

July - Week 4

Dog Days of Summer

Can you feel the heat this week? The fourth week of July is statistically the warmest week of the year with average highs in the mid 80s. The heat is often accompanied by humidity and high dew points, especially in rural areas around vast corn fields. Can you feel the humidity and heaviness of the air?

This week is about smack dab in the middle of the dog days of summer. People often associate the dog days with hot and sweaty days. But why are they called the dog days? The dog days are the period in which the sun occupies the same region of the sky as Sirius, the Dog Star. In between July 3 and August 11 Sirius rises and sets with the sun and this period generally includes the hottest weather of the year, thus the association with dog days and heat.

So, how hot is it this week? What are you doing to cope with the heat? Have you altered your outdoor plans or activities? Are you enjoying the heat or are you finding ways to escape the heat? How are the plants and animals adapting to the summer heat? Take a walk, during the day or at dawn or dusk. Notice how nature is adapting to the dog days. Find a comfortable spot to sit down and document what you observe. Will you journal while soaking up some rays or will you seek out some shade?



A pool or a lake, it's your choice to enjoy the "dog days" of summer.