

Doin' the Cycle Recycle

By Lee Borrowman

Tom Preston recalls a day over seven years ago: "It was 'Big Garbage Day,'" he says, referring to what is now the Contra Costa County Solid Waste Authority's bi-annual Re-Use and Clean-Up Day. "There were old bikes everywhere, and we thought, 'there must be a better use for these.'"

Ever since, Bobbie and Tom Preston have annually collected repairable bikes for refurbishing by the inmates at the Marsh Creek Detention Facility. Inmates participating in the Fa-

cility's Woodshop Program not only give over 1300 wooden toys to local charitable organizations each year, they also fix up two- and three-wheeled treasures.

The repaired bikes will be given out at Christmas to underprivileged children throughout the county, through such community organizations as Cambridge Community Center and the Volunteer Center.

Over 500 bikes have been retrieved from the Preston's home by the Contra Costa County Sheriff and delivered to

Marsh Creek for repair. "Not only do the kids get the gift of a bike," says Preston, "the inmates learn the marketable skill of bicycle repair."

New and/or used repairable bikes may be delivered to the side driveway of the Preston's home through the month of November only: 1307 Larch Avenue, Moraga. Tricycles and junior bikes are the most needed. You don't have to call ahead to drop off a bike, but if you need more information you may call 376-8474.

PILATES, YOGA, RECONDITIONING

You are cordially invited to...

**ABSolute Center's Grand Re-Opening Celebration to benefit
St. Jude Children's Research Hospital**

Thursday, November 8th

4:30 p.m. Chamber Ribbon Cutting

5:30 p.m. – 8:00 p.m. Cocktail Reception with special performances by the Pilates Demo Team

Special Grand Opening Week, November 2nd – 8th

With your donation, enjoy any of our scheduled classes* or Celebration Classes listed below:

- Monday, November 5th 1:00 p.m. & 7:00 p.m. - Combo Class: Pilates, Yoga, and Reconditioning
- Tuesday, November 6th 1:00 p.m. & 7:00 p.m. - Intro to Reformer (limited to six people)
- Wednesday, November 7th 1:00 p.m. & 7:00 p.m. - Combo Class: Pilates, Yoga, & Reconditioning

Please contact ABSolute Center for further inquiries at 925.299.9642

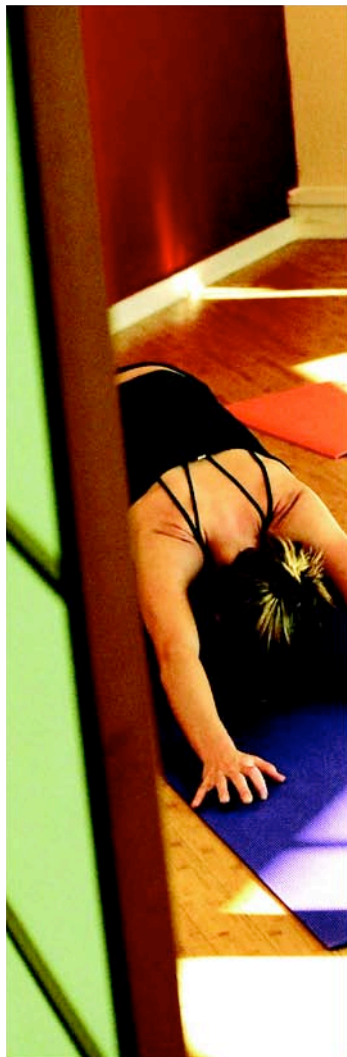
* See our web site for scheduled classes www.absolutecenter.net

All Charitable contributions will benefit St. Jude Children's Research Hospital



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