

Weather Folklore:

If crows fly low, winds going to blow.
If crows fly high, winds going to die.



A shiny shower won't last half an hour!



The chill is on, near and far, for all the months that have an "R".

Rainbow at noon, more rain soon.

Rainbow in the morning, shepherds take warning,
rainbow at night, shepherds delight.

When the dew is on the grass, rain will never come to pass.



Rain before seven will quit before eleven.

When a cow tries to scratch her ear, it means a shower is very near.

Clear moon, frost soon.



The moon and the weather may change together, but the change of the moon does not change the weather.

The sharper the blast, the sooner it's past.



What is weather caused by?

In general, weather is caused by the interactions between air masses on the planet and the temperature variations caused by seasonal fluctuations, the sun, and localized activity.

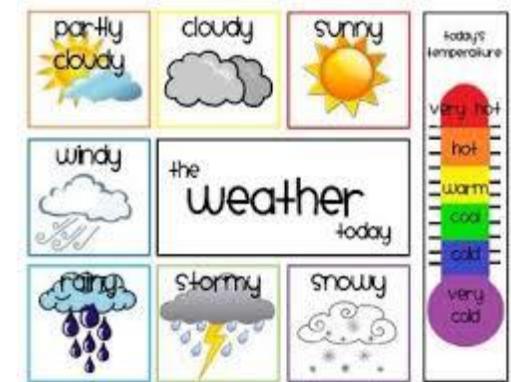
For example, wind is caused when a warm air mass meets a cold air mass, and the cold air mass sinks under the warm one.

Rain is caused by the sun, which evaporates water droplets from the ground or bodies of water, and causes them to raise into the air and form clouds. Eventually, the quantity of water in a cloud becomes more than can stay suspended in the air, and it falls to the ground as rain (or snow, sleet, hail, etc.)

Some areas of the planet are warm, in the tropics, and some are cold, like at the poles. The planet wide effect of this is to cause general weather patterns over large areas – you get lots of rain in some lateral bands near the tropics and again in another band up north/south from there, and generally drier weather in the other bands.

Climate change may alter these broad patterns in significant and unpredictable ways, which is why scientists are worried about it.

Weather Safety for Kids



PLACE YOUR TOWN INFORMATION HERE

HOW'S THE WEATHER TODAY?



Heat Wave Safety

Extremely hot weather can take a toll on the human body. Every year, people suffer heat sickness, and some people die from the effects on their body. People most at risk include the elderly and the young.

Heat wave safety tips:

Slow down. On extremely hot days, do not perform strenuous outdoor activities.

Dress for the weather with lightweight lighter colored garments, and a hat to shade your face.

Drink plenty of water, as your body uses water for its cooling efforts.

If your house has air conditioning, use it responsibly. If not, use fans, as your body will sweat and the fans help with evaporative cooling. Even in air conditioning, fans can be useful, as they broaden the comfort range of the body and air conditioning can be set at a higher, more energy efficient temperature.

Watch out for too much sun exposure – sunburns are not fun, and cause long-term damage to skin.

Heat sickness is a serious condition – if you or someone you know is feeling faint, clammy, nauseous, sweating profusely, or even more seriously not sweating at all despite being too hot – seek medical attention!

Immediate steps to take are to get the person to a cooler, shaded area and provide cool water to sip. Call a medical professional.

Winter Weather Safety

In Essex county, cold weather is a serious danger too. Cold weather dangers include hypothermia, frostbite, and death. In extremely cold weather, everyone is at risk.

Cold weather safety tips:

Dress for the conditions outside, including a warm hat, gloves, scarf, and proper winter coat. It is important to be aware of wind chill, as that can hasten the effects of low temperature.

If it is precipitating, take extra care and try to stay dry. Wet clothes lose much of their insulative value.

Hypothermia is the dangerous condition of your body's internal temperature dropping below 95 degrees Fahrenheit. In stages, you start to feel cold and shiver, then slow pulse and breathing, lack of coordination, and in the later stages sleepiness and unconsciousness.

If hypothermia develops, get the person to somewhere warm and dry if possible. Keep the person lying down if possible. Remove any wet clothing. Be careful to be gentle, as vigorous rubbing or movement could harm them.

Give warm (not hot) fluids if person is awake. Apply warm compresses to groin, chest or neck only. Avoid rewarming limbs first, as this can cause cold blood to move into the torso and harm them.

Call a medical professional.

Lightning:

Lightning, the electrical discharge of thunderstorms, can be very dangerous. If you can go inside during a lightning storm, do so.

If indoors, stay away from water activities like showering, and washing dishes or hands. Do not use a corded telephone or computer equipment, which could harm both you and the equipment.

If stuck outdoors, avoid dubious safe shelters like baseball dugouts, sheds, and trees. Stay away from water, including puddles. Stay away from metal structures and implements.

Crouch down, on your tiptoes if possible, to minimize the contact between you and the ground. Keep 15 feet between yourself and anyone else stuck outside with you.

If struck by lightning, call a medical professional.

Tornadoes:

These funnel clouds form during storms, and can be hazardous. If they form, get inside on the lowest floor of the structure, in a room with no windows.

Tornadoes are frequently preceded by green looking clouds, and sometimes you can see the funnel cloud forming.

Remember that most weather problems can be prepared for. A degree of common sense and preparedness will help you know what weather is forming around you, and the appropriate steps to take.