

NEWSLETTER FOR THE RESIDENTS OF THE BEE CAVE AREA

VOLUME 10, ISSUE 9 SEPTEMBER 2019



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# HILL COUNTRY GALLERIA SEPTEMBER EVENTS & HAPPENINGS

#### SATURDAY NIGHT CONCERT SERIES RETURNS FOR THE FALL September 14, 21, 28, and October 5 and 12 from 7 p.m. to 9.m.

Hill Country Galleria, premier lifestyle center located west of downtown Austin in the beautiful Texas Hill Country, is excited to announce the return of its Saturday Night Concert Series. Kicking off on September 14 with The Peterson Brothers, this music series will be hosted by Austin City Limits Radio and features local favorites such as Charlie Mars, Bob Scheinder, and Fastball, and Guy Forsyth and Jeska Bailey Band. The concerts take place in the Central Plaza and guests are encouraged to bring a blanket or lawn chairs to lounge on the grassy lawn during the show. Admission is free and dogs are welcome.

#### Fall Lineup:

- September 14 -- The Peterson Brothers
- September 21 -- Charlie Mars
- September 28 -- Bob Schneider
- October 5 -- Fastball
- October 12 -- Guy Forsyth and Jeska Bailey Band

#### CC4C RUN TO UPLIFT Sunday, September 22 at 8 a.m.

Cheyanna's Champions 4 Children (CC4C) is hosting their annual Run To Uplift on Sunday, Sept 22. Participants are invited to walk or run along a 2.62 mile course to help raise funds and promote awareness for CC4C children and families. The CC4C is a beloved and anticipated event at the Hill Country Galleria with over 600 annual attendees. Participants can register here: http://cc4c.org/run-to-uplift

#### CONTRACOMMON PRESENTS: HEATWAVE Saturday and Sunday, September 14,15, 21, and 22 from 12 p.m. to 6 p.m.

ContraCommon is proud to present HEATWAVE, a group exhibition of new works by resident artists. HEATWAVE will

run on weekends through September 22, 2019. HEATWAVE signals the end of another hot Texas summer while premiering exciting multidisciplinary art by a collective of up-and-coming makers. Visitors will enjoy a range of work including paintings, drawings, photography and multimedia installations by featured artists Dan Adams, Taylor Bailey, Monica "MB" Bushong, Marcella Colavecchio, Rachel Spits, Bradford Smitherman, and Lloyd Wyse.

#### ANNUAL ST. JUDE'S CREATE-A-PEPPER EVENT AT CHILI'S

#### August 29 through September 30

Join Chili's in the Hill Country Galleria as they kick off the annual St. Jude's Create-A-Pepper event. The event continues all month long with special events each night and special server assistants, including the local fire department and the Bee Cave Police Department. All profits from the last day, September 30, will be donated to St. Jude's.

#### ONGOING: LONE STAR FARMERS MARKET Sundays, September 1, 8, 15, 22, 29 from 10 a.m. to 2 p.m.

\*Note: Hill Country Galleria will open at 12 p.m. on Sundays, with some restaurants and services opening earlier.

Hill Country Galleria is home to The Lone Star Farmers Market. This event hosts the same great vendors as before and also offer face painting and other kids' activities along with live music. Rain or shine, The Lone Star Farmers Market will be there, providing local produce to the community. More information can be found at www.lonestarfarmersmarket.com

#### ONGOING: CAMP GLADIATOR FREE WORKOUTS Saturdays, September 7, 14, 21, 28 at 9 a.m.

Camp Gladiator is hosting anyone over the age of 14 for free workouts in the Galleria's Central Plaza every Saturday. Join Camp Gladiator to experience their boot camp-style community workouts. Recommended to bring water, a towel and a mat.

Hill Country Galleria 12700 Hill Country Blvd. Bee Cave, TX 78738 www.hillcountrygalleria.com Hours: Monday through Saturday: 10 a.m. to 9 p.m. Sunday: 12 p.m. to 6 p.m.

