

Summer falls between June 20 and September 22. When it's summer in the northern hemisphere, it's winter in the southern hemisphere, and vice versa. Different people like different seasons, such as winter, spring, and fall. Winter falls between December 21-March 19 and some people like it because of the snow, snow days, and the popular sports that one can play. Some people like spring because they've just come off of winter and people are looking forward to the warm weather, the first signs of plants and the warm water. People like fall because of the scenery, start of school and the final good weather, not to mention Thanksgiving and pumpkin spiced drinks. But, ultimately, the best season of the four is summer. The summer season is so superior to the others because of what affords people. There are many health benefits such as exposure to the sun which gives people vitamin D, not to mention mental health (people don't suffer from SAD during the summer). Also, it's a time for picnics, bbq's, cottaging, boating, hiking, and just being able to sit outdoors and enjoy the fresh air late into the evening without needing bulky clothing. Specifically, the time off people get, the better weather, and the sports and activities that people can do all graphically illustrate why summer is the best season of the four.

The first thing to examine when explaining why summer is the best season can be found in the time off. During summer, students have 8 weeks of vacation and many adults take time off of work as well. Both adults and children look to summer time off as a time to "charge up" from the winter and spring, however summer is also a great time to find a job and make money. For example, many students take this opportunity to find summer employment in order to make money for schooling in the fall. Popular options include

being a lifeguard, camp counselor and babysitter. Without this time off, students wouldn't be able to make money that might be very necessary for their lives, which proves why summer is the best month. Furthermore, another one of the benefits of the summer vacation is the fact that school kids get a certain time period to focus on their mental health. For instance, lots of stress is caused during the academic year and the bright summer environment, mixed with time to sleep in and not worry about meeting deadlines, the reduction of stress helps students refocus their minds and give themselves a mental break. With all the reduced stress, they will have a more peaceful year overall. Therefore this therapeutic season gives students the opportunity to step away from school to gain mental wellness and different job opportunities. However, another reason why summer is the most loved season out there is because of its wonderful weather.

Along with time off, summer weather is another thing to consider when discussing why summer is the best of seasons. It is well known that weather can effect a person's well being. Having day after day of cloud and drizzle, or waking up in the dark and coming home from work in the dark can have detrimental impacts on people. Conversely, spending time in the sun, under a blue sky, inhaling clean, fresh air, can be very beneficial to people. Summer weather is just that. For example, after the switch from cold to warm weather, sun naturally appears, creating more vitamin D. This is extremely beneficial as it reduces the risk of illnesses and disease. Vitamin D is a nutrient necessary for strong immune systems and bodily health. Clearly, the benefit that the warm weather of summer brings, in regard to vitamin D, demonstrates why summer is the best season. Also, people are generally much happier when they wake up to a glorious sunrise. For instance, when

warmer weather occurs in the summer and the sun is exposed, it is scientifically proven that people are happier which is because of a hormone called serotonin. When a person is exposed to sunlight, their brain releases serotonin, a chemical that sends signals to the brain to control mood, also known as the “happy hormone”. In winter, brains loses serotonin because of the lack of sunlight which causes people to be in a worse moods. Obviously, having more serotonin in a persons system, which makes them happy, shows why summer is such a great season. Thus, it is clearly obvious how the medical benefits of summer weather prove, beyond a doubt, how summer is the best season out of the four.

Besides weather, the last facet to examine when looking into why summer is the best season of the four are the many activities that a person can do. Living an active life is so important to people’s mental and physical health. Poor weather in the fall, winter, and spring can hamper getting outside, leaving people to literally rot in doors. During the summer break there are a wide variety of sports and activities to choose from. For example, people can get outside and play soccer, football, baseball, basketball, golf, and beach volleyball to name just a few. They can also swim, canoe, sail, waterski, wakeboard, barefoot, and these are just a few of the multitude of sports that anybody can do. Obviously it is evident how summer is so great because of the many different sports a person can be involved in. Not only sports, but summer allows for a wide variety of cultural events that can’t be enjoyed as easily during the fall, winter, or in the spring. For instance, Barrie and Innisfil put on festivals, carnivals and other special events such as fireworks for Canada day and the Rib Fest, Corn Fest, and Onion Fest. Barrie also hosts

a Latino Fest as well as several other outdoor concerts. Another thing that people enjoy doing in the summer is camping, either at an overnight camp site or in the backyard. Families enjoy this activity because it includes swimming, fishing and cooking on the campfire and spooky stories in the dark. Clearly, this makes it very evident why summer is the best. Therefore, the many enjoyable sports and activities graphically illustrate why summer is the best season.

In conclusion, it is clear that with all of the aforementioned points of reasoning, summer is inherently the superior season. Specifically, summer is the best season due to the large amount of time off, the blissful and warm weather, as well as the various activities people can enjoy. With the time off many people can spend the break having a summer job, relaxing and rejuvenating or reflecting on their goals. As well the wonderful weather lifts moods, benefits health and leaves one feeling positively euphoric. Finally, is also a wide selection of outdoor activities best enjoyed during the summer such as hiking, biking, playing sports at the beach, and camping (to name a few). Of the four seasons, summer is the clear winner as there is so much that can be done by people regardless of ability, unlike the other seasons that are hampered by weather. The rain, snow, and cold of the fall, winter, and spring make the enjoyment of those seasons available to fewer than summer. Thus, it is clear, beyond any doubt, that summer is the best season.