



THE COURIER

Ashbury Senior Computer Community Center

Volume 32 Issue 1

September—November

2017

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

ASC³ Welcome's it's Fall Cohorts to the 2017–2018 Academic Year



2017

ASC³ is off to an exciting season at our various locations where "Learning is Limitless"

2018

ASC3 continuing beyond the Walls..... With Our new partner Digital C

Digital C is A civic tech collaboration that partners with the community to design technology-driven programs and services.

Through project Re-start Digital C and ASC3 are reaching across the city training new cohorts in the use of technology!



Bishop William M Cosgrove Center, 1736 Superior



Westside Catholic Center, 3209 Lorain



Lutheran Men's Shelter 2100 Lakeside



CMHA Cedar Estates 3230 East 30th Street

DIGITAL JUSTICE CAMPAIGN DROPS IN ON CANDIDATES HEADQUARTERS



Free Public Wi-Fi for All ! Will it ever happen in the city of Cleveland? Concerned? Join the Connect Your Community "Digital Justice Campaign" And asked the mayoral candidates what they're doing to address Free Wi-Fi for all! Read more about the campaign @ <http://connectyourcommunity.org/digital-justice-campaign-drops-in-on-mayoral->



Join Us!

25th Anniversary
Evening with the Stars
 SATURDAY DECEMBER 9, 2017
 6:00PM - MIDNIGHT
 Celebrating 25 years honoring community leaders & 15 years digital literacy training
 Tickets \$60 • online: www.asc3.org
 Tizzano's Banquet Center • 1361 E. 260 St. Euclid OH 44117

Tickets \$60.00 per person
Purchase tickets on line @ www.asc3.org
Or Call 216-421-2305
You can also purchase your Raffle tickets on line this year! Just visit www.asc3.org

Deposits are being accepted **NOW** for this fantastic trip to Washington DC! To visit the Nation Museum of African American history! Call **216-421-2305** for more info!

asc3 alumni
 Ashbury Senior Computer Community Center
Alumni Event!
 National Museum of African American History & Culture
 and Day at the Casino Excursion
Washington DC
 3 days and 2 Nights
 July 27-29, 2018
 Traveling with Great Day Tours
 Cost: \$325.00 per person, based on double occupancy

PNC Fairfax Connection Hosted, ASC3's Super Tech & Mobile-App Gadget Day On September 15, 2017

ASC3 was joined by Hawkins High School students who spent their community service day assisting seniors at the event with questions, Lap tops, digital cameras, recorders, iPhones, Androids and other kinds of technical devices. Well over 30 seniors and others participated in the event and each was paired with a Hawkins student for one on one assistance! ASC3 staff and board members demonstrated several new tech gadgets for the seniors! A great learning experience for all.



Ashbury Senior Computer Community Center Alumni and Ashbury East 108th—115St Block Club held their annual Back to School Healthy Fun Day, August 19, 2017

Oh Happy Days for the Kids on Ashbury and surrounding neighborhood!!!! Our Back to School Healthy fun day was a SMASHING success. All the kids and parents had a great time with Paw Patrol characters Skye and Lebron James ! Good food, cold drinks, ice cream, chips and dips were enjoyed by all in attendance. Parents were able to have their blood pressure checked by our board President Shalettha Mitchel's 'AHEC program from Cleveland State University! School supplies were donated by Councilman Kevin Conwell and ASC3. Board members Clarice McGregor and Rita Bolton brought delicious breads and deserts that were distributed to the parents. Dental Hygiene products given away by our own COB, Dr. Mitchell Barney! Thanks again to all the volunteers, Famicos, Councilman Kevin Conwell, UCI, Neighborhood Connections, Cheryl Johnson, Sandra Robertson, Wanda Davis and Hot Sauce Williams for the best grilled hot dogs in the land!



HEALTH AND WELLNESS

AUTOIMMUNE DISEASE

STRONG IMMUNE SYSTEM

- Regular Exercise
- Balanced Diet
- Stress Management
- Healthy Habits

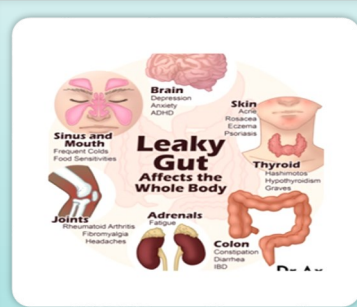


The human body's immune system is a complex network of cells and organs that defend the body against germs and other foreign invaders. The immune system is on duty, protecting you 24 hours a day, every day of your life and always alert. The molecules and cells of the immune system sift, attack and destroy foreign germs, or rogue cells that will hurt you. Unfortunately, sometimes things go wrong in translation and your immune cells attack your body by mistake.

There are more than 80 types of autoimmune diseases, and some have similar symptoms, that make it difficult for physicians to diagnosis. The classic sign of an autoimmune disease is inflammation, which can cause redness, heat, pain and swelling. This means the body has targeted the invader, or the wounded area of your body and directs cells, chemicals, and liquids to the

area to fight, defend and heal. With an autoimmune disease your own tissues and glands are the target of a mistaken immune response.

Autoimmune diseases afflict the body in different ways. With multiple sclerosis an auto immune response is directed against the brain. Crohn's disease the attack is against the digestive track. Still other autoimmune disorders like systemic lupus can provoke varying symptoms—like damage to the skin and joints in one patient, while another person suffers kidney and lung damage.



Although, many autoimmune diseases are rare, despite that, autoimmune diseases afflict millions Americans. In this country autoimmune diseases are a huge health burden. It is the eighth leading cause of death among women, shortening the average patient's life span by eight years.



PUMPKIN CHEESE BREAD



- 2 ½ c sugar
- 1 8oz pkg. cream cheese
- ½ c margarine
- 4 eggs
- 1 16 oz can pumpkin
- 3 ½ c flour
- 2 t. Baking soda
- 1 t salt
- 1 t. cinnamon
- ½ t. baking pwd.

Combine sugar, softened cream cheese and margarine, mix until well blended. Add eggs, one at a time, mixing well after each addition. Blend in pumpkin. Add combined dry ingredients, mixing just until moistened. Fold in nuts. Pour into two greased and floured 9x5 inch loaf pans. Bake at 350 degrees, 1 hour and 10 minutes or until wooden pick inserted in center comes out clean.

