

**THOUGHTS FROM THE EDITOR... BY DEBBIE MEEHAN**

It's a strange thing to be disconnected from the world. For most of us while packing up for vacation, one of the most important things we check is to make sure we have our cell phone and charger. We could have everything packed in the car and forget one of our kids; but by God that phone and charger are going to be packed and the extra charger plugged in the car just in case our phone dies on the way to our destination. To step away from the world without our phones is unthinkable, but when we do a whole new world opens up.

A few years ago, my family, all nineteen of us, embarked onto a cruise ship that was set to sail for the beautiful island of Bermuda. We learned as we boarded the ship, that there would be no WiFi for the two days at sea as well as the two-day return trip home. I felt like I was in that commercial where the kids would not get on the plane because they would not be able to use their phones. But off we sailed into the sunset, totally disconnected from the world.

It took a while for us, adults included, not to look at our phones. We could no longer post everything we saw and tell the world every detail of where we were and what we were doing. We all still had our phones with us with the small hope that somehow Wifi would magically appear, but it did not. It is amazing the conversations you can have at the dinner table with your children and adults when no one has their phone in their hands.

I was thinking about that cruise the other day when the news of the world was draining my soul and I just wanted to turn it off for a while. I truly believe that one of the healthiest things you can do for yourself is take a break from the negativity that is so easily spread on social media and just catch your breath so that you can refocus on what is important in your life. It makes me crazy when I'm sitting with people and in the middle of a conversation I thought we were having together, they start talking about something that they are looking at on Facebook and the subject changes to: "Did you hear about...?" or they start smiling at their phones and giving a "thumbs up" to someone else's day while missing out on their own.

Some people are so intertwined in the lives of others "Look At Me" status that the simple beautiful things around them go unnoticed and quality conversations go unheard. Nothing against social media but being unconnected to the world for a week while I was on that trip with no Facebook, Instagram, texts or emails was not the end of the world, in fact, it was a blessing. To be honest, after the first day on the cruise ship the kids did not even think about their phones as they were too busy living their lives and having fun rather than wasting those summer days glued to a phone watching the lives of everyone else while missing out on their own.

Disconnecting yourself from the world is one of the healthiest things you can do for yourself. It gives you a chance to take a breath, refocus and enjoy the simplicity of life and just live.

So put your phone down and for a while take a break from the world. Instead, go for a walk, read a book, float in the pool, have a long conversation with someone you love and take a moment to appreciate the blessings that surround you every day. They are all right there ... just waiting for you to reconnect to life again.

Enjoy the rest of your summer, best of luck to all our graduates heading off to college, may the road that lies ahead of you be bright with promise and to the parents packing the car to take your children off to college...take a deep breath, they will be just fine and be back needing their wash done and a hot meal before you know it!

**WISHING THE REMAINING DAYS OF THE  
SUMMER OF 2025  
ARE WARM & WONDERFUL**

**CAUSE A LITTLE BIT OF  
SUMMER IS WHAT THE WHOLE  
YEAR IS ALL ABOUT.**

*John Mayer*



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