



Gary M. George, AMP

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Janet Marie Norman, AMP

**TRIVIA**

1. Traditionally, does the oldest or youngest family member open the first present?
2. What carol demands figgy pudding?
3. What song was originally titled "One Horse Open Sleigh"?
4. What holiday film annually appears on television more than 300 times?
5. In It's A Wonderful Life, what two friends share their names with two Sesame Street characters?
6. What country started the tradition of exchanging gifts?
7. What are tiny, inexpensive gifts usually called?
8. What non-smoking association sponsors Christmas seals?
9. What is the most popular tree topper?
10. What does the nutcracker become after killing the Mouse King?

- .....
- Answers:**
- |                                    |                       |
|------------------------------------|-----------------------|
| 1. The youngest child              | 5. Bert and Ernie     |
| 2. "We Wish You a Merry Christmas" | 6. Italy (Romans)     |
| 3. "Jingle Bells"                  | 7. Stocking Stuffers  |
| 4. It's a Wonderful Life           | 8. Lung Association   |
|                                    | 9. Angel              |
|                                    | 10. A handsome prince |

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## EXERCISE

The Lamaze class was in full swing. The instructor was teaching the women how to breathe properly, along with informing the men how to give the necessary assurances at this stage of the plan.

The teacher then announced, "Ladies, exercise is good for you. Walking is especially beneficial. And, gentlemen, it wouldn't hurt you to take the time to go walking with your partner!"

The room got really quiet. Finally, a man in the middle of the group raised his hand.

"Yes," replied the teacher.

"Is it alright if she carries a golf bag while we walk?"

## EXPENSIVE HOTEL

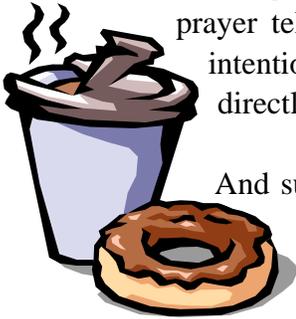
During my stay at an expensive hotel in New York City, I woke up in the middle of the night with an upset stomach. I called room service and ordered some soda crackers. When I looked at the charge slip, I was furious. I called room service and raged, "I know I'm in a luxury hotel, but \$11.50 for six crackers is ridiculous!"

"The crackers are complimentary," the voice at the other end coolly explained. "I believe you are complaining about your room number."

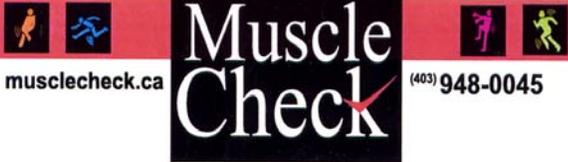
## Diets and Donuts

A very devout man who was very over weight decided to go on a diet. One of his main problems with eating was that he would stop for donuts every morning on the way to work. So to make things easier for himself, he changed his route to work to avoid the temptation of stopping. As the weeks went by he started losing a lot of weight and was receiving compliments from his friends and co-workers.

Then one morning without thinking, he accidentally turned onto the road which would take him by the donut shop. At first he was going to turn around but then he thought to himself, "Maybe the Lord is rewarding me for my efforts." So, he said a short prayer telling the Lord that if this was His true intention, let there be an open parking place directly in front of the shop.



And sure enough, on the fifth time around the block there was an open spot right up front.!

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- Albert Einstein

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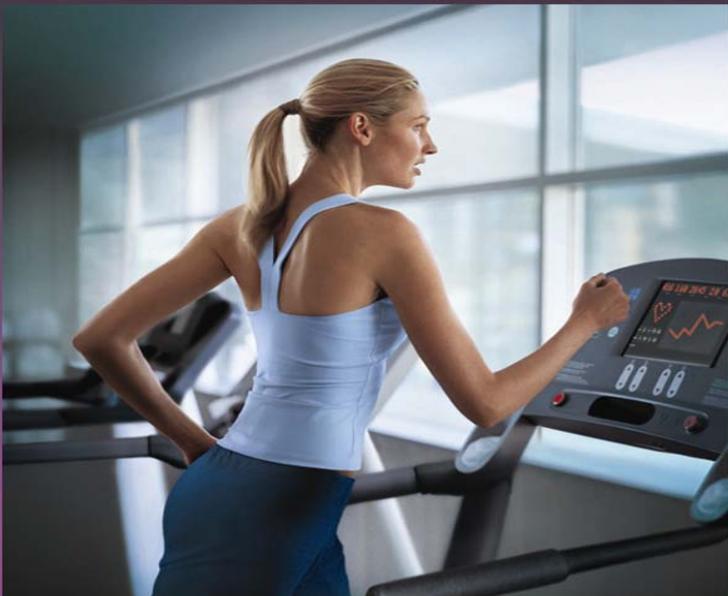
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questions.*

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### Dieter's Psalm

Strict is my diet. I must not want.  
 It maketh me to lie down at night hungry.  
 It leadeth me past the confectioners.  
 It trieth my willpower.  
 It leadeth me in the paths of alteration  
 for my figure's sake.  
 Yea, though I walk through the aisles  
 of the pastry department, I will  
 buy no sweetrolls for they  
 are fattening.  
 The cakes and the pies, they tempt me.  
 Before me is a table set with  
 green beans and lettuce.  
 I filleth my stomach with liquids,  
 My day's quota runneth over.  
 Surely calorie and weight charts will  
 follow me all the days of my life,  
 And I will dwell in the fear of scales forever.

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