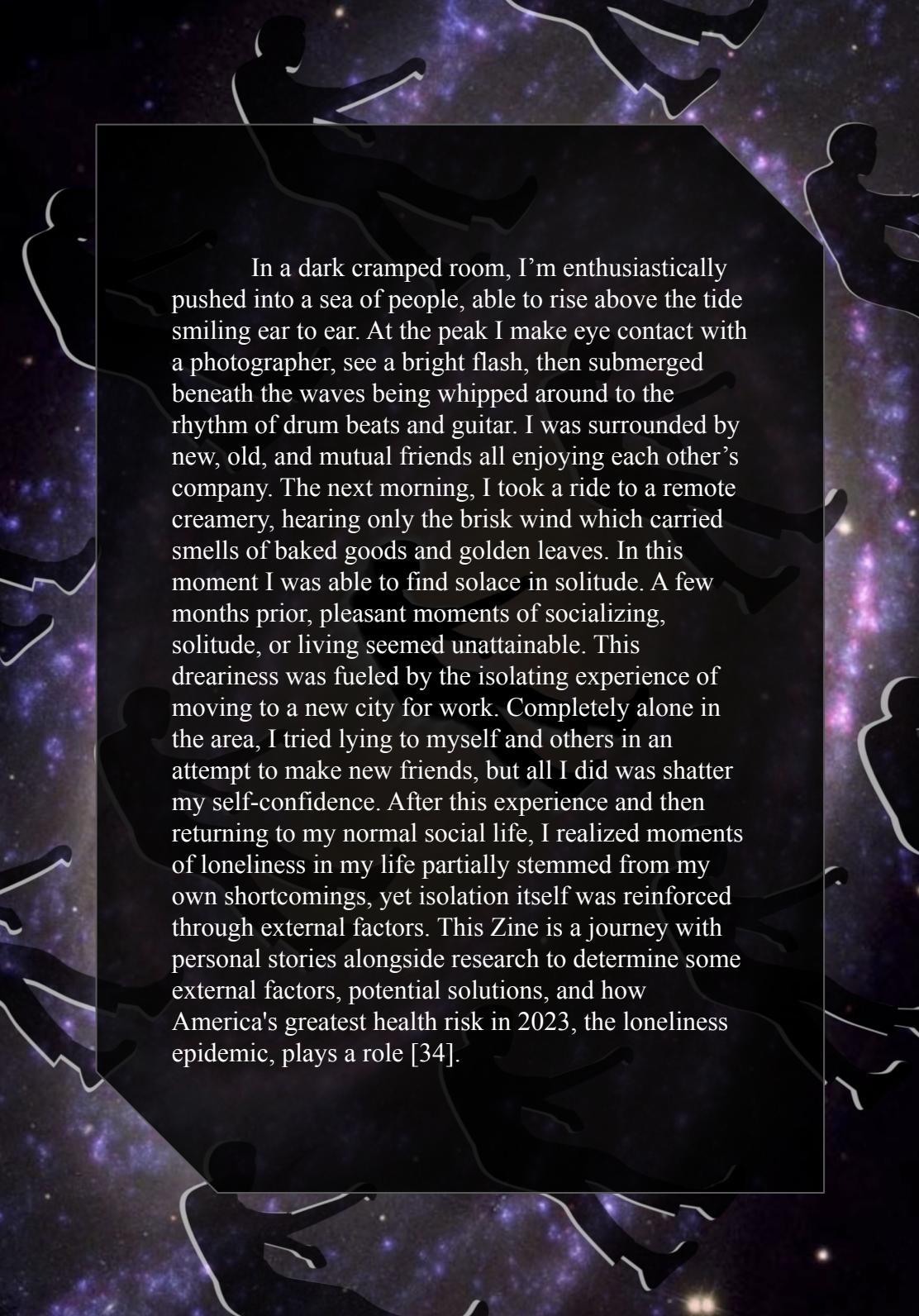


*Encounters of  
the Third  
Space*



Community Love Changes People



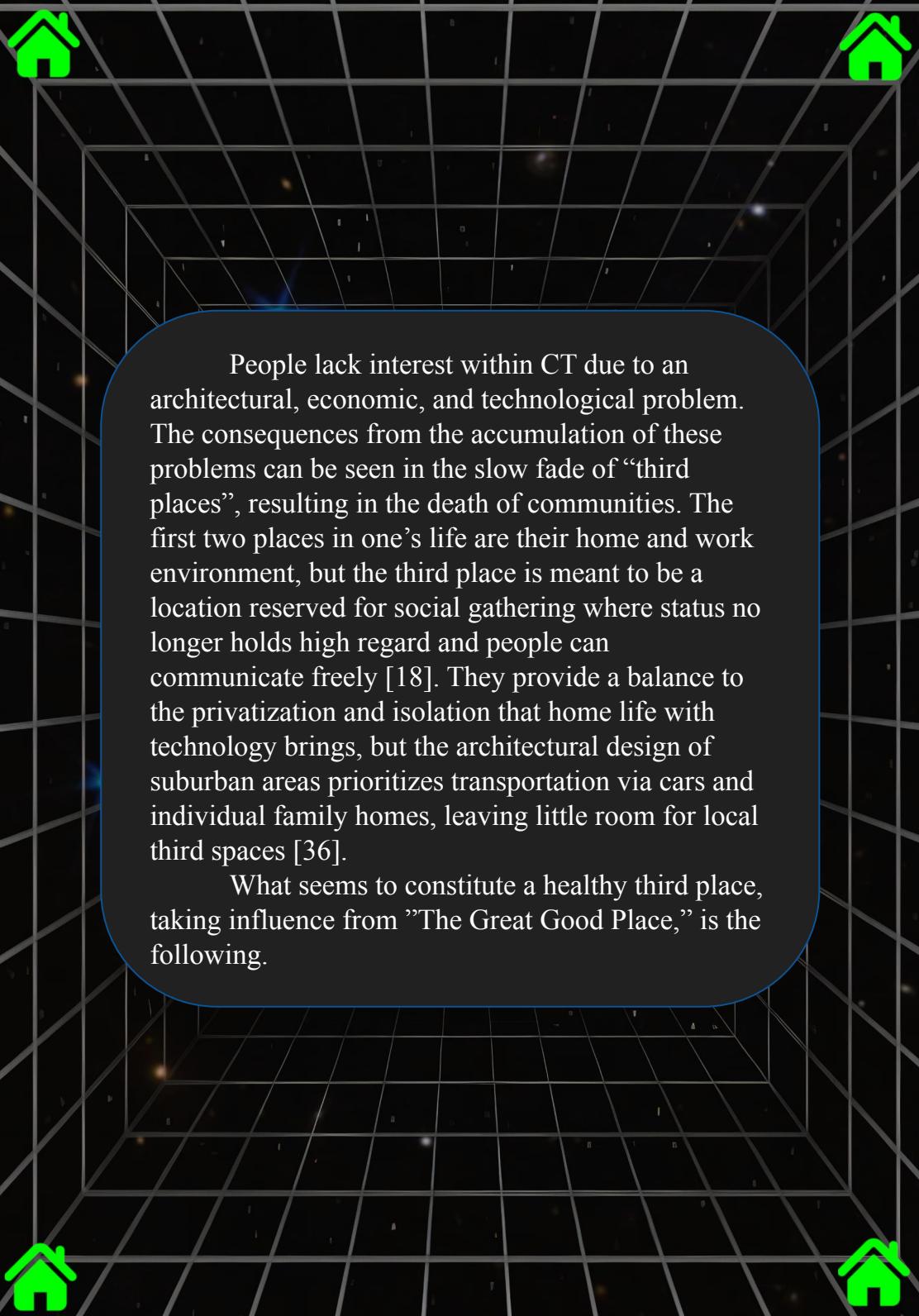
In a dark cramped room, I'm enthusiastically pushed into a sea of people, able to rise above the tide smiling ear to ear. At the peak I make eye contact with a photographer, see a bright flash, then submerged beneath the waves being whipped around to the rhythm of drum beats and guitar. I was surrounded by new, old, and mutual friends all enjoying each other's company. The next morning, I took a ride to a remote creamery, hearing only the brisk wind which carried smells of baked goods and golden leaves. In this moment I was able to find solace in solitude. A few months prior, pleasant moments of socializing, solitude, or living seemed unattainable. This dreariness was fueled by the isolating experience of moving to a new city for work. Completely alone in the area, I tried lying to myself and others in an attempt to make new friends, but all I did was shatter my self-confidence. After this experience and then returning to my normal social life, I realized moments of loneliness in my life partially stemmed from my own shortcomings, yet isolation itself was reinforced through external factors. This Zine is a journey with personal stories alongside research to determine some external factors, potential solutions, and how America's greatest health risk in 2023, the loneliness epidemic, plays a role [34].





