



THE COURIER

ASHBURY SENIOR COMPUTER COMMUNITY CENTER

Summer 2019

Graduation Day

The Rev. Carmen Denise Cox Harwell, pastor of St. Mark's Presbyterian Church will be this year's speaker at the ASC³ annual graduation, July 11th.



Through the national Presbyterian Church, Pastor Carmen has served as worship preacher and workshop leader at the Presbyterian Women's National Conferences. She is a member of the Racial and Social Justice Ministry Team Task Force on Racism, and a member and administrator of the Synod of the Trinity's Street Workers Pilot Project.

She is active in local community outreach as a member of the Committee on Ministry of the Presbytery of the Western Reserve and a member of God Before Guns (a grass roots community organization seeking to eradicate gun violence) Also, she serves as a reading tutor to 6th graders at the Warrensville Heights Middle School.

Digital Equity Act - Why This is So Important

For the U.S. to be an innovation leader and continue to grow our economy, we must begin with everyone having affordable access to broadband, devices, and training for digital literacy skills.

According to the U.S. Census American Community Survey:

- 33% of households do not have wireline broadband such as cable, fiber optic or DSL.
- Half of the households with incomes below \$20,000 are without home or cellular internet service.
- 31% of persons aged 65 and older do not have a computer or have a computer but no Internet.

From the Brookings Institute (source):

"Digitalization has now proceeded to the point that broad exposure to basic entry-level office applications is essential for everyone. "

From the Organization for Economic Co-operation and Development (source):

In the U.S., programs addressing access to the internet have developed locally and been funded (minimally) locally. The Digital Equity Act will assist these local digital inclusion programs by creating two new federal grant programs. The gaps in access are detrimental to our country and the rapid changes in technology cause the gaps to continue growing. We need #DigitalEquityNow.

The Bill, sponsored by Senator Murray would create two major Federal grant programs, operated by the U.S. Department of Commerce's National Telecommunications and Information Administration (NTIA), to promote digital equity nationwide. The proposed funding for each program is \$125 million per year for five years — a total of up to \$1.25 billion.

One program would be carried out through state governments, with funding allocated by formula,

and would incorporate state-by-state digital equity planning followed by implementation grants to qualifying programs.

The other would be an annual national competitive grant program, run by the NTIA, to support digital equity projects undertaken by individual groups, coalitions, and/or communities of interest anywhere in the U.S.

THE DIGITAL EQUITY ACT OF 2019

The Digital Equity Act strengthens federal investments in digital inclusion efforts around the nation to help ensure everyone in our communities is reaching their full potential.



In the U.S., efforts to increase affordable access to the internet, devices and digital skills training are almost completely local. On the one hand this is fabulous because trusted community relationships are essential to effective digital inclusion work. On the other hand, financial support of local digital inclusion work is sorely lacking. The Digital Equity Act recognizes the value of local trusted institutions while allocating financial support. NDIA and our 350 affiliates in 41 states fully support the Digital Equity Act and look forward to its passage.

Angela Siefer
Executive Director,
National Digital Inclusion Alliance

Find out more about the Digital Equity Act: www.digitalequityact.org/

Student Spotlight



James Dawson

I am 53 years old and I grew up in a single parent household which consisted of my Mother, sister and me. As a single African American mother she provided a stern upbringing.

I have been working since the age of fifteen and currently on my 19th year with my current employer.

I first heard about Ashbury Senior Computer Community Center through an acquaintance some years ago. It

wasn't until my employer notified us they were closing up shop and moving to Mexico, that I decided to inquire into the ASC³ program.

My plan was to sign up and in order to access and enhance my computer skills. My experience with the instructor, pace of the class and information received was a total pleasure. I wish I had started years ago.

I'm not sure where my career goes from here, but I will sign up for ASC³ next session. I would recommend any novice computer user to come in and allow them to assist you.

Mary Seawright

I started in this class over a year ago.

