

Music Mania, Stouffville's annual musical variety show, is being presented for the 42nd time this weekend. Dance troupe members, from left, David Taugher, Lisa St. Germain, Laurie Sider and Kim Heaslip perform on Thursday night. The final performance goes tonight at Stouffville District Secondary School.



STAFF PHOTO/MIKE BARRETT

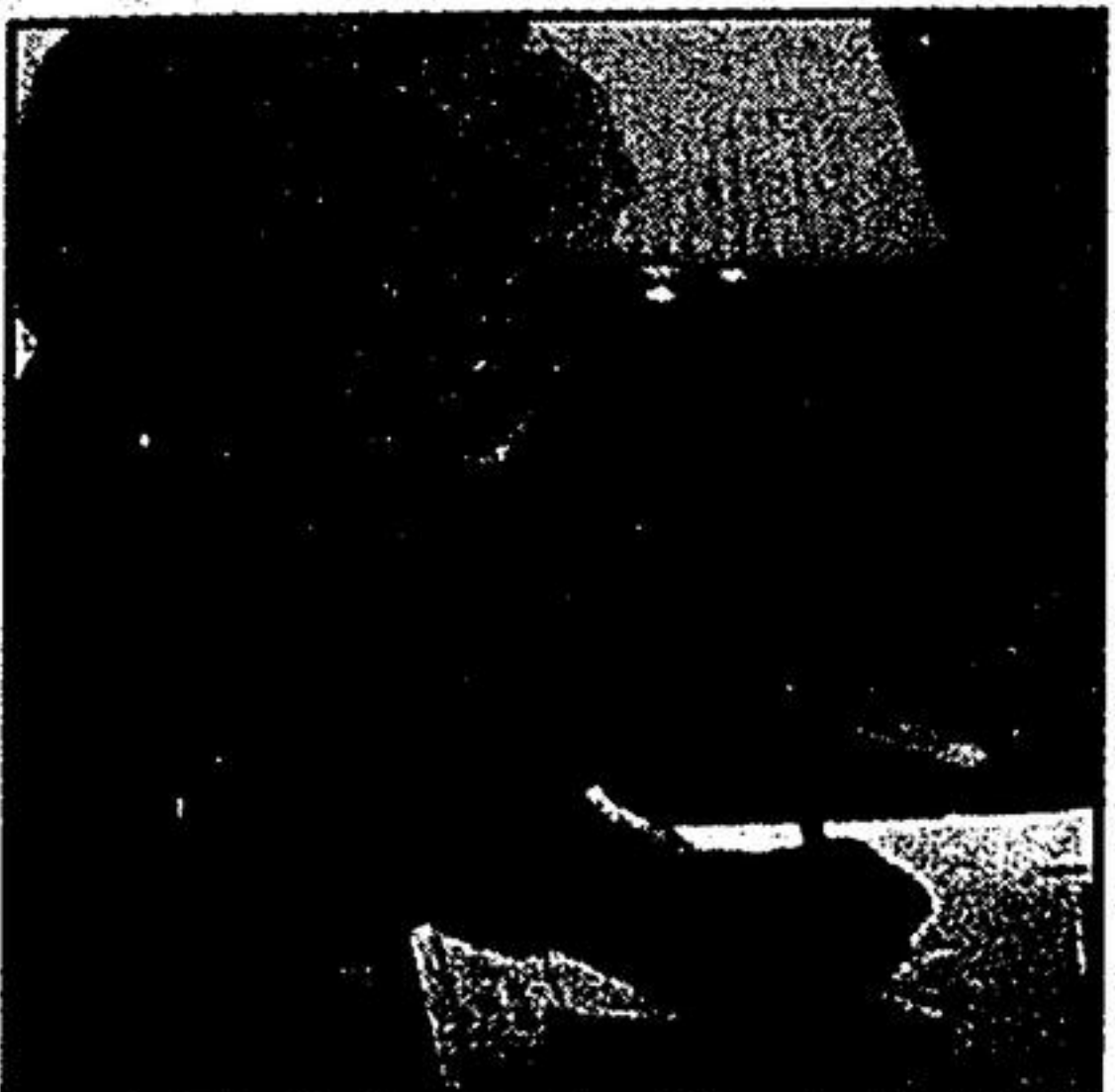


MARKHAM HYDRO
DISTRIBUTION INC.



Keeping You in Power

On May 1, 2002 The Electricity Market will Open to Competition.



Some things will change
You'll Have A Choice

In The Open Market, You'll Have Two Ways To Buy Electricity

Option 1: You can do nothing and Markham Hydro will buy power on your behalf from the competitive market and pass the costs through to you with no mark-up.

Option 2: You can purchase your electricity at a fixed rate from one of several licensed retailers.

