



# Being Alive

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

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*Another Vegetable  
We Take For  
Granted...*

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## Another Vegetable We Take For Granted Wow What A Little Gem The Cucumber Is

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling Tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and carbohydrates that can provide that quick pick-me-up that can last for hours.
3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off ascent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free. Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!

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7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explores for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

## Ozempic Linked to Rare Cases of Vision Loss in Harvard Study

By Robert Langreth Bloomberg

Patients who took the drugs for weight loss were more than seven times more likely to be diagnosed with a stroke-like eye condition, known as NAION, than those taking other classes of drugs for obesity, according to the study of patient records. Those taking the drugs for diabetes were more than four times more likely to develop the rare ailment than people on other types of treatments, according to the results published Wednesday in the journal JAMA Ophthalmology.

“My hope is that doctors and patients are aware of this association,” he said, while emphasizing that the study doesn’t prove a causal link between the drug and the eye disease. It’s particularly important for patients who already have some vision loss to know about the possible risk so they can make an informed decision before starting it, he said.

<https://jamanetwork.com/journals/jamaophthalmology/article-abstract/2820255>

## Vegetable Pancake Recipes

As you have just learned, vegetable pancakes are a wonderful vehicle to incorporate vegetables, herbs, and spices into a fun savory dish, making them a delicious option to add to your meal or snack rotation. Inspired by culinary traditions from across the globe, these vegetable-rich pancake recipes offer an excellent opportunity to add diverse veggies to your meals. Plus, they add an element of fun to your cooking experience as you experiment with mixing different ingredients, creating textures and flavors from around the world!

[https://foodrevolution.org/blog/vegetable-pancakes/?frn\\_source=sfmc&frn\\_medium=email-blo&frn\\_campaign=blo-24&frn\\_content=vegetable-pancakes-article&j=290653&sfmc\\_sub=60681478&l=137\\_HTML&u=4439893&mid=514008241&jb=95](https://foodrevolution.org/blog/vegetable-pancakes/?frn_source=sfmc&frn_medium=email-blo&frn_campaign=blo-24&frn_content=vegetable-pancakes-article&j=290653&sfmc_sub=60681478&l=137_HTML&u=4439893&mid=514008241&jb=95)

## A Centuries-Old Method for Tastier Fish is Catching on in Providence

The owner of a popular fish market in Rhode Island is using ikejime, a Japanese slaughter method that leads to longer shelf life and enhanced flavor

The name of the Market: Fearless Fish Market

Ikejime is [a centuries-old](#) Japanese method where the fish is killed immediately after being caught by driving a spike into its brain. The blood is drained immediately, and then the fish is put on ice. ([Here's a beginner's guide on how to do it](#) from the official Ike Jime Federation.) The process leads to significantly longer shelf life, and [studies](#) have shown the fish ultimately has better taste, texture, and appearance when you're ready to eat it.

<https://ikejimefederation.com/a-beginners-guide-to-traditional-ike-jime/>

[https://www.bostonglobe.com/2024/07/11/metro/ikejime-japanese-fish-method-providence-ri-fearless-fish-market/?rss\\_id=section\\_rss\\_full&s\\_campaign=bg:full:rss:section&et rid=1876204030&s\\_campaign=businessheadlines:newsletter](https://www.bostonglobe.com/2024/07/11/metro/ikejime-japanese-fish-method-providence-ri-fearless-fish-market/?rss_id=section_rss_full&s_campaign=bg:full:rss:section&et rid=1876204030&s_campaign=businessheadlines:newsletter)

## MA Voters Will Get 4 Ballot Questions in November Election: See Details

[Neal McNamara](#), Patch Staff

Posted Thu, Jul 11, 2024 at 9:57 am ET

MASSACHUSETTS – The November 2024 election is starting to get exciting – at least in a non-swing state like Massachusetts.

Secretary of the Commonwealth William Galvin this week certified four questions for voters to answer in November on issues ranging from psychedelics to auditing the state Legislature.

Backers of the four questions had to collect 12,429 to meet the certification threshold. Three of the measures blew that minimum out of the water. Here are the measures and signature totals:

- Allowing State Auditor Diana DiZogio to complete an audit of the state Legislature, [a move opposed by](#) the attorney general and – yeah – state legislators: 21,551 signatures.
- Getting rid of MCAS tests as a requirement to graduate high school in Massachusetts: 21,551 signatures.
- Allow drivers working for Uber and Lyft to form unions: 18,084 signatures.
- Legalizing "natural" psychedelics like mushrooms for therapeutic use: 13,073 signatures.