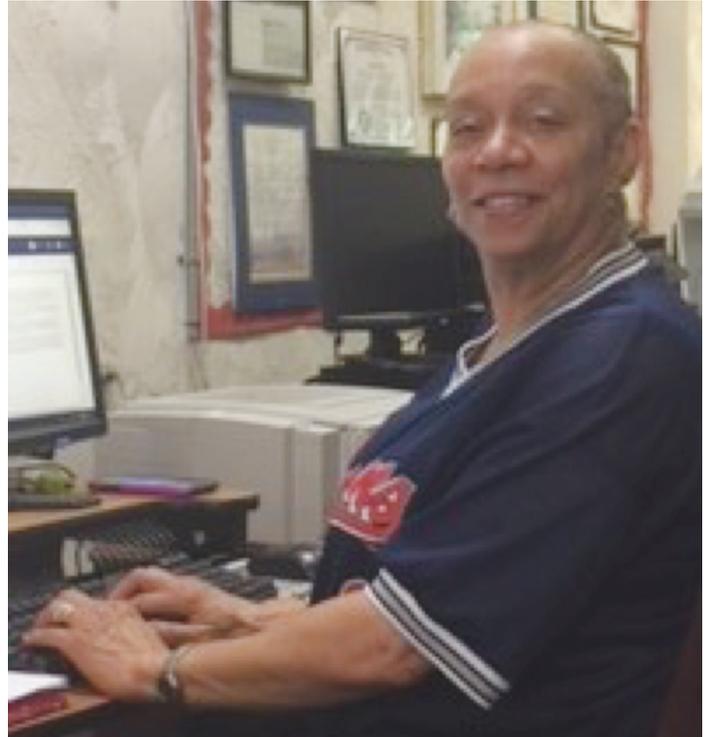
This has been one of the best decisions I have made for myself. The knowledge I have acquired has helped me in my business as a property manager.

These classes are the highlight of my week. The first season I studied under Mr. James Seward and that got me ready for Mrs. Wanda Davis class, she teaches the advance classes.

I have learned so much from her and look forward to learning much more, for as many years as God will enable me to.

I use the internet independently now and email an awful lot because of my business.

I have influenced several people in taking computer classes. All Seniors Should Enroll in one of the ASC³ computer classes in their area.



Cheri Allen-Tate

I am 67 years old, and retired from Dominion Gas Company after 38 years. I began in the Call Center and then transferred to the Dispatch department. I worked on a computer in the Call Center, which dealt with billing, service & customer accounts. In the Dispatch department we used computers to compile and assign work orders to the field personnel.

I learned about ASC³ in January 2017 from my sister-in-law who told me that PNC offered free courses to senior residents in the Cleveland area. I checked and found that it would work for me. I am by nature an active person, and wanted to keep busy in my retirement. I also brought my husband and a couple of friends to the beginner's class at PNC.

The location was ideal for us, as well as the hours for the class were convenient too. Our instructor, Ms. Shalettha Mitchell-Davis was extremely knowledgeable and her personality was one of patience, caring and very pleasant. Her style of teaching was such, that everyone in our class (regardless of age) got a good foundation on beginning of learning modern technology.

I would (and do) recommend ASC³ to anyone showing an interest in learning modern technology. I plan to continue my education in technology, because it is around me daily. I use computers to pay bills, shop, schedule medical appointments, and check results on various medical tests.

My skills learned at ASC³ have been very helpful in allowing me to assist others in creating documents for my peers and the work I do in my church. I use it also in communicating with family and friends, both locally, nationally and internationally (I have a grandson in Germany!). Using this technology helps keep me in touch with the world today and it is FUN!



Alvantino Walker

I have been a resident of CMHA Riverview Towers for 9 years. I signed up for the computer class after I was informed they were offering free classes in the on site computer lab. This was very important and interesting to me. Our instructor Rick Mosley is very patient, he explains things clear, and easy way to follow the pace of the class.

Learning the proper computer terminology, buttons, USB ports, optical drives, using the mouse, keyboarding skills, emailing, how to surf the internet safely, learning when a web page is secure and also word processing skills, I would definitely recommend this class to anyone who wants to learn clear, and easy way to follow the pace of the class.

I would definitely recommend this class to anyone who wants to learn.



Bernice Craig

I'm a resident at Lakeshore Campus Ben Rose Center. I love trying to turn into an aspiring chicken at the age of 92. I'm looking forward to my birthday in December.

I am learning how to do email, word processing, how to google, search the web safely, creating a document cut and paste skills. I enjoyed this class and would highly recommend this class to everyone.



A Teacher Like You

Not very long ago you Shalettha became my computer teacher. There was a group of adults who were 50 and over who seemed to be eager.

We were taught the fundamentals and shown how we could improve our basic knowledge of the computer if we stayed and didn't move.

You patiently instructed us one by one on how to use the computer, and even offered up private lessons for people that still showed a great deal of confusion.

