

# Race Against Age

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Population Projections of the United States, by Age, Sex, Race, and Hispanic Origin Jennifer Cheeseman Day 1992

**This Chair Rocks** Ashton Applewhite  
2019-03-05 "Wow. This book totally rocks. It arrived on a day when I was in deep confusion and sadness about my age. Everything about it, from my invisibility to my neck. Within four or five wise, passionate pages, I had found insight, illumination, and inspiration. I never use the word empower, but this book has empowered me." —Anne Lamott, New York Times bestselling author Author, activist, and TED speaker Ashton Applewhite has written a rousing manifesto calling for an end to discrimination and prejudice on the basis of age. In our youth obsessed culture, we're bombarded by media images and messages about the despairs and declines of our later years. Beauty and pharmaceutical companies work overtime to convince people to purchase products that will retain their youthful appearance and vitality. Wrinkles are embarrassing. Gray hair should be colored and bald heads covered with implants. Older minds and bodies are too frail to keep up with the pace of the modern working world and olders should just step aside for the new generation. Ashton Applewhite once held these beliefs too until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, *This Chair Rocks* traces her journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life. Explaining the roots of ageism in history and

how it divides and debases, *Applewhite* examines how ageist stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of elders as burdens to society, describes what an all-age-friendly world would look like, and offers a rousing call to action. It's time to create a world of age equality by making discrimination on the basis of age as unacceptable as any other kind of bias. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!

*The Happy Runner* Roche, David 2018-11-15 Is your daily run starting to drag you down? Has running become a chore rather than the delight it once was? Then *The Happy Runner* is the answer for you. Authors David and Megan Roche believe that you can't reach your running potential without consistency and joyful daily adventures that lead to long-term health and happiness. Guided by their personal experiences and coaching expertise, they point out the mental and emotional factors that will help you learn exactly how to become a happy runner and achieve your personal best.

**Population Projections for States, by Age, Sex, Race, and Hispanic Origin** Paul R. Campbell 1994

The Struggle for Equal Adulthood Corinne T. Field 2014-09-02 In the fight for equality, early feminists often cited the infantilization of women and men of color as a method used to keep them out of power. Corinne T. Field argues that

attaining adulthood--and the associated political rights, economic opportunities, and sexual power that come with it--became a common goal for both white and African American feminists between the American Revolution and the Civil War. The idea that black men and all women were more like children than adult white men proved difficult to overcome, however, and continued to serve as a foundation for racial and sexual inequality for generations. In detailing the connections between the struggle for equality and concepts of adulthood, Field provides an essential historical context for understanding the dilemmas black and white women still face in America today, from "glass ceilings" and debates over welfare dependency to a culture obsessed with youth and beauty. Drawn from a fascinating past, this book tells the history of how maturity, gender, and race collided, and how those affected came together to fight against injustice.

*Population Projections of the United States, by Age, Sex, Race, and Hispanic Origin* 1993

Race Against Time Jack E. Davis 2004-10-01

While many studies of race relations have focused on the black experience, *Race against Time* strives to unravel the emotional and cultural foundations of race in the white mind. Jack E. Davis combed primary documents in Natchez, Mississippi, and absorbed the town's oral history to understand white racial attitudes there over the past seven decades, a period rich in social change, strife, and reconciliation. What he found in this community that cultivates for profit a romantic view of the Old South challenges conventional assumptions about racial prejudice. Davis engagingly and effortlessly weaves between nineteenth and twentieth centuries, white observations and black, to describe patterns of social interaction in Natchez in the workplace, education, politics, religion, and daily life. It was not, he discovers, false notions of biological differences reinforced by class and economic conflict that lay at the heart of the town's racial divide but rather the perception of a black/white cultural divergence - in values in education, work, and family. White culture was deemed superior, a presumption manifested through a hierarchy of old-family elite and other white citizens. Since 1930, Natchez has developed a major tourist industry,

downsized sharecropping, expanded its manufacturing sector, and participated in the struggles for civil rights, school desegregation, and black political empowerment. Yet the collective white perception of a mythic past has continued, reinforced through the sum of Natchez's public history -- social memory, school textbooks, breathtaking antebellum mansions, and world-famous Pilgrimage. In *Race against Time*, Davis sensitively lays bare the need for shared control of the town's history and the acknowledgment of intercultural dependence to effect true racial equality. Building upon the 1941 classic *Deep South: A Social Anthropological Study of Caste and Class*, Davis brings tremendous passion and insight to the demanding issue of race as he fathoms the contours of Natchez's distinctive racial dynamics in recent decades.

