



Being Alive

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

Distracted Driving

Distracted Driving

I had to take a distracted driving class. While in Arizona I got stopped for touching the GPS while driving. I was just trying to get it done. However, I actually learned a lot. I thought I should share. I hope that it changes my behavior. I at least want to use for emergencies only if possible and pull aside to call back those who call me. **HERE ARE THE FACTS YOU SHOULD KNOW:**

COGNITIVE DISTRACTIONS Last longer and create the greatest risk than other distractions.

21% of us are on the phone at the same time while driving

30% of all accidents caused by distracted driving

Hands free driving adds no benefit to distracted driving as it does not eliminate the **COGNITIVE** distraction. The conversation not the device creates the distraction

4X more likely to crash drunk or talking on cell phone. IT IS THE SAME RISK!

Texting more risk, but less people do it.- Dialing number is just as great a risk

47% of adults admit they text while driving - even dictation text- More than Teens!

23 times more likely to be in a crash

Biologically CANNOT MULTI TASK

Multi tasking took me 74% longer in a test I had to take- damages multi tasking - fewer errors
Multi Tasking is a myth. The brain handles task sequentially very rapidly, but we are not multi tasking. Reduces productivity by 40% when multi tasking

In attention blindness and slower reaction time Vision - missing visual clues. 50% reduction in visual clues by the hands free conversation. Most people think they can drive safely while using a mobile device while others cannot.

Distracted drivers become over confident of their ability unless they crash

Driving while distracted and driving while intoxicated can be treated as **CRIMINAL** offenses
Someone who Killed two people while driving jailed for 10+ years.

Preventable collisions

Put phone away while you drive

Don't wait for laws to change to change your behavior. Hands Free when in Park only

Karen Meredith a Gold Star mom Needs Your Help

My name is Karen Meredith, and I am a Gold Star mother. My son is one of more than 400,000 buried at Arlington National Cemetery.

My only child, 1LT Ken Ballard, joined the Army after graduating high school in 1995. As an Army granddaughter, Army daughter, Army sister, and Army mom, I couldn't have been more proud of his decision.

My son deployed to Iraq in May of 2003, and 384 days later he was killed while fighting an Iranian-backed militia in Najaf. He had been scheduled to return home one month earlier, but his tour was extended.

For families like mine, Arlington is more than a cemetery. It is where Ken is at eternal peace. It is a place an entire country comes to express its gratitude for a debt that cannot be repaid.

Donald Trump wants to destroy that peace. Last week, we learned that the Department of the Interior plans to break ground on Trump's "triumphal" arch just outside the gates of Arlington later this month.

Trump never served. He called my son and all who served alongside him "suckers" and "losers." He trampled the graves of the fallen in Section 60 for a campaign photo opportunity. That same man would use their graves as the backdrop for his own vanity project.

The indignity of this arch is difficult to put into words, but I am grateful to have an outlet for resisting it in my work with VoteVets. They are building a nationwide mobilization against this arch, and I'd be grateful if you could contribute to support them.

If you would like to help Meredith see this link: https://secure.actblue.com/donate/vv-pac-em-sep26?akid=35567.5656811.oqtLZH&c0=vv-pac-em-sep26.f1bOKp&rd=1&refcode=em260913-1-180&refcode2=35567_5656811_oqtLZH&t=1

Shift in Medical School Nutrition Requirements

Secretaries Kennedy, McMahon Demand Comprehensive Nutrition Education Reforms

WASHINGTON—AUGUST 27, 2025—The U.S. Department of Health and Human Services (HHS) with the support of the U.S. Department of Education today announced a major initiative urging America's leading medical education organizations to immediately implement comprehensive nutrition education and training. The effort is part of the Trump Administration and Secretary Robert F. Kennedy, Jr.'s Make America Healthy Again agenda, which prioritizes prevention and reducing chronic disease through improved diet and public health measures. Watch Secretary Kennedy's [direct to camera](#) video and read his [Wall Street Journal commentary](#).

