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Time spent unhappy is wasted.

January 26, 2022



- 1. What unusual toy became a bit of a craze in 1975?
- 2. What groundbreaking piece of portable technology did Sony release in 1979?
- 3. Can you name the car that was the most produced car in the world in 1972?
- 4. Which company, now one of the biggest in the

world, was founded in 1975?

- 5. In 1979, who told us 'I Will Survive'?
- 6. David Bowie had many alter egos. Whowas his 1970's alter ego called?
- 7. The film Grease was released in the 1970's. What was the best-selling single from the soundtrack?
- 8. What is the name of the cocktail that Rupert Holmes enjoyed getting caught in the rain with, back in 1979?
- 9. What was the boat called in the movie Jaws?
- 10. Complete the advertising slogan 'gee, your hair smells ____'?





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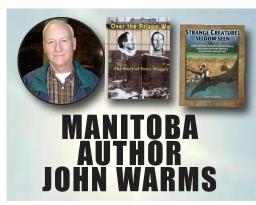




















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DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BLIZZARD

COLD

DRIFT

FLURRY

FROSTY

FROZEN

ICE CRYSTAL

ICE SKATE

ICEBERG

It's Snow Time

Word Search



IGLOO MELT PACK PLOW POWDER SHOVEL

VXUZ

ICICLE

YDK

D

SKI

SLIPPERY

SNOW FORT

SNOWBALL

SNOWBANK

SNOWBOARD

SNOWMAN

STICKY

SUB-ZERO

WHITE



Learning to Slow Down

When we rush through our days and lives, we fail to notice the simple beauty of living.

Throughout our lives, we are taught to value speed and getting things done quickly. We learn that doing is more valuable than merely being, and that making the most of life is a matter of forging ahead at a hurried pace. Yet as we lurch forward in search of some elusive sense of fulfillment, we find ourselves feeling increasingly harried and

disconnected. More importantly, we fail to notice the simple beauty of living. When we learn to slow down, we rediscover the significance of seemingly inconsequential aspects of life. Mealtimes become meditative celebrations of nourishment. A job well-done becomes a source of profound pleasure, no matter what the nature of our labors. In essence, we give ourselves the gift of time -- time to indulge our curiosity, to enjoy the moment, to appreciate worldly wonders, to sit and think, to connect with others, and to explore our inner landscapes more fully.

A life savored slowly need not be passive, inefficient, or slothful. Conducting ourselves at a slower pace enables us to be selective in how we spend our time and to fully appreciate each passing moment. Slowness can even be a boon in situations that seem to demand haste. When we pace ourselves for even a few moments as we address urgent matters, we can center ourselves before moving ahead with our plans. Embracing simplicity allows us to gradually purge from our lives those commitments and activities that do not benefit us in some way. The extra time we consequently gain can seem like vast, empty stretches of wasted potential. But as we learn to slow down, we soon realize that eliminating unnecessary rapidity from our experiences allows us to fill that time in a constructive, fulfilling, and agreeable way. We can relish our morning rituals, linger over quality time with loved ones, immerse ourselves wholeheartedly in our work, and take advantage of opportunities to nurture ourselves every single day.

You may find it challenging to avoid giving in to the temptation to rush, particularly if you have acclimated to a world of split-second communication, cell phones, email and overflowing agendas. Yet the sense of continuous accomplishment you lose when you slow down will quickly be replaced by feelings of magnificent contentment. Your relaxed tempo will open your mind and heart to deeper levels of awareness that help you discover the true gloriousness of being alive.



Answers: 1. The pet rock. 2. The Walkman 3. The VW Beetle 4. Microsoft 5. Gloria Gaynor 6. Ziggy Stardust 7. You're the One that I Want 8. Pina Colada 9. The Orca 10. Terrific

BOGGLE GAME

Find as many words as possible from the group of jumbled letters.