In The Open Market

Your bill will be **fully unbundled** and costs shown as **Commodity, Distribution, Monthly Customer Charge, Non-Competitive Electricity Charges and Debt Retirement.**

Look in your next bill for a more detailed explanation.

Some things will not!!!

- Regardless of whom you buy your electrical energy from, Markham Hydro will still be there to deliver the same level of safe, secure and reliable electricity you've come to expect. We'll continue to respond to emergency interruptions and maintain the electrical distribution system.
- We'll still read your meters and calculate your bills, and we'll continue to supply your electricity commodity if you decide to stay with us.
- **Most importantly... we're still here to help.**

For more information on the Competitive Market

Visit our website at: www.markhamhydro.com

Feel free to contact our Customer Service Department at **905-477-3844**

Or Visit: Ontario Energy Board: www.oeb.gov.on.ca

The Ministry of Science and Technology: www.est.gov.on.ca

Electricity Distributors Association: www.eda-on.ca

You've trusted us in the **past**. You can count on us in the **future**.



Department of Paediatrics



Ask Dr. Bear

Preventive Health Care in the Summer Time

Dear Dr. Bear,

With the arrival of warmer weather, my family wants to spend more time outdoors. What do our kids need to watch for?

Yours truly,
Loving Parents

Dear Loving Parents,

Summer is surely a time for outdoor fun and games. However, there are definitely a lot of precautions that we need to take to prevent harm and ensure the safety of our kids. The four areas that we want to emphasize are sunburn, heat exhaustion / stroke, insect bite and accident prevention.

Basic good habits of sunburn prevention for kids:

- Gradually increase the time of sun exposure over several days in early spring so that the children's skin can have more melanin (dark pigments) for better protection.
- Stay indoors or in the shade during the hottest time of the day (10 a.m. to 2 p.m.). Even the best shade can only provide 50% protection.
- Watch out for hot surfaces such as pavement, metal slides and car doors.
- Wear sunglasses that specify UVA and UVB protection to prevent cataract and macular degeneration.
- Do the 3 S's (**slip, slap and stop**) – each episode of sunburn double our risk of skin cancer.
 1. **Slip** on a loose cotton T-shirt – cover as much skin as possible.
 2. **Slap** on a hat – it needs a large rim or flaps to shade or cover the nose, the ears, the nape of the neck and the cheeks.
 3. **Stop** on the sunscreen – it should have a SPF (Sun Protection Factor) of at least 30. It should be PABA free and protect against both UVA and UVB.

Sunscreen/Sun-block

- Should be applied even on overcast days because UV rays can penetrate through clouds.
- Should be re-applied every two to three hours and when the kids get out of the water.
- Should not miss the tips – nose, ears, fingers and toes.
- If the child is allergic to sunscreen chemicals, they can use block that only have Zinc Oxide and Titanium Dioxide such as the one by Marcelle. This is also very safe to use on children under 6 months old.
- Teenagers with acne should make sure the sunscreen specify non-comedogenic like the one by Neutrogena.

What are heat exhaustion and heat stroke?

Heat exhaustion happens when the body encounters excessively high temperatures that it is not used to managing. The body cannot maintain normal body temperature. The body temperature becomes high but is usually below 40 degree Celsius. **Symptoms** are headache, weakness, light-headedness, muscle cramps and agitation. Children are at higher risk because they have higher metabolic rate. Severe heat exhaustion will eventually lead to heat stroke.

Heat stroke is when organ damage is happening with high body temperature, usually higher than 40 degree Celsius. **The symptoms** will include confusion, hallucinations, bizarre behaviour, seizure and coma. They reflect brain damage.

Prevention of Heat Exhaustion

- Beware of the **heat index** – a measure of how hot we feel. It reflects both the temperature and the humidity of the environment.
 1. **32-40 degree Celsius:** possible heat exhaustion – avoid prolonged exertion outdoor.
 2. **40-54 degree Celsius:** moderate risk – avoid outdoor exertion.
 3. **>54 degree Celsius:** severe risk (extreme heat) – avoid activity.
- Increase intake of non-alcoholic, non-carbonated, caffeine free beverages such as cool water and juices.
- Wear clothing that is light color and loose fitting.
- Avoid outdoor in extreme heat and stay in air-conditioned places.
- Eat less food that increases metabolic activity/heat like protein. These foods increase water loss.

In the next letter from Dr. Bear, we will look into insect bite and accident prevention.

Yours truly,
Dr. Bear

Dr. Richard Wong graduated from medicine at the University of Calgary in 1983. He finished his general internship from Dalhousie University, Halifax in 1984. He finished his paediatric training from Hospital for Sick Children, Toronto in 1988. Since then, he has been serving in the town of Markham as a general paediatrician. He has been a paediatric consultant for Markham Stouffville Hospital since 1991. He has been also the medical director of MSI Professional Services International since 1999 to bring much needed services to undeserved areas of China.



Dr. Richard Wong

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