

From: Dietz, Sidney  
Sent: 3/14/2014 11:39:25 AM  
To: 'Campbell, Michael' (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: RE: BART Service Advisory, Mar 14, 2014

I think that a lot of it is salt, at least that's my theory. You eat less, lose b/c of calories, but also shed water b/c you ate less salt, too. Then, you end up being attracted to saltier foods, get back in balance, and all the while you're losing fat, so then you have a sudden drop. Hahaha, I wonder what someone who knew what they were talking about would think of my theory.

Yeah, daily weigh in, but I haven't logged it in months. I gotta get back on that.

24Mar ferry, yay!

yours,

sid

-----Original Message-----

From: Campbell, Michael [<mailto:Michael.Campbell@cpuc.ca.gov>]  
Sent: Friday, March 14, 2014 10:12 AM  
To: Dietz, Sidney  
Subject: RE: BART Service Advisory, Mar 14, 2014

I'm cold too. Just starting to warm up, sitting in my office with my jacket. I will feel warm after lunch.

Do you do a daily weigh-in?

Interestingly, my weight was trending down by about a pound every week and a half, and now it is going up, despite me riding a bit more and keeping calorie intake stable-ish. I have noticed, though, that my weight spikes a little before dropping down to a new lower plateau. Do you have that experience? It will be something like 150 for a week, then it drops to 149, then up to 150 or 151 for a day or so, then I'd go to 149 or 148 and stick there for another few weeks until the next loss cycle. I don't understand it, physiologically. Water? Mass of food in my gut? I can say, I can tell I'm getting leaner again -- could also be body composition change, with less fat more muscle, and staying even-ish? Riding my bike is starting to feel easier again. I love that sensation.

MC

-----Original Message-----

From: Dietz, Sidney [<mailto:SBD4@pge.com>]  
Sent: Friday, March 14, 2014 9:48 AM  
To: Campbell, Michael  
Subject: RE: BART Service Advisory, Mar 14, 2014

By the way, I'm freezing, and yet I haven't lost any weight in 10 days.

-----Original Message-----

From: Campbell, Michael [mailto:Michael.Campbell@cpuc.ca.gov]

Sent: Friday, March 14, 2014 9:23 AM

To: Dietz, Sidney

Subject: Re: BART Service Advisory, Mar 14, 2014

Yah. Maybe we could strive to be 30% as good as Mexico City?

> On Mar 14, 2014, at 8:25 AM, "Dietz, Sidney" <SBD4@pge.com> wrote:

>

> It's getting noticeably worse, isn't it. I just wish they'd reopen the bathrooms in the underground stations.

> -----Original Message-----

> From: Michael Campbell

> To: Sidney Bob Dietz

> Sent: Mar 14, 2014 8:10 AM

> Subject: Fwd: BART Service Advisory, Mar 14, 2014

>

> Poor Bart. Seems track needs some love.

>

>

> Begin forwarded message:

>

>

>

> From: BART Updates <updates@subscriptions.bart.gov>

> Date: March 14, 2014 at 7:57:34 AM PDT

> To: <msc@cpuc.ca.gov>

> Subject: BART Service Advisory, Mar 14, 2014

> Reply-To: <updates@subscriptions.bart.gov>

>

>

>

> There is a 15-minute delay in the Millbrae direction due to an equipment problem on the track.

>

>

>

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>

> -----Original Message Truncated-----

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> -----

> Do I seem terse? Blame the thumb keyboard.

>

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