

Month 92 — Sweating It Out

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July 11, 2018 By [Daniel Zeller](#)

Literally. It's been a god-awfully hot weekend here in San Diego. On Friday, the temperature downtown on the waterfront hit 97° F / 36° C and in Ramona, about an hour to the northeast of San Diego, it hit a toasty 117° F / 47° C! Yep. That's correct. It's not a typo.

Four wildfires broke out in the area Friday afternoon as well, with the nearest one to my house only 11 miles / 17 km away. A bit unnerving to say the least seeing as how rapidly those things can spread. (In 2003, the [Cedar Fire](#) spread about 25 miles / 40 km in about 16 hours thanks to a raging Santa Ana wind.) Thankfully, there was no such wind on Friday, and our amazing firefighters [kept the fire to 10 acres](#), but one home was lost.

I've been rather successful at not sweating over prostate cancer for a while now, and it's been a good thing. In fact, so much so that I really don't have much else for this post. Of course, that will change in three weeks when I go for my PSA test on 1 August.

So with nothing else to report, I'll just leave you with the above photo of some oak leaves in the sun near Big Bear Lake...

This post originally appeared on [Dan's Journey through Prostate Cancer](#). It is republished with permission.

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