



ASC³ COURIER

Ashbury Senior Computer Community Center

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Editor, Edris Holmes; Contributors - ASC³ Students

OUR MISSION

To bridge the gap in the "Digital Divide" in our inner-city communities by providing high quality, accessible, and FREE technology classes in a supportive, appropriately-paced, and nurturing environment – that encourages personal growth and enhances the quality of life for all participants.

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Come Visit Us!

11011 Ashbury
Avenue
Cleveland, Ohio
44106
(216) 421-2305
www.asc3.org

Congratulations 2015 Graduates!

Alexander	Mary	Goodrum	Lorella	Robinson, Jr.	George
Ambatchew	Mesfin	Gorley	Jennifer	Robinson, Sr.	George
Askew	Tressie	Grant	Theresa	Shaw	Delores
Bailey	Margaret	Green	Ezekiel	Sims	Belinda
Bankston	Terry	Haggins	Isaac	Smith	Elizabeth
Bell	Mary	Harris	Patricia	Strode	Basheba
Billingsley	Kevin	Harris	Bernice	Stuart	Gregory
Blake	Alice	Hayes	Ruth	Thomas	Annie
Bolton	Terry	Hogan	Classie	Thomas	Levi
Brantley	Mary	Howard	Leander	Thomas	Mozella
Broner	Valeria	Hoyle	Marshall	Van Lowe	George
Brown	Vendetta	Jackson	Juanita	Williams	Maude
Brown	Wanda	Johnson	Shelby	Williams	Bernadine
Bucher	Scott	Jones	Marilyn	Woods	Roxanne
Bucher	Tracy	Jones	Mary		
Carstarphen	Alice	Lozano	Isabel		
Cepedes	Iris	McClendon	Gwendolyn		
Chambers	Jacqueline	Mitchell	Janice		
Davis	Elaine	Moore	Arthur		
Dillingham	Frances	Murphy	Talmadge		
Ellington	Barbara	Myers	Arby		
Felix	Thomasena	Narine	Sita		
		Norris	Sandra		
		Reynolds	Clifford		

2014 - 2015 Participating Training Centers

ASC³ - Main Campus

PNC Fairfax Connection

CYC 2.0 - Westside

University Hospital

Helen S. Brown - East Cleveland

Director's Corner

Congratulations Graduates! You are now E-POWERed (electronically empowered) to communicate via various technology channels and mediums. However, as you know, you cannot do it without access to the *mighty web*; therefore, you must share your opinion about Internet access for all. You know the value of having low-cost internet service available to research information on health literacy, educational opportunities, job searches, online banking and bill paying, & e-government: local, state, and federal, etc. And of course, your favorite social media applications! Let your public officials know that your Internet service is a necessary tool you need to assist you in improving your quality of life.

Let's fight for the right for low-cost or free internet service for all citizens.

Building an E-POWERed community, builds an EMPOWERed community!

So please, do your job as we do ours...

Spread the ASC³ Word!

Free Net is best!

Have a fabulous summer!



ASC³ MAIN CAMPUS

Hello, my name is **Mozella P. Thomas**. I am 45 years old and I was a lunch aide at Mary B. Martin School for five years. I pursued a career as a phlebotomist for 26 years at Mt. Sinai Hospital. My final formal role in the work community was with Cleveland Clinic Hospital in the medical records department, setting up patient charts on the computer for 19 years. My daughter informed me about ASC³ and encouraged me to update myself with the new technology. I applied & was accepted into the ASC³ family, by the first lady herself, Wanda Davis. ASC³ taught us how to sign on to various programs, learn how to use the different commands, as well as how to save our finished projects.



