



# THE COURIER

## Ashbury Senior Computer Community Center

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Editor, Edris Holmes

### Loosing Connectivity! What can we do????

Ashbury Senior Computer Community Center (ASC<sup>3</sup>), has been a reseller of Internet service through Mobile citizen for the past 2 years.

As ASC<sup>3</sup>'s founder, I know that Internet access alternatives exist. We've researched them all. On one end of the spectrum, you have the retailers offering big packages at big prices. And then on the other end you have programs that offer some level of service, yet it either isn't enough or comes with stipulations. We exist to fill the gap that still exists for the family that makes just \$20 more a year than the lifeline income level allows and therefore won't qualify for existing discounted services.

Many of our clients come to us because they have **several children in different grades**, all needing to get online to do their homework, and they cannot afford Internet at home. Picture this scenario:

"Parents with four children, all different ages and grades, getting out of school at different times and in different locations, needing to be wrangled up by their parents to get to the library or to a open public computer lab so they can complete their online assignments. If they are lucky enough to find an open computer, one child can get started, but the other three wait in line for their turn".

Affordable, reliable, mobile Internet service from Mobile Citizen changed all of that for this family. Multiple users using one modem at any given time needs bandwidth. The streaming required for school takes bandwidth. If these families were cut off at 6GB per month it would mean this family would once again be without Internet. They would be cut off, or have to work at a snail's pace. That is why it is so devastating that I may have to tell that family and many others that the service they now have come to depend on may be taken away. Devastating!

Through Cleveland Public Schools, we had big plans to continue to provide broadband Internet access for the students enrolled in the Connect to College program. For the graduating seniors wishing to attend college, this program was meant to ensure that they had the same tools (laptop and Internet) and the same opportunities as their peers.

Additionally, all GED tests are conducted online, as is the prep. Tutorials are online and require both access and bandwidth. Restricting or disabling our **college-bound youth** is unfair.

**Seniors** are also big benefactors of our program. With affordable Internet access, they are now connected to a multitude of services including participating and accessing their own personal health information online, through MyChart and similar online applications.

Lastly, **job searchers and home-based businesses** are heavy users of our affordable Internet service offering. For many, they cannot survive without the income from a job or their home-based businesses which are often online. Nor can they afford the Internet costs offered by traditional retail providers. Customer service, ordering and training are all done online.

In addition to these individual experiences, we also offer broadband Internet from Mobile Citizen at our center located in the heart of Cleveland. Neighbors who have no Internet at home, just pop in to our lab for access and support.

In the 13 years since our organization has existed, we have seen technology make a difference in people's lives for some of the most vulnerable in our community – students, seniors and enterprising residents. If the rumors are true, and we lose our unlimited and affordable Internet service, it will have a major impact on our organization and be devastating to the people we serve. What can we do????

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### 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)

2015

ASC<sup>3</sup> is off to an exciting season at our various locations where "Learning is Limitless"

2016

Main Campus 11011 Ashbury Avenue, Cleveland, Ohio 44106



Tuesday/Thursday 10:00- 12:00pm class at our main campus Ashbury Center, Cleveland, Instructor James Seward

PNC Fairfax connection 8220 Carnegie Ave., Cleveland, Ohio 44103



Wednesday/Friday 1:00pm-3:00pm class at PNC Fairfax Connection, Cleveland, Instructor Shalettha Mitchell



Tuesday Thursday 1:00pm-3:00pm class at our CYC2.0 center 3720 Pearl Road, Instructor Rick Mosely



Tuesday/Thursday 9:30am-11:30am class at Helen S Brown/ New Cathedral 16200 Euclid Avenue, East Cleveland, Instructor

Loosing connectivity continued....

It's Time to Take Action!!!!

Contact your public official, if you agree that we need free or affordable internet service for all!

All Americans deserve access to the Internet. That's why Mobile Citizen filed a lawsuit to stop Sprint from turning off the WiMAX network. Now we have 90 days for Mobile Citizen/Mobile Beacon Clearwire and Sprint to settle their differences. And offer low cost affordable Broad band internet service.

