



# Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

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*John Lewis*

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“In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.” - John Lewis



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*WE NEED TO  
HELP ONE  
ANOTHER  
DURING THESE  
TIMES...*

Alexis Herdez has been filing for unemployment every week since April, shortly after she was laid off on her first day of work at a bridal clothing store.

But more than two months later, the 23-year-old in Lexington, Ky., has yet to receive any payment.

*Workers are  
Pushed to the Brink  
as They Continue to  
Wait For Delayed  
Unemployment  
Payouts*

She and her husband have been struggling to pay rent and make their monthly car payment.

The automated phone system for the state's unemployment system takes her to a queue for a callback that has yet to come. Visits to state offices have been fruitless. While Herdez was finally able to get an appointment with someone at the unemployment agency to look at her case, it's not until August, she said.

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The pandemic's toll on workers who have been furloughed or laid off like Herdez is measured in numbers that splash across headlines: 1.4 million new weekly unemployment claims and 18 million people are already receiving continuous unemployment insurance. Tens of thousands of workers at Levi's, Wells Fargo, and United Airlines learned this past week they could be furloughed or laid off in coming months, sending those workers to seek jobless benefits as well.

Four months into the worst recession since the Great Depression, tens of thousands of workers like Herdez across the country have filed for jobless claims but have yet to receive payments. Many are now in dire financial straits.

"We've been only able to make half payments on everything," Herdez said in an interview. "We bought a large amount of groceries and have been taking things out of the freezer, but as the weeks go by, it's hard to figure out whether to pay bills or whether we have enough food to last the week."

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*Workers are Pushed  
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Unemployment  
Payouts (Continued)*

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The issue has spilled back into public view in recent weeks, as thousands of frustrated workers awaiting payments have camped out, sometimes overnight, in front of unemployment offices in states like Oklahoma, Alabama, and Kentucky.

The ongoing delays are the result of a confluence of crises, experts say.

A flood of new jobless applications — about 50 million — has overwhelmed state unemployment offices over the past four months. The agencies themselves are hampered by years of neglect. They rely on reduced staffs and badly outdated technology after years of budget cuts, often at the behest of business groups and Republican legislatures. Issues with fraud and user confusion over the new rules and filing process have further bogged down the process.

But cases like Herdez show what happens when workers simply run out of money and the social safety net malfunctions with defaulted payments and trips to food banks. In more desperate situations, workers become homeless.

“We’ve kind of abdicated our responsibility to the unemployed,” George Wentworth, a senior counsel at the National Employment Law Project and an expert on unemployment insurance. “There need to be more standards and those standards need to be rigorously enforced by the federal government.”

The Department of Labor does not track the percentage of unemployment benefits that have been processed, an agency spokeswoman said in an e-mail. The agency did not offer a comment on the issue of delays in processing benefits.

But previously unreleased data compiled by Andrew Stettner, a senior fellow at the Century Foundation, illustrates the scope. By the end of May, about 18.8 million out of 33 million claims — 57 percent — had been paid nationwide. That number has steadily improved from 47 percent of paid claims at the end of April and 14 percent at the end of March.

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(Continued)*

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In Wisconsin, where about 13 percent of claims remained unprocessed as of July 7, residents told local reporters that they had waited 10 weeks or longer for their claims to be processed, leaving some on the brink of bankruptcy and eviction. The Wisconsin Department of Workforce Development said through a spokesman that the average time from application to payment is 21 days. In Pennsylvania, another 15 percent of claims were still in review as of mid-June.

Oklahoma has approved 235,000 out of about 590,000 claims, with about 2,000 still under review as of June 21, but the state also has denied a whopping 350,000 claims, said Shelley Zumwalt, the interim director of the Oklahoma Employment Security Commission. Zumwalt said a small portion of the denied claims – about 47,000 – are people who have applied for the Pandemic Unemployment Assistance, a program for gig and self-employed workers who must get rejected from regular unemployment insurance before qualifying for the expanded benefit for gig workers.

Nevada has also had issues processing these gig worker jobless claims, fulfilling only 74 percent of the 106,667 eligible PUA claims by June 19.

“They keep saying ‘unprecedented.’ We’re four months into this – how unprecedented is it still?” said Samuel Jarman, 25, who filed for unemployment in Oklahoma in early April, after his start date at a new job to work on software for a payroll services company was pushed back indefinitely. “If you’re up front about it, it’s a lot better than just lying to our faces saying it’s all going smoothly.”

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*Now Offering CBD  
and a link to  
Medical Marijuana*

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Canneutics is a business specializing in medical marijuana and CBD. The company offers organic balanced CBD and MMJ that are pure and constantly tested and evaluated. We have been working with Mac's company, Canneutics, for some time and have been blessed to witness a number of healings from his products.

Evolutions in Being has samples of prepackaged CBD.

If you have any questions or would like to try some please call 978-256-0438 or email: [Jean@eibeing.com](mailto:Jean@eibeing.com)

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*Maybe Others Will  
Follow...*

*Walmart to Close on  
Thanksgiving, Offer  
Bonuses*

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### **Walmart to close on Thanksgiving, offer bonuses**

Walmart will close its stores on Thanksgiving this year and offer another round of cash bonuses to workers totaling \$438 million for their work during the coronavirus pandemic, the retail giant announced Tuesday. Full-time workers will receive \$300, and part-time workers will get \$150, John Furner, Walmart's US president and chief executive, said in a memo to employees Tuesday. The new bonuses, to be paid Aug. 20, bring Walmart's total special bonus contributions to \$1.1 billion for 2020, the company said in a news release. Walmart will also close 5,355 of its stores for the Nov. 26 Thanksgiving holiday so workers can be with their families, Furner said in the memo, which noted that the idea came from a Texas employee. Walmart has fared better than most retail outlets in the pandemic. Online sales rose 74 percent and same-store sales were up 10 percent at the end of the first quarter as Americans in lockdown turned to the nation's biggest retailer for essentials, furniture, electronics and groceries. The company's profits rose 4 percent to \$3.99 billion in the same period. – WASHINGTON POST



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*10 Unbelievable  
Reasons Why You  
Should Eat Celery  
In The Evening*

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This crunchy vegetable abounds in many benefits important for the overall health of your body. For culinary use celery is usually found in soups and salads while it can be eaten in a raw state, as a snack.

