ASHBURY SENIOR COMPUTER COMMUNITY CENTER PRESENTS

# An Evening bith the Stars

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28th Annual Banquet 8 Holiday Gala



Nguzo Saba Award Winner Ward 7 Councilman Basheer Jones City of Cleveland



Gala Singers:Mojuba! DanceBrittany Johnson & Bryan TutwileyCollectiveSaturday, December 12, 20206:00pm - 7:30pm ~ YouTube & FaceBook

JOIN US LIVE AT THE FOLLOWING LINKS https://www.youtube.com/watch?v=TjAYvguKH5s https://www.facebook.com/ashburycenter/live/ Thank you for making today the day that makes a world of difference.

We're proud to support Ashbury Senior Computer Community Center for driving the change that makes each day better than the one before.

pnc.com/communitydevelopmentbanking



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ASC<sup>3</sup> Staff Executive Director Wanda Davis

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**Program Coordinator** Gina Burch

December 12, 2020

#### Greetings,

It is our honor to welcome you to our signature event tonight, albeit virtually. As we celebrate the 28th Anniversary of "An Evening with the Stars" Awards Banguet and Holiday Gala, and 18 years of dedicated community service, we recognize the numerous blessings that coincide with our longevity. Driven by intense determination, Ashbury Senior Computer Community Center (ASC3) has consistently overcome numerous obstacles in efforts to provide free and low-cost valuable technology services to the community. As a result of this perseverance, ASC3 has not had a disruption in service delivery, has provided training in nearly 20 different facilities, and has trained approximately 7,800 residents in digital literacy throughout greater Cleveland. Well, no disruptions until 2020...yes, the COVID-19 pandemic!

As a result of COVID-19, most in-person services were suspended; classes at ASC3 were no exception. This sudden shift was problematic with our target population, many of whom are novice seniors to the digital world. Residents have had to abruptly transform much of their everyday lives into virtual experiences. Yet, many of these disenfranchised residents lacked the necessary Internet connectivity, equipment/devices, and /or skills to effectively make the necessary transition. To fill this gap, ASC3 implemented the Hotline for Internet Information (HII) initiative, a call-line service designed to provide high-touch, digital navigation assistance via phone and / or video-based platforms. Our mission of Digital Inclusion (access to technology) necessitated us to re-open after only three weeks, though with limited hours, by appointment only, for our students and the greater community.

The year 2020 has indeed been very challenging for us all. However, we are Blessed to say that ASC3 has been able to adjust with the trying times, and still experience many successes. We created the first ASC3 Virtual and Drive-thru Graduation Ceremony, held on June 25th; the event was a smashing success! In addition to HII as a response to COVID-19, we also developed the Digital Aviator Project (DAP), a virtual training and hot spot lending initiative. Always giving back to the community, Director Davis proudly serves as Chair of the newly formed Greater Cleveland Digital Equity Coalition convened by the Cleveland Foundation, with the charge of researching and sharing solutions to ensure our seniors are not left behind in the Digital Divide.

While the pandemic has wreaked havoc on the world in so many capacities, it has actually spawned heightened awareness of the Digital Equity & Inclusion (DEI) field. When the world had to abruptly pivot from in-person to on-line, the significance of DEI was finally recognized! At ASC3 we like to say, "The rest of the world has finally caught up to us". If you are interested in helping us in this vital work, contact us or visit www.asc3.org to donate, learn more, or simply visit the Silent Auction.

Thank YOU to everyone who has contributed to the overall success of this glorious occasion. BLACK LIVES MATTER

## Wauda Davis

Wanda Davis, ASC<sup>3</sup> Executive Director Gala Co-Chair

Shaletha Mitchell

Shaletha Mitchell, ASC<sup>3</sup> Board President Gala Co-Chair

## The 28th Annual Holiday Gala Celebration "An Evening with the Stars"

December 12, 2020

|          | Silent Auction at www.asc3.org         | Don't miss out, place your bids!                           |
|----------|--|--|
| 6:00p.m. | Welcome                                | John Turner, Fire Squad Music & Entertainment              |
|          | Ancestral Tribute & Libations Ceremony |  |
|          | Procession                             | ASC <sup>3</sup> Board of Directors                        |
|          | Mistress of Ceremonies                 | Ms. Shaletha T. Mitchell, ASC <sup>3</sup> Board President |
|          | Opening Prayer                         | Mr. James Seward, ASC <sup>3</sup> Asst. Prg. Manager      |
|          | Opening Remarks                        | Mrs. Wanda Davis, ASC <sup>3</sup> Executive Director      |
|          | Lift Every Voice & Sing (join us)      | Mr. Bryant Tutwiley & Ms. Brittany Johnson                 |
|          | Students Say It Best                   | Ms. Cynthia Compton  |
|          | African Dance Performance              | Mojuba! Dance Collective                                   |

