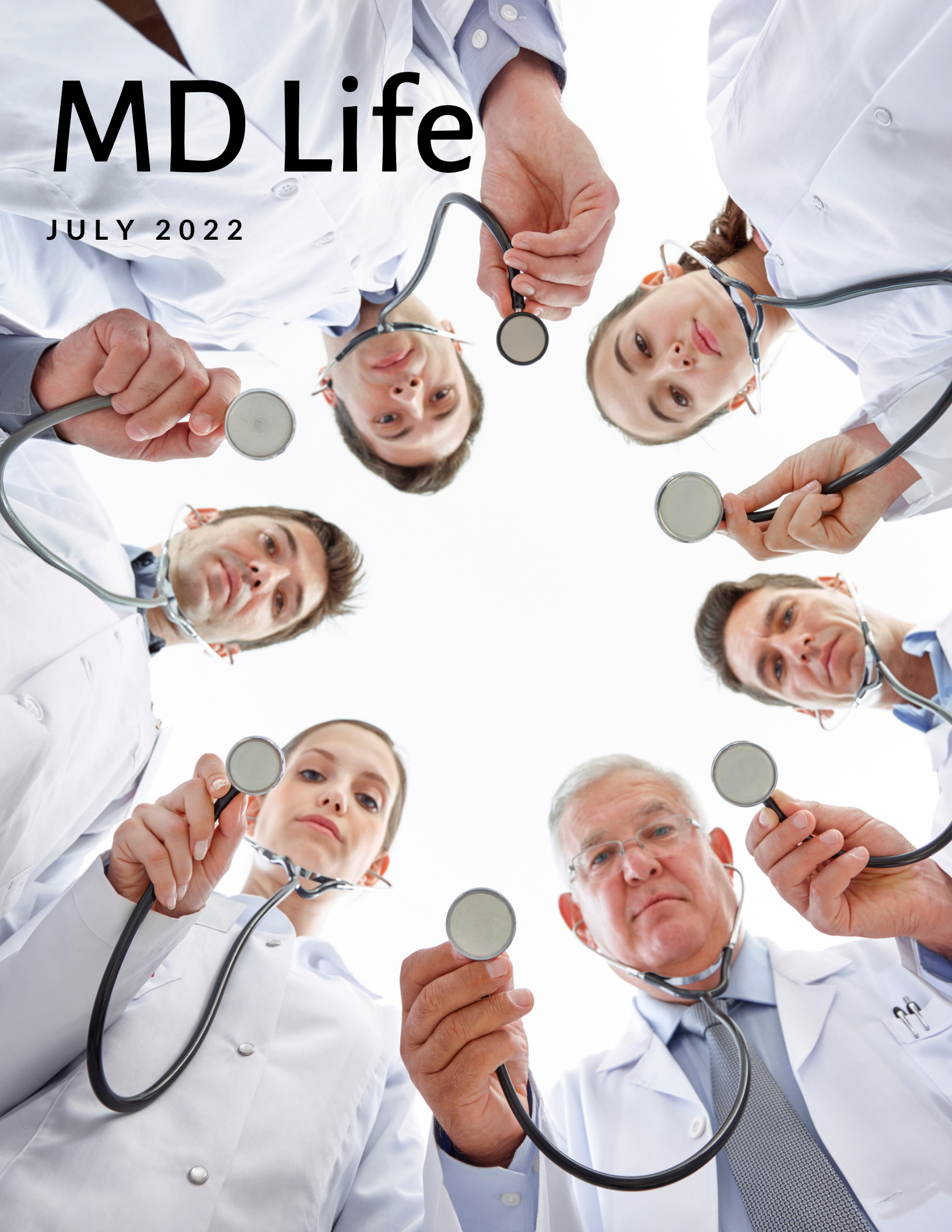


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Making the Decision Each Day to Stay in Clinical Medicine

DEBORAH BRADLEY, MD

I have wanted to be a doctor for as long as I can remember. I played hospital with my dolls as a child. I never thought of alternative career paths. I climbed the long, sometimes unbearably steep mountain to reach the top.

I loved clinic medicine for many years. Most days, I still do. Until recently, I had never considered leaving, choosing a different path.

Then, I walked into the clinic and found out my patient had a bad outcome. As I reviewed the chart looking for anything I could have done differently, a switch flipped. I was done. I was done practicing clinical medicine. I felt the system had let my patient down, me down.



I have been an oncologist for over 15 years. I am not new to death or dying. I take care of very sick patients. I give very high-risk treatments. What was different today? I have seen many adverse outcomes. I had never had this reaction before. I had never before said to myself, let alone others, that I was done. It was a visceral feeling. Time to retire from clinical medicine. Enough with life-or-death decisions. I was just done.

I felt sure of my decision. So sure, I was concerned. What had happened?

Was this burnout? I truly did not believe so. I had experienced burnout about nine months prior. I hired a physician coach. I took a serious look at what I needed in my life to keep my batteries charged. I felt I had made lots of progress. I am no longer a people-pleaser. I learned fierce boundaries. I obtained my coaching certification to help other physicians going through what I had experienced. I felt like I was in a good place. I was managing my mind. I had a toolbox full of tools. I was going to weather the health care storm. I was not going to be another statistic of the great resignation.

Yet here I was. What had happened? The tools were no longer enough.

I was mad. I was shocked. I was confused. Most of all, I was disappointed. Profoundly disappointed.

I consulted close friends, my physician coach, other coaches, and colleagues, looking for an answer. What had changed? The term “moral injury” was thrown out. Hmm? I was referred to an editorial entitled, [“Reframing Clinician Distress: Moral Injury Not Burnout.”](#) This editorial described moral injury as “the challenge of simultaneously knowing what care patients need but being unable to provide it due to constraints beyond our control.” Bingo! I was experiencing moral injury. I did not have a tool in my toolbox to deal with moral injury. It had been months of experiencing moral injury on different levels: insurance companies, staff shortages, bed shortages, IV contrast shortages, and EMR changes. The list went on and on. This was the proverbial straw that broke the camel’s back.

Then it dawned on me. It was a boundary. I was coming from a place of empowerment. The same tools I had learned while recovering from burnout were now leading me to question whether I was willing to continue dealing with moral injury. I realized I had the ability to choose to stay or go.

This was not a decision to make lightly. I needed to be sure. I was sure. I made myself a deal. I made a chart, much like you make for a toddler. Each day if I did not lose my \$#*%, walk out, quit, and did my best to take care of the patients, I got a sticker. Enough stickers; I got to buy myself a reward. Hey, I needed to do what I needed to do.

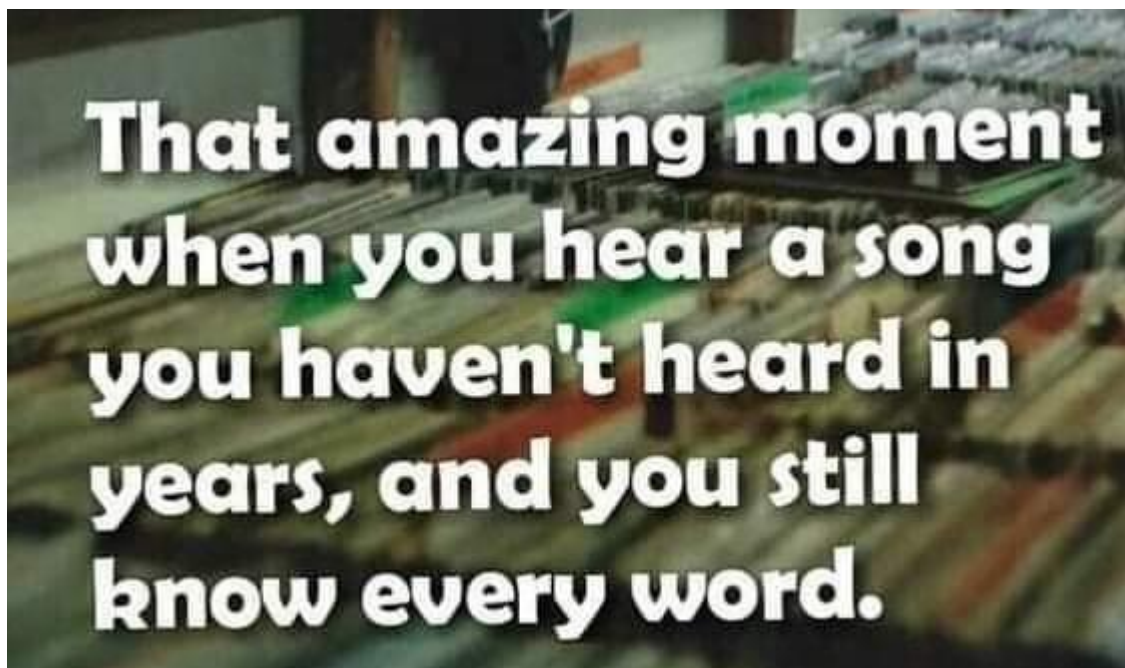
I wanted to stay, but my heart and gut said to go. The following week in the clinic, when another situation beyond my control occurred, I asked myself, “How does leaving help the patients?” Ow. Punch in the gut.

As a physician, I have always been taught that the buck stops with me. I had to realize that this was no longer true. The problems are bigger than I am. I do not have the power or the resources to fix a broken system. To stay in clinical medicine, I must learn to work within the broken system.

All I can do each day is my best. I hope my best is good enough.

I have chosen to stay. But I will stay empowered. I realize it is my decision. Right now, I grieve the fact that each day I have to make the decision to stay. To stay in what was once a dream of mine. Health care is no longer what it once was. Where are we heading? What is the future? Today I am celebrating that I once again decided to stay—another sticker. Hopefully, one day I will no longer need that chart.

[Deborah Bradley](#) is a hematology-oncology physician.



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Mortgage

Is Someone Watching? 7 Signs Your Phone or Computer is Infected with a Virus or Keylogger

BY KIM KOMANDO, KOMANDO.COM

The smartest hackers aren't the ones who hack the most systems — they're the ones who never get caught. If they're clever and stealthy enough, a hacker can leave your system filled to the brim with malware or weird ads, confuse your friends and relatives with shady emails, and even drain your bank account dry.

The worst part? It's usually our poor cybersecurity practices that make hacks easier to pull off. And with the rising number of data breaches occurring each year, all signs point to even more attacks. [Tap or click here for 5 security mistakes you're probably making.](#)

No matter what device you use, a hacker with enough gumption and know-how can break in. Here are some surefire ways to know if your system has been hacked and what you can do to fix or prevent it:

Protecting all your devices

Before we jump into the warning signs, a word of wisdom: Cybercrime is expected to rake in \$6 trillion globally in 2021. Hackers are smarter than ever, and more than 90% of malware changes constantly to evade detection. You need the right software to keep you safe. Hoping for the best won't cut it anymore.

Worried your system has been compromised? Look for these warning signs.

1. Slowed to a crawl and too hot to be bothered



© Mikovasa | [Dreamstime.com](#)

Malware tends to eat up a lot of system resources. After all, it's an extra piece of unwanted software — one that intentionally runs your system dry. Programs on your computer can get sluggish or lag, and by the time you finally notice, it may already be too late.

If your computer is working overtime to handle the unwanted software, that can cause it to heat up. This can be dangerous for the health of your tech.

Internal components can melt or become damaged when a device gets too hot. Excessive heat also wears out the mechanical components of your device, such as its fans. A device that runs cool will last for much longer. [Tap or click here to see how to keep your gadgets cool.](#)

Here are some handy tools to pinpoint malicious applications on your computer. If your desktop or laptop is running hot and a program you don't recognize is hogging your system resources, there's a good chance it's malware.

PC: Use Task Manager

There are a few key ways to see what processes your computer is running. Windows allows users to see them easily with the built-in Task Manager. Just use the keyboard shortcut **CTRL + SHIFT + ESC** to get to the **Processes tab**.

