



LYDIA KOCH assists Julia Francis during the first home pool practice. Photo by Melissa Sanders.

Tuscola Torpedos push through a rocky start

By Margie Carter

A warm breeze on a summer day embodies the spirit of this beloved season for millions of people. Seen by many as a season to relax and recharge, summer, not coincidentally, goes hand in hand with leisure.

With more time on their hands due to vacations from school and work and less hectic activity schedules, particularly for families that include school-aged children, individuals often find summer affords more time for leisure. With that in mind, people from all walks of life can consider these summertime leisure activities.

- Relax by the water: Whether it's a pool, lake or even the ocean, the water beckons each summer. Simply sitting on a beach or beside a lake or pool is a great way to pass the time without much stress. Nothing needs to be scheduled when relaxing poolside, lakeside or on a beach; simply enjoy some time to relax by the water.

- Paddleboarding: Paddleboarding is another

leisurely way to spend a summer day. Paddleboarding requires physical exertion, so this might not be the ideal activity for those looking to relax without lifting a finger. However, paddleboarders typically take to the water when it's at its most calm, making this a great activity for those who want to capitalize on peaceful, serene summer vibes.

- Fishing: Few activities may be more relaxing than fishing. Though there are many different ways to fish, some of which require considerable physical effort, casting a line and waiting for a fish to bite is a relaxing way to spend a day in nature. That might not seem like much to novices, but spending time in nature has been found to reduce stress and lower heart rates, which the U.S. Forest Service notes are both risk factors for cardiovascular disease.

- Read: Books make for great companions on warm summer afternoons. Reading is such a popular summer pastime that many

bookstores set up displays featuring books that make for great beach reads, providing inspiration for individuals who aren't sure which book or books to dive into this summer. And much like other summertime leisure activities, reading has been linked to reducing stress. A 2009 study from researchers at the University of Sussex in England found that reading can reduce stress by as much as 68 percent.

- Visit a museum: On summer afternoons when it's raining or too hot outside or individuals simply want to spend some time indoors, a museum makes for the perfect place to visit. Museums do not typically draw crowds in summer, making this an ideal season to visit. Many offer discounted prices to individuals like seniors and students, so this is a great way to relax without breaking the bank.

Summer is a season of leisure, and there are many activities that align with that spirit of relaxation.



AINSLEY RENNERT warms up at the Tuscola Pool Thursday night. Photo by Melissa Sanders



9-10 Girls after their 1st place win at Sholem. From left: Emma Carter, Harley Knight, Emma Lacine, and Kenzie Carter. Photo by Erin Lacine



13-14yr old Girls proudly celebrate their 1st Place win at Sholem. From left: McKenna Lacine, Ainsley Rennert, Grace Walker, and Olivia Witheft. Photo by Erin Lacine



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