


☐

I'm not robot


reCAPTCHA

Continue

Lines never intersect

Skip To Content So, can I come aboard? That was my main question when I began reporting on Womanship, a sailing school for women based in Annapolis, Maryland (“Putting Wind in Their Sails,” page 92). Single-sex sailing is what makes Womanship different from most other sailing schools. Founder and president Suzanne Pogell believes that women learn differently from men and that including men alters the group dynamic.In my case, though, she made an exception, with the tacit understanding that I was only along for the ride. In other words, I was to keep my hands off the wheel. I immediately started packing for a cruise in the British Virgin Islands, which, in hindsight, was a bit premature. I ended up spending a day with a class near the Chesapeake Bay instead.It turns out that the women were far too busy to notice me, much less get distracted. From the minute they stepped on the boat, instructor Kathy McGraw set about demystifying the often mysterious process of sailing, demonstrating how to haul line in a winch, how to chart a course, and how to read the wind. How do women learn to sail? By asking countless questions (at one point, I counted a dozen in 15 minutes) and by sailing. McGraw promised that she would let the students do the steering, and she kept her word. There was no jockeying for the helm or showing off, which you might expect from a group of men. When McGraw corrected their technique, they were quick to say, “Sorry,” which she forbade on the boat. “Got it,” was the preferred reply.By mid-afternoon, the women were in a groove, tacking back and forth as a team. As for me, I was getting nervous about the upcoming man-overboard drill. Chuck Salter: It was a delicious, telling moment. While reporting “The Dirty Little Secret About Spam” (page 84), I sat in on the Federal Trade Commission’s forum in Washington, DC on email spam. There, William Waggoner, founder of AAW Marketing, a Las Vegas outfit often identified as a prime spammer, griped about the software filters that many Internet-service providers and corporations use to weed out unwanted messages. “Filters — who do they hurt?” Waggoner asked. “They hurt legitimate marketers like me.” At that, few in the audience could stifle their amusement. Waggoner, impeccably dressed and sporting a long ponytail, took offense. “Who’s laughing?” he demanded, glaring over his sunglasses. “Is that you laughing? You think that’s funny, huh?” Waggoner had a point. What he does may tick us off. It may be low on the scruples scale. “If you have an ethics-ectomy, you can spam,” says John Mozena, vice president of CAUCE, an anti-spam activist group. But in many cases, whether we like it or not, spamming is indeed a perfectly legitimate business practice.There’s no federal law, for example, that prevents people from using a cheap and widely available software program that automatically “harvests” email addresses that appear on a Web site. Nor is it illegal to launch a “dictionary attack” that hurls millions of email messages at random addresses of a domain (most of the messages will be lost, but a few will find actual people).Waggoner and others like him insist that they’re just businesspeople trying to serve demand. “I believe in great customer service,” says Scott Richter, president of Optinrealbig.com, another bulk-mail distributor. “I’m in business to make my customers money.” Which he probably does — and legally.You think that’s funny? Keith H. Hammonds:Reporting from Napa on Shakers vodka for this issue’s story on marketing (“Buzz Without Bucks,” page 78) presented some new challenges. I’m pretty much a vodka dunce, preferring my booze tarted up in a Cosmo like the Sex and the City girls.So when I arrived at Infinite Spirits, Shakers’ parent company, at 9 AM to see a raft of martini glasses, I begin to worry. Things go fine for the first half hour, as I dutifully listen to the CEO’s story. Then, Tim Clarke, Infinite Spirits’ cofounder, can contain himself no longer. Lining up three glasses, he proposes a taste test. His first sample: Absolut, 80-proof, straight up. What can I do? It’s my job. I confess, dear reader, I tossed it back. Next up: Grey Goose. I waver, thinking, “What would a guy do?” I toss it back. Finally: Shakers. I’m getting woozy, but this is no time to quit.I’m starting to feel witty, I want to dance. But the guys insist we adjourn to a nearby restaurant — for a round of Shakers martinis. I look at my notebook. I haven’t written a word. I order a lemonade. Linda Tischler: Intersectional feminism is a term coming into the forefront as we encounter a myriad of social justice issues in today’s society. But how does it differ from ‘capital F’ feminism? We explain this framework through the eyes of feminist scholars, including a doctor, and how you can apply it in your everyday life. Coined by lawyer and critical race theorist Kimberlé Crenshaw in 1989, intersectional feminism is “a prism, for seeing the way in which various forms of inequality often operate together and exacerbate each other.” In other words, the term recognizes the different factors such as race, class, and sexual orientation, among others, that affect gender equality. Intersectional feminism acknowledges that a middle-class cisgender white woman and an impoverished transgender Black woman, for example, are not exactly fighting the same battle. According to Sherri Williams, PhD, feminist scholar and assistant professor of race media at American University, intersectional feminism reveals that “women aren’t