Feverishly, I smashed my keyboard in broad strokes while applying to any organization with open positions, and during this haze I've applied to a government program called CTNext. Its premise was to investigate why college educated talent early in their career would want to live in Connecticut, how to keep them in CT, and networking for the people in the program [4]. A new world of opportunity seemed to have opened itself to me with endless possibilities for change. To my devastation, the program ended early and is currently in transition from one government department to another. Recommendations and insights were lost. Without finalization, preliminary suggestions were articulated. Here, I recapture the message.





People lack interest within CT due to an architectural, economic, and technological problem. The consequences from the accumulation of these problems can be seen in the slow fade of “third places”, resulting in the death of communities. The first two places in one’s life are their home and work environment, but the third place is meant to be a location reserved for social gathering where status no longer holds high regard and people can communicate freely [18]. They provide a balance to the privatization and isolation that home life with technology brings, but the architectural design of suburban areas prioritizes transportation via cars and individual family homes, leaving little room for local third spaces [36].

What seems to constitute a healthy third place, taking influence from ”The Great Good Place,” is the following.

1. *Leveling place*: Status holds less regard, people are able to

express themselves freely amongst others from different backgrounds.

2. *Potential conversation space*: The location can facilitate communication and exchange of ideas with other people if that is desired.

3. *Physically accessible*: Travel time should be minimal, or as convenient as possible.

4. *Low Cost*: Low fee of entry or free to spend time in these locations. Wise spending habits are praised within American culture, so by having low costs it can remove guilt associated with over spending, and lowers the economic barrier of entry.

5. *Regulars*: There is a set of people who consistently attend the space and create a welcoming atmosphere, in addition to acting as defenders to hostile factors, people or otherwise.

6. *Playful mood*: The environment should promote actions taken for the simple act of enjoyment with no other rewards.

7. *Home away from home*: Similar emotional comfort as when you're home. This won't happen immediately and takes time, but the place should be capable of this level of emotional comfort.

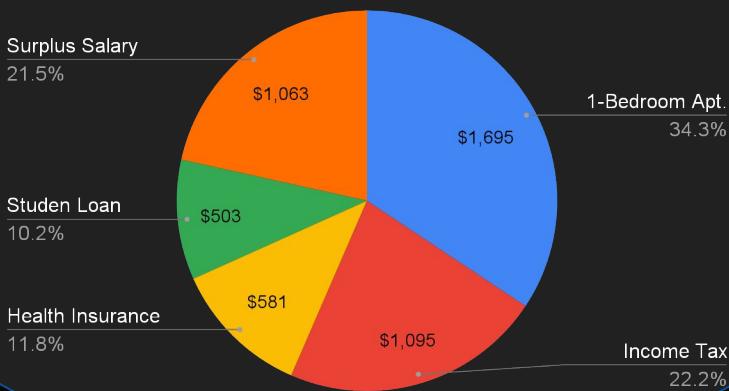
Locations that can have a place in towns, but do not constitute third places are overpriced coffee shops, stadiums, fast food chains, and super markets. Examples of a third place would be an animal shelter that allows volunteering, local friendly pub, park that encourages sports, coffee shop that hosts weekly meetings to discuss music, library book club, and town repartiment community. All of these example third spaces can help provide socialization/play, but they aren't the only requirements for content living spaces. Some others are residential self-selection, housing affordability, and travel autonomy [51][26][13][33].

Why put emphasis on socialization, what can happen when loneliness ensues? One case example would be the substance abuse comparison between teens from affluent, suburban families, and low socioeconomic status adolescents from inner-city settings. Research shows that suburban youth reported significantly higher levels of substance abuse in part from the isolation and chronic feelings of loneliness their suburban household provided [45], correlating with studies that link loneliness to substance abuse [24][17][41]. The tragedy the drug epidemic carries in 2015 alone, 52,000 people died of drug overdoses, with over 30,000 of those people dying from opioids. In comparison, the death rate of Americans in the Vietnam war over 4 years was 58,000 [27].

Now if you are lonely and lack local physical third places, social media attempts to fill this hole. Facebook is an example, and although it can allow for communication it still has negative mental health impacts. When its users quit for four weeks, a noticeable improvement in mental health occurred [21]. There's other technology such as Mobilizon that's part of the Framasoft non-profit. It attempts to facilitate in-person gatherings only, but these still require physical locations to be present for this technology to work.

Bringing it back to CT and new professionals, living in Connecticut isn't attractive because locations which have third places either don't have enough housing or housing that is too expensive. When focusing on the young and wealthy, CT ranks sixth for incoming residents, and in 2021 had a net gain of 660 residents (aged 26-35) making at least \$200,000 annually [44](The average recent graduate in CT earns \$59, 251 [5]). With New Haven 2023 as an example, using the summation of different average monthly costs (expense labeled in pie chart), the average CT recent graduate is left with \$1,063 [1][2][3][23]. With that amount they still need to cover all other monthly bills (car, car insurance, water, electricity, internet, phone, savings, food, etc. . . ) and savings.

