocation? The recurring doubt causes him sleepless nights. Furthermore, he is confused about his awakening sexuality, repressed totally as it is by the Catholic Church in Ireland of the sixties and by his vow of chastity. Years later, he is faced with a momentous decision: he must decide once and for all if the price he has paid has really been worth it . . . *INSIDE* will strike a chord with many who grew up in the fifties and sixties, who remember the smells of the classroom and dancehall in those pre-deodorant days, the taste of fried bread and the sounds of the hymns and popular songs of the era - not to mention the swish of the leather strap. *INSIDE* is a must for those who have had their own experience of the Brothers - or who may have heard about them in recent news stories worldwide - and who would like to know

what made them tick, what made them so successful in their heyday, and what made some of them, at least, dysfunctional. Other works on a similar theme: *THE BOYS OF ST VINCENT'S* (Canadian tv docudrama), *THE DEVIL'S PLAYGROUND* (Australian film), *THE CHRISTIAN BROTHERS* (Australian one-man-play), and from Ireland, *STATES OF FEAR* (tv documentary), *GIVE UP YER AULD SINS* (animation), *THE MAGDALENE SISTERS* (film) and *SONG FOR A RAGGY BOY* (novel and film).

xpress wellness urgent care ponca city: *Dear Black Girls* Shanice Nicole, 2021-02-08 *Dear Black Girls* is a letter to all Black girls. Every day poet and educator Shanice Nicole is reminded of how special Black girls are and of how lucky she is to be one. Illustrations by Kezna Dalz support the book's message that no two Black girls are the same but they are all special--that to be a Black girl is a true gift. In this celebratory poem, Kezna and Shanice remind young readers that despite differences, they all deserve to be loved just the way they are.

xpress wellness urgent care ponca city: Uptime Elements Implementation Guide , 2021-11-22 Many public and private sector organizations around the world have initiated a reliability and asset management program to drive efficiencies, mitigate risks and manage the asset throughout the entire lifecycle. However, it's well known that more than seventy percent of those implementations fail to become a long-term sustainable solution, and some of them never get off the ground! The development and implementation of a reliability and asset management program most often focuses on the technical aspects of the journey and not the cultural journey itself. The journey is filled with challenges, barriers, difficult decisions, successes and failures. How does one understand these items and how should they be approached in advance of the journey? The Uptime® Elements Implementation Virtual Special Interest Group (vSIG) was assembled to analyze the reliability and asset management program journey to glean and present the wisdom, advice and recommendations of those who have made the journey utilizing the five domains of the Uptime Elements. Contributors to this implementation guide have made the journey, and thus gained experience in developing, implementing and/or operating a reliability and asset management program. They've experienced the ups and downs, the successes and failures and the barriers and challenges, and have the change management experience required to create valuable and sustainable reliability and asset management solutions. The output of this vSIG has resulted in this Uptime Elements Implementation Guide. This guide is all about the cultural journey, not the technical details.

xpress wellness urgent care ponca city: Electric Line Construction , 1945

xpress wellness urgent care ponca city: Reading Lacan's *Écrits*: From 'The Freudian Thing' to 'Remarks on Daniel Lagache' Derek Hook, Calum Neill, Stijn Vanheule, 2019-07-23 The *Écrits* was Jacques Lacan's single most important text, a landmark in psychoanalysis which epitomized his aim of returning to Freud via structural linguistics, philosophy and literature. Reading Lacan's *Écrits* is the first extensive set of commentaries on the complete edition of Lacan's *Écrits* to be published in English. An invaluable document in the history of psychoanalysis, and one of the most challenging intellectual works of the 20th Century, Lacan's *Écrits* still today begs the interpretative engagement of clinicians, scholars, philosophers and cultural theorists. The three volumes of Reading Lacan's *Écrits* offer just this: a series of systematic paragraph-by-paragraph commentaries - by some of the world's most renowned Lacanian analysts and scholars - on the complete edition of the *Écrits*, inclusive of lesser known articles such as 'Kant with Sade', 'The Youth of Gide', 'Science and Truth', 'Presentation on Transference' and 'Beyond the Reality Principle'. The originality and importance of Lacan's *Écrits* to psychoanalysis and intellectual history is matched only by the text's notorious inaccessibility. Reading Lacan's *Écrits* is an indispensable companion piece and reference-text for clinicians and scholars exploring Lacan's magnum opus. Not only does it contextualize, explain and interrogate Lacan's arguments, it provides multiple interpretative routes through this most labyrinthine of texts. Reading Lacan's *Écrits* provides an incisive and accessible companion for psychoanalysts and psychoanalytic psychotherapists in training and in practice, as well as philosophers, cultural theorists and literary, social science and humanities researchers who wish to

draw upon Lacan's pivotal work.

