# he around town paper online

Advertising, Design & Marketing by Blue Raven

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'Never worry about the size of your Christmas tree.' December 15, 2021 Vol. 02 No.36



### A Christmas Story (1983) Trivia

- 1. Which department store has the item in its window that Ralphie wants?
- 2. Which Christmas gift does Ralphie want so bad?
- 3. What TV station runs A Christmas Story for 48 hours straight from Christmas Eve to Christmas day?
- 4. In what state does A Christmas Story take place?
- 5. Who gets their tongue stuck to the iced pole?

#### Miracle on 34th Street (1947) Trivia

- 1. In what city did the 1947 film Miracle on 34th Street take place?
- 2. Not including TV movies, how many Miracle on 34th Street movies are there?
- 3. Who is put on trial?
- 4. What month was the 1947 film Miracle on 34th Street released?
- 5. At what department store does Kris Kringle work at?



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4. June. 6. Macy's.

Miracle on 34th Street (1947) Trivia Answers 1. New York City. 2. Two. 3. Kris Kringle. 3.TNT. 4.Indiana. 5.Flick.

Ralphie wants a Daisy "Red Ryder," a carbine-action, 200-shot, range-model air ritle. A Christmas Story (1983) Trivia Answers 1. The gift Ralphie wants is in Higbee's. 2.







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### Simplify Your Schedule

Simplifying your schedule and busyness of the day may be crucial to avoid burnout.

For many, life is a hodgepodge of never-ending commitments. Yet few of us can be truly healthy or happy without regular periods of downtime. While there is nothing inherently wrong with busyness,

those of us who over-commit or over-extend ourselves potentially face exhaustion and burnout. When you feel overwhelmed by your commitments, examining your

motivation for taking on so many obligations can help you understand why you feel compelled to do so much. You may discover that you are being driven by fear that no one else will do the job or guilt that you aren't doing enough. To regain your equilibrium and clear the clutter from your calendar, simplify your life by establishing limits regarding what you will and will not do based on your personal priorities.

Determining where your priorities lie can be as easy as making two lists: one that outlines all those obligations that are vital to your wellbeing, such as work, meditation, and exercise, and another that describes everything you do that is not directly related to your wellbeing. Although there will likely be items in the latter list that excite your passion or bring you joy, you may discover that you devote a large portion of your time to unnecessary activities. To simplify your schedule, consider which of these unnecessary activities add little value to your life and edit them from your agenda. Remember that you may need to ask for help, say no firmly, or delegate responsibility in order to distance yourself from such encumbrances. However, as you divest yourself of non-vital obligations that cause you stress, serve no purpose, or rob you of opportunities to refresh yourself, you will feel more energetic and enthusiastic about life in general.

If simplifying your schedule seems prohibitively difficult and you still feel pressed to take on more, try imagining how each new commitment will impact your life before saying yes. When you consider the hassle associated with superfluous obligations, you may be surprised to see that your schedule is impeding your attempts to grow as an individual. Your willingness to pare down your agenda, no matter how gradual your progress, will empower you to retake active control of the life that defines you.



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