
Subject: Summer

Posted by [Deej \[4\]](#) on Wed, 27 Jun 2007 16:13:54 GMT

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It's friggin hot here. Our place sits literally at the base of the San Juan mountains so it achieves a decent balance of temperatures....90's during the day and 50's at night.. 10 minutes to the north and you're at 9000+ feet and it's about 60 degrees during the heat of the day. 20 minutes to the south and you're in the high desert with no humidity,.wind blowing dust devils around and temperatures of 100+ degrees. You have to be careful. It's not like the heat you experience in the coastal areas where you sweat. Here' you just dry up before you're even aware that it's happening and when you start getting dizzy for no apparent reason, you'd better have some water handy. Most of my time recently has been "desert time". I feel like a crispy critter when I get home. There isn't enough skin moisturizer or water on earth to alleviate this feeling at this time of year and the last thing I feel like doing is working in the studio. I'm spent and have been going to bed around 9:30 PM so I can get up around 5:00 AM and head down to the area where I've been working before the winds kick up and suck the life out of me. I like to get home early afternoon. Hopefully the monsoon season will start around the middle of July. It's been pretty predictable/consistent the last couple of years.

Subject: Re: Summer

Posted by [TCB](#) on Wed, 27 Jun 2007 16:31:23 GMT

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I spent summers in Boulder, and I remember that weird 'I'm dehydrated but not sweating' thing.

Not a problem in CT right now. It's pushing 90 with dew points above 70, or in other words kind of like walking though hot, sticky goop. And I have an office softball game tonight. Whoo hooo!

TCB

"DJ" <www.aarrrrggghhh!!!.com> wrote:

>It's friggin hot here. Our place sits literally at the base of the San Juan

>mountains so it achieves a decent balance of temperatures....90's during the

>day and 50's at night.. 10 minutes to the north and you're at 9000+ feet and

>it's about 60 degrees during the heat of the day. 20 minutes to the south

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the
>last couple of years.
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Subject: Re: Summer
Posted by [rick](#) on Wed, 27 Jun 2007 16:47:00 GMT
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you're NOT going to forget your water again this year are you??????
this is the one thing "if you don't get it" you really will die thing.

On Wed, 27 Jun 2007 10:13:54 -0600, "DJ" <www.aarrrrggghh!!!.com>
wrote:

>It's friggin hot here. Our place sits literally at the base of the San Juan
>mountains so it achieves a decent balance of temperatures....90's during the
>day and 50's at night.. 10 minutes to the north and you're at 9000+ feet and
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>last couple of years.
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Subject: Re: Summer
Posted by [wireline\[30\]](#) on Wed, 27 Jun 2007 16:59:01 GMT
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We are 'suffering' our wettest and coolest summer in anyone's memory...folks are complaining about it ALWAYS being so muggy and getting so much rain.

Deej, sounds like you live in an ideal spot..start the coffee pot, I'll be up there in a couple hours...

:)

Subject: Re: Summer
Posted by [Carl Amburn](#) on Wed, 27 Jun 2007 17:31:05 GMT
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Yeah, same here - 15 days straight w/rain. It's cloudy and cool. I don't mind at all.....

-Carl

"wireline" <kennospam@wirelinestudio.com> wrote in message
news:46829755\$1@linux...

>
> We are 'suffering' our wettest and coolest summer in anyone's
memory...folks
> are complaining about it ALWAYS being so muggy and getting so much rain.
>
> Deej, sounds like you live in an ideal spot..start the coffee pot, I'll be
> up there in a couple hours...
>

> :)

Subject: Re: Summer

Posted by [Bill L](#) on Thu, 28 Jun 2007 02:08:52 GMT

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In that kind of heat salt and potassium supplements are a good idea. Your tiredness can largely be caused by the lack. Headaches and other symptoms also go away right after taking the stuff.

Hot here too - and it ain't a dry heat. FLA.