Sprint still has a chance to do the right thing! If you agree contact your local officials and let them know how you feel about low cost affordable internet service or send us an e-mail @ info@asc3.org.



Join Us!

**ASC<sup>3</sup>**  
**23rd Annual Evening with the Stars**  
 Saturday December 12, 2015  
 6:00pm - Midnight  
 JAZZ BAND:  
 COUNCILMAN CONWELL AND THE FOOTPRINTS  
 MUSIC AND DANCING:  
 FIRESQUAD- DJ NO REQUEST/JOHN TURNER  
**Tickets \$60**  
 Tizzano's Banquet Center  
 1361 E. 260 St. Euclid OH 44117

Tickets \$60.00 per person

Purchase tickets on line @ [www.asc3.org](http://www.asc3.org) Or Call 216-421-2305

You can also purchase your Raffle tickets on line this year! Just visit [www.asc3.org](http://www.asc3.org)

## Tech Corner TIPS ON...WHAT TO LOOK FOR WHEN CHOOSING A MOBILE DEVICE

Shopping for a new smartphone can be as overwhelming as buying a new computer. You have to consider the operating system, design, carrier, data plan, and hardware specs.

**Smart Versus Basic:** There's no shame in toting a basic phone-calls-only mobile phone if it meets your needs. Smartphones can be pricy and complicated. Here are a few things to consider before buying your smartphone:

**Email:** while being constantly connected can sometimes be more trouble than good, having quick access to your email is a huge benefit in case of emergencies or urgent requests. **Web access:** need look up something quickly? Your smartphone's browser will come in handy. **Camera:** Having a good quality camera on you at all times is a big help when you want to document events, fundraisers, or staff meetings. **Apps:** There's a world of productivity apps out there that can help you work more efficiently—but you can only use them if you have a smartphone.

**Operating system:** Microsoft. Google or Apple? Choosing an operating system can be tricky. If you're looking for more options in design and models. **Android** is your best bet. **IOS** Apple operating systems look identical across all their models. **Windows** like Android, Windows Phones come in a variety of designs from different manufacturers.

**Hardware:** Design and display informs the design of your phone. Smartphone's range in display size, colors, capabilities, however the average display size for most new phones is 4.7 inches.

**Cameras,** also have various specs to look for in each system. HD video capture, megapixels, flash and extras all need to be considered. **Processors,** this year boast quad-core but you can still purchase dual core phones. **Call** quality is essential so calls don't drop (disconnect). Battery life if you're concerned about conserving battery life be conscious of what you're doing on your phone and how often.

**Choosing a carrier:** The "Big Four" (AT&T, Sprint, T-Mobile, and Verizon) all now offer 4G support. Find the right plan that offers at least 2 GB of data. You can download apps, browse the web, stream media without worrying about going over your limit. Going prepaid has seen a boom in the past few years.

**Tablets: an alternative mobile device,** decide whether you want to be tied to your carrier like your smart phone or if you'll use it with available Wi-Fi. You can consider cellular connectivity to be connected anytime or anywhere when you have both cellular and Wi-Fi connectivity. Price and contract options are offered by the Big Four carriers. Selection can be limited so keep in mind that your carrier won't have every tablet model available. The three main candidates for tablets are Android, IOS, and Windows 8. This is a lot of info to take in, but a mobile device is something you may use daily. Hopefully these tips will help you make a good decision.

<http://www.techsoup.org/support/articles-and-how-tos>



ac-to

## Super Tech Day September 19, 2015

### PNC Fairfax Connection Hosts CWRU and ASC<sup>3</sup> For Super Tech & Mobile-App Gadget Day "Sponsored by AT&T"

Case for Community Day volunteers from Case Western Reserve University volunteered at PNC Fair Fax assisting ASC<sup>3</sup> with new tech gadgets for participants seeking help.. More than 50 people attended ASC<sup>3</sup> with lap tops, digital cameras, recorders, iphones, androids, trackers and other kinds of technical devices. Everyone received help and left with technology questions answered and a better understanding of their tech gadgets! Another "Great Day "in the Neighborhood!

