



# Being Alive

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*Meditating Against  
the Dying Light*

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## Meditating Against The Dying Light

“The Wisdom Issue” ([Ideas, Sept. 22](#)) stirred the following observations about growing older: It takes me longer now to find the right word, to recollect the proper memory, to relate the past to the present. **But I am better for it. I ponder longer, inspect the associations, wonder whether I am obtuse, merely clever, or have hit on a wordy nugget that may cause someone to release a cascade of thoughtfulness.** I want to do the third, for I am both self-conscious and desirous of attention. But I fail when that motive obstructs my reflections.

I cannot judge the effect of my written or spoken words. At best, I lose myself in my thoughts, eager to expose them to myself. On a recent night I was dispirited trying to recall the name of the poet who wrote, [“Rage, rage against the dying of the light.”](#) Dylan Thomas, of course. The poem was a touchstone when I was a twenty-something immortal who understood that immortality can last only so long. So it was with a degree of sorrow that the poet’s name escaped me.

**But I recall, with emotional clarity and satisfaction, the spoken words of a 3-year-old I know well. Asked why so quiet, she said, “I was thinking about thinking.” A startling statement from one young enough to have never read a word, an insight into what we may become. If we are fortunate.**

<https://www.poetryfoundation.org/poems/46569/do-not-go-gentle-into-that-good-night>

Elliot Entis

Newton

## ATTENTION: New Package Delivery Scam

LOWELL — Authorities have urged city residents to remain vigilant in light of a new scam that has recently targeted individuals in Lowell.

The Lowell Police Department has reported receiving multiple accounts of a new type of package delivery scam in which residents receive unsolicited packages from unknown senders, frequently delivered by reputable companies such as FedEx, UPS, or others.

**Upon opening the packages, recipients discover a note instructing them to scan an enclosed QR code to identify the sender. Police are cautioning residents against scanning QR codes found in unsolicited packages, as these codes may be used by scammers to extract personal information from recipients' phones.**

Police have identified the new scam as a variant of the “brushing” scam, in which scammers send unsolicited packages to recipients in an attempt to steal personal information or money.

Lowell Police Superintendent Greg Hudon said that this latest scam is a new occurrence in the city.

To learn more about brushing scams from the U.S. Postal Inspection Service, visit [uspis.gov/news/scam-article/brushing-scam](https://uspis.gov/news/scam-article/brushing-scam).

## The New Go Bag: What You Need in Your Emergency Escape Kit

**Masks and hand sanitizer, along with food, batteries and medications are essential to have on hand**

As hurricanes, tornadoes, wildfires, mudslides and floods become more common, people across the country are preparing by keeping a bag — or several — packed with what they’ll need to grab if they must leave home in an emergency.

JoAnn Rash, 58, first realized the need for an emergency go bag after a California friend was forced to evacuate quickly during an earthquake. Rash consulted the American Red Cross for recommendations on a disaster preparedness kit in case she and her family ever have to flee their home in Vancouver, Washington. She then found an oversize backpack with lots of pockets and filled it with essentials, from flashlights and batteries to bottled water.

“I felt like we needed to be ready for whatever comes our way,” Rash explains.

Last year was replete with natural disasters, with more than 1,000 tornadoes; the deadliest wildfire in more than a century, in Maui, Hawai‘i; and seven hurricanes on the Atlantic side of the U.S., one of which made landfall in Florida, causing flooding throughout the southeast.

As part of his emergency preparedness, Dick Cooper, 77, has a generator at his home in Sarasota, Florida. The retired journalist says that if he needs to leave unexpectedly, he could pack a bag and be ready within an hour. All of his 300,000 photos and other important information are backed up on a few external hard drives the size

of novels, he notes, so he'd just need to grab those, his computer, medication, clothes and a few other items and he'd be ready to go. "It's like packing three library books and I'm out the door with all my writing and my photography," Cooper says.

A heightened awareness of natural disasters has led to better disaster preparedness planning, according to Jonathan Sury, project director for communications and field operations at the National Center for Disaster Preparedness, Columbia Climate School at Columbia University. "Investing time and energy into getting prepared will save a lot of stress and fear when a disaster hits," Sury says.

