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## Advice Sisters Guide to Life, Success and Happiness

Advice Sisters Guide to Life, Success and Happiness. Alison Blackman Dunham the popular advice, beauty and lifestyles expert, offers her views, reviews and reports on topics of interest to adults, everywhere including beauty, fashion, travel events, lifestyle, and general topics. Bookmark this blog--it is worth visiting regularly!

Wednesday, August 31, 2005

adVICESISTERS late summer Blog Edition #3



\*if you can't see the photo, it's the advice sisters logo. See it at:  
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**Advice Sisters® ENews  
 ISSUE #3, Late Summer,  
 2005 (written by Alison  
 Blackman Dunham aka.  
 "Advice Sister Alison") -blog  
 edition**

1. **What's New From Advice Sisters?**
2. **Events Around New York**
3. **Get the Look "Fall Flower Power" Tips, Trends & Ideas from the Discovery Channel's "Surprise by Design" host, Rebecca Cole**
4. **Travel Tips - Have More Fun On The Road**
5. **The Advice Sisters Book Club - - Perfect Marriage by Peter Friedman**

### 1. WHAT'S NEW FROM THE ADVICE SISTERS?

#### "WHAT WORKS" FALL 2005 COSMETICS, BEAUTY & FASHION

**REVIEW:** The "What Works" column has changed it's name to "Cosmetics, Beauty & Fashion" to reflect a wider range of health, beauty and lifestyle interests. The newest review, for Fall, will be available to readers right after Labor Day on September 7th. PAGE ONE:

<http://www.advicesisters.net/whatworkscol3.html> features clever beauty finds, lip, eye and nail products, body bling, home enhancers, and

### About Me



**Name:** Alison  
Blackman

**Location:** United

States

Alison Blackman Dunham, aka. "Advice Sister Alison," is a beauty, lifestyles and advice expert. "The Advice Sisters®" are credited with bringing the advice genre online more than 16 years ago. The Advice Sisters online publications includes a web site, a blog, a free, bi-monthly subscription Enews, and bulletin boards. Alison's bi-monthly "What Works" Beauty, Cosmetics & Fashion review columns have been online for more than a decade. Check out all the Advice Sisters have to offer by visiting  
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gift suggestions. PAGE TWO

<http://www.advicesisters.net/whatworksfall05pg2.html> has hair helpers, fragrance, foundation and blush, bath & body, kits, skin care, gift suggestions, products just for men, and our extensive buying & information guide. Look for trends, tips and "sneak peek" reviews, too.

**BLOG NEWS:** My blog allows me to share a more personal view of my own life's happenings, along with issues that are of general interest to adults around the world. Please come and take a look:

<http://www.advicesisters.net/advicesistersblog>. and leave your comments or just say "hi!" \*obviously if you are reading this on my blog, you're already here, but do sign up for your own copy by email at <http://www.advicesisters.net/thankyou.htm> complete with graphics and color! Please feel out the short form completely or your request will not be processed. For The Advice Sisters privacy policy, go to the bottom of this Ezine.

**NEW- ADVICE SISTERS FORUMS!** The Advice Sisters now has it's own FORUMS area: <http://advicesisters.net/phpbb2/index.php> There are six different forums to choose from (feel free to send me your suggestions for additional topics). As an Advice Sisters ENews subscriber, you are among the first to know about it! Forums are only as good as those who stop by and participate, so please do! Check out the: "Ask Alison" Problem Page (If you've got a problem, hopefully, here is where you'll find a cure); Singles Central (dedicated to everyone who is "single & looking!"); Couples Central (a forum focused on issues faced by couples); Career Central (the place to post if you are concerned about your job or career); Not About Relationships (Do you have something you want to say that is NOT about relationships? Say it here); and the Love Stories forum where you can share your stories if you've been lucky in love. Post a tribute to that special someone whether that is a special love, a best friend, or even a beloved pet -- love comes in all forms. The Forum News gives you posting information and advisories about the forums.

**ADVICE SISTERS COLUMN CLASSICS:** How do you handle a situation when father and son are owner/managers and fighting with you in the middle? Read this classic: Ask Alison - Managing Your Life & Career column <http://www.advicesisters.net/askarctwobosses.html> and get a view on how to handle this situation .