At first there was a nice sized group that came to class on the assigned days, but very quickly dwindled down to four then three that actually stayed.

Our typing skills really improved from the Mavis Beacon Lessons and we can say with surety that you have been a blessing.

Now I can navigate through the whole keyboard, even though I might make a few mistakes, not just using letters and commands, but using emails and other formats that I know how to make.

SO GOD BLESS YOU, my wonderful teacher, and I know I speak for us all, without your instructions and patience, our backs would have been against the wall.

~ Tamie Cauley

New Tech Gadgets you might enjoy

Square Handbag Light with Integrated External Battery Pack to Charge Your Phone or Tablet, Touch Sensor Purse Light by Wasserstein; Charge Devices On-The-Go and Light Up Your Purse (2000 mAh, White) by Wasserstein



The Wasserstein Handbag Light also functions as an emergency external battery to charge all your phone or tablets before they run out of juice. Our 500mAh version can charge your iPhone up to 30% and our 2000mAh model can charge your iPhone fully.

Never again will you have to spend many minutes going through your handbag in the dark desperately trying to find your keys, cosmetics or other items that settle at the bottom of a cluttered purse. *Thumbs Up! Cost: \$19.99 on Amazon*

Zikko Aluminum Alloy QC4.0 30W Type-C USB Car Charger

Fast for more powerful devices. For Apple iPad Pro, MacBook, MacBook Pro, MacBook Air, Nintendo Switch, Samsung Galaxy Note 9/8/S9/S9 Plus/S8/S8 Plus Nintendo Switch and more at full 30W speed.

Thumbs Up! Cost: \$19.99 on Amazon



WeatherTech CupFone -Universal Adjustable Portable Cup Holder Car Mount for Cell Phones



Designed using interchangeable base cups allowing you to customize the perfect snug fit. The adjustable phone holder fits virtually all known mobile phones, including those with normal sized protective cases. Base allows phone to rotate 360°, adjustable for viewing from any seat position. Open access bottom lets you easily charge your mobile device while it is in place.

Thumbs Up! Cost: \$42.95 on Amazon

BSIMB Digital Picture Photo Frame



View your most cherished moments in quality HD resolution.

Easy To Use: Plug a USB or SD/SDHC/MMC card on the frame's back to instantly display all your digital photos. The frame can be controlled via the buttons at the back or a remote control that comes along with the frame. With no required setup and

no software to install, it's ready to display your photos right away - just turn it on. This digital picture frame also plays background music through built-in stereo speakers or the headphone jack, and also comes with Clock & Calendar functions.

Thumbs Up! Cost: \$69.99 on Amazon

Try them out at ASC³



Super Tech & Mobile Gadget Day!

PNC FAIRFAX, SEPTEMBER 12, 2019 AT 11: 00AM!



Sessions designed for those seeking help with new (or not so new) tech gadgets.

Bring your gadgets and receive one-on-one help from volunteers eager to show you how to best use them.

Everyone receives help with their technology. Get help with Email and social media such as Facebook and Twitter!

Sign up at <http://www.asc3.org/super-tech-day.html>

More than 102 million American Adults (20 years or older) have total cholesterol levels at or above 200 mg/dl, which is above healthy levels. More than 25 million of these people have levels of 200 mg/dl or higher which puts them at high risk for heart disease.

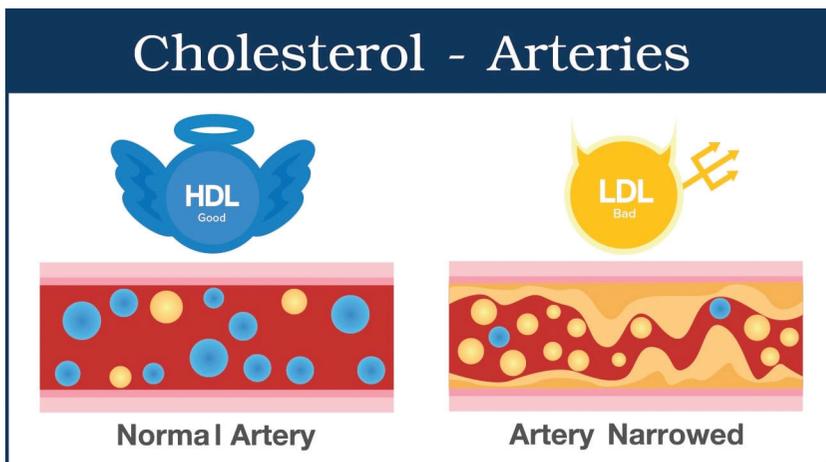
Cholesterol and triglycerides are two forms of lipid, or fat, that circulate in your bloodstream. They are both necessary for life itself.

