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
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(216) 421-2305
www.asc3.org

THE COURIER

Ashbury Senior Computer Community Center

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ASC³ 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 sited 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 online 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....

ASC³ 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/)

ASC³/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)
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 216-202-4282 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 thereafter: $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

Erica Robinson
UJAMAA / Cooperative Economics

Yvonka Hall
NIA / Purpose

James Wade
KUUMBA / Creativity

Hank Davis
IMANI / Faith

C.J. Prentiss
NGUZO SABA AWARD
Embodiment of ALL 7 Principles of Kwanzaa
## New Tech Gift Gadgets for the Holidays

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Features</th>
<th>Cost</th>
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<tbody>
<tr>
<td>AUKEY Car Mount Air Vent Magnetic Cell Phone Holder</td>
<td>Ultra-strong magnetic car mount holds your phone securely in place when you are driving.</td>
<td>Learn more at amazon.com</td>
<td>$12.00 - $15.00</td>
</tr>
<tr>
<td>FireStick</td>
<td>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.</td>
<td>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!!!</td>
<td></td>
</tr>
</tbody>
</table>
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 deceased the complete digestive system process, leading to stomach-aches and constipation. Holiday foods are generally high in sugar and fat content, which leads 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 constipation, cleaning and family conflict may heartburn. Many people cope with stress 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 overeating drinks. However eating high fiber help keep your G.I tract functioning flaxseed on your food and drinking

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.

ENJOY CELEBRATING THE SEASON!

Coconut cake

ref: www.webmd.com www.mayoclinic.com
ref: bing.com.google.com yahoo.com

HEALTH AND WELLNESS

HOLIDAY INDULGENCES LEADS TO !!!!

ENJOY CELEBRATING THE SEASON!

PRUNE JUICE

Happy Holidays!