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Bay Area Athletic Club



A
Newer
Brighter
Nursery
For
Your
Kids
To
Enjoy....

Boot Camp
w/ Angie Now on:
Mondays 6:00-6:45pm
And
Thursdays 5:30-

Free Adult Guest
Do you have a friend you'd like to treat to a free visit to the club? Then bring them in on...
November :
Saturday 10th
Friday 23rd
For permanent card members only. One adult guest 18+ per member contract. (any other guests may pay a guest fee of \$7. Unaccompanied walk-in non-members pay a day use fee of \$10.



Cristina Schrader - Morning daycare



The delightful Jim Bell retires!

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BAAC
will be closed
Thanksgiving Day.
Thursday November
22nd.
Have a Happy Holiday

CHEERS JIM!



Jim Bell retires at 88!

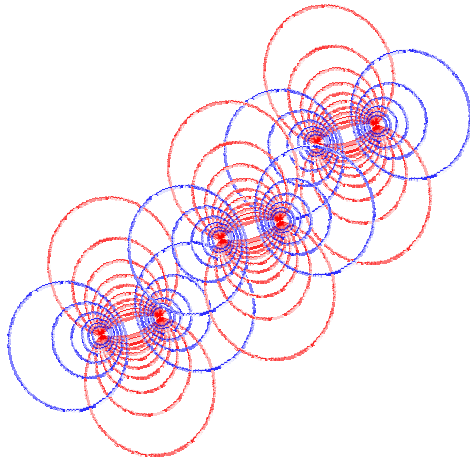
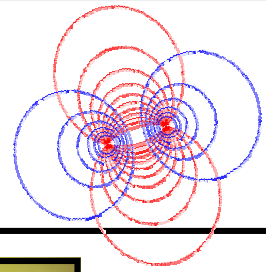
Someone quadruple my age has inspired, motivated, and taught me that real genuine kindness and compassion still exists. Countless times one will meet someone that was *nice*, but how many times does a person meet someone and say “Wow..they were so sweet!” That’s the reaction I got when I first met Mr. Jim Bell, and this first impression has stuck like glue. He never fails to make one feel appreciated and important, whoever they are. His smile is warm, friendly and very contagious. His energy is high, sometimes surpassing my own, and I am 19 years old! Working with him was easy, as his sweet nature and grace was never forced and always appreciated. I feel lucky that I was able to work with him for the time that I did, because he has taught me a very important lesson. He has taught me that even the smallest smile can transform one’s entire day to a higher level that you may not even imagine. Cheers to you Mr. Bell!

-Jacque Seaman



New splashes of color add fun to the nursery!

It was recently painted yellow and decorated with some awesome wall art.



New Faces!

Jessica Owens

Age: 17

Hobbies: Snowboarding, tennis, reading, shopping

Fave Exercise: Elliptical machine

Ty Whitley

Age: 17

Hobbies: Love to surf, skin board, snowboarding, going to the beach, dancing and hanging out with friends.

Fave Exercise: Dancing and working out with my mom.



A new mural warms things up at the front counter!

Designed and painted by Renee I. Freidin.



Heartburn

When to seek medical advice

Most problems with heartburn are fleeting and mild. But if you have severe or frequent discomfort, you may be developing complications that need more intensive medical treatment and prescription medications. Talk to your doctor if you have:

- Heartburn several times a week
- Heartburn that returns soon after your antacid wears off
- Heartburn that wakes you up at night

You may need further medical care, possibly even surgery, if you experience any of these:

- Symptoms that persist even though you're taking prescription heartburn medications
- Difficulty swallowing
- Regurgitated blood or black material
- Stool that's black
- Weight loss

Floss Your Teeth

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who don't? Thought for the day: Floss and be your body's boss.



Spiced Pumpkin Bread

1/2 cup butter, unsalted
 2 large eggs
 nonstick cooking spray
 1 cup brown sugar, firmly packed
 1 cup canned pumpkin
 1 teaspoon freshly grated ginger root
 2 cups flour
 1/2 teaspoon baking soda
 2 teaspoons baking powder
 1/2 teaspoon salt
 1/2 teaspoon ground cinnamon
 1/2 teaspoon ground nutmeg
 1/2 teaspoon allspice
 1/2 cup low-fat buttermilk



pu-
gin-
der

1. Remove the butter and the eggs from the refrigerator to allow them to come to room temperature. Preheat the oven to 350°F and coat two 9" loaf pans with nonstick spray.
2. Place the butter in a mixing bowl and beat at high speed with an electric mixer for 30 seconds. Gradually add the sugar and continue to beat until the mixture is pale yellow and very fluffy.
3. On low speed, add the eggs one at a time. Add the pumpkin puree and ginger and mix again.
4. Sift the flour, baking soda, baking powder, salt, cinnamon, nutmeg and allspice together.
5. Fold in half of the flour mixture. Stir in the buttermilk. Fold in the rest of the flour mixture. The batter should be smooth, be careful to not overmix.
6. Pour the batter into the prepared pans.
7. Bake until the loaves are golden brown and set in the center, about 40 to 45 minutes. Check for doneness by inserting a paring knife into the center of each bread; if the blade comes out dry, the bread is done.



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