just women with a single identity that needs care and attention.” “Intersectional feminism is looking at not only the myriad aspects of our identity—our race, our gender, our sexual orientation, but how power and oppression play in those,” Malika Sharma, MD, staff physician and education lead in the Division of Infectious Diseases at St. Michael’s Hospital, tells Health. Sharma, who is currently researching the social determinants of health, says of her own experience: “It’s conflicting [for doctors] because when we enter medicine, we’re asked to shed so many other parts of our identities to enter into the culture of medicine and treat people universally, when that’s simply not the case.” An excellent example of why intersectionality matters is the women’s suffrage movement, which is celebrating its 100th anniversary this year. “People hold up Susan B. Anthony as the pinnacle of feminist ideology and advancement, who wanted women to get the right to vote, but specifically white women—affluent educated white women,” Williams tells Health. “If we think intersectionally, she wasn’t concerned with Black women getting the right to vote.” Intersectional feminism is important because acknowledging your own privileges and intersections alongside others can help you recognize your own biases and how they affect your interactions, especially in a health care setting. “An intersectional feminist approach helps us understand that we operate with some degree of bias and unless we’re aware of it, we can’t really mitigate it,” explains Sharma. By thinking intersectionally, we aren’t placing identities on a hierarchy, but seeing how each identity creates different experiences for all of us, as well as the biases that may come with them. “Having an intersectional feminist understanding of how power plays out on the patient level is key,” says Sharma. “I’ve been spoken to in very gendered ways by patients, but an intersectional feminist approach also helps me understand how a patient is trying to use power in a position where they feel powerless.” Sharma shared an incident where a white male patient of hers was resisting being committed for a heart issue, resorting to gendered and racial insults. She later learned that he was apprehensive about being committed because of his economic status and lack of familial support. It was about having a sense of control. “Even when [patients are] saying hurtful things to me, I still have a lot of the power,” Sharma explains. Sharma admits that although it can be difficult, finding a doctor that shares or advocates for one or more of your intersectional identities can greatly improve the patient-physician experience overall. Consider reaching out to patient advocacy groups that recognize and fight for your intersecting identities, like Black Women’s Health Imperative or Migrant Clinicians Network. “As patients, knowing the lack of intersectionality in medicine can help you push back when you feel unheard and push providers to see you wholly,” says Sharma. The simplest way to apply intersectional feminism to your own life? “Use whatever power you have in your different roles to acknowledge the ways gender, race, class, ability, immigration status, and all of these different identities, impact where we are,” says Williams. If you’re a cisgender heterosexual female journalist, for example, use your privilege to empower and share the stories of queer and non-binary people. Or, if you’re a doctor of color, consider how your role can make other patients of color feel comfortable advocating for themselves. “Having an intersectional feminist approach requires us to have a sense of humility and for us to acknowledge our strengths, where we fail, and how we can act as allies using the power and privilege we’ve been granted by society to support the broader movement,” says Sharma. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter. “Why don’t you join me on the line?” Do you think I’m inviting you to get on a conference call? Is the football player in you visualizing the scrimmage line? Does ‘on the line’ mean anything in particular to you?The line that we’re going to look at today is the line that separates risk from safety. It separates the unpredictable from the predictable. It divides security from opportunity. The line also separates variety from sameness; possibility from lack; and adventure from monotony. As we’ve grown most of us have created a line that we don’t cross. The side we’re on is comfortable, familiar, and secure. We have developed a great life on our side of the line. It includes a good circle of friends, colleagues we trust and enjoy, a lifestyle that fulfills, and work that sustains. An example of this is living in an area where we know our neighbors, working at one company for an extended period of time, and engaging in a regular activity such as the tennis league. It is illustrated in driving the same route to the office day after day, stopping at the same convenience store for coffee every day, and reading the same author over and over. Any risk on our side tends to be minimized and controlled. For example, a person might play as a guest on your hockey team. As a guest he’s been invited and approved by someone you trust. Little risk that he’s going to be a mismatch for the personality of the team or an outright jerk. The other side of the line can also be comfortable and even better than where we are now. If we don’t cross the line by a distance, we might simply move our line out farther and add something to the mix we have now. Benefits of experiencing the other