



# THE COURIER

## Ashbury Senior Computer Community Center

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Holiday Edition 2014

Editor, Edris Holmes

### 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](http://www.asc3.org)

ASC3 joins Broadband Coalition, advocates for affordable internet before merger (*little know facts from the FCC*)

**ASC3 a leader in Coalition for Broadband Equity:** The Federal Communications Commission (FCC) is considering a pro-posal to allow Comcast, the biggest U.S. cable TV and Internet corporation, to buy Time Warner Cable – and then sell Time Warner’s business in Ohio, Kentucky, Indiana and Wisconsin to a third company called Charter Communications.

If Comcast’s proposal gets FCC approval, by this time next year Cleveland’s cable system will be in the hands of its fifth corporate owner since 1993.

Since Adelphia Cable completed a digital upgrade in 2003, Cleveland’s cable system has been capable of delivering fast broadband Internet service to just about every home in every neighborhood of the city. Most households are also able to get some variety of fast Internet from AT&T.

But according to U.S. Census data for 2013, half of all Cleveland households still aren’t connected to the Internet by high speed broadband – either by Time Warner cable modem or the AT&T alternative. And the same Census data reveals that more than a third of Cleveland households can’t connect to the Internet at home by any means, including smartphones, old-style slow dialup service, or free community wi-fi.

Those numbers make the city of Cleveland one of the worst-connected big cities in the U.S. – fifth worst in fast house-hold broadband connections, and seventh worst in total home Internet access. ASC3 knows how damaging this situation is for our city, our community and our families. And we know that Time Warner has done little to help remedy this situation in the eight years the company has been “our cable company”.

So we’re asking the FCC to require our next cable company to make a much bigger effort to help Cleveland close our digital divide.

During the Summer, ASC3 joined with several of our Connect Your Community partners to create the Coalition for Broad-band Equity. Headquartered in the ASC3 office, the Coalition now numbers twenty public and nonprofit organizations in Cleveland, Cuyahoga and Lorain Counties, Akron, Youngstown, the Dayton area, Detroit and Milwaukee. Among those members are four county library systems, two community colleges, the City and Housing Authority of Milwaukee, and numerous community organizations working, like ASC3, to provide digital training and adoption support in our neighborhoods.

Since July the Coalition has contacted Charter Communications, filed comments with the FCC, and reached out for support from our Congressional representatives and other public officials, all with the same message:

The FCC shouldn’t allow Charter’s takeover of Time

Warner Cable in our communities unless Charter guarantees an affordable broadband Internet rate option for low income households.

The FCC shouldn’t allow Charter’s takeover of our communities unless Charter submits a “specific, measurable, accountable plan for substantially increasing the percentage of all households, including households in lower-income neighborhoods, who are served by cable modem Internet connections.”

Experienced Coalition members like ASC3 are eager to help Charter create such a plan. Charter’s senior management should meet with the Coalition to talk about it.

The FCC has temporarily put the Comcast-TimeWarner-Charter case on hold, but it’s likely to be decided before next Spring. The Coalition for Broadband Equity will keep fighting to make our communities’ voices heard.

You can help! To learn more, email [bill@connectyourcommunity.org](mailto:bill@connectyourcommunity.org).

### *Message from the Director:*

The Year 2014 - one of growth, or one of regression? Today it seems as though we take two steps forward and three steps back. As I reflect on the past months and especially the past several weeks, I ponder about the lack of trust, the unrest, and the senseless violence. When will it all end...when we all are no more?

I say RIP to those who have fallen by our Police Officers, RIP to those who have fallen by their own peers or others, and RIP to those who have fallen by natural causes or illness. Your job is done and you’ve paved the way for our destiny. My prayer is that all of you are with the Lord! To the rest of us, let’s re-claim the love and respect our forefathers shared with each other. Let us be the Light God intended us to be!

We must find our way back to the valley of love, a place of peace, and foster a treaty of tolerance. Let the upcoming New Year find you speaking out against injustice - Social or Digital - Physical or Online. Join a social group, join a blog, and attend your local council meeting. There are dozens of options to support forward progress for all people!

Violence leads to more violence. Peace leads to peace and results in respect, love and understanding. Keep your hearts open in 2015, and let love lead the way!

Have a great and prosperous New Year.

## Darlene Robinson

### ASC3

I am a non-traditional student and I have the pleasure of being a student at Ashbury Senior Computer Community Center (ASC3) within my Glenville neighborhood. The program at the center has provided me with free technology classes and with the assistance of the staff I have been able to find new employment. I am also blessed with another program within my neighborhood, the Jobs partnership of Cleveland, at the Mt Zion Congregational Church, UCC; Rev Paul Hobson Sadler, Sr. pastor. Both programs have provided me with a positive nurturing atmosphere to learn to use technology, create my resume, research job opportunities, complete job applications on line and land a new job!