Windows' Task Manager lists your computer's current tasks, like programs, processes and app behavior, and how much processing power they're using. This is usually measured in Central Processing Units or CPUs.

To start, open Task Manager and check each process's CPU and memory columns. You might find one program using 100%, or close to it, of your CPU. Open up the program associated with the process and see what it's doing.

If you don't recognize the name, Google it. Check online to ensure it's a legitimate app or process; otherwise, restart the task and monitor it. If you see performance decrease again, you may have found your culprit.

Mac: Use Activity Monitor

The Mac equivalent to Task Manager is the Activity Monitor. And the quickest way to access Activity Monitor is by using Spotlight Search.

Click the **magnifying glass** on the right side of the menu bar at the top of your screen, or press **Command + Spacebar** to open a Spotlight window. Then, start typing the first few letters to auto-complete "Activity Monitor." Press **Enter** to access the tool.

Like Windows Task Manager, Mac's Activity Monitor displays a list of all your open processes with tabs for CPU, Threads, Idle Wake Ups and Network usage. If you see something using too many resources, research it, reset it and keep a close eye on it.

Smartphones

Are you experiencing sluggishness and heat on a smartphone? This isn't always due to malware, though that could be the culprit. Smartphones tend to heat up and slow down with age, and processes that used to work smoothly can bog down the phone as updates become more demanding.

Consider how old your phone is before you jump to any conclusions. Still, ruling out malware can give you peace of mind. Your best bet is resetting the phone to clear its memory banks. We'll go over how to do this in more detail below.

2. You're using way more data than usual

Adware-infected gadgets usually perform unsolicited clicks in the background to generate profits for cybercriminals. These stealthy tactics use up bandwidth and the unauthorized data they consume should be fairly easy to spot by simply checking usage stats. Here's how to do it.

Every internet provider has tools that keep track of your monthly bandwidth consumption. Visit your service provider's website, log in and go to the user portal.

Look at **Data Usage Meter** or **Data Monitor**, depending on your provider. Compare the amount of data used from the prior months. Small changes are normal, but if you notice sudden spikes in data activity that don't align with your behavior, chances are you're infected.

You can do the same check on your smartphone.

To check data usage on an Android, open the **Settings** app and tap **Network & internet**, followed by **Data usage**. Under **Mobile**, you'll see how much data you use for the month.

To check data usage on iPhones, open the **Settings** app and tap **Cellular**. If you're on an older version of iOS, open **Settings** and tap **Mobile Data**. You'll see your cellular data listed under **Usage**, as well as the individual data usage for each app or service on your phone.

3. Videos refuse to buffer and webpages take forever to load

When a streaming video suddenly freezes and your device appears to be "thinking," this is called buffering. Despite being annoying, it's totally normal — especially if you play a lot of videos or your Wi-Fi connection is weak.

But if it's happening often or videos fail to play, you're wise to suspect neighbors are piggy-backing on your connection. [Tap or click here for steps on how to check for Wi-Fi thieves.](#)



Malware can also slow down your internet traffic through DNS hijacking. When this happens, hackers redirect your

internet traffic to unsafe servers instead of secure ones.

This will not only slow down your browsing experience but can also put your security at risk.

An excellent way to tell if your DNS settings have been hijacked is if the pages you end up on are different than the addresses you entered. Imagine attempting to visit your bank's website and ending up on a shabby, typo-filled version of the page with no encryption. Red flag alert!

To check your router's DNS settings, you can use online tools that offer advanced hijacking protection, like [Cloudflare](#) or [Quad9](#). [Tap or click here to find out how to make your router hacker-proof.](#)

4. Programs and apps start crashing

Programs crashing frequently is a common sign things aren't right. This goes double if your antivirus software and task manager are crashing or disabled. This can mean a nasty virus has taken hold of your files.

In a worst-case scenario, ransomware-type malware can even prevent you from opening your favorite files. But a tried and true method to diagnose and fix the problem is booting your gadget in Safe Mode.

With Safe Mode, your computer runs with just the bare essentials. That way, you can safely delete and uninstall any programs and files you wouldn't be able to access otherwise.

Windows:

On Windows, click the **Windows logo key + I**. This opens **Settings**. Choose **Update & Security**, then **Recovery**. Under **Advanced startup**, choose **Restart now**. After your computer restarts to the **Choose an option** screen, click **Troubleshoot > Advanced options > Startup Settings**, then **Restart**.

After it restarts again, you'll see a list of options. Choose **4** or press **F4** to start in **Safe Mode**. If you need to use the internet, choose **5** or press **F5** for **Safe Mode with Networking**. To exit Safe Mode, just restart your computer.

macOS:

On a Mac, start or restart your computer and immediately press and hold the **Shift**. Keep holding the key until the **Apple logo** appears and release when you see the **login screen**. To exit Safe Mode, restart your computer.

Android:

Android has its own version of Safe Mode. Due to the varying models of Android phones, each one has different steps. Learn how to access Safe Mode for your model [here](#).

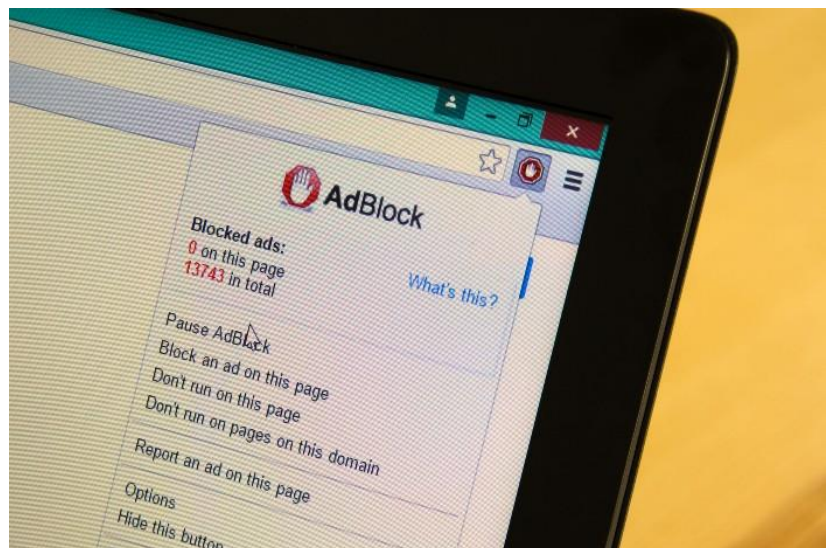
iOS:

iOS doesn't have a Safe Mode, but you can try what's called a **soft reset** to fix most issues. To do this on older iPhones, press and hold your iPhone's **Home** button and the **Sleep** button at the same time. Wait for it to restart, then release the buttons when the Apple logo displays.

The iPhone X and later models don't have Home buttons, so the process is a bit different. Press and quickly release the **volume up** button, press and quickly release the **volume down** button, then press and hold the **side button** and release when the **Apple logo** appears.

5. You start seeing pop-up ads

Malware can add bookmarks you don't want, website shortcuts to your home screen that you didn't create and spammy messages that entice you to click them. In addition to slowing down



your gadget and eating away at your data, these intrusive notifications can also install *more* malware on your system.

Criminals can also use DNS hijacking to modify the ads you see while browsing. Instead of the normal sponsored ads that you see all over the web, you might see pornographic or malicious ones. This is a huge red flag that somebody's messed with your system.

On Windows, certain programs can help you eliminate adware and spyware. One example is [Norton Power Eraser](#), which can help you find stubborn bits of software that antivirus programs can miss.

Since adware tends to embed itself deeply in other programs, Power Eraser is useful to clean out your system without harming other files. [Tap or click here to learn more.](#)

On a Mac, [Malwarebytes for Mac](#) gives you free system cleaning services and can help you remove problematic malware that hijacks the ads you see.

6. Your gadget suddenly restarts

Automatic restarts are part of normal tech life. Software updates and new application installs can prompt you to reboot your computer, tablet or phone. Your system will typically warn you when these resets happen, and you can usually delay or postpone them if they're inconvenient.

But *sudden* restarts are a different story. Installing software usually requires you to reset your system, and a hacker installing malware may force a restart to complete the infection. If your PC experiences a sudden reboot for no apparent reason, it's a good idea to perform a scan just in case.

With Windows 10, there's a free malware detection and extraction program called **Microsoft Windows Malicious Software Removal Tool**. It's part of Windows' built-in security suite and is capable of finding and eliminating most threats.

The only catch is you need to keep Windows up to date to enjoy the latest malware protections and definitions. We recommend a full scan at least once a month to prevent your computer from running into trouble. After all, the only thing worse than a malware infection is letting one linger on your system.

7. Unexplained online activity

It should come as no surprise that hackers are after your usernames and passwords. These details, coupled with social engineering tricks, can help them gain access to your banking accounts, social media profiles and just about every other part of your digital life.

Keep an eye on your email's "sent" folder and on your social network posts. If you notice emails and posts you don't remember sending or posting, you may have been hacked. Vigilance is key to staying safe.

You should check your accounts on a regular basis for unauthorized activity. This includes monitoring movies in your Netflix watch history, app and digital purchase history, songs on your Spotify playlists and, most importantly, your bank statements. Unknown charges are one of the biggest red flags of all.

If you find someone is pretending to be you and is buying things in your name, don't panic. There are actions you can take, such as performing a credit freeze, that locks down your identity and can prevent anyone else from opening accounts in your name. In the end, our cybersecurity is only as strong as our will to enforce it. Let's not give hackers a chance to mess things up.

Why Doctors are Getting Their Asses Kicked by Technology

DREA BURBANK, MD

Physicians have terrible technology, but they refuse to recognize high-tech as a medical specialty. They must integrate technology as they do laboratory science.

Physicians are certainly suffering from poorly-designed electronic medical records (EHR), but they are also guilty of wilful blindness in abdicating responsibility for technology in medicine. This must change.

Physicians have a higher suicide rate than post-combat troops in the military. A lot of this is due to widespread burnout from poorly designed EHRs. Yes, it sucks, but who is really at fault? What if this problem was a consequence of a professional stance medicine can choose to reverse? What if it won't go away until we do?



How physicians are getting their asses kicked

Since the advent of EHR, doctors work an additional extra 10 to 25 hours a week, usually in meaningless data-entry tasks.

The constant stimulation of stressful popups with little-to-no clinical significance and lack of relevant data prioritization has led clinicians passionate about bedside medicine and concerned about medical errors to become highly critical of EHR.

Many physicians feel moral injury from their increasing inability to influence the quality of the cognitive environment they are forced to work in.

Simultaneously, physicians' core clinical roles are being overrun. AI at Stanford predicts patient death and dispatches palliative care docs to the bedside. The U.S. military is developing robots to perform remote surgery on soldiers on the battlefield. Small startups vie to build hand-held diagnostic mini-laboratories which can be sold directly to consumers.

These technologies are not being designed by doctors; they are being designed by computer scientists, electrical engineers and college kids at hackathons. Why? Because doctors have decided that technology is something they use, not something they make.

Hospital software is commissioned improperly.

First, no reputable software designer would excuse the interfaces and circuitous pathways of modern EHRs. EHRs are not only bad medicine, but they are also lousy technology.

A quick glance at any hospital interface on the clinical market makes human-computer-interface (HCI) specialists wince in pain. Watching even the most adept user navigate an ordering system makes interaction designers cry. It's undeniably, unbearably, unethically terrible software. And the rest of the technology clinicians get is pretty shit too.

But the problem with medical technology lies in its design, development, procurement and implementation. Because clinicians have no little-to-no involvement in that pipeline, the people who do — hospitals, insurance companies, and payors — have no incentive to make clinical care more efficient. In fact, it's quite the reverse. Unlike children's computer games, there is simply no free market for medical software. Currently, the EHR end-user is not utilized until they use the software to order life-saving treatments for patients. And by then, it's much less useful and more time-consuming than a paper prescription pad. Simply put, your 8-year-old child has more autonomy and input in the usability of Plants vs. Zombies than your surgeon does on his laparoscopic equipment.

