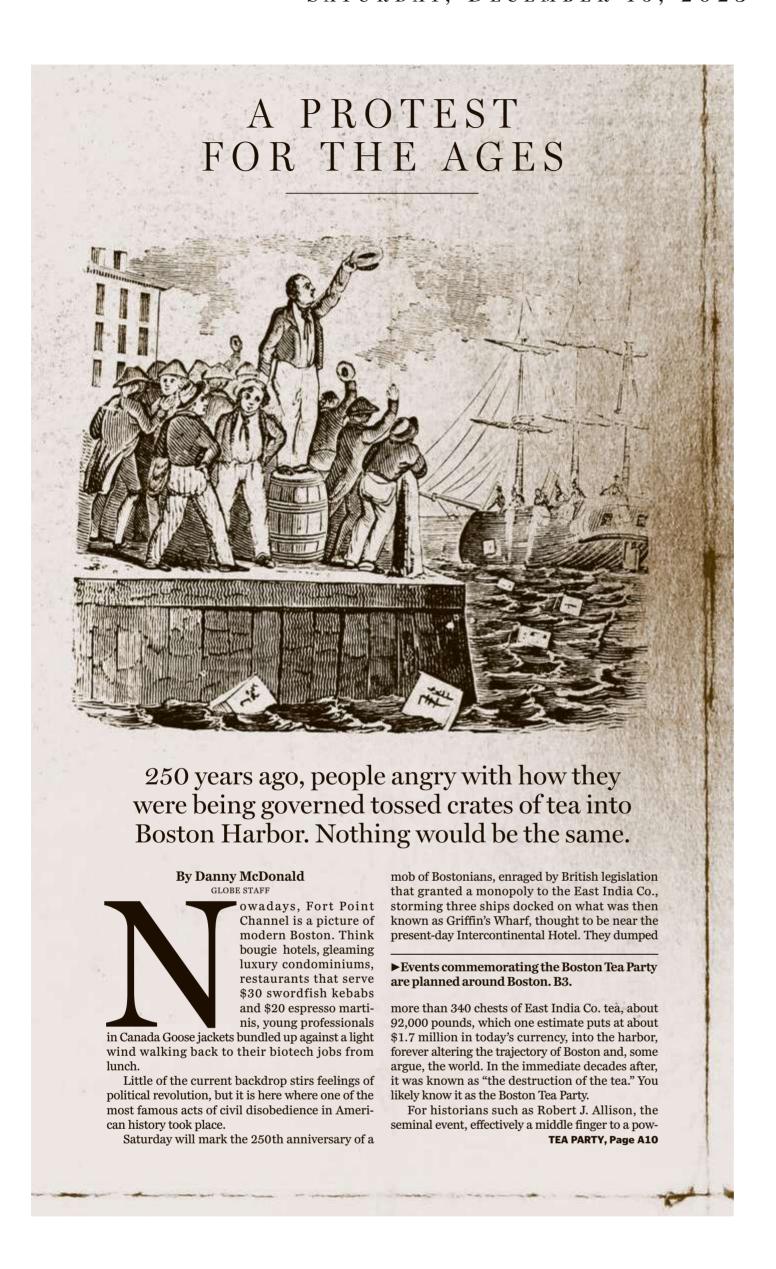
The Boston Globe

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SATURDAY, DECEMBER 16, 2023



Feeling anxious? Want to try a bed of nails?

By Beth Teitell

No matter who you are, a gift guide has you in its sights. The foodie, the cheapskate, the hard-tobuy-for, the baby with performative parents. There's advice for every category of human possible, including a catchall category so large that it's subsumed all the other categories: the anxiety-Where there's a panic attack, insomnia, a rac-

ing heart, there's an industry eager to monetize

the symptoms, and by this point in our collective breakdown, CBD gummies are just the start.

Did you know you can spend hundreds of dollars on an anti-anxiety IV drip at a hydration bar run by nurses? Or see a hypnotist who can induce a dream state that enables perspective shift, over Zoom even, or attend a mind-body class and learn how to shake the anxiety away?

Why the algorithm is not right now showing me ads for a bed of nails or rain apps is beyond me, given the anxiety I inevitably encounter as

deadline threatens.