xpress wellness urgent care ponca city: Yvain Chretien de Troyes, 1987-09-10 The twelfth-century French poet Chrétien de Troyes is a major figure in European literature. His courtly romances fathered the Arthurian tradition and influenced countless other poets in England as well as on the continent. Yet because of the difficulty of capturing his swift-moving style in translation, English-speaking audiences are largely unfamiliar with the pleasures of reading his poems. Now, for the first time, an experienced translator of medieval verse who is himself a poet provides a translation of Chrétien's major poem, *Yvain*, in verse that fully and satisfyingly captures the movement, the sense, and the spirit of the Old French original. *Yvain* is a courtly romance with a moral tenor; it is ironic and sometimes bawdy; the poetry is crisp and vivid. In addition, the psychological and the socio-historical perceptions of the poem are of profound literary and historical importance, for it evokes the emotions and the values of a flourishing, vibrant medieval past.

xpress wellness urgent care ponca city: Anti-Impunity and the Human Rights Agenda Karen Engle, Zinaida Miller, D. M. Davis, 2016-12-15 This volume presents and critiques the distorted effects of the international human rights movement's focus on the fight against impunity.

xpress wellness urgent care ponca city: American Like Me America Ferrera, 2019-09-03 INSTANT NEW YORK TIMES BESTSELLER From Academy Award-nominated actress and 2023 SeeHer award recipient America Ferrera comes a vibrant and varied collection of first-person accounts from prominent figures about the experience of growing up between cultures. America Ferrera has always felt wholly American, and yet, her identity is inextricably linked to her parents' homeland and Honduran culture. Speaking Spanish at home, having Saturday-morning-salsa-dance-parties in the kitchen, and eating tamales alongside apple pie at Christmas never seemed at odds with her American identity. Still, she yearned to see that identity reflected in the larger American narrative. Now, in *American Like Me*, America invites thirty-one of her friends, peers, and heroes to share their stories about life between cultures. We know them as actors, comedians, athletes, politicians, artists, and writers. However, they are also immigrants, children or grandchildren of immigrants, indigenous people, or people who otherwise grew up with deep and personal connections to more than one culture. Each of them struggled to establish a sense of self, find belonging, and feel seen. And they call themselves American enthusiastically, reluctantly, or not at all. Ranging from the heartfelt to the hilarious, their stories shine a light on a quintessentially American experience and will appeal to anyone with a complicated relationship to family, culture, and growing up.

xpress wellness urgent care ponca city: The Falconer Elizabeth May, 2014-05-06 Edinburgh, 1844. Beautiful Aileana Kameron only looks the part of an aristocratic young lady. In fact, she's spent the year since her mother died developing her ability to sense the presence of Sithichean, a faery race bent on slaughtering humans. She has a secret mission: to destroy the faery who murdered her mother. But when she learns she's a Falconer, the last in a line of female warriors and the sole hope of preventing a powerful faery population from massacring all of humanity, her quest for revenge gets a whole lot more complicated. The first volume of a trilogy from an exciting new voice in young adult fantasy, this electrifying thriller blends romance and action with steampunk technology and Scottish lore in a deliciously addictive read.

xpress wellness urgent care ponca city: The Corporation T. J. English, 2018-03-20 "A mob saga that has it all—brotherhood and betrayal, swaggering power and glittering success, and a Godfather whose reach seems utterly unrivaled. What a relentless, irresistible read." —Don Winslow, New York Times bestselling author of *The Border* A fascinating, cinematic, multigenerational history of the Cuban mob in the US from America's top chronicler of organized crime* and New York Times bestselling author of *Havana Nocturne*. By the mid 1980s, the criminal underworld in the United States had become an ethnic polyglot; one of the most powerful illicit organizations was none other than the Cuban mob. Known on both sides of the law as the Corporation, the Cuban mob's power stemmed from a criminal culture embedded in south Florida's exile community—those who had been chased from the island by Castro's revolution and planned to overthrow the Marxist dictator and

reclaim their nation. An epic story of gangsters, drugs, violence, sex, and murder rooted in the streets, *The Corporation* reveals how an entire generation of political exiles, refugees, racketeers, corrupt cops, hitmen, and their wives and girlfriends became caught up in an American saga of desperation and empire building. T. J. English interweaves the voices of insiders speaking openly for the first time with a trove of investigative material he has gathered over many decades to tell the story of this successful criminal enterprise, setting it against the larger backdrop of revolution, exile, and ethnicity that makes it one of the great American gangster stories that has been overlooked—until now. Drawing on the detailed reporting and impressive volume of evidence that drive his bestselling works, English offers a riveting, in-depth look at this powerful and sordid crime organization and its hold in the US.

