



**GAUDEAMUS
BOYS CHOIR**

**A COMMUNITY CHORAL &
VOICE PROGRAM FOR BOYS**

- New to Halton Hills this fall for boys ages 6 & up
- Small group weekly lessons, register with a friend
- Home studio on Chaplin Crescent in South Georgetown
- Daytime and after school lessons available
- Lesson groups are combined for *DYNAMIC CHORAL PERFORMANCES*

For audition information please contact:
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Gaudeamus ~ Let Us Rejoice!

**Enjoy the sun,
but beware of
its dangers**

Many of us can't wait for summer. After a long, cold winter, we look forward to getting outdoors and feeling the warmth of the sun. But too much sun can be harmful. Sunlight contains ultraviolet (UV) rays. Exposure to UV radiation is one of the main causes of skin cancer. It can also cause sunburn, premature skin aging and cataracts.

Protection from the sun is very important for both children and adults. A child's thin, sensitive skin is easily damaged by UV rays. Research shows that a blistering sunburn during childhood or adolescence plays an important role in the development of skin cancer later on in life. Repeated, lifelong sun exposure, however, leads to the most common forms of skin cancer that occur in the most exposed areas of the body, like the ears, nose, neck, and balding areas of the scalp.

According to the Canadian Cancer Society, anyone born today has a one in seven chance of developing skin cancer during his or her lifetime.

It is possible to enjoy the outdoors while in the sun if you follow some simple guidelines:

- Listen to the weather forecast daily to see how strong the sun will be. When the UV index is



rated three or higher, it is important to take precautions against the sun.



HealthNotes

- Limit time in the sun between 10 a.m. and 4 p.m., when the UV rays are the strongest.
- Look for or create shaded areas to do outdoor activities whenever possible.
- Wear clothing to protect as much of your skin as possible.
- Wear a hat with a wide brim.

See PROTECT, pg. 3

ColorYourWorld 

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GALLONS ONLY**

INTERIOR & EXTERIOR

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214 Guelph Street, Georgetown

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