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For Immediate Release

### **Making Memories**

The older I get the more I realize time goes faster every year. People have continued to tell me from the time I had kids the time would go fast and to make sure I took the time not to miss every opportunity. Lately, I have found myself focusing more on making sure not to put off the simple things; the things that seem like there are always going to be there. I need to be better at playing the game on a weeknight or making cinnamon rolls on Saturday morning, instead of focusing on the length of things on the to-do list.

4-H is a great place to create family memories. All project areas encourage family interaction. Sure, the project is to be completed by the 4-H member but that doesn't mean the time working on the project shouldn't be guided by an adult and spent together. There are numerous times when a youth member needs the guidance of an adult or older 4-H member- maybe even a sibling.

These activities can lead to lifelong memories, from learning about your family's heritage by looking through pictures with a grandparent, to understanding all there is to know about the secret family recipe, to the hours spend together working with animal projects. These truly are the best times. When you think back to some of your best shared family memories, where do those memories come from? Can you re-create some of those with your own children.

I encourage you to take a look at the list of potential areas of 4-H projects and select a few that match with your family's interests and start creating more memories.

Nebraska 4-H is open to all youth 5-18 years old. Open enrollment starts on October 15<sup>th</sup>. With any questions related to 4-H, how to enroll, and finding the right project areas for your family, contact your local Extension Office, 236-1235, visit our website <https://extension.unl.edu/statewide/buffalo/>, or reach out to me at, [kerry.elsen@unl.edu](mailto:kerry.elsen@unl.edu).