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

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.

Table of Contents:
Page 2: Student Profiles
Page 3: Quarterly Tech News Alumni
Page 4: Health & Wellness

ASC3 is assisting with
“Connecting the Unconnected!”
Cuyahoga Metropolitan Housing Authority (CMHA) and DigitalC launched the “Connect the Unconnected,” the first high speed broadband and digital literacy program for public housing residents on May 11, 2017 at Cedar Estates, 30th Community College. ASC3 will be the basic digital literacy computer training provider in the project! Classes will begin late May for all residents. Congratulations DigitalC, CMHA, Residents, and ASC3 on a winning partnership!

Ashbury, together with Sam Schartman/Connect Your Community (CYC), recently launched a Services Call Center.
The Call Center will be offering non profit customer basic services such as research design, survey creation and survey programming. ASC3 center graduates receive work force training through the program as call center surveyors.

For more information: cyc.samantha@gmail.com or call 216.990.4267
Shanavia Stovall

My name is Shanavia Stovall, prior to taking this class I would become quite frustrated when I wanted to use the computer and had to call my children and ask them what to do. It was this frustration that motivated me to upgrade my computer skills. My introduction to ASC3 came at the perfect time, which was the summer of 2016. Thanks to a great learning environment, and a patient instructor, Mr. Seward, I have learned how to accomplish many things using the computer. The highlight of the class came when we learned how to use the cut and paste short cut. This tool will definitely help me typing future documents. I look forward to continuing my learning process. Perhaps, I will be the one showing my family and friends how to complete certain tasks using the computer!!

Doug Smith

I owe a great deal of gratitude and appreciation to "Connect Your Community" and its incredible staff. Prior to taking this cost free, basic computer class I knew very little regarding electronic communicating. Wow, everything has changed. I know how to understand and navigate the computer’s vast contents. I can find information about any subject I can imagine. Just with a click of a button, I can customize emails, make charts, and find music.

My dream is to someday have a great job, where I can use my skills that I’ve learned. Through the help from some truly compassionate people at CYC.2.0. My advice to you, is challenge yourself–come through these doors, and you’ll be glad you did.

Betty Kidd

I, Betty Kidd a current student of the new Salvation Army ASC3 technology training class. I was also a former student of Helen S Brown in 2010 and have continued to update my computer skills and maintain my email account. I am a very diligent learner and have recommended this informative class to many of my peers. I am a prime example of the fact that “the ability to learn is ageless.” My ultimate challenge to you is to join me in the 21st century to become digitally literate.

LaVerne Mitchell

My name is LaVerne Mitchell a student at the ASC3. I retired fifteen years ago from the East Cleveland City School District. I heard about the computer class and enrolled and I have learned a lot of things I didn’t know; short cuts, techniques and things I was unfamiliar with!

The instructors are patient and very helpful. I learned Face Book which I had never used before. Now, I can communicate with family and friends near and far. I encouraged a friend who is retired to enroll in the class.

I attend Lane Metropolitan CME Church. The church needed a secretary and they asked me to “fill in”. I enjoy this very much and I am learning all the time. I plan to continue my technology education at ACS3.

PNC Fairfax Connection

Basic technology students at PNC Fairfax Connection are learning the keyboard, sending emails and doing basic computer functions in class.

These new students are challenging the digital divide, which assists them in becoming “Tech Savvy” seniors in the 21st century.

Thanks ASC3!
Tech Corner

Enjoy spring and summer outdoors with these new gadgets!

Wooden Induction Speaker
LSYA(TM) wooden wireless speaker Portable Stereo NFC Speaker USB charging Audio Speaker for mobile phone and tablet.
No need for audio line, does not need blue tooth connection, just gently put the mobile phone on it and through induction send out amplified sound!

XTRA 3 in 1 Clip-On 180° Fisheye Lens + 0.67X Wide Angle + 10X Macro Camera Lens Kit for iPhone 7/7+/Se/6s/6/6 Plus, iPad, Samsung Galaxy S7/S6/Edge, Note 5/4, LG G5, Moto X/G, Nexus & Android Phones
Three Great Lenses in One Kit: 3 awesome lenses to help you get the most out of your mobile photography. Macro lens can take clear photos of small objects; 0.67 Wide-angle lens can shoot larger range of scenery; 180 degrees of the scene can be captured by Fisheye lens, which can let you enjoy the unreal world.

Canyoze Screen Magnifier 3d Smart Mobile Phone Movies Amplifier with Pu Leather Foldable Holder Stand for Any Smartphone iPhone 4 5 6 7 7s Plus, Samsung Galaxy Note 6 5 4 3 Edge All Smart Phones
This Canyoze Screen Magnifier can magnify the smartphone screen 3 times which will relieve the discomfort and visual fatigue causing by long time focusing on small screen. Simple and Stylish design make this product a wonderful gift for your friends or loved ones!
Take HD zoom optical technology, no Battery needed thus no radiation. ABS + 3D screen, materials used for this product are environmental and smell less. All these device can found on amazon.com

JOIN US! 2017 NITE n WHITE

Caribbean Nite ‘n’ White
Saturday, June 24, 2017 7:00 P.M. - Midnight
Tizzano's
1361 East 250th St. Euclid, Ohio 44132

Tickets: $30.00 per person
Buy online: www.asc3.org/nite-n-white.html
Attire: All White
Diverticulosis is a condition of the large intestine (colon) that occurs as people age. Aging and heredity are primary factors in the development of diverticulosis and diverticulitis. It tends to occur in people over the age of 40, with as many as 50% of people over the age of 60 showing signs of the disease.

In diverticulosis, the wall of the large (colon) develops weak spots which bulge outward to form pockets, which are called diverticula. When these diverticulum become inflamed or infected, it’s called diverticulitis. Diverticulosis and diverticulitis are known as diverticular disease.

A school of thought is that not enough fiber in the diet is responsible. The lack of fiber (roughage) leads to increased bowel strain to move hard stools (constipation) through the colon. That then causes increased local pressure that leads to the formation of pouches at weak points in the colon wall. The increased pressure along with undigested food caught in the pouches can erode the diverticular wall, causing inflammation and possible bacterial infection, which can result in diverticulitis.

Food with fiber should be consumed each day along with drinking eight (8) glasses of water to prevent constipation. If constipated, prunes or prune juice can serve as a natural laxative. Follow a low-fat diet; as fat slows down the passage of food through the intestine. Get tested for food allergies to identify foods that irritate your system so you can avoid them. If you have a mild case of diverticulosis your doctor may recommend you eat a high fiber diet to make sure your bowels move regularly and to reduce the odds of getting diverticulitis.