# **IMPORTANT NUMBERS**

#### **EMERGENCY NUMBERS**

EMERGENCY		
Fire		
Ambulance		
Police Department	512-314-7590	
Sheriff – Non-Emergency		
Travis County ESD No.6/Lake Travis Fire Rescue		
Administration Office	512-266-2533	
Travis County Animal Control	512-972-6060	

#### SCHOOLS

Lake Travis ISD	
Lake Travis High School	
Lake Travis Middle School	
Lake Travis Elementary	
Hudson Bend Middle School	
Lake Pointe Elementary	
Lakeway Elementary	
Serene Hills Elementary	
Bee Cave Elementary	512-533-6250
West Cypress Elementary	512-533-7500

#### UTILITIES

Travis County WCID # 17	
Lakeway MUD	
Hurst Creek MUD	
Austin Energy	
Pedernales Electric	
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
Time Warner Cable	
Customer Service	
Repairs	
Austin/Travis County Hazardous Waste	

#### **OTHER NUMBERS**

Bee Cave City Hall	
Bee Cave Library	
Municipal Court	
Lake Travis Postal Office	
Baylor Scott & White Medical Center	
City of Bee Cave	.www.beecavetexas.com

#### NEWSLETTER PUBLISHER

Peel, Inc.	
Editor	beecave@peelinc.com
Advertising	

### Lake Travis Rotary Club Installs New President And Board JIM GENTIL TAKES ANOTHER TURN AT THE HELM

Jim Gentil, long-time Lakeway resident, recently took the helm of the Lakeway/Lake Travis Rotary Club. This is the second time around for Jim; he led the club 19 years ago and stepped up to the challenge again this past July. The Board also includes President Elect Morgan McMillian, Vice President Brian Besch, Secretary Tammy Bower-Yorty, Treasurer Thomas Burlew, Membership Chair Andy Rebber, Projects Chair Donna Gunn, Rotary International Foundation Chair Melinda Osburn and Public Relations Chair Kris Shelstad.

For 27 years, the Lakeway/Lake Travis Rotary Club has been a center of service in our community. Chartered in 1992, the Lakeway/Lake Travis Club merged with the Bee Cave Rotary Club in 2017, forming todays Lake Travis area wide club. This is one of over 35,000 club worldwide; the worlds largest service organization.

If you would like more information about this topic, please contact Kris Shelstad, at 512-626-9972 or email at ltrotarypresident@gmail.com.

### The Church At Lake Travis Welcomes New Pastor

The Church at Lake Travis (www.churchLT.com) is pleased to announce the arrival of their new pastor, Marco Broccardo. Marco began pastoral leadership on Monday, August 19, 2019. The Church at Lake Travis has a history of loving the Lake Travis community. This church is active in the community and has partnerships with several local organizations. The church welcomes people from all backgrounds to experience a vibrant community of faith.

Marco Broccardo, as the new leader, is an exciting addition. Marco is a gifted leader and teacher who has a deep love of Jesus Christ and the work of the Holy Spirit is evident in his life. He is the husband to Cat for 18 years and the father of 3 children, Alessio (13), Dino (10), and Arabella (4). His experience as an "ex" drug addict (clean for over 20 years now) includes helping people overcome addiction, leading churches in Johannesburg, South Africa, and climbing some of the highest mountains in the world. Marco and Cat feel called by God to know Jesus Christ and make Him known in Lakeway, Austin, Texas, the

United States, and the World. Marco & Cat's purpose in life is to

glorify Jesus and to raise up leaders by discipling and equipping them so that they can be released into what the Lord is calling them into.

If you would like to connect with Marco you can do so by email to marco@churchLT.com

## **TexARTS Professional Series Presents Little Shop of Horrors** October 4- October 20, 2019

The TexARTS Professional Series presents Little Shop of Horrors with book and lyrics by Howard Ashman and music by Alan Menken. Performances take place October 4-20, 2019 at the Kam & James Morris Theatre in Lakeway.

