

SEMPER FIT GRIT

JULY 2010

MCCS Summer Camp

Monday July 12
Thru
Friday July 16

Kids will "live, learn, and grow" with MCCS : Sports Skills, Adventure Days, Sport Games, and Crafts.

Call Marci Schmiede, Tessa LoPresto, or Aimee Sullivan for more details.

OUTDOOR RECREATION

The summer is here and now is the time for enjoying the High Sierras. Outdoor recreation offers a wide variety of gear, from tents and sleeping bags, to kayaks and mountain bikes.

760-932-1522

We are open Monday to Friday 0800 to 1630

CONGRATULATIONS TO JUNE'S

ULTIMATE MOUNTAIN WARRIOR

WE LOOK FORWARD TO
SEEING EVERYONE AT THIS
MONTH'S CHALLENGE!

JULY SEMPER FIT CLASSES

300 Circuit*
Step II
Boot Camp
52 Pick-up
Body Pump-Up
Stroller Striders

4th of July Area Events:

4th of July Fireworks at Crowley Lake, Mammoth
July 4, 2010

Times: 9:15 pm Location: Crowley Lake Phone: 760-935-4301

The show commences at dusk, approximately 9:15 p.m., weather permitting. Music coordinated with the show will be broadcast over KMMT. Hot Chicks of Mammoth Lakes will be selling hot BBQ dinners plus Mammoth Brew/beverages. Crowley Lake Fish Camp will also be providing free live music by "The Akoustik2" from 4:00 p.m. to 8:30 p.m.

Old Town Fourth of July, Bridgeport
July 1-5

Times: Various throughout day Location: Bridgeport Airport and Courthouse Phone: 760-932-7555

Parade, Kid's Games, Softball Tournament, Arts & Crafts, Mud Volleyball, Fireworks,
Coleville Boosters 4th of July, 5K Run/3K Walk

Red, White and Blue Celebration at Heritage Park, Gardnerville
Time: 2-4 pm Location: Heritage Park, Gardnerville Contact:
plochridge@mainstreetgardnerville.org

Grilled Pork Tenderloin Marinated in Spicy Soy Sauce

[A tasty recipe with only 500 calories per serving!!](#)

Ingredients

1/4 cup reduced-sodium soy sauce
2 tablespoons sugar
1 large clove garlic, peeled and finely grated or minced
1 tablespoon finely grated fresh ginger
1 fresh red Thai chili or cayenne chili pepper, stemmed, seeded and minced
1 tablespoon toasted sesame oil
1 1/2 pounds pork tenderloin, trimmed of fat and cut into 1-inch-thick medallions

Preparation

Whisk soy sauce and sugar in a medium bowl until the sugar is completely dissolved. Stir in garlic, ginger, chili and oil.
Place pork in a reseal able plastic bag. Add the marinade and seal the bag, squeezing air out. Turn the bag to coat the medallions. Refrigerate for 2 hours, turning the bag once to redistribute the marinade.
Preheat the grill to medium. Remove the pork from the marinade. (Discard marinade.) Grill the medallions until just cooked through, 3 to 5 minutes per side.