The staff is kind and patient with us, and encourages us to reach for the highest point. I would like to recommend ASC³ to all who want to learn to use the computer, or others that just need to sharpen their existing skills. My hobbies are cooking, singing, and helping people. I also love my church family, grandchildren and enjoy spending time with them. Please come and visit Bethel A.M.E. Zion at 1428 East 110th Street. Please join us at ASC³, 11011 Ashbury Avenue. **Hope to see you soon!**

UNIVERSITY HOSPITAL

My name is **Marshall Hoyle**, I am sixty-one years of age and was raised on E. 120th and Ashbury Avenue. I attended Rosedale and Mary Bethune Elementary School, Harry E. Davis Junior High School and John Hay High School. After High School, I joined the U.S. Marine Corps. and years later, received an Honorable Discharge.



I worked in the maintenance Dept. at the Federal Building for twenty-five years, and for the past four years I have worked in environmental services at University Hospital. I first heard about The Ashbury Computer center through taking advantage of the free tax services they were providing. I heard through my employer that the Ashbury Center was conducting computer training at University Hospital and I signed up for the class.

My interest in taking the class was to learn how to e-mail, pay bills on-line, and how to access different websites. The instructor was very patient with me, teaching me the computer basics. I would recommend the class to others. After taking the class at UH, some of my co-workers even wanted to take it. I even went out and bought me a computer and a tablet, and I've also recently gotten Internet service. Guess I'm becoming a *techie*...LOL!

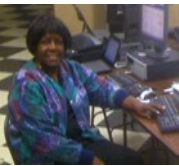
I plan to continue my technology education because there is so much more to learn. I really enjoying learning technology - **YOU'VE got to try it!**

WESTSIDE LAB ASC³/CYC2.0

My name is **Thomasena Felix (Toni)**

"...age mature and young in heart"

I retired from Ford Motors Cleveland Brook Park and I was the First Black Senior Nurse in Cleveland, Ohio. I first learned about this computer class from a friend of mine who had enrolled at the Ashbury Center.



Having used the computer in my line of work, I felt myself losing what skills I had left after retiring. My class experience was uplifting and my instructor was patient, understanding, humorous, and encouraging.

They teach the classes where everyone can learn - the pace was good for all. Starting with the basics from the beginning was best for me. Anytime you learn something positive; it is a time well-spent. Our classes are in a comfortable facility and beneficial to all. I would certainly recommend ASC³ and CYC2.0 as I already have. Yes, I plan to go on with my technology education for as long as I can! Computer training can be good therapy for individuals with disabilities. So...**JOIN US!**

Tracy and Scott Bucher

I've lived in Cleveland for 8 years. I had friends here and that is how I met my husband, Scott.

We had a great time in the CYC2.0 computer classes. We heard about the free classes from friends; in the classes, we also made new friends.

Rick Mosley and Bill Callahan do an excellent job in the class. It is also a major asset to the community as well. The staff is more than willing to help you.

I was interested in researching my family tree. My husband Scott was looking for a job. I also enjoy games, keeping in touch with family and hobbies etc.

"Thank you for having the classes".

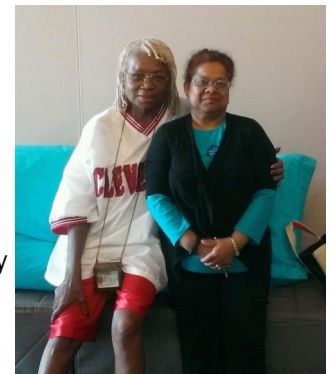


PNC Fairfax Connection

Frances Dillingham & Sita Narine

The tag team, **Frances & Sita** joined forces and motivated one another as they completed the summer session of Basic Computers 101

at the PNC Fairfax Connection. **Sita**, a native of Trinidad, expands her horizons at PNC as an All-Star, by taking advantage of the many free classes and programs. She is interested in learning many of the wonderful facets of technology, including social media such as Facebook, so



she can better communicate with friends and family back home. **Frances**, a retired school teacher, is proof that even college educated individuals can be left behind in the digital divide. Understanding the impact of technology literacy on society, Frances committed herself to improving her skills, and has already registered for the fall 2015 session at the Ashbury center!

