append_firstn_lastn_sq^{0,22}

$\forall L$:Top List, n:$\mathbb{N}_{<\|L\|+1}$. $L \sim$ (firstn(n;L) @ nth_tl(n;L))

http://www.cs.cornell.edu/Info/Projects/NuPrl/FDLcontent/p0_286125_/p21_85747_{append_firstn_lastn_sq}.html