

COMING SOON to your LCNFC...

- Thanksgiving Day Dinner (11-24)
- Angels of Love Distribution (12-18)
- Christmas Day Dinner (12-25)

Drive-In Movie

GIANT SCREEN!



and concert!

FREE!

Saturday, October 1
 5 p.m.—Games and music
 7 p.m.—Movie
United Way Center

FREE!

Rain location: Foundation for Youth (405 Hope Avenue)

Want to know MORE???

Call the Council for Youth Development at **314-3858!**

Sponsored by
 The Council for Youth Development
 and The Teen Council



What Else is Goin' on in October?



HALLOWEEN MOVIE! Tuesday, October 4, 6 p.m., Yes Cinema. Join us at the cinema for a FREE family-oriented Halloween movie! Special treats also! A great family night for the entire family.



PUMPKIN CARVING! Tuesday, October 25, 6 p.m., 9th Street Park. What fun! Celebrate Fall with all kinds of fun—pumpkin carving, crafts and snacks! If the weather is bad, we will meet at Lincoln

kidscommons connection...

- Happenings at our children's museum downtown...
- Explore! Create! Collaborate!
- **GRAND OPENING**
- **OCTOBER 1–12 to 5 p.m.!!!**
- In our new location at 309 Washington St.!
- **FREE ADMISSION!!!**
- Effective October 4—new hours!
- Tuesday through Saturday—10 a.m. to 5 p.m.
- Sunday—1 to 5 p.m.
- Admission is \$6 per person for ages 1-99
- Call for more info at 378-3046 or
- www.kidscommons.org

Taking Charge of Your Health

Who among us has not looked in the mirror and seen the blemish we were sure would ruin our day, if not our life? Three out of four teenagers have some acne, and some adults continue to have acne into their twenties, thirties and forties!

When hair follicles in the skin become plugged with a combination of sebum (fat) and cellular material, a pimple results.

In teens, acne is linked to hormonal activity and often occurs on the face, back, chest, and upper arms. Adult acne shows up mainly on the face.

Good news? Acne eventually goes away. Bad news? It doesn't go away overnight!

Self-Care Tips

- Wash your face once or twice daily with the cleanser of your choice.
- Use an "acne" cream or lotion.
- Use a moisturizer labeled noncomedogenic (this has been tested and found not to cause pimples).
- Don't open your pimples unless your health care provider has given you instructions on how to do it correctly.

If you have additional questions about acne, you can also contact your doctor or Columbus Regional Hospital's Ask-A-Nurse at 379-1210 or 1-800-365-0202.