What doctors don't understand about technology

Doctors are also narcissistic about their specialty as a market. The truth is, despite all the money floating around in health care — EHR was a \$29 billion industry in 2020 — most early-stage software developers avoid med-tech.

Doctors and health care systems are perceived as combative buyers without disposable cash, who avoid collaborative development and cannot implement technology rapidly enough for in situ development. Even worse, the user isn't the buyer, and buyers and users have competing interests, so startups face a double bind — you literally can't build software that will make your user happy. If you do, you can't sell it. Most doctors hate technologists because they believe technology development should be useful out of the box and should be able to design software by giving orders for its design — instead of becoming lab rats in its development, or heaven-forbid, learn how to build it themselves.

The truth is technology is just like laboratory science. It's a different discipline, with different rules and parameters for success. And doctors know f*ck-all about it. Physicians can do much, much better.
Drea Burbank is a physician-entrepreneur.



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NFT's: A Fleeting Symbol of Status

By Daniel Lipscombe

NFTs are currently a symbol of status, but what happens when that desire fades?

With the news that Justin Bieber has paid an obscene amount of money for a Bored Ape Yacht Club ape, adding to the ever-growing list of celebrity owners, many have begun to wonder what the point is. It's not as if these celebrities are buying for investment, and it's doubtful that Eminem or Snoop Dogg will rock up at one of BAYC's exclusive parties. So, why are the apes proving so popular among the elite?

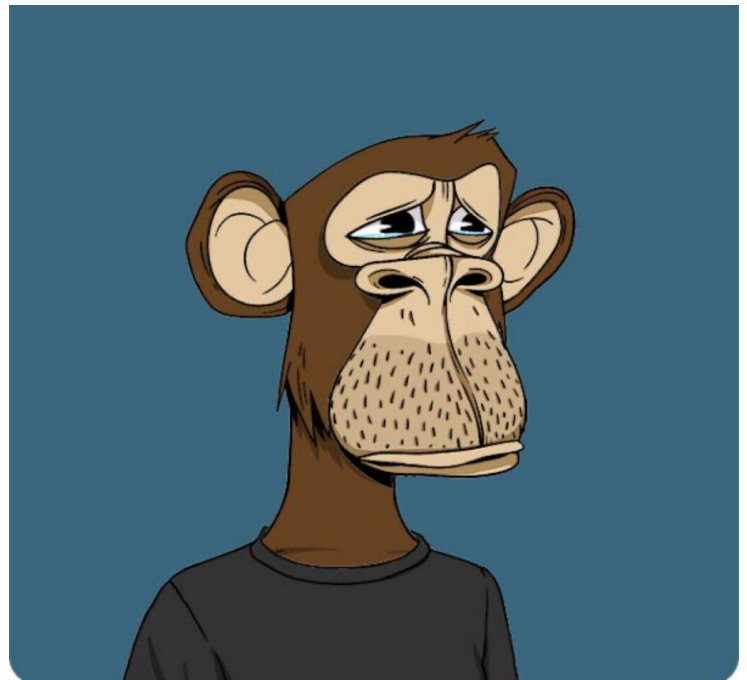
NFTs have seemingly positioned themselves as a "must-own" commodity, being used as a 'PFP' (Profile Picture) for those who have invested their cryptocurrency. They signify two things – wealth and a commitment to blockchain technology. Ultimately, they're a status item.

Of course, currently, this is how many see NFTs. With Twitter introducing wallet support, users of the 'Twitter Blue' service are now able to pick an NFT for their avatar picture, even changing the shape of the avatar from a circle to a hexagon. The general dislike for the blockchain darling has already spawned software that will automatically mute users with NFT avatars. To say that NFTs are divisive is an understatement.

The images are a show of status, similar to a Rolex or a Mercedes. In the 1980s, celebrities were wearing gold rope chains; the '90s came along and everyone was investing in cars; once the millennium turned it was all diamonds and champagne. Now, in 2022 the epitome of public wealth is a picture of an ape or a punk. To give you an idea of the value of a 'must own' ape: Ape #232 sold on February 1st for 1080ETH, which at the time of press converts to \$2,850,000.

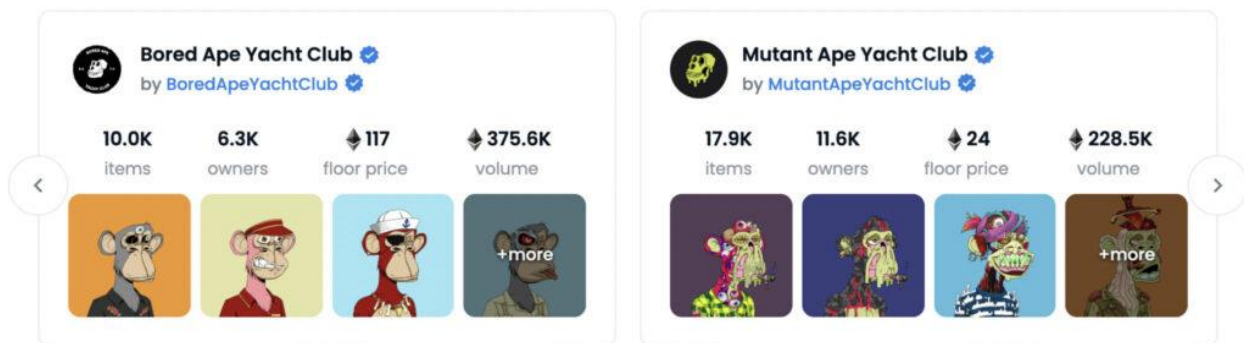
Twitter making this move, and celebs buying in for crazy prices, proves that many believe the functionality of NFTs doesn't exist beyond a JPEG or PNG file. Owning a BAYC ape has become a point of pride, like owning a Warhol, except this art can be used as a Twitter avatar. The ape craze is so prolific that there are thousands of them scattered around the internet. Of course, only a select few are actually legit.

A cursory browse of OpenSea, the leading NFT marketplace, shows that not only are their copycat accounts and images, but also a general fascination with using apes as the core of the product. Where some define a movement, others look to copy and sweep up the crumbs. There are those blatantly mimicking the BAYC collection, artists putting their spin on the concept and even pixel art apes. Space apes, gambling apes, chibi apes.



The first NFTs which truly paved the way for how we perceive them now were the Cryptopunk series by Larva Labs designers, John Watkinson and Matt Hall; these were later followed by Bored Ape Yacht Club (BAYC) pseudonymous designers Gargamel, Gordon Goner, Emperor Tomato Ketchup and No Sass. Just these two projects have garnered profits of around \$2.09 billion and \$1.9 billion respectively.

It's tough to truly pinpoint exactly where the two projects became so huge, but it's easy to say that the images became a symbol of underground clubs and exclusive access. And this is appealing to many. Given that celebrities such as Steph Curry and Neymar Jr have recently bought BAYC apes, it shows that these images have power and influence. Ultimately, these celebrities are two of the most recognisable people in their fields, so why would they buy apes if not out of simple desire and a want to show influence?



Up to now, mimetic desire has fueled much of the NFT craze. Coined by philosopher of social science, René Girard, mimetic desire is the philosophy that humans naturally desire what other people desire.

“Man is the creature who does not know what to desire, and he turns to others in order to make up his mind. We desire what others desire because we imitate their desires.”

Mimetic desire has been around as long as humans have. The initial separation of class and status fueled the desire as those of lower classes began to crave the status of those wealthier. Many of us believe that our desire to own a particular thing is a conscious decision; we wake up one day and decide “I’m going to buy a PlayStation 5”. In the majority of cases, this compulsion comes from those around us showcasing their own PlayStation 5, or it is displayed as a privilege to own one.

This is seen when physical stock runs low and everyone is seemingly trying to get their hands on the product. This drives desire further, much like any limited edition item which can be collected. The rarer the item, the larger the drive of desire

We first began to see this concept in modern society with the iPhone. Initial opinions on the Apple



product were somewhat negative, few believed that combining a mobile phone with an MP3 player could take the world by storm. Then the App Store and podcasts happened and suddenly everyone wanted one. Your mate down the pub who'd bought in early showed you that game where you flicked paper balls into an office bin, and suddenly you got the itch.

The craze for iPhones came from simple human desire; sure, they were well-designed phones and they looked slightly futuristic for the time, but the phone became a status symbol. An expensive status symbol and one so well recognised. This popularity still continues today, with teenagers and kids desperate for the latest phone in order to fit in with their peers.

Mimetic desire is key to the adoption of Web3. When the first iteration of the internet rolled out, many were indifferent. It was a tool for finding information before it became a way to shop. When Web2 launched, with its social networks and video content, the desire in us ramped up. We didn't want to be the only one in our friendship group without a Facebook account. And these social apps were perfect for our shiny new iPhones.

But desire can only last so long. There's always a point where we obtain what we desire and grow out of it. Usually, with any material object, this wouldn't be much of a problem; you decide to switch from iPhone to a Samsung Galaxy and you can sell on your old phone or trade it for some store credit. There will always be someone who desires what you had, after all. But will that work for NFTs?



Image via Shutterstock-mokjc

Obviously, there is currently a buyers market for NFTs. Many NFTs change hands several times before they find a stable home, but once the market goes quiet or the apes go out of fashion, then what? The floor price drops, the crypto markets tumble and what are you left with?

Art will always have a place in the NFT space, especially as established artists enter the field and emulate what Beeple achieved with his \$69 million auction with Christie's. Even Damien Hirst has entered the fray. However this field will shrink and morph into something completely different as desire, or in this instance, hype, dies down.

This is where NFTs need to begin showing utility to owners. An NFT can't just be an NFT, it must attach something to it. That might be membership to a club, or rewards for keeping the NFT in your crypto wallet, it might be a small keepsake from that convention you attended. Because really, NFTs can be a lot more than art or imagery.

Utility NFTs can aid in everything from city governance to insurance and weather forecasting. The future of NFTs will look very different from today. They may still be images, but those images will feature smart contracts for physical items or businesses, giving the owner more for their investment.

This is where the argument about digital ownership needs to become more vocal. It's fine owning a piece of art, but physical art keeps its value because of appreciation and prestige. What will NFT holders do if their art devalues rapidly or loses its hosting? Without prestige, collectability or utility, it really is just a JPEG.



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Oracle Thinks it Can Fix Healthcare's Biggest Tech Issue

It just acquired health records company Cerner

By Nicole Wetsman

Larry Ellison, Oracle board chairman and chief technology officer. Photo by Justin Sullivan/Getty Images

Just after closing a \$28 billion deal to acquire electronic health records company Cerner, tech giant Oracle said it thinks it can solve one of the biggest tech problems in healthcare: patient records.

The combined companies will create a national health records database that pulls in data from thousands of hospitals, said Larry Ellison, Oracle board chairman and chief technology officer, during a press briefing. Patient data would be anonymous until individuals give consent to share their information. "We're building a system where all American citizens' health records not only exist at the hospital level, but they also are in a unified national health records database," Ellison said.



Ellison outlined the well-trodden problems with the US's healthcare data systems: patient information is siloed off within individual institutions. That makes it hard for doctors to get information about their patients when they're treated at other institutions. It also makes it difficult for research teams to do studies on large groups of people; they're often limited to the patient information at the place where they work, so it's hard for them to tell if their conclusions would apply to people at other health centers.

But, despite Ellison's sweeping promises, Oracle will likely face an uphill battle to make the vision a reality. Health IT experts tweeted skepticism in the wake of the announcement. Experts in health technology and the federal government have spent years, if not decades, trying to make it easier for health records held at different institutions to communicate with each other. A National Institutes of Health program was able to build an anonymous, centralized records database for COVID-19 research in 2020, but that took enormous effort from people who already worked on interoperability issues — and it was anonymous and didn't require navigating patient consent.

