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Kerry Elsen
Buffalo County Extension
For Immediate Release

Be Thankful

The chilly mornings and beautiful fall colors always brings me to a time of the year when I think about all of the things that have happened during the last several months. Knowing that Thanksgiving is right around the corner; it is a time all of the things we are thankful for and hopefully and reminder that we should share with those in our lives that we are thankful for them and the role they play.

I have on occasion found it more difficult to be thankful this year than others. At the same time, when I take the time to really think about it, I am quite blessed. After finishing a week of remote learning, I found myself being thankful for the extra time with my children and the opportunity to watch them work through the things that challenged them in their schoolwork. While I see them and see they navigate other situations at home, these are challenges I do not typically see. It was truly refreshing to see them helping each other.

It is easy to get consumed by all that is happening daily and unfortunately take people for granted. These are the people who push us to do our best; challenge us to take on new opportunities and also those who help us find the best in ourselves. Sometimes these are people we see and interact with daily, and for some of us, it may be someone we only talk with occasionally. Perhaps it is coach, 4-H Club leader, youth fellowship leader, co-worker or other family member; these are people who should know how thankful you are that they are a part of your life. While like many others I

am tired of using zoom as a primary way to communicate, I am thankful that I can continue have a cup of coffee with a co-worker across the state even though it has to be in a virtual way.

I encourage you to take the time to reflect and while it has been and continues to be a challenging year, look for the things you have enjoyed; a slower pace, additional time with your immediate family, additional opportunities to have a meal together. As your family to list something they are thankful for, you might be surprised with their response. It is always a great reminder to reach out to those in your life that you are thankful for and tell them how important they are.

It is not only this time of the year we should be thankful but every time we are positively impacted by someone we are working with. 4-H members the year is coming to a quick close, make sure your club leaders, parent and volunteers who assisted you with your projects know how thankful you are for their involvement.

If you would like more information on 4-H contact your local Extension Office, 236-1235 or kerry.elsen@unl.edu.