Estimated Monthly Expenses in New Haven



As a result it's difficult for the average graduate to afford life within CT at this location which has third places, leaving them with three options: Move to a location which has third places but does not cost as much, find a higher paying job, or work in addition to their full time job. The first two options means the current resident of CT may leave the state. The last two result in hustlers not helpers, competitors not collaborators, people who are not only too busy to be there for their neighbors, but don't even know their neighbors names [10]. All three result in having young people only forming "liquid bonds" with where they live – that is, bonds which are not permanent and are tied loosely so that they can be untied again, as quickly and as effortlessly as possible [22]. If CT wants to become a place worth caring about for the average graduate, it requires affordable housing, third places accessible throughout the state, and technology to host information about these third places.

The essay sent to CTNext ended with that conclusion and generally covered what a third place is and what CT lacks. After I finished writing the essay, I did more research and found the surgeon general's announcement on loneliness. Within the surgeon's report on loneliness it was found that lack of healthy social connections increases risk of heart disease by 29% and stroke by 30%, and more broadly having a mortality impact similar to smoking up to 15 cigarettes a day [38][35]. In addition to the health determinants social isolation is expensive costing Medicare an estimated \$6.7 billion for the increased hospital and nursing facility spending for the elderly [38]. And employers an estimated \$154 billion from stress-related absenteeism [38]. To help tackle this problem, they've made the following framework [35].

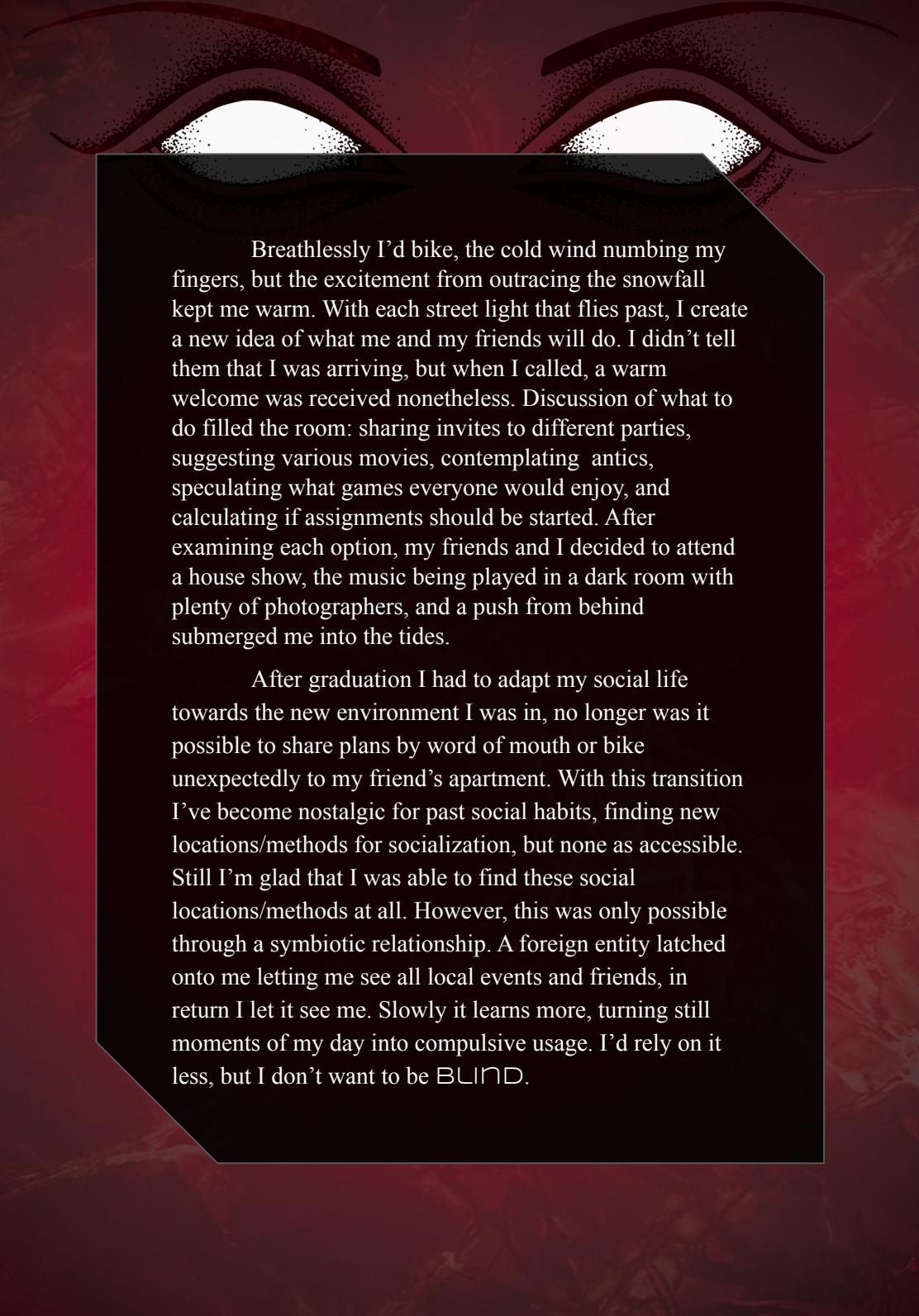
- Strengthen social infrastructure
- Enact pro-connection public policies
- Mobilize the health sector response to loneliness-related health conditions
- Reform digital environments
- Deepen our knowledge of loneliness
- Cultivate a culture of connection

There are methods to enact each of these action statements in daily life, but there is one in particular that I am suited to help with on a broader level than individual impact.