More on the nails in a moment, but first, the rain — or "green noise," as precipitation has been rebranded. Online or by way of apps for your phone, the variations are endless, and so evocatively named they could be in a Benjamin Moore swatch book: thunder cracks, thunderstorm, windy storm, brewing storm, heavy storm, rain on a tent, rain on an umbrella, cabin rain, morning rain, summer rain, forest rain, rain on the **ANXIETY, Page A10**

US official downplays talk of rift with Israel

3 hostages mistakenly killed by military in Gaza

By Yara Bayoumy and Thomas Fuller NEW YORK TIMES

 ${\it TEL\,AVIV}$, ${\it Israel-Days}$ after President Biden said Israel was losing support for its military campaign in the Gaza Strip, his national security adviser, Jake Sullivan, on Friday played down differences between the two allies after meetings with Israel's top leaders.

"We're not here to tell anybody, 'You must do X, you must do Y," Sullivan told reporters in Tel Aviv, the latest emissary from the Biden administration to visit Israel to discuss the war.

His remarks came on the same day that the Israeli military said its soldiers had accidentally killed three Israeli hostages in what it described as an "active combat zone." During fighting in Shejaiya, a neighborhood in Gaza City, troops "mistakenly identified three Israeli hostages as a threat," the military said in a statement. "As a result, the troops fired toward them and they were

The military said it realized the error during checks in the area and "suspicion arose over the identities of the deceased."

The military identified the three Israelis killed as Alon Shamriz, Yotam Haim, and Samer Talal-MIDEAST, Page A5



SAID KHATIB/AFP VIA GETTY IMAGES

Palestinians checked a half destroyed building following Israeli bombardment in Rafah, in the southern Gaza Strip, on Friday.

Harvard's Gay acknowledges 'formidable' work ahead

By Hilary Burns and Mike Damiano

The days ahead won't be much easier for Claudine Gay.

Weakened by controversy, vilified by loud antagonists, and her missteps called out by a statement from her own board, the still-new president of Harvard University faces a daunting test.

She now must repair her reputation, unite a deeply fractured community, and chart a path Harvard can follow to escape the worst cycle of campus unrest in decades. Since Tuesday, Gay has crisscrossed campus, discussing Harvard's course forward with staff and students alike. She has met with faculty members ahead of winter break and attended a menorah-lighting ceremony in Har-

Gay faces a difficult task convincing all of the GAY. Page A6

A bit of both

Saturday: Some sun. High: 45-50. Low: 36-41. Sunday: Mostly cloudy. High: 48-53. Low: 46-51. High tide: 1:14 a.m. 1:22 p.m. Sunrise: 7:07 Sunset: 4:12 Comics and Weather, **D4-5.**

Obituaries, C9-10.

Suggested retail price \$3.50

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Hungary blocked the European Union from approving a financial aid package for Ukraine. A4.

The sheriff's deputies who responded to earlier mental health concerns about the Army reservist who fatally shot 18 people in Lewiston, Maine, acted appropriately "under the totality of the circumstances," an outside report found. B1.

Rudy Giuliani was ordered to pay two former Georgia election workers more than \$148 million for destroying their reputations and causing them extreme emotional distress by spreading lies about them. A2.

Just six weeks before the primary, Nikki Haley has climbed into a convincing second place in New Hampshire.

For New Hampshire voters — and their governor — Haley is the Trump alternative By Emma Platoff But if Haley has a path to the prized endorsement in New

GLOBE STAFF

MANCHESTER, N.H. -Take it from the buttons: NH

[hearts] NH. New Hampshire loves Nikki Haley, that is -amessage from her campaign merchandise that's reflected in a cache of recent polls, dozens of interviews with voters here,

and, on Tuesday, the most

Hampshire politics.

Buoyed by the support of popular Republican Governor Chris Sununu, Haley this week is doubling down on her efforts in the first-in-the-nation primary state, holding events in Manchester, Newport, Keene, and Atkinson as she makes the case that she is the GOP alternative to front-runner Donald Trump. It's still far from clear that she or

anyone else can overtake him.

nomination, it runs directly through New Hampshire.

Haley's growing base of support includes men and women, veterans in their 60s and college students still in their teens. Crucially, her fans include both registered Republicans and independents, who can vote in New Hampshire's GOP primary and are the state's largest voting bloc. Some of the New Hampshire

HALEY, Page A7