



# THE COURIER

ASHBURY SENIOR COMPUTER COMMUNITY CENTER

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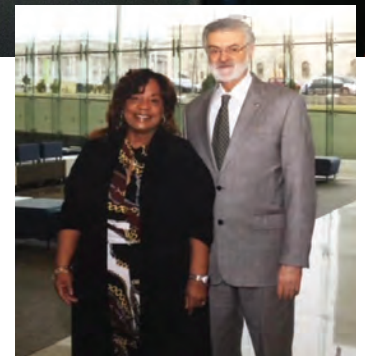
## “Net Inclusion” Conference Site Visit to ASC<sup>3</sup>



The recent Net Inclusion conference gave conference participants the option to visit local digital inclusion programs across Cleveland. ASC<sup>3</sup> hosted quite a crowd and proudly showed the facility and talked about the programs available to Cleveland residents.

The three-day conference attracted digital inclusion community practitioners, advocates, academics, Internet service providers, and policymakers from across the US and Canada.

*Read more on page 6*



*Executive Director Wanda Davis with Cleveland Mayor Frank Jackson at the 2018 Net Inclusion Conference*

### 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.*

## Director’s Message



### Father & Daughter Duo

ASC<sup>3</sup> is dedicated to bridging the gap in the “Digital Divide” throughout greater Cleveland. This means that we are on a mission to educate, train, and provide access to technology to as many people as possible, of all ages.

Mr. Harry Winfield and his daughter Ruby Winfield are a perfect example of how ASC<sup>3</sup> affects generations. In June 2018, together, they completed the 8-week Computers Basics 101 course at PNC Fairfax Connection. If you think the young whippersnapper out-performed her dad, well, think again.

Mr. Winfield, 88 years young, excelled in class, and felt it was an honor to learn technology with his daughter, “It’s not every day one gets to take a class with their child, what a great experience.”

The Winfield’s are a true personification of Ashbury’s motto, “The ability to learn is ageless.”

**ASC<sup>3</sup>**  
11011 Ashbury Avenue  
Cleveland, Ohio 44106  
216-421-2305  
www.asc3.org

# Student Spotlight

## Verne A. Washington

Born and raised in Columbus, Ohio, I graduated from South High there. I attended Central State University and I came to Cleveland 1975 and attended Tri-College. I am an original Emergency Medical Technician Paramedic for the city of Cleveland, a twenty-year veteran, and I have been blessed in many ways. My wife is Jamaican. My kids and my grandkids are the source of my joy.

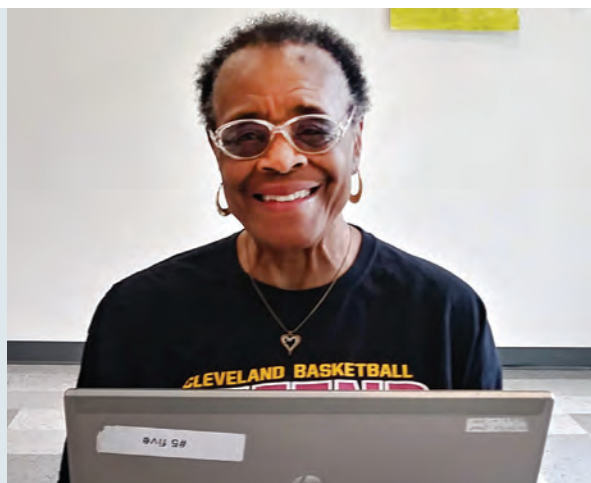
I was Chief Deputy Clerk for Cleveland Clerk of Courts Office and held a wide range of positions. I am presently working to capture the courts' records as part of the courts efforts to become a paperless institution.

I heard of ASC<sup>3</sup> through Jameel Amir. My interest in technology is boundless. I have enjoyed every moment at the Ashbury Senior Computer Center. The Instructors are outstanding, effective, knowledgeable, and patient and have presented lessons at a pace where everyone can keep



up. No-one, but no one is left behind. I have learned many tricks of the trade including how to use Microsoft Word.

I am humbled to have the opportunity to attend these classes and to be among the best people I have ever had the pleasure of meeting. Spread the word, ASC<sup>3</sup> is a welcoming, pleasant and resourceful center to learn all about computers and the Internet.



## Ernestine Gray

I am Ernestine Gray, an East Cleveland resident for 51 years. I have two wonderful children, nine grandchildren and ten great-grandchildren. I retired from the United States Postal Service. I enjoy knitting and crocheting and I was also a very active bowler. I bowled in many leagues prior to having knee surgery.

I'm currently in the ASC<sup>3</sup> Basic Computer 101 class at the Benjamin Rose / Salvation Army Center in East Cleveland. I really enjoy the classes as I like to keep my mind active by learning new things. I have learned to include data in tables, access email and surf the net. I am currently working on cutting and pasting text! My instructor, Mrs. Janice Morton is very patient and understanding with all of us in class. I intend to keep learning. This a wonderful program.