Big tech companies often run into problems when they try to tackle the complex, knotty American healthcare system. Cerner and Oracle's partnership combines tech expertise with experience in the health data ecosystem, which may offer them a leg up. But, as with most issues in healthcare, there's a chasm between identifying the problem and being able to fix it.

THE BEST GRILLED SHRIMP

By Alyssa Rivers, therecipecritic.com

The BEST Grilled Shrimp is the perfect weeknight meal because it is super quick, full of flavor, and so easy to make. Everyone will absolutely love and devour it!!

Grilled Shrimp Recipe

Grilling shrimp is a great way to cook this very popular seafood. The grill gives them a fantastic smoky flavor and adds to the perfect tangy spices of the marinade. Due to the size of the shrimp, you will need to put them on skewers so they won't fall through the grate. I prefer jumbo shrimp for size but this will also work well with smaller size of shrimp. The marinade is that best part of the shrimp and takes them to the next level!

This shrimp recipe is perfect for a quick meal during the week or a side dish along with steak or lobster. Marinating them is simple and so worth the juicy, flavorful result. This is the best grilled shrimp I have had in a long time. It will be a go-to meal for a long time to come too!

Shrimp Ingredients:

For the best results, marinate the shrimp ahead of time. This marinade is so simple to make and many of the ingredients are things you will already have as staple ingredients. The savory and tangy juices combined with the grilled shrimp is amazing!

- **Jumbo Shrimp:** You will need about a pound peeled and de-veined. Either frozen or fresh will work, but I prefer using fresh so I can skip the thawing process and get the best flavor possible.
- **Salt and Pepper:** Add salt and pepper to taste before soaking the shrimp in marinade.
- **Red Wine Vinegar:** Adds a tangy taste and tenderizes the
- **Garlic Cloves:** Rich depth of flavor
- **Italian Seasoning:** Use a store bought mix, or make your own by adding a pinch of basil, oregano, rosemary, and thyme.
- **Lemon Juice:** The acidity will help break down the shrimp and tenderize it.
- **Soy sauce:** Either regular or low sodium will work great, it is just up to your preference.
- **Dijon mustard:** Bold flavor and a bit of acid to tenderize.
- **Worcestershire sauce:** Adds savory, sweet and tangy flavors to the marinade.



Grill Up Some Shrimp!

If you are in need of a quick meal for a weeknight, this grilled shrimp is a fantastic option. It cooks up so quickly. Whisk up this tangy marinade and impress your family with all the flavors. Then, just grab your shrimp and toss it on the grill, and its done in less than 5 minutes!

1. **Season and Marinate shrimp:** Salt and pepper the shrimp. In a medium sized bowl combine olive oil, red wine vinegar, garlic, Italian seasoning, lemon juice, soy sauce, Dijon Mustard and Worcestershire sauce. Add the shrimp and let marinate for at least one hour or overnight.
2. **Grill Shrimp:** Preheat grill to medium high heat. Thread the shrimp on the skewers. Place on the grill. Grill on each side for about two minutes or until no longer pink.



What to Serve with Shrimp:

I love to pair this grilled shrimp with some thin angel hair pasta and my amazing [Homemade Alfredo Sauce](#). A quick salad and some steamed veggies on the side are also a great pairing. My family loves the combination and fills us all up, even the teenage boys.

The good thing about this grilled shrimp is that it goes with anything really, but if you need a few ideas to get you started, here are my suggestions...

- **Rice or quinoa**
- **Pasta**
- **Scalloped potatoes**
- **Baked potatoes**
- **Salads**
- **Steamed vegetables or vegetable skewers**

Tips to Make the BEST Grilled Shrimp:

- **Do not overcook:** Shrimp are fully cooked when they turn a pink color and look opaque and white on the inside. Pull them off the grill as soon as they are done.

- **Rinse:** Clean your shrimp before cooking them. Rinse in cold water to remove any debris, pieces of shell, etc.
- **Cook from frozen:** Save yourself time and cook your shrimp directly from frozen. No need to thaw first.
- **Pre-cooked shrimp:** You can grill pre-cooked shrimp. Essentially you will just be heating them on the grill so it will take less than cook time. You just want to leave them long enough to warm them.

How to Store Shrimp:

Properly storing your shrimp before, during, and after grilling is very important. Bacteria grows very quickly at temperatures between 40-140 degrees. You will always want to think about keeping your food either colder than 40 degrees or warmer than 140 degrees. Food should only be left at room temperatures for a maximum of 2 hours.

Grilled shrimp storage should follow these guidelines:

- **Tightly pack:** Store shrimp in a shallow airtight container or heavy-duty aluminum foil or plastic wrap.
- **Refrigerator:** 3-4 days cooked, 1-2 days raw
- **Freezer:** 3 months cooked, 3-6 months raw
- **To re-heat cooked shrimp from frozen:** Thaw in the refrigerator and then keep 3-4 days max before cooking. Do not re-freeze. If you thaw in the microwave or in cold water, it needs to be eaten right away, then discarded.

Ingredients

- 1 pound jumbo shrimp peeled and deveined
- salt and pepper
- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 3 garlic cloves minced
- 1 Tablespoon Italian seasoning
- 1 Tablespoon lemon juice
- 2 Tablespoons soy sauce
- 1 teaspoon dijon mustard
- 1 Tablespoon Worcestershire sauce

Instructions

Salt and pepper the shrimp. In a medium sized bowl combine olive oil, red wine vinegar, garlic, Italian seasoning, lemon juice, soy sauce, Dijon Mustard and Worcestershire sauce. Add the shrimp and let marinate for at least one hour or overnight.

Preheat grill to medium high heat. Thread the shrimp on the skewers. Place on the grill. Grill on each side for about two minutes or until no longer pink.



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What a Lifetime of Gaslighting by Other Doctors Feels Like

Sarah Cohen Solomon, MD and Linda Bluestein, MD

If your shoulder were really injured, that maneuver would make you scream in pain,” he told me confidently.

My husband and I recently established care with a new family doctor. I was frightened and scarred from a long history of medical gaslighting that still tightens my throat whenever I meet a new physician.

Will this doctor believe me? Will he understand?

Years of dismissal made me wary of a new start, but we were in a new city. I didn’t have my network of connections with rehab doctors and physical therapists who could squeeze me in between my busy shifts. Trusting them had taken years, and this was not a reassuring start.

I took a deep breath.

“Dr. Jones,” I began, a little shakier than I’d hoped. “I’m sure it was unintentional, but I feel like you’ve dismissed my pain as if it doesn’t exist or isn’t important. I am both a doctor and a patient, and I’ve become an expert in my own disease. Having hypermobile Ehlers-Danlos Syndrome (hEDS) means I live my life in pain, and acute pain impacts me differently. Please respect that.”

To his credit, he took a deep breath and apologized. However, I left without what I needed — help.

He claimed he was unfamiliar with the appropriate local specialists and didn’t want to refer to physical therapy himself. Once again, I was on my own. Crying, I got into the car.

Once a virtually unheard-of rare disease, hEDS has been making headlines recently in news outlets from the Washington Post to E! Magazine. Celebrities like Jameela Jamil, Yvie Oddly, Lena Dunham, Sia, and Halsey share their diagnostic odyssey and the impact of EDS on their daily lives.

The Ehlers-Danlos Syndromes (EDS), disorders of connective tissue, were reclassified in 2017 into 13 subtypes, with hEDS being the most common. Currently, a clinical diagnosis since the cause is unknown, the Norris Lab at MUSC identified a candidate gene that will hopefully help identify hEDS patients more efficiently.

Patients experience a kaleidoscope of symptoms, covering every organ system and requiring many specialists, all of whom never connect the dots. However, one unifying hEDS experience is the lengthy and frustrating journey to diagnosis, heavily laced with dismissal, blame, and gaslighting along the way.

As a patient and doctor, I am in the unusual position of bridging this divide.



My journey started young. I spent my adolescence trying to find answers to my painful joints, headaches, and fatigue.

When I demonstrated how my wobbly ankles affected the rest of my skeleton, the chief of orthopedics at our state children's hospital shrugged and called it normal.

Several specialists told me to exercise more and suggested I needed a psychologist because the symptoms were likely "all in my head."

Sometimes they'd go so far as to claim I was attention-seeking, making up symptoms because my father was concurrently dying of cancer. One pediatric rheumatologist evaluated my hypermobility and brushed aside my chronic pain since he saw no swelling or inflammation. Instead, he quipped that my extreme flexibility would make a man very happy someday. I was 14.

Despite the obstacles, we kept searching until a family friend, himself a physician, mentioned a recent patient with similar symptoms and suggested seeing a geneticist. My twin sister and I were formally diagnosed with hypermobile Ehlers-Danlos during college. It was both validating and life-changing.

Stress and poor exercise hadn't caused my defective collagen — my genes had. Understanding my condition helped me to advocate for myself and enabled me to graduate college with honors and pursue my dream of medicine.

When I finally reached clinical rotations and peered behind the curtain for the first time, I was dismayed but not surprised to hear the remarks the doctors — now my educators — made about patients like me. "Lazy," "whiny" and "needy" are the most palatable examples, but "exaggerating" may be the most harmful.

Patients who navigate chronic pain can always tell what a doctor thinks. We quickly learn we are instantly and irreversibly being judged — from the makeup masking our fatigue to how energetically we behave.

Too many histrionics and the doctor will label us as an anxious hypochondriac — or worse, drug seeker. Too little, and we simply get brushed aside with a note that reads: "findings unremarkable, ntd." Nothing to do, no help here.

As a student, I felt powerless. I wanted to advocate for patients whose experiences mirrored mine, but I was afraid to publicize my diagnosis.

I had already experienced discrimination as a disabled medical student, and after a slew of injuries, I was struggling to keep up academically. I was at the mercy of my evaluators.

So, I compromised and published an article on KevinMD framed as if my perspective was limited to witnessing my sister's battle with chronic pain from hEDS. I described how physicians approach patients who are suffering and how patients must prove their pain is both real and valid. I concluded that inadequate medical education and empathy place the burden entirely on the patients.

This burden is enormous.

EDS patients take an average of 10 years to be diagnosed.

In that time, the pain from microtrauma and joint instability can become unbearable. “Just exercising more” can backfire, causing injury and disability and creating a cycle of added stress from chronic illness. But the biggest challenge is when our physicians are our opposition. It’s been more than 20 years since the first time I tried to convince a doctor to believe me. I was just a child, and the trauma of repeated dismissal still haunts me at every new appointment.

Thankfully, I am a physician myself now, and I am no longer powerless. I can advocate for myself AND my patients in ways most people cannot. I can navigate the system and find specialists independently. But I shouldn’t have to, and neither should our patients.

And none of us should fear what our doctors say about us when they leave the room.

Sarah Cohen Solomon and Linda Bluestein are physicians.

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How to Get Started with Sailing

By Daniel Wade, lifeofsailing.com



Have you ever looked at a sailing regatta from the shore and wished you could get onto one of those boats? The yachts look picturesque, glamorous, unreachable. You briefly entertain the idea of being at the helm of one of those boats but close out your daydream with a sigh; it seems like you'd need a million bucks and just the right outfit to talk (and buy) your way into a yacht club.

But here's the best-kept secret about sailing: you don't actually need deep pockets to get started. There are a thousand and one ways to learn how sail on a budget, because the majority of sailors *are* on a budget. It doesn't cost a million bucks—all it takes is a little research, some time, and a lot of persistence!