**No Longer Blind**





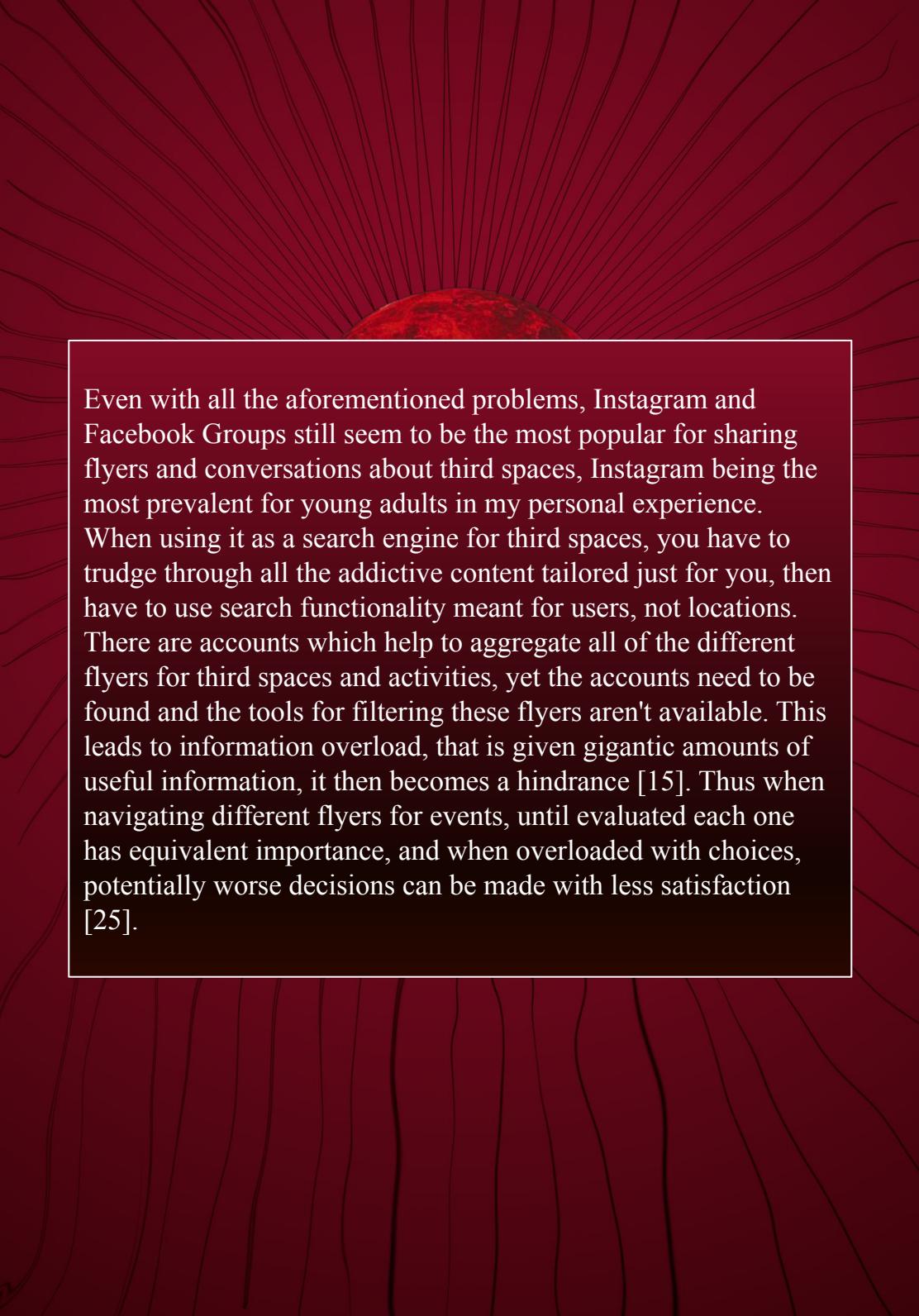
Breathlessly I'd bike, the cold wind numbing my fingers, but the excitement from outracing the snowfall kept me warm. With each street light that flies past, I create a new idea of what me and my friends will do. I didn't tell them that I was arriving, but when I called, a warm welcome was received nonetheless. Discussion of what to do filled the room: sharing invites to different parties, suggesting various movies, contemplating antics, speculating what games everyone would enjoy, and calculating if assignments should be started. After examining each option, my friends and I decided to attend a house show, the music being played in a dark room with plenty of photographers, and a push from behind submerged me into the tides.

After graduation I had to adapt my social life towards the new environment I was in, no longer was it possible to share plans by word of mouth or bike unexpectedly to my friend's apartment. With this transition I've become nostalgic for past social habits, finding new locations/methods for socialization, but none as accessible. Still I'm glad that I was able to find these social locations/methods at all. However, this was only possible through a symbiotic relationship. A foreign entity latched onto me letting me see all local events and friends, in return I let it see me. Slowly it learns more, turning still moments of my day into compulsive usage. I'd rely on it less, but I don't want to be BLIND.

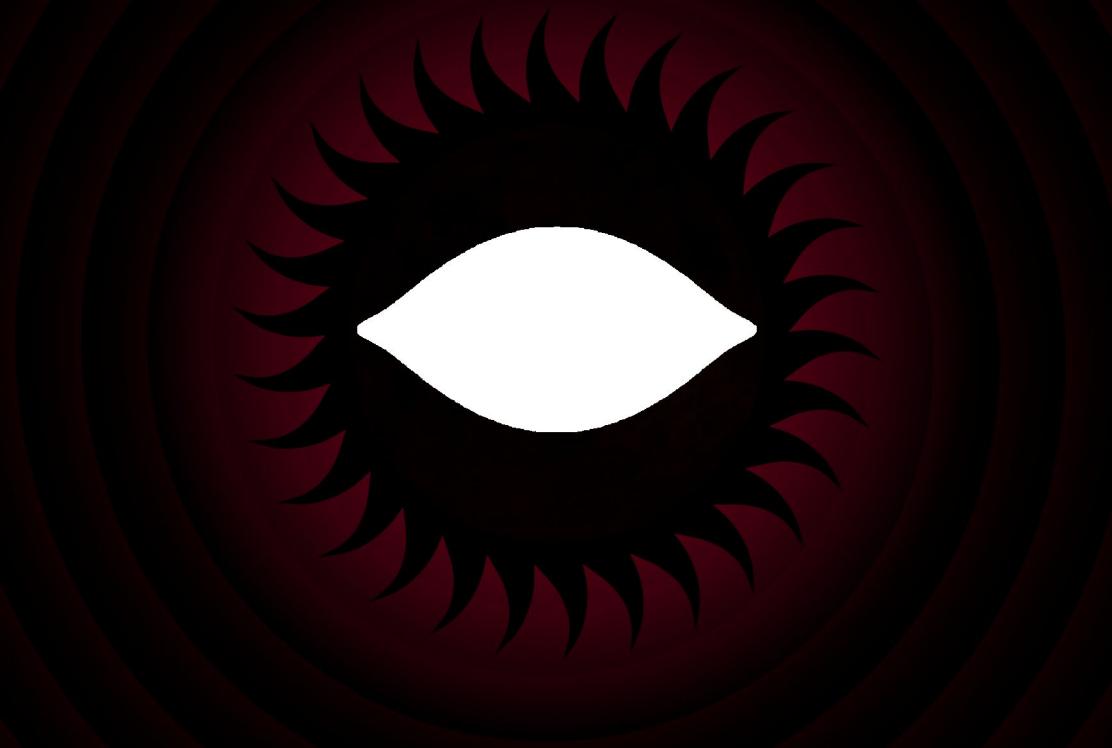
Social media has taken a significant role in most people's lives. Roughly 80% of adults used social media in 2019, and the average time spent is six hours per day [37] [40]. Many problems arise from this including: degradation of mental health, decrease in academic performance, and double the perception of social isolation (for people who use social media more than 2 hours a day, compared to people who use it for less than 30 minutes) [31][52]. The problems caused by social media are rooted in the attention economy, that is an approach to the management of information that treats human attention as a scarce commodity [6]. Our attention is limited by the fixed number of hours within a day, so engineers have developed different techniques to capture our attention away, and one such technique is the adaptive algorithm. These algorithms are designed to dynamically adapt to whatever content causes the user to spend time on their application, whether it be loving cat videos or hate comments on MMA fights, the algorithm would adapt to suit your needs [7]. In addition plenty of other techniques are adopted as well to erode any natural stopping cues for the application, promoting the “infinite scroll” which may result in addictive behavior sneaking upon you [9]. When such addictive behavior starts to form, unlike cigarettes that don't change themselves to become addictive for each particular smoker, these social media applications become more addictive for that particular individual, and only get better over time [9].