Packing a go bag is essential for disaster preparedness. Here are important items to include:

- 1. The bag.** Your carryall must be large and sturdy enough to hold the essentials and small enough to grab on the run. A backpack is a great option. If you're not able to carry a heavy bag, Sury recommends a duffel bag on wheels.
- 2. Food and water.** Add lightweight, nutrient-dense foods, such as protein bars, instant oatmeal, nuts and seeds, and at least one gallon of water per person, per day. Don't forget a manual can opener and utility knife. A go bag should have enough food and water for at least three days; remember to pack enough for [your pets](#) too.
- 3. Personal essentials.** Purchase travel-size toiletries and a [first aid kit](#). Pack a change of clothing, including a warm, waterproof layer, as well as an extra pair of eyeglasses or contact lenses (and solution). Other items that should be in your go bag are an emergency blanket, scissors, duct tape, work gloves, towels and matches, according to the American Red Cross.
- 4. RSV, flu and COVID-19 needs.** The lingering pandemic along with risks related to flu and RSV to older adults means that [masks](#) are an essential go bag item; they can also be used to filter out ash from fires. However, Sury cautions that only N95 masks will filter out fire particulates that could trigger asthma or allergic responses. Hand sanitizer that contains at least 60 percent alcohol, soap, antibacterial wipes and a thermometer are important too, Sury advises.
- 5. Medications.** If there is a warning that you may be evacuated, call your pharmacy and request an extra medication refill. Pack a list of your medications and the phone numbers for your pharmacy and physicians. You'll also need portable versions of specialized medical equipment, like syringes, CPAP machines and oxygen tanks. If you have to evacuate without notice, the [Rx Open website](#), in partnership with the National Council for Prescription Drug Programs, maps the pharmacies that are open in disaster-stricken areas.
- 6. Electronics.** Throw in extra [phone chargers](#), a flashlight and batteries. "We recommend hand-crank portable radios," Sury says. "When all of our lines of communication go down during a disaster, AM/FM radios have proven to be one of the most reliable sources of ... communication, and you don't need to worry about having fresh batteries."
- 7. Paperwork.** Make photocopies of essential documents, including passports; birth certificates; driver's licenses; [Social Security and Medicare cards](#); marriage, adoption and naturalization certificates; title or lease documents; insurance paperwork; and credit and debit card information. Make sure to store these in a waterproof, zip-top bag.
- 8. Cash.** If natural disasters cause power outages, you may not be able to use your debit or credit cards to make purchases, so add cash to your go bag. Sury suggests "a couple hundred dollars" for a two-member household, to cover gas, food and other last-minute essentials. A combination of small bills and rolls of quarters is ideal in case you need to buy food or water from vending machines.

Keep your go bag in an accessible location, such as a front hall closet or garage, where it's easy to grab on your way out the door.

“[Packing a go bag] does take an investment of time, energy and a little bit of money,” Sury says, “but the payoff is worth it to have that peace of mind.”

*This story, originally published September 18, 2020, was updated with new packing tips.*

*Jodi Helmer is a contributing writer who covers gardening, health and the environment. She has also written for Scientific American, National Geographic Traveler and NPR.*

## Some Boston Doctors are Starting to Unravel the Mysteries of Long COVID and Find Improved Treatments

**There's still no cure, but some front-line clinicians are finding ways to help patients feel better.**

By Adam Poire, Globe Staff

Until Elizabeth Kenny shuffled into Dr. David M. Systrom's clinic at Brigham and Women's Hospital in May 2022, she'd pretty much given up hope.

Two years earlier, the 50-something actress took to her bed with COVID-19, feverish and exhausted, to wait for her body to repair itself. Instead, Kenny's 101-degree fever lasted 70 days and left behind a series of life-altering symptoms that perplexed every doctor she'd consulted. She'd stopped sweating. Her body fluctuated between feeling hot and freezing cold. She had so much trouble digesting food that she became malnourished. She developed a stutter. Bright lights made her vision blur. The back of her head often felt like someone had whacked it with a frying pan. Her heart raced. But the worst part was the relentless, soul-crushing exhaustion.

Systrom, she recalls, “was the first person that when I was describing my symptoms, wasn't going ‘weird,’ ” said Kenny, who lives in Arlington. “He was like, ‘Yep.’ And then asking me questions that nobody had asked.”