I am truly blessed and happy to have resources within my community to help seniors and others like me. I would like to thank everyone involved for supporting me in acquiring new life skills. I will continue to grow and support myself in a positive manner. I'm wishing everyone Happy Holidays and a Blessed New year!



## Classie A. Hogan

### PNC

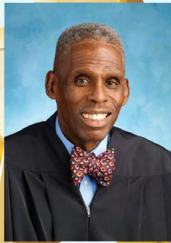
I am Blessed to have worked over 35 years in the service industry and specifically, I spent the latter twenty-two years working for the US Postal Service, from which I ultimately retired. One of my pastimes is spending time with my wonderful family and I am extremely proud to be a loving Grandmother and Great-Great Grandmother. I have always enjoyed learning and the ASC<sup>3</sup> family is giving me the opportunity to re-connect with the world through technology, as I was completely out of loop about computer technology. I heard about this wonderful program from a friend and a former co-worker. Attending the session has been informative and very interesting. The PNC Fairfax Connection Zone, where my class is held, is quite an impressive facility; a little hidden treasure that I did not know existed.

Ms. Mitchell, my instructor, is very knowledgeable, patient, and capable to teach seniors. I plan to continue my classes in computer technology. Thank you ASC<sup>3</sup>.



## ASC3 SALUTES IT'S 2014 "An Evening with the Stars" Nuguza Saba Honorees

**Judge Ed Wade**  
UMOJA (Unity)



**Rep. Bill Patmon, UJIMA**  
(Collective Work & Responsibility)



**Ellen Burts-Cooper**  
UJAMAA  
(Cooperative Economics)



**Kevin Conwell, City Councilman, Ward 9**  
NGUZO SABA (7 Principles)



**Kenneth Kovatch**  
NIA (Purpose)



**Victoria Trotter**  
KUUMBA (Creativity)



**Mary Alexander**  
KUJICHAGULIA  
(Self-Determination)



**Rev. Larry Howard**  
IMANI (Faith)



## Tech Corner

Eva Taylor/Cynthia Felder

### New Tech Gadgets for the Holidays



#### Cyber-shot DSC-W800 i

Best Budget Point-and-Shoot is nearly an impulse buy, and not a financial hardship if you lose it or your kid drops it.



**Thinking about working out!** Try the innovative MOOV's 3D FITNESS TRACKER while Exercising

#### Apple Watch

#### Pebble Smartwatch



So which smartwatch is best for you? Although there's only a handful of options on the market now, there are some compelling options out

there. Whether you're looking for the best selection of [apps](#) or you want to make calls from your wrist, these are the best smartwatches so far.



Now is the time to seriously consider a Chromebook. Not long ago these machines were little more than cheap netbooks running Google's OS. But Chromebooks are getting better in almost every way, and the new Toshiba Chromebook 2 is proof. Starting at \$249 (\$329 as tested), this system features a stunning 13-inch 1080p display in a slimmer and lighter frame than the original. NoToshiba also offers Skullcandy-powered speakers and close to 8 hours of battery life. If you like the simplicity of the Chromebook concept but want a more premium experience, you've come to the right place. - See more at: <http://www.laptopmag.com/reviews/laptops/toshiba-chromebook-2#sthash.81VL9FRr.dpuf>

## Purchasing on Line - Create Unique "pa\$\$word"

"They say passwords are like underwear: change them often" So let's try doing it twice a year to start with. (livescience.com)

Regularly changing passwords means that even if criminals trick you out of them via phishing, or steal them by compromising your computer or the organization holding your data, the password they have simply won't work.

[Criminals compile lists](#) of usernames and passwords and trade them on the internet black market. Lists with old passwords have less value.

So let's try coming up with stronger passwords, and having a unique one for each account. We can do this by using a pass-phrase system.

#### Your pa\$\$woRd!

Start with a phrase from a song or movie you like, or something similar. "the quick brown fox jumped over the lazy dog". (use a phrase you can remember).

Take the first letter from each word: See highlight letters above (tqbfjotld)

Capitalize the first or any letter and add some punctuation: (Tqbfjotld!) It's starting to look complex.

Now do some number substitution or and so in this case our "q" becomes "1" and our "o" becomes "9": Now your password is T1bfj9tld! You have a password that is random letters, uses a capital and has numbers and symbols.

But how do you make it unique for each and every website? Perhaps you do something like the name of the website in front, using the same number substitution as above.

So, if this was my eBay account, I would add eBay to the password which now becomes:

eBayT1bfj9tld!

