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**Express Yourself!**  
Sunday at 3 PM Pacific  
**December 23rd 2018: Scattering Kindness at Christmas and New Year**

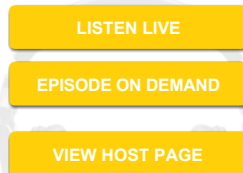
Christmas is about community, friends, and family. Jack Pawlakos and Kenneth Jeon ring the Christmas bells and herald in the New Year. In 20/20 Vision, Kenneth talks about how Christmastime provides an interesting setting for films. Besides the classics, he especially likes the special narrative elements of Home Alone, Gremlins, Batman Returns, and as a non-conventional Christmas movie, he recommends The Empire Strikes Back. Guest, Karen Kitchell, reads her chapter, The Gift of Adoption, from the book, Be the Star You Are! Millennials to Boomers Celebrating Gifts of Positive Voices in a Changi

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### Featured Guest



#### Karen Kitchel

Karen Kitchel (The Gift of Adoption and The Gift of Mentoring) is passionate about scattering kindness. As President of the Cheerful Givers nonprofit organization, she helped to bring birthday gifts to more than one million less fortunate children.

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