

Topic: My Favorite Season

Warm Weather

by Liz Gibbons

There is a beauty to every season. In spring, life is waking up, and a rainbow of emerging colorful flowers and blossoming trees balance the drabness of the last days of winter. Summer is warm and makes me want to be outside as much as possible. The changing color of the leaves makes fall beautiful and gives me a feeling of peace. Snow in winter creates magical panoramas, and there are holidays with family. But if I were to name a favorite season I would call it "Warm Weather." I don't care what time of year it is. Usually it begins in late spring and lasts sporadically until mid fall. By warm weather I mean sunny days with temperatures between about 65 and 80 when I can be outside without a jacket. I feel energetic. By contrast my mother felt energetic in cold weather and preferred winter. And my chiropractor friend, Suzan, in Atlanta feels best on cloudy, rainy days. That is probably due to negative ions being generated and air pollutants being washed away. So we all differ.

But for me warm weather beckons me to play outside. I enjoy walks in nature or neighborhood, picnics and cookouts, gardening, long daylight hours, 4th of July and fireworks, lazing in the sun, fresh berries, and iced drinks. I appreciate the flute-like songs of birds, the perfume of roses and other fragrant flowers, and the beauty of butterflies as they flit from flower to flower. Like the carefree play of squirrels as they chase each other up and down tree trunks, I feel carefree in warm weather. That is the "season" I prefer.