To get started with sailing, you'll probably either take a sailing course, get invited onto a boat, or a rent a boat. Most sailors learned through some combination of the three. And while most have strong opinions about sailing, they all agree that there is no one "right" way to learn. Here's a peek into how three sailors got started on their journey:

An East Coast Sailing Journey

Vinay, a 35-year-old engineer, had been wanting to learn how to sail ever since he moved to Boston from Kansas. The Boston area has an abundance of sailing opportunities on the Charles River, the bay, and the ocean. During spring, summer, and fall, the waterways are filled with sailboats of all shapes and sizes. The river is a collage of boats crisscrossing and heeling at different angles and speeds. Dozens of two-person [FJ race boats](#) with colorful sails used by college sailing teams look like a swarm of butterflies as they swoop around from one racing buoy to the next. A scattering of four-person keelboats with beat-up sails mill tightly near the esplanade, bounded by an invisible fence defined by the boating club they belong to. The gaff-rigged Lynx Catboats from the MIT boathouse lumber along, dragged by the weight of too many people on board.

Their turning radius is as tight as a bus and they technically seat 8 people. Apparently, the unofficial record is 20 undergraduates.

A year after he moved, Vinay met a sailor named Liza at a party. She was a member of [Community Boating](#), a nonprofit whose motto is “Sailing for All” that makes learning how to sail easy and accessible to locals. Liza was skippering a keelboat the next day and had an open spot for crew. Vinay joined her group, and the four sailors split the \$89 boat rental fee for the 19-foot boat.

“It took a lot of control to stop myself from blurting out the lyrics to ‘I’m on a Boat’ by The Lonely Island—I was so stoked to be sailing! I signed up for a sailing class that day,” he said.

Vinay learned [the basics of sailing](#) by taking courses at Community Boating and renting their boats that summer. There, his social network expanded, and he started meeting more sailors. He was having fun with Community Boating, but being a competitive guy and an engineer, he was drawn to racing. When he learned about the dinghy racing program at the [Boston Sailing Center](#), he signed up for their crew list and was soon learning to rig and maneuver different boats. He loved the challenge of getting the boat to go as fast as possible by trimming the sails, hunting for the best lane on the race course, and [tacking](#) and jibing strategically.

“I learned so much more through dinghy sailing than I did on the big keelboats. With a dinghy, you feel every movement of the boat and the wind—you actually feel the physics. Even today when I’m racing big keelboats, I always choose crew who learned on a dinghy,” Vinay said.

After three race seasons—including a season of “frostbite racing” on J-24s every Saturday during the freezing Boston winters—Vinay became curious about bigger boats and started networking his way to crewing for captains of larger race boats. At the same time, he wanted to learn to skipper bigger boats as well, so he began taking [American Sailing Association](#) (ASA) courses at the Boston Sailing Center. Ten years later, he’s still happy sailing other people’s boats—as a guest, crew member, or skipper.

“You learn so much when you sail on different boats and I don’t want to deal with maintenance! My advice to anyone who wants to sail is to just do it—go out there and find a sailing club and figure out their system. Loads of places have boats you can use—you just have to look for them,” he said.

A Midwest, Middle Eastern, and European Sailing Journey

Meanwhile, Kylie, a 42-year-old teacher, learned to sail in sprints separated by long pauses. She grew up in Michigan, where her family rented the same one-room cottage near a small lake each summer. Her mother loved learning how to sail on the ocean when they lived in San Diego when Kylie was a toddler; she was determined that her 12-year-old daughter have a chance to learn. When she saw a Sunfish dinghy for sale for \$100, she snapped it up and brought it to the cottage.

“We had no idea how to rig this thing, but the Sunfish is a simple boat so we kind of just figured it out. I’m sure we didn’t get everything right,” Kylie laughed.

Kylie's mom taught her the basics. This is the steering thingamajig. You can't sail straight into the wind—that's called the “no-go zone.” Watch the boom so you don't get hit in the head. Kylie shoved off from the beach, pushed the centerboard down, and it was love at first gust.

“You’ve got to understand that this was a tiny lake. It had never seen a sailboat. There were a few canoes and rowboats that people would take to get to the other side of the lake, which was probably 500 feet away. But sailing was totally different! I’d go back and forth, and back and forth—if there was a good wind, I’d have to tack or jibe about every two to three minutes because there was just this tiny radius in the center of this lake that was deep enough for a two-foot [centerboard](#). People thought I was crazy. It was a blast,” she said.

When she went to college in Connecticut, she jumped at the chance to learn how to sail “for real” through the sailing program at school. It was also a small lake, but at least 20 times bigger than the one she had learned on, and here they could teach her how to rig the boat properly. The 14-foot dinghies were perfect for learning, and for the first time she found out that everything on a boat had a name. And even on a small boat there were a lot of things with names!

“I’m terrible at remembering names and new words. I’m not great at the theory either—I barely passed the written portion of the college’s certification test for the dinghies. I just feel my way through the wind and the boat—I’m more of an intuitive sailor than a technical one,” she said.

After college, Kylie lived in places where there wasn’t much sailing and she didn’t make an effort to find opportunities to sail. Until one day, when she found herself living and working in Dubai.

“Sailing was my sanity there. It’s not a place with a lot of access to nature, so when I found out there was a sailing club that had its own boats I could rent, I was determined to join. The waiting list was long, and I tried to ingratiate myself by being useful at the club. I’d volunteer on the race committee boat, help the instructors put stuff away, and all that jazz. It was one of those places where you had to get three members to sign your application to join the club. I was a little shy about asking people for a favor. My friends found out I was too shy to ask, and they teased me so severely (and still do, 10 years later!) that the next day I marched into the club and asked three strangers to sign my form. And they did! That was the first of many life lessons I’d get from sailing!”

Kylie started sailing 14-foot Lasers and J22’s out of the club, sometimes solo and sometimes with friends. One day she and her friend Silvia took out a new boat—the Laser Vago—which has a trapeze that allows a sailor to counter the weight of the wind on the sail.

“The Vago was probably my most fun day sailing ever. We had a good strong breeze, and Silvia and I just had this perfect chemistry — it was like a ballet. I was out on the trapeze, and every second we needed to slightly adjust the tension on the trapeze, the trim of the sail, or the angle of the boat. I controlled the weight, and she controlled the sail and the angle, so if one person moved, the other one was affected. And, of course, the wind was constantly shifting. But somehow, we were totally in sync. Until we weren’t and we capsized! Normally on a dinghy it’s really easy to get back upright, but for some reason this one was really hard. Neither of us weighs that much, so righting the boat took effort. One of the yachts from the club cruised by asking if we needed help. It was full of guys, and there was no way Silvia and I were going to admit we couldn’t do this on our own! We regretted it briefly thirty minutes later when we were still turtled. But we righted the boat in the end and had a good laugh and a cool beer after we sailed back to the club.”

Kylie got more into sailing over time and decided to get certified so she could charter a cruising yacht someday. Over two years, she took two week-long courses accredited by the [Royal Yachting Association](#) in Croatia and kept sailing through the [Dubai Offshore Sailing Club](#). After she left Dubai, she never let a sailing hiatus last that long again.

“There’s just something special about being out there. I like to say that troubles can’t follow you onto the water—whatever is happening in your life on land, it doesn’t make it out onto the boat. It stays ashore and your mind clears.”

And what about learning on dinghies versus big boats?

“I love sailing on both, but they are different. For me, big boats are fun because it’s a social thing and few vacations compete with chartering a cruising yacht in some gorgeous warm place. But you lose some of the feel of what’s going on with the wind on a big boat—I love the intensely physical nature of dinghy sailing. If you’ve had a good day out there, hiking out on a Laser, your abs should be seriously sore. I love that feeling!”

A West Coast Sailing Journey

Moving on to California, Bob, a 55-year-old software sales guy, first found himself on a sailboat when he was ten and his brother Jim was twelve.

“Somehow we’d scraped together enough savings and coins to rent this 12-foot dinghy on Pinecrest Lake. We didn’t tell anyone—least of all our parents—what we were up to. This was the seventies, so there wasn’t any of that liability nonsense you have going on today.”

The brothers figured out the boat well enough to potter around the lake for an hour or two. Their parents eventually figured out it was their kids out there on the boat, and they seemed to be doing just fine.

“It was so much fun! That day stuck in my memory enough to drive me to find sailing classes nearby a few years later. But that was a waste of time. I didn’t learn anything there,” he said.

Fast forward fifteen years. One day, Bob found himself on a 14-foot Hobie Cat with his friend Cliff in the ocean near San Diego.

“That boat was the bomb! Soon as I got on, I wanted one.”

Soon after, Bob was at a party in San Francisco. He told Jose, a guy he met there, that he was looking to buy a Hobie Cat. Serendipity swooped in. It just so happened that Jose had a Hobie 16 for sale.

“Cool. How much?” Bob asked.

“I’ve listed it for \$1400, but it’s really only worth \$700,” Kevin replied.

A handshake and a few beers later, Bob had himself a boat. He had no idea how to sail it.

A week later, he called his friend Andre, the one who is always up for an adventure, and asked if he wanted to go sailing with him. Andre showed up with a cooler and two 6-packs, ready for a good time. Aware that his sailing skills were a little rusty, Bob had chosen a place to put in where there wasn’t much traffic or wind. Richardson Bay is a calm, shallow bay tucked into a northwestern corner of the San Francisco Bay. Their destination was Chevys, where the laughter and margaritas were plentiful. Between Richardson Marina, where they set the Hobie 16 afloat, and Chevys, there happens to be a 1200-foot-long bridge supporting a major thoroughfare. The Hobie 16 needed to sail under the bridge to get to the destination.

At nearly 27 feet, the Hobie 16's mast is impressive. It takes a strong sailor to bring that mast up and down, but Bob and Andre had no trouble rigging the boat and bringing her into the water. They got the sails up, and the light breeze made for a perfect sail. Bob and Andre were thrilled, enjoying their beers and their new hobby until Andre looked ahead and said, "Bob, I don't think we're gonna make it!"

"Not gonna make what?"

"We're not gonna clear the bridge!" Andre yelled a second before the mast hit the bridge. Luckily the breeze was light, and they hadn't been going too fast, so no one was hurt. But they were certainly in a pickle! The wind was pinning them against the bridge, and the top of the mast poked above the guardrail. Cars began to slow down as drivers rubbernecked to check out the bizarre pole and sail emerging from the guardrail.

As the two scratched their heads to figure out what to do, traffic was building up on the bridge. Eventually they heard a voice call down from the top of the bridge. "You two alright down there?" It was a highway patrolman. Andre looked at the policeman, opened up the cooler of beer and counted out loud: "One, two, three, four, five, six, seven, eight—Yeah thanks, we're good for at least another hour!"

Bob and Andre found a solution. First, they dropped the sails, which decreased the pressure of the mast on the bridge. Next, they lowered the 26-foot mast, resting it lengthwise across the 16-foot boat. Now they could paddle the boat away from the bridge.

So, did they turn around and go back to the Marina?

"Heck no! We still had to pay homage to Chevys. We'd brought the boat all the way out there so we could rock up to the bar in a boat. No way we were turning around!" Bob said.

After his maiden journey on the Hobie 16, Bob began to take the boat to a slightly more challenging place each time. When he mastered Richardson Bay, he moved on to Redwood Shores, where there was a little more wind. Once he felt comfortable there, he moved to Lake Elizabeth. After a few months he took the boat to Redwood Creek, where he'd launch and tootle around in a mile-long creek that ended in the San Francisco Bay. Eventually he made it out to the bay.

"After that, I was off to the races. The San Francisco Bay is one of the hardest sailing environments there is, so once I felt good there, I knew I could go anywhere."

The next season, Bob began taking his Hobie 16 to Santa Cruz, where there is an active Hobie racing and ocean sailing community. He'd usually sail once a week, getting to know the other sailors and learning how to land the boat in the surf. He'd had the Hobie for 25 years before he started to get tempted by bigger boats. He took a few American Sailing Association courses, building up to the ASA 114 Cruising Catamaran Certification, and chartered his first 45-foot Bali 4.5 Catamaran out of the Sea of Cortez in La Paz.