This single, 50-something's relationship with her friend "Anna" used to be a source of comfort, until Anna turned nasty! How can she put the brakes on Anna's "Jekyll & Hyde" act without ditching the friendship? Get the scoop with this Advice Sisters Double-Take Q&A Classic

[http://www.advicesisters.net/gifs%20and%20jpegs/Doubletake/dt\\_filthymcnastyhtml.html](http://www.advicesisters.net/gifs%20and%20jpegs/Doubletake/dt_filthymcnastyhtml.html)

**The Advice Sisters Enews:** This bi-monthly, Advice Sisters Enews is now going to over 1,000 subscribers in media, fashion, business and to savvy adults around the world. Our next issue will be an in-depth coverage of Olympus Fashion Week, on the runways, behind the scenes, and events.

- ◆ **Hair Helpers From Total Beauty**
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## 2. EVENTS AROUND NEW YORK (Summer in the City):

It's been a long, hot summer, everywhere, but the Summer in New York City feels even hotter than it really is. This is partly because there is so much asphalt, concrete and metal --and these materials really hold the heat. In fact, the temperatures in the City can vary as much as 10 degrees (upwards) from the surrounding areas. Like many of those without limos at their constant disposal, I spent a lot of the summer trying to stay home, and stay cool. However, two events did get me out and about:

**Samantha's Table:** As a divorce lawyer, Samantha Daniels helped couples to separate. She decided that she would rather bring them together, and re-fashioned a career for herself as a matchmaker for wealthy and successful clients. She also runs events through her service, Samantha's table, <http://www.samanthastable.com> where busy professionals can meet and mingle with like-minded others. In mid July, I attended one of Samantha's singles events at the ultra chic, W Hotel in Times Square. It was a screening of the adorable "feel good" movie "Hitch" (starring Will Smith). Beautiful and glamorous Samantha greeted guests and signed copies of her book, Matchbook. Chilled, pink martinis ("flirtinis") featuring Bacardi Limon were very welcome on this steamy evening as we chatted prior to the screening. At movie time, guests sat on plump, round cushions on the floor or on high-backed banquettes, munching on gourmet popcorn and other, more traditional movie treats such as Sugar Babies and Tootsie Rolls. Everyone (single and looking or not) had a great time! *I reviewed Samantha's riveting book Matchbook, Simon & Schuster in our Spring, 2005 Advice Sisters Enews. If you still haven't read this amazing journey as Samantha creates her matchmaking business and guides some of her private clients to love, get it now! Single? Visit Samanthas Table- 212.717.6033 LA- 310.276.9373*

**SECRET Floral Scent Launch:** On yet another, steamy, summer evening, I attended an event for the launch of the Floral Scent (deodorant, anti-perspirant and body spray) collection by Secret at beautiful Blanchett Flowers in the ultra-trendy, Meatpacking District of Manhattan. After enjoying elegant refreshments served by a group of truly hunky guys, we turned our attention to the real reason we were gathered together --a preview of the various products in the Secret Floral Scent Collection of body sprays, deodorants, and anti-perspirants (gel and roll-on). The highlights of the evening were an explanation by Rebecca Cole, designer and host of the Discovery Channel's Surprise by Design about the meanings of the four flowers Secret choose for their new products, along with the opportunity for guests to make floral selections of their own and (with Rebecca's assistance) create floral arrangements to take home. The Secret Floral Scent line features body sprays, gel and roll-on formula products in Lavender, Passion Flower, Jasmine, and Gardenia \*read more about the products in the upcoming What Works Fall 2005 Beauty & Fashion Review. Rebecca explained that lavender is soothing, calming and tends to attract men (that's why savvy Victorians used it to scent love letters). Passion Flower is a delicate vine that reduces anxiety and stress, inspires and encourages friendship and creativity. No wonder it also attracts passionate men! Gardenia is a beautiful flower with a strong, sexy scent. It also promotes spirituality, repels strife, and provides a protective aura. The last scent in the Secret Floral Scent line is Jasmine, a flower that

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opens in the evenings. It brings good fortune and helps to rekindle old love, Apparently the Jasmine scent helps men understand women (maybe we all need to use this one)! *For more advice and tips from Rebecca Cole, read on! \*read reviews of the new, SECRET Floral Scent products in the upcoming Fall 2005 What Works Beauty & Fashion Review. Would you like The Advice Sisters to Cover your events, launches and products? Put me on your press & invitation lists: [advicesisters@advicesisters.net](mailto:advicesisters@advicesisters.net)*