xpress wellness urgent care ponca city: Naval Organization and Administration, 1884

xpress wellness urgent care ponca city: *The Physiology of Exercise in Spinal Cord Injury* J. Andrew Taylor, 2016-12-20 Every year, around the world, between 250,000 and 500,000 people suffer a spinal cord injury (SCI). Those with an SCI are two to five times more likely to die prematurely than people without a spinal cord injury, with worse survival rates in low- and middle-income countries. Dynamic aerobic requires integrated physiologic responses across the musculoskeletal, cardiovascular, autonomic, pulmonary, thermoregulatory, and immunologic systems. Moreover, regular aerobic exercise beneficially impacts these same systems, reducing the risk for a range of diseases and maladies. This book will present comprehensive information on the unique physiologic effects of SCI and the potential role of exercise in treating and mitigating these effects. In addition, it will incorporate work from scientists across a number of disciplines and have contributors at multiple levels of investigation and across physiologic systems. Furthermore, SCI can be considered an accelerated form of aging due to the severely restricted physical inactivity imposed, usually at an early age. Therefore, the information presented may have a broader importance to the physiology of aging as it relates to inactivity. Lastly, the need for certain levels of regular aerobic exercise to engender adaptations beneficial to health is not altered by the burden of an SCI. Indeed, the amounts of exercise necessary may be even greater than the able-bodied due to 'passive' ambulation. This book will also address the potential health benefits for those with an SCI that can be realized if a sufficient exercise stimulus is provided.

xpress wellness urgent care ponca city: I Have a Dog Charlotte Lance, 2014-05-01 I have a dog. An inconvenient dog. When I wake up, my dog is inconvenient. When I'm getting dressed, my dog is inconvenient. And when I'm making tunnels, my dog is SUPER inconvenient. But sometimes, an inconvenient dog can be big and warm and cuddly. Sometimes, an inconvenient dog can be the most comforting friend in the whole wide world.

xpress wellness urgent care ponca city: All the Women in My Family Sing Deborah Santana, 2018 An anthology [of prose and poetry] documenting the experiences of women of color at the dawn of the twenty-first century ... whose topics range from the pressures of being the vice-president of a Fortune 500 Company, to escaping the killing fields of Cambodia, to the struggles inside immigration, identity, romance, and self-worth--Amazon.com.

xpress wellness urgent care ponca city: Where the Bodies Were Buried T. J. English, 2015-09-15 The New York Times bestselling author of *The Westies* and *Paddy Whacked* offers a front-row seat at the trial of Whitey Bulger, and an intimate view of the world of organized crime—and law enforcement—that made him the defining Irish American gangster. For sixteen years, Whitey Bulger eluded the long reach of the law. For decades one of the most dangerous men in America, Bulger—the brother of influential Massachusetts senator Billy Bulger—was often romanticized as a Robin Hood-like thief and protector. While he was functioning as the de facto mob boss of New England, Bulger was also serving as a Top Echelon informant for the FBI, covertly feeding local prosecutors information about other mob figures—while using their cover to cleverly eliminate his rivals, reinforce his own power, and protect himself from prosecution. Then, in 2011, he was arrested in southern California and returned to Boston, where he was tried and convicted of racketeering and murder. Our greatest chronicler of the Irish mob in America, T. J. English covered

the trial at close range—by day in the courtroom, but also, on nights and weekends, interviewing Bulger's associates as well as lawyers, former federal agents, and even members of the jury in the backyards and barrooms of Whitey's world. In *Where the Bodies Were Buried*, he offers a startlingly revisionist account of Bulger's story—and of the decades-long culture of collusion between the Feds and the Irish and Italian mob factions that have ruled New England since the 1970s, when a fateful deal left the FBI fatally compromised. English offers an authoritative look at Bulger's own understanding of his relationship with the FBI and his alleged immunity deal, and illuminates how gangsterism, politics, and law enforcement have continued to be intertwined in Boston. As complex, harrowing, and human as a Scorsese film, *Where the Bodies Were Buried* is the last word on a reign of terror that many feared would never end.