"It's the same and totally different! The sailing is easy—there are a lot more ropes and such than the Hobie 16 but it's the same kind of thing. I'm totally comfortable with that. The stuff I need to learn now is all the boat systems and navigation and such. Now I want to buy a broken diesel engine and fix it, so I know everything about marine diesel engines."

Your Sailing Journey - So how do *you* actually get started sailing?

First, find a way to get on a boat! Tell everyone you know that you want to learn how to sail, search for local sailing communities, and if there aren't any communities nearby, consider planning your next vacation around sailing. Look for dinghy or small boat sailing classes either through the [ASA](#), the [Royal Yachting Association](#), or perhaps through a sports-oriented resort that has a few sailboats. Protip: If you're scheduling a vacation around dinghy sailing, do it someplace warm! Not having to contend with wetsuits or feeling cold makes a big difference when you're learning. Make it a priority, and you'll find yourself on a boat soon enough.

Second, meet other sailors. The more your social network includes other sailors, the more opportunities will come your way. It's easy if there are sailing communities nearby that has classes, boats you can rent, and other sailors to meet. Most sailing communities are far more down-to-earth than the Ralph Lauren advertisements would make you think. If there aren't any communities close to home, start using holidays and weekend getaways to get sailing.

Third, figure out your long-term strategy for sailing regularly. If there's a community with boats you can borrow or rent, that's a great way to get to know lots of different boats. If that's not an option, consider buying a dinghy. Check out Craigslist for [Lasers](#) and [Sunfish](#). Even if you're looking to race or charter big boats, starting on a small boat for a season or two will make you a better sailor. If you're into racing, find ways to crew. Tell everyone you know that this is your passion, and the word will get out.



One thing is clear from Vinay's, Kylie's, and Bob's stories: learning to sail is incremental. It doesn't really matter where or how you start—chances are you'll try a few different types of boats and like some more than others. Eventually you'll find your groove and before you know it, you'll be reminiscing about those first sailing experiences with a big smile.

Do You Really Need an Estate Plan?

By Stacey Riley Walters, Esq.

Contrary to popular opinion on the topic of estate planning, there are no requirements that you live in a huge home on a large property and own more than one piece of property in order to qualify as having an "estate." For estate planning purposes, the term refers to everything you own when you die: your home and any other real estate, personal property, checking account, vehicles, trailers, boats, investment accounts, stocks, savings bonds, interests in family businesses or business partnerships, retirement plans like an IRA or 401k, money market accounts, timeshares...You get the picture?



Have You Ever Worried About the Unexpected:

- If I'm not able or capable, who will take and make decisions? Who will call the shots?
- Who will take care of my kids?
- Who gets my things when I'm gone?
- How will people find my important papers?
- Who gets my assets if it doesn't automatically go to my spouse?
- Do I have the beneficiaries named so my plans are achieved, or will there be more problems?
- Why does my family have to go to Court if I die with a Will?
- How long can my family not use my assets because they are tied up in probate?
- Do I need a Trust? Is it a good option for me and my family?
- How can I keep more of my hard earned money for my heirs?
- How can I keep my affairs private, since probate is a public process?

If these questions sound familiar, then you already have some idea of why you and most everyone needs an estate plan. Plans make sure you control all of these things for yourself and your loved ones. Generally speaking, an estate plan is a collection of documents that specify how you want your money and other assets handled if you can't handle your own affairs and then, how your estate is distributed after you are gone. It makes it so much easier for your loved ones to handle your affairs during a time of incapacity and a time of grief. It keeps more money for you and your family, appoints back-up individuals to make decisions on your behalf if you are unable; specifies who will provide care for your minor children if you are gone; helps minimize taxes; and helps avoid unnecessary costs, publicity and delays caused by the required court probate process that occurs whether you have a Last Will and Testament or not!

So, Who Needs an Estate Plan?

You do. We all do! Death is a certainty; it's just a matter of when. 2020 studies have revealed that procrastination is on the rise! Close to 70% of all adult Americans do not have any type of legal documents in place to handle the unexpected. For some crazy reason, we all think we will live along life, but as a lady recently shared with me, we truly never know!

This woman said she was sitting with her 31-year-old niece on the couch. Her niece had 2 young kids and a boyfriend. The niece had worked all day and had come over to finalize plans for a family picnic that weekend. While sitting there talking, she experienced an excruciating headache, passed out and died of a brain aneurysm within just a few hours. She said her niece died without a Will, and the longtime boyfriend, who is the father of the children, was fighting to get as much of her niece's assets as possible, while not wanting to take responsibility for the kids. "What an emotional and awful mess!" the woman shuddered.

If you're young and unmarried, your estate plan may be simple, but would still include necessary items such as beneficiary designations, a Last Will and Testament, directions if you need life support along with both medical and financial powers of attorney. If you have minor children, your estate plan would include a designation of a guardian to care for your children and at the very least, a testamentary Trust where you determine when and how your minor children receive their inheritance. If you have successfully accumulated assets during your life, your estate plan should include one or more trusts in order to keeping things simple and easy for your family, while still allowing you to completely control your assets and their taxation, management and distribution.

Those who procrastinate often die without anything in place. When this occurs, the State laws where the deceased person lived at the time determines who gets what, and how much. The result, not surprisingly, is usually not in line with what the deceased would have wanted to happen in the end.

You might be tempted to postpone putting the perfect plan in place, maybe until you have a child or until you own a number of assets or until you've "amassed your wealth," or until you are "getting to that age," but postponing is a recipe for disaster. After all, none of us know when our time to leave this earth will come... we only know that it **WILL COME!**

If you aren't sure where to start, but you know you need to get started; or maybe you've started something but you're worried it might not be the perfect plan to achieve your estate planning wishes; or maybe you're wondering what you have everything covered in your current estate plan, contact TW Estate Planning for a free consultation. Our experienced lawyers in North Carolina will educate you and show you all of the potential options so you, too, can have the peace of mind knowing that perfect plan in place for you and your family.

**** The above summary is general information. Do not rely upon the above for definitive legal advice. In accordance with N.C. State Bar Rules, note this contains dramatizations. Not all scenarios represent actual people or real events**

North Carolina licensed Attorney Stacey Riley Walters is a North Carolina native, who graduated Magna Cum Laude from Elon University. She attended Thomas M. Cooley Law School and has been in practice for more than 20 years. The cornerstone of Stacey's practice is planning for the unexpected after she was unexpectedly blessed her disabled daughter. She focuses solely on Estate Planning, Wills, Probate Avoidance, Trusts, Special Needs, Probate and Trust Administration. Stacey has served on UNC Children's Hospital Family Advisory Board, Make-A-Wish Foundation and has participated with the Triangle Down Syndrome Network. Stacey is member of the National Association of Elder Law Attorneys, the Society of Financial Service Professionals, and Elder Counsel.



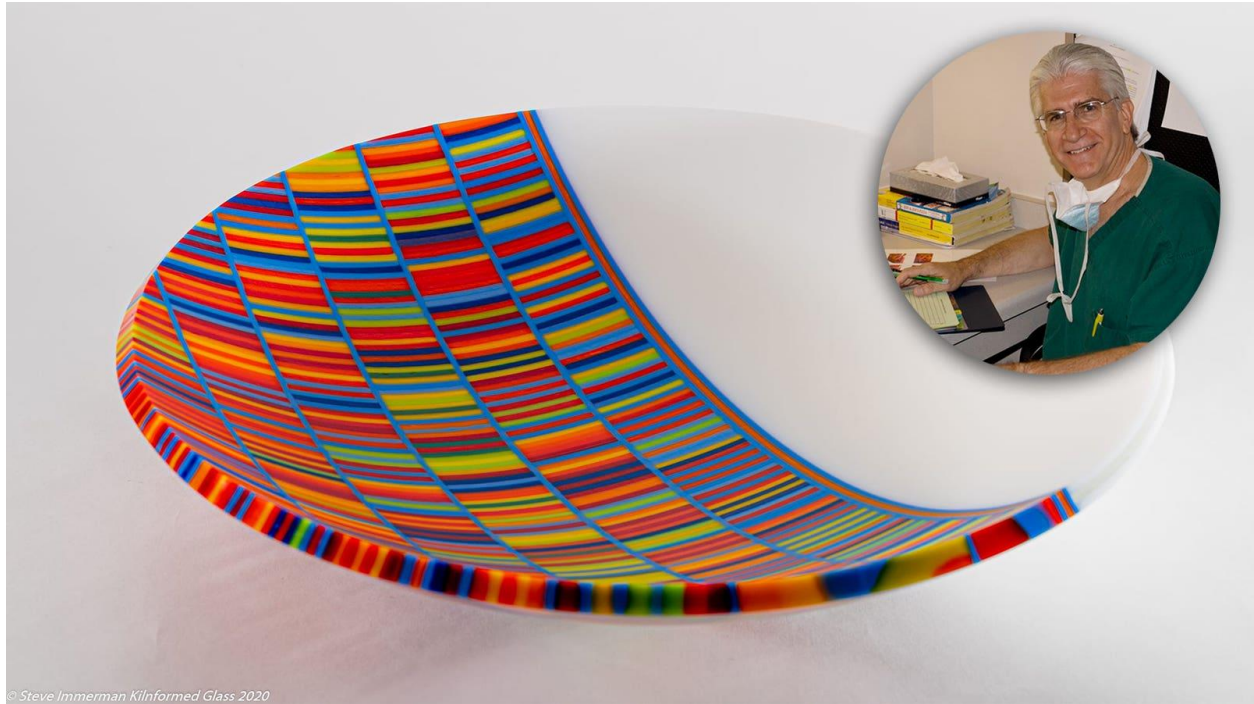
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Are Your Hobbies Connected to Your Specialty?

— Physicians' work may influence how they spend their free time

by Arthur Lazarus, MD, MBA



Dr. Steven Immerman and a piece of his kiln-formed glass art.

Throughout my career I have met doctors with some of the most interesting hobbies -- car collectors, wine makers, coffee roasters, and many others. I've often wondered whether physicians who have utilized their specialized skills in the practice of medicine have parlayed those skills into hobbies. In other words, is there a connection between physicians' hobbies and their medical specialty? My take is that doctors' hobbies and their specialty choices are often inextricably linked.

To be sure, the COVID-19 pandemic has drawn considerable attention to the importance of having a hobby. Physicians under prolonged stress need outside activities to decompress from hard-fought battles lost and won on the COVID front lines.

According to the September U.S. Department of Labor report, 524,000 healthcare workers have left the field since February 2020 -- doctors are among them. Of course, it's impossible to say whether having a hobby would have mitigated the exodus, but the importance of having a hobby has been shown to be crucial in achieving relaxation and work-life balance, as well as coping with anxiety, depression, and traumatic medical experiences.

My son-in-law Austin, for example, is a second-year medical student and an avid gardener. Gardening has allowed him to unwind from the pressure of medical school, while simultaneously parenting a newborn child. Conversely, he feels that gardening has made him a better clinician by teaching him to be patient, learning from failure, and accepting death. Most importantly, gardening has taught Austin concepts related to preventive medicine. "Any gardener knows the importance of their soil's composition. You need to have the right amounts of organic matter, nutrients, minerals, fungi, and bacteria to give your plants the best

foundation to grow ... The garden has reminded me that in order to help our patients grow and maintain their health for longer periods of time, we must grant them solid ground beneath their feet and a clinician who can help them when needed," he wrote in an op-ed.

One of my most influential and admired medical school professors is infectious disease expert Bennett Lorber, MD, a professional painter. Lorber was raised in a family that valued art and music -- his cousin is the accomplished jazz keyboardist and Grammy award winner Jeff Lorber -- and Lorber has painted since early childhood. He also emphasized the importance of having a hobby as a doctor. "Doing something that is important to you, makes you happy, and keeps you sane is just as important as what you do as a doctor ... To best take care of patients, you have to first take care of yourself ... I am a doctor and a painter. Painting for me is not a hobby, but rather a calling equal to my calling to medicine," he said.