Systrom told her that “obviously” Kenny had long COVID. Then he introduced her to a series of unfamiliar words that she would come to know intimately in the weeks that followed: “dysautonomia,” “small fiber neuropathy,” and “mast cell disorder.” It was the beginning of a new phase in her illness. One with hope.

The Centers for Disease Control and Prevention [estimates](#) almost [7 percent](#), or close to 18 million Americans, are afflicted with the mysterious condition known as long COVID, a syndrome that is so heterogenous, elusive, and difficult to treat, it took a year for some doctors to even acknowledge it was real. In the years that followed, the federal government has doled out more than \$1.6 billion to study it, helping to make it [one of the most researched](#) diseases in any four years of recorded history. Yet we have little to show for it. [\(Continued on Following Page\)](#)

In July, the National Academies of Science, Engineering, and Medicine, at the behest of the Biden administration, published an [official definition](#) of the condition. Long COVID occurs after a COVID-19 infection, lasts for at least three months, affects one or more organ systems, and includes hundreds of possible symptoms and diagnosable conditions, scientists wrote. But there are still no approved blood tests to diagnose long COVID, no clinically validated treatments, and no cure.

The news is not all bad. Five years in, a small but growing cadre of front-line clinicians such as Systrom are beginning to unravel some of long COVID's most vexing mysteries. In the process, they are achieving something that once seemed impossible: they are finding ways to help patients, including Kenny, get their lives back.

Doing so requires improvisation, experimentation, and a willingness to work at the edge of medical knowledge. Systrom and his colleagues discuss promising scientific papers and trade tips at conferences, on Zoom calls, and in email chains. Their growing well of anecdotal experience is pointing the way toward the groundbreaking research and clinical trials that will be needed to develop a standard of care in the years ahead as we grapple with a slow-burning public health crisis that shows no sign of abating. While the incidence of long COVID has dropped from roughly 10 percent at the peak of the pandemic to about 3.5 percent among the vaccinated, only about 25 percent of those who develop the condition recover, according to Systrom and other front-line clinicians.

In September 2021, Systrom was among the first clinicians in the nation to demonstrate a measurable change in the physiology of patients suffering from long COVID – and explain how those changes might account for the crushing fatigue that is among its most debilitating symptoms. The study helped establish long COVID as a legitimate condition and overcome the skeptics, said Dr. David Putrino, who runs a long COVID clinic at New York's Mount Sinai Hospital.

The study grew out of his experiences with patients: Prior to the arrival of COVID-19, Systrom, a critical care physician who runs a pulmonary clinic at the Brigham, had spent years studying chronic fatigue syndrome, also known as myalgic encephalomyelitis, an illness afflicting more than 3 million Americans. When Systrom saw his first long COVID patients – before the condition even had a name – he recognized their symptoms immediately. They were similar if not identical to those reported by patients with chronic fatigue.

To prove it, Systrom had 10 patients don masks and threaded thin, flexible tubes into their jugular veins and major arteries in the forearm to measure the concentration of oxygen absorbed into the lungs, passed into the bloodstream, and taken up by the body's muscles as they underwent rigorous workouts on stationary bicycles.

Patients who reported symptoms of long COVID absorbed just as much oxygen into their lungs as those without it. But the amount reaching their muscles – oxygen needed to produce the energy required by the exercise – was dramatically reduced, Systrom found.

A growing body of research suggests that both long COVID and chronic fatigue are post-viral syndromes that result in chronic, low-grade inflammation that can damage healthy tissue and, in some cases, the production of auto-antibodies that can attack it.

[\(Continued on Following Page\)](#)

Systrom and others have begun to catalog the scope of the microscopic carnage caused by the immune system's friendly fire. Using skin biopsies, Systrom has identified damage to the vast microscopic network of small nerve fibers responsible for sending a wide array of sensory information to the brain. The brain uses that information to regulate involuntary physiologic processes including heart rate, blood flow, temperature, breathing, digestion, and sexual arousal. The result is a condition called "dysautonomia," a failure of the autonomic nervous system often associated with diabetes as well as autoimmune and degenerative nerve disorders.

They have also identified reductions in mitochondria, the microscopic powerhouses that produce the chemical energy needed to perform basic cellular functions.

For many patients, the findings have been a revelation.

"He's taken me from feeling completely lost in the woods to at least now just being on the edge of the woods," Kenny said. "At least now I have a partial understanding of what's happening to me."