**Born to Run** Christopher McDougall

2010-12-09 A New York Times bestseller 'A sensation ... a rollicking tale well told' - The Times At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals. A small group of the world's top ultra-runners (and the awe-inspiring author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long. With incredible energy and smart observation, McDougall tells this story while asking what the secrets are to being an incredible runner. Travelling to labs at Harvard, Nike, and elsewhere, he comes across an incredible cast of characters, including the woman who recently broke the world record for 100 miles and for her encore ran a 2:50 marathon in a bikini, pausing to down a beer at the 20 mile mark.

Race Against Death Seymour Reit 1976 In the winter of 1925 a dog sled relay makes a life and death race against time through an Alaskan blizzard with a supply of serum needed to stop a diphtheria epidemic in Nome.

White Lies Maurice Berger 1999 Drawing on his own background growing up Jewish in a largely black housing project in New York City, the author analyzes the racial experiences of his

boyhood while investigating the treatment of blacks in society and the media.

Racing Age Angela Jimenez 2016 A book of documentary photographs and essays about competitive masters track & field athletes by photojournalist Angela Jimenez.

The Breakthrough Gwen Ifill 2009-10-27 In *The Breakthrough*, veteran journalist Gwen Ifill surveys the American political landscape, shedding new light on the impact of Barack Obama's stunning presidential victory and introducing the emerging young African American politicians forging a bold new path to political power. Ifill argues that the Black political structure formed during the Civil Rights movement is giving way to a generation of men and women who are the direct beneficiaries of the struggles of the 1960s. She offers incisive, detailed profiles of such prominent leaders as Newark Mayor Cory Booker, Massachusetts Governor Deval Patrick, and U.S. Congressman Artur Davis of Alabama (all interviewed for this book), and also covers numerous up-and-coming figures from across the nation. Drawing on exclusive interviews with power brokers such as President Obama, former Secretary of State Colin Powell, Vernon Jordan, the Reverend Jesse Jackson, his son Congressman Jesse Jackson Jr., and many others, as well as her own razor-sharp observations and analysis of such issues as generational conflict, the race/ gender clash, and the "black enough" conundrum, Ifill shows why this is a pivotal moment in American history. *The Breakthrough* is a remarkable look at contemporary politics and an essential foundation for understanding the future of American democracy in the age of Obama.

*When Race Meets Class* Rhonda F. Levine 2019-01-24 A rare, 15-year ethnography, this book follows the lives of individual, low-income African American youth from the beginning of high school into their early adult years. Levine shows how their interaction and experience with multiple institutions (family, school, community) and individuals (parents, friends, teachers, coaches, strangers) shape their hopes, fears, aspirations, and worldviews. The intersectionality of their social identities—how race, class, and gender come together to influence how they come to think about who they are—influences many behaviors that directly

contradict their stated aspirations. Affected, too, by limited access to resources, these youths often take a path profoundly different from their stated values and life goals. Levine explores the volatility and constraints underlying their decision-making and behaviors. The book reveals the critical junctures and turning points shaping life trajectories, challenging many long-held assumptions about the persistence of racial inequality by offering new insights on the educational and occupational barriers facing young African Americans.

**Coming of Age in Jim Crow DC** Paula C. Austin 2019-12-10 The fullest account to date of African American young people in a segregated city *Coming of Age in Jim Crow DC* offers a complex narrative of the everyday lives of black young people in a racially, spatially, economically, and politically restricted Washington, DC, during the 1930s. In contrast to the ways in which young people have been portrayed by researchers, policy makers, law enforcement, and the media, Paula C. Austin draws on previously unstudied archival material to present black poor and working class young people as thinkers, theorists, critics, and commentators as they reckon with the boundaries imposed on them in a Jim Crow city that was also the American emblem of equality. The narratives at the center of this book provide a different understanding of black urban life in the early twentieth century, showing that ordinary people were expert at navigating around the limitations imposed by the District of Columbia's racially segregated politics. *Coming of Age in Jim Crow DC* is a fresh take on the New Negro movement, and a vital contribution to the history of race in America.

Race Against the Clock! Secret Agent Activity Book Jeremy Elder 2011-04-01 Loaded with 27 exciting espionage-related puzzles, this book requires thrilling acts of derring-do. Young spies can engage in codebreaking, solve word searches, follow mazes, look for hidden objects, and other challenges.