#### STARS Recognition Awards Ceremony

#### NGUZO SABA / Kwanzaa Award

| Tanya M. Allmond, NGUZO SABA AWARD | Embodiment of ALL 7 Principles of Kwanzaa |
|------------------------------------|---|
|                                    | Councilman Basheer Jones                  |
|                                    | City of Cleveland, Ward 7                 |

| Give Thanks (selection)           | Bryant and Brittany                               |  |
|-----------------------------------|---|--|
| Just in Time for the Holidays!    | Ms. Gina Burch, ASC <sup>3</sup> Prg. Coordinator |  |
| ASC <sup>3</sup> Accolades        | ASC <sup>3</sup> Family                           |  |
| Acknowledgements                  | Wanda   |  |
| African Dance Performance         | Mojuba! Dance Collective                          |  |
| Closing Remarks                   | Shaletha  |  |
| Special Thanks to Production Team |   |  |
| DJ No Request                     | John Turner, Fire Squad Music & Entertainment     |  |
| Videography                       | Lewis Burrell, Wake Up Call Communications        |  |
| Info-mercials                     | Gina Burch  |  |

THANKS to EVERYONE that helped to make this first virtual Gala happen!

Thank YOU for joining us!



## Nguzo Saba / The 7 Principles of Kwanzaa



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#### **Umoja** (Unity)

To strive for and maintain unity in the family, community, nation and race.

#### Kujichagulia (Self-Determination)

To define ourselves, name ourselves, create for ourselves and speak for ourselves.



#### **Ujima** (Collective Work and Responsibility)

To build and maintain our community together and make our brother's and sister's problems our problems and to solve them together.



#### **Ujamaa** (Cooperative Economics) To build and maintain our own stores, shops and

other businesses and to profit from them together.



#### Nia (Purpose)

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.



#### Kuumba (Creativity)

To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.



#### Imani (Faith)

To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

Dr. Maulana Karenga



2020 ASC<sup>3</sup> Board of Directors Front row: Regina Quarterman, Percel Davis, Wanda Davis, Jackie Harris, Shaletha Mitchell Davis, Michele Drake Davis, Zandra Moss, Cheryl Seward Back row: Leon Stevenson, Monica Moore, Dr. Barney, Larry Davis, Rita Bolton, Terry Bolton, Edris Holmes, James Seward

## Warm Acknowledgements

**HEARTFELT GRATITUDE – SPECIAL NOTES of APPRECIATION...** 

• **PATRONS:** Cherie Allen-Tate, Alice Blake, Zenollia Colquitt, Zenolia Colquitt, Cynthia Felder, Shirrell Greene-Joe, Cara Harris, Mary Isler, Juanita Jackson, Lucinda Jackson, Shelby Johnson, Priscilla Moore, Judy Montfort, Charlie Parham, Arvy Myers, Mary Palmore, Michelle Rose, Mary Seawright, Delores Shaw, Earnest Taggart, Kenneth Vinciquerra, State Representative Sandra Williams

• ASC<sup>3</sup> Board of Directors & ASC<sup>3</sup> Staff - Thank you for your dedication and commitment

• ASC<sup>3</sup> Students – Creation and submission class advertisements – Thank you for choosing ASC3 for your technology journey and for giving back to the Center

• ASC<sup>3</sup> Advanced Students – Great work on the ASC<sup>3</sup> Courier Newsletters: Cynthia Felder, Delores Shaw & Shelby Johnson

• Shaletha Mitchell, ASC<sup>3</sup> Board President – Your dedication to the growth and sustainability of the Center is immeasurable

• James Seward, ASC<sup>3</sup> Asst. Mgr. – ASC3 would not be the same without your tireless efforts over the years

• Valda Lewis – Graphic Designer, Souvenir Book Designer and Webmaster – Your creativity has catapulted our promotional efforts

- Gina Burch New Staff Program Coordinator, a great addition to our team
- ASC<sup>3</sup>'s Instructors / Consultants

• Councilman Kevin Conwell City of Cleveland, Ward 9 and Councilwoman Yvonne Conwell, County, District 7 – Thank you for your continued belief in us

• Michael J. Taylor, West Territory Executive of Community Development Banking of PNC

• Outstanding ASC<sup>3</sup> Alumni Volunteers – Alisa Hood, Cynthia Felder, Delores Shaw, Alice Blake, Shelby Johnson

• Board Chairman, Dr. Mitchell Barney and Honorary Board Chair, Mr. Percel Davis – Your support and commitment to the ASC<sup>3</sup> organization continues to help us grow.

