The author from Branford for this issue speaks candidly about an especially timely issue. Gina Macdonald says that Covid-19 is having an impact on most of her clients as social isolation has increased which tends to be a way in which eating disorders thrive.

College students who especially may have returned home early and possibly not returning to their campus, many who have intrapersonal issues with their primary relationships are experiencing more struggles around food, body image, self-acceptance and control.

It is more difficult for parents as well as they tend to "walk on eggshells" - not knowing how much to comment on their observations or how much space to give. Gina stresses the importance of physical and emotional boundaries in her book, *Mind Your Own Body-A Body Image Handbook*. Among the unhealthy boundaries that she highlights are:

- Allowing others to define you.
- Giving as much as you can for the sake of giving.
- Expecting others to answer your needs.
- Allowing others to direct your life.

Macdonald explores the concept that body image issues contribute to eating disorders which have the highest mortality rate in the USA. Eating disorders are among the consequences of a society that emphasizes thinness and appearance which are not always attainable goals. Teens are especially vulnerable when social media is employed. Additionally we have all seen TV commercials featuring exercise and diet regimes with the latest piece of workout equipment being demonstrated by some hot-looking model who is well muscled and lean.

Gina’s book goes beyond diet and exercise focusing on the involvement and power of one’s mind to create a personal body image that is suitable for each individual and not mass produced. She addresses societal influences, self-esteem, and the value of nutritionists in helping with body/mind connections.

Macdonald provides a section in *MYOB* detailing experiential approaches to healing negative body image. In it are included activities for one to do ranging from drawing, to yoga, to breathing techniques.

Since 1993 she has worked at three CT-based hospitals including Hartford Hospital and treatment centers such as the Renfrew Center of Ct and Walden Behavioral Care. It was through her own personal experience in college struggling with an eating disorder that led her to the field of dance/movement therapy and creative art therapies at Lesley College to understand the perceptual distortions and denial-based styles of thinking that became a way of coping for her clients.

In July Gina gave a Zoom presentation through the Blackstone Library on eating disorders. Gina Macdonald has a private practice specializing in the treatment of eating disorders. Her practice is listed as Virginia E. Macdonald MA, LPC, CEDS, 225 Montowese St., Branford.


---

*Alpha Cairo*
The Friends of Branford’s Blackstone Library has voted unanimously to cancel its annual September book sale under the tent on the Branford Town Green due to the seriousness of Covid-19 infection.

The most important factor in making this decision is maintaining the health and safety of all of the volunteers and attendees. This is also in accordance with Gov. Lamont’s guidelines to curtail the pandemic.

The Friends have collected thousands of books and audio/visual materials from last September through March, which have been carefully sorted. This inventory will be available for purchase to the public. In order to allow for adequate safe distancing, a series of smaller sales will be held at a new location: River Run Business Park, 59 School Ground Rd, Unit 6 (in area of Woodwinds and Chowder Pot Restaurant). Remember this is not at the library or town green.

Masks must be worn and social distances kept. A restricted number of shoppers will be admitted into the warehouse at the same time. This protocol will be followed all days of the sales which will run selected weekends, Fri – Sun, 9 AM – 2 PM.

The schedule of sales is as follows:

- Aug 14– Aug 16, Children’s, Young Adult
- Aug 21 – Aug 23, Adult Fiction, Mystery, Classics, Science Fiction
- Aug 28 – Aug 30, Art, Music, Biography, History
- Sept 11– 13, Cookbooks, DVDs, CDs, Crafts, Audio- books

Money raised by the Friends supports Blackstone Library services, including Hoopla and Kanopy streaming service, children’s programming, scholarship for professional development opportunities, and equipment purchases. Over $100,000 has been donated to the library in the past two years through the Friends’ efforts. It is hoped that despite the consequences of COVID-19, economic gains will continue and also provide an expanded source of recreational reading for the people of Branford.

Check the Blackstone Friends’ Facebook page—www.facebook.com/ JBMLfriends. Call 203.488.1441; or email friends@blackstonelibrary.org for further information and if you are interested in volunteering. Thank you for your continued support.

-Alpha Coiro
Poetry Corner

Thanks to all of you who submitted poems for this issue. Those for which we didn’t have space will be utilized in future issues. And if you would still like to offer one of your own design, please forward it to friends@blackstonelibrary.org

Thank you.