Broadway's J. Quinton Johnson returns to TexARTS to make his directorial debut. Since performing as Sky Masterson in TexARTS' 2015 production of Guys and Dolls, Johnson has made his Broadway debut in Hamilton and originated the role of Bobby Marrow in Tony-Nominated Choir Boy. From ABC's musical reboot of Dirty Dancing to Amazon Studios feature Last Flag Flying opposite Bryan Cranston, Steve Carrell, and Laurence Fishburne; Johnson has an impressive theatrical and film resume to which he can now add directing to.

Joining the creative team is Val Williams as choreographer. Williams was last seen in TexARTS' The Unexpected Guest and has choreographed TexARTS Academy shows. Lyn Koenning serves as the music director for the production. Last heard in Xanadu, Koenning has also worked on The Marvelous Wonderettes and Smokey Joe's Cafe at TexARTS.

The delicious sci-fi smash musical, Little Shop Of Horrors has devoured the hearts of theatre goers for over 30 years. The rock musical was inspired by the much darker and far less intentionally campy 1960 Roger Corman film of the same name.



Michael Wheeler



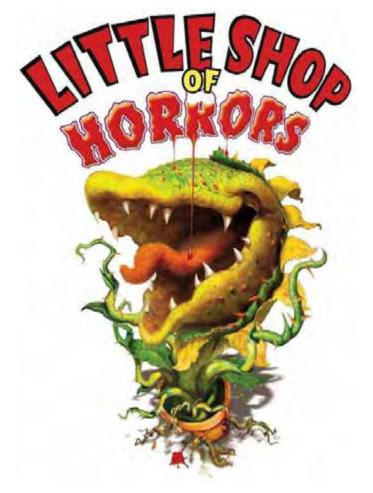
Leigh Sauvageau

The cast features Michael Wheeler (Grease, Whorehouse) as Seymour, Leigh Sauvageau as Audrey, Andrew Cannata (I'll Be Seeing You) as Orin Scrivello, Ben Gibson (Annie) as Mr. Mushnik, Roderick Sanford (Smokey Joe's, Whorehouse) as the voice of Audrey II, Makayla Perez as Ronnette, Caleigh Wilson as Crystal, and Paige Harvey as Chiffon

The creative team includes Emily Gilardi (Costume Design), Alison Lewis (Lighting Design), Andrew Twenter (Sound Design), Clara Cable (Properties Design), and Sarah Hudson (Stage Manager).

The Champagne Opening Night performance is Friday, October 4 beginning at 7:30PM. Following the performance there will be a champagne toast and opening night reception with the cast and creatives.

All performances are held at the intimate Kam & James Morris Theatre at TexARTS' Erin Doherty Studios, 2300 Lohman's Spur, Suite #160, Lakeway, TX. The lounge opens one hour prior to curtain and offers beer, wine, and light snacks.



Show times: October 4, 5, 10, 11, 12, 17, 18 and 19 at 7:30pm and October 6, 13, 19 and 20 at 2:00pm.

Single tickets start at \$43. Reserved seats are available by calling TexARTS Box Office at 512-852-9079 x101 or at www.tex-arts.org. Box Office hours are from 11am-5pm Monday-Friday. This show is recommended for ages 10 and up and parking is free. Group rates for groups of 10 or more are available by contacting the Box Office. Run time is about 120 minutes.

The TexARTS Professional Series is now in its fifth season. Following Little Shop of Horrors will be the holiday cabaret, A Cool Yule (December 13-21). Wrapping up the season is The Marvelous Wonderettes: Dream On (February 14- March 1.)

