

## COLD WAR

She's freezing, he's sweating bullets — when it comes to climate control, many men and women feel things differently

By LAUREN DALEY, *Standard-Times* staff writer

Guys, here are a few summertime hints that could potentially save your relationships with any females in your life:

- ▶ When you have the AC on in your car — even if it's 90 degrees outside and your legs have actually glued themselves to the vinyl seats of your Toyota — your girlfriend wants the AC off.
- ▶ When you have the AC on in your bedroom — even if the wallpaper is melting off the walls and forming rose-colored puddles on your wife's forehead — she wants the AC off.
- ▶ When you have the AC on in the office — even if your computer is having a literal melt-down and the water cooler has evaporated — your female co-workers want the AC off.



Now.

Because, just as sure as the sun will rise — pressing fans and air-conditioning units into summer service — women will exclaim that it's freezing in here, while men are sweating bullets.

Yes, since the dawn of time, men and women have fought over room temperatures, (which makes it highly probable that it was Cavewoman, not Caveman, who invented fire.)

And thousands of years later, it's still the same old story. Or mystery. Does ice flow through the veins of women? Does testosterone begin to boil at 55 degrees Fahrenheit?

"My husband always has the AC on and I'm always cold," said Zita Soares, 34, of New Bedford.

"In the winter, he's still warm. He opens up the doors and I need more socks," she laughed.

And if you think the thermostat war only affects adults, think again.

Marissa Castellone, 16, of New Bedford, can't understand why boys like to chill.

"If we have the AC on in school, the girls get cold and put on sweaters and the guys are all still hot. They always have the AC on in the car, too. I'm like, 'I'm cold!' and they're still sweating."

On the other hand, Jareyn Carrol, 14, of Dartmouth can't understand why girls feel the need to bundle up.

"Girls are always like, 'It's so cold!' It happens all the time. At home, my mom says she's cold and I'll be sweating."

Dr. Georgianna Donadio, program director at the National Institute of Whole

Health in Wellesley, has spoken nationally about the topic.

She told The Standard-Times there are a number of factors that cause men and women to feel the heat (or cold) differently — hormone levels, age, muscle mass or amount of body fat, activity level and the amount of energy a body burns all play a part in the way we experience the temperature.

It's hormonal.

"Estrogen lays down fat in women; testosterone lays down muscle in men," Dr. Donadio explained. "Muscle burns at a faster metabolic rate, and so men have more body heat."

She said about 65 percent of males and females react in this typical way to temperatures, but that sometimes — such as when an older woman is menopausal — this is not the case.

"Metabolism is controlled by hormones. As women get older, they begin to change biochemically. After 40, they see differences in temperature," Dr. Donadio said.

But typically, if a man and a woman are in the same room with the air-conditioning running, the woman will feel colder because "she's got a slower metabolism; she's not producing as much energy or body heat as the man with more muscle mass," Dr. Donadio said.

SouthCoast men, however, had their own reasons why they're always warmer — "men play more sports," "men do more outdoor activities" and "men have more hair."

"It's just a natural thing. In the winter, I'm the one with the windows down and my wife wants the heat on high," said Steve Davis, 43, of New Bedford.

"I've always got the AC cranked on high and my wife is freezing."

Seventeen-year-old Joe Migliori of Westport is the same way.

"I sleep with the windows down all year round. Sometimes it's so hot in my room in the winter, I just need the windows open."

Women who live with these sweltering men have to bundle up to keep the goosebumps in check.

"I put on my sweatshirt as soon as I walk in the house because my boyfriend has got the AC on high," said Lynn Bzdula, 53, of Fall River.

"He's always hot. Even guys I work with always have the AC on in the office. Guys are just hot all the time."

"For some reason, guys are always hot. I hate that," said 15-year-old Liz McLaughlin as she shopped at the Dartmouth Mall recently. "Girls will need a sweatshirt at school, and guys are still hot. I guess they just have more fat."

"I'm always cold, but my husband always wants the windows down," said Debbie Farney, 44, of Dartmouth.

All this talk of sweltering may cause a woman to wonder if there's some kind of unwritten man code: Never admit you're cold.

Even in a draft?

"I have, once in a while, heard a guy tell another guy he's cold. But that doesn't usually happen," said Alex Doucet, 16, of Portsmouth, R.I.

Why?

"If they're cold, they're less tough," he explained.

However, Alex said he's man enough to fess up to the chill.

"If I were cold, I'd admit it," he said with a laugh. "I don't care what other guys say."

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