### **1. Relieves Inflammation**

Due to the high levels of polyphenols and antioxidants, celery reduces inflammation and relieves joint pain. Also, it treats asthma, acne because of the salicylic acid, which removes follicular clog.

### **2. Lowers 'bad' cholesterol**

It's butylphthalide that gives celery its taste and aroma and prevents high blood pressure by treating 'bad' cholesterol. So, if you consume at least 2 stalks of celery every day, you can reduce cholesterol by up to 7%.

### **3. Improves digestion**

Celery is rich in insoluble fiber and water thus it helps in the regulation of the stool. It abounds in many important cleansing qualities that make it an ideal diuretic.

### **4. Lowers high blood pressure**

Celery is a powerful source of phthalides, active compounds that improve the poor circulation by 14% and reduce stress hormones that circulate in the blood.

### **5. Supports eye health**

One celery stalk offers at least 10% of the recommended daily dose of vitamin A which protects the eyes and prevents degeneration of vision.

### **6. Helps in losing weight**

Celery is famous for its low calorie content because it contains only 10 calories and plenty of water. By a regular consumption, you will provide your body with water, feel satiated for longer and lose weight at the same time.

### **7. Reduces stress**

It is high in magnesium, 11mg per 100mg and this mineral is important for reducing stress. Also, it is rich in essential oils which will soothe the nervous system and help you fall asleep very easily.

### **8. Regulates alkaline balance**

It prevents acidic condition in the body and if regularly consumed, celery can regulate the pH levels in the body.

### **9. Improves sex life**

Celery is loaded with 2 sex pheromones, androstenol and androstenone which can significantly improve the arousal levels.

### **10. Fights cancer**

The luteolin, in celery delays the creation of cancer cells and inhibits their growth, especially in colorectal, pancreas and breast cancer.

Make sure you always buy a celery dark in color, because the dark the color the stronger the taste.

For optimal effects, steam the celery and you will get the original taste and almost all of its nutrients. You can also preserve some fresh celery in your fridge for future use.



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## *Healthy Life*

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Physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being healthy should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body.

### *Surround yourself with positive energy*

In order to have a sound mental and emotional state, you must surround yourself with positive energy. Yes, not all problems can be avoided. But it helps to face such obstacles with an optimist outlook. Surround yourself with encouraging friends and people that will provide you with constructive criticism every once in a while to help you improve.

Make it a habit to always look at the brighter side of life. Even if you find yourself in the worst situation, there is always an upside to it—something good and positive. Dwell on these things instead.

Maintaining a healthy lifestyle is not that difficult, nor does it require a lot of work. Just keep doing what you do and apply the staying healthy tips listed above—surely you will be a well-rounded individual in no time.

<https://www.foundationforpn.org/living-well/lifestyle/>

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## *McDonalds*

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Someone wrote to "Being Alive" and referenced the McDonalds commercials as being up lifting.

Of course, each of us should eliminate or minimize soda and add lots of veggies to our diet, but you cannot deny that when it comes to commercials, McDonalds often got it right!

Their advertisements were always inclusive, feel good ads, that showed all of America. We need to get back to those good feelings and make way for new efforts of belonging together again.

I had fun watching these. I hope you do too!

1967 <https://www.youtube.com/watch?v=t0bN-lzU3RU>

1970 <https://www.youtube.com/watch?v=XKR1ScQUpcA>

1973 <https://www.youtube.com/watch?v=qjOxWjsM5lk>

1976 <https://www.youtube.com/watch?v=TZymAU0t7Hg>

1979 <https://www.youtube.com/watch?v=9bznF8Z76o0>

1980's <https://www.youtube.com/watch?v=ULbdop8IJ7Q>

1982 <https://www.youtube.com/watch?v=BqRH8wEsaVQ>

1980's Mac at Night [https://www.youtube.com/watch?v=\\_hl0qMtdfng](https://www.youtube.com/watch?v=_hl0qMtdfng)

1980's Mac at Night <https://www.youtube.com/watch?v=ztyJRPcILws>

2018 in Japan [https://www.youtube.com/watch?v=P\\_XqDEJaMkg](https://www.youtube.com/watch?v=P_XqDEJaMkg)

90's Filet o Fish

Jingle <https://www.youtube.com/watch?v=csrPT9CIVUc>

Same guys years later <https://www.youtube.com/watch?v=QA-Dzyacq00>

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*Edgar Cayce*

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**"Let us not worry about what others are doing, apparently in opposition to our purpose; but let us look rather to what we ourselves are doing in relation to our purpose. If we fulfill our purpose to the best of our ability, then others – seeing - will take hope also."**

Edgar Cayce reading 254-87

**"What one thinks continually, they become; what one cherishes in their heart and mind they make a part of the pulsation of their heart, through their own blood cells, and build in their own physical, that which its spirit and soul must feed upon."**

Edgar Cayce reading 3744-5

**"For it is the spirit, the purpose, the ideal with which ye think, ye speak, ye act, that will determine what the fruit of thy life, of thy thoughts, will be."**

Edgar Cayce reading 3459-1

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