

7) If you're in the market for summer boredom-quenchers, try these or others like them:

1. Visit a place right in your own city/town you've only seen from the outside: a church, a store, a museum, a park, a restaurant.

2. Learn a new skill every week. If you've never baked a soufflé, try one; if you can't change a tire, learn to do it.

3. Give some time and energy to a worthy cause, especially one that will broaden your experience and your world. Volunteer at a nursing home or hospital, visit a shut-in, paint the porch or fence of a disabled person.

4. Keep a journal. Record your thoughts, feelings and fears about yourself, your friends, your family. (Look for a good hiding place!)

5. Begin a project—a computer program, a needle-point pillow, a self-improvement program to gain/lose weight—that you can “complete” by September. Keep at it; do a little each day so your progress will be steady.

Don't make the summer a treadmill of activity that will leave you exhausted, but don't let it go by in a blur either. Life with all its adventures is too valuable to waste!