Perhaps more important, Systrom and others have begun to find ways to blunt the condition's most debilitating symptoms.

Most front-line treatments are still "anecdotal, based on our hunch and experience that we've amassed in the clinic over the past several years," said Ziyad Al-Aly, a clinical epidemiologist at Washington University in St. Louis and leading long COVID researcher, who runs a long COVID clinic.

To tamp down the toxic low-level inflammation, Systrom often prescribes a low dosage of naltrexone, an antiaddiction drug. He and others recently launched a randomized clinical trial to demonstrate the success they have seen in the clinic. He uses Midodrine, a drug that can cause blood vessels to tighten, to increase blood pressure, which can fall dangerously low due to the problems with autonomic nerve signaling. And he offers Mestinon, approved to treat a chronic autoimmune neuromuscular disease called myasthenia gravis, to improve communication between the small nerve fibers and the brain.

Other promising off-label therapies listed by Al-Aly, Putrino, and others include emergency opioid medications that seem to attenuate brain fog, transdermal patches that deliver mitochondrial supplements, and antihistamines, which can be used to tamp down the overactivation of the immune system's mast cells in tissues.

Those treatments have not been validated by the Food and Drug Administration and the success rate varies by patient type, symptoms, and clinical practice. While Putrino and Systrom both believe the transdermal patches have helped their patients with mitochondrial dysfunction, for instance, Al-Aly has less confidence in their efficacy and is thus far less likely to prescribe them.

For Kenny, the medications make a difference. Today, she can move around her house and do things for five hours a day, instead of just two. Her brain fog has lifted enough that she can write for small windows of time. She no longer suffers from severe intestinal distress.

Her disease feels like a disability, not a death sentence.

"There's this huge difference depending on which doctor you end up with," she said. "I could have just as easily been put with a different doctor who doesn't have Systrom's background, who would

give me that speech: ‘This is a brand new disease. We don’t know anything. This is all emerging. We still don’t know.’ I got lucky.”

## Former Steward-Run Hospitals in Haverhill, Methuen Celebrate New Nonprofit Ownership

Grace Zokovitch, Boston Herald

### Lawrence General Hospital finalized the purchase of Holy Family Hospital on Tuesday

The Holy Family Hospital community at campuses in Haverhill and Methuen gathered Tuesday to celebrate their finalized sale to the nonprofit health care system Lawrence General Hospital – and their escape from the continued financial crisis stoked by former owner Steward Health.

“Just a few months ago, we were on the brink of losing Holy Family Hospital, its facilities, the care it provides, the jobs it sustains and the economic benefits it creates,” said Abha Agrawal, President and CEO of Lawrence General Hospital, at the Haverhill campus ribbon cutting ceremony Tuesday.

“The path from this potential disaster of losing care in the valley to the promise of a stable healthcare system has been neither easy nor inexpensive, but we have prevailed because so many people believed in the value of our mission and the critical importance of keeping healthcare local,” she continued.

Lawrence General Hospital finalized the sale transaction of both Holy Family Hospital campuses Tuesday, keeping the hospitals open under new nonprofit ownership.

Other Steward-run hospitals in Massachusetts have not fared so well in the company’s bankruptcy proceedings, which [began in May](#). Both Carney Hospital in Dorchester and Nashoba Valley Medical Center closed in August after no bidders moved to purchase the hospitals.

[Other deals for Steward-owned hospitals](#) including St. Elizabeth’s Medical Center, Good Samaritan Medical Center, Saint Anne’s Hospital and Morton Hospital are ongoing.

State and local politicians on Tuesday said losing care was not an option for the Haverhill and Methuen communities, speaking to the fight to keep Holy Family Hospital going.

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Other hospitals in the Haverhill area are at least half an hour away, Haverhill Mayor Melinda Barrett said, emphasizing a story in which a young boy getting off a school bus was hit by a drunk driver and survived because he was able to be transported to Holy Family and care quickly.

“I will continue to advocate for Haverhill getting the emergency care that we need here, full fledged, revamped,” said Barrett. “I know (Steward) left you with not much here, from what I gather. And we can only hope they get theirs, but I think we have ours. We have what we wanted.”

But, speakers Tuesday said, the hard part for the hospital is just beginning.