Under the executive leadership of Jarret Mallon, TexARTS strives to bring high-quality entertainment and arts education to the Lake Travis Community. Offering a season of professional productions and a performing and visual arts academy, the organization pursues a mission of serving as an arts education and performance destination that builds character, professionalism, and careers. TexARTS is proud to employ hundreds of professional regional actors, musicians and artistic staff living here in Austin.

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> Contact Matt Peacock at mattbp61@gmail.com to get involved

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### Lake Travis Film Festival 2020



LAKEWAY, TX – The inaugural Lake Travis Film Festival, aimed at showcasing visionary films and screenplays from around the globe, will take place February 27 - March 1, 2020 at gorgeous locations across Lakeway and Bee Cave.

A red carpet event will set the festival in motion on Thursday February 27 at the Lakeway Resort and Spa. That evening, two films will screen at the resort, followed by intimate Q&A's with the filmmakers. On Friday, the Lakeway Resort and Spa will

house film screenings, Q&A's and table reads of some screenplays. On February 29, the Lakeway Activity Center or High 5 will screen a variety of films.

Visiting filmmakers and guests will have the opportunity to stay at a plethora of options in Lakeway and Bee Cave, including some of the finest hotels in the area. Rooms will be available Thursday February 27 – Saturday February 29 at the Lakeway Resort and Spa, Hampton Inn, Holiday Inn, Mountain Star Resort and Sonesta Bee Cave Austin.

Saturday night the festival will host a photography retrospective of Van Redin at the Bee Cave Arts Foundation followed by the "Where the Stars Come to Shine" awards ceremony at the Sonesta hotel. More venues are still being announced.

As we prepare to launch this festival, we are offering 100 people our Founding Membership – valued at \$250 – for \$100. Founding Members will have exclusive access to events and screenings in our Countdown to ONE series, advance access to tickets, discounts on badges, as well as free admission to our reveal party in January. Reach the membership coordinator online for more details. Membership@laketravisfilmfestival.com



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<u>Bee Cave Messenger</u>

### LT Senior Services Announces October Aging Well Expo and 50+ Job Fair

Lake Travis Community Resource LT Senior Services to Host Free Aging Well Expo Featuring a Variety of Speakers, 40 Exhibitors and Job Fair Co-Sponsored by AustinUp.

LT Senior Services is excited to provide save the date information for its Aging Well Expo that will take place at the Lakeway Activity Center on October 29, 2019. The Job Fair is from 9:00am-11:00am and the Aging Well Expo is from 11:30am-4:00pm.

The Aging Well Expo will feature a variety of exhibitors offering ideas, products, solutions, and more for aging well. The event is free to attendees and includes complimentary lunch provided by Legacy Oaks of Lakeway. In addition to the exhibitors, the Expo offered three different speakers including Lakeway Mayor Sandy Cox; Lunch Bites Speakers and Rob Faubion of AGE speaking on "Attitudes on Aging in Central Texas".

Before the Aging Well Expo, LT Senior Services is co-sponsoring a 50+ Job Fair with Austin Up that will feature a variety of employers looking for employees seeking part-time or full-time employment.

More about the hosts:

LT Senior Services is a non-profit organization founded in 2018 as a Lake Travis resource to serve and engage Aging Adults and their

families in the community. In addition to bi-monthly seminars, LT Senior Services has monthly membership meetings, offers resource information on their website to various area businesses and nonprofits, publishes a weekly blog, recently launched an App on the Apple App Store and Google Play, and has plans for more in the future. More information can be found at www.LTSeniorServices.org.





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# Health and Wellness Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



#### 1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

#### 2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

#### 3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

#### 4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level

#### 5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

#### 6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

#### 7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)





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# HOME DECOR 101

### **Decorating with Bold Colors**

**F**rom dark and moody to vibrant and bold, colorful design is gaining favor among homeowners ditching safe, neutral palettes to create more daring, dramatic spaces.



Decorating with deeply saturated colors can be intimidating. Explore these ideas to welcome more bold colors into your home and create inviting spaces for living and entertaining.