### 3. Get the Look "Fall Flower Power" Tips from the Discovery Channel's "Surprise by Design" host, Rebecca Cole

**Rebecca Cole** has been the co-host of the Discovery Channels' hot, hip show: "Surprise By Design" since the show began in 2002. She has also been a contributor on the Today show for six years, and has appeared in prime time television and radio shows including, Oprah, The View, CNN and BBC World News. Her home, business and career have been profiled in over 200 national and international publications. Rebecca's business, Rebecca Cole Creates <http://www.colecreates.com> is a full service home, garden and interiors company. She has served clients from Senators to super models, to CEO's. Rebecca is also the author of several books including When she is not designing terraces or giving rooms a make-over for lucky and grateful clients, Rebecca enjoys writing and sharing her ideas and designer's secrets. She has several books in print including the latest: Flower Power (Clarkson Potter, 2003) with photographs by Helen Norman, and two other books (Paradise Found and Potted Gardens) about living with flowers and about how to arrange them. Rebecca was kind enough to chat with me, and share her some thoughts and tips about using flowers this Fall with Advice Sisters readers:


#### Question: What Flowers and Scents are Hot, this Fall?


**Rebecca Cole:** The best way to choose flowers for your home is to generally select colors that go with your home and make your decor pop. Fall is the harvest time, a renewal of life. Use the colors of the seasons, such as orange and bold, jewel tones, perhaps mixed with fruits and vegetables (they look so great together)! Your senses are sharper now than they were in the Summer and Winter. Citrus scents, for example, blend well with sweet, florals and make them less overwhelming. Flowers such as tulips are also a great choice for Fall. We tend to think of them as flowers that bloom in the Spring, but in Australia, for example, they're coming up right now (and being imported, here). I also like anemones and big, colorful leaves. If you are using flowers in your home, try mixing them with other things such as leaves and fruits. They help you save money on your arrangements, too. If you put an apple or leaves into a bowl as part of an arrangement, you need less flowers! You can use essential oils in your home to create atmosphere and you can wear actual flowers, as well. If you wear flowers you are making a confident, bold statement. You want to attract something (or someone). After all, you don't normally wear flowers just to get your groceries! I like strong scents such as gardenia (gardenias help women attract love, by the way). As a designer, I have also used jasmine for wedding veils because it has such a curvy, tendrical flow to the vine. Curly hair is all the rage, but even if yours is straight, adding a piece of jasmine vine will create a romantic touch. Choose something that not only makes you happy because you are smelling that amazing scent, but remember that having someone get close enough to sniff you is also


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very sexy! (\*Editors' Note: scented bath & body products are a subtle, substitutes for perfume and they don't have to be just florals. A recent study has found that people wearing the aroma of grapefruits were perceived as five to six years younger than they really were. For fun, try a citrus-scented hair enhancer such as the Citrus Lift line of shampoos, conditioners and styling products by Herbal Essences, reviewed in the Advice Sisters Fall "What Works" Cosmetics, Beauty & Fashion Review column-coming September 7th at

<http://www.advicesisters.net/whatworkscol3.html> Watch for it!)

### Question: What Flowers are Good Choices for Men, and if you Have Children or Pets?

**Rebecca Cole:** It's nice to choose flowers with specific meanings. In Victorian times, sending flowers like this allowed people to (subtly) express their feelings. IA recent study shows that receiving flowers makes people happy, and men like receiving them just as much as women. If you are sending flowers to a man, do send a note, and keep the arrangement, small. Men like bold, rich, colors and scent. Lavender, for example, has a compelling scent and a deep purple color. If you are leaving flowers in the home around little hands or big paws (pets and children) be careful not to select anything poisonous, or more commonly, with poisonous leaves. Lilies or anything with a strong, pungent scent would not be the best choice around small children as they may be more sensitive to strong scents or susceptible to asthma (\*editors note - I would think this would be a good rule to follow when bringing flowers to someone who is ill, as well). Better choices are orchids, and herbal flowers.

### Question: What Are Your Top Three Tips for Arranging Flowers?

Rebecca Cole: #1-keep a tight color palette. Choose no more than three colors. You wouldn't overload your clothes with too many colors, and it's the same with floral arrangements! Consider that nature keeps a tight color palette too. Most fields of wild flowers, for example, consist of only one or two colors in harmony with each other. #2-When in doubt, keep your arrangement, low. You want to look down on the heads of the flowers, as they're the prettiest part. #3-Repeat , Repeat, Repeat! Don't just use one purple flower or one tulip, use multiples --five purple flowers, five tulips, etc.

