



Climate and the Four Seasons

One of the most wonderful things about living in the Northeast is enjoying the four distinctly different seasons, each offering a variety of delights and surprises.

Below you will find a synopsis of each season and tidbits of information, so that you may make the most and be best prepared for the passing of the seasons.

Spring (March - June)

Spring can be a glorious time of year where you find life renewing itself in bursts of every color of the rainbow. Green leaves will begin sprouting from the trees and bright pastels will spring from the ground in the form of beautiful flowers.

Spring is the season sandwiched in between winter and summer, therefore you will experience elements of each. Temperatures during March and April can become quite cold at times; so don't put away your winter gear as soon as the calendar says it's the first day of spring. Also, it is quite possible for snow, sleet and freezing rain to occur right through the latter part of April. Conversely, you can also experience very mild temperatures in spring especially in May and June. Temperatures can vary daily during this time. It is quite possible for it to be 40 degrees on one day and 75 degrees the next! It's always best to check your local news for the weather forecast.

Some of you might experience cold like symptoms during the spring, which have nothing to do with being sick. If you experience a stuffy nose, sneezing, itchy and burning eyes, you are probably suffering from seasonal allergies or "hay fever". It is your body



reacting to the pollen, which is released in the spring by the various trees, flowers and grass. There are several over-the-counter medicines that will help alleviate the symptoms or for more severe symptoms, please see your doctor.



Daylight Savings Time begins on the first Sunday in April. You must turn all of your clocks ahead one hour on this date. Daylight Savings was first proposed in the 1700's by Benjamin Franklin as a means to extend the enjoyment of the additional hours of daylight during the spring and summer months. In addition, it proved to be an economical way to save on the use of oil for lamps (people's primary means of indoor light at the time). Obviously, this holds true today, with the usage of electricity.

Summer (June - September)

Ah summer, where people's thoughts turn to that of...THE BEACH!! Actually, the beach and the northeast's accessibility to it, is one of many outdoor activities to enjoy during the summer. Summer is the hottest and tends to be the driest time of year. Therefore, people tend to do most of their traveling and outdoor recreation during this time.



Summers in the northeast are infamous for one thing - humidity. Humidity is a way of gauging the amount of moisture in the air. If the temperatures are hot outside and the humidity is high, it makes it feel hotter than it actually is because the heated moisture in the air makes it difficult for your body to cool down. The only escape is a nice air-conditioned room, a very shady spot outside or did we mention.... the beach? Air temperatures tend to be 10 degrees cooler at the beach with a refreshing sea breeze. Summertime temperatures can reach in excess of 100 degrees. However, the average temperature usually falls in the

mid 80s to low 90s.

A few mandatory items to always keep on hand during the summer are UV protected sunglasses, sunscreen with SPF of over 30, water (if you will be doing any outdoor activities) and of course a bathing suit and beach towel for when you want to go for a swim at THE BEACH!



Autumn (September - December)

Like spring, autumn is a time of year for dramatic changes. The green leaves which bloomed during the spring, will turn bright hues of orange, red and brown and begin to fall like rain from the trees (That's why most Americans refer to Autumn as "The Fall".) Luminous orange pumpkins dot the landscape as the wind wisps a tarmac of leaves covering the earth. It is a spectacular time of year!

Again like spring, autumn falls between two seasons with the greatest extremes of temperature, therefore experiencing elements of summer and winter. Temperatures tend to be in the 50s and 60s during the day, with quite cool temperatures at night. It is best to keep a light jacket handy at all times, as the temperature can fluctuate during the course of a day.



The other weather factor to be wary of during this time, is the wind. Blustery cool days are very common and extra care should be used when driving. Also, be aware that when it rains during autumn and the streets are covered with leaves, the leaves can make it quite slippery for one to walk or drive.



It also should be noted that snow could occur in the Northeast as early as Mid-November, although most of the accumulative snow will occur in the winter months.

Please note that on the last Sunday of October, Daylight Savings Time ends. Turn your clocks back one hour on this date. The best thing about this time change is that you feel like you are sleeping an extra hour on the days following the change; however, you lose an hour of daylight.

Winter (December – March)

If you enjoy cold temperatures with a biting wind and a fair accumulation of snow, then the Northeast is for you. Winter is the time of year where most recreation activities are done within the comforts of a nice heated room (preferably heated by a toasty fireplace), although you skiers, ice skaters, snowboarders and snow mobilers have plenty of Winter activity areas to keep your nose frosty.



During the winter, expect daytime temperatures to generally be in the upper 20s to high 30s with nighttime temperatures dipping into the low 20s. However, be prepared for temperatures to drop significantly during the heart of winter. Also factoring into the chill of this time is the wind. The wind will make already low temperatures feel much lower.



Purchase yourself a warm winter coat along with a hat, gloves, scarf and snow boots. To keep yourself warm, dress in layers of clothing.

Driving during the winter months is different from any other time of year. The main driving obstacles are snow, sleet, freezing rain and ice. Each of these can make driving hazardous, but it is manageable if you take proper precautions. First and foremost, if any of these weather conditions are occurring, slow down. Your safe arrival at your destination is most important, not how fast you can get there. Secondly, please keep an ice scraper in your car at all times, along with extra blankets and an emergency kit, should you become stranded.

Snow will begin to fall in measurable amounts in December. Snowfall amounts can range from a coating of the ground to a dozen or more inches, resulting from a more intense storm. Please follow the weather forecasts during this time especially. The forecasters can give you relatively accurate weather forecasts for days in advance. Purchase a snow shovel and a bag of rock salt for clearing snow and melting ice on your driveways and walkways.



Most apartment complexes and rental communities, provide snow removal services so you may not have to do the clearing yourself. But, if you are living in a private residence, please be aware that you are responsible for clearing a path on the sidewalk and will be the responsible party should you fail to do so and someone slips, falls and gets hurt on your property.

Two good weather information sites are www.weather.com and www.my-cast.com.