• Board Member, Rita Bolton – Your delectable catering and stellar creations of amazing gift baskets are first-class. Thank you for your attention to detail and phenomenal support.

#### <u>Recognition for Outstanding Support & Sponsorship:</u>

- > PNC Bank & Foundation
- Verizon
- Third Federal Bank
- ≻ AT&T
- Cleveland Foundation
- Councilman Kevin Conwell
- ➢ CSU CRI-AHEC

- Digital C
- Spectrum
- PC'sforPeople
- Famicos Foundation
- > WRAAA
- Huntington Bank

Also, many SPECIAL thanks to ALL of our Funders, Partners, Volunteers and Collaborators. Please see back cover for full listing of funders.

My apologies if anyone has been inadvertently omitted from this list. As the adage goes, it is truly an error of the brain, and not of the heart. We are deeply indebted to everyone that helps us to strengthen our **Movement of Digital Inclusion**!

~Wanda Davis, ASC<sup>3</sup> Executive Director~

# Mojubal Dance Collective



Mojuba! Dance Collective (MDC) seeks to celebrate and acknowledge the stories and experiences of the African American narrative whilst honoring the cultural and spiritual dance traditions of the African Diaspora.

'Mojuba' is a Yoruba term which loosely means the art of offering reverence. In this way, we seek to celebrate, preserve and explore the narratives and artistic contributions of Black America. We strive to call into question that which we think about ourselves, our society, and our culture. It is our great pleasure to preserve and explore Black cultural identity as we challenge the mainstream.

## VISION

The vision of Mojuba! Dance Collective is rooted in the promotion of cultural awareness and self empowerment. Our work seeks to restore pride and reestablish a sense of community. We aim to create communal experiences that foster cross dialogue that is mutually beneficial for both arts facilitators and the community. We are inspired to unearth the stories that celebrate, reclaim and rectify the at times tumultuous histories of African descendants. It is our intention to preserve our culture, challenge our society and validate our experiences by expanding or exploring the black narrative through the medium of dance. Gala Síngers: Bryan Tutwíley Bríttany Johnson





Bryan and Brittany are a brother-sister duo that have been singing together for over 12 years. They both graduated from Warrensville Heights High School and are members of The Olivet Institutional Baptist Church, where they are active members on the Olivet Praise Team.

Each of them have a musical as well as theatrical background. They participate in several gospel choirs throughout the city of Cleveland and have a passion for what they do. They love the Lord and are proud to spread his love and power through song.

## Basheer Jones Nguzo Saba Award All 7 principles of Kwanzaa

#### Ward 7 Councilman Basheer Jones

was elected in November 2017, becoming the city's first Muslim council representative.

Councilman Jones has been recognized nationally for his grass-roots activism relating to issues of social justice and empowering those who are left out of the American Dream.

He is the creator of the **Be the Change Leadership Series**, in which he holds leadership and character development workshops within various school systems throughout the state of Ohio.

Ward 7 Councilman Basheer Jones represents an area which includes the historic Hough district, as well as the St. Clair-Superior, Midtown and Asia Town neighborhoods.

Councilman Jones serves as vice chair on the Health Committee and also sits on Development Planning & Sustainability, Safety and Workforce & Community Benefits.

Councilman Jones was born in Brooklyn, N.Y., and moved to Cleveland with his family when he was a child. He graduated Cum Laude in 2006 from Morehouse College in Atlanta, Ga., earning a degree in African-American studies.

Councilman Jones has been recognized nationally for his grass-roots activism relating to issues of social justice and empowering those who are left out of the American Dream. During the 2008 presidential election, Councilman Jones hosted rallies in Cleveland for Barack Obama and



organized a youth voter registration drive in the city.

