



# THE COURIER

## Ashbury Senior Computer Community Center

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Editor, Staff/Volunteers

### 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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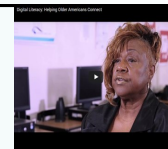
### Come Visit Us!

11011 Ashbury Avenue  
 Cleveland, Ohio 44106  
 (216) 421-2305  
[www.asc3.org](http://www.asc3.org)

## ASC<sup>3</sup> continues to Champion "Digital Literacy"

"Access to computer technology and the internet should be a right, not a privilege or luxury"!

ASC3 continues to address the technology needs of individuals in Greater Cleveland and across the nation, as cited by the case study video by Digital Future Alliance "Digital Literacy: Helping Older Americans Connect". Read more at (<https://www.digitalfuturealliance.com/article/digital-inclusion-allianceacs-3-case-study>). A credible on line publication by Verizon.



Mrs. Davis states "I believe computer literacy and quality technology access go hand in hand you can't have one without the other. ASC3's mission "Bridging the gap in the digital divide by fostering movement in digital inclusion is just as relevant today as it was 14 years ago.



### Leadership Award and Resolution Recognition from Cleveland City Council awarded to....

ASC<sup>3</sup> Executive Director Wanda Davis received a Resolution of Recognition from Cleveland city Council recently. In part the resolution reads:

WHEREAS the members of Cleveland city Council are sincerely pleased to recognize Wanda Davis for her outstanding service, dedication and contributions serving as founder and Executive Director of Ashbury senior computer community Center(ASC3) for the past 14 years and...(read more @ <http://www.asc3.org/>)

### ASC<sup>3</sup>/NEW SERVICES CALL CENTER

Wanda Davis, director of ASC3 and research analyst, Samatha Schartman have partnered to create a new service for the nonprofit community.

The duo are now offering the following services, at an affordable price to members of the nonprofit community: research design, survey creation, survey administration, data analysis, data entry, focus group hosting focus group moderation, evaluation, report writing.

(read more at [www.asc3.org](http://www.asc3.org))



ASC<sup>3</sup> Call Center

**Happy Holidays!**

## CLEVELAND AREA—AVAILABLE AFFORDABLE INTERNET PLANS

### At AFFORDABLE INTERNET PLANS -ASC3's "Mobile Citizen" Low Cost Internet Service

We're re-connecting previous subscribers and accepting new subscribers with the new Mobile Citizen /Sprint NetGear Fuse 4G LTE Wireless Device.

Harnessing the power of the Sprint's Spark LTE network, the NETGEAR Fuse Mobile Hotspot allows you to enjoy LTE connectivity on any WiFi enabled device with the touch of a button. It's small enough to fit in the palm of your hand, and it's powerful enough to connect up to 10 WiFi devices and last up to 10 hours on a single charge.

Just follow these simple steps:

- 1) Call 216-202-4292 to schedule an appointment.
- 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.
- 3) 48-Hour Guarantee – We will call you within 48 hours to schedule an appointment for you to come in.

**Cost:**  
 First year (including Modem): \$241.00  
 Annual service there after: \$134.16.  
 Annual fees are payable upfront. No cash or personal checks please. *NOTE: This is a special offer for residents of greater Cleveland without current home Internet access.*

### "Access From AT&T"

\$5 to \$10 monthly Internet for SNAP households

AT&T is offering low-cost home Internet service to qualifying households:



- With at least one resident who participates in the U.S. Supplemental Nutrition Assistance Program (SNAP) and
- With an address in AT&T's 21-state service area, at which we offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.

The availability and speed of "Access From AT&T" service varies by address. AT&T will assign you the fastest speed tier that's available where you live:...

- 10 megabits per second, for \$10 per month
- 5 megabits per second, for \$10 per month
- 3 megabits per second, for \$5 per month
- 1.5 megabits per second, for \$5 per month.

Learn more and apply at <https://www.att.com/shop/internet/access/#/> or call 855-220-5211 (English) or 855-220-5225 (Spanish).

## The 24th Annual Banquet & Holiday Gala An Evening with the Stars - 2016 Honorees



A. Deane Buchanan  
 UMOJA / Unity



Howard Holmes  
 KUJICHAGULIA /  
 Self-Determination



Cynthia Felder  
 UJIMA / Collective Work & Responsibility



Valeria Broner



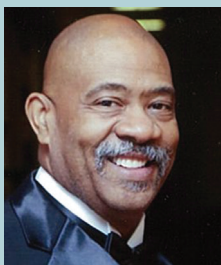
C.J. Prentiss  
 NGUZO SABA AWARD  
 Embodiment of ALL 7  
 Principles of Kwanzaa



Erica Robinson  
 UJAMAA / Cooperative  
 Economics



Yvonka Hall  
 NIA / Purpose



James Wade  
 KUUMBA / Creativity



Hank Davis  
 IMANI / Faith

# Tech Corner

## New Tech Gift Gadgets for the Holidays

### Dash Cam-Traveling Driving Data Recorder Camcorder Vehicle Camera Night Vision Dashboard Camera With 120 Degree Angle Car DVR

