

CCRC Summer Time

CCRC After School Is Coming This Fall!

We are SO Excited To announce that starting this August we will be offering CCRC After School Care! Yes, you did hear correctly, After School Care. Enjoy the peace of mind knowing that your children are being watched by caring and dedicated staff in a safe family environment.

Starts Date
August 20th

Hours Of Operation
3:00pm—5:30pm

Cost
Registration Fee: \$40
Weekly Fee: \$40



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Special points of interest

- No classes and courts closed the week of July 4th.
- July 3rd we are open 8am-5pm
- Closed on July 4th
- Weight Room Orientation on July 9th, you must pre-register



Nickie's Quick Tips For Safe Summer Grilling

Summer weather is the perfect time for cookouts and picnics with your family and friends. Stay safe from food-borne illnesses by following these simple tips for summer eating.

- 1. Pack two separate coolers: one for drinks and one for food.**
People tend to reach for chilled beverages most frequently. Each time they do this, cold air escapes, causing the food to reach warmer temperatures where bacteria likes to grow.
- 2. Follow the rule of two.**
Prepared foods shouldn't be left out of the refrigerator for more than two hours (and if it's a really hot day, stick to one hour). That's because bacteria grows rapidly when food temperatures are between 40°-140°F.

“ Stay safe from food-borne illnesses by following these simple tips for summer eating.”

Fitness Schedule Changes

There will be no Fitness or Water Fitness Classes the week of July 4th.

Weight Room Orientations

We will be offering a free weight room orientation on July 9th @ 10am.

- 3. Defrost poultry and meat in the fridge, not on the counter.**
If you're in a pinch for time and need to defrost quickly, simply place the meat in a resealable bag and then fully submerge it in a large bowl filled with cold water. Let it sit, changing the water with fresh cold water as it warms, until the meat is fully thawed.
- 4. Don't reuse leftover marinade from raw meat or poultry.**
Once the marinade comes in contact with raw meat, it can contain harmful bacteria, so don't plan to reuse it as sauce for your cooked meat later. Instead, set aside some of the marinade before it mingles with the raw meat, and use that portion as your sauce.
- 5. Invest in a food thermometer.**
Make sure meat and poultry is cooked to the proper internal temperature (165°F for all poultry, 160°F for other ground meats, and 145°F for beef, pork and lamb steaks and roasts).

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Happy Independence Day

This 4th of July we hope you all take a moment to reflect on and appreciate how lucky we are to live in this independent nation. At CCRC we will be celebrating with a little time off.



Holiday Hours

July 3rd: 8:00am—5:00pm

July 4th: Closed

Celebrate National Parks Month

This July, explore everything your local parks and recreation has to offer! Playgrounds, rec centers, sports leagues, summer camps — these are just a few of the things that come to mind when we think of parks and rec. But, parks and recreation is so much more than that. During Park and Recreation Month, NRPA challenges you to explore the “undiscovered” roles of local parks and recreation, like science, technology, engineering and math (STEM) programming; senior programs; innovative health and wellness opportunities; community celebrations; outdoor education; flood mitigation; maintenance; and more! Redefine how you think about your local parks and rec, and uncover a lifetime of discovery!

- [NRPA](#)

Picking The Perfect One!

For dessert how about some fresh, cool, sweet, watermelon? Sounds Delicious right, but first you have to pick the perfect melon. Follow these tips to get a great watermelon every time.

1. Yellow is good. Make sure your watermelon has a yellow spot on the bottom, the more yellow the better
2. Check the stem. The stem should be brown, not green.
3. Big or small just make sure it is heavy for it's size!
4. Listen Up! A ripe one will have a deep hollow sound. Under-ripe or over-ripe melons will sound dull.
5. Give it a squeeze, your watermelon should be firm with no soft spots.

Happy Watermelon Hunting!

Veggies Are Us!

For this months tasty meal suggestion we recommend you put that garden to work with this Garden [Vegetable Lasagna](#).