He has received various awards for his work, including the "Emerging Leader" award from U.S. Rep. Marcia Fudge and the Urban League's "Distinguished Men" award. Councilman Jones is a member of the NAACP and Alpha Phi Alpha Fraternity.

Councilman Jones was the youngest news talk radio show host when he was on "Basheer Jones and Company" on WERE AM/1490 News Talk Radio and Street Soldiers on WENZ FM/107.9 until 2010. He has also been a guest correspondent on CNN, MSNBC, and CSPAN.

He also authored a book, entitled, "I'll Speak for Change." And Councilman Jones is the creator of the Be the Change Leadership Series, in which he holds leadership and character development workshops within various school systems throughout the state of Ohio.

"YOU must be the CHANGE you wish to see in THE WORLD" ~ Mahatma Gandhi

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Insignia HDTV Fire TV Edition is a new generation of smart TVs featuring the Fire TV experience built-in and including a Voice Remote with Alexa. With access to all the movies and TV shows you love, Insignia Fire TV Edition delivers a superior TV experience that gets smarter every day. The Voice Remote with Alexa lets you do everything you'd expect from a remote—plus, easily launch apps, search for TV shows, play music, switch inputs, control smart home devices and more, using just your voice.

#### Two-year warrantly included.



#### **Laptop Computer**

HP Laptop:

- Intel core i5 CPU @ 2.30GHz 2.40GHz
- 4.00GB Memory
- 64 Bit operating system, v64 based processor
- Windows 10



#### **Never run out**

A full case of bathroom tissue, Clorox wipes, Wine



### **Coro driving me Nuts**

A full case of Corona lager, and a full case of Bathroom tissue in a beautiful keepsake cabinet.

)MLIME AUCTIC

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### **Keep it Fresh**

Face mask, Clorox, hand sanitizers Fabric softener, Clorox wipes and more!



## **Just Relax**

Blanket, 500 thread count pillows, Bamboo sheets, Clorox wipes & Wine.



**Power Wash** 

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### Healing Wines during Corona

Assorted wines for any occasion



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USB ready back Pac filled wth Cleaning items and disifectants



## Crate of Choice Liquor

Fabulous selection of liquor



# **SEASON'S GREETINGS**

## ASHBURY SENIOR COMPUTER COMMUNITY CENTER

## WE WILL GET THROUGH COVID - 19









## WANDA DAVIS JAMES SEWARD

WE WISH YOU A NEW YEAR THAT IS FILLED WITH THE WONDER OF GOD'S BLESSINGS, THE LOVE OF THE HOLY SPIRIT AND THE BLESSINGS OF FAMILY AND FRIENDS.

TUESDAY AND THURSDAY 12:00 P.M -- 1:45P.M Congratulations Ashbury Senior Computer Community Center on the 28th Annual "An Evening with the Stars"



Thank you for "CONNECTING our COMMUNITY" Councilman Basheer Jones City of Cleveland Ward 7

## HAPPY HOLIDAYS AND CONTINUED SUCCESS ASC<sup>3</sup>

GARION COEY RANDALL D. DAVENPORT VIVIAN HAMMETT CHRISTINGE HARRIS JAMES JORDAN ABDULLAH RAHSHID

> INSTRUCTOR JAMES SEWARD

# *May the best gifts of Christmas be yours:*

The gift of love. The gift of hope. The gift of joy. The gift of peace. The gift of happiness. The gift of Jesus! CONGRATULATIONS ON YOUR 28<sup>th</sup> ANNUAL GALA CELEBRATION YOU STILL MAINTAIN A POSITIVE IMPACT IN THE COMMUNITY.

HAPPY HOLIDAY'S FROM THE SATURDAY MORNING 11:00 a.m. CLASS.

Lillie Crawford James Dawson Bernice Harris Bernice Harris William Taylor Veronica Williams

**Instructor James Seward** 

# SEASONS GREETINGS

# THE ASC3 FAMILY

## FROM TUESDAY-THURSDAY 2PM CLASS

**Charlie Parham** 

Mary Isler

Mary Bell

Mozella Thomas

Elaine Davis

Ella Redeemer

Juanita Jackson

Joana Betts

Mary McElrath

Patricia McGowan

Mary Palmore

**Beverly Redfield** 

# **CONGRATULATIONS ON** YOUR 28<sup>th</sup> ANNUAL GALA CELEBRATION

# **FROM THE WEDNESDAY &** FRIDAY 12:00p.m. CLASS



**Moses Walker** 

**Benita Shepherd** 

**Hiawatha Steele** 

**Loretta Smith** 

Instructor James Seward



## DIGITAL AVIAT®R PROGRAM

"Become your own technology pilot!"

