

Creative Cardio is a showprep community. Here's a few stories you can add to your prep this week!

San Diego hit it's goal of helping 1000 homeless vets find permanent housing. Neat story about solutions:

<https://www.sunnyskyz.com/good-news/2418/San-Diego-Hits-Goal-Of-Helping-1-000-Homeless-Veterans-Find-Housing>

Wondering what candy to pick for the harvest party/trunk or treat event? Here's the most popular candy in each state:

<https://www.thrillist.com/news/nation/favorite-halloween-candy-by-state>

This car dealer gave a FREE truck to a veteran who saved dozens of wounded people after the Las Vegas attack. The funny part of the story is that Taylor Winston saw a truck with the keys in the ignition and he "borrowed it" to take the wounded irectly to the hospital.

<http://www.fox5vegas.com/story/36552443/gilbert-dealership-gives-free-truck-to-veteran-who-saved-dozens-during-vegas-shooting>

Joseph Badame was a survivalists who stocked up on dry food, fuel, generators, thousands of rolls of paper towel & toilet paper so they would be ready if a disaster hit his family. However, he decided Puerto Rico needed his supplies a lot more! Here's his story:

<https://www.sunnyskyz.com/good-news/2417/Doomsday-Prepper-Filled-His-Basement-With-Food-And-Then-Decided-Puerto-Ricans-Need-It-More>

I can quit anytime I want right? Seven signs you are definitely hooked on coffee! (This is fun!)

<http://www.firstforwomen.com/posts/7-signs-you-re-hooked-on-coffee-143700>

She almost gave up. This woman called herself a serial failed dieter, but she lost 147 pounds! Here's her story:

<http://www.firstforwomen.com/posts/woman-who-called-herself-a-serial-failed-dieter-loses-147-pounds-143844>

Napa Valley fires continue to burn; 10 dead, thousands in shelters. There's also wildfire in Orange County, California too. Near Disneyland!

<https://www.usatoday.com/story/news/2017/10/10/napa-fires-continue-burn/748931001/>

Over 100 people are still missing in the California wildfires: [https://www.nbcnews.com/storyline/western-wildfires/one-killed-major-wildfires-ignite-overnight-across-northern-california-n809206?icid=today\\_hp\\_NBCtopheadlines](https://www.nbcnews.com/storyline/western-wildfires/one-killed-major-wildfires-ignite-overnight-across-northern-california-n809206?icid=today_hp_NBCtopheadlines)

For this homeless man, playing Union Station's free piano brings respect and an appreciative crowd: <http://www.latimes.com/entertainment/arts/miranda/la-et-cam-piano-man-union-station-20171009-story.html>

Watch this marine surprise his mom at a family reunion: <https://www.today.com/video/watch-this-marine-surprise-his-mom-at-family-reunion-1068021827604>

If you'd like to do a 30 day trial of CreativeCardio.com showprep, click here and see what we do!

[https://www.youtube.com/watch?time\\_continue=2&v=WJuKJQLCFuQ](https://www.youtube.com/watch?time_continue=2&v=WJuKJQLCFuQ)