An example of a social media organization implementing these tactics would be Meta (owner of Facebook, Instagram, etc...), and specifically their application Instagram. Meta has actively pursued an engaging algorithm for their site, and in doing so they've created one which does its job too well, having 62% of teens (ages 13-17) using Instagram with 37% of them stating they use the app several times a day or more [46]. These stats only include 13-17 year old teens, yet "Meta's own records reveal that Instagram's audience composition includes millions of children under the age of 13", and their internal research team concluded that the algorithm had "a tendency to cause users to feel worse about their body or appearance" [42]. These quotes were revealed during a lawsuit Meta is battling against attorney generals from 33 states [42][8]. Regardless of the outcome, underlying problems arise from an unregulated attention economy which requires ruthless abduction of attention regardless of the consequences. In opposition to lack of regulation, Florida is attempting to ban social media for children younger than 16 [19]. Potentially infringing on their first amendment due to the wording of this ban and the platforms that will be banned. Both extremes have serious consequences that should be avoided, and don't only affect the teens given in this example but everyone who utilizes these platforms.

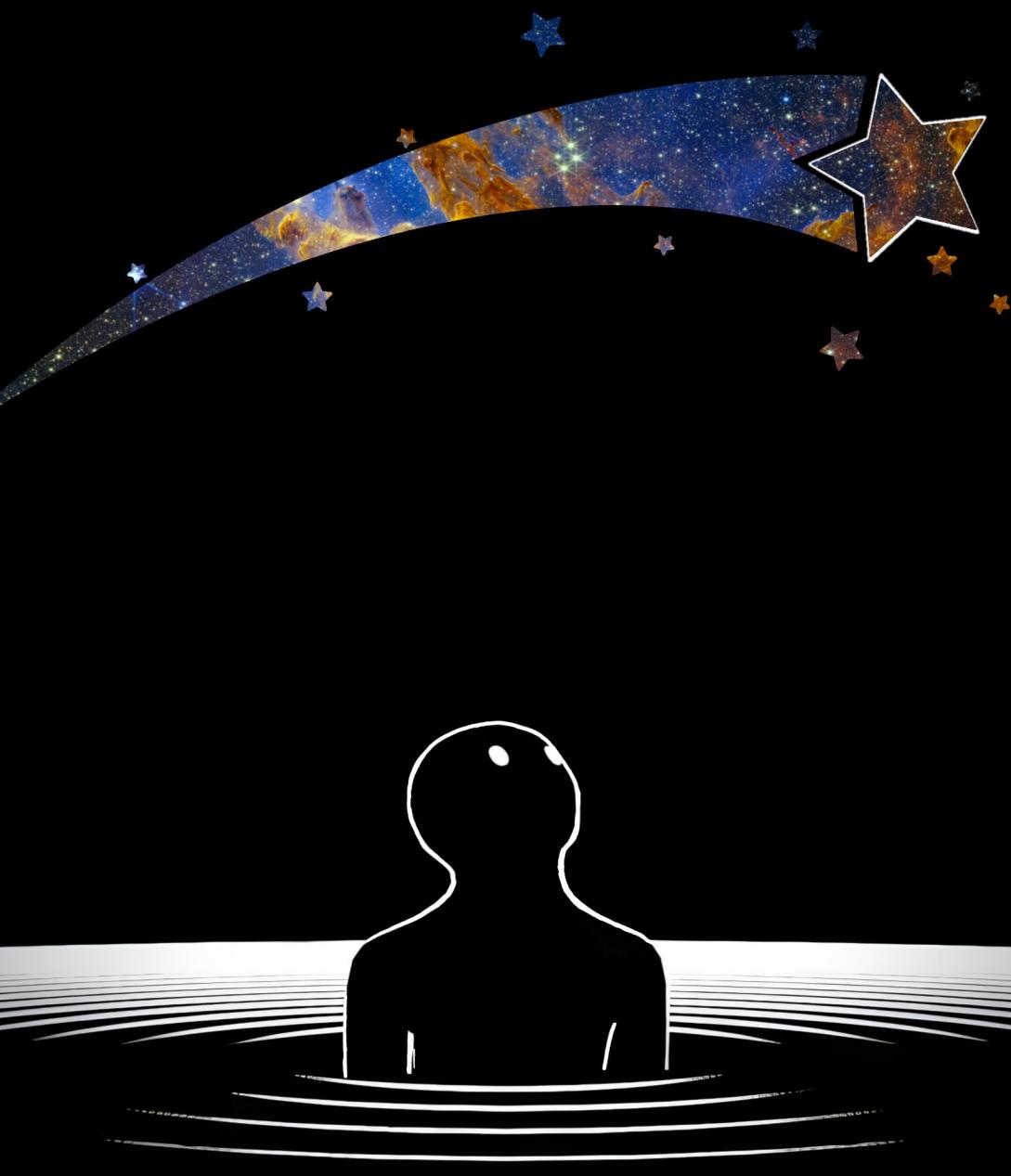


Even with all the aforementioned problems, Instagram and Facebook Groups still seem to be the most popular for sharing flyers and conversations about third spaces, Instagram being the most prevalent for young adults in my personal experience. When using it as a search engine for third spaces, you have to trudge through all the addictive content tailored just for you, then have to use search functionality meant for users, not locations. There are accounts which help to aggregate all of the different flyers for third spaces and activities, yet the accounts need to be found and the tools for filtering these flyers aren't available. This leads to information overload, that is given gigantic amounts of useful information, it then becomes a hindrance [15]. Thus when navigating different flyers for events, until evaluated each one has equivalent importance, and when overloaded with choices, potentially worse decisions can be made with less satisfaction [25].