## FREE COMPUTER CLASSES!



A 6-week Digital Literacy Program by Ashbury Senior Computer Community Center

## Starting January 18, 2021

- "Hybrid-style" classes (virtual & in-person)
- Laptop & internet hotspot provided for duration of 6-week class cycle
- Telehealth Learn to visit your doctor ONLINE!
- Masks, social distancing & CDC sanitization guidelines enforced
- FREE masks & sanitizer available onsite

Our DIGITAL NAVIGATORS will help fill gaps in your technology knowledge. You will be EMPOWERED to become your own DIGITAL AVIATOR in the plane of your life, with all the tools and information you need to stay healthy, safe, informed and socially active.

> To register or for more information call 216-202-4292 or visit www.asc3.org

Ashbury Senior Computer Community Center 11011 Ashbury Ave. Cleveland, OH 44106

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It is a great pleasure to continue to support you in your efforts to empower the citizens of the inner-city by helping to bridge the gap in the "Digital Divide."

> Proud to serve as the Chairman of ASC<sup>3</sup>

2550 Warrensville Center Road University Heights, OH 44118

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# Public Health Innovators, LLC

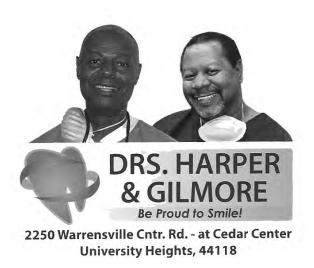
Congratulations and thanks to Wanda Davis and ASC3 for your remarkable work connecting community members with the Internet.

Amy Sheon, PhD, MPH Senior Fellow, National Digital Inclusion Alliance & President & CEO, Public Health Innovators, LLC

Public Health Innovators provides strategic consulting to health systems, communities, governments, philanthropic and technology companies around digital health equity.



# Congratulations ASC<sup>3</sup> for 18 years of dedicated service to the community



Call TODAY! 216-932-0433 www.clevelandsfamilydentist.com

# Councilpersons Kevin & Yvonne M. Conwell

Congratulations to Ashbury Senior Computer Community Center for 28 years of being *a true* participant of all seven principles of Kwanzaa!

Umoja, Kujichagulia, Ujima, Nia, Kuumba, Imani, and Nguzo Saba.



## Happy Holidays from Us to You!

**Councilwoman Yvonne M. Conwell** Cuyahoga County, District 7 **Councilman Kevin Conwell** City of Cleveland, Ward 9

# WHY WOULD YOU EVER PAY RETAIL?

Howard's prices are *always* 30-50% below retail.

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DigitalC congratulates the 2020 Nguzo Saba Award winner, Cleveland Councilman Basheer Jones.

DigitalC is proud to partner with CIS to make Cleveland's digital future equitable.





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# Season's Greetings

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# Caribbean Caribbean Nite n'White

**June: 2021** 6:00 P.M. – Midnight

## ASC<sup>3</sup>ALUMNI PRESENTS:

SAVE THE DATE (TBA!)

CARIBBEAN NITE 'N' WHITE

## 7<sup>TH</sup> ANNUAL FUNDRAISER



June, 2021 • 6:00 P.M. - 12:00 A.M.

*Tropical heavy hors d'œuvre buffet* • 6:30 P.M. – 8:00 P.M.

## Cash Bar • DJ • Games

Awesome Prizes & Giveaways including: Smart TV, Desktop, laptop & tablet

Tickets: \$35.00 per person Buy online: www.asc3.org/nite-n-white.html

Contact ASC<sup>3</sup>: James Seward or Wanda Davis (216) 421 2305 Cynthia Felder (216) 851 3326

Attire: "Tropical White"

## Congratulations Shay and ASC3 on your 28th Annual "An Evening with the Stars"



**Good friends are like stars.** You don't always see them, but you always know they are there...



## **REP. MARCIA L. FUDGE**

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# The George Family proudly supports ASC3 and its efforts at bridging the gap in Cleveland's "Digital Divide". Thank you for caring and connecting the un-connected.





## Give the Gift of Internet Service

For only \$10.00\* per Month

\*After modem purchase. Total cost first year: **\$231.16** (payable in advance) \$134.16 for year two. (includes admin fee).

