



# ASC<sup>3</sup> COURIER

*Ashbury Senior Computer Community Center*

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*Editors—ASC3 Advanced Students*

## 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)

## Congratulations ASC<sup>3</sup> on Your 23rd<sup>nd</sup> Annual Gala



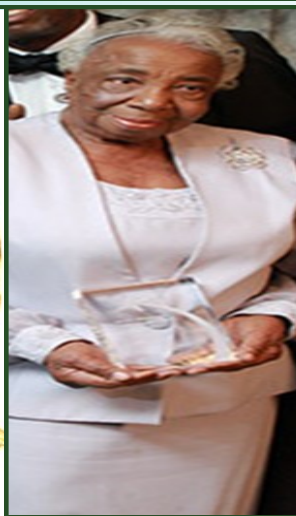
### **GALA BOARD OF DIRECTORS AND HONOREES**

ASC3 celebrated its 23rd Annual, “An Evening with the Stars” Holiday Fundraiser Gala on Saturday, December 12, 2015. The star-studded affair lived up to its reputation of an evening of elegance, inspiration, networking, and of course...festive fun! Thanks so much to everyone who helped to make the Board of Directors’ annual event a smashing success. Please be sure to join us for the 24th annual affair on **Saturday, December 9, 2016!**

**See supplement** for picture caption

### **Show Me the Money!**

The ASC3 Alumni Annual Raffle is always a big “Hit”. This year was one Grand Prize of \$1,000 and the proud winner was...**Mary Alexander!** There is no one more deserving than this selfless and dedicated ASC3 Volunteer. Mary said, “How in the world did that happen? I never win anything! I guess it was finally my turn!” Thanks Ms. Mary for donating a portion of your prize back to ASC3; you are a true gem!



**ASC<sup>3</sup> assists with “My Free Taxes”**  
**See supplement**

## Director’s Corner



**Is Back! We’re again providing Low-cost Internet Service! Good News... It’s Time to Get Re-Connected!**

Mobile Citizen and Sprint have come to an agreement and as of 2-1-16, Ashbury Community Services / ASC3 has resumed its Internet program for low-to-moderate income clients. For more information, please call or visit [www.asc3.org](http://www.asc3.org). **You can now re-new to an upgraded service! The new modems are faster, mobile, and can connect up to 10 devices!**



# Classes at ASC3 are the best!!!!





# Tech Corner

Cynthia Felder, Valeria Broner, Shelby Johnson

# ASC3... where THE ABILITY TO LEARN IS AGELESS!



# Super Tech Day East and West



Join us for the ASC<sup>3</sup>  
Alumni Annual Fundraiser, Saturday, June 25, 2016

New Promo Ad





# HEALTH AND WELLNESS

Alice Blake/Delores Shaw



## SOUPS

### WHAT ARE THEY GOOD FOR?



An ancient Chinese proverb states that a good doctor uses food first, then resorts to medicine. Both scientist and grandmothers agree that soups contain healing powers,

Soups are used to warm you up from the be without. A heart healthy soup can be venting illnesses. In the winter, warm weather.



inside out. Soup is a winter staple you shouldn't the first step in maintaining your health and pre-soup provides what the body craves in cold

As a means to increasing better nutri- consuming more vegetables and **Fruits and vegetables are natural ing a meal that is low in caloric values.**

tional health, medical authorities, have focused fruits in our daily meals. **ingredients and are easily incorporated in creat-**

Soups are very beneficial in helping to lessen weight, assisting in boosting the immune system, aiding to eliminate cold symptoms with clear broths, promotes liver detoxification, which increases many circulatory functions, and replenishes the body with essential minerals.

## CABBAGE SOUP



- 6 Onions
- 2 green peppers
- 1 can tomatoes
- 1 prncg celery
- 1 pkg. onion soup

Cut vegetables in small to medium pieces cover with water. Bring to a boil, boil fast for 10 minutes; cut down to simmer and continue cooking until vegetables are tender. Season and Serve.

## CHICKEN SOUP

- 2 tbsp. olive oil
- 1 onion
- 3 carrots
- 2 stalk celery sliced
- 6 cups water
- 1 chicken quartered
- 1/4 cup parsley
- 1 cup small noodles

Heat oil in lg. Pot. Cook onion and celery until translucent. Season chicken pieces with salt and pepper. Place Chicken skin side down in pot and brown about 5 minutes. Add carrots and water, cover and bring to a simmer and cook one (1) hour. Remove chicken from pot and cool. Remove meat from bones and shred. Discard skin. Return meat to pot, stir in parsley add noodles. Cook for another 20 minutes. Serve when done.



## SWEET POTATO AND RED PEPPER SOUP

- 4 cups diced sweet potatoes
- 2 red peppers (chopped)
- 1 lg. onion (roughly cut)
- 2 Lg. garlic cloves chopped
- 1 1/2 cups dry white wine
- 1 1/4 quarts vegetable stock

Add hot pepper to taste, salt and freshly ground pepper. Combine diced sweet potatoes, pepper, onion garlic, wine, vegetables stock, bring to a boil, Lower heat until vegetable are soft. Transfer the soup to a blender or food processor until smooth. Season to taste with salt, blk. pepper and hot pepper sauce.