An analogy of this whole ordeal would be a GPS whose main goal was to keep you using the GPS. You are trying to search for grocery stores near you, but the search engine gives results of any shop that sells food products (gas stations, restaurants, stadiums, etc...); After Finding the desired location from the search engine it gives you directions that are a mile off requiring the use of the GPS again; Then when done with grocery shopping, it recommends a gym local to you because it keeps track of how many times you've used the GPS to locate a gym, and knows guilt-tripping you after buying food raises the likelihood you'll continue to use the GPS. Such a useless GPS would be thrown out immediately, so why is the same not done with social media apps for navigation to third spaces?

# CTGrassroots



While stuck in a glass cage with my coworker, I looked outside into the inky blackness of night, losing myself in thought. While drifting away, panic started to seep in until I realized the emergency phone battery was dead. Immediately I began to charge it, grateful no calls had come in, and realized I had to stay diligent, so I decided to spend my time more wisely. Wondering what the following day offered, I scrolled through my Universites event and clubs website, UConntact. With each entry that passed my eyes, I dreamt of what could be with new found hope, no longer being forced inside with the rest of the world. I began to sink into the screen and my dreams until a gentle tap on the glass pulled me out. My fellow RA (residential assistant) notified me it's time for our last rounds, so we patrolled the halls with their repetitive beige walls, fluorescent lights, and stained carpets lulling us to sleep. Once finished, I noticed a new resident who moved into the building, so I decided to introduce myself. After stating my position as RA they openly discussed the lack of social interaction they've been having, and the difficulties of acclimating to this new environment. I recalled life stories of how I've met my friends, and the new ones I've made thanks to UContact. When I opened the website page and introduced them to everything UConn had to offer, their eyes began to spark with hope, each entry representing a dream of what could be.



Not every resident I'd encountered had their loneliness resolved by introducing them to this website. There can be plenty of reasons why someone can be lonely, but it was still another tool in an arsenal to help combat isolation. So after my isolation in Boston, I was wondering why such a tool doesn't exist outside of University. That's when I decided to draft a website that mimics Facebook groups and UConntact to help people learn about their local third spaces, the final result being CTGrassRoots.org. My ideal site would allow for users, groups, and events, with optional filters based on location, time, and category to help combat information overload. Its sole purpose would be to help people share their events/third spaces and be conducive to social interaction without all of the strings attached to regular social media. After some consideration I decided to make CTGrassRoots an instance of the Mobilizon software, meaning it takes the source code that is Mobilizon and uses it to create a website. An analogy of what an instance of Mobilizon is would be a car shop receiving an engine, but having to construct the rest of the car and maintain it. Without the engine, the body of a car means nothing, but also without the body of a car the engine can't move anything. Mobilizon is the engine and CTGrassRoots is the rest of the car that I had to construct and maintain.



Utilizing a non-profit's source code for the heart of my website has its drawbacks, but the pros outweigh them significantly. What Mobilizon helps provide is two crucial things: a centralized repository where anyone can create suggestions, and a framework for creating decentralized services utilizing universal standard ActivityPub 2.0. By far the most exciting benefit would be decentralization, which would allow each community to own the servers/tech that facilitates the health of their community, while still providing a large centralized experience by having each separate server communicate with each other. So on the off chance CTGrassRoots does not suit your needs, then you can create your own instance of Mobilizon with whatever rules you want, but still subscribe to all of the events hosted on my instance, showing them within your website without having anyone directly post them to it. For example, public libraries aren't all equal and the same is for the websites they use to represent themselves. By using CTGrassRoots, they can level that difference in software, but they may want to have complete control over what can be posted and is shown on the website. Thus, they can create their own instance of Mobilizon with some IT help and if desired, can link with other websites that use Mobilizon to create a giant database of library based events within CT. No longer must software be consolidated within one central source for crucial services.

CTGrassRoots will be focused on third places and local one-time events of all genres to help people flourish. It's meant to offer a place for creators to post their events without any algorithm dedicated to distracting its users, creating a relationship that respects you.

## Search Page of CTGrassRoots:

Keyword, event title, group name, etc. e.g. Nantes, Berlin, Cork, ...

Q Everything

Events

Groups

- In this instance's network
- On the Fediverse

Online events

Event date

In the past

- In the past
- Today
- Tomorrow
- This weekend
- This week
- Next week
- This month
- Next month
- Any day

Distance

10 kilometers

Categories

Categories

Event status

Confirmed

Languages

Languages

46 results found

Best match

Map

**Example**  
@example

Example of a group

South Central Connecticut Planning Region

One member or follower

**Found Events**  
@found\_events

A set of events not actually hosted by the owner of this group, but just re-posted so that they can be easily found.

Connecticut

One member or follower

**BIG HEAD TODD AND THE MONSTERS**  
Jan 27, 2024, 7:00 PM  
BIG HEAD TODD AND THE MONSTERS  
SATURDAY, JANUARY 27TH  
COLLEGE STREET MUSIC HALL | NEW HAVEN, CONNECTICUT

Found Events

New Haven

**Heaven - Italo Synth-Funk 80s Dance**  
Jan 25, 2024, 9:00 PM  
Heaven - Italo Synth-Funk 80s Dance

Found Events

New Haven

**Micheal Cera Palin Atlanta Emo Trio**  
Jan 21, 2024, 6:00 PM  
Micheal Cera Palin Atlanta Emo Trio

Found Events

East Haven

**The New Haven Hobby Fair**  
Jan 20, 2024, 12:00 PM  
The New Haven Hobby Fair

Found Events

South Central Connecticut Planning Region



## Example Event:



14 APR

### 2024 Cherry Blossom Festival

By Historic Wooster Square Association

Public event Outdoors & Adventure sightseeing live music food trucks vendors

Participate No one is participating

About this event

The Wooster Square Cherry Blossom Committee is delighted to celebrate the amazing cherry trees in Wooster Square Park on April 14th from noon to 4:30pm this year. These trees helped anchor Wooster Square and the City of New Haven with a signature and historic landmark that was honored with a milestone anniversary last year.

Bring your picnic blanket and chairs and join us for this year's celebration featuring music and a multitude of food trucks!

Comments

Write a new comment > Send

 Zeke 1 minute ago  
I love cherry blossoms!  
[Reply](#) [...](#)

Location  
Wooster Square  
New Haven, Connecticut, United States  
[Show map](#)

Date and time  
On Sunday, April 14, 2024 from 12:00 PM to 4:30 PM

Organized by  
 **Historic Wooster Square Association**  
@historic\_wooster\_square\_association

Website  
[historicwoostersquare.org/cherry-blossom-festival-2024](http://historicwoostersquare.org/cherry-blossom-festival-2024)





Example Group/Community Forum:

# CTGrassRoots



## Found Events

@found\_events

One member Add / Remove...