Price includes: Modem cost, Annual service, shipping and handling charges

## Mobile Citizen "Hotspot" ~ powered by Sprint available now from ASC<sup>3</sup>

## Small enough to fit in your pocket. Powerful enough to connect 10 devices!

Bring the blazing speed of 4G LTE to your wireless devices, at home and on the go.

The R850 Mobile Hotspot lets you connect up to 10 Wi-Fi enabled devices – anywhere you go on Sprint's nationwide 4G LTE network.

Stream videos on your tablet at the park, or knock out some emails while traveling for work.



Height: 3.55" Width: 2.64" Depth: 0.49" Weight: 2.97 oz

## The R850 makes it easy.

To order service or for more information contact Ashbury Senior Computer Community Center: 216.202.4292

# COVID-19 Related SCAMS



The fear and isolation people are feeling as a result of COVID-19 restrictions are being exploited by scammers. Take preventative action by being aware of scammers pretending to be from the government, a bank, a health official or tech company. They may abuse your personal information such as your social security number, credit card/ banking information, Medicare number, etc.

## SCAMS can happen via:











## Common Scams:

- Selling fake COVID-19 tests, vaccines, cures or masks
- Asking for fake charity donations (verify at charitynavigator.org or give.org)
- Posing as a loved one diagnosed with COVID-19, requesting money transfer
- Promising direct deposit of stimulus check
- Offering fake relief \$\$

Safety Tips!

- Never pay someone you don't know!
- Be wary of giving out credit card and social security information!
- Always check the source of your information! Especially about COVID-19
- Only access apps, links and emails you know are safe
- Posing as WHO or CDC
- Saying SS# has been cancelled due to COVID-19
- Advertising fake COVID tracking apps



Information provided by Ashbury Senior Computer Community Center



#### Willie Jofferion

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ASC<sup>3</sup>...Thanks for making a difference

Happy Holidays! The Burrows Family



ClevelandMetroSchools

Shaletha T. Mitchell, M.Ed. Board of Education Member HAPPY

HOLIDAYS

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Proud to have served our children for 8 years. Always an advocate for families and education



Congratulations ASC3 on another great year!!

## It's been quite a year, hasn't it?



When Cleveland's schools, jobs, clinics, banks, governments and churches had to go on line, we all suddenly realized why digital inclusion matters. But ASC3 knew all along.

Congratulations and thank you to ASC3's staff, volunteers and leaders for working so hard to help our community get through this.

CONNECT YOUR COMMUNITY http://connectyourcommunity.org



#### By Cynthia Felder

## ASC<sup>3</sup> Tech Corner

## MagniPros 3X Large Ultra Bright LED Page Magnifier



with 12 Anti-Glare Dimmable LEDs (Evenly Lit Viewing Area & Relieve Eye Strain)

Ideal for Reading Small Prints & Low Vision Seniors with Aging Eyes.

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ASC3 SENIORS say:



## HONWELL Motion Sensor Light Indoor Ceiling Light

Wireless Motion Sensor Light Battery Powered LED Warm White Light for Closet Cabinet Kitchen Bathroom... • Ultra-Bright Light Sensor- 5 super bright SMD LED shower light provide excellent illumination of up to 250 lumen, low power consumption and save electricity costs and ensure an extra long life for your light.

Motion Detector Light- Auto-off 20 seconds when no motion detected, Auto-on within 9.9 feet,

Price:\$16.99 Free Shipping with Amazon Prime



## The Grommet Shop - UVC LED Sterilizer Wand by 59S

UVC light disinfects surfaces · No water or chemicals needed · Rechargeable and portable

This UVC LED sterilizer wand provides disinfection with the press of a button. It generates UVC lights that destroy DNA and RNA of common bacteria and viruses without needing water or chemicals. It works on hard and soft surfaces, like a sofa, mattress, keyboard and more. Rechargeable and lightweight, it includes a child lock and safety goggles.

Sterilizer Wand \$119.95



## **Health and Wellness**

## Knowing Our Skin



The skin keeps vital chemicals and nutrients in the body while providing a barrier against dangerous substances from entering the body and provides a shield from harmful effects of ultraviolet radiation emitted by the sun.

