

Hand-picked and hand-placed



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Record-Herald Staff

“Mommy, why do I have freckles?” My daughter asked, while I brushed her hair in front of the mirror.

Same reason I do, kiddo. Red hair, sunshine... and a whole lot of good luck.

That’s the simple answer. Of course, I don’t do simple well, so I had to explain the scientific factors, most of which I had previously researched for no reason whatsoever, other than my own curiosity.

For those wondering, some people are more likely to get freckles than others; it depends on genetics and skin type.

Genetics determine who will develop freckles based on the type of melanin their body produces. That sounds boring...and freckles are NOT boring.

“Freckles are hand-picked and hand-placed by God.”

I read that somewhere when I was younger, and it stuck. I used to hate my freckles in my younger years. Didn’t much care for my hair color either, but those polka dots across my nose... those were not warmly welcomed.



These freckles are my favorite.



where my freckles came from, genetically speaking. Neither of my parents are specifically fair-skinned. Luck.

No one is actually born with “polka dots.” They 100% come from sun exposure.

And I do spend a lot of time in the sun.

Sunshine, after all, is my favorite.

Fun fact: 80% of redheads have freckles. That’s kinda neat. But then we have my boy, who has brown hair, with a nice spread of freckles himself. So regardless of hair color, anyone can have freckles, but the darker the skin, the less they show... and I guess redheads are noticed more.

Makes sense. It’s also a fact that UV rays in sunlight activate the freckle producer-- Hello, spring and summer. Hello, freckles.

Pro tip: Wear sunscreen (everyone); freckle faces tend to

be most sensitive to sun exposure.

(Solely for your information, contrary to popular belief, not all redheads sunburn easily--self included. Thank goodness.)

Another fun fact: In Medieval times, I’d be considered a witch with my freckled face, which is quite interesting.

I wrote a report about this for a class once--freckles were known as witches’ marks. I find this kinda neat, but I’m sure my daughter wouldn’t, so I left that part out.

Now that I have my own little freckle faced girl and boy, I realize just how precious those little dots can be.

Last year, my then-six-year-old came home from school and said, “Someone told me princesses don’t have freckles!”

They are very, very wrong. “Those perfectly scattered marks on your beautiful face are 100% hand-picked and hand-placed by God.”

And they are perfect.

[Also, did you know freckles tattoos are a thing? People want to PAY for freckles. Who would’ve thought!?!]

Be safe in the sun, always

METRO CREATIVE CONNECTION

A relaxing day outdoors soaking up some of the sun’s rays is how many people prefer to spend their free time when the weather allows. It’s important that people take protective measures before going outside. According to the American Cancer Society, most skin cancers are the result of exposure to ultraviolet rays in sunlight. UV rays are a type of radiation that do not have enough energy to penetrate deeply into the body. As a result, they primarily affect the skin. Overexposure to these rays can lead to skin cancer.

Protection from UV rays

The ACS notes that there are no safe UV rays, so it’s imperative that people take UV protection seriously. The following are some of the many ways to protect your-

self while still enjoying sunny days outdoors.

- Go out at the right times of day. The ACS notes that UV rays are at their strongest in the middle of the day between the hours of 10 a.m. and 4 p.m., so staying inside during these hours can protect the skin. This is especially important in the spring and summer, as the ACS says UV rays are stronger during these seasons than other times of year.

- Employ the shadow test when going outside. It may not seem especially scientific, but the shadow test is a simple way for anyone to gauge how strong UV rays from the sun are at any given moment. According to the ACS, if your shadow is shorter than you, that means the sun’s rays are at their strongest.

- Apply sunscreen early and reapply often. The ACS recommends using sunscreens with broad spectrum protection that protect the skin from both UVA and UVB rays, and

applying them before leaving the house and reapplying often while outdoors. When choosing a sunscreen, choose one with a minimum sun protection factor, or SPF, of 30. Understanding SPF can help people recognize the importance of reapplication. When an SPF 30 product is applied correctly, a person gets the equivalent of one minute of UVB exposure for each 30 minutes he or she spends in the sun. So one hour in the sun wearing SPF 30 sunscreen is the same as spending two minutes totally unprotected. Reapplying SPF 30 sunscreen often can ensure you are protected at all times.

- Wear a hat. Hats with a brim that is at least two to three inches all around protects vulnerable areas such as the eyes, forehead, nose, ears, and scalp. Sun protection is important year-round, and especially so during spring and summer.

The Ten Commandments

- Thou shalt have no other gods before me.
- Thou shalt not make unto thee any graven image.
- Thou shalt not take the name of the Lord thy God in vain.
- Remember the Sabbath day to keep it holy.
- Honor thy father and thy mother. Thou shalt not kill.
- Thou shalt not commit adultery. Thou shalt not steal.
- Thou shalt not bear false witness against thy neighbour.
- Thou shalt not covet.

(Exodus 20:3-17)

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