#### Take the next step

Many websites now offer optional two-step authentication, such as an SMS code sent to your phone to gain access to the account, or if changes are made to the account. Always, always, always use these options if available.

Of course, none of this is foolproof. Criminals have been known to take control of a victim's mobile phone service so that they can intercept the authentication SMS and there are "man in the middle" attacks where hackers intercept passwords and codes to open another parallel session. But the two-step security is way better than just a user name and password. At a consumer level more robust biometric security on devices (such as [fingerprint readers](#)) is increasingly ubiquitous. Some companies providing services over the phone have started to explore [voice biometrics](#). published on [Live Science](#).

**Happy Holidays!**

# HEALTH AND WELLNESS

## HOLIDAY SEASON WEIGHT GAIN IS REDUCED BY PLANNED OVEREATING

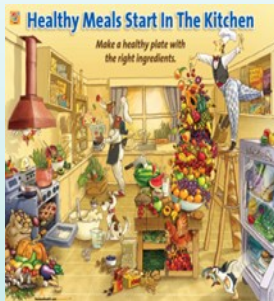


It's a well known fact that the time between Thanksgiving and Christmas is the official season for some serious overeating. Most of us pig out enough for a 5 to 7 pound weight gain in just six (6) short weeks.

The main culprit of holiday season weight gain is the age old New Year's Resolution of starting another diet with the New Year. The thought of another depressing deprivation diet looming in the near future can lead to the "last supper" mentality of eating everything in sight between



Christmas and the New Year. There is a better way.



Be realistic about your holiday plans...There will be parties and there will be high calorie foods. Decide ahead of time if you are going to have a high calorie treat and what form it will take. If your weakness is desserts, then plan on having **one serving go the most tempting dessert you can find.**

Plan to overeat on certain days. If you know there is a party coming up, eat lighter calorie meals during the week. When the party rolls around, eat and enjoy without guilt.

Get right back on track. Just because you had an eating binge at one holiday party, doesn't mean you should have a free-for-all until New Year's Day. Go back to your normal eating pattern with the very next meal. The only overeating you should be doing is on those specifically pre-planned holiday party dates.

Get some exercise. The holidays are a difficult time to get your regularly planned workouts completed so rather than skip your workouts for weeks at a time, do what you can. If you only have time for 15 or 20 minutes, do it. Some exercise is always better than no exercise.



There's absolutely no reason to go through the holidays feeling deprived and denied of your favorite holiday treats. With planned overeating you can reduce holiday season weight gain and still have fun..

## CREAM CHEESE POUND CAKE

### INGREDIENTS

1 1/2 cups whole-wheat pastry flour, (see Ingredient Note)	1 1/2 cups all-purpose flour	1 1/2 cups whole-wheat pastry flour, (see Ingredient Note)	1 1/2 teaspoons baking powder
1/2 teaspoon salt	3 large eggs	1/2 teaspoon salt	3 large eggs
1/2 cup nonfat buttermilk, (see Tip)	1/3 cup canola oil	1/2 cup nonfat buttermilk, (see Tip)	1/3 cup canola oil
2 tablespoons light corn syrup	1 tablespoon vanilla extract	2 tablespoons light corn syrup	1 tablespoon vanilla extract
6 large egg whites	2 cups sugar, divided	6 large egg whites	2 cups sugar, divided
1/2 cup unsalted butter, softened (1 stick)	8 ounces reduced-fat cream cheese, (Neufchatel)	1/2 cup unsalted butter, softened (1 stick)	8 ounces reduced-fat cream cheese, (Neufchatel)

Beat butter and cream cheese in a large bowl until creamy. Add the remaining 1 1/2 cups sugar and beat, scraping down the sides of the bowl as needed, until pale and fluffy, about 4 minutes. Alternately add the flour and buttermilk mixtures, beating until just smooth. Fold in about one-third of the egg whites with a rubber spatula until just smooth and no white streaks remain. Fold in the remaining egg whites. Scrape the batter into the prepared pan, spreading evenly.

Bake the cake until a skewer inserted into it comes out clean and the top springs back when touched, 1 hour to 1 hour 10 minutes. Cool in the pan on a wire rack for 10 minutes. Loosen the edges with a knife and turn out onto the rack; let cool for at least 1 hour more before slicing.

**Ingredient Note:** Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large super markets and natural-foods stores. Store in the freezer.

Per Serving: cal. (kcal) 261, Fat, total (g) 12, chol. (mg) 52, sat. fat (g) 5, carb. (g) 35, Monosaturated fat (g) 3, fiber (g) 1, pro. (g) 5, sodium (mg) 167, Potassium (mg) 73, Other Carb ( ) 2, Fat ( ) 2, Percent Daily Values are based on a 2,000 calorie diet



Happy Holidays!