### Question: How Can You Keep Flowers Fresher, Longer?

**Rebecca Cole:** The flower freshener packets you get from the florist are really good. If you get one, use it. They keep the bacteria out of the water. You can do this on your own by putting fresh water in a floral arrangement when you get it \*you don't know how long the flowers have been sitting in it) and changing the water, daily. If you can, take the flowers out of the arrangement and cut the bottoms every two days How long an arrangement will last really depends upon a lot of factors. Some flowers will only last a few days, others a week to three weeks but try to keep them cool and out of the sun. Alas, the more expensive a flower is, the

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less likely it is to last a long time. The mass-marketed flowers have been cultivated for hardiness, but they lack the type of scent you'll find from garden flowers, for example. Out of sun, cool, maybe a week

**Question: What Flower Is Your Personal Favorite?**

**Rebecca Cole:** Lavender is not the most beautiful flower, but it is my personal favorite to work with, and scent-wise. It reminds me of France. It's calming and good for attracting good things into your life. I have burned lavender in my home to bring good things and inspire creativity. I always have it in my office and apartment. I like to mix it with other things. I like gardenias, too, but it's more like rich chocolate to me -- something you indulge in once or twice a month, but not every day.

**Question: Rebecca, Any Additional Thoughts to share with Advice Sisters readers About Flowers?**

**Rebecca Cole:** I'm just starting to design things (not just floral items) to sell. I started as a fashion designer so everything comes from that. Not everyone has a garden (my current apartment actually doesn't have one) but you can make your home look like you live in a garden, without actually having real flowers in the room. Start by using garden statues as accents. Scent your environment with scented candles and essential oils and spray your fabrics and linens with scent. Scent yourself with floral fragrances, perhaps one of Secret's new body sprays \*Editors Note- get reviews of new home and personal-scent products in the upcoming Fall 2005 What Works Beauty & Fashion Review). Add large pictures of flowers to your walls, and flower pillows. No need to get frou frou ones if that's not your style. There are tons of hip, cool and mod florals as well. All this gives the illusion of a garden, without a single, true flower in sight. A great example of this is the garden at Versailles in France, filled with statues, fountains, trees, and topiaries, but no flowers. Yet, it's one of the most famous gardens in the world! It's easy to fill your home with flowers, without actually having to water them! To order flowers, purchase books and gift items from Rebecca Cole, or inquire about Rebecca's garden and design services: REBECCA COLE (p) 212 255 4797 (f) 212 243 2849 email: info@colecreates.com. Visit Rebecca Cole Creates:

<http://www.colecreates.com>

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**4. Travel Tips: Have More Fun on the Road (by Alison Blackman Dunham aka. "Advice Sister Alison"):**

Travel is more stressful than it's ever been, airport delays, enhanced security checks, and fewer luxurious en route for the average traveler, Here are a few, easy tips to make life more fun, "on the road":

Little Things Mean a Lot: Most savvy travelers have something special that they swear by when they travel. The top three? Masking tape, a travel

alarm, and plastic "zip-top" bags in assorted sizes. Masking tape is a multi-purpose wonder to fix sagging hems, holding broken luggage together, shipping a box, even removing lint. Alarm clocks you know and can work beat the often confusing or complicated ones that you sometimes find in hotel rooms (and never seem to work right), and plastic bags great for everything from carrying potentially leaky tubes and bottles, to toting home a wet bikini after that last-minute swim. If you like to tote food items home (eg. spices), plastic bags are a must if you don't want your luggage smelling like a spice bazaar or a rum factory. If strange noises are keeping you awake bring a portable CD/mp3 player (don't count on your room always having one) and make sure you add relaxation music. I personally like sounds of the ocean-- it's the next best thing to a beach house or a balcony room overlooking the water."

**Don't Save The New Stuff:** It is never clever to buy brand new clothes and gadgets specifically for a trip and "save" them until you are at your destination. You really don't want to use a new product (e.g. new suntan lotion or moisturizer) that you've never tried before, only to find that it makes you break out in hives, do you? Test everything at home before you pack it, unless you really are up for unpleasant surprises on the road! This is particularly true of new clothes. Clip the tags and try them on again. If you don't, you may find that the shirt or dress that fit you perfectly in the store is the wrong size or has a damage--but now you wonder what else you can wear since you didn't pack a spare! When it comes to shoes, be extra careful/ Murphy's law dictates that the first time you stand in new shoes you'll end up with aching feet or blisters, (and they're the only dress shoes you have that are appropriate, all week, of course).

**A Touch Of Home:** Aromatherapy products and scents of home bring luxury and relaxation to even the most road-weary traveler. Try to use scents that are designed to relax and calm you. Spray your sheets with a fabric scent, light a fragranced travel candle, or dab a bit of essential oil on your pulse points before sleep. \*Editors Note-The upcoming Fall 2005 What Works Beauty & Fashion Review has reviews of little helpers for home & body.