IF I WAS A BOOK...
Hmmm, let me see
I know what won’t be me.
Definitely not a romance.
I’m just not the type.
Maybe more of a mystery,
A whodunit for sure.
I can be sneaky and oh so sly
Yet so innocent as I look in the eye.
You would never believe it was me
Right up to the last page.
Yes, If I Was A Book
Definitely me, it’s a mystery.

Geraldine Reider

ANIME
With eyes so large and skin so fair, it’s hard to walk away.
Their velvet voice and serpent tongue, control the things they say.

You want to live a life that's yours, free from their impish glee.
But deep inside the depths of you, you know you’ll never flee.

They draw you well into their world, with promises and lies.
With the truth of their intentions, cleverly disguised.

Your life can never be the same, but somehow that’s alright.

With their bodies draped about you, there is safety through the night.

Carolanne M. Geissler

STORM IN A PANDEMIC
Spring storm arrives with wind and rain
that rattles windows and pushes against doors,
huffing and puffing I’ll blow your house down it growls
but we know how this goes, we’ve done this before,
so we set out candles, search for matches, batteries,
hope the giant maple in the yard can persevere again—
check to make sure the basement doesn’t flood too bad
that the roof in the kitchen doesn’t leak,
that I remembered to close the bedroom window—
it was warm last night...or was it?...

I wake often now, press palm against my forehead
relax when it’s only a flash and not a fever,
breathe deeply and pray when I still can
because we don’t know how that goes—
that other storm that’s still raging
that doesn’t show on the radar map
and won’t blow out to sea anytime soon,
that will still be here when the sun returns tomorrow,
when I put the candles away in the drawer,
when. I look those windows to the yard,
to the giant maple, her leaves in wait,
and my neighbor in her mask in her garden
moving dirt and planting seeds
that will grow despite the storm,
we know they will.

--Jen Payne, May, 2020

A Message from our Treasurer

During these unprecedented times, more than ever, non-profits need your partnership and financial support.

Congress, understanding the impact the COVID-19 virus has had on non-profits, added a charitable contributions tax deduction provision in the CARES ACT passed March 27, 2020. For this year only, up to $300 of your cash contributions made to charitable organizations in 2020 can be deducted from your taxable income. This is a change from prior years when deductions for charitable contributions were only allowed when itemizing deductions.

With this provision, we hope you will take advantage of this one-year change and make a donation to the Friends of the Blackstone Library. Your donation is deductible and will help the Friends support library resources that so many have come to rely on.

-Jonathan Grande
August—Women’s Suffrage Month

August 26 is Women’s Equality Day, marking a century since the 19th Amendment was made law. But did you know that women of color remained largely disenfranchised despite passage of the 19th Amendment? In fact, it was not until the Voting Rights Act was passed on August 6, 1965, that African American women were able to vote. Here are two books that reveal the stories behind the women who were powerful forces in the enactment of this legislation. Both are available through the library.

**Demanding Justice: a story about Mary Ann Shadd Cary** by Jeri Ferris
Mary Ann Shadd Cary spent her entire lifetime fighting for civil rights and equality for African Americans. Born a free African American in the 1820s, Cary started schools for black children and wrote books and articles. She was also the first black woman to publish a weekly newspaper and to enter law school. Never afraid of offending anyone, Cary demanded justice for herself and for her fellow African Americans. A veteran suffragist from Washington, D.C., Cary worked as a journalist, teacher, lawyer, and politician. Born in Wilmington, Delaware, she was perhaps the first African American suffragist to form a suffrage Association.

**Suffrage: Women’s Long Battle for the Vote** by Ellen Carol DuBois
Honoring the 100th anniversary of the 19th amendment, the author explores the full scope of the movement to win the vote for women through portraits of its bold leaders and devoted activists. DuBois begins in the pre-Civil War years with foremothers Lucretia Mott, Elizabeth Cady Stanton, Susan B. Anthony, and Sojourner Truth as she explores the links of the woman suffrage movement to the abolition of slavery. She shows how suffrage leaders persevered through the Jim Crow years into the reform era of Progressivism and introduces Carrie Chapman Catt and Alice Paul, who brought the fight into the 20th century. The book also features African American women, led by Ida B. Wells-Barnett, who demanded voting rights even as white suffragists ignored them.

—Alpha Coiro