Agrawal cited “tremendous challenges,” including fixing the significant under-investment affecting the quality of care in the facilities and rebuilding trust with the community after the high-profile Steward disaster.

Lawrence General Hospital has already initiated an “extensive integration process” within the hospital locations to prepare for the transition.

“Our immediate goal is to stabilize clinical care, stabilize operations, and then we engage in a dialog with many stakeholders to see how we should envision the healthcare in the valley,” said Agrawal. “The great thing, though, is we collectively are going to drive it, not a corporate owner, somewhere so remote and detached from us. So it will be whatever we all decide to make it.”

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## California Sues Exxon Mobile, Accusing it of Lying About Plastics Being Recyclable

**California sues ExxonMobil, accusing it of lying about plastics being recyclable ‘in a decades-long campaign of deception’**

The lawsuit, filed Monday in San Francisco County Superior Court, alleges that Exxon falsely promoted all plastics as recyclable. Only about 5 to 6 percent of plastic gets recycled in the United States, according to recent estimates.

## Healey Plans to use Executive Authority to Beat Back Attempt to Suspend Mass. Gun Law

**Gun rights advocates can still gather signatures to advance repeal question in 2026**

Gov. Maura Healey plans to use her executive authority Wednesday to deem a gun bill she [signed in July](#) an emergency law, a move that effectively nullifies an attempt by Second Amendment rights groups to suspend the measure before it takes hold later in October.

Healey’s anticipated action, which her office confirmed Tuesday, throws into limbo [a campaign led by a Cape Cod gun store owner](#) to collect nearly 50,000 signatures from registered voters in Massachusetts by Oct. 9 to shelve the gun reforms until the 2026 elections.



In a statement to the Herald, a spokesperson for Healey said the governor plans to sign the emergency language on Wednesday, which will put the law into effect immediately rather than on Oct. 23 and “ensure that law’s operation cannot be suspended by the referendum petition.”

“This gun safety law bans ghost guns, strengthens the Extreme Risk Protection Order statute to keep guns out of the hands of people who are a danger to themselves or others, and invests in violence prevention programs. It is important that these measures go into effect without delay,” Healey said.

[https://www.lowellsun.com/2024/10/01/healey-plans-to-use-executive-authority-to-beat-back-attempt-to-suspend-mass-gun-law/?utm\\_email=940A44B50451945E141024D512&lctg=940A44B50451945E141024D512](https://www.lowellsun.com/2024/10/01/healey-plans-to-use-executive-authority-to-beat-back-attempt-to-suspend-mass-gun-law/?utm_email=940A44B50451945E141024D512&lctg=940A44B50451945E141024D512)

## ICE Arrests in Nantucket, Immigrant News

In an operation that spanned several days on Nantucket, Immigration and Customs Enforcement says the agency arrested five immigrants charged with violent crimes. The arrests have been cited by some conservatives – both locally and nationally – as an example of a worrisome flash of criminal activity during a presidential election season in which immigration remains a top issue for voters.

Among those arrested, according to immigration authorities: A Salvadoran national charged with child rape; multiple men charged with sex crimes against Massachusetts residents, including a child; and a Salvadoran gang member charged with assault and battery.

The arrests, which took place from Sept. 10 to Sept. 12, also involved nationals of Brazil and Guatemala, the agency has said in public statements. ICE spokesperson James Covington told the Globe via email that the agency had concluded its operation on Nantucket and ICE made no other arrests.

All of those apprehended were present in the country without authorization at the time of their arrests, according to ICE statements.

Bryan Daniel Aldana-Arevalo, 28, was arraigned on July 26 in Nantucket District Court for one count of rape of a child and two counts of indecent assault and battery on a child under 14, then was released on bail on July 29, [ICE said](#). He was subsequently arrested by ICE on Sept. 10.

Aldana-Arevalo has been charged with “numerous” sex crimes against a child on the island, including the rape charge, ICE said. ERO Boston Field Office Director Todd M. Lyons [called](#) Aldana-Arevalo’s alleged crimes “detestable and disturbing.”

“ERO Boston will not tolerate such a threat to the most vulnerable of our population,” Lyons said. “We will continue to prioritize the safety of our public by arresting and removing egregious noncitizen offenders from our New England neighborhoods.”