Some incredibly talented physicians have found their calling outside of medicine and have left the profession altogether. But the overwhelming majority are satisfied to straddle the fence, like psychiatrist and world-renowned jazz pianist Denny Zeitlin, MD, who maintains a private psychotherapy practice when not recording or touring.

Zeitlin has noted striking similarities between his two vocations: "The psychotherapeutic journey has commonalities with improvising music, which, as a jazz pianist and composer, has been another major passion. Empathy and communication are paramount in both, and I believe my most creative level of psychotherapy and musical expression occurs when I am able to trust that I will be able to bring to bear everything I have studied and learned while simultaneously allowing myself to be so immersed in the activity that I become 'one' with it -- to merge with the music, the musicians, or the patient and his psychological life. I've been fascinated with the nature and challenges of this merger state ... The cross-pollination of music and psychiatry has greatly aided me in both fields."

Success notwithstanding, Zeitlin is quick to add that his musical activities have always remained subordinate to his primary responsibilities to patients and trainees (he teaches at the University of California San Francisco).

The same holds true for general surgeon and kiln-formed glass artist Steven Immerman, MD, who specializes in treatment for pilonidal disease. "Though I was extremely busy, I knew I needed a creative outlet," he said. "I found I really missed having a hobby in which I could use my hands. I was a surgeon at work, but even at play, I needed to work with my hands."

Once when Immerman attended a workshop and proposed a project -- a block of colored glass with a window through which viewers could observe the contents inside -- the instructor remarked, "Well, of course. You're a surgeon. You make little openings in people and you look inside."

Immerman has since observed similar parallels between people's choice of work and their extracurricular activities. Perhaps the most profound parallel can be seen in his own practice, because both surgical and artistic outcomes entail a period of waiting and uncertainty. "They both have a period of time when the process is seemingly out of my control," he said. "For surgery, it is the patient's healing process; for kiln-formed glass, it is the time it is in the kiln. Then, hopefully, there is the joy of seeing the finished product in both endeavors." Immerman also cited the example of a pathologist friend who enjoys astronomy in his spare time. "Both activities consist of looking through a lens and making order out of chaos," he observed.

I have searched for correlations in my own career, as an established psychiatrist and an amateur musician who collects rock and roll live music recordings. As best I can determine, with psychotherapy as my currency, the flow of the therapeutic conversation (the melody), combined with the spoken word of the patient (the lyrics), unites my practice with my hobby.

The relationship between work and hobbies need not be esoteric. For example, Christos Ballas, MD, a very busy ob/gyn, trains and competes in triathlons. He noted, "My hobby is like my career, a big grind, but a lot healthier than going to work. I train and do endurance events, so when not working I'm swimming, running, or biking and thankful that at 61 I can still do it and practice full scope ob/gyn."

I invited physicians blogging on Doximity to share their views about the similarities between their hobbies and medical specialties. A plastic surgeon stated that he makes large-scale production model cars. "Maybe my hobby makes me a different kind of 'plastic' surgeon," he surmised. Emergency medicine physician and author Jeffrey Wade, MD, commented, "Stories are a way I receive the world as a big reader and how I report it back. Writing stories from my life has almost been like psychotherapy and gives me individual stories or books to hand out to people who seem like they could benefit from it."

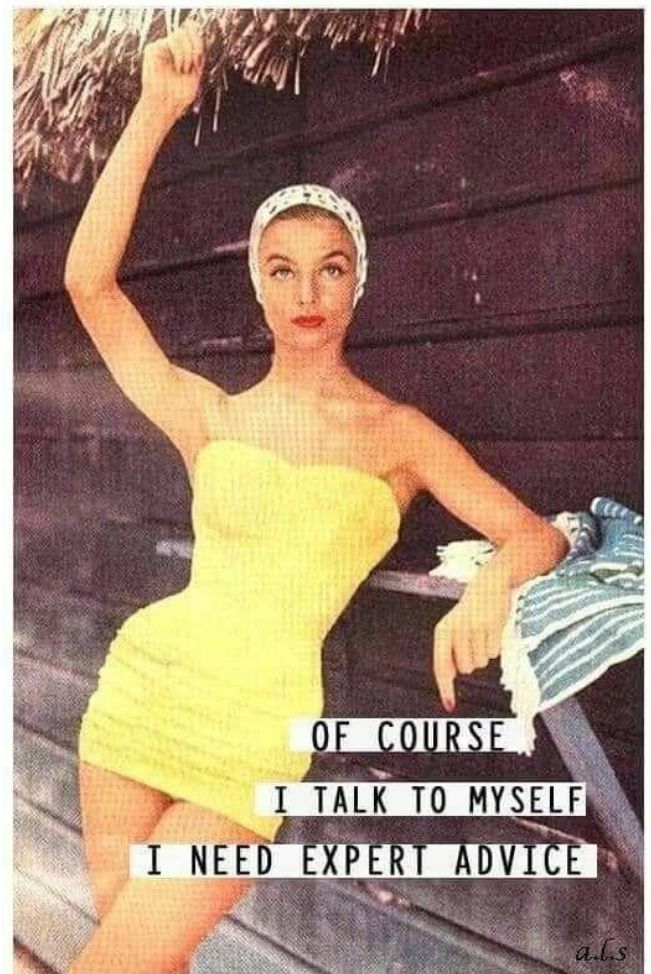
A retired ER trauma physician stated that he builds and shoots black powder Buffalo rifles from the 1800s and percussion muskets and flintlocks from the 1700s. What a curious hobby, I thought, for a physician who has probably treated hundreds, if not thousands, of gunshot victims during his career. One physician asked, "Since I race cars as my hobby and I am a neonatologist, I wonder what that says?"

My favorite comment, however, came from a psychiatrist who snapped, "I wonder how many people [blogging] here would choose to do medicine as a hobby?"

It's like asking physicians who hold both medical and business degrees how many of them went to medical school because they couldn't get into business school? Physicians who are accomplished in their specialties and hobbies usually thrive on the interplay between them. It makes sense that our hobbies reveal a great deal about our passions and the activities that sustain us. Although our hobbies may not always align with our work, it's possible that the more it does, the higher our level of job satisfaction.

In fact, when graduating medical students were asked to rank the most important factors that influenced their specialty choice, "fit with personality, interests, and skills" consistently ranked the highest, behind specialty content, work-life balance, length of residency, and income expectations. The factors motivating physicians to pursue certain career pathways may be the very same factors leading them to choose lifelong hobbies.

Arthur Lazarus, MD, MBA, is a member of the Physician Leadership Journal editorial board, a 2021-2022 Doximity Luminary Fellow, and an adjunct professor of psychiatry at the Lewis Katz School of Medicine at Temple University in Philadelphia.



The Dakota Studios



25 Best Things to Do in the Finger Lakes Region, NY

vacationidea.com



Eleven, long, narrow north-south oriented lakes, in central New York state, are officially termed The Finger Lakes. Also in the area, are several smaller narrow lakes and Oneida Lake, to the northeast, which is regarded as the thumb. They were formed by glacial activity which caused deep valleys. North flowing streams have created spectacular waterfalls throughout the region. The Finger Lakes formed the central part of the Iroquois homeland. Several smaller tribes moved into the area during the colonial era, seeking protection. Various sites on the abolitionist Underground Railroad escape route are noted in the region and it is the birthplace of the Women's Rights Movement. Certain attractions may be temporarily closed or require advance reservations. Hours/availability may have changed.

1. Cornell Botanic Gardens



Cornell University is based in Ithaca, south of Cayuga Lake. The Cornell Botanic Gardens comprise a third of the university campus and natural areas off campus, totaling 3600 acres. The gardens on campus are

cultivated and received recognition for the best college-run arboretum. Twenty diverse habitats make up the natural areas in the Gardens' portfolio, including woodlands, wetlands, wildflower preserves and lake shores. The Gardens are fertile grounds for teaching and research. Outreach programs include plant sales, guided hikes, craft workshops and exhibitions. There is something to observe each season and story-telling tours are held during the summer solstice.

2. Seneca Lake Wine Trail



“Grown Here. Made Here.” is the slogan of the winelands. Wine has been made in the hills around the lake for more than a century. Thirty wineries participate in the Wine Trail, offering hundreds of diverse wines. These are made from classic European cultivars and local varieties. The highlight of the year is the harvest season, when the vineyards become a patchwork of autumn foliage and the celebrations begin in earnest. Activities include the annual pig roast, 'Bite and Flight' food and wine tastings, photography classes and a packed schedule of live music events.

3. Finger Lakes Cider House



Kite and String Cider is the brand produced at the Finger Lakes Cider House. The kite symbolizes the lightness of the cider and the string its earthy connection. The award-winning ciders are aged for 6 to 12 months. The fruit is grown on the eastern slopes of the farm, overlooking Cayuga Lake. The fertile glacial soil, rich bedrock and seasonal variances in climate make the farm ideal for growing apples and peaches. Excess fruit is sold at

the farm. Visitors can choose to pick their own or to buy it from the store. Lunch and small plates of eats are sold on the premises. Flights of 10-15 ciders accompany the tasting menu.

4. Cayuga Wine Trail, Finger Lakes Region, New York



Known as America's first wine trail, this tourism destination offers much in the way of wining and dining. The 14 wineries have received national and international recognition for their produce, which includes cider, port, sherry and ice wines. Some wineries have experimented with making vodka, gin and other spirits. Several lakefront restaurants are dotted along the scenic drives and a limousine is on hand to transport those who wish to imbibe. Concert series, live music performances and weddings are regular events taking place on the trail. Shops, bakeries and bed and breakfast establishments make visitors want to linger.

5. Montezuma National Wildlife Refuge



The glacial activity that created the Finger Lakes left extensive marshy deposits at the northern and southern ends of the system. This was an extremely important stopover point for migrating birds. Over time, the land was reclaimed by creating canals and straightening rivers. The Montezuma National Wildlife Refuge seeks to redress the situation by rehabilitating the wetlands so they can serve their original purpose. Ten thousand

acres was set aside between Rochester and Syracuse, north of Lake Cayuga. A wildlife drive traverses 1600 acres of wetland affording visitors opportunities to observe and photograph the birds and other wildlife.

6. Three Brothers Wineries, Finger Lakes Region, NY



There are three wineries, a micro brewery, four tasting rooms and a café in this complex. A tasting passport allows access to all the tasting rooms. Beverages include hand-crafted beers and wines, ciders, seltzers and sodas. Wine-slushies are also available. Each winery has a distinct character and product range. Passion Feet Wine Barn produces semi-dry to sweet wines. Bagg Dare Wine Company is the most photographed and produces sweet wine. The War Horse Brewing Company makes ales, lagers and seasonal brews. They honor warriors and display photos and other memorabilia of family and friends who have served in the forces.

7. Bristol Mountain Ski Resort, Finger Lakes Region, NY



There are 138 acres of skiable terrain in this premier ski resort. The 38 slopes offer a variety of inclines for beginners to experts. The snow making machines ensure that skiing conditions are suitable from late November to early April. The resort offers lessons, adventure camps and 'stay and ski' packages. They operate a snow sports club as well as a race club and league. For dining, there are two base lodges, a mid-mountain waffle house and the Summit Grille which offers a bite to eat between ski runs. The event center at the base is used for race events. It is available for weddings and other functions.

8. Fox Run Vineyards, Finger Lakes Region, NY



This family-run winery, overlooking Seneca Lake, has been producing estate wines since 1989. Every hour during opening time, 7 days a week, all year round, they conduct walking tours around the vineyards and winery. From April to December, the café is open, offering home-cooked meals with ingredients grown in the vegetable garden or sourced from local suppliers. In the barrel room, which was formerly a dairy barn, weekly guided dinners of food and wine pairing are held. Diners meet the chefs and wine-makers who collaborate to bring out the best of both wining and dining.