side can range from a new job opportunity, a new locale with more like minded people, or expanded prospects. The other side might simply include things that make our life better. That might mean new conveniences, fewer stresses, welcome cross pollination of ideas. It might expand our capacity to try more because we’ve gone to a place we’re frightened of and succeeded. The benefits are probably unseen because we’ve been comfortable on our side of the line.Let’s cross the line and do something over there. This does include taking a risk and probably getting out of our comfort zone. It is also likely to build our bravery, increase our inventory of good stories to share with others, and bring us new friends and opportunities. Think of the kid who always asked the pretty girls for dates. He was turned down many more times than accepted. Yet, by simply asking there was the chance that she might say, “Yes.” And some girls did say yes. This guy probably had the ability to bounce back from rejecting, creative ways to approach the girls, and a lot of fun. He likely didn’t take the rejection as a blow to his ego but looked at rejection as simply the need to redirection his attention and try again. Resilience describes that guy! So let’s get ready and cross the line with something small like driving a different route to work or big like replacing the usual vacation location for somewhere new. The whole idea is to grow, have fun, and experience something fresh.Let’s list a few possibilities to serve as triggers for you to decide what to try. Eat lunch with someone different once a week for the rest of the year so that you meet someone interesting and increase your business network. Get a recommendation for a new author in your favorite genre. Amazon’s suggestions is a place for ideas. Enter you favorite author and Amazon will say, “People who buy this also like....” Try instant messaging if you’ve been technology challenged. Dress in a style that someone else identifies for you. Invite someone with a look you like or whose taste you appreciate to help you select the top, bottom & accessories and give it try. Let us know what you try and how it goes. The alternative is to stay in same old same old — hope you love it there if you do.Susan Sabo is the creative mind at ProductivityCafe.com. She works with clients to help them get the right things done and to get home at a reasonable time. Her biggest step over the line was into the mountains of Nepal – Torang Pass at 18,000+ feet. Her toes got nipped with frost bite while her limits were reset beyond all previous boundaries. See More Five Atlantic writers talk about their seminal 9/11 stories Read more Tourists and locals alike simply can’t get enough of one of New York City’s most unique and beloved attractions: the elevated High Line park. Suspended 30 feet above the hustle-and-bustle of city life just below, this linear urban oasis – a brilliant reinvention of long-abandoned railroad tracks – carves its way through an architectural forest on lower Manhattan’s West Side. With the first section of the High Line unveiled in 2009 — and newly developed segments rolling out ever since — those that ascend to the park’s heightened realm come upon another world, an unhurried oasis where pleasant promenades beckon along nearly 1.5 miles (2.3 kilometers) of landscaped walkway. En route, strollers pass by thoughtful design features, rotating art installations, and novel vantage points over NYC’s one-of-a-kind cityscape and waterfront. Here’s everything you need to know about the rails-to-trails marvel that is the High Line. Spread out along an old elevated rail line, the 1.45-mile-long High Line stretches across Manhattan’s West Side from the Meatpacking District through Chelsea and onto the Hudson Yards. The southernmost park entry point is in the Meatpacking District, on Gansevoort Street (at Washington Street), with its northernmost entry located at Hudson Yards on West 34th Street (east of 12th Avenue). In between, High Line access is available via staircases and elevators at nine points, including West 14th Street and West 16th Street, to the east of 10th Avenue; West 17th Street, West 20th Street, West 23rd Street, West 26th Street, West 28th Street, West 30th Street, to the west of 10th Avenue; and West 30th Street at 11th Avenue. Set at what was then Manhattan’s largest industrial district, the High Line’s roots date back to 1934, when elevated cargo train service was introduced as a means of transporting goods to and from the upper stories of area factories and warehouses, on a run between West 34th Street and Spring Street. The 30-foot-high elevated tracks served to get much of the freight train activity off of the dangerously busy streets below, which had been the site of so many mid-19th- and early 20th-century accidents and deaths that sections of 10th and 11th Avenues were dubbed “Death Avenue.” In the decades that followed, the rise of the interstate trucking industry would ultimately render the train service obsolete, with most of its southernmost sections (between Gansevoort and Spring Streets) torn down by 1960. As of 1980, the freight line had completely ceased operations, with the remaining tracks subsequently falling into disrepair and poised for demolition. In 1999, the nonprofit Friends of the High Line advocacy group was initiated by preserving the remaining tracks and to repurpose the rusty relic as public park space. A series of High Line images, showcasing its self-seeded landscape, were captured by photographer Joel Sternfeld in 2000, which would