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

Join us for the ASC³
Alumni Annual Fundraiser, Saturday, June 25, 2016

Super Tech Day East and West
An ancient Chinese proverb states that a good doctor uses food first, then resorts to medicine. Both scientists and grandmothers agree that soups contain healing powers. Soups are used to warm you up from the inside out. Soup is a winter staple you shouldn't be without. A heart healthy soup can be the first step in maintaining your health and preventing illnesses. In the winter, warm weather.

As a means to increasing better nutritional health, medical authorities, have focused on consuming more vegetables and fruits and vegetables are natural ingredients that are low in calories.

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 bunch 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
- 11/2 cups dry white wine
- 11/4 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.