**Congratulations to both of these ladies!
Your instructor is very proud of you!**

13th Annual Graduation Keynote Speaker, Bill Patmon




Bill has dedicated his life to community service and being an agent of change. In January 2015, Bill began his third term serving as the State Representative for House District 10. During his political tenure, he has served on many House Committees including Education, State and Local Government, Ways and Means, Transportation and the Maritime Port Funding Study Committee. As a 12-year member of the Cleveland City Council, he served as chairman of the Council Finance Committee during the last economic expansion in the city. As Chairman of the Finance Committee, he was responsible for overseeing a \$1.4 billion budget. He was Vice Chairman of the Safety, Community Development, and Utilities Committee. He also served as Chairman of the Employment and Affirmative Action Committee where he passed the most comprehensive employment discrimination law in the history of Cleveland. In 1997, Patmon received the National League of Cities Cultural Diversity Award and was a member of the Leadership Cleveland Class of 1998. Bill is a lifetime member of the NAACP and served as a member of the Board of Trustees of the Regional Transit Authority. He was Special Consultant to the late Fannie M. Lewis, Councilwoman of Ward 7.


As a businessman, he managed the construction of multimillion dollar projects such as the Grafton Correctional Facility, and the Garrett Morgan Water Treatment Plant in the city of Cleveland. He is President of the East Erie Enterprise LLC, providing professional consulting in the areas of community, economic development and municipal finance. He was also a Political Analyst for WKYC Channel 3 News. Bill was educated at Washtenaw Community College and Eastern Michigan University. He participated in the Harvard University Professional Fellows Program at the John F. Kennedy School of Government. Bill is married to Sharon L. Patmon and they have a dog named Tully. He is also the father of four and grandfather of six.

Confused? Which browser is best! Is IE going.....away?



According to PCMag.com who tests web browsers, besides standards support and page-rendering speed, factors to consider when choosing a browser include extension support, customizability, startup times, browsing helps like bookmark and tab managers, privacy, and security. Let's take a look into what each of today's main browser choices offer.

 **Mozilla Firefox** is a leader in new standards support and evolution. It's major interface redesign, memory consumption startup speed and customization possibilities are attractive to millions of users. In customize mode you can configure the browser toolbars, personalization mode let you change its appearance, and with a raft of extensions you can do more to make the browser your own than any other browser. Currently, Firefox is the leader in security and privacy.

 Microsoft's browser **IE (Internet Explorer 11)**, is faster, trimmer, far more compliant with HTML5, it's considered a major improvement over its predecessor. The browser brings some unique capabilities such as tab-pinning and leading hardware acceleration. Its excellent privacy tools include Do Not Track enabled by default and the more-powerful Tracking Protection feature. IE even now supports Web, (Web Graphic Library), *rendering interactive 3D and 2D graphics within any compatible web browser*. and SPDY (**Speedy**) A more efficient Web protocol from Google that is the basis of HTTP/2) a protocol for faster web. but not WebRTC (Web Real time communication) supports browser to browser applications video and audio. All the above is good but.....IE may be saying goodbye! Why? Microsoft is issuing, Windows 10 this July with a new browser (code name Spartan).

A devoted group of users of the infamous **Google** browser are attracted to Chrome's speed and minimalist design. Leading HTML5 (*Hyper Text mark Up Language 5*) support and fast JavaScript performance mean it's ready for highly interactive, application-like websites, but it's behind some of the competition in graphics hardware acceleration. And even-though Google has implemented "Do Not Track". according to trusted experts, Chrome is not the best choice for privacy.

If you like to skip through video ads, take a screen capture of a webpage, download video, or if switching to a dark view for night viewing appeals to you, give **Maxthon** a download. While many of us have never used Maxthon, it offers the most in tools, good performance and HTML5 support. Rich cloud services let you push sites to other devices and store downloads up in the cloud, but downside to Maxthon is that it trails in graphics hardware acceleration.

