

# life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 5 | APRIL 16, 2020

Being an effective leader is important in any organization and now, more than ever, during this pandemic. Two years ago, Action created a leadership development program called LEADwell designed for both seasoned leaders who want to sharpen their leadership skills and for future leaders who want to identify and develop essential leadership capabilities. Participants who successfully complete this program are more effective in *Leading Themselves, Others and the Organization*. During this challenging time, our leaders are channeling everything they learned, to continue to improve the quality of people's lives.

## Under the Sea

Now is your chance to jump right into the big blue sea without even getting wet! Explore the Great Barrier Reef or maybe go dolphin diving near San Benedicto Island or how about checking out ship wrecks off the coast of New Zealand? My favorite: swim with the sharks! You can choose which ocean adventure you would like to explore by following this link: <https://tinyurl.com/virtualocean>

## What is on Everyone's Reading List These Days?

*American Dirt* by Jeanine Cummins has spent 11 weeks on the New York Times Best Sellers list. A bookseller flees Mexico for the United States with her son while pursued by the head of a drug cartel.

*Built on Values* by Ann Rhoades is another book in the Action Library. It shows exactly how any organization can exceed the expectations of team members and customers by using actionable step-by-step guidance that demonstrates why it is essential to operate based on values.

## Story Time With a Celebrity!

This is a total win, win! Your child can hear a favorite story being read by your favorite celebrity! From Jimmy Fallon to Tim

Tebow to Betty White, these stars of screen, music and sports have lent their iconic voices to classic children's books. Each book has a recommended grade level and activity guide. Best part is that when your child asks for another story, just hit the refresh button! For April's featured videos click here: <https://www.storylineonline.net>

## Time to Stretch!

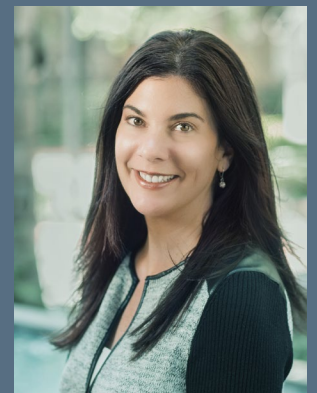
It's easy to forget to stretch. It's often overlooked because the results are not as visible as lifting weights and squatting—or so you thought. Stretching can lead to better posture, fewer aches and pains, greater confidence, and a cheerier outlook on life. Stretching increases your blood flow and circulation for a healthier body and sends oxygen to your brain for a clearer mind.

Experts say that to reap the benefits of stretching, you have to do it the right way. Hold the stretch at the first sensation of resistance, then breathe your way through it. Imagine and feel

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## MEET NICOLE

Nicole Miranda is a long-time Action team member who loves her job, her co-workers, sharks, and finding ways to make people happy. She is the jack-of-all-trades at Action, juggling many balls and always looking to make life better for everyone.



## VIDEO OF THE WEEK

Patrick Stewart Is Reciting Shakespeare's Sonnets to His Online Fans While in Self-Isolation.

On Instagram @sirpatstew

<https://mymodernmet.com/patrick-stewart-shakespeares-sonnets/>

## EXERCISE OF THE WEEK

### Pistol Squats

A pistol squat is a squat on one leg that strengthens your core, stabilizing muscles and the entire leg.

#### Step 1

Stand with feet parallel and together.

#### Step 2

Extend on leg out in front. Keep it as straight as possible, with heel just off the ground. Raise arms straight in front of you.

#### Step 3

Maintain tight core and keep your spine straight. Bend your standing leg and lower your body while keeping your other leg straight and in front of you, off the ground. Keep your foot of your standing leg flat on the ground.

#### Step 4

Keep bending your standing knee to go as low as possible to get your extended leg parallel to the ground. Straighten your standing leg to return to a full standing position while keeping your extended leg straight.

#### Step 5

Switch legs and repeat.

Watch this video for a demonstration: <https://www.youtube.com/watch?v=vq5-vdgJc0I>

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the muscle tissue becoming more supple.

Modify, adapt, and adjust the stretch to suit your particular needs. Use padding under your knees for example, or try the same stretch sitting down, lying down, or standing up if it's more comfortable for you.

### Recreate the Magic!

With Disney Parks closed, fans are re-creating their favorite rides at home. Fans are finding imaginative ways to keep the Happiest Place on Earth alive in the comfort of their homes. A self-isolating Utah family staged an epic Pirates of the Caribbean, while others paid tribute to the Haunted Mansion and Star Wars Land. (<https://tinyurl.com/disneyathome>)

If Universal Studios is your favorite, say no more! Check out this Harry Potter and the Forbidden Journey rollercoaster ride right from your sofa! The best part, no waiting