

A decorative border of black umbrellas surrounds the page. The umbrellas are arranged in a grid-like pattern, with some missing in the corners to form an open frame.

Dealing with Mother Nature

Hot Weather

- ☺ Wear lightweight and light colored clothing.
- ☺ Wear decent tennis shoes - **no sandals and no bare feet.**
- ☺ Wear socks.
- ☺ Wear sunglasses.
- ☺ Get and use a water squeeze bottle.
- ☺ Use and reapply sunscreen every day.
- ☺ Eat healthy food.

Cold Weather

- ☺ Wear layers of clothing.
- ☺ Brass players must be careful of frozen mouthpieces.
- ☺ Wear thermal underwear.