**Car Considerations** - You can't wait to jump into your rented jag convertible with the top down and feel the wind in your hair--not so fast! Consider your car choice based not just on sex appeal but on the type of trip you're going on and the amount of luggage you will be carrying. If not, you may end up like the two couples who rented a racy sports car for a car trip to a remote area. They couldn't fit all their bags in the trunk so they had to leave them exposed in the back seat day and night. Worse, after driving away from the rental lot they discovered the owners manual was missing and they couldn't get the air conditioning to work. The rental company never answered the phone and they spent two hot, sticky days driving to the nearest location to exchange the car. Not fun, at all! *For Alison's private, personal, online advice by email, chat room or phone, visit: <http://www.advicesisters.net/getpersonaladvice3.html>*

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## 5. THE ADVICE SISTERS BOOK CLUB:

If you are looking to curl up with an easy read, "feel-good book for those shorter days and longer nights, I suggest **Ideal Marriage by Peter Friedman** (The Permanent Press, 2004). Get more information at: <http://www.readidealmarriage.com> It is a charming novel -- a little bit of "Sex and the City" with a distinctly male view, harkening back to the nifty fifties, when the term: "booty call" didn't exist, the love scene on the beach in "From Here to Eternity" was considered racy, and sex was (mostly) reserved for marriage. The lack of overt sexual content is, in part, what makes this book is so enjoyable and refreshing. Set in New York City in 1957, the book follows the sexual education of 16-year old Andre Schulman as he learns about love, sex and marriage through the pages of a marriage manual he has secreted away from his parents' library. The marriage manual referenced is a genuine one written by a Dutch Gynecologist in the 1920's: *Ideal Marriage: Its Physiology and Technique* by Theodoor Hendrik Van de Velde. The main character, Andre, is naturally curious about sex (after all, he's 16!) and he's not completely virtuous in his pursuit of his own needs. Still, he maintains the romantic conviction that his sexual prowess should be honed not for lots of girls, but more importantly, to passionately please the woman he will eventually love and marry. The dialogue in the book, with others and as his personal thoughts, is nicely executed by Mr. Friedman. The story is touching. It feels real, and even if you were born into the world of rock videos, you'll still find a lot to relate to. Mr. Friedman writes with authority and elegance. You might just begin to believe again that love really does exist in more pure and expressive forms than the overt sexuality pushed so aggressively these days. I really enjoyed this fun, romantic tale that seems more grounded in reality than in reality TV, even though it is fiction. I give it four stars! *\*Join the Advicesisters Book Club - it's free! You will get invitations to join special online chat events, add your comments to the Enews, help to select future book club selections, and meet like-minded others. To join, just Email: [advicesisters@advicesisters.net](mailto:advicesisters@advicesisters.net) and add BOOK CLUB in the subject line.*

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## Tuesday, August 23, 2005

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\*I really must re-do the page and will put it on the top of my list!

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## Monday, August 22, 2005

### Giant Panda and her club

My brother in law sent me an email with the above-mentioned url to the live, "Panda Cam" at the National Zoo in Washington, D.C. There is something amazing, touching and even a bit strange about invading the privacy of a giant panda and her baby, but watching th huge, bulky and rather awkward Panda mother Mei Xiang, cuddle her tiny, newborn baby boy caught me off-guard. She picked it up like it was a football, but then carefully wrapped it in her arms and feel asleep, cuddling it. I can't describe the feeling, actually. Go see it for yourself and let me know what you think!

posted by Alison @ [8/22/2005](#) [1 comments](#) [links to this post](#)



## Thursday, August 18, 2005

### Undoing it

My grandmother (wise woman that she was) used to say that there are no mistakes. If you do something and feel differently about it in the future, there is nearly always a way to correct it or move on to another path as long as you have some functioning brain cells and another day to live.

*"Where there's life, there's hope"* she would say.

But today, I decided to unravel a scarf I had recently knitted. I had spent a great deal of time creating it, but I just didn't like the color combination (I had knit two expensive yarns together). Since the colors didn't look that great and I didn't think I'd ever wear it as-is, and since I spent a lot of the yarns, I figured I'd just undo it and start again.

What I realized is that sometimes, undoing something is harder that creating it in the first place. The scarf I knitted had a thread called "whisker" in it--long metallic strands that give a "hairy" effect to whatever else you knit with it (sounds disgusting, but it's really quite unique and pretty).

