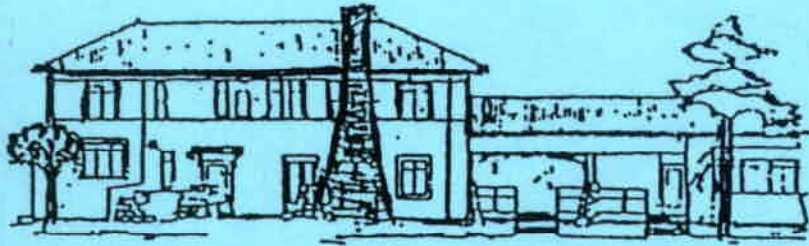


The ASC Reporter

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From our Director: **Claudia J. Curry**

We are in the mist of Summer and we can expect a lot of hot weather. I just want to remind you that when the temperature is high, prolonged sun exposure may cause dehydration, heat cramps, heat exhaustion and heat stroke. If you plan to be out doors, please take precautions to protect yourself from the heat. Wear light, loose fitting clothing. Drink water often and avoid drinking alcohol. During peak heat hours stay in an air conditioned area. If you don't have air conditioning in you home, visit public facilities such as a cooling center, shopping malls, parks and libraries to stay cool. Stay out of the sun if you don't need to be in it. Let's have a safe and fun filled summer.

Remember our Annual Health & Information Fair September 29, from 8:30am to 12:30pm. We are expecting many vendors and screeners. There will be give-aways, a free Continental breakfast and door prizes. This year we have also added an Arts and Craft's Section. We anticipate this year being better than last year. I look forward to seeing you there.

As usual, I will close with a quote:

Don't believe all you hear, spend all you have and sleep all you want.

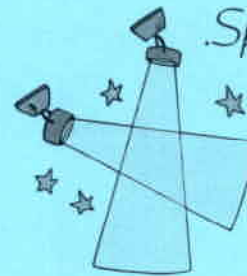
Have a great summer.

Treat people as if they were what they ought to be and you will help them become what they are capable of becoming.

— Goethe

In this issue:

Page 2 Up-coming Events, Movies
Page 3 Calendar
Page 4 Birthdays
Page 5 More Events, ARA, Recycled Teenagers



Spotlight on



Kimiko Hino

Meet Kimiko Hino, a delightful member of the Altadena Senior Center. This month she will celebrate her 93rd Birthday. She was born on September 22, 1914 in Medford, Oregon. Kimiko is also a world traveler. In April 2007 she went to Japan for a 7 day visit with family and friends, many of whom she had not seen for over 75 years, including two of her sisters. She recalled that instead of a 10 hour trip by air, it took ten days by boat when she was a girl.

Kimiko is the oldest of eight children. When she was five years old, she went to Japan with her family, and attended school. In 1931, she traveled to California to marry and raise a family, residing in Southern California to the present day.

During the 1950's when Japan was going through difficult times, she sent packages of flour, sugar, coffee and cocoa to the folks back home. Her family greatly appreciated her help after the war.

On her 85th and 88th birthdays, some of her family came from Japan to celebrate with her many children, grandchildren and great grandchildren.

Since moving to Altadena from Sierra Madre two years ago, she has enjoyed her lunches at the Altadena Senior Center every week, and especially the party at the end of the month. She looks forward to choosing a colorful scarf to wear and sitting with friends. It seems that the activities at the Center have made her younger than before. Happy Birthday, Kimiko, and many, many more!