**Race in the Age of Obama** Donald Cunnigen 2010-12-17 Looks at the impact of the key sociological issues faced by the new Obama Administration and explores conventional topics on race and ethnic relations as well as delving into fresh areas of intellectual inquiry regarding

the changing scope of race relations in a global context. This title examines the 2008 Presidential Election.

**The Age of Segregation** Robert Haws  
2008-05-01 Essays from Dan T. Carter, Al-Tony Gilmore, George Tindall, and others on the South's race relations after Reconstruction

**A Race Against Time** Carolyn Keene 2004-03  
Another Nancy Drew mystery.

**The children of immigrants in schools (in five volumes)** United States. Immigration Commission (1907-1910) 1911

**Mistaken Identity** Asad Haider 2018-05-15 A powerful challenge to the way we understand the politics of race and the history of anti-racist struggle Whether class or race is the more important factor in modern politics is a question right at the heart of recent history's most contentious debates. Among groups who should readily find common ground, there is little agreement. To escape this deadlock, Asad Haider turns to the rich legacies of the black freedom struggle. Drawing on the words and deeds of black revolutionary theorists, he argues that identity politics is not synonymous with anti-racism, but instead amounts to the neutralization of its movements. It marks a retreat from the crucial passage of identity to solidarity, and from individual recognition to the collective struggle against an oppressive social structure. Weaving together autobiographical reflection, historical analysis, theoretical exegesis, and protest reportage, *Mistaken Identity* is a passionate call for a new practice of politics beyond colorblind chauvinism and "the ideology of race."

**Can't Nothing Bring Me Down** Ida Keeling 2018-02-27 It's never too late to do the impossible. Meet Ida Keeling, a 104-year-old mother, activist, and world record-holding runner. Her fierce independence and deep faith carried her through the Depression and the civil rights movement--but her greatest trials were yet to come. Miss Ida, as she is known in her community in the Bronx, grew up as a child of immigrants during the Great Depression. She began working to help provide for her family at age twelve. Later, after her husband passed, she raised her four children alone while serving as an active member in the civil rights movement. In 1978 and 1980, Ida's two sons were brutally

murdered. Justice was never achieved. Ida felt like she didn't have the strength to carry on, but, encouraged by her daughter, Ida put on her first pair of running shoes at the age of 67 and began to chase the paralyzing sorrow from her heart. Running gave light and new energy to Ida, and since her first race nearly 35 years ago, she's never looked back. Holding the world record for the fastest time in the 60-meter dash for the 95-99 age group, Ida isn't slowing down. Can't Nothing Bring Me Down gives us a clear picture of what it means to: Find new passions, no matter your age Navigate life's obstacles with grace Lean on faith, family, and friends in hard times In *Can't Nothing Bring Me Down*, Ida offers time-tested truths gathered from a lifetime of watching a nation change--and from a lifelong faith in Jesus. "Every night, I thank him for my many blessings, for his guidance, for his protection," Ida says. "And every night he tells me, 'Miss Ida, you just keep on, because I ain't done with you yet.'"

**The Age of Segregation** Derrick Bell 1978

**Love Fumbles 2** Regina Nicole Smith 2022-02-28 After their abrupt departure from Wood Oak, Louisiana, Nell Jefferson and Paul Boudreaux are continuing to encounter roadblocks instigated by friends and family who hatefully oppose their interracial relationship. Will their love survive all of these new challenges? Will they finish high school, get married, and welcome their new baby together? Will their love drastically fumble, leading them back to their segregated communities?

*Race in a Bottle* Jonathan Kahn 2013 Approved by the FDA in 2005 as the first drug with a race-specific indication on its label, BiDil was touted as a pathbreaking therapy to treat heart failure in black patients. Kahn reveals that, at the most basic level, BiDil became racial through legal maneuvering and commercial pressure as much as through medical understandings of how the drug worked. He examines the legal and calls for a more reasoned approach to using race in biomedical research and practice.

**Race Against the Machine** Erik Brynjolfsson 2012 Examines how information technologies are affecting jobs, skills, wages, and the economy.

*The Second Machine Age: Work, Progress, and Prosperity in a Time of Brilliant Technologies*

Erik Brynjolfsson 2014-01-20 A pair of technology experts describe how humans will have to keep pace with machines in order to become prosperous in the future and identify strategies and policies for business and individuals to use to combine digital processing power with human ingenuity.