[Activity](#) [Group settings](#) [...](#)

### Discussions

**What Is Found Events?** 4 hours  
Found events is where events are re-posted, but what are yall thoughts?

[+ Start a discussion](#)

### Events

**Open Stage** THIS SATURDAY  
  
18 APR  
[+ Create an event](#)

**Open Stage & Video Games**  
New Haven  
No participants yet

### Resources

**Bradley Street Bike Shop**  
Monday, December 4, 2023 at 1:03 PM

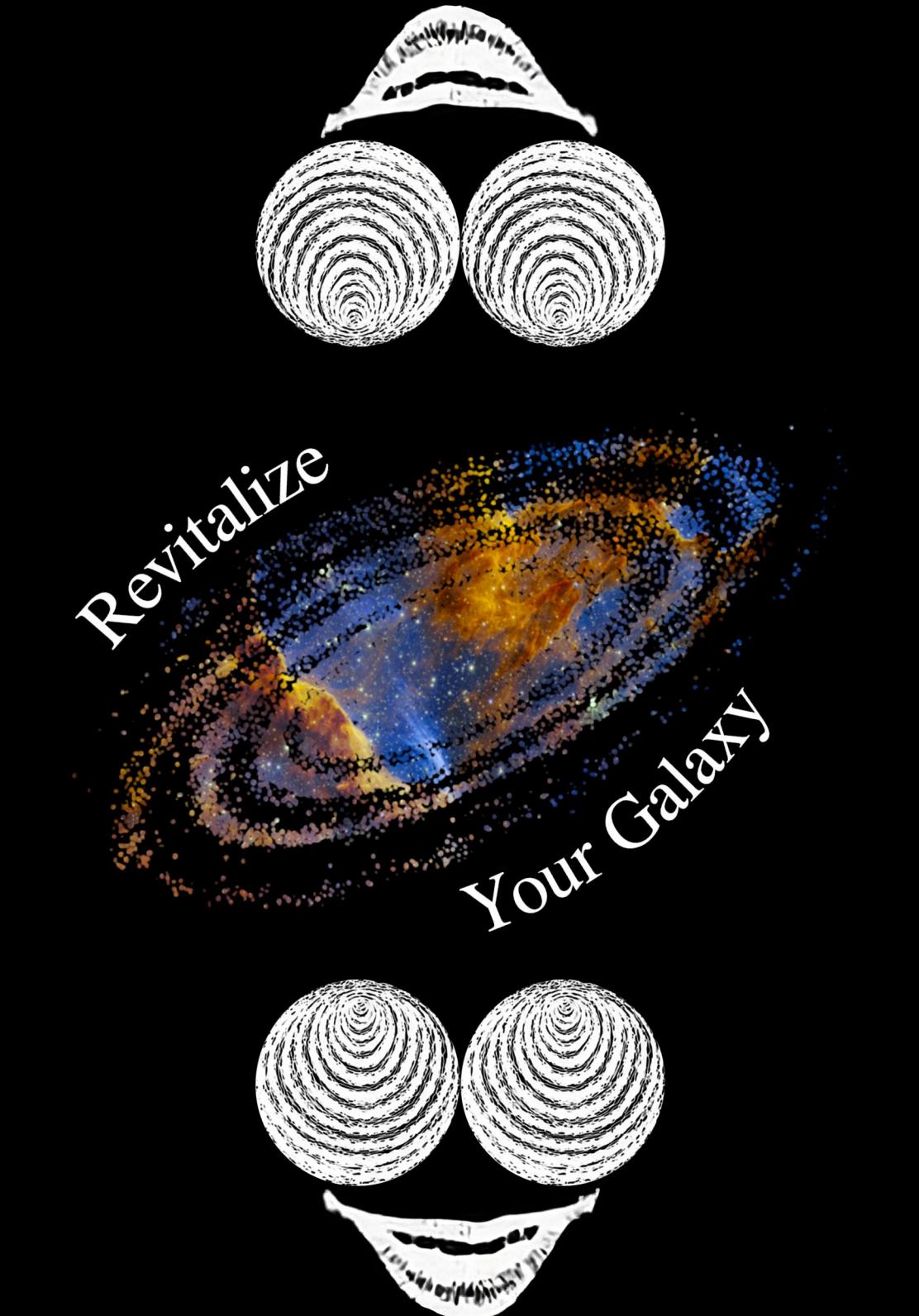
[+ Add a resource](#)

### Announcements

No posts yet

[+ Create a post](#)





Revitalize  
Your Galaxy



I was cash strapped in Boston with a job I hated and no friends. I would exchange hollow pleasantries with my co-workers, but they all lived separate lives already having ties to the area. Unable to afford a car, I pushed the limits of where a bike can take someone in search of entertainment to alleviate my boredom induced by isolation, but these dense concrete forests weren't easy to navigate through alone. Then one day while navigating this forest, I fell into a rabbit hole.

On the other end there was a large festival occurring with games, food, small shops, and live music. Immediately I searched the fair attempting to distract myself from my emotions, and then I noticed a lone musician surrounded by a crowd. He deliriously sang a mournful tune about betraying his people and being seen as a threat by the audience. After this breakdown, people started clapping and praising this man for his music. I then noticed that no one looked like me, except for the musician.

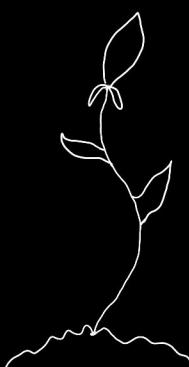


I felt as if I was an intruder, and now native Puerto Rican residents are experiencing the same and more in their home island due to ongoing gentrification, that is the “clash between the power of private capital and government policy, and the power of people in targeted communities to preserve their homes and heritage” [20]. Israel Matos, 45, a victim of gentrification faced eviction alongside his two daughters and wife because they could no longer afford their home after foreign entities were willing to spend \$100,000 in full [28]. Before selling his home Mr. Matos attempted to find other houses in his price range, but found nothing so he attempted to relax at a local beach, yet realized that “there were probably 50 people on that beach, and [he] only saw what looked like five Puerto Ricans there” [28]. This increase of foreigners replacing native residents stem from the many economic challenges Puerto Rico faces such as natural disasters, the pandemic, and laws geared towards investors [47][50][39]. The most devastating reason being Article 6, Section 8 in its constitution which forces Puerto Rico to pay back their loans before any public funding could be dispersed (hospitals, schools, etc...) [39][53]. Due to these circumstances, new blood is wanted for Puerto Rico to alleviate its economic situation, there being new lucrative tax incentives for people who are not residents for a minimum of 10 years and also own a home within the island [28].