#### WALLS OF COLOR

Say goodbye to beige and embrace the bold color trend by enhancing walls with hues that make a statement. The trick is to avoid making colors so loud that the space loses its stylish appeal. Bold doesn't necessarily mean bright, so look for muted variations of the shades you prefer. Also remember that when it comes to design, there is such a thing as too much. If painting all the walls in a space will close it in or make it feel lost in the dark, try adding color in more subtle ways, such as an accent wall (or two), or painting the ceiling as your accent. Another option for implementing vibrant wall color: stick to smaller rooms, where the bold look is less likely to be overwhelming.



**Unexpected Pops of Color** 

Designers often talk about adding pops of color to bring together a palette, but there are no real rules about where those color enhancements can or should be. Introducing vibrant color in unexpected places can be an

especially impactful way to stylize a room. One example is with a skylight blind, which provides a decorative element while also allowing for light control. If you prefer a trendy option like combining dark colors with metallic accents, consider options such as a metallic gold skylight blind from Velux to connect to the room decor below. More than 80 color and pattern choices heighten the drama of a skylight blind, and you can choose from features like room darkening, light filtering and Venetian-style blinds to add function as well.

#### (Continued from Page 10)

#### ILLUMINATE COLOR WITH NATURAL LIGHT

When decorating with statement colors, remember that lighting can make a significant difference in the overall aesthetic. In addition to lighting fixtures, be sure to incorporate plenty of natural light to bring out the best in those bold hues.

To bring natural light deeper into the space, consider skylights as an option with a solution such as Velux No Leak Solar Powered Fresh Air Skylights, which can bathe the space in natural light and open to bring in fresh air. Another smart way to capture natural light is by installing an option like Sun Tunnel skylights. With their low-profile design, they create a sleek appearance, and installation is also quick and easy. Learn more at whyskylights.com.

#### BOLD FURNISHINGS

An often overlooked but essential component of design is the furniture. Creating a colorful, inviting room doesn't stop with the walls and floors; what's in the room can bring the colors to life. Think of the space and all its contents, not just the architectural components, as your canvas for creating the space you envision. If you're hesitant to invest in a pricy couch in a trendy hue, a compromise might come in the form of a richly colored accent table or chair.

#### CREATIVE CABINETRY

Traditional wood grain cabinetry sometimes gives way to far more creative color schemes in kitchens and bathrooms. While white is still a popular choice, and can even be considered bold in the right setting, true color on cabinets is also gaining traction among homeowners. With the right backsplash, countertops and flooring, you can safely install cabinets in a uniform color throughout the kitchen, but another on-trend option is to reserve the color for an island base or just one wall of cabinets. You could even mix and match colors on the tops and bottoms. Detail elements like the hardware provide another opportunity for a bold look. You can enhance the room's design with standout pulls that lend extra vibrance to the space.

#### FABRIC WITH FLAIR

Textiles provide nearly unlimited options to balance a bold design. Using lighter fabrics for elements such as draperies, upholstery, rugs and decorative pillows can soften the feel of a room with bold tones. Look for subtle patterns that pull in hints of the deeper hue to bring the look together, or simply coordinate shades from complementary color families.





First comes the proposal then comes the wedding planning. There are dozens of decisions that need to be made before it's time to walk down the aisle, which can be overwhelming for brides and grooms.

To help make it less stressful, these tips from Macy's can help couples through the entire wedding-planning process, from ontrend apparel and accessories for the entire wedding party to all the essentials to create a perfect registry.

#### Dressing the Ladies

When it comes to bridesmaid dresses, the mix-and-match approach is trending in popularity. Start by deciding on a color palette, such as lilac, champagne and petal pink. Then have each bridesmaid choose her favorite style within that range of hues. Bring it all together by choosing a uniform look for makeup, shoes and accessories.

