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Express Yourself!

Express Yourself! Tuesday at 12 Noon Pacific January 13th 2015:How to Be Helpful!

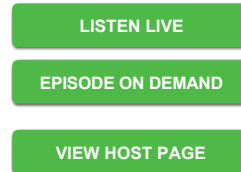
Each day brings an opportunity to enliven, inspire, and elevate other people's lives. The question is, how are you going to find the big and small ways to be caring and helpful? Hosts Henna Hundal and Asya Gonzalez explore what it means to act with altruism, to fulfill our civic virtues, to be our neighbor's keeper, and to be our most benevolent selves. The Gift of Giving reporter, Katelyn Darrow, shares stories from her life that inspired her to create Angels of God charity and encourages acts of kindness every day. For a fresh perspective on the topic, the youngest person ever to audition fo

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Tuesday at 12 Noon Pacific Time on
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Featured Guest

Guest Image

Sam Casey

Sam Casey is the youngest reporter on Express Yourself!™ Together with his gaming cousin Eddie, the two lads have created a segment called Game Boys. Sam loves cats, rats, jumping jacks, and aspires to be an actor. Eddie would like to play video games 24/7!

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