Last but not least covered in this article is **Opera**, like other current browsers Opera is fast, compliant with HTML5.. its main distinctions is its Speed Dial, which offers Windows 8-like live tiles of information on new tab pages. Downside to Opera is that it has dropped a few of its good features such as an email client and a bookmark manager. It will probably be added back to the rebuild.

Which browser is for you? Choose the one you are most comfortable with. Most browsers have compatible uses and differences, currently **Firefox is the front runner**. You can read more about browsers at pcmag.com.

Health and Wellness

Can NUTRITION help slow down or diminish Alzheimer's / Dementia?

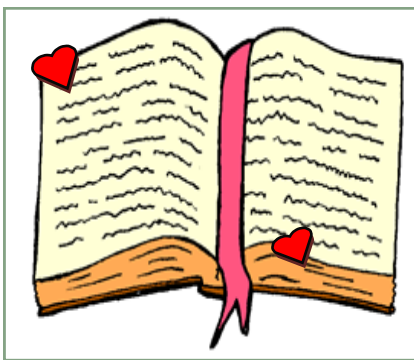
BRAIN POWER

USE IT — OR LOSE IT



DOES LOVE CONCUR ALL?

Woman astonishes doctors across the world after surviving for 20 YEARS with dementia ... while writing two books, delivering lectures and even finding new love. Christine Bryden was diagnosed with Alzheimer's at 46 years of age [Read more: http://www.dailymail.co.uk/news/article-2674496/Woman-survived-20-years-dementia-new-love-astonishes-doctors.html#ixzz3YqefVf9i](http://www.dailymail.co.uk/news/article-2674496/Woman-survived-20-years-dementia-new-love-astonishes-doctors.html#ixzz3YqefVf9i)



COMMUNICATION IS A FUNCTION OF THE BRAIN

The health of our brain, like the health of our bodies depend on many factors. While some factors are out of our control, many powerful life style factors are still within our realm of influence to change. . It's never too early to start boosting our brain reserves, whatever our age. For years medical science has said there's little we can do to prevent Alzheimer's disease and other types of dementia, but to hope for the best and wait for a pharmaceutical breakthrough (Cure). But the truth is, we can help reduce the risk. There are steps we can take to keep the brain healthy. Let's explore the following five (5) avenues: Eating correctly / **Diet, Exercising, Sleep, Stress Management**, and last but not least is **Mental Stimulation**.

Health and Wellness



The brain needs a **NUTRITIOUS DIET** to operate at it's best. A diet rich in fresh fruits and vegetables, as well as healthy fats from fish, nuts, lean protein and whole grains is vital in maintaining health, not just for the physical body but your brain as well. Avoiding saturated fats (animal) and trans fats (partially hydrogenated oils) will assist in keeping your arteries clear and cholesterol levels healthy, and that will decrease your chances of stroke and heart failure. The two most preventable risk factors are smoking and excessive alcohol use.

The cessation of smoking benefits the brain with improved blood circulation almost immediate. Cessation of alcohol stops the deterioration of vital internal organs.

DELICIOUS NINE LAYER SALAD RECIPE

Ingredients:

- 1 pkg. baby spinach
- 1 cup grape tomatoes halved
- 1 large red onion sliced
- 1 cup shredded carrots
- 1 cup slices black olives
- 1 cup corn
- 1 cup shredded sharp cheese
- 1 cup thawed sweet peas
- 6 strips of fried bacon crumbled

DRESSING

- 1 cup sour cream or yogurt
- 1/2 cup mayonnaise
- 1/2 cup sugar
- 2 tsp vinegar

Directions:

Lay each vegetable on top of the other for a visual effect in a glass bowl.

Refrigerate salad until ready to serve to keep vegetables crisp.

When ready to serve spread dressing on top vegetables and sprinkle with crumbled bacon.

Recipe donated by Delores Shaw

Exercise People who engage in vigorous exercise regularly tend to stay mentally sharp.