## Can Data Alleviate Fear? Immigrants and Crime

Reported by German Lopez, NY Times

Throughout the first three days of the Republican National Convention, officials have highlighted a surge in what they call “migrant crime.” President Biden “has welcomed into our country rapists, murderers, even terrorists, and the price that we have paid has been deadly,” Gov. Greg Abbott of Texas claimed last night. The day before, Senator Ted Cruz of Texas said, “Every day, Americans are dying” in crimes committed by migrants. Donald Trump has made similar remarks on the campaign trail.

But there is no migrant crime surge.

In fact, U.S. rates of crime and immigration have moved in opposite directions in recent years. After illegal immigration plummeted in 2020, the murder rate rose. And after illegal immigration spiked in 2021 and 2022, murders plateaued and then fell.

Over a longer period, there is no relationship between immigration and crime trends.

Check this link for more Data: [https://jasher.substack.com/p/on-crime-immigration-and-crime-data?campaign\\_id=9&emc=edit\\_nn\\_20240718&instance\\_id=129078&nl=the-morning&regi\\_id=137604207&segment\\_id=172470&te=1&user\\_id=eca01134a2ff3d313da34bb7c7f22908](https://jasher.substack.com/p/on-crime-immigration-and-crime-data?campaign_id=9&emc=edit_nn_20240718&instance_id=129078&nl=the-morning&regi_id=137604207&segment_id=172470&te=1&user_id=eca01134a2ff3d313da34bb7c7f22908)

## Detox Your Life ~ Cancer Prevention

**Nathan Crane beat cancer and he did it holistically!  
Takes only 3 minutes to begin to understand steps you must take.**

<https://www.youtube.com/watch?v=W3Z97V7dUKI>

## Lousy Grades or a Lack of College Degree – or a Long, Winding Road Through Higher Education – Haven't Kept Accomplished Locals from Meaningful Careers

Katie Johnson, Boston Globe Staff

As executive director of the Boston Women's Fund, Natanja Craig Oquendo often finds herself surrounded by wealthy, well-educated donors at philanthropic galas while trying to quiet the voice in her head: "Do I belong here?" it says. "Am I good enough? Are they going to figure out who I really am?"

This impostor syndrome, in part, stems from the fact that Craig Oquendo, 46, never went to college beyond the handful of classes she took at Fisher College back in 1995. But she has found remarkable success, starting as a teenage mother on public assistance and working her way up through the ranks of the Boston nonprofit world.

Like a number of local leaders who didn't follow a traditional academic track, Craig Oquendo has at times felt stigmatized by the blank spot on her resume, especially in the bastion of higher education that is Boston. But she has become more outspoken about it to show that there are many ways to climb the ladder.

When we're honest about what our paths have been, it makes it a little easier for others to find their way," she said.

Every high school graduation season brings a barrage of questions about college. But plenty of students never go, or don't finish, or barely make it through – and come out just fine on the other side. The Globe spoke to a number of accomplished locals who were far from academic all-stars. Some experienced hardship, mental health challenges, or got mixed up with drugs; many had nontraditional learning styles. But with hard work, determination, and a bit of luck, in some cases, their lousy grades or lack of degree haven't kept them from having meaningful careers.

"Your GPA does not define you," said Segun Idowu, the City of Boston's chief of economic opportunity and inclusion, who skipped so much school he had to repeat his sophomore year at Boston Latin Academy and eventually graduated with a 1.99 grade point average.

Idowu was rejected from the only school he applied to, Morehouse College in Atlanta, and ended up at the University of Massachusetts Dartmouth on academic probation, where he buckled down because there was little else to do and few friends to distract him. He kept up his study habits when he transferred to Morehouse, and graduated with honors.

"It never fails," he said, when sharing his full story with young people. "There are literal gasps across the room."

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In recent years, the focus on academic pedigrees has softened as skyrocketing tuition costs raise questions about the value of higher education and more employers embrace skills-based hiring to address the ongoing labor shortage. In January, Governor Maura Healey issued an [executive order](#) removing degree requirements for most state jobs, joining the [federal government and 20 other states](#) that have also started doing away with them.