Ingredients

No-Cook Tomato Sauce

- 1 (28-ounce) can [crushed tomatoes](#)
- ¼ cup chopped fresh basil
- 2 tablespoons [extra-virgin olive oil](#)
- 2 garlic cloves, minced
- 1 teaspoon [kosher salt](#)
- ¼ teaspoon red pepper flakes

No-Cook Cream Sauce

- 4 ounces [Parmesan cheese](#), grated (2 cups)
- 1 cup [whole milk cottage cheese](#)
- 1 cup heavy cream
- 2 garlic cloves, minced
- 1 teaspoon cornstarch
- 1/2 teaspoon [kosher salt](#)
- 1/2 teaspoon pepper

Vegetable Filling

- 1 1/2 pounds eggplant, peeled and cut into 1/2-inch cubes (about 7 cups)
- [Kosher salt and ground black pepper](#)
- 1 pound zucchini, cut into 1/2-inch pieces (about 4 cups)
- 1 pound yellow squash, cut into 1/2-inch pieces (about 4 cups)
- 5 tablespoons plus 1 teaspoon [extra virgin olive oil](#)
- 4 garlic cloves, minced
- 1 tablespoon minced fresh thyme
- 12 ounces baby spinach (about 12 cups)
- 12 ounces baby spinach (about 12 cups)
- 1/2 cup minced pitted kalamata olives
- 12 cup minced pitted kalamata olives
- 2 tablespoons chopped fresh basil

INSTRUCTIONS

FOR THE TOMATO SAUCE: Whisk all ingredients together in bowl; set aside.

2. FOR THE CREAM SAUCE: Whisk all ingredients together in bowl; set aside.

3. FOR THE FILLING: Adjust oven rack to middle position and heat oven to 375 degrees. Toss eggplant with 1 teaspoon salt in large bowl. Line surface of large plate with double layer of coffee filters and lightly spray with vegetable oil spray. Spread eggplant in even layer over filters. Wipe out and reserve now-empty bowl. Microwave eggplant, uncovered, until dry to touch and slightly shriveled, about 10 minutes, tossing once halfway through to ensure that eggplant cooks evenly. Let cool slightly. Return eggplant to bowl and toss with zucchini and squash.

4. Combine 1 tablespoon oil, garlic, and thyme in small bowl. Heat 2 tablespoons oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add half eggplant mixture, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper; cook, stirring occasionally, until vegetables are lightly browned, about 7 minutes. Push vegetables to sides of skillet; add half of garlic mixture to clearing and cook, mashing with spatula, until fragrant, about 30 seconds. Stir to combine garlic mixture with vegetables and transfer to medium bowl. Repeat with remaining eggplant mixture, 2 tablespoons oil, and remaining garlic mixture.

5. Return skillet to medium-high heat, add remaining teaspoon oil, and heat until shimmering. Add spinach and cook, stirring frequently, until wilted, about 3 minutes. Transfer spinach to paper towel-lined plate and drain 2 minutes. Stir into eggplant mixture.

6. TO ASSEMBLE: Spray 13 by 9-inch baking dish with vegetable oil spray. Spread 1 cup tomato sauce in bottom of baking dish; shingle 4 noodles on top of sauce. Spread half of vegetable mixture over noodles, followed by half of olives, half of cream sauce, and 1 cup of mozzarella. Repeat layering with 4 noodles, 1 cup tomato sauce, remaining vegetables, remaining olives, remaining cream sauce, and 1 cup mozzarella. Place remaining 4 noodles on top layer of cheese. Spread remaining 1 cup tomato sauce over noodles and sprinkle with remaining 1 cup mozzarella. Lightly spray large sheet of aluminum foil with vegetable oil spray and cover lasagna. Bake until bubbling, about 35 minutes. Cool on wire rack 25 minutes. Cut into pieces, sprinkle with basil, and serve.



July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Open 8:00am— 5:00pm	4 Independence Day—CLOSED	5	6	7
NO Fitness or Water Fitness Classes						
Courts CLOSED						
8	9	10	11 World Population Day	12	13	14
15 National Ice Cream Day	16 Courts Closed 1:00pm—5:00pm	17	18 National Hot Dog Day Nelson Mandela Day	19	20	21
22 Parent's Day	23 Courts Closed 1:00pm—5:00pm	24	25	26	27	28
29 Nat'l Lasagna Day	30 Int'l Friendship Day Int'l Cheesecake Day Day Against Hu- man Trafficking	31				

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#) [EVENTS SCHEDULE](#) [FITNESS SCHEDULE](#)

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