## Veronica Williams

My name is Veronica Williams, I am sixty-years old, a mother of two and grandmother of six. I relocated to Cleveland in 1981. I was a Home Weatherization Contractor & Inspector for 17 years. In 2002, I became a Foster Care / Adoption / Kinship Care Parent. In 2003, I began work for the City of Cleveland at Cory Recreation Center.

I read about the ASC<sup>3</sup> classes in a neighborhood newsletter. Mary Seawright encouraged me to attend. I had access to a desktop, laptop, tablet and smartphones at home and was continually asking the grandchildren how to use them.

The class pace is slow and steady to accomodate every level. I learned about the basic parts of a computer; operating systems, programs and their applications; using the internet; and using a flash drive. Class times are



convenient, the instructors are very knowledgeable and the facility is in a good location.

I enjoy learning and applying new skills to everyday life. I am enrolled in Word 2016 classes and look forward to learning Excel. I will continue to recommend ASC<sup>3</sup> computer classes to others. My newest hobby is ceramics. I also like sewing, gardening, and remodeling my home.





**ASC<sup>3</sup> weekly class participants**



# Party with a Purpose - 5th Annual Caribbean Nite N' White



ASC³ Board of Directors & Alumni

The 5th Annual Fundraiser - Caribbean Nite N' White, Saturday, June 30th was a riveting success! A GREAT time was had by all with fun, dancing, fellowship, and gambling.

Congratulations to all of the winners of the amazing prizes! You don't want to miss this event next year – Saturday, June 29, 2019!

Thank you PNC, ASC³ Alumni, and ASC³ Board of Directors for your co-sponsorship.

Special Recognition to Ms. Cynthia Felder, ASC³ Alum, for inviting 30+ Family and Friends to celebrate with us. You Rock!



Come have a grand time and show your support at  
the BEST Holiday Affair around town!  
**26<sup>th</sup> Annual**  
**Evening with the Stars**  
Saturday December 8, 2018  
6:00pm - Midnight

Festivities include:

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

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

**Tickets \$60 • online: [www.asc3.org](http://www.asc3.org)**

**Ashbury Senior Computer Community Center (216) 421-2305**

## Parents in the Digital Age: Good reminders for kids and tech

Parents play an important role in teaching these skills to children in a world where children are “growing up digital.” It’s important to help them learn healthy concepts of digital use and citizenship.

**Social and gaming media should work for you, your children, and other family members values and parenting styles.** Remember, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep. When used thoughtfully and appropriately, media can enhance daily life. You can create a plan of time and usage at [HealthyChildren.org/MediaUsePlan/](http://HealthyChildren.org/MediaUsePlan/).

- **Know the tech environment in your child’s life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children’s friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.
- **Encourage playtime.** Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.
- **Social interactions, bonding, and learning** are encouraged when you co-view, co-play and co-engage with your children when they are using screens. Play a video game with your kids, it’s a good way to demonstrate good sportsmanship. Watch a show with them; you can to share your own life experiences and perspectives—and guidance. Don’t just monitor them online—interact with them, so you can understand what they are doing and be a part of it.  
**Screen time shouldn’t always be alone time.**
- **Children are great mimics,** limit your own media use. Teach and model kindness and good manners online. You’ll be more available for and connected with your children if you’re interacting, hugging and playing with them rather than simply staring at a screen. “Be a good role model”.
- **Research has shown that** “back-and-forth conversation” improves language skills—much more so than “passive” listening or one-way interaction with a screen. Know and understand the value of face-to-face communication. Very young children learn best through two-way communication. Engaging in back-and-forth “talk time” is critical for language development.
- **Meal times should be tech free** as well as other, social gatherings and try and keep children’s bedrooms screen free. Recharge devices overnight—outside your child’s bedroom to help them avoid the temptation to use them when they should be sleeping. Small changes can encourage more family time, healthier eating habits, and better sleep. Create tech-free zones.



- **Don’t use technology as a babysitter.** Children need to be taught how to manage boredom, quiet time, and strong emotions. Use activities such as puzzles, reading, exercising and talking things out.
- **Apps for kids – do YOUR homework.** See organizations like Common Sense Media, ([commonsensemedia.org](http://commonsensemedia.org)) for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.
- **It’s OK for your teen to be online.** Online relationships are part of typical adolescent development. Keep lines of communication open and let them know you’re there if they have questions or concerns.
- **Do Think your children know more than you.** Warn children about the importance of privacy and the dangers of predators and sexting. Teens need to know that once content is shared with others, they will not be able to delete or remove it completely. They may also not know about or use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.