Cholesterol is critical for building and maintaining key parts to your cell membranes, and for making several essential hormones. Triglycerides, which are chains of high-energy fatty acids, provide much of the energy needed for your tissues to function. So you can't live without either of these types of lipids. But when blood levels of cholesterol or triglycerides become too high, your risk of developing heart attack, stroke and peripheral vascular disease is significantly higher.

Cholesterol is a waxy fat-like substance that is found in all cells in the body, and is needed to make hormones that help to digest food. The body manufactures all the cholesterol it needs.

Limit Fat and Cholesterol

Saturated fat comes from most animal products, so choose only the leanest cuts of meat and low-fat or fat-free dairy products. Trans-fats are present in fried and baked goods and in any product that lists partially hydrogenated oil as an ingredient.



AGE

Because your body's chemistry change as you age, your risk of high cholesterol climbs for instances, as you age your liver become less able to remove LDL cholesterol. Dietary cholesterol and triglycerides mainly come from eating meats and dairy products.

Since maintaining a healthy weight is critical in lowering triglycerides Eliminate Alcohol High triglyceride levels are associated with excessive use of alcohol. Limiting alcohol consumption to no more than one drink per day for women and two drinks per day for men. However, since even moderate alcohol use can increase triglyceride levels, abstaining is the better choice.

Pineapples - Mango Salsa

- 2 mangos, peeled, seeded and chopped
- 2 small peaches, halved, pitted, and cut into 1/2 inch dice
- 1 cup diced fresh pineapple
- 4 tomatoes chopped
- 1 white onion diced
- 1 red bell pepper diced
- 1 yellow bell pepper diced
- 1 cup chopped fresh cilantro, or to taste
- 1 clove garlic, minced
- 1 small jalapeno pepper, minced
- 2 tablespoons lime juice
- 1 teaspoon salt
- 2 tablespoons white sugar, or to taste
- 3/4 cup water



Place the mango, peach, pineapple, tomato, onion, red pepper, yellow pepper, and cilantro in a mixing bowl. Stir in the garlic, jalapeno, lime juice, salt, sugar, and water. Cover and refrigerate at least 1 hour before serving.

ASC³ Student Gallery



**Lakeshore Rose Class
Certificate earners**



PNC Fairfax Class Certificate earners



**ASC³ Main Campus
Tues/Thurs class 10:00am**



PNC Fairfax class



Lakeshore Rose class



**ASC³ Main Campus
Wed/Fri class 2:00pm**



ASC³ Main Campus Saturday class 11:00am

Spring Classes 2019



ASC³ Main Campus Tue/Thur class 6:00pm



ASC³ Main Campus Wed/Fri class 12:00pm



CMHA Riverview class



ASC³ Main Campus Tue/Thur class 2:00pm

Parenting Advice - Emoji Watch

Things parents should watch for this summer with emoji's & social media apps

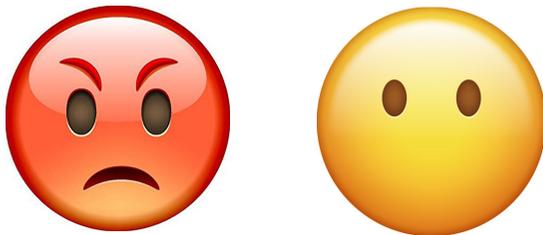
It is no secret that texting is a part of teens everyday life. It's the preferred communication for many teens. It has even become an interaction for teens to communicate on cell phones, iPhone, tablets or computers, on social media.

Let's talk about emoji's the symbols, and their meanings, that show an idea or object rather than using words when texting. They allow teens to say speak without actual talking.

