

## OC Summer Events 2023

### Sawdust Festival – Laguna Beach

*June 30 through September 3, open daily!*

Outdoor arts and crafts festival. Watch artists create their work and buy directly from the artists while enjoying the wonderful atmosphere. **Tickets:** Adults: \$10; Seniors 65+: \$7; Children ages 6-12: \$5; Children 5 and under: Free!

### The Orange County Fair – Costa Mesa

*July 14 through August 13, Wednesdays – Sundays*

Tickets must be purchased in advance! There will be no transaction fees on Fair admission. Fairgoers should make sure to get tickets for special days and group adventures now. **Tickets:** General admission: \$13-15; Seniors 65+: \$9; Youth (6-12): \$9; Children 5 and under: Free!

### OC Parks Summer Cinema Series – Throughout OC

*June 30 through September 8, Friday nights*

Guests of all ages can enjoy **FREE** movie screenings, complete with pre-show entertainment beginning at 6 p.m. Showtimes begin after sundown, at approximately 8 p.m. Visit [www.ocparks.com](http://www.ocparks.com) for a complete list of showings.



## Easy Items to Declutter When You're in a Rut

All it takes is a few days and suddenly there are stacks of papers, a pile of shoes at the front door, and counters that are so full you can't fix a cup of coffee. Here are some easy, low-stakes items you can declutter with no regrets.

- Junk Mail, Newspapers, and Magazines.** Add to the recycle bin! You can find all the news and articles you might have missed online.
- Expired Food.** Work on one shelf at a time in your pantry. Organize as you go and donate any items that are still fresh but that your family won't eat to local food pantries. When you finish in the pantry, move to the refrigerator and freezer.
- Drinking Glasses, Water Bottles, and Mugs.** Just how many plastic cups, mismatched coffee mugs, and water bottles do you need? Trash or donate them.
- Desk Supplies.** You may not be ready to go through all the paperwork on your desk but start with the supplies. Get rid of pens and markers that have dried up. Use a drawer divider to separate items like paper clips, notepads, and rubber bands.
- Towels and Sheets.** Start with one shelf in your linen closet. Separate worn-out towels, sheets, and bedding you no longer use. Fold and organize what's left so that it is easy to see and use. If you're feeling good, move to another shelf! Donate the towels and bedding to a local animal shelter.

Real Simple

## Activities to Mix up your Summer Workout Routine

The warmer weather means more opportunities to get outside and be active. Summer is a great time to shake up your fitness routine and have some fun with friends. Think beyond the beach, lake or pool and try something new. Here are some creative ways to get moving in the sunshine this summer.

- ◆ Gardening
- ◆ Golfing
- ◆ Hiking
- ◆ Yard Yoga
- ◆ Paddle boarding
- ◆ Kayaking
- ◆ Cycling
- ◆ Meditation

*Be sure to stay hydrated, especially while exercising in warmer conditions!*



## Pesto Corn Salad with Shrimp

Yield: 4 servings - Per serving: Calories: 371;  
Fat: 22g; Protein: 23g; Carbs: 25g



### Ingredients

- ◆ 4 medium ears sweet corn, husked
- ◆ 1/8 tsp pepper
- ◆ 1/2 cup packed fresh basil leaves
- ◆ 1 medium ripe avocado, peeled and cubed
- ◆ 1/4 cup olive oil
- ◆ 1 lb. uncooked shrimp, peeled and deveined
- ◆ 1/2 tsp salt, divided in half
- ◆ 1 1/2 cups cherry tomatoes, halved

### Directions

1. In a pot of boiling water, cook corn until tender, about 5 minutes. Drain; cool slightly. Meanwhile, in a food processor, pulse basil, oil and 1/4 teaspoon salt until blended.
2. Cut corn from cob and place in a bowl. Stir in tomatoes, pepper, and remaining 1/4 teaspoon salt. Add avocado and 2 tablespoon basil mixture; toss gently to combine.
3. Thread shrimp onto metal or soaked wooden skewers, brush with remaining basil mixture. Grill, covered, over medium heat until shrimp turn pink, 2-4 minutes per side. Remove shrimp from skewers; serve with corn mixture.

## Individual Peach Cobblers

Yield: 8 servings - Per Serving: Calories:  
203; Fat: 6g; Protein: 3g Carbs: 38g



### Ingredients:

- ◆ Nonstick cooking spray
- ◆ 1/4 tsp kosher salt
- ◆ 2 1/2 lbs. ripe peaches, pitted and cut into large chunks
- ◆ 3 tbsp cold unsalted butter, cut into small pieces
- ◆ 1 tbsp cornstarch
- ◆ 2 tbsp reduced-fat buttermilk
- ◆ 1/2 cup plus 2 tbsp sugar
- ◆ Non-fat vanilla yogurt or frozen yogurt, for serving, optional
- ◆ 3/4 cup all-purpose flour

### Directions:

1. Preheat the oven to 375 degrees F. Lightly coat eight 6-ounce ramekins with nonstick cooking spray and place on a rimmed baking sheet.
2. Toss the peaches with the cornstarch and 2 tablespoons sugar in a large bowl. Let stand until juicy, about 10 minutes. Divide the peaches and juices among the ramekins.
3. While the peaches sit, combine the flour, remaining 1/2 cup sugar, flax seed, and salt. Cut in the butter, using a fork or pastry cutter, until the mixture forms medium-sized crumbs. Stir in the buttermilk until well moistened and large clumps hold together.
4. Sprinkle the topping evenly over the peaches. Bake until the fruit is bubbling, and the topping is golden brown and crisp, 40 to 45 minutes. Serve warm or at room temperature with vanilla yogurt or frozen yogurt if desired.