



# TREIG E. PRONSCHINSKE

STATE REPRESENTATIVE • 92<sup>nd</sup> ASSEMBLY DISTRICT

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## **Do Not Fall Into the Summer Slump**

The temperature is going up, plants are in full bloom, and schools are recessing for the summer. While our kids are excited to not have classes anymore, it is important to make sure they are involved in our communities and are staying active.

During the school year, it is easy for us to get used to a routine of dropping our children off at school or sending them on a bus in the morning and relying on them to provide activities, including after band and sports after classes. But unfortunately, due to a changing society and advancements in technology, kids would rather watch Netflix, be on the internet, and play videogames to keep entertained and out of trouble.

There are so many activities that not only our kids but our community members can get involved in as well. Some of these include getting a summer job, joining a summer softball league, visiting our state parks or volunteering with local organizations such as churches or animal shelters. Another great way to volunteer is by helping to set up our upcoming county fairs and festivals. In addition, there are many responsibilities that our children can be active in on a daily basis such as doing chores around the house.

I understand, especially as a parent myself, that it can be tough to get a child to their practice, or drive them to their summer job, particularly in our rural communities where there is little public transportation and the distances between point a and point b are farther apart. However, it is important to take time out of our busy lives to encourage a strong work ethic and an active lifestyle in our youth.

Summer is a great time to be out and active within our communities, especially after such a long winter being cooped up inside our homes.

As always, feel free to contact my office with questions, comments, or concerns.

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