



THE COURIER

ASHBURY SENIOR COMPUTER COMMUNITY CENTER

Fall / Winter 2019

HAPPY HOLIDAYS

Hollywood comes to ASC³



Hollywood's Warner Brothers/Red Zone productions recently came to town and transformed the Ashbury Senior Computer Community Center into a scene of Chicago during 1964-1968.

The film will be depicting the life of Black Panther Fred Hampton.

Evening With the Stars Holiday Gala

Saturday December 14, 6:00pm - Midnight



Festivities include: Dinner, Open Bar, Dancing, Live Entertainment, ASC3 Alumni Raffle, Souvenir Program Booklet, Holiday Gift. (See page 3)

Live Entertainment: Councilman Conwell and the Footprints; DJ John Turner, Firesquad Entertainment.

Nguzo Saba /All 7 Principles Combined: Brandon E. Chrostowski (right) Founder/ President/CEO Edwins Leadership & Restaurant Institute.



Digital Equity Day

As part of Digital Inclusion week, (DIW) ASC³ had a Digital Equity Day.

DIW aimed to raise awareness of solutions addressing home internet access, personal devices and local technology training and support programs. DIW2019 was sponsored by the National Digital Inclusion Alliance representing more than 350 affiliated organizations in 44 states working toward digital equity. (More on pp 4-5)



Find out more about the Digital Equity Act: www.digitalequityact.org/

ASC³ 11011 Ashbury Avenue Cleveland, Ohio 44106

TEL: (216) 421-2305 • asc3.org

Saturday December 14, 2019
6:00pm - Midnight



27th Annual **“An Evening** **with the Stars”**

Dinner • Open Bar • Dancing • Live Entertainment • ASC3 Alumni Raffle
• Souvenir Program Booklet • Holiday Gift.

Live Entertainment • Councilman Conwell and the Footprints
• DJ John Turner • Firesquad Entertainment.



Tickets \$60 • Online: www.asc3.org



Tizzano's Banquet Center • 1361 E. 260 St. Euclid OH 44117

TOP HONOREE

Nguzo Saba /All 7 Kwaanza Principles Combined: Brandon E. Chrostowski

Founder/President/CEO
EDWINS Leadership & Restaurant Institute.

Brandon Edwin Chrostowski is on a mission to change the face of re-entry in the United States. In 2007, he founded EDWINS Leadership & Restaurant Institute. His belief that “every human being regardless of their past has the right to a fair and equal future” is what drove the creation of EDWINS.

The idea for EDWINS was born from “a break” that Brandon received early in life and has grown into a six-month program conducted at EDWINS restaurant in Cleveland, Ohio as well as in prison. His approach is simple: arm those re-entering society with a skill set and a smile.

The program provides training in culinary arts and the hospitality industry. Students in the program are not only equipped with basic culinary skills, they also receive help with the following: finding employment, free housing, basic medical care, clothing, job coaching, literacy programs and more.

Education WINS

EDWINS Leadership & Restaurant Institute gives second chances to formerly-incarcerated men and women and those who have been impacted by the criminal justice system. EDWINS Restaurant functions as a thriving social enterprise and a school that provides a tuition-free education in the culinary and hospitality arts. They also provide free case management services and free housing at the EDWINS Second Chance Life Skills Center to ensure their students’ success.

Their students receive hands-on training in the fundamentals, as well as coaching, mentoring, and goal setting. Their aim is to help students meet their unique individual goals. Students are taught how to cook and operate the many facets of the dining room. They are also educated in basic business principles such as cash flow, management, and entrepreneurship.

At EDWINS, they believe that Education Wins. By teaching students business fundamentals they have the potential of owning or operating business in their local community.

As a 501(c)(3) non-profit, EDWINS provides these invaluable skills at no cost to the student. Proficiency in restaurant operations equips students for career placement after they complete the program, with at least a 95% employment rate for each class.