The largest organ of the human body is the skin. It consists of three (3) layers of tissue: The epidermis, the dermis and the subcutaneous (fat) layer. The epidermis is the relatively thin, tough, outer layer of the skin that consists of dead cells, which form a tough, horny protective covering. As dead cells are worn away, they are replaced; the new cells are reproduced by rapidly dividing living cells in the innermost part of the epidermis. The epidermis also contains melanocytes, the cells that contain melanin — the

## Roasted Kabocha Squash Soup

#### PREP TIME: 15 minutes COOK TIME: 1 Hour, 30 Minutes YIELD: Serves 4 to 6

- A half a large kabocha squash, seeded (about 3 to 4 pounds for the half)
- 1 tablespoon extra virgin olive oil salt
- 1 1/2 tablespoons extra virgin olive
- 2 cups chopped or sliced onion
- 2 ribs of celery, sliced
- 3 cloves garlic, chopped (about 1 Tbsp)
- 1 1/2 inch piece of fresh ginger root, peeled and grated
- 1 1/4 teaspoon ground cumin
- 1/2 teaspoons coriander
- 4 cups of chick stock
- 2 teaspoons kosher salt
- 1/4 black pepper
- Garnish with lime juice and chopped fresh cilantro

**Roast the squash:** Preheat oven to 400 F. Use a heavy chef's knife or cleaver (it helps if you have a rubber mallet as well) to cut the kabocha squash half into a few large pieces. Kabocha squash is thick and meaty and can be a challenge to cut. So take care! Make sure the squash is

pigment that gives skin it color. Skin color is determined by the amount of melain in these cells, not cell number, the more melanin, the darker the skin.

Dermis is the next layer of tissue. It is a thick layer of fibrous and elastic tissue that gives the skin it's flexibility and strength, and contains sweat and oil glands, hair follicles and blood vessels.

Sweat glands produce sweat in response to heat and stress, as sweat evaporate of the skin, it helps cool the body. Specialized sweat glands in the armpits and genital area (apocrine) secrete a thick oily sweat that produces a characteristic body odor. When the sweat is digested by the skin bacteria in those area. Sebaceous glands secrete a lubricating substance called sebum. Sebum is an oil that keeps the deepest layer of the skin is the subcutaneous layer mostly composed of fatty tissue, it contains blood vessels and nerves. Fat insulates the body from extreme heat and cold and provide a cushion to protect the body from injury. Many problems that appear on the skin are limited to the skin. Sometimes, however the skin provides clues to a disorder that affects the entire body.

stable on your cutting board before you start to cut it.

**Scoop out the seeds** (you can toast them like pumpkin seeds!) and stringy insides.

**Place the squash pieces** on a foil or silpat lined roasting pan. Rub olive oil over all sides, and sprinkle with salt.



# Available Low-Cost Internet Services & Provider relief during the COVID-19 Pandemic



Through December 29, **ATT** is lowering the cost of learning connectivity and offering a two-year, \$15-a-month unlimited wireless data plan, with a free hot spot, for schools.

For all the dedicated teachers in Cleveland, they are offering free service to support their virtual classrooms that will come with products to filter unsafe content and guard against malicious sites to protect both students and teachers while they are online. They are also offering teachers a discount on their personal wireless service.

**Verizon** is waiving wireless data overage charges to support customers who may be financially affected by the COVID-19 crisis.

**Spectrum** makes it simple for qualified households to sign up for low income Internet assistance: Free Internet modem, High-speed Internet at 30 Mbps, No data caps No contractsOptional in-home WiFi service at \$5/month.

One or more members of your household must be a recipient of one of the following assistance programs: National School Lunch Program (NSLP), Community Eligibility Provision (CEP) of the NSLP Supplemental Security Income (for applicants age 65+ only)

EmpowerCLE+ provides reliable and affordable broadband Internet access to underconnected and unconnected communities in Cleveland.

https://empowercle.org/get\_connected

Mobile Citizen"Hotspot" ~ is available now from ASC3. Bring the blazing speed of 4G LTE to your wireless devices, at home and on the go. Call 216-202-4292.

PCs for People provides low-cost internet with mobile hotspot: https://www.pcsforpeople.org.

GET CONNECTED - STAY CONNECTED

## Welcome Gina Birch, ASC<sup>3</sup>'s Program Coordinator and Ancillary Media Specialst



Gina is the new Program Coordinator and ancillary media specialist for the Ashbury Center. She has been working in consumer electronics and technology for 15 years. She majored in Computer Engineering and Business, at the University of Cincinnati. She is CompTIA A+ certified, and has worked with thousands of device users over the course of her career with Sprint, T-Mobile, Best Buy, Geek Squad, Dow Electronics and her own small business, PurpleLock Technology Solutions. It is her passion to consolidate, simplify and share the wealth of information she amassed through school and work, with those who need it most.





