



## **Summertime and Living Is Easy**

By Dr. Linda Hancock

### **ABOUT THE AUTHOR**

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

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Remember those cold, snowy days of January? It was then that we wished for summer and now that it has arrived, it's time to enjoy it to the fullest.

There is really nothing that can compare with the smell and taste that comes from the barbecue and this week was no exception. We soaked everything up, as well as the pleasant evening, while sitting on the deck and watching the river flow past.

A few days later, my son's family and I went to one of the city's water parks. It was so interesting to watch the little children race along the paths trying to avoid getting soaked and yet, at the same time, hoping that they would. Squeals of laughter became contagious and one couldn't help but smile and giggle at the antics.

On Saturday, we were off to the Farmer's Market where we had a bit of a "meet and greet" with friends. The vendors shared their homemade specialties wrapped in warm thanks because of the purchases we made. My little granddaughter claimed that her serving of pancakes were the best ever and it was a thrill to watch her savor every bite!

For some, summer means fishing at the secret spot that never fails to deliver. For others, it is being able to enjoy baseball, tennis or golf. Or look forward to family reunions, town parades, or rodeos.

Children put miles on their bikes and learn to do fancy tricks on their skateboards. Some practically live in their swimming suits.

Gardeners and bird watchers are in their mini-heaven during the summer and everyone is grateful that they don't need to don heavy clothing and boots before heading outdoors.

Summer is also the time for renovating and repairing and new building projects. Paintbrushes, carpenter tools and bulldozers appear in the quest to make things better than they had previously been.

The days are longer, and the sun seems to shine brighter than ever.

Yes, it's summer. The time when we can laze on the porch swing listening to the drone of a lawnmower in the distance, a bird in a nearby tree and the neighbourhood teens who are wrapped up in a game of street ball. When we can work hard on our yards and then feel a healthy pride about the results. When we can leisurely walk to the corner store to purchase an ice cream cone or breathe in the fresh smell that comes after a gentle rain.

Summer is a special time of uniqueness. The sights, sounds, smells and tastes are ones that need to be captured and embraced. After all, it won't be long until it will be January again and we will be longing for the summer again.