Kids will make mistakes using media. But we know “**kids will be kids**”. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, bullying, or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children’s behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

**Enjoy your summer with your Kids: Keep the face-to-face up front —don’t let it get lost behind a stream of media and tech.**

*Ref: “Media Use in School-Aged Children and Adolescents” and “Media and Young Minds;” “Children and Adolescents and Digital Media,” published in **Pediatrics** November 2016. Also drawn from the proceedings of the AAP Sponsored “Growing Up Digital: Media Research Symposium,” which addressed new developments in research and media and their impact on children.*



# Digital Skills Provide Pathways to Advancing Careers

If you don't have a college degree, computer proficiency can make up for that with basic skills such as word processing and spreadsheets. These skills are in demand across a range of occupations and industries, serving as a doorway into middle-skill jobs.

Some 82% of middle-skill jobs are now "digitally intensive," and, more importantly, the digital skills marketplace is sorting out into clear pathways for workers to advance.

- Digitally intensive middle-skill jobs pay more than non-digital middle-skill jobs: Baseline digital skills alone pay a 17% premium over non-digital roles. Overall, middle-skill jobs average \$20 per hour; those with advanced digital skills such as IT networking or Customer Resource Management software are at or above \$28/hour.

- Digital skills provide a career pathway into middle- and high-skill jobs: Nearly one million middle-skill jobs in 2016 paid less than the living wage of \$15/hour in 2013. But as the digital intensity of these roles increased, so did salaries rise to a living wage.
- Digital middle-skill jobs represent roughly 38% of overall job postings
- Non-digitally intensive middle-skill jobs are clustered in transportation, construction, and installation/repair. Put another way, digital skills have become the minimum entry point for middle-skill jobs in most other sectors.

Sign up for our classes and get the skills you need to get a great job. Visit: [www.asc3.org](http://www.asc3.org) for more information.

## SuperTech & Mobile Gadget Day Success



Hosted at PNC Fairfax connection, 8220 Carnegie Ave, our SuperTech and Mobile Gadget day continues to be a very informative and wonderful hands-on experience for our seniors.

More than 30 seniors received help from ASC<sup>3</sup>'s own staff and ASC<sup>3</sup> Alumni members, Cynthia Felder and Valeria Broner on May 15th, 2018.

Attendee's received help with cell phones, (transferring photos, using the GPS and voice text) social media, digital cameras, emailing and the Internet.

## "Net Inclusion" Conference *(Continued from page 1)*

Discussions and presentations centered around local, state and federal policies and policy innovations impacting digital equity; sources of financial and programmatic support of digital inclusion programs, and digital inclusion best practices from across the country.

ASC<sup>3</sup>'s executive director Wanda Davis and board president Shaleta Mitchell made presentations about the work of ASC<sup>3</sup>, at the conference which was hosted by the National Digital Inclusion Alliance (NDIA).

NDIA provides a unified voice for home broadband access, public broadband access, personal devices and local technology training and support programs. It works collaboratively to craft, identify and disseminate financial and operational resources for digital inclusion programs while serving as a bridge to policymakers and the general public.

The website ([digitalinclusion.org/](http://digitalinclusion.org/)) provides resources for both seasoned practitioners and those new to the field, including the recently compiled *Digital Inclusion Coalition Guidebook*.





# FREE HEALTH SCREENINGS! GET CHECKED!



**Saturday, August 18th,  
1:00pm - 4:00pm**  
*(in conjunction with the Back to School Party  
Ashbury Ave East 110th-112th)*


Cleveland State University School of Nursing, Community Health Workers  
Cleveland-Region Interprofessional Area Health Education Center

## Why Water is Essential to Life

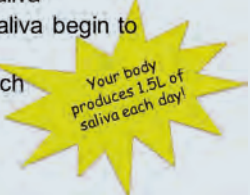
Doctors prescribe an amazing number of drugs. The human body is primarily made of water; it serves the vital functions of the major organs. Water (H<sub>2</sub>O) is essential for cells to operate properly. Water surrounds and cradles vital organs like the spinal cord and the brain, and is responsible for protecting and lubricating your joints, and keeping tissues in the eyes and mouth functionally moist.

H<sub>2</sub>O performs some miraculous roles in the human body, even when you're not paying attention. Adequate hydration is necessary for nutrient absorption and a healthy digestive system. The digestive system uses water in vital fluids such as blood, saliva and digestive fluids, as well as in absorption of nutrients and the removal of waste products. Water helps move food through the intestines, and promotes a smooth functioning of the digestive track. It helps in maintaining regular bowel movements and in preventing constipation.