xpress wellness urgent care ponca city: *The Silent Don* Scott M. Deitche, 2007 *The Silent Don: The Criminal Underworld of Santo Trafficante Jr.* exposes the life and ruthless times of one of America's most powerful and feared mob bosses. With a criminal empire that stretched from the Gulf Coast throughout the Caribbean, Trafficante was linked to drug trafficking, plots to kill Fidel Castro, and the assassination of JFK. Scott M. Deitche scoured court records, law-enforcement reports, newspaper accounts, and counted dozens of interviews to find the complete-and compelling-story of this enigmatic Mafioso don.

xpress wellness urgent care ponca city: *Scarlet Stone* Jewel E. Ann, 2016-12-05 My name is Scarlet Stone, and my biggest fear is that someday I will find what I want most in life, and it will be impossible to steal. What happens when life just stops? When one moment makes you question your entire existence? Scarlet Stone is a third-generation thief who has everything: a doting fiancé, a spacious London flat, and a legitimate job offer. In a single breath, everything becomes nothing, and she finds herself on a plane to Savannah, Georgia in search of the meaning of life. After securing a six-month lease for a beachfront house on Tybee Island, Scarlet changes the way she looks, thinks, eats—basically her entire outlook on life. She needs peace, but what she gets is a housemate who looks like Thor, acts like a warden, and smells her proximity like a Bloodhound. Theodore Reed is a carpenter and perfectionist with a body built of steel, a black, hollow heart, and a hunger for revenge. He doesn't like company, girly-smelling crap, and British accents. He resents every breath she takes. She's fascinated by his every move. In time, they discover their coexistence is toxic, their physical attraction is electric, the secrets they keep mean the difference between life and death, and the only truth they share is that everything is a lie. Over eighty-five percent of the world's population believes in a higher power, yet, very few people believe in miracles. Do you believe?

xpress wellness urgent care ponca city: *The Savage City* T. J. English, 2011-03-15 In the early 1960s, uncertainty and menace gripped New York, crystallizing in a poisonous divide between a deeply corrupt, cynical, and racist police force, and an African American community buffeted by economic distress, brutality, and narcotics. On August 28, 1963—the day Martin Luther King Jr. declared I have a dream on the steps of the Lincoln Memorial—two young white women were murdered in their Manhattan apartment. Dubbed the Career Girls Murders case, the crime sent ripples of fear throughout the city, as police scrambled fruitlessly for months to find the killer. But it also marked the start of a ten-year saga of fear, racial violence, and turmoil in the city—an era that took in events from the Harlem Riots of the mid-1960s to the Panther Twenty-One trials and Knapp Commission police corruption hearings of the early 1970s. *The Savage City* explores this pivotal and traumatic decade through the stories of three very different men: George Whitmore Jr., the near-blind, destitute nineteen-year-old black man who was coerced into confessing to the Career Girls Murders and several other crimes. Whitmore, an innocent man, would spend the decade in and out of the justice system, becoming a scapegoat for the NYPD—and a symbol of the inequities of the system. Bill Phillips, a brazenly crooked NYPD officer who spent years plundering the system before being caught in a corruption sting—and turning jaybird to create the largest scandal in the department's history. Dhoruba bin Wahad, a son of the Bronx and founding member of New York's Black Panther Party, whose militant activism would make him a target of local and federal law enforcement as conflicts between the Panthers and the police gradually devolved into open warfare.

Animated by the voices of the three participants—all three of whom spent years in prison, and are still alive today—The Savage City emerges as an epic narrative of injustice and defiance, revealing for the first time the gripping story of how a great city, marred by fear and hatred, struggled for its soul in a time of sweeping social, political, and economic change.

xpress wellness urgent care ponca city: Charles Pettigrew, First Bishop-elect of the North Carolina Episcopal Church Bennett H Wall, 2021-09-10 This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

xpress wellness urgent care ponca city: Cigar City Mafia Scott M. Deitche, 2005-05 Complete with a profile index of each known Trafficante family member, Cigar City Mafia shows readers the local factories, bolita gambling houses, and the Hillsborough River. There a new body floated to the surface practically every other day.--Jacket

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