There is no better time to thank the ladies than the morning of the big day. A few thoughtful gifts can go a long way, such as matching robes, tumblers to stay hydrated throughout the day and cosmetic cases to stow makeup essentials.

#### Dressing the Gents

Similar to bridesmaid dresses, groomsmen attire can be dependent

on the venue and overall event aesthetic. While a suit can fit the bill for a country club wedding, a city affair may call for the sleek finishes of a tux. Tuxedo accessories, such as cuff links or bow ties, make great groomsmen gifts and are classic pieces they can use time and time again.

#### **Creating the Perfect Registry**

When building a registry, it's never too early to start. People want to give gifts as soon as they know a couple is engaged. Start by taking inventory of what you already have, what you need and what you want to upgrade. It's also recommended to update the registry regularly so there are enough gifts to choose from, especially if there is an engagement party and bridal shower coming up. To get started, some popular registry items include stand mixers, craft beer glasses, Dutch ovens, bath towels and vacuums. For extra guidance, couples can speak to advisors who can help with the full registry building process at Macy's stores.

For more wedding ideas and inspiration, and to find the right attire and gifts for your wedding planning, visit macys.com.



As kids head back to school, it's important to provide them with the necessary resources to succeed. As a parent, you can take steps to put your kids on the path toward a successful school year.

To help your children put the best foot forward, consider these suggestions from The Salvation Army, which operates hundreds of low-cost after-school programs for kids of all ages in low-income neighborhoods across the country and understands the importance of setting children up for success all year.

*Get back into a routine.* During the summer months, family routines tend to slide, especially morning rituals and bedtime habits. A few weeks before school starts, begin transitioning your way back to a normal school schedule. A gentle progression toward earlier bed and wake-up times is easier on kids physically and mentally. Try adjusting by 15 minutes each day until you reach the optimal schedule for your family. Remember that routines aren't just about the clock, though. If there are certain steps that are part of the school year routine, such as packing lunches and laying out clothes for the next day before bed, make those part of your transition plan, too.

*Set a good example.* Kids learn important behavioral lessons by watching the adults in their lives. The back-to-school season provides many opportunities to demonstrate compassion and social responsibility. For example, giving back to an organization like The Salvation Army helps provide funding for programs that support the educational needs of children who otherwise may not have access to the same resources.

**Research resources for homework help.** Discovering your child is struggling in school can be overwhelming. You'll want to be able to pull in help as quickly as possible, so it's a good idea to research resources in your area that can help provide support outside the classroom. Your school likely has some options available, but it's a good idea to also look into tutoring programs and other community services that encourage literacy and study skills as well as provide one-on-one assistance with homework and school assignments.

*Get organized.* The first few weeks of school typically bring plenty of change and adjustment. You can help manage the stress by creating

some structure. Use a wall calendar to keep track of school start and dismissal times, bus pick-up and drop-off times, after school activities and other appointments. Review lunch menus and plan ahead so you're not finding out at bedtime that you need to pack a home lunch in the morning. Stock up on breakfast foods and make time to catch up on laundry before school begins so hunger and wayward socks don't derail your mornings.

*Explore extra-curricular programs.* With the new school year comes numerous ways to enrich your kids' social and cognitive development. Extra-curricular activities let kids continue practicing skills even after the school bell rings, but in a fun environment so they may not even realize they're still learning and cultivating healthy, safe relationships with friends. In addition to sports and clubs, a wide array of music and art education activities may be available that focus on everything from choir, band and dancing to drawing, writing and acting.

*Set goals.* Begin the school year by encouraging your children to take ownership and pride in their learning. Talk about goals like reading a certain number of books each month or earning grades that reflect

their highest potential. Get kids motivated by designing goal boards or charts that can serve as daily reminders and track their progress. For larger goals, consider setting milestones so they can celebrate progress along the way and stay motivated for a big finish.

Learn more about educational and giving opportunities in your community at SalvationArmyUSA. org.

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