

UP front

Technically, summer is a week or so away. But it feels like it has begun already. Hot, bright mornings followed by booming thunderstorms almost every afternoon.

I'm teaching a form of summer school – working with middle-school-age youngsters – and it's exhausting. Which is a feeling I associate with summer since my first day in the classroom last May. I don't sleep more than four or five hours a night before I reluctantly limp to the shower and tumble back out to dry off and struggle into shorts, a purple t-shirt and running shoes – our daily uniform.

As I write this, it's Friday afternoon at the end of my first teaching week. Deadline looms, and I'm ill-prepared to conjure a compelling thought. So, I beg your understanding and indulgence: Let's call this installment of my column a "pre-summer summer vacation," and

cut it off here. There's a bunch of interesting health-related content in the pages that follow, as this is a special issue with a health-and-wellness theme. Enjoy and learn from it.

I promise to return to more verbose form in two weeks. Happy Father's Day and enjoy the change of the seasons as we institutionalize the swelter that will remain in place for four months or so.



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