Each year, an estimated 1 million Americans die from diet-related chronic diseases, even as the U.S. spends more than \$4.4 trillion annually on chronic disease and mental health care. Despite

overwhelming evidence that nutrition is one of the most powerful tools for disease prevention, the vast majority of physicians graduate with little to no training in nutrition counseling.

“Medical schools talk about nutrition but fail to teach it,” **said Secretary Kennedy**. “We demand immediate, measurable reforms to embed nutrition education across every stage of medical training, hold institutions accountable for progress, and equip every future physician with the tools to prevent disease—not just treat it.”

While recent Association of American Medical Colleges [data](#) shows that all U.S. medical schools claim to cover nutrition, other [studies](#) show the majority of medical students report receiving fewer than two hours of instruction. [Research](#) published in 2024 documents that 75% of U.S. medical schools have no required clinical nutrition classes, and only 14% of residency programs have a required nutrition curriculum. HHS is calling for increased nutrition education thresholds across the medical education continuum. The nation’s medical schools must fundamentally address this critical gap in health care training and ensure that future and current doctors possess the essential knowledge to provide evidence-based nutritional guidance to their patients.

“U.S. medical education has not kept up with the overwhelming research on the role of nutrition in preventing and treating chronic diseases,” **said U.S. Secretary of Education Linda McMahon**. “Medical schools across the country must act now to align their training with the latest research so that future physicians have the means to best help their patients stay healthy. The U.S. Department of Education is proud to stand with HHS in working to lower chronic disease rates, especially in children.”

To close this gap, HHS and Department of Education are calling for nutrition education requirements to be embedded across the six critical areas of:

(continued on next page)

- Pre-Medical Standards.
- Medical School Curricula Integration.
- Medical Licensing Examination.
- Residency Requirements.
- Board Certification.
- Continuing Education.

HHS has directed U.S. medical education organizations to submit, by September 10, written plans detailing the scope, timeline, standards alignment, measurable milestones, and accountability measures of their nutrition education commitments.

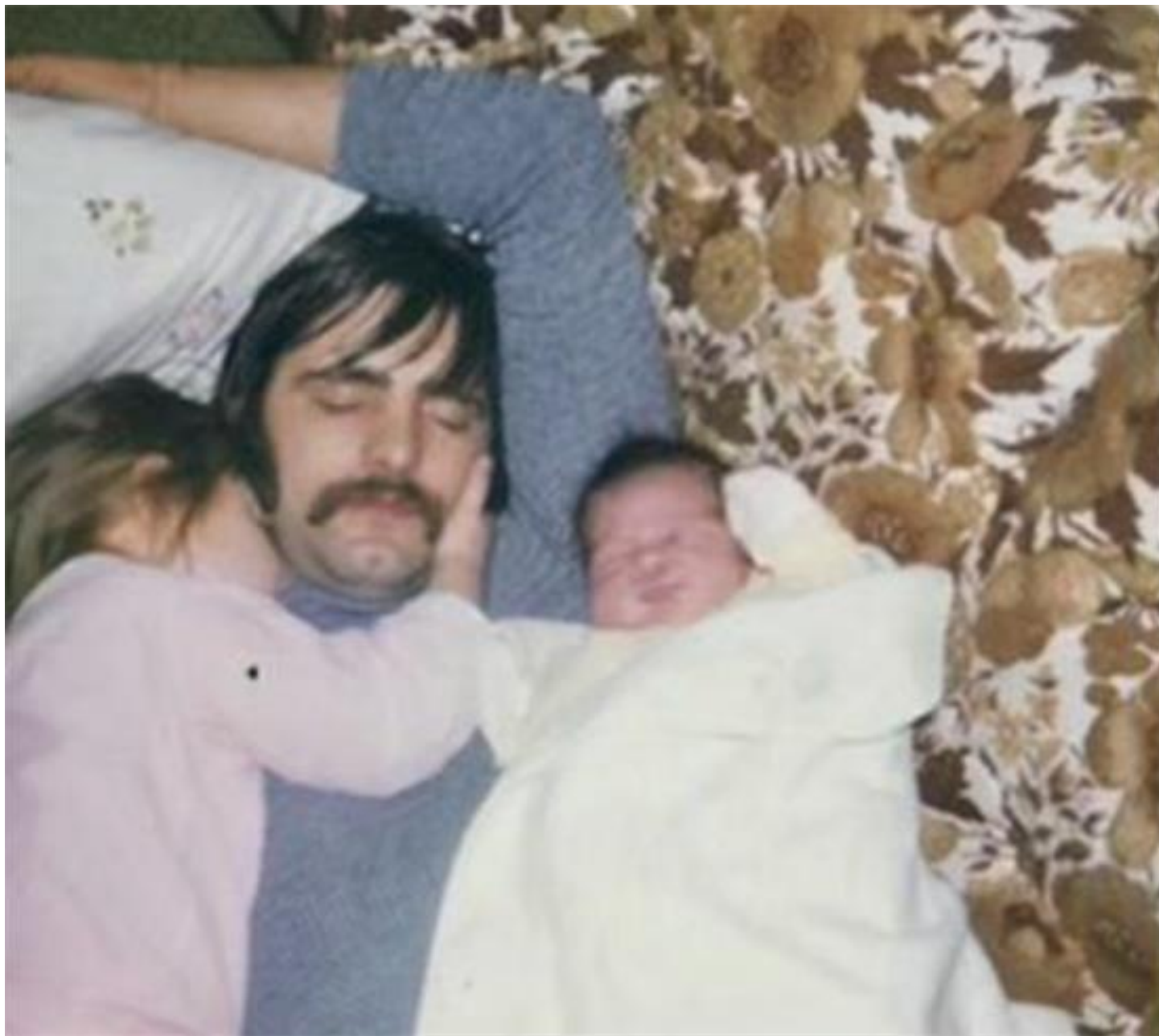
Happy Labor Day!