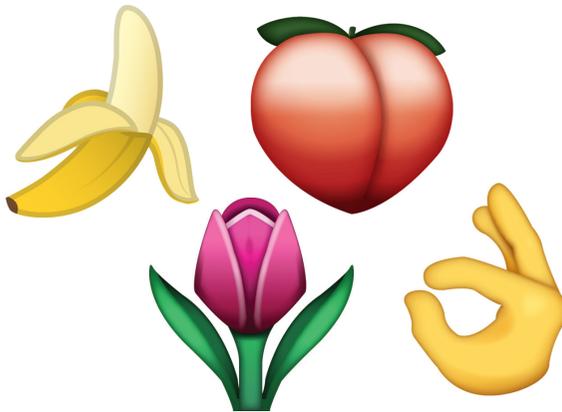
When we look at it that way, it's no surprise that today we are seeing more and more young people using emoji's while texting.

As we approach the summer time. Some teens will be home alone. We want all our youths to be safe. It is important to check your child messages or conversations to make sure they are using appropriate language while texting.

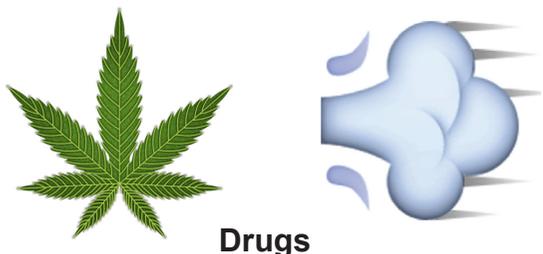
While researching for this article another thing to watch for on your child cell phone is unregulated chat rooms. Some predators use these apps to meet under age youths. These apps can also lead to human trafficking.



Bullying



Explicit Genital and sex emoji's



Drugs

Unregulated chatrooms: kik, Skout, Whisper, Musical.ly

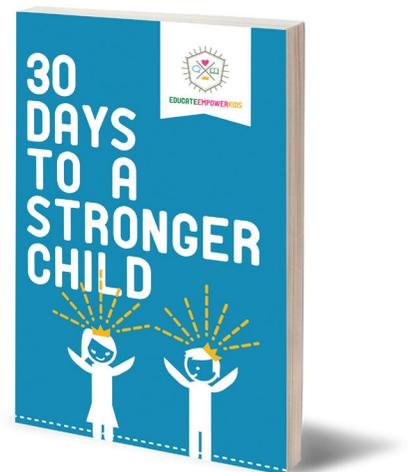


There are also safe emoji's and chat rooms kidschat, 321chat.com



For more tips on how to handle situations noted in this article, there is also a book, *30 Days to a Stronger Child* by Educate and Empower Kids, that can provide more information on this topic.

Available on Amazon.



Fun at the 6th Annual Caribbean Nite N' White

The Annual Caribbean Nite N' White Fundraiser, Saturday, June 29th was a riveting success again.

A GREAT time was had by all with fun, dancing, fellowship, and gambling.

**You don't want to miss
this event next year:
Saturday, June 28, 2020!**

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



Congratulations to all of the winners of the amazing prizes!

Ashbury Annual Back to School Party

Saturday, August 17th, 2019 • Noon — 5:00p.m.

Ashbury Ave East 110th-112th



**Free Health Screenings!
Get Checked... Adults Only**

- | | |
|-------------------|-------------------|
| Blood Pressure | (BMI) |
| Blood Glucose | Opioids/ |
| EKG Heart Check | Substance Use |
| Stress Management | Nutrition & |
| Weight | Physical Activity |
| Body Fat Analysis | Personal Health |
| Body Mass Index | Booklet |



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



Pep-Up with P.E.P.

Promote Awareness. Educate on Fundamentals. Prevent Abuse.

Free Summer Sessions at ASC³

Tuesdays, 11:30am – 1:30pm, July 23rd – August 27th.

Join us as we P.E.P.–Up with line dancing, wellness chats, healthy refreshments, raffles, and give-aways! All FREE.



Area Health Education Center

P.E.P. Program, a community educational outreach program focusing on healthy living, physical and mental health, prescription Rx and opioid use.

Your heart will love you for it. Let's P.E.P.–Up in the Community.

Sponsored by the Cleveland State University School of Nursing, CRI-AHEC.

Come have a grand time and show your support at
the BEST Holiday Affair around town!

