



WEEK 13 TEAMWORK & PERSEVERANCE



Next Week:
What I'll Miss

Position: -31.9389,
-40.1344
Time: 2017-01-26
10:48:00 UTC

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**By Rich Wilson, Skipper
Great American IV**

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In this way, everyone got to know each other, and so although separated by an ocean, they are all on the same page regarding our boat, project, and effort.

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call that now includes both boat and sitesALIVE people to ensure that all communications that might affect the program are known by all.

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The topic of perseverance is natural since the voyage and the program are so long while they are operational. Yet our planning and development, both for boat and program, has been going on for even longer, for several years. All involved will require tremendous perseverance to get to the finish line. And so to see this through one can glean a lesson for many other aspects and challenges of life: you just have to keep at it, until it's done.

Yesterday I went from 3 reefs to 2 reefs to 1 reef to the full mainsail. On the pedestal winch, that meant about 500 revolutions in a medium gear, or 1000 revolutions in a lower gear. I thought my arms, hands, and fingers would fall off! I was utterly exhausted at the end, but it had to be done for the weather conditions. Persevering paid off and we went quickly through the night with the correct sail for the weather conditions.



TEAMWORK, PERSEVERANCE, AND ASTHMA

By Dr. Chris Fanta

When Rich Wilson was growing up, there were many misunderstandings about asthma. Many people still believed that asthma – with its cough, wheezing, shortness of breath, and tightness in the chest – was a psychological disease. Children with asthma were advised to sit out from sports and other strenuous physical activities, because exercise could provoke an attack of asthma. There were few, if any, famous role models with asthma whom a young person with asthma could admire and try to be like. Medicines to treat asthma were also quite primitive. They didn't work terribly well and they often had unpleasant side effects, like nausea and jitteriness.

There have been major advances in our understanding and treatment of asthma since those times. We know now that for most children, asthma represents an allergic reaction of the breathing (bronchial) tubes. Muscles surrounding the tubes squeeze them into narrow passageways, and inflammation with swelling and mucus further plug them up. As you might imagine, exercise is good for the lungs as well as for the rest of the body. Children with asthma receiving proper treatment are encouraged now to play sports and be fully active without limitation. These days one can easily point to athletic superstars who have excelled despite their asthma, like Jackie Joyner-Kersee in track and field, Amy Van Dyken in swimming, Jerome Bettis in professional football, and, of course, Rich Wilson in sailboat racing. Also, our asthma medicines are stronger, safer, and simpler to use. For many people, that means simply

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Smooth sailing takes perseverance and teamwork.



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