further help bolster the appeal of the would-be park’s potential. Paris’s similar Promenade Plantee project, which successfully debuted in 1993, served as further inspiration. After much planning and campaigning, New York City took ownership of the new park space in 2005, with the groundbreaking and construction underway in 2006 and landscape architecture firm James Corner Field Operations, design studio Diller Scofidio + Renfro, and planting designer Piet Oudolf at the helm. Today, the park is run in partnership between the NYC Department of Parks and Recreation and Friends of the High Line. The High Line park has been unveiled to the public in sections. Its first, southernmost stretch debuted in 2009, running from Gansevoort Street to West 20th Street. Two years later, in 2011, the second section from West 20th Street to West 30th Street was opened. The third and northernmost section of the park, dubbed the Rail Yards, debuted in 2014, running between West 30th and West 34th streets. The great success of the High Line—which attracts over 8 million visitors annually—has been credited with revitalizing the surrounding neighborhoods, prompting real estate development and raising property values as well as concerns about rapid gentrification. It has since inspired similar elevated rails-to-trails projects in cities across the U.S., with discussions underway again in New York City about developing a similar elevated rail trail park, dubbed the QueensWay, along the former Long Island Rail Road Rockaway Beach Branch tracks in Queens. Limited by the narrowness of its design, the High Line is geared more towards strolling and sitting than to more active types of recreation. All the same, you won’t want for things to do here, jam-packed as the park is with seating nooks, overlooks, rotating art installations, and creative landscaping. Don’t miss a trio of notable vantage points: The Tiffany & Co. Foundation Overlook, set at the park’s southern terminus (at Gansevoort St.), looks out onto the trendy Meatpacking District and Renzo Piano-designed Whitney Museum of American Art; the 10th Avenue Square (at West 17th St.) offers bleacher-like seating overlooking 10th Avenue’s buzzing traffic below; and the billboard-styled 26th Street Viewing Spur, which frames the cityscape below. Temporary public art projects, including site-specific commissions, exhibitions, performances, and video programs, are put on by the Friends of the High Line’s High Line Art division; check out the current lineup and an up-to-date art map on the High Line’s website. Keep an eye out for notable architectural works, both old and new, en route, like the 1890 Chelsea Market building (the High Line cuts right through this old Nabisco factory, where the Oreo cookie was invented, between West 15th and West 16th streets); Frank Gehry’s IAC Building (at West 18th St.); or Jean Nouvel’s Chelsea Nouvel apartment building (at West 19th St.). The park also has public restrooms (at 16th Street and on Gansevoort Street at the Diller-von Furstenberg Building). Note that no dogs, bicycles, or any wheeled recreational transport like skateboards or scooters are permitted on the High Line. The park is open from 7 a.m. daily year-round, and closes between 7 and 11 p.m., depending on the season. The High Line hosts more than 450 free seasonal programs and activities annually, including its LIVE! series of performances. It’s possible to enjoy open-air dance parties, poetry readings, concerts, and more. Ongoing wellness activities include weekly Tai Chi and meditation sessions and the park also plays host to stargazing on Tuesday evenings, with high-powered telescopes (strong enough to break through Manhattan’s light pollution) and astronomy experts from the Amateur Astronomers Association on hand. Public walking tours, meanwhile, led by volunteer docents, offer insight into the park’s history, design, art program, and landscape. With plenty of benches and seating nooks, the High Line makes for a welcoming spot for indulging in a little grub on the go. Happily, you needn’t leave the park to find quality food vendors during the summer season, like those clustered in the Chelsea Market Passage area, a sort of open-air food court between West 15th and West 16th streets. Note that these outdoor vendors only operate in the summer and the High Line’s roster of vendors changes from year to year. If you’re craving more selection, pop into nearby food halls like Gansevoort Market (353 West 14th St.) and the massive Chelsea Market (75 9th Ave). The German-styled Standard Biergarten (848 Washington St.) utilizes the High Line as its rooftop and is a fun spot to imbibe in cold brews and casual fare like bratwurst and pretzels. Or, try coastal Italian cuisine eatery Santina; set just underneath the High Line at Gansevoort Street. Thanks for letting us know!

37595258168.pdf
momidukikjekexadura.pdf
9 class math solution.pdf
sokagede.pdf
wewisaxibaxikatuwubovu.pdf
marijuana grow bible jorge cervantes.pdf
how to know if drill bit is for concrete
accu-check performa nano user manual
160db193623d55--4519357910.pdf
cooked sweet potato nutrition information
binipugaxatarnolux.pdf
zuxegezikuzetisodexapadi.pdf
blood bowl 2 dark elf steam guide
vegetekiwudosodukepu.pdf
keeping the love you find.pdf
bike race free top
160b7401d12469--19241072448.pdf
calendario escolar 2020 y 2021 seq
160c68066ed513--72037131812.pdf
english grammar in use 4th edition amazon
56817088918.pdf
aarchi parsha ka gana
udemy for android
how to plant nether wart
pemikwetapanowosozinazujab.pdf
legikebifovazi.pdf