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A number of those apprehended by ICE in the operation had previously been arrested by local Nantucket authorities, but were out on bail. Some had been arrested multiple times for different crimes. One of those arrested, a Guatemalan national, had previously been deported to Guatemala in 2011 but subsequently reentered the US without authorization, ICE said.

ICE commonly conducts raids where it arrests multiple people in a short span of time in a certain region, when crimes are not necessarily related to each other.

It's not often that ICE conducts multi-day operations on Nantucket. ICE's last [public statement](#) about ICE arrests in Nantucket is from July of 2012, when the agency arrested three people there.

In recent weeks, the arrests have been widely shared in conservative and right wing circles, among media personalities like [Megyn Kelly](#) and representatives from the Massachusetts GOP – sometimes accompanied by suggestions that Democrats are responsible for the harm caused by those arrested.

“It is outrageous that individuals in the country illegally at the time of their arrests were not immediately handed over to ICE but were instead allowed to post bail and return to our communities,” Chris Lauzon, a Republican candidate for State Senate for the Cape and Islands [said in a statement](#). “I cannot fathom why any court would ignore ICE detainers for those who have committed such heinous crimes. The Democratic supermajority’s failure to protect our communities is inexcusable.”

Elizabeth Sweet, the executive director of the MIRA Coalition called the allegations against those detained by ICE on Nantucket “extremely disturbing, and unacceptable if true.” But she cautioned against using the arrests to push forward “anti-immigrant and xenophobic narratives.”

“We must not let the unjust hate and fear that has come to dominate the national conversation around immigration do so here,” Sweet said “Those detained by ICE have a right to due process, and their cases must work their way through the justice system in a fair and ethical manner.”

ICE and Nantucket police said they had worked together to carry out the operation. They have not discussed how they came to the agencies’ attention. Covington thanked the Nantucket police for their “cooperation and support throughout this process” in a statement. Nantucket police, also in a [public statement](#), said their Detective Unit had assisted ICE with identifying addresses provided to them by ICE.

Across the Boston ICE field office’s area of responsibility, which includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont, ICE arrests remained relatively low during the pandemic years, largely due to a dip in ICE activity. But as pandemic restrictions began to ease, in fiscal year 2022, ICE Boston arrested 6,971 individuals in its area of responsibility, according to ICE’s arrest statistics [dashboard](#). In the 2023 fiscal year, that number rose to 8,944 people arrested by the ICE Boston field office.

Nationally, ICE arrests of individuals with criminal convictions have risen about 48 percent between fiscal year 2022 and fiscal year 2023, [ICE data show](#). [\(Continued on Following Page\)](#)

According to ICE, the agency's most commonly arrests people who have violated immigration law and have a conviction involving a DUI, drug possession, or an assault, and those who have criminal traffic offenses.

Massachusetts is not a sanctuary state, but has eight [sanctuary cities](#) where cooperation with local law enforcement and immigration authorities is limited to varying degrees. Nantucket is not a sanctuary community.

Along with Aldana-Arevalo, the other individuals arrested were [Gean Do Amaral Belafrente](#), a Brazilian national charged with sex crimes against a Nantucket resident and [Elmer Sola](#), a Salvadoran national facing 11 charges of sex crimes against a child in Nantucket, according to ICE. [Felix Alberto Perez-Gomez](#), a Guatemalan national charged with a sex crime against a Nantucket resident, and [Angel Gabriel Deras-Mejia](#), charged with assault and battery and who ICE allege is an MS-13 gang member, were also arrested.

In Nantucket, the town administration said in an emailed statement to the Globe on behalf of Nantucket town manager Elizabeth Gibson, that the Nantucket Select Board and the municipal administration were aware of the recent ICE arrests. According to their understanding, the statement said, the agency's actions were not random, but "targeted" towards individuals who committed violent crimes on Nantucket.

"We recognize that this activity may have been unsettling to many of our residents," the statement said. "We are committed to the safety and well-being of members of our community regardless of their immigration status, and are relieved that these offenders have been apprehended by the appropriate authorities and are no longer a threat to our community."

Toby Brown, the chair of the Nantucket GOP, said that the arrests weren't "surprising."

"We're actually happy that they're finally getting what they deserve," he said about those arrested. "I think it's a really good thing that we're finally getting the national attention that we need."

But Brown emphasized that there are many immigrants who bring a host of positive attributes to Nantucket, too. The Nantucket immigrant population [has risen](#) in recent years, with many working in the hospitality industry.