9. Glenn H Curtiss Museum



The museum at the southern end of Kueka Lake celebrates the achievements of Glenn Curtis, who was primarily an aviation pioneer and a motorcycle manufacturer. He was declared the fastest man on earth in 1907. The 8 cylinder motorcycle that he used to clock 136.4 mph is one of the exhibits in the museum. There are a total of 22 original, restored and reproduction aircraft on display and 16 automobiles that were manufactured between 1900 and 1942. The first aircraft to fly in Canada and the navy's first seaplane are among the aircraft exhibited. There are also boats and bicycles at the museum, including the velocipede or boneshaker.

10. Harriet Tubman Home



Harriet Tubman lived from 1822 to 1913. She was born into slavery but escaped and returned to help rescue family members and friends. She ultimately ran 13 missions, freeing 70 enslaved people. She later became an abolitionist and political activist. During the American Civil War she fought on the side of the Union as a scout and spy. In part, due to her efforts, a further 700 slaves were freed. In 1859 she purchased her home in Auburn, New York. She assisted the suffragette movement and saw out her life in a home for the elderly that she had help establish.

11. Museum of the Earth



Through indoor and outdoor activities, this museum enables visitors to explore the earth and its prehistoric past. Exhibitions include skeletons of the Hyde Park Mastodon and a 44 foot Right Whale. A 500 foot mural, entitled, Rock of Ages, Sands of Time depicts the earth through all of history. Activities include unearthing fossils and exploring the old-growth forest in the 32 acre Smiths Wood. The 120 acre Cayuga Nature Center houses live animals in their natural habitats. Through outreaches such as family-friendly programs, summer camps and lecture series, the museum seeks to engage locals and tourists alike.

12. Sciencenter, Finger Lakes Region, NY



The Sciencenter grew out of a volunteer-run science initiative run at an elementary school in Ithaca. Founded in 1983, it operated out of store fronts for a decade. Between 1993 and 2003, 3400 volunteers contributed 50000 hours towards constructing the Sciencenter's new 32000 square foot premises. In 2010, a further 8000 square foot building was added to house the center's traveling exhibits. The center attracts 100000 visitors per annum and reaches a further 1.5 million through its traveling exhibits. With topics ranging from astronomy to zoology, visitors of all ages learn through experiential activities and play.

13. Sonnenberg Gardens & Mansion State Park



As newlyweds in 1863, Frederick and Mary Thompson purchased a farmhouse on 14 acres of land, near the north end of Canandaigua Lake. It was to be their summer estate. In time, they purchased a total of 300 acres and built a 40-roomed Queen Anne-styled mansion. After her husband's death in 1899, Mary Thompson set about redesigning the gardens. She had the means to travel the world looking for ideas and incorporated these into the landscape. Nine formal gardens totaling 50 acres remain of the estate. The gardens and mansion are open from May to October each year.

14. The Windmill Farm & Craft Market



When the Windmill market, between Seneca and Keuka Lakes, opened in 1987, traffic was backed up for five miles with visitors wanting to see the new initiative. The market started with 64 vendors under the cover of two buildings, with 25 vendors outside. More buildings have been erected on the 44 acre site and the number of vendors, who sell a wide variety of goods, has grown to 175. The market is open on Saturdays. Twice a year, the Custom and Classic Car Show is held on site.

15. Canandaigua Lake, Finger Lakes Region, New York



Canandaigua, the most easterly Finger Lake, means 'the chosen spot' in the Seneca language. It is 16 miles long and a mile wide, and is known for the quality of its water. There are several homes and summer cottages in Canandaigua city to the north and Naples lies south of the lake. The annual 'ring of fire' commemorates the

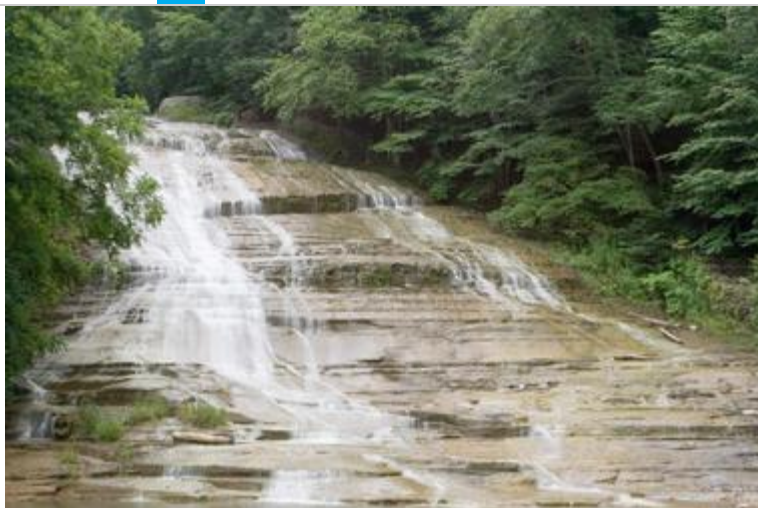
Seneca tribal tradition of burning tobacco on the shores of the lake to celebrate the harvest. Squaw Island, one of two in the lake, was the refuge for Seneca women and children during the Sullivan Campaign of 1779.

16. Watkins Glen State Park



The most famous of the Finger Lake state parks lies south of Seneca, the largest of the lakes. It was rated third best state park in the country in 2015. There are three trails in the park which link up with the 800 mile Finger Lakes Trail. The Gorge trail follows the Glen creek which drops 400 feet in two miles, resulting in 19 waterfalls and 200 foot cliff faces. There is plenty to do in all seasons, including hiking, fishing, hunting and cross-country skiing. There are campsites and picnic facilities for day-trippers. Pets are allowed in certain areas, on leads.

17. Buttermilk Falls State Park



This park is south of Lake Cayuga and Ithaca. In 1924, Robert and Laura Treman donated 164 acres along the Buttermilk Creek to the state. More land has been acquired and the park has grown to 811 acres. The churning waters that cascade down the 10 waterfalls in the steep valley give the creek its name. Visitors can also enjoy the lakefront beach and the natural rock pools. There are several trails in the park which link up with the Finger Lakes trail. The gorge trail follows the creek and the Larch Meadows takes hikers through wetlands. Facilities include cabins, campsites, picnic areas and playgrounds.

18. Taughannock Falls State Park



The 215 foot waterfall in this park is the highest east of the Rocky Mountains and is 33 foot higher than the Niagara Falls. The gorge and rim trails afford spectacular views of the riverine landscape and the cabins, campsites and picnic area overlook Cayuga Lake. The area was a tourist hub until 1925 when travel by rail was at its peak. Steamboats offered rides on the lake and there were several lakeside hotels. It is popular once again with the park offering summer concerts, guided tours and boat rentals. In winter, snowboarding, cross-country skiing and sledding are popular activities in the 750 acre park.

19. Roseland Waterpark, Finger Lakes Region, New York



There are 56 acres of aquatic adventure in this waterpark, north of Canandaigua Lake. There are nine water activities, including the aptly named Twister, Tornado and Hurricane. There is a 6 foot deep wave pool, a 65 foot water slide and a 600 foot river to paddle. At each water attraction there are at least two lifeguards to ensure the safety of participants. There are also several activities on dry land, such as water balloon fights and beach volleyball. Accompanying adults and others who wish to relax can make use of the covered lounge. Refreshments are available in the Roseland Café.

20. Seneca Lake, Finger Lakes Region, New York



Seneca is one of the more popular of the Finger Lakes. The lake is dotted with water sport enthusiasts and the surrounding hills with vineyards. Geneva is situated at the northern end and Watkins Glen at the south, with villages and settlements on either side. The lake is 38 miles long and 3 miles across at its widest point. It is 600 foot deep. Attractions in the area include the winelands, Finger Lakes National Forest and regular farmers' markets. Legend has it that the Seneca Drums are communications from tribal spirits but science suggests that the sounds are made from gas bubbles escaping from the lake floor.

21. Women's Rights National Historical Park



The first Women's Rights Convention was held in a Wesleyan Chapel in Seneca Falls in 1848. An annual convention is still held in July. Three of the organizers lived in the area and houses associated with their residency are part of the park. Elizabeth Stanton's home was a large farmhouse with outbuildings, orchards and gardens, which she inherited from her father. For 20 years May Ann M'Clintock lived in a house that was used as a stopover on the Underground Railroad, the network that helped slaves to escape. The park offers field trips and guided tours for groups.

22. Ithaca Farmers Market



This cooperative market has been in operation at the covered Pavilion market site on the waterfront of the Cayuga Inlet, since 1973. The cooperative rehabilitated the site and built a dock for access from the water. There are more than 150 active members who grow and produce the goods they sell within a 30 mile radius of the pavilion. Goods include fresh produce, prepared foods and beverages, art and crafts. Markets are held at the Pavilion on Saturdays and Sundays and Thursday evening. On Tuesdays and Wednesdays, markets are held at venues in DeWitt Park and East Hill Plaza.

23. Cayuga Lake, Finger Lakes Region, New York



At 40 miles, Cayuga Lake is the longest of the glacial Finger Lakes. Ithaca is at the southernmost end and there are settlements and villages along the eastern shore. Sailing, boating and lake cruises are popular activities. There are two yacht clubs on the western shore. The lake is connected to Lake Ontario by the Erie Canal. Water levels in the lake are controlled by the Mud Lock during winter to minimize ice damage. The mudflats to the north are important as a stopover for migrating birds. Scenic drives and winery tours make this a popular destination for day-trippers.

24. Ithaca Falls, Finger Lakes Region, New York



The Ithaca Falls form a natural amphitheater, 150 feet high and 175 feet wide. Water cascades into a plunge pool which is popular with fly fishermen for the lake-run trout and salmon found there. Swimming is prohibited. In the early 19th century a diversion dam was built above the falls to channel water to several mills. Falls Creek Village sprang up but is now in ruins. The dam collapsed in 2013. The land surrounding the falls is within the city limits. The city acquired the falls from Cornell University in 2000 and additional land to the north when the owner defaulted on taxes.

25. National Women's Hall of Fame



In 1968, Shirley Hartley, retired executive secretary of the president of Eisenhower College, started the drive to establish a national women's hall of fame. She organized the Founders' Tea in the Old Armitage in Seneca Falls. The town was chosen because of its links to the birth of the Women's Rights Movement in 1848. The first 20 honorees were announced at the Inaugural Induction in 1973. To date, 275 women have been inducted for achievements in the arts, business, education, humanities, politics and science. The organization is moving from its historic downtown premises to the 1844 Seneca Knitting Mill, a place rooted in the abolitionist and women's rights movements.

Best Things to Do in the Finger Lakes Region, NY

- [Cornell Botanic Gardens](#)
- [Seneca Lake Wine Trail](#)
- [Finger Lakes Cider House](#)
- [Cayuga Wine Trail, Finger Lakes Region, New York](#)
- [Montezuma National Wildlife Refuge](#)
- [Three Brothers Wineries, Finger Lakes Region, NY](#)
- [Bristol Mountain Ski Resort, Finger Lakes Region, NY](#)
- [Fox Run Vineyards, Finger Lakes Region, NY](#)
- [Glenn H Curtiss Museum](#)
- [Harriet Tubman Home,](#)
- [Museum of the Earth](#)
- [Sciencenter, Finger Lakes Region, NY](#)
- [Sonnenberg Gardens & Mansion State Park](#)
- [The Windmill Farm & Craft Market](#)
- [Canandaigua Lake, Finger Lakes Region, New York](#)
- [Watkins Glen State Park](#)
- [Buttermilk Falls State Park](#)
- [Taughannock Falls State Park](#)
- [Roseland Waterpark, Finger Lakes Region, New York](#)
- [Seneca Lake, Finger Lakes Region, New York](#)
- [Women's Rights National Historical Park](#)
- [Ithaca Farmers Market](#)
- [Cayuga Lake, Finger Lakes Region, New York](#)
- [Ithaca Falls, Finger Lakes Region, New York](#)
- [National Women's Hall of Fame](#)

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