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For Immediate Release

Take Time to Relax

Wow, where has the time gone. In around a month and a half many of us will have children that are headed back to school. Summer is supposed to be full of fun, and relaxing recreational activities, and family vacations. I frequently feel like there are so many things I would like to do during the summer, and I frantically must struggle to get all of them in. It appears we are trying to cram more and more into a limited amount of time.

The harder I try to fit it all in; the more this time of year becomes more and more scattered, and less and less relaxing for anyone. Are your summer days spent jumping from event to event and feeling more like an in-demand taxi driver than a family trying to enjoy a different set of activities that are supposed to promote family-time and recreation?

As I reflect on how to make these summer days the most impactful, memorable, and enjoyable for our family I try to find ways to balance events. What can we do as a family that everyone enjoys, as well as let everyone get to participate in something they are enthusiastic about?

One way to find this balance is to look at all the opportunities which 4-H provides. Whatever your area of interest is; 4-H has a project area where it would fit. All 4-H projects encourage families to work together to complete the exhibit. When working through these projects there are numerous chances to make memories and to learn together how to master a project area. These memories of 4-H often become things

that are talked about for many years to come. If you would like help finding the right project for you and your family contact the Buffalo County Extension Office at 308-236-1235.