### Mouth



- **Mechanical Digestion**
  - Teeth and tongue break food down into smaller pieces
- **Chemical Digestion**
  - Salivary glands produce saliva
  - Chemicals (Enzymes) in saliva begin to break down food
  - Amylase breaks down starch into glucose



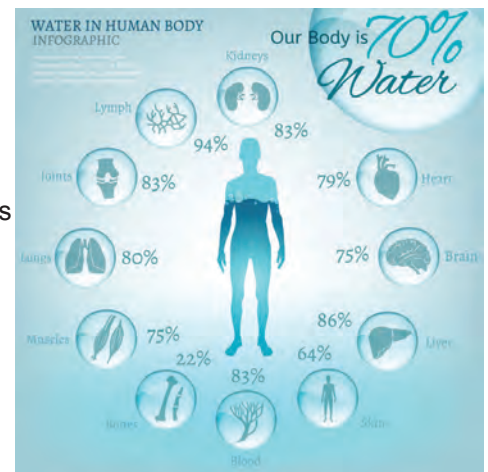
Our saliva which is comprised mostly of water can assist in the breakdown of foods for chewing and swallowing. It also dissolves the nutrients, so the body can absorb them.

Water also aids the flushing out of toxins through the kidneys, liver, and intestinal track. H<sub>2</sub>O provides the medium for electrolytes (sodium potassium, chloride) provide absorption of glues and amino acids in and out of cells. Each electrolyte is balanced by another of equal, but opposite charge to manage the flow of nutrients in cells and waste from cells. The concentration of hydrogen in the body creates an acidic or base level in the blood and organs.

Water allows free hydrogen ions to move in and out of blood cells to maintain the pH of the body which ranges 7:35 – 7:45 for proper

physiological processes. An acidic shift may lead to sickness and an inability of the body to assimilate vitamins and minerals.

Water has a chemical property that makes it able to absorb and release heat to maintain the temperature of the environment it is in. Your body temperature must be maintained within a very narrow range and water removes excessive heat from the body through the evaporation of sweat.



Last but not least, water is a safe and frugal remedy for a lot of health conditions we face in everyday living. So, what are we waiting for? Go and drink a glass of water---then two and keep repeating until you reach 8.

Remember **8 glasses of water daily is the minimum** to keep your machine (body) running efficiently and effectively to accomplish the miracles it was designed to perform. So how much fluid does the average, healthy adult living in a temperate climate need? The National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages and food. About 20 percent of daily fluid intake usually comes from food and the rest from drinks.

Ref: National Library of Medicine: [www.nlm.nih.gov](http://www.nlm.nih.gov), [www.medicalnewstoday.com/](http://www.medicalnewstoday.com/), [www.livestrong.com/](http://www.livestrong.com/)

# WATER! WATER! WATER! COME ON DOWN !!!





# Our 2018 Graduates

## Congratulations to our ASC<sup>3</sup> 2018 Graduates

Thomas Adams	Bettie Ferrell	Shaundra McDonall	Mary Seawright
Mary Alexander	Stanford Garrett	Patricia McGowan	Jesse Sewell
Tanya Allen	Bevelyn Grimes	Phyliss McLaughlin	Delores Shaw
Cheri Allen-Tate	Bernice Harris	Mabel Messam	Carolyn-Jones Smith
Jameel Amir	Suzanne Holman	Priscilla Moore	Precious Steele
Mary Bell	Alisha Hood	Arby Myers	Mozella Thomas
Essie Bella	Richard Hopkins	Tonya Myrick	Judy Toney
Joana Betts	Mary Isler	Mary Palmore	Moses Walker
Alice Blake	Juanita Jackson	Abdullah Rahshid	Terri Ward
Valeria Broner	Herbert Jackson	Ella Redeemer	Verne Washington
Queenetta Burgess-Ellis	Shelby Johnson	Beverly Redfield	David Williams
Lillie Crawford	Carolyn Jones-Smith	Angel Rivera	Veronica Williams
Elaine Davis	James Jordan	Barbara Rogers	Patricia Williams
Andrew Davis-Bey	Deborah Lavette	Brenda Ross	Henry Winfield
Vera Farquharson	Regina Lytle	Rosa M. Sadie	Ruby Winfield
Jean Farquharson	Pamela McCoy	Aaron Saviour	Jameella Zahir

*Many thanks to our sponsors*



FRANK JACKSON,  
MAYOR  
KEVIN CONWELL,  
COUNCILMAN, WARD 9  
BRIAN CUMMINS,  
COUNCILMAN, WARD 14

### Ashbury Annual Back to School Party



**Ashbury Ave East 110th–112th**

**Saturday, August 18th, 2018  
Noon — 5:00p.m.**

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

### Accepting New Subscribers ASC<sup>3</sup> Low-Cost Internet Service!

**STAY CONNECTED, With your own  
4G Wi-Fi through Mobile Citizen**

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Annual Renewal: \$134.16**



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2. Leave a voice mail message.
  - Please speak slowly and clearly.
  - Leave your name and phone number, and tell us the best time of day to reach you.