## Feeling left behind in the world of technology? DON'T BE. . .



Technology Training Winter Classes Start January 18, 2021

ASC<sup>3</sup> MAIN CAMPUS Schedule...

#### **TUESDAY & THURSDAY:**

Beginning / Intermediate Word Processing, Email, Internet ( ) 10:00 am - 11:45 am

( ) 10.00 alli - 11.45 alli

Advanced MS Office Suite,

#### **E-Communications**

( ) 12:00 pm - 1:45 pm

( ) 2:00 pm - 3:45 pm

Beginning / Intermediate MS Word Processing, Email, Internet ( ) 6:00 pm - 7:45 pm

#### WEDNESDAY & FRIDAY:

Beginning / Intermediate Word Processing, Email, Internet ( ) 12:00 pm - 1:45 pm

Beginning / Intermediate/Advanced Word Processing, Email, Internet

( ) 2:00 pm - 3:45 pm

### **SATURDAY:**

Beginning / Basic Word Processing, Email, Internet ( ) 11:00 am - 1:00 pm

\$32 donation is requested for supplies and materials after first free session. No one turned away—Scholarships available!

Contact ASC<sup>3</sup> for more information regarding any of the program offerings and for schedules at other locations.



Trained 7,500+ Greater Clevelanders!

Ashbury Senior Computer Community Center

# **\*\*Free Computer Classes**

## EASTSIDE

#### Wanda Davis, Executive Director

Contact Us: Phone: (216) 421-2305 Fax: (216) 229-4151 11011 Ashbury Ave. Cleveland, OH 44106

Center Hours: Monday thru Thursday: 10:00 am to 7:45 pm Friday: 10:00 am to 4:00 pm Saturday: 11:00 am to 4:00 pm

#### E-mail: info@asc3.org Website: www.ASC3.org

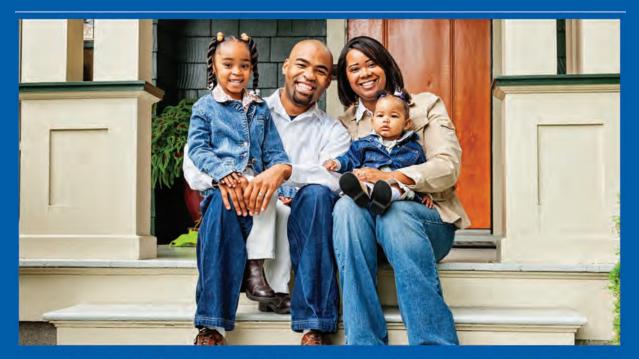
#### ASC<sup>3</sup> Course Offerings Include:

- Seniors and Mature Adults: Structured Technology Classes, see class schedule at left. Classes include: Group and I-on-I instruction, enhanced job skills, online banking, health literacy, socialization & volunteer / leadership opportunities, and much more. Virtual sessions Available.
- Young Adults and Youth: NorthStar Basic Skills Assessment Certification and Certified Customer Service Specialist Training Program ages 17 and up.
- 3. <u>Open Lab Access</u>: Intermittently throughout the week, free personal tutoring available.

Currently Main Campus is the only site opening, January 18 2021, for ASC3.

TO REGISTER: RETURN THIS COMPLETED FORM VIA FAX, IN-PERSON, CALL, OR VISIT OUR WEBSITE. PLEASE PRINT CLEARLY.

| Name                                   |                          |              |
|--|--------------------------|--------------|
| Address                                |                          |              |
| City                                   |                          | Zip          |
| Phone                                  |                          |              |
| Email                                  |                          |              |
| Place a check ( $\checkmark$ ) next to | the class section you wi | ish to take. |



## Third Federal is proud to support An Evening with the Stars 2020 Awards Banquet & Holiday Gala

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- 15 and 30-year fixed rate mortgages



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For more information about eligibility and requirements for 3% down, and lowest rate guarantee, ask a branch associate, visit thirdfederal. com or call 1-800-THIRD-FED. 3% down is available for loan amounts up to \$200,000 and borrowers must meet certain income, geographic and other requirements to qualify. Product features are subject to change without notice. ©2019 Third Federal

