



Just in case you did not know, I am a southern girl! And I just love summer. Give me 100 degrees with 99% humidity over snow any day! I know most people think I am crazy – my husband is even worse – he purposely sits in a sauna any chance he can (which even I find completely insane!) but I just love it.

Over the years, summer time has been different. When I was a young kid, summer meant spending time with my friend Sunday, who only came to town during the summer to stay with her Grandparents. We spent most of the summer together as kids, just running back and forth between our yards and playing in the dead-end street where she lived. Hours and hours of bike riding, rolling down hills, playing freeze tag and (showing my age here) Charlie's Angels (I was always Kelly!) As I got older, summers meant swim team and going to the club. In my teenage years - when I was no longer a decent enough swimmer to handle swim team - I started summer jobs. Godfather's Pizza, nanny, eventually working for a babysitting company. College rolled around and I spent my summers teaching summer school. Adulthood hit and suddenly summer days were just like any other day!

Then I had kids. And I had the joy of staying home with them for 13 years. Summer is also different with kids in tow. My kids don't (can't) do what I did – they can't just wander the neighborhood in search of friends. One, most kids are in structured camps. Two, traffic is ridiculous in our neighborhood, with many people not fully appreciating what a stop sign means. I feel bad for my kids sometimes. Yes, they have all of these great toys and get to do all of these fun things, but there is something to be said for some simple summer fun. I challenge you to take the time to do that at some point this summer. Have a picnic, invite friends over for a cookout, sleep in the yard one night, play board games, go to a baseball game (Go Nats!). You might find that the kiddoes (and You!) actually enjoy it!