### Hands Free Calling—Try AUKEY Car Mount Air Vent Magnetic Cell Phone Holder for iPhone 7, 6S, Plus, Samsung and Other Android, Windows Smartphone

Ultra-strong magnetic car mount holds your phone securely in place when you are driving , [learn more at amazon.com](http://learn more at amazon.com) Cost:\$12.00 -\$15.00



- Records Both Audio & Video!**
- Works Great At Night!**
- Great For Road Trips!**
- Included USB Car Charger
- | FEATURES & BENEFITS              |   |
|----------------------------------|---|
| ✓ Full HD 120° Wide Angle Video  | ✓ Time/Date Stamp                                 |
| ✓ Records Both Audio & Video     | ✓ Picture Mode                                    |
| ✓ Pivot Mount                    | ✓ Start Upon Ignition                             |
| ✓ Auto-Adjust From Dark to Light | ✓ Up to 14 Hours of Record Time                   |
| ✓ Instant View Screen            | ✓ Endless Loop Recording                          |
| ✓ Motion Detection               | ✓ Supports SD/MMC Card: Up to 32GB (Not Included) |
| ✓ Image Stabilization            |   |



### A great gift for Streaming—FireStick

The next generation of our bestselling Fire TV Stick. The most powerful with the fastest Wi-Fi and most accurate voice search of any streaming media stick—now with the Alexa Voice Remote.



- Enjoy over 7,000 apps, games, and Alexa skills including Netflix, Hulu, HBO NOW, YouTube, Amazon Video, NBC, WatchESPN, Disney, and more. Subscription fees may apply. Launch and control content with the included Alexa Voice Remote. Simply say, “Play Game of Thrones” or “Launch Netflix” and Alexa will respond instantly. Plus, play music, find movie show times, order a pizza, and more!!!

**SoundBot® SB210**

Rechargeable Battery	Hands Free Calling	Up to 33 Feet Wireless Range
Built-in Microphone	Wireless Headset	Washable Material

**Soundbot SB210 HD Stereo Bluetooth 4.1 Wireless Smart Beanie Headset Musical Knit Headphone Speaker Hat Speakerphone Cap, built-in Mic (BLK).**

Starting at \$14.99 (amazon.com)

## Latest Innovation!



**"It's the latest innovation in office safety. When your computer crashes, an air bag is activated so you won't bang your head in frustration."**

# Happy Holidays!

# HEALTH AND WELLNESS

## HOLIDAY INDULGENCES LEADS TO !!!!

The holiday season begins from October thru January. A great stress is placed upon the Digestive System, during this time our stomach endure a lot. - Assorted Halloween candy, plenty of dressing with ladles of after ladles of gravy, deserts of all kinds, and one too many alcoholic beverages.



We pay a price for this indulgence by ending many nights with bloated, rolling stomachs, and the use of anti-acids as nightcaps. This year let's break this holiday tradition. You can enjoy the holidays as well, as the cuisine without heartburn, upset stomachs, diarrhea or constipation.



Overeating affect the digestive system process when food is crammed into the stomach, it causes severe pressure to the esophageal sphincter muscle which propel food effectively down into the stomach . When the pressure is great enough, food and acid will back up causing heartburn. Too much food de ceased the complete digestive system process, leading to stomach-aches and constipation. Holiday foods are generally high in sugar and fat content, which lead s to weight gain, and also triggers upset stomachs. Fat also slows the digestive system process which contributes to acid-reflux..

A school of thought is that fiber in holiday food can cause blockage that lead to consti-cooking, cleaning and family conflict may heartburn. Many people cope with stress ing and consuming too many alcoholic vegetables and grains during lunch can normally. If a problem arise use of ground



meals are missing. Low fiber holiday pation. Stress triggered by shopping, also lead to stomach upset and during the holiday season by overeate-drinks. However eating high fiber help keep your G.I tract functioning flaxseed on your food and drinking

**Short-term Remedies**  
 Drink water  
 Take a walk

**Long-term Remedies**  
 Skip sugar alcohols  
 Cut down on salt  
 Eat small portions  
 Chew properly

As you celebrate the holidays be aware of being surrounded by high caloric treats. Choose wisely, eat slowly. It will help the stomach empty better and help suppress the appetite. Remember alcoholic can irritate the G.I tract and cause heartburn. It also lowers your defenses. "DON'T STRETCH OUT ON THE COUCH AFTER EATING". You're bound to get heartburn if you do. Get up – get out for a stroll to assist the digestive process.



Coconut cake

ENJOY CELEBRATING THE SEASON!



PRUNE JUICE

ref: [www.webmd.com](http://www.webmd.com) [www.mayoclinic.com](http://www.mayoclinic.com)  
 ref: [bing.com](http://bing.com) [googles.com](http://googles.com) [yahoo.com](http://yahoo.com)

Happy Holidays!