With these incentives, an influx of wealthy people have come to the island, displacing current residents while erasing any significant landmarks and existing third places. For example, a former children's museum that the Bitcoin billionaire Brock Pierce has turned into a "crypto clubhouse" [28]. For native residents who stay, they can feel a form of alienation, their social network eroding with their island becoming a foreign husk of its previous self, and for displaced residents they're left with anxiety, depression, and PTSD [48][30]. The island is betting these wealthy residents can help its situation, similar tactics have been made by San Francisco with the tech sector and its tax breaks [16]. Unfortunately, when the pandemic hit, tech workers decided to live in cheaper areas while retaining high pay jobs, leaving behind residents who can't afford to participate or rebuild their town [29].

Puerto Rico is only one modern example of gentrification, there are also historic cases. A more extreme example post civil-war would be the Tulsa massacre in 1921, destroying what was coined as “Black Wall Street”. Greenwood Ave. in Tulsa, Oklahoma was home to a workforce that was 40% professionals or skilled craftspeople (doctors, pharmacists, carpenters, etc. . . ), allowing for the community to live a full life being only reliant upon its residents [49]. However, one day a 19 yr old Black shoe shiner accidentally fell and grabbed the arm of Sarah Page, a 17 yr old white elevator operator; what was initially an accident escalated into accusations of sexual assault [43][49]. This resulted in “a clash between the power of private capital and government policy, and the power of people in targeted communities to preserve their homes and heritage” [20]. Thus, the residents of Greenwood Ave no longer had the right to their land or lives. The mob destroyed the town, killing any black individual indiscriminately, performing the first aerial bombing on American soil all while under protection of the state [49]. It’s known that prior to the massacre business men tried to buy Greenwood. Some historians even say that the massacre was preemptively planned due to the complexity, speed, and viciousness of the attack [32].

Either way, instead of their land being taken, it was destroyed in the end. After this destruction some residents were courageous enough to rebuild their town in the secret of night hiding from police who prohibited reconstruction of their homes. Through the decades, Tulsa regained its previous sense of community and pride. Ultimately though, since the residents didn't own the only land they could live on due to redlining, the property of Tulsa was undervalued, which allowed for urban renewal to be forced on this town, replacing the cultural oasis with a barren highway in 1971 [32]. A resident who lived through the original massacre went as far to say "You destroyed everything we had. I was here in it, and the people are suffering more now than they did then" [32], for unlike the massacre unity, pride, and sense of achievement was taken as well. In general, urban renewal was proposed to replace low income residents in cities across the U.S to increase tax revenue up to four times. However, it only resulted in destruction of community, local business, increased crime, vacant buildings, and greater economic burden on these cities [11]. Black wall street did everything right; they had respected professions, economic wealth, and were an example of the American dream, but none of that mattered during both instances of erasure.



It may seem like a stretch having the Tulsa Massacre, urban renewal, and Puerto Rico's situation all under the broad definition of gentrification, however, all have the same end goal being displacement of native residents and control of land. There are other gentrification definitions that narrow the scope to renovating low income areas, but these definitions display gentrification akin to growth and lack acknowledgment that perception of low income is required, not actual low income.

With gentrification, it both rips away all the work put into cultivating third places already established and requires new ones to grow over time. Third places take time and resources to develop, grow, and mature into the places which alleviate us from this epidemic of loneliness. For that same reason when one begins to grow it can attract large amounts of attention, and people who forcefully take and destroy it in the process. When they are destroyed, healing doesn't always happen such as with urban renewal [11]. And in some cases gentrification can drain resources from neighboring downtowns due to the cost of building/maintaining these new locations being higher than there return value [14]. In order to avoid this reinvestment in neighborhoods that already have established culture, markets, and people should be taken instead of replacement, otherwise we'll be repeating what's already been done.



What

?

Now



Third spaces represent locations ripe for authentic human connection. All of these different problems stated throughout the Zine may stem from different reasons, but they all act as obstacles to the creation, nurture, and discovery of these locations. There are degrees to which they can be handled, such as with social media. I do not believe I will be uninstalling apps such as Instagram anytime soon—I love the cat and breakdancing feed I currently get—but I also understand the immediate psychological effects it has upon me. It is an addictive vice that needs to be handled carefully similar to gambling, and should not be people's' main source for finding in-person events. I truly believe that utilizing FOSS (free and open source software) that promotes decentralization can be another pillar to help cure this loneliness epidemic, such as Mobilizon and CTGrassRoots. However, I want to emphasize that FOSS decentralization is one tool amongst many others, useful depending on its implementation. None of this technology matters though if gentrification still occurs because its core is to destroy established communities in the guise of renovation. Most instances involve a lower income group being forcefully taken out of their town. However, there are cases where there's indifference towards who you are, the wealth you have, your gender, occupation, ethnicity, skin color, or anything else so long as you're labeled as other by an authoritative body.

Othering involves pinning negative traits onto a designated group, framing human connection as a dichotomy of “us vs. them”, negating the others individual humanity thus being deemed less worthy of dignity and respect, usually done to poor and darker skinned groups [12]. To combat this, treat every person with empathy and compassion whenever possible based on the fact that they too are human. This does not mean to ignore negative consequences people bring upon themselves through an over-empathetic view point, but to instead treat everyone with respect until they’ve crossed a personal line, wherever your line of forgiveness ends. For the power of empathy and understanding, in addition to tangible action such as creation/preservation of third places is an excellent start to pull us out of loneliness and hatred towards a better future.





A list of small or large steps to create a more community oriented and social world. Education and empathy can only take you so far, and better futures aren't passively achieved so please find a way to help that's also enjoyable:

- Listen to your emotions. There's a reason you're feeling the way you do.
- Research more about your emotions through sociology, psychology, history, and philosophy (some suggestions in resources). It may be a common experience because of the environment or an internal problem that requires self growth. Difficult part is discerning what's true, or lies we tell ourselves.
- Everyone has some speciality or ability for change so try to use your unique capabilities or learn new ones to help others. There's some volunteering agencies within CT, but you can also try to start your own.
- Support any local third places. Usually third places aren't charities and require some sort of stable income to function.
- For the direction of a town to be steered by its inhabitants there are non-profit community land trusts that attempt to do research about land use and purchase land within a town on behalf of its inhabitants. CT has an entire website dedicated to preserving land for the benefit of everyone in CT.
- There are already organizations trying to increase quality of life for current inhabitants and help create economically resilient towns such as Strong Towns and Urban3. Research about them and other organizations similar to them who suit your goals.



- Use the website CTGrassRoots.org or make your own Mobilizon instance for community gatherings, parties and other in person activities.
- Donate if you can to my patreon to fund CTGrassRoots, this Zine, and other projects I do!
- Donate to Mobilizon.
- Resources so that all action statements can be actualized and References  
<https://shorturl.at/CIV57>



- My LinkTree  
<https://linktree.carinovim>



*Reviewers/Editors (In No Particular Order):*

Nicola W, David G, Noah B, Peter C

*Research, Art, Writing, and CS:*

Ezequiel V. (Cariño Vim)

