

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**.
- Observations about how the **writer's strategies** (organization, word choice, perspective, support) and choices affect the article.

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:*

Vale Middle School Article Answer Key

Judd E. Hollander



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Embracing the Beat of Term: An Emotional Symphony within **Vale Middle School Article Answer Key**

In a world eaten by monitors and the ceaseless chatter of instantaneous interaction, the melodic elegance and psychological symphony created by the prepared term usually fade in to the background, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, situated within the pages of **Vale Middle School Article Answer Key** a charming literary value full of natural emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts viewers on a psychological trip, skillfully unraveling the hidden tunes and profound influence resonating within each carefully crafted phrase. Within the depths with this moving examination, we shall discover the book is central harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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