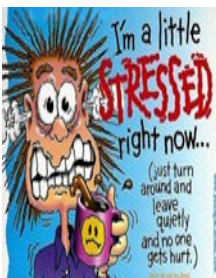
Exercise increases the lung capacity and help reduce illnesses that can lead to memory loss. Energy is also increased and memory improved.

SLEEP Without adequate rest, the brain's ability to function can quickly deteriorate. The brain works harder to counteract sleep deprivation effects, but operates less effectively, and a person's ability to focus and complete tasks is impaired.

Insufficient rest can even cause hallucinations and contribute to anxiety disorders and other psychiatric problems.



Stress Management that is chronic or severe takes a toll on the brain, which leads to shrinkage in the key area of the brain known as the hippocampus, which hampers nerve growth and increases the risk of Alzheimer's and Dementia. Stress breathing alters your rate and impacts oxygen levels in the brain. To keep stress under control, relaxing activities are necessary. Try warm baths, and yoga as these actions can minimize stress effects.



ref: bing.com, google.com, yahoo.com

MENTAL STIMULATION Learning new mental activities throughout life, challenges the brain and lessens the development of Alzheimer's disease and Dementia. In later years, reading books, playing games and doing craft activities lowered the chance of memory loss by about one-third, a study showed. Computer activities were even more protective for people in their 70s and 80s, cutting the risk of memory loss in half, says researcher Yonas Geda, MD, a neuropsychiatrist at the Mayo Clinic in Rochester, MN. Watching more than seven hours of TV a day, on the other hand, was linked to a higher chance of memory loss.

For those interested in **strengthening their cognitive abilities**, computer classes are offered at Ashbury Senior Computer Community Center!



REGISTER

Special THANKS to our Funders / Sponsors / Supporters

2014 - 2015



Upcoming ASC³ Events...Mark Your Calendars NOW!



2nd Annual Caribbean Nite N' White was Fantastic!
(6/19/15)

Join Us Next Year 6/25/16

"FILL-THE-TRUCK" Fundraiser



Clothing Donations to Benefit Easter Seals! Please donate your gently used clothing items, shoes, accessories, linen, rugs, etc. **ALL GARMENTS & SIZES NEEDED.**

BRING ITEMS TO THE BLOCK PARTY (Details Below). We can **only accept donations** during the block party on **8/15/15**. Clean out those closets and cupboards, and PLEASE support this great cause! **Come on...Help Us FILL-THE-TRUCK!**

Alumni Raffle is Back!

The **ASC³ Annual Alumni Raffle** is **NOW ON!** There's **NOTHING** to lose; all proceeds benefit ASC³. Have fun and take a chance, purchase your raffle tickets today—only \$10 each! **\$1,000 Grand Prize!**

SUPER TECH DAY!

Get **HELP** with Your Tech Gadgets and Mobile Apps!



A collaboration among ASC³, CWRU & AT&T. **Friday, September 19, 2015, Noon—3:00** at the PNC Fairfax Connection, 8220 Carnegie Ave.



Upcoming Tech Training @ ASC³

~Summer Open Lab - 7/13 - 8/31; 1 - 4:00pm, Mon. - Sat. (call ahead)

~Social Media and Web Design Classes return on Saturdays beginning in September

~Regular Classes Begin September 9, 2015 - **Register & Tell A Friend!**

Please Join Us at the

23rd Annual Holiday

Fundraising Gala Extraordinaire...

"An Evening with the Stars"

Date: Saturday, December 12, 2015

Location: Tizzano's Banquet Center, 1361 E. 260th Street in Euclid

As always, the Ashbury Center will honor our community's local **Stars / Leaders.**

Come have a grand time and show your support at the...

BEST Holiday Affair around town!

On the Horizon at Ashbury...



Annual Back-to-School Block Party

Bring the kids for fun, games, face painting, cartoon characters, healthy treats, free school supplies, prizes, and food!

Date: Saturday, August 15, 2015

Time: Noon - 5:00p.m.

Where: East 110th - 112th Ashbury Ave.