### **The Multiple Hazards of Age and Race**

United States. Congress. Senate. Special Committee on Aging 1971

*Race Against the Odds* Kevin Desmond 2004

Miss England II is the legendary record-breaking speedboat of the 1930s and is the first speedboat to cross the 100mph barrier. This book covers the story of this speedboat and includes facts and photographs of record-breaking history, motor-sport history, and British patriotic history.

### **Estimates of Coverage of Population by Sex, Race, and Age**

United States. Bureau of the Census 1974

**Race Against Time** Sandra Neil Wallace

2021-01-05 ALA Notable Book NCSS Carter G.

Woodson Award, Secondary Level Winner

NCSS/CBC Notable Social Studies Trade Book

Finalist, Jane Addams Children's Book Award

Junior Library Guild Selection Chicago Public

Library Best Informational Book for Older

Readers An Evanston Public Library 101 Great

Books for Kids In this key civil rights and social

justice book for young readers, Scipio Africanus

Jones—a self-taught attorney who was born

enslaved—leads a momentous series of court

cases to save twelve Black men who'd been

unjustly sentenced to death. In October 1919, a

group of Black sharecroppers met at a church in

an Arkansas village to organize a union. Bullets

rained down on the meeting from outside. Many

were killed by a white mob, and others were

rounded up and arrested. Twelve of the

sharecroppers were hastily tried and sentenced

to death. Up stepped Scipio Africanus Jones, a

self-taught lawyer who'd been born enslaved.

Could he save the men's lives and set them free?

Through their in-depth research and

consultation with legal experts, award-winning

nonfiction authors Sandra and Rich Wallace

examine the complex proceedings and an

unsung African American early civil rights hero.

### **The Effects of Age, Race of Victim, and Ability to Take Another's Role in**

### **Helpfulness and Sharing in Children**

Carole Gammer Meltzer 1970

### **A Field Study of Age Discrimination in the**

**Workplace** Nick Drydakis 2022 The study examines whether age intersects with gender and race during the initial stage of the hiring process and affects access to vacancies outcomes and wage sorting. In order to answer the research question the study collects data from four simultaneous field experiments in England. The study compares the labour market outcomes of younger White British men with those of older White British men and women, and with those of older Black British men and women. The study concentrates on low-skilled vacancies in hospitality and sales in the private sector. The results of this study indicate that older White British men and women, as well as older Black British men and women, experience occupational access constraints and are sorted into lower-paid jobs than younger White British men. The level of age discrimination is found to be higher for Black British men and women. In addition, Black British women experience the highest level of age discrimination. These patterns may well be in-line with prejudices against racial minority groups and stereotypical sexist beliefs that the physical strengths and job performance of women decline earlier than they do for men. This research presents for the first-time comparisons of access to vacancies and wage sorting between younger male racial majorities and older male racial majorities, older female racial majorities, older male racial minorities, and older female racial minorities. In addition, the driven mechanism of the assigned differences is explored. Because the study has attempted to minimise the negative employer stereotypes vis-à-vis older employees, with respect to their motivation, productivity, and health, such prejudices against older individuals may be considered Taste-based discrimination. If prejudices against older individuals are present, then anti-discrimination legislation may be the appropriate response, especially for racial minorities and women. Eliminating age discrimination in selection requires firms to adopt inclusive HR policies at the earliest stages of the recruitment process.

### **The Multiple Hazards of Age and Race: the Situation of Aged Blacks in the United**

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**States** Inabel B. Lindsay 1971

**How The Race Was Won** Matthew Dobson  
2021-01-07 They say that Disney World is the place where dreams come true. For the author of this book, that was certainly the case! His life had been a series of stepping stones to get him to the height of American distance running. It started with a foot race on the playground in elementary school that resulted with him being tabbed the fastest boy in his class. The pressure to stay competitive and keep winning carried over into high school and eventually as a scholarship runner in college. "How the Race Was Won" is the true life story of the first and only American to win the Walt Disney World Marathon. After reading this book, a person will learn how to draw strength from their personal experiences to reach the destiny that is waiting for them. This book suggests that we are a product of our environment. And that collectively, the power of everything good, bad, and ugly in one's life can be converted into the very thing that turns hopeful passion into triumphant promises. The author gives a sentimental and adventurous account of how to win one of America's biggest marathon races. As a result, what the reader discovers is the practicality of how a person, when committed to a task, can achieve things that were at one time only a dream to them.

**The Invention of Race in the European**

**Middle Ages** Geraldine Heng 2018-03-08 This book challenges the common belief that race and racisms are phenomena that began only in the modern era.