For so many families across our Commonwealth and around our country, this day carries personal meaning. I wanted to take a second today to share my family's.

While today is about celebrating the achievements of all workers and the labor movement, one person always comes to mind for me: my dad, Tony Loureiro.



My dad was a union ironworker, Local 7. He built skylines and bridges across Massachusetts and much of New England. His long shifts forced him to leave work before the sun rose and get home well after it set. **Some nights, he'd be so tired that he would fall asleep on the couch while my sisters and I played alongside him.**



The days were long, and the conditions were tough. But through it all, he never complained. He certainly didn't expect any praise.



Like most folks, my dad didn't bust his tail at work day in and day out for recognition. He was in it for our family – my mom, my three sisters, and me. None of us would be where we are today without his sacrifice.

That's why he carried his union card with pride. It was more than a piece of paper. It was a promise. **You look out for each other. You care for each other. You never walk onto a job site or into a union hall alone.**

Here in the Merrimack Valley, workers have stood together for generations. The mill girls in Lowell organized for fair treatment in the 1840s, before it was safe or popular. A few miles up the river in Lawrence, 20,000 immigrant mill workers walked out in the Bread and Roses strike.

Because working families deserve more than survival. They deserve dignity, a fair shot, and the confidence that when you stand up against injustice, someone has your back.

This Labor Day, I hope you'll join me in honoring workers like my dad. Their dedication built the Commonwealth we know. And the workers standing together today are building the one our kids will inherit.

Sincerely,

Lori Trahan

Edgar Cayce

Saturday, September 12

"Meet the problems each day. But lay them down when you attempt to aid others."

ECRL 1204-3

Thursday, September 10

"(Q) What are the best outlets for my loneliness?

(A) Be busy in keeping optimistic and in helping somebody who is in a worse fix than yourself - and there are millions of 'em!"

Edgar Cayce reading 1540-6

Tuesday, September 8

"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

Wednesday, September 16

"Rather than the stars ruling life, life should rule the stars - for humanity was created a little bit higher than all the rest of the whole universe, and is capable of harnessing, directing, enforcing, the laws of the universe."

ECRL 5-2

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