So far, [hiring practices](#) haven't changed much, but the tide is turning as it becomes clear that "employability skills" such as communication and leadership are learned outside the classroom, said Taylor Maag, director of workforce development policy at the Progressive Policy Institute.

But a bias associated with a lack of formal education, or a degree from a top-tier school, remains, said Saskia Epstein, senior vice president of client and community relations at PNC Bank. This is one of many reasons Epstein, 50, encouraged her daughter, who is about to graduate from Brookline High School, to go to college instead of following in her footsteps.

As a teenager, Epstein struggled with depression and bounced around to different high schools, including in Brookline, before dropping out and getting her GED. She joined the Boston youth corps program City Year and went on to work there for several years, opening the door to other nonprofit jobs – a path she admits she was lucky to find.

"We need to crack open these long-held beliefs ... that you need a particular credential, a four-year degree, to be successful," she said.

People who take nontraditional routes into their careers often make excellent employees, particularly at startups, said Kate Morgan, who runs the recruiting and HR consultancy Boston Human Capital Partners. Knowing how to hustle tends to make people more comfortable with the challenges common at new companies, she said.

Morgan, 51, knows this first-hand. After dealing with personal trauma, she opted to test out of high school at 16 and started taking night classes at Rochester Institute of Technology – but only lasted four quarters. Knowing the stigma of not having a degree, she included a bachelor's from RIT on her resume anyway. No one ever checked, she said, and she never bothered to remove it.

"We're always going to feel a little behind the eight-ball," she said of people without a formal education. "So if we're ... trying to leap over that ball, we do it in this very scrappy and resilient way."

"Scrappy" is a word Sandy Lish identifies with. Lish got good grades until the family business went bankrupt and her parents got divorced, forcing her mother to work three jobs and rent out rooms in their house. Lish started skipping classes at Brookline High School and never graduated. She got her GED but was turned down by every college she applied to except UMass Amherst, where she was initially waitlisted and graduated with a 2.6 GPA.

After "a lot of work and perseverance," Lish eventually found her niche in public relations, and cofounded the firm The Castle Group in 1996. For years, she kept her "miserably embarrassing academic experience" from her now 20-something children, who both graduated from college with honors.

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“There’s a lot of people like me who didn’t bloom until later,” she said, “because things happen in your life that you can’t control.”

Kevin Willett, an adjunct business professor at UMass Lowell, is up front with students about how he quit UMass Lowell with a 1.6 GPA after two years and going back to school at night. Sometimes Willett, 59, can almost see himself as an insecure 18-year-old in the back row – and he wants his students to know something he didn’t: “I want them to see that it’s natural to struggle.”

And those struggles can lead to insights, and careers, that might not have been possible otherwise.

It took Jeffrey Sanchez, who served as a state representative for 16 years, stints at six community colleges and 10 years on and off at the University of Massachusetts Boston until he finally got his bachelor’s degree during his second term in office. “I didn’t think I had the intellectual capacity to finish,” said Sanchez, 54, who later earned his master’s at Harvard Kennedy School and is now a senior adviser at the public affairs firm Rasky Partners and runs a legislative consulting firm.

But he did know how to communicate, he said, and to bring what he learned in life to his work on health care reform, housing, and criminal justice.

“Every experience that I had, it just contributed to who I am and it contributed to everything I did when I was in a position of elected influence,” he said.

Dominique Lee, president of the Planned Parenthood League of Massachusetts, has also come to realize that overcoming adversity has made her a better leader. Lee, now a 39-year-old doctoral student in public health at Johns Hopkins University, dropped out of high school at 16 after leaving a “tumultuous home environment,” and spent nine years earning her bachelor’s degree. The experience she gained along the way, she said, including working for Planned Parenthood in several states, has given her strength, discipline, and the ability to embrace challenging situations.

Lee is open about her past in the hopes it will help others who feel lost.

Sometimes, she said, “you can’t see what’s possible because you’re just trying to survive.”



**Saturday, June 15**

"The soul who puts into practice every day that which is known may the sooner enjoy itself to that which IS hope and peace and happiness and love and joy on earth."

CCL 262-77

**Thursday, July 4**

"Peace in the world must begin first within the heart and purpose and mind of the individual, prompted by that something which answers within."

Edgar Cayce reading 3976-27

**Monday, July 15**

"TRY in your own life, that you do not speak for ONE WHOLE DAY unkindly of any; that you do not say a harsh word to any, about any; and see what a day would bring to you the next lesson, HAPPINESS."

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