Everything they do at EDWINS is to prevent their graduates from returning to prison. The recidivism rate is just 1.6% for their alumni.



Brandon E. Chrostowski



EDWINS
LEADERSHIP & RESTAURANT
Institute





ASC³ Students Participate in Digital Inclusion Week



Digital Inclusion is being able to participate in learning new digital skills with peers in class group sessions at ASC³





ASC³ /PNC Fairfax Connection: SuperTech Day



ASC³ SuperTech Day at PNC Fairfax Connection was another great educational opportunity for ASC³ students and the general public.

Students are provided with one-on-one tutoring by ASC³ staff and our wonderful volunteers from Hawken High school.

Students learned the fundamentals, such as accessing cell phone functions. These included understanding settings, accessing PNC's guest wifi, adding and deleting contacts, adding and deleting apps of interest and connecting to the internet.



Holidays are Approaching Fast - Internet Security is Essential

Using the Internet today has many advantages but it also has a few drawbacks that we all need to be aware of and we all need to learn how to steer clear of online dangers.

It has proven to be one of the best communications mediums for everyone. Keeping our data and network safe is vital. Malware is more common today and comes with different tactics to achieve disreputable goals.

Understanding the difference between an antivirus program and internet security software is essential. Antivirus programs scan for viruses and malware on your computer. Internet security software through advanced firewall monitoring, manages and blocks potential viruses and malware. Both are essential.

Computer Security



Benefits of Internet Security Software include:

- Antivirus: Malware hiding in a PC is tracked down and destroyed.
- Anti-Spyware: Spyware threats are detected and destroyed.
- Anti-Rootkit: Scans, identifies, and removes rootkits. (Rootkits are a set of software tools that enable an unauthorized user to gain control of a computer system without being detected.)
- Bot Protection: Prevents malware from turning your computer into a bot. (Bot is typically blended threats that come as part virus/worm, part bot and are used in a identity theft or to launch denial of service attacks.)
- Defense+: Shields crucial system files and stops malware from installing on your computer.
- Auto Sandbox Technology: All unknown files are made to run in an isolated environment.
- Memory Firewall: Protects against sophisticated buffer overflow attacks.
- Anti-Malware: Destroys malicious processes before they become active.

Without any online defense, you leave yourself open to be a victim of fraud, theft and even property damage. Security and vigilance are vital in keeping yourself safe, and this responsibility isn't just on the individual; everyone is a potential target, including governments and private corporations.



Super Tech & Mobile Gadget Day!

February 8th, 2020 • 12:00pm - 4:00pm

ASC³ Main Campus 11011 Ashbury Avenue



Sessions designed for those seeking help with new (or not so new) tech gadgets.

Bring your gadgets and receive one-on-one help from volunteers eager to show you how to best use them.

Everyone receives help with their technology. Get help with Email and social media such as Facebook and Twitter!

Sign up at <http://www.asc3.org/super-tech-day.html>

Brain Health and Aneurysms

WHAT IS AN ANEURYSM: A condition in the brain that weakens an artery wall causing an abnormal ballooning out of a large bulge

In the brain, the most common location for an aneurysm is along the vascular tree at the base of the brain, called the Circle of Willis. Cerebral aneurysms are found in the anterior portion of the Circle of Willis, where arteries separate and divide.

There are two main types of brain aneurysms, saccular (berry) aneurysms and fusiform aneurysm. The most common type of aneurysm is saccular. Saccular or berry aneurysms look like a sack and are usually formed at the bifurcation (the division of something into two branches or parts.) Or the "Y" formation where a larger vessel splits into two vessels.) The cause of aneurysm are sometimes unknown.

Aneurysms are classified by the location in the body. The arteries of the brain and heart are the two most common sites of serious aneurysm. The bulge can take two main shapes: 1. Fusiform aneurysms bulges on all sides of a blood vessel. 2. Saccular aneurysms bulges only on one side



and the risk of rupture depends on the size of the bulge. Aneurysms can occur in any part of the body, they're most common in the brain and aorta, but can develop in the legs and spleen as well.

