

# I think it might be a bit warm

My new phone (the droid with no name), chirps whenever I get weather updates. For the past few days, it has been trying to chirp its speaker off. There have been quite a few "Heat advisories". I'm very curious about what makes it a heat advisory. Do they have these in places that normally get hot? Do the deserts in the SW have one every day of the Summer?

I realize that the heat can be dangerous. If you don't get enough water, or if you push yourself too hard, heat related illness can be deadly. But I know people survived many years without air conditioning, without ice water and other cooling refrigerated beverages. How did they do that? (heavy sarcasm...)

Me, myself and I slow myself down on days like today. It may take me twice as long to do something. No need to push myself on the hot days. Days like today are mad for sitting in the shade waiting for that next breeze.

Hot summer days, and warm summer nights. Savor them, you will want them in January.