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The long road back: Recovery and redevelopment. Once the immediate threat of a natural disaster passes and relief efforts conclude, a second, more drawn out, phase begins: a rebuild that can often only be done by those on the ground who understand the local context. Residents of Texas, South Florida and other affected areas may be returning home to find out that...
They no longer have habitable housing or a job. Using a Goodness solution like Benevity’s, they can easily re-deploy part of their corporate grants budget to offer special matching opportunities for employees. For example, by reallocating $50,000 of a grants budget toward an employee matching campaign, companies that already match donations at 100% can increase their matching rate and turn that money into $150,000. In The Long Run, Long runs don't have to be agony. With these tips, you can make them more palatable - mentally and physically. By Hal Higdon. 01/06/2002. The long run is the staple of every distance runner's diet. If you're training for a marathon, for example, you're going to have to do some long runs. Consuming gels and bars during the long runs speeds recovery,