DJ wrote:

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> mountains so it achieves a decent balance of temperatures....90's during the
> day and 50's at night.. 10 minutes to the north and you're at 9000+ feet and
> it's about 60 degrees during the heat of the day. 20 minutes to the south
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> last couple of years.

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Subject: Re: Summer

Posted by [Sarah](#) on Thu, 28 Jun 2007 08:17:37 GMT

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Water, water, water, young man. Most of us are chronically dehydrated. You don't have to carry a bottle of it with you if you're afraid of looking like a damn liberal yuppie scum, but drink lots o' water. It's reeal good fer yuh.

Your personal RN,

Sarah J. Burke

"DJ" <www.aarrrrggghh!!!.com> wrote in message news:46828e42\$1@linux...
> It's friggin hot here. Our place sits literally at the base of the San
> Juan mountains so it achieves a decent balance of temperatures....90's
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Subject: Re: Summer

Posted by [Deej \[4\]](#) on Thu, 28 Jun 2007 11:23:29 GMT

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"Sarah" <sarahjane@sarahtonin.com> wrote in message news:46837020\$1@linux...
> Water, water, water, young man. Most of us are chronically dehydrated.
> You don't have to carry a bottle of it with you if you're afraid of
> looking like a damn liberal yuppie scum, but drink lots o' water. It's
> reeal good fer yuh.
>
> Your personal RN,
>
> Sarah J. Burke

No bottled water for me dammit!!! "Real men"drink their own pee!!

(5:20 AM and getting ready to head for the boonies. It's nice and cool
outside.....about 55 degrees).

I'm ready for fall already.

Y'all take care,
;o)
Deej

>
> "DJ" <www.aarrrrggghhh!!!.com> wrote in message news:46828e42\$1@linux...
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Subject: Re: Summer

Posted by [Bill L](#) on Thu, 28 Jun 2007 12:59:34 GMT

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Sarah, whenever I try to drink those 8 glasses a day I pee so much I have no time for anything else. I know it's partly my frickin' prostrate and all that, but jeez. Why am I telling you all this? It must be your 'boardside manner...

Sarah wrote:

> Water, water, water, young man. Most of us are chronically dehydrated. You
> don't have to carry a bottle of it with you if you're afraid of looking like
> a damn liberal yuppie scum, but drink lots o' water. It's reeal good fer
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> Sarah J. Burke
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Subject: Re: Summer
Posted by [rick](#) on Thu, 28 Jun 2007 17:54:31 GMT
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and that 8 glasses is based on a 125 lb frame...addanother glass for every 15.625 lbs.

On Thu, 28 Jun 2007 08:59:34 -0400, Bill L <bill@billlorentzen.com> wrote:

>Sarah, whenever I try to drink those 8 glasses a day I pee so much I
>have no time for anything else. I know it's partly my frickin' prostrate
>and all that, but jeez. Why am I telling you all this? It must be your
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>>>

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Subject: Re: Summer

Posted by [EK Sound](#) on Thu, 28 Jun 2007 18:02:46 GMT

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The rule of thumb is one ounce of water for every pound of person...
175lbs = 175 ounces.

David.

rick wrote:

> and that 8 glasses is based on a 125 lb frame...addanother glass for
> every 15.625 lbs.

Subject: Re: Summer
Posted by [rick](#) on Fri, 29 Jun 2007 08:29:26 GMT
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either way he'll be pissing away his day.

On Thu, 28 Jun 2007 12:02:46 -0600, EK Sound <askme@nospam.com> wrote:

>The rule of thumb is one ounce of water for every pound of person...

>175lbs = 175 ounces.

>

>David.

>

>rick wrote:

>> and that 8 glasses is based on a 125 lb frame...addanother glass for

>> every 15.625 lbs.

>>

>> On Thu, 28 Jun 2007 08:59:34 -0400, Bill L <bill@billlorentzen.com>

>> wrote:

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>>>>Your personal RN,

>>>>

>>>>Sarah J. Burke

>>>>

>>>>"DJ" <www.aarrrrggghhh!!!.com> wrote in message [news:46828e42\\$1@linux...](mailto:news:46828e42$1@linux...)