**Revisiting Race in a Genomic Age** Barbara A. Koenig 2008 Essays explore a range of topics that include drug development and the production of race-based therapeutics, the ways in which genetics could contribute to future health disparities, the social implications of ancestry mapping, and the impact of emerging race and genetics research on public policy and the media.

*The Race Against Time* Richard Askwith  
2023-01-12 'In *The Race Against Time*, Askwith touches upon something larger than simply running or sport - he helps us to see ourselves ... Both inspiring and moving' - Adharanand Finn, author of *Running with the Kenyans* A quest for the secrets of happy, healthy whole-life running,

and how runners can keep enjoying their sport, whatever their age What do you do when the sport that has been your lifeline to physical and mental well-being starts to slip away from you? Richard Askwith, a life-long running enthusiast, was sunk in mid-life despair. Plagued by injuries and demoralised by failing strength and speed, he was on the point of giving up for good. Then he came across the remarkable world of late-life athletics, and resolved to find out more. The result is a thrilling, life-affirming quest for the secrets of the happy few who keep on running all through life's later decades, culminating in a life-changing adventure at the World Masters Athletics Championships. It's a resounding message of hope for any runner who has felt their joy in their sport being undermined by age. Colourful, informative and inspiring, *The Race Against Time* is a story of cold science and heart-warming resilience; of champions and also-rans; of sprinting centenarians and forty-something super-athletes barely touched by age. Its heroes are experts and enthusiasts - scientists, coaches, runners - from many countries, each with a different story to tell. What unites them is a single belief: that you don't have to take growing old lying down. This is a book for anyone who has ever felt the healing power of running. It is both a very personal account of one man's journey from despair to hope, and an exhilarating guide, explaining how timely adjustments to lifestyle and training can slow the progress of physiological decay, while sheer human spirit can, if you are lucky, keep you running happily and healthily, all the way into extreme old age.

**The Race Against Time** Robert A. Nemiroff  
2013-11-21 This is the second book in the pioneering investigation of adult development by Robert A. Nemiroff and Calvin A. Colarusso. The first, *Adult Development: A New Dimension in Psychodynamic Theory and Practice*, arrived to critical acclaim in 1981. It presented a psychodynamic theory of development during the second half of life and a model of normal adult functioning. This book is the logical sequel, expanding and elaborating the original formulations and applying them to the clinical practice of psychotherapy and psychoanalysis. Nemiroff and Colarusso demonstrate that these are appropriate techniques for patients in the

second half of life, regardless of age. They lay to rest many stereotypes and myths that have long interfered with the dynamic treatment of older patients, and they propose exciting new conceptualizations such as that of adult developmental arrests. The genetic approach reaches beyond childhood and adolescence and takes on important new meaning by incorporating an adult developmental past that influences both psychopathology and transference. The relationship between theory and therapy is richly demonstrated in the clinical presentations, including ten detailed case histories of patients between the ages of 40 and 80. These and other clinical discussions provide ample evidence that a psychodynamic approach that is based on a sound adult developmental psychology can be extraordinarily effective. They also demonstrate both the similarities and differences in working with older versus younger patients. This work is a major contribution in a long-neglected dimension of clinical psychiatry. SHERWYN M. *Fast After 50* Joe Friel 2015-01-10 *Fast After 50* is for every endurance athlete who wants to stay fast for years to come. For runners, cyclists, triathletes, swimmers, and cross-country skiers, getting older doesn't have to mean getting slower. Drawing from the most current research on aging and sports performance, Joe Friel--America's leading endurance sports coach--shows how athletes can race strong and stay healthy well past age 50. In his groundbreaking book *Fast After 50*, Friel offers a smart approach for athletes to ward off the effects of age. Friel shows athletes how to extend their racing careers for decades--and race to win. *Fast After 50* presents guidelines for high-intensity workouts, focused strength training, recovery, crosstraining, and nutrition for high performance: How the body's response to training changes with age, how to adapt your training plan, and how to avoid overtraining How to shed body fat and regain muscle density How to create a progressive plan for training, rest, recovery, and competition Workout guidelines, field tests, and intensity measurement In *Fast After 50*, Joe Friel shows athletes that age is just a number--and race results are the only numbers that count. With contributions from: Mark Allen, Gale Bernhardt, Amby Burfoot, Dr. Larry Creswell, John Howard,

Dr. Tim Noakes, Ned Overend, Dr. John Post, Dr. Andrew Pruitt, and Lisa Rainsberger.

**WHEN RACE MEETS CLASS** RHONDA F. LEVINE 2018

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