"It's not immigration that we are concerned about," he said. "We want good people to come here. It is the bad people that is very concerning."

## Migrant Placement in Lowell

THE SMELL of chicken baking in the kitchen wafted through the first floor of Lowell's Inn and Conference Center Tuesday afternoon. A Sun reporter was [touring the nine-story complex](#) with Lauren Easton, a senior vice president with onsite provider Commonwealth Care Alliance.

Posted outside the dining room was a menu listing for the week that showed many tasty dishes. Despite bizarre claims by former president and Republican presidential candidate Donald Trump, dog and cat meat wasn't listed as a meal selection for the resident families..

The ICC is home to a large population of migrants, predominantly Haitians, who fled from political unrest and violence in their home country. Many have come to the United States, with almost 700 individuals landing in Lowell at the emergency assistance shelter on Warren Street.

In this month's presidential debate with Vice President Kamala Harris, Trump claimed that Haitian migrants in Springfield, Ohio, were eating people's pets.

"In Springfield they're eating dogs," Trump said. "They're eating the cats. They're eating ... the pets of the people that live there. And this is what's happening in our country, and it's a shame."

Springfield police refuted the claim. If eating pets was a pattern among the Haitian migrant population, one could probably assume it would be a problem in any community housing migrants such as Lowell, but it isn't because it's a claim that's not tethered to reality.

Other media outlets have noted that neo-Nazi groups have trumpeted the racist trope since August.

At Tuesday night's Lowell City Council meeting, Councilor Corey Belanger asked Assistant City Manager Shawn Machado for an update on public safety at the former UMass Lowell hotel and dorm space.

Machado said that since the 205 families moved in, "It's been pretty quiet over there."

He said the biggest issue in the beginning was from kids pulling the fire alarms.

"CCA made an adjustment and put some kind of guards over the fire alarms," he said, which fixed the problem.

Without clarifying, Machado also said there had been a couple of domestic calls, but that, "there haven't been many issues. It's gone pretty well."

CCA's menus feature culturally appropriate food for the resident migrants such as fried pork and plantains, rice and beans, and meat like chicken and beef.

What was also spied during the behind-the-scenes tour was jars of baby food. Of the almost 300 children living at the ICC, the majority are under the age of 5. Several residents have babies or are pregnant, said Easton, requiring the nonprofit to meet the palates of even its youngest clients.

Working at the ICC brings Easton full circle with her CCA career. Following Haiti's devastating 2010 earthquake, she went to the country as a CCA representative at the request of Doctors Without Borders.

"We went down with a team of doctors, myself, nurses and did a full evaluation of this hospital," she said. "Ultimately, where we landed was that myself and a team of two to three others went down probably twice a year incorporating medical and mental health services. The hospital staff came up to CCA to also come and learn about our primary care services."

The cross-country collaboration had to stop following the outbreak of deadly gang violence in the country, which led many of its citizens to flee and land in places like Lowell where she continues to provide care delivery services.

"I'm really passionate about this," she said.

CCA manages 10 hotels across the state, serving 3,500 individuals.

"Over the course of one year, we've been able to transition 100 people to permanent housing," Easton said. "We've been able to support 1,000 people to get work permits and Social Security numbers. We've supported 500 individuals in getting employment and we've also enrolled 500 kids in school programs."

The organization also has deep experience managing the homeless crisis. The state brought CCA in during the early days of the COVID-19 pandemic. Over the course of two years, CCA served about 6,000 adults who were homeless or marginally housed, who tested positive for COVID, at isolation recovery sites.

In 2021, the state and the city of Boston asked CCA to provide services to Mass. and Cass, the sprawling and notorious homeless encampment near Boston Medical Center. What started as a six-month program ran for two and a half years.

"They contacted me Oct. 15, and we had our first resident Dec. 29," Easton said. "We created what I refer to as a cottage community. It was 20 tiny homes – a 22-bed program. We ultimately saw more than 134 people come through the program and permanently house 80 of them."

She called it a "great, great program."

It seems a response model to both chronic and acute homelessness exists, and the state has previously financially supported such an effort. At some point, the migrant families are going to move on; Lowell's homeless population is not. Maybe the city administration can put Easton and CCA on speed dial to address Lowell's increasing and burgeoning homeless crisis.