27th Annual
Evening with the Stars

Saturday December 14, 2019
6:00pm - Midnight

Festivities include:

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

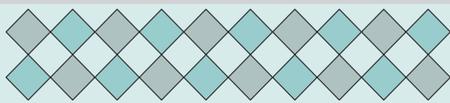
Tizzano's Banquet Center • 1361 E. 260 St. Euclid OH 44117

Tickets \$60 • online: www.asc3.org

Ashbury Senior Computer Community Center (216) 421-2305



Feeling left behind



Technology Training

Open Enrollment
FALL/WINTER
2019

TUESDAY & THURSDAY:

Beginning Basic/ Intermediate/
Email/Internet

() 10:00 am - 11:45 am

() 2:00 pm - 3:45 pm

Advanced MS Office Suite,
E-Communications

() 12:00 pm - 1:45 pm

Beginning / Intermediate
Word Processing,/Email,/Internet

() 6:00 pm - 7:45 pm

WEDNESDAY & FRIDAY:

Beginning Basic / Intermediate
Email,/Internet

() 12:00 pm - 1:45 pm

Beginning/Basic Intermediate 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 session



Trained 7,500 Greater Clevelanders!

Ashbury Senior Computer Community Center

**Free Computer Classes

EASTSIDE & WEST SIDE

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

ASC³ Course Offerings Include:

1. Seniors Mature & Young Adults - Structured Technology Classes, see class schedule at left. Classes include: Group and 1-on-1 instruction, enhanced job skills, online banking, health literacy, **NorthStar Literacy Assessment Certification**, socialization & volunteer/ leadership opportunities, and much more.
2. Classes Also Available at ASC3/PNC Fairfax Connection **8220 Carnegie, ASC3/CMHA 1795 West 25th, ASC³/Lakeshore Rose Center 16600 Lakeshore Blvd.**
3. Young Adults & Youth - Summer specialized youth Activities and events available.
4. Open Lab Access - Intermittently throughout the week, free or low cost personal tutoring available.

Contact ASC³ for more information regarding any of the program offerings.

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

PLEASE PRINT CLEARLY.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Place a check (✓) next to the class section you wish to take.

Congratulations To Our ASC³ 2019 Graduates

Adams, Mattie	Gay, Robin	Lytle, Regina	Robinson, Glenn
Allen-Tate, Cheri	Gillam, Artis	Mallet, Dorothy	Ronney, Dimitrius
Amir, Jameel	Gillis-Jackson, Mae	McGowan, Patricia	Scott, Patricia
Ash, Shirley	Graddy, Walter	McLaughlin, Phyliss	Scott, Theresa
Bell, Mary	Hamlin, Isiah	McQueen, Frances	Seawright, Mary
Bellamy, Christine	Hammett, Vivian	Miles, Sherman	Shaw, Delores
Betts, Joana	Harper, William	Milner, Sylvester	Smith, Deborah
Blake, Alice	Harris, Christine	Moore, Priscilla	Solis, Ella
Cauley, Tamie	Harris, Bernice	Myers, Arvy	Thomas, Mozella
Chandler, Jeannie	Hector, Jontonio	Palmore, Mary	Thomas, Ruby
Craig, Bernice	Hutchinson, Jonas	Parham, Charlie	Tyree, Andrale
Davis, Elaine	Isler, Mary	Perry, Willie Jean	Walker, Moses
Dawson, James	Jackson, Juanita	Primous, Rosa	Walker, Alvantino
Farquharson, Vera	Jarba, Laverne	Rahmon, Nancy	Wihite, Donald
Farquharson, Jean	Johnson, Shelby	Rahshid, Abdullah	White, Joseph
Felder, Cynthia	Jones, Patsy	Redeemer, Ella	Williams, Latonya
Foster, Eugene	Jordan, James	Redfield, Beverly	Williams, Veronica

A Message from the Director

Knowledge is E-Power! Together we have completed another successful year and E-powered each of you with new digital skills. Most of you have completed 2 or more 8 week digital literacy training programs through-out the 2018 – 2019 season So...Stand Proud! Great Job! You now have the task of continuing to learn and share your knowledge with others.

Spread the word about how you feel now that using technology is a part of your everyday life. You are now Alums of ASC3!

You can utilize open lab if you should need help during our summer break, at ASC3 main campus, hours are daily Monday – Saturday 11:00am- 4:00pm.

You can also visit our partners at PNC Fairfax, (daily 11:00 4:00pm), Lakeshore Rose and CMHA Riverside (call main campus for availability). Classes resume at main campus and all partner sites, September 12, 2019!

Thanks to our Wonderful Funders Supporters and Board Members!
ASC3 completed another successful year E-powering Greater Cleveland communities!



FRANK JACKSON,
MAYOR
KEVIN CONWELL,
COUNCILMAN, WARD 9



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