>>>>

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>>>>>blowing dust devils around and temperatures of 100+ degrees. You have to

>>>>>be careful. It's not like the heat you experience in the coastal areas

>>>>>where you sweat. Here' you just dry up before you're even aware that it's

DJ,
Try some Avon Skin So Soft. Gnats hate the stuff. At least the ones on the southeast coast do. Hopefully you don't have some sort of 'nucular' mutated desert gnat there. :)

"DJ" <www.aarrrrggghhh!!!.com> wrote:

>
>"rick" <parnell68@hotmail.com> wrote in message
>news:0mg983l8fmhgl8a6i64kcirfgfjuqt3vfa@4ax.com...
>> either way he'll be pissing away his day.
>>
>>
>
>I've been worrying more about the swarms of &^%\$*&^\$%#!%& bloodsucking gnats

>out in the area where I've been working the last few days. I need to be sure
>I'm properly hydrated and healthy so that they have something to eat I've

>got welts all over my arms and neck. there are some places on earth where

>human beings just should not go.

>
>These things just consider bug repellent to be a condiment.

>
>It almost rained yesterday.....almost. Maybe I'll wash my car. That should

>get the storm clouds rockin.

>
>;o)
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Subject: Re: Summer
Posted by [Deej \[4\]](#) on Fri, 29 Jun 2007 14:53:02 GMT
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We have the dreaded sabre toothed sagebrush gnats here. They are a bit like microscopic killer bees. Even the environmentalists hate them.

;o)

"PaulN" <pn@nospam.com> wrote in message news:4685183f\$1@linux...

>
> DJ,
> Try some Avon Skin So Soft. Gnats hate the stuff. At least the ones on
> the southeast coast do. Hopefully you don't have some sort of 'nuclear'
> mutated desert gnat there. :)
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> "DJ" <www.aarrrrggghh!!!.com> wrote:
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>>"rick" <parnell68@hotmail.com> wrote in message
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Subject: Re: Summer
Posted by [wireline\[30\]](#) on Fri, 29 Jun 2007 15:46:44 GMT
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"I've been worrying more about the swarms of &^%\$*&^\$%#!%& bloodsucking gnats

out in the area where I've been working the last few days"

I didn't know you had a bunch of lawyers living around your area...

<grin?>

Subject: Re: Summer

Posted by [rick](#) on Fri, 29 Jun 2007 18:24:38 GMT

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dude, he works for the oil companies...of course there are swarms of lawyers around....show em one deej.

On 30 Jun 2007 01:46:44 +1000, "wireline"
<kennospam@wirelinestudio.com> wrote:

>
>"I've been worrying more about the swarms of &^%\$*&^\$%#!%& bloodsucking gnats
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><grin?>

Subject: Re: Summer

Posted by [Deej \[4\]](#) on Fri, 29 Jun 2007 23:29:14 GMT

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I could have shown you three this morning. the lawfirms are starting to hire on new staff to address "global warming issues". Get ready to see your utilities skyrocket as the lawsuits start to fly and the costs are passed on to the public while the lawyers get rich.

Stay tuned.

"rick" <parnell68@hotmail.com> wrote in message
news:8gja83529830fjmf92psrqn0io0b1vjppj@4ax.com...

> dude, he works for the oil companies...of course there are swarms of
> lawyers around....show em one deej.
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> On 30 Jun 2007 01:46:44 +1000, "wireline"
> <kennospam@wirelinestudio.com> wrote:
>
>>

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Subject: Re: Summer
Posted by [rick](#) on Sat, 30 Jun 2007 09:19:53 GMT
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nah...i'll just have sleeping with fists peddle faster...though i
don't think she's going to like that one bit...

On Fri, 29 Jun 2007 17:29:14 -0600, "DJ" <www.aarrrrggghhh!!!.com>
wrote:

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>>
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