Anyway, back to the scarf:

I unknotted the end and started to pull. Immediately, the whisker got caught up in the knitted knots and stuck, fast.

Undaunted, I carefully began to untie the knots, one at a time.

I did a little on the way to a morning appointment. I did a little more while travelling to my next appointment. I did some more in a doctor's office and then again, on the way home. Finally, hours later, I had freed the two types of yarn and had to separate balls of yarn, again.

The point of all this? I'm not sure, really. I just know that sometimes, it is worth the trouble to undo your mistakes, big and small.

Have you ever made a mistake (big or small) and then had to jump

through a few hoops to fix it? Share your story, here (and please, don't spam me...got that once already this week).

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## Thoughts about Spammers

I knew it was just a matter of time until someone visited my blog and left spam (in this case, some self-serving ravings) instead of a useful, substantive, respectful, comment.

To David Nelson (yes, you know it's you), when I said it was "too darn hot" you *know* that posting a "hot" (and likely not even legitimate) stock tip, let alone two long spams about it, should NOT serve as comments on the state of the weather.

I'm really curious. Who do spammer spam? What earthly purpose does it serve other than to take advantage of people who ARE doing something positive?

If you have two pistons firing in your head (I assume you do if you know how to post to a blog) you already know that you are not going to win friends or influence people this way. Why not take your time to do something productive instead of irritating me and my fantastic readers? What kind of thought process goes on in a spammers head--please tell me--because I just don't get it!

My best guess is that you have too much time on your hands, and not enough creativity to do something positive with it. Please...volunteer. Get a new hobby. Fall in love. Do something wonderful for yourself, but don't take advantage of my blog (or anyone else's) with the idea that you'll get "free" advertising of my work!

Got that off my chest and I feel much better. For the rest of my readers, thanks for visiting and please comment on the *posts*.

posted by Alison @ [8/18/2005](#) [2 comments](#) [links to this post](#)



## Friday, August 12, 2005

### It's STILL too darn hot!

Well, we're still having a heat wave, so I thought I'd mention a few ways to cool off that don't require air conditioning:

Head to the mountains - the old timers knew that when the mercury rose, it was time for them to go to the mountains where the temperature was bound to be a least a few degrees, cooler. This is the perfect time to visit your local peak, enjoy the view, and cool off for a while (be sure to take sunscreen and lots of water).

Sleep outside. This isn't practical for everyone, but I remember my own grandmother telling me how they didn't have air conditioning (or even fans) so the entire family slept in the yard. Assuming you have a safe, quiet place to stow yourself for the night, take a tent, and try it!

Wet is a good bet. If you can, wear a cold, damp towel on your head or neck. Better still, find a body of water from pond to pool to ocean, and cool off that way.

Move the air around (or move yourself around the air). If you are lucky enough to have a convertible, take a ride and let the breeze, blow-dry you! Barring that, carry a paper or wood fan and wave it around when the humidity and heat get to you--it's low tech, but it works.

Wear natural fabrics. Polyester may not wrinkle, but it doesn't breathe, either. Linen, cotton and other natural fabrics help keep you cool and wick the sweat away from your skin.

\*there are plenty of other ways to cool off, too. Please share yours, here!

ALISON

*posted by Alison @ 8/12/2005 [links to this post](#)*



## Monday, August 08, 2005

### It's too darn hot! Interesting fact about the "Dog Days"

I used to love Summer. Pools instead of school. Weekend days all week, instead of homework.

As an adult, Summer isn't so grand.

I still love the longer, sunny days, but not the heat and the way it drains your energy.

Most people are familiar with the term: "dog days." This is the period we are in now, between July and early September when the heat and humidity is doing it's best to sap our will to move (at least in many parts of the world).

In ancient times, when everyone from astronomers to the average citizen looked to the stars more often than we do now, they drew pictures in the sky by connecting the stars. They saw images such as bears, bulls, crabs, and even some dogs. Two are: Canis Major and Canis Minor.

It so happens that the brightest star in Canis Major, which means "the big dog," is Sirius. In the summer, Sirius rises and sets with the sun. During late July, our ancestors believed that since Sirius was so bright, the heat added to the heat of the sun, creating the hot weather we call "dog days," After the dog star, of course! Generally, the "dog days" today occur during the period between early July to mid August. The heat of these summer days is not due to the brightness of Sirius, but is due to the tilt of the Earth,

Cool, huh?

*posted by Alison @ 8/08/2005 [1 comments links to this post](#)*



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