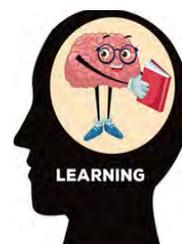
The Aorta is the largest blood vessel in the body. It begins in the left ventricle of the heart and travels down the abdomen where it splits off into both legs.

The aorta is a common site for arterial aneurysms. Thoracic aorta aneurysm occurs in the chest cavity, while abdominal aortic aneurysm are the most common. In rare cases both chest and abdomen can be affected by arterial damaged. In the brain an aneurysm can be any size. They often form deep in the blood vessels within the brain and may not present symptoms or signs.



Tips to Help Reduce Your Risk of an Aneurysm

- **Make Healthy Choices in Your Diet.**
- **Keep Your Blood Pressure Levels in Check.**
- **Lower High Cholesterol.**
- **Make Exercise a Part of Your Routine.**
- **Take Steps to Reduce and Manage Stress Well.**
- **Treat Obstructive Sleep Apnea.**
- **Quit Smoking**



www.webmd • w.healthline.com

Pineapples - Mango Salsa

- 2 mangos, peeled, seeded and chopped
- 2 small peaches, halved, pitted, and cut into 1/2 inch dice
- 1 cup diced fresh pineapple
- 4 tomatoes chopped
- 1 white onion diced
- 1 red bell pepper diced
- 1 yellow bell pepper diced
- 1 cup chopped fresh cilantro, or to taste
- 1 clove garlic, minced
- 1 small jalapeno pepper, minced
- 2 tablespoons lime juice
- 1 teaspoon salt
- 2 tablespoons white sugar, or to taste
- 3/4 cup water



Place the mango, peach, pineapple, tomato, onion, red pepper, yellow pepper, and cilantro in a mixing bowl. Stir in the garlic, jalapeno, lime juice, salt, sugar, and water. Cover and refrigerate at least 1 hour before serving.

Digital Inclusion - What It All Means

Digital Inclusion refers to the activities necessary to ensure that all individuals and communities, including the most disadvantaged, have access to and use of Information and Communication Technologies (ICTs). This includes 5 elements: 1) affordable, robust broadband internet service; 2) internet-enabled devices that meet the needs of the user; 3) access to digital literacy training; 4) quality technical support; and 5) applications and online content designed to enable and encourage self-sufficiency, participation and collaboration. Digital Inclusion must evolve as technology advances. Digital Inclusion requires intentional strategies and investments to reduce and eliminate historical, institutional and structural barriers to access and use technology.



ASC3 is an affiliate of NDIA

Digital Equity

Digital Equity is a condition in which all individuals and communities have the information technology capacity needed for full participation in our society, democracy and economy. Digital Equity is necessary for civic and cultural participation, employment, lifelong learning, and access to essential services.

Digital Literacy

NDIA recommends the American Library Association's definition of Digital Literacy via their Digital Literacy Taskforce:

Digital Literacy is the ability to use information and communication technologies to find, evaluate, create, and communicate information, requiring both cognitive and technical skills.

A Digitally Literate Person:

Possesses the variety of skills – technical and cognitive – required to find, understand, evaluate, create, and communicate digital information in a wide variety of formats;

- Is able to use diverse technologies appropriately and effectively to retrieve information, interpret results, and judge the quality of that information;
- Understands the relationship between technology, life-long learning, personal privacy, and stewardship of information;
- Uses these skills and the appropriate technology to communicate and collaborate with peers, colleagues, family, and on occasion, the general public; and
- Uses these skills to actively participate in civic society and contribute to a vibrant, informed, and engaged community.

**Thanks to our Wonderful Funders Supporters and Board Members!
ASC3 completed another successful year E-powering Greater Cleveland communities!**



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