

Vale Middle School Reading Article

Sneaky Reasons You Get Zits

Instructions: COMPLETE ALL QUESTIONS AND MARGIN NOTES

Questions: Answer in COMPLETE SENTENCES unless otherwise instructed. Lists and charts are the exception and may be answered in phrases.

Read the following article carefully and **make notes in the margin** as you read.

Your notes should include:

- Comments that show that you **understand** the article. (A summary or statement of the main idea of important sections may serve this purpose.)
- Questions you have that show what you are **wondering** about as you read.
- Notes that differentiate between **fact** and **opinion**.
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Your **margin notes** are part of your score for this assessment.

Student _____ **Class Period** _____

Sneaky Reasons You Get Zits

Got acne or even just the occasional zit? Yeah, I'm with ya. Or at least I was, until I sat down with a few dermatologists to pin down all the many, many reasons I was breaking out. The shocker: I was doing sooo many things wrong, and I don't think I'm alone. So I figured I should share their top sneaky causes of acne so we can all have clear skin. No need to thank me.

But first, a random zit fact: did you know that acne-prone people are born with about four to five times more skin cells than the average person?! Crazy, right?

Sneaky Acne Cause No. 1: Pressure (literally)

Dermatologist Dr. Ava Shamban says there is -- get this -- pressure-induced acne. So if you're constantly talking on your cell phone, playing violin, resting your hand on your chin, you're giving your skin a double whammy. One, most of those surfaces are covered in bacteria. And two, the actual pressure of those things on your face can cause acne.

Sneaky Acne Cause No. 2: Pressure (figuratively)

You already know that stress can get your heart racing and your stomach churning, but did you know that it also increases hormones that can cause breakouts? While you can't realistically knock all the stress out of your life (ha, wouldn't that be nice?), you can try to relax and minimize the drama. Say it with me now, ohmmmmm ...

Sneaky Acne Cause No. 3: Your Pillowcase or Towel

This is a multi-dimensional problem. One, your face lies on your pillowcase for hours at a time, and if it's not clean you're basically pressing a bunch of dead skin and bacteria onto your skin (lovely). Same deal with your towel -- your skin

*Notes on my thoughts,
reactions and questions as I
read:*

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Whispering the Strategies of Language: An Emotional Journey through **Vale Middle School Article Answer Key**

In a digitally-driven world where displays reign great and immediate interaction drowns out the subtleties of language, the profound strategies and mental subtleties hidden within words frequently go unheard. Yet, nestled within the pages of **Vale Middle School Article Answer Key** a interesting fictional treasure pulsing with natural emotions, lies an extraordinary quest waiting to be undertaken. Published by an experienced wordsmith, that marvelous opus encourages visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very material of each word. Within the mental depths of the touching evaluation, we shall embark upon a sincere exploration of the book is core styles, dissect their interesting writing design, and fail to the powerful resonance it evokes strong within the recesses of readers hearts.

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web wake up 11 minutes before you roll out of bed shake off the rust and get your day started with wake up beginner

beginner various segments totaling 45 minutes

ddp yoga all episodes trakt - Dec 27 2021

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