

# Volunteer Tips

## Take the First Step

If you have ever wanted to do a marathon but didn't know where to start, the American Heart Association can give you a helping hand with their Start! Training program ([www.starttrainingla.org](http://www.starttrainingla.org)), personalized training geared for all ages and skill levels. Start now to get prepped for February's Pasadena Marathon and/or the L.A. Marathon in March. There's a \$100 program fee for participants that goes towards the \$500 participants are asked to raise.

## "Canstruction" Something Unique

The Society for Design Administration has organized another "Canstruction." Teams of designers, builders, architects and engineers design and create impressive structures (on display 8 a.m.-6 p.m. Oct. 15-Nov. 6, 5900 Wilshire Blvd., L.A.) using only cans of food, which are later donated to the Los Angeles Regional Foodbank. The public can donate cans of food or money, though exhibit viewing is free. 562-972-8702, [www.canstructionla.com](http://www.canstructionla.com).

## Kids Can Dance, Parents Can Text

Although Baby Loves Disco isn't hosting toddler sock hops on a monthly basis anymore, its first-ever tour will be stopping in both L.A. and Orange County (see calendar for specific dates and times). Their fund-raising program



This "Canstruction" is built for charity.

gathers donations for Alex's Lemonade Stand Foundation, dedicated to children's cancer research. To make a \$10 donation, text "Lemonade disco" to 85944. To learn more, go to [www.babylovesmusic.com](http://www.babylovesmusic.com).

## A Mini Art Show With Maxi Goals

On Oct. 23, the Art Center College of Design's South Campus Gallery will host the Mini Show from 8-11 p.m., 950 S. Raymond Ave., Pasadena. 100% of the proceeds from this exhibit of high-quality, affordable work (priced no more than \$300) goes to the Mini Lai Scholarship Fund (<http://minilai.com>), which grants \$1,500 scholarships to deserving ACCD illustration students.

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