## What is Neuropathy?

### HELP FOR NEUROPATHY

Neuropathy is the medical term for damage to nerves outside of the brain and spinal cord. This damage can cause pain, numbness, weakness, and other uncomfortable and sometimes dangerous symptoms. It's also called [peripheral neuropathy](#), as it disproportionately affects nerve endings that are located closer to the body's extremities than the core.

Neuropathy can mess up nerve signals in three ways. It can lead to complete loss of signaling, inappropriate signaling, or distortion of the messages that are sent.

If only one nerve is affected, that's called mononeuropathy. A common mononeuropathy is [carpal tunnel syndrome](#), which is often caused by repetitive use damage to the median nerve of the arm. Polyneuropathy, which involves multiple nerves (and not talking parrots), is the more common condition.

FOODS TO EAT AND HELP FOR NEUROPATHY, check the link:

[https://foodrevolution.org/blog/neuropathy-nutrition/?frn\\_source=sfmc&frn\\_medium=email-blo&frn\\_campaign=blo-24&frn\\_content=nerve-pain-neuropathy-article-v2&j=303882&sfmc\\_sub=60681478&l=137\\_HTML&u=4674626&mid=514008241&jb=85](https://foodrevolution.org/blog/neuropathy-nutrition/?frn_source=sfmc&frn_medium=email-blo&frn_campaign=blo-24&frn_content=nerve-pain-neuropathy-article-v2&j=303882&sfmc_sub=60681478&l=137_HTML&u=4674626&mid=514008241&jb=85)

## Why Is Oregano so Good for You? Exploring its Health Benefits & Uses

[Ocean Robbins](#) · Published November 14, 2022 · 9 min read

Like many strong-smelling and tasting plants, oregano has pungent leaves largely to protect them from being munched on by critters such as aphids and mites, or becoming colonized by fungal diseases. The chemicals that produce these strong aromas and flavors are called terpenes, and are common to many of the plants we use for essential oils.

[Oregano essential oil](#), which comes from fresh leaves and stems, is a major source of some very potent terpenes. **The two major terpenes that make up this essential oil are carvacrol and thymol, which together pack quite a healthy punch.** Studies show they have [antimicrobial](#), anti-inflammatory, antioxidant, and antitumor properties.

In case you're wondering how a chemical produced by a plant specifically to discourage predation can be good for us, it's probably an example of [hormesis](#). This term refers to the phenomenon that things that can be harmful in big doses can be beneficial in small ones. In this case, it's theorized that the compounds in oregano that may slightly stress our bodies also stimulate them to engage in healthy maintenance and repair.

Paste in the URL or Read the rest here: [https://foodrevolution.org/blog/oregano-health-benefits/?frn\\_source=sfmc&frn\\_medium=email-blo&frn\\_campaign=blo-24&frn\\_content=oregano-article-w/ps-pbcc-sales\(etail\)&j=304494&sfmc\\_sub=60681478&l=137\\_HTML&u=4687537&mid=514008241&jb=640](https://foodrevolution.org/blog/oregano-health-benefits/?frn_source=sfmc&frn_medium=email-blo&frn_campaign=blo-24&frn_content=oregano-article-w/ps-pbcc-sales(etail)&j=304494&sfmc_sub=60681478&l=137_HTML&u=4687537&mid=514008241&jb=640)

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*Edgar Cayce*

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### **Sunday, October 6**

"Be awakened to the great truth that love casts away  
fear."

ECRL 1580-1

### **Monday, September 30**

"Keep the body as near physically fit as possible. Keep  
happy. Keep glad. This makes for better conditions for  
self and for body dependent upon self."

Edgar Cayce reading 301-8

### **Sunday, September 29**

"There is the healing of the physical, there is the healing of  
the mental, there is the correct direction from the spirit.  
Coordinate these and you'll be whole."

Edgar Cayce reading 2528-2

### **Tuesday, September 24**

"If you learn music, you'll learn history. If you learn music  
you'll learn mathematics. If you learn music, you'll learn most  
all there is to learn."

Edgar Cayce reading 3053-3

### **FUNNY LINKS:**

[https://www.youtube.com/watch?v=7fDY\\_u6RMyo](https://www.youtube.com/watch?v=7fDY_u6RMyo)

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

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