



Rowan County 4-H Newsletter

Summer 2024

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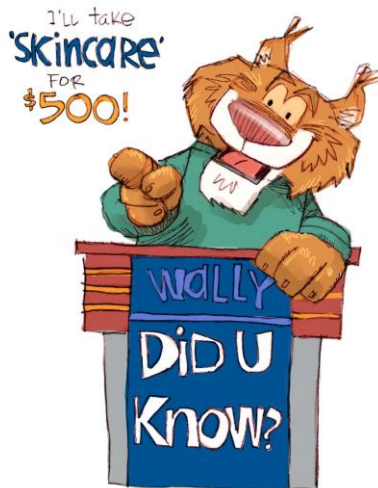
4-H Summer Activities



THE BUZZ ABOUT SKINCARE

What is the biggest organ in your body? You may be surprised to learn that it is your skin! That's right — the cells that cover your body make up your largest organ. There are many amazing facts about your skin and lots of ways to care for it. You may have heard or seen videos or commercials advertising skincare products lately. Maybe your friends have been talking about starting a skincare routine or using a special soap or lotion like they have seen on TV or social media videos.

It is important to take care of your skin. And making good choices about what kinds of things you use on your skin is important, too! Before you start using a good smelling soap or mixing up a lotion potion of your own, let's talk about skincare safety.



As a kid, you probably don't have wrinkles, sagging skin, or age spots (dark spots that can come up on your skin after lots of time in the

sun). Many of the skin products that you may have heard about, you probably don't need. The companies that make those products would love for you to buy them because they get more money! But they will not help your skin. What is worse, those products might even hurt your skin. Some products dry your skin out. If your skin does

not need to be dried out, it could make your skin itch or get a rash. Other products add oil to your skin. If your skin does not need more oil, it could cause you to have acne or pimples (bumps on your skin that can get infected).

So, what kind of skincare products do you need? There are a few things that could help keep your skin healthy and feeling good. Before you try any of these things, talk to your parent or another grown-up. They can help you pick out a product that is right for you.

• **Sunscreen:** Protecting your skin from the sun is the best way to prevent sunburns, sunspots, and wrinkles in the first place. There are some special kinds of sunscreen that can make it easier to put on your face, like a stick to rub on, or small brush to wipe sunscreen onto your face. Look for sunscreen that has at least SPF 30.

• **Gentle cleanser:** It is important to wash your face every day. While we use soap on the rest of our bodies, there are specific cleaners made for faces that are gentle. Use warm water to wet your face, rub the cleanser on in small circles, and always rinse well.

• **Moisturizer:** Like lotion for the rest of your body, moisturizer helps keep the skin on your face from getting too dry or itchy. Unlike lotion that we use on the rest of our body, face moisturizer is not oily. Some people do not need face moisturizer, depending on their skin type.

It is good to want to take care of your skin and your body, to stay healthy and feel your best! Just remember that it probably doesn't take lots of products or a complicated routine to do so. While it may be fun to talk with your friends about what they use to stay healthy, you may not need the same things. Your skin is unique to you, after all! If you have questions or concerns about your skin, or what products are right for you, talk to your parents or caregiver, or ask your doctor at your next visit.

Source: *UK Health Bulletin July 2024*

VEGETABLE WORD SEARCH PUZZLE

Use the word bank to find the hidden vegetables.

Words can be found going straight across, up and down, diagonally or backwards.

Word Bank

Bell Pepper
Broccoli
Cabbage
Cauliflower
Eggplant
Kale
Mushroom
Onion
Radishes
Turnip

W	H	T	H	A	I	H	T	B	D	S	T	X	I	V	K
P	C	X	U	Q	C	N	G	M	E	K	C	J	H	O	C
V	A	R	O	P	A	S	L	B	B	S	R	D	O	E	A
A	B	P	S	L	Z	N	O	I	N	O	I	C	C	B	U
F	B	N	P	B	J	K	E	R	T	E	S	Q	D	M	C
W	A	G	B	A	U	F	B	Q	C	D	G	F	M	U	N
L	G	I	E	O	I	F	D	H	A	J	F	H	M	S	E
E	E	S	L	O	K	N	I	R	I	M	I	L	J	H	A
Q	R	G	L	C	A	U	L	I	F	L	O	W	E	R	O
T	H	E	P	W	L	A	J	E	O	X	H	Y	K	O	D
S	F	V	E	N	E	Q	Y	C	L	T	K	A	Q	O	P
O	P	M	P	Z	C	Z	C	O	M	U	L	O	R	M	R
O	P	K	P	A	Y	O	C	P	N	R	G	V	A	G	U
M	P	O	E	Z	R	H	A	W	D	N	N	C	M	T	T
L	E	O	R	B	O	X	R	A	D	I	S	H	E	S	H
A	C	B	U	P	N	C	X	V	B	P	K	J	I	B	U