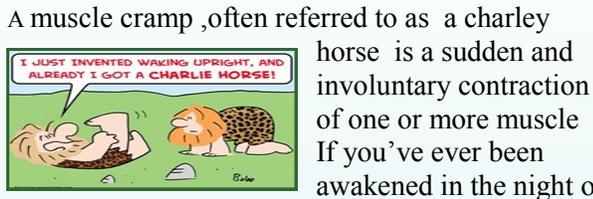


Students were able to receive one on one assistance from volunteers from CWRU, PNC and ASC<sup>3</sup>



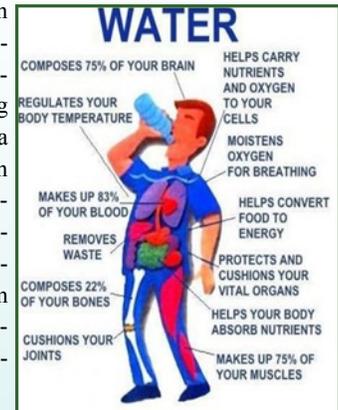
# HEALTH AND WELLNESS

## Muscle Cramps / Charley Horses



A muscle cramp, often referred to as a charley horse, is a sudden and involuntary contraction of one or more muscles. If you've ever been awakened in the night or stopped in your tracks by a sudden charley horse, you know that muscle cramps can cause excruciating pain. Though generally harmless, muscle cramps can make it temporarily impossible to use the affected muscles.

Most muscle cramps can often be stopped if the muscle can be stretched. Muscle cramps can often be prevented by incorporating better nutrition and hydration in the diet. Eating foods that contain potassium, a mineral that helps break down carbohydrates and build muscle, will help maintain circulation and help flush cramp-causing waste products from your muscles. The recipe below contains many of the suggested nutrients.



## Some Causes of Muscle Cramps

Overuse of a muscle, dehydration, muscle strain, muscle fatigue or simply holding a position for a prolonged period of time may result in a muscle cramp. In many cases, however the effect cause of a muscle cramp isn't known. Although most muscle cramps are harmless, some may be related to underlying medical conditions.



**Arteriosclerosis:** The narrowing of the arteries that delivers blood to the legs.

**Lumbar Stenosis:** Compression of nerves in your spine) can also produce cramp-like pain in the legs.

**Mineral depletion:** Too little potassium, calcium or magnesium in your diet can contribute to leg spasms.

**Medications** like Lasix, Evista and Procardia can also contribute to muscle spasms and restless leg syndrome as well as leach electrolytes from your body.

Dr. Armon Neel Jr. of AARP reported the older you are, the more likely you are to get nighttime leg cramps—sudden jolts of pain that can last from a few seconds to 15 or more minutes. Nighttime leg cramps typically affect the calf muscles but you can also get them in the feet or thighs.

## Suggested Refreshing Drink

### Avocado Smoothie

1 16 oz distilled water

10 lrg kale leaves

1 med banana

½ avocado

½ cup strawberries

½ cup ice blend thoroughly in processor until smooth. Yields 2 - 8 ounce glasses.

**Enjoy**

**Avocado Smoothie**



### Muscle Cramp - Mis-diagnosis can happen!

Sometimes severe muscle cramps can be mis-diagnosed, according to the US News Health article "LIVING WITH LEWY BODY DEMENTIA" by medical reporter Samatha Costa. "Judy Kauser suffered with such severe leg pain her physician contributed it to back pain, when she became confused and disoriented the doctor blamed it on her medication. It was two years later Mrs. Kauser was diagnosed with Lewy body dementia, not severe muscle cramps.



Recent news on Good Morning America (GMA) reported that Robert Williams was diagnosed with symptoms of Lewy Body Dementia, which led to his suicide.

### ADVOCATE YOUR OWN HEALTH

- ◇ Visit your doctor regularly
- ◇ Seek a second opinion
- ◇ Research your diagnosis and prescriptions

**Good Health Leads to long Life!!!!**