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Tuesdays at noon PT on VoiceAmerica Kids



Express Yourself!
Tuesday at 12 Noon Pacific
July 22nd 2014: Being Busy with Actor Alyvia Alyn

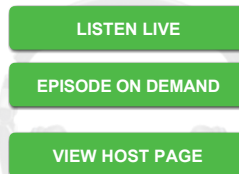
Is being busy a good or bad thing? Our teens believe that being overwhelmed is bad while doing what you love is great-even if it means being super busy. How do we find the time to do it all? Hosts Youngjoo Ahn and Clare Durant lead the discussion on our American obsession with constantly "doing and being so busy!" Techie Talk reporter, Caiseen Kelley shares two apps that have helped her family, friends, and self keep on task while eliminating the stress of a hectic schedule. In The Big Picture, Clare reminds us about the importance of play to avoid burn out. Special guest, six year old actress

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