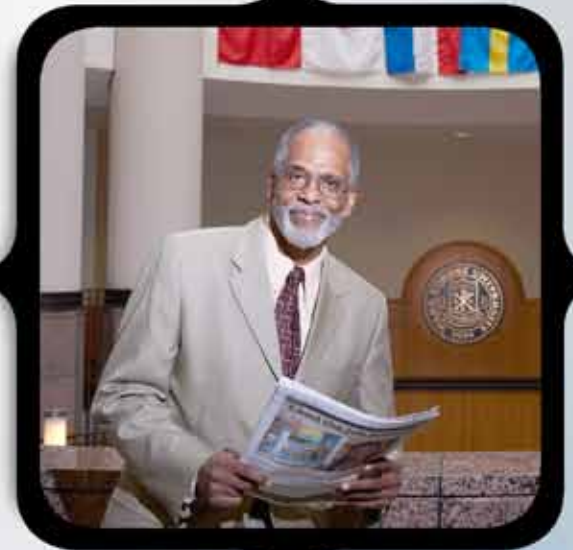


# SPARK

THE BEST OF YOUR LIFE

AUGUST 2019



**7** over **Seventy**

**7 OVER SEVENTY**  
**SPARK'S ANNUAL SENIOR AWARDS**

**APPLE ORCHARDS**  
**AND RECIPES**

**STEPS TO ACHIEVING AN**  
**ORGANIZED PANTRY**