

# THE COURIER

## STILL GOING STRONG 20 YEARS LATER!

This December, ASC3 celebrated our 30th annual gala, and marked 20 years of Digital Skills training in our current location! Read on for more details on our SOLD OUT success...

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# Happy Holidays!

from your friends at



*Our 20/30 Milestone Gala was a success! Thank you to all who supported.*



# "An Evening with the Stars"

## The Ashbury Center 20/30 Milestone Gala

*Congratulations to all this year's honorees! And a warm thank you to all who attended, donated and supported.*



Obie Shelton, Imani award winner, plays an encore at the 20/30 Ashbury gala.

[Click here to view the honorees and photos from our 20/30 Gala](#)

[Click here to view the 20/30 milestone video tribute](#)

*Congratulations to our \$1000, Mini-Escalade and Mini Jaguar raffle package winners: Joyce Shin, Blade, Desmond Mutley (PNC), and other attendees!*



"Spirit-filled" mini-Escalade raffle package.



# Student Testimonials

Some inspired quotes by our faithful students...

*"...I was like... computer illiterate. And, since I've been here I became kind of savvy!"*

***-Eugene Harvey Bey***

*"It comes in handy! I'm 74 years old and getting no younger. So I'm going to need this for my future endeavors."*

***-Stanley Tolbert***

*"I like the fact that it gives me the opportunity, as a mature person, to learn computer basics."*

***-Johntonio Hector***

*"I have learned so much in these classes. I don't know what I would do if I didn't have them! I think more older adults should get involved with it because everything is technology now!"*

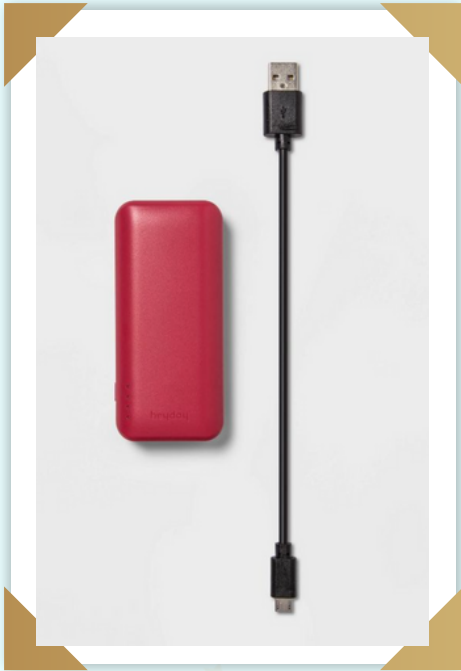
***-Mary Seawright***

*"Now I can get to things on my own, instead of asking my son! I really enjoyed this."*

***-Stanley Tolbert***

# Holiday Gift Ideas

that don't break the bank!



## Heyday - 4000mah Power Bank

Never run out of juice with this small on-the-go USB charger, available in 7 colors! Charge the power bank at home, then keep it (and your USB charging cable) with you until that critical moment when there isn't an outlet nearby.

**\$4.99 on sale at Target!**

[\(click to shop\)](#)



## Lenovo Smart Clock 2

*"Hey, Google. Lock my doors and turn on the TV!"*

It really can be that easy! Upgrade your house to a "smart home" by adding a smart speaker like this one. Supercharge it, by adding any of the accessories below.

**\$24.99 on sale at Best Buy!**

[\(click to shop\)](#)

Check out these accessories and more on our [ASC3 Holiday Amazon Shopping List](#): [Click here!](#)



Smart Lights



Smart Locks



Video Doorbells



Smart Plugs

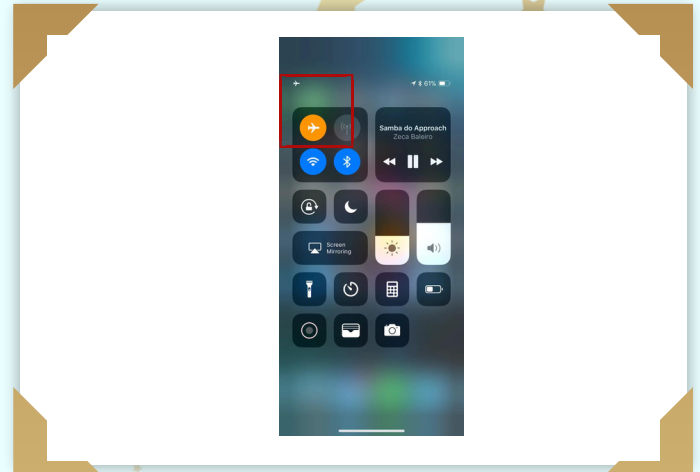


Smart Cameras



Roku/ Firestick

# Holiday Tech Tips



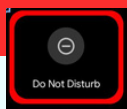
## Do Not Disturb Mode

"Do not disturb" mode turns off all rings, sounds and notifications for a period of time.

Pull down from the top right corner of your iPhone screen to access your Control Center (quick settings), like in the photo (left) above.

Find the moon shaped icon in the control center. Use this to toggle the mode on and off.

When you tap the moon, you will see options for the length of time you would like the device to remain in do not disturb mode.



\*Android uses this symbol instead of a moon:

## Airplane Mode

"Airplane mode" turns OFF ALL CONNECTIVITY from your device (WiFi, bluetooth, cellular data)

It's great when you use it on purpose, but not so much when it's pressed by mistake!

Pull down from the top right corner of your iPhone (or Android) screen to access your Control Center (quick settings).

Tap the picture of the airplane. That's it!

Remember to take your phone off of airplane mode when you are ready to call, text or go online.

## Eat Well Live Strong



### EAT CLEAN DURING THE HOLIDAY



The seasons for sharing is upon us. You don't have to give up eating clean, just because it's the holidays.

Many of our favorite-special occasion treats can be cleaned up simply by swapping whole grains for refined ones, choosing low-fat dairy products and using minimally processed sugars. Eating clean is connecting with food and efforts that it takes to go from fields to plates in harmony with personal choices,

We have come to realize it was the slave's diet that was primarily responsible for their near perfect health. Small gardens that were planted adjacent to their cabins produced an abundance of fresh produce for the majority of the year. These gardens often time yielded a variety of (15) or more different vegetables.



Clean eating is an eating approach that encourages whole natural foods prepared and minimally processed. Clean foods are seasoned with less salt, fat, and sugar and maintain a close look on nutritional content to the original product. Clean eating avoids highly processed foods.

### SIX TIPS FOR CLEANING UP RECIPES

- Substitute whole flour for white flour
- Use minimal processed sugars
- Include protein, carbohydrates and fat in each meal
- Make seasonal fruits and vegetables the center of your meals
- Eat 5 or 6 small meals throughout the day
- Don't drink your calories
- Exercise

### TEA CAKE HISTORY

The history of tea cake goes back to slavery when Grandma would mix up a tea cake for desert. The tea cake was just sweet enough to make it a dessert.

### OLD FASHIONED TEA CAKES INGREDIENTS

- 2 1/2 C. flour
- 3/4 c. sugar
- 1 c. butter
- 1 egg
- 1/2 tsp baking power
- 1/2 tsp vanilla



Cream butter and sugar , add egg, sift flour and baking power together, add to first mixture, add vanilla. Roll on floured board. Cut with a cookie cutter.

**Happy Holidays!**