

July 8, 2013

Weekly Mission



SERVERY SUMMER HOURS

through 8/1/2013

Monday through Thursday:

Breakfast: 9 AM - 11:30 AM

Lunch: 11:30 AM - 2 PM

Friday:

Closed

Cappuccino Cart:

Closed for the Summer session



INDOOR BADMINTON Thursdays 6-9pm

Where: Los Angeles Mission College Health, Fitness and Athletics Complex (HFAC) located on the new East Campus 12890 Harding Street, Sylmar, CA 91342 cross street is Eldridge.

How much: \$4.00 per person - 3rd person in your party will get 50% discount on admission meaning that he/she will only have to pay \$2. Also, any kids under 10 years of age get in free.

Contact Steve Ruys at 818.364.7891 or 818.364.7621,

email: ruyssc@lamission.edu

2nd contact Pong Nimnual at 310.877.3951 or pongnim@yahoo.com

For more info, go to: www.sportforallages.com







Los Angeles Mission College Sheriff Station



Bicycle Theft Prevention

PREVENTING BIKE THEFT

Bike theft is an unfortunate reality in our society. With ridership growing rapidly, the opportunity for bike theft inevitably grows with it. It's estimated that each year somewhere between 800,000 and two million bicycles (approx. \$50 million in value) are stolen. On college campuses, those chances increase. Our research shows that a four-year college student has a 53% chance of having his or her bike stolen. But it doesn't have to be this way. You can help change these statistics by taking the simple steps listed below.

LOCKING YOUR BIKE

Always lock your bike – no matter what! Research shows that more bikes are stolen from college residences and homes than anywhere else. Purchasing Power Like any item of value, it's always wise to invest in a means of protection for that item. For your bike, that is indeed a good, durable lock. We highly recommend a Kryptonite U-Lock combined with either a second U-Lock for the front wheel, and/or an auxiliary cable or chain lock for your seat. Varying your lock combination helps deter bike thieves due to the multiple tools needed to steal your bike. Check out http://www.kryptonitelock.com for more information on locks.

PROPER LOCKING TECHNIQUES

Place your U-Lock around a permanent object, through both seat stays (if frame will allow) and rear wheel.

- * Lock your cable or chain lock around your front wheel, bike frame and in through your U-Lock for additional protection.
- * Lock your bike near other bikes, in a well-lit area, and try to vary your location whenever possible. Also lock your bike with the wheel chain facing out.
- *Fill in as much space inside the U-Lock as possible to prevent any tool from getting in between your bike and the lock.
- *Don't lock your bike near the ground, to itself or to an object that can easily be altered. If possible, remove your front wheel and secure it to your back wheel with a U-Lock.
- *Take your seat with you if it's quick release or purchase a separate component locking system.
- * Know your bicycles description. Record the Color, Year, Make, Type, and Serial number (Serial number is on the bottom of the bottom bracket). Keep the information in a safe place
- *If possible engrave distinguishing marks on your bike (i.e. Name, Drivers license number)
- * Report suspicious persons that you see hanging around bike racks.

DON'T BE A VICTIM