## **CLEAN YOUR EARS**

Let's talk earwax--you know that horrible tasting stuff that comes out of your ear. Don't pretend you never tasted it, this raccoon knows better.

## **FLIP OVER FOR YOUR NEXT CHALLENGE**



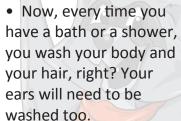
**EARN THIS NUGGET** 

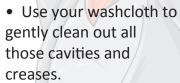
Wash your ears on four separate occasions over a two week period.

Well, first let me tell you, earwax is your friend. It's there for a good reason and you want it to stay there because it protects your ear from infection and critters that might want to crawl in there. Ever heard of an earwig? I don't think they actually crawl in people's ears, but boy is that a creepy thought. So, anyway, we are not getting rid of all the earwax, just the stuff that people can see.

• First, you are not going to use Q-tips or anything like that. In fact, you'll not use anything other

than your finger and a warm washcloth.





• Finally, with your wet fingers, you can push your finger a little way into your ear (not too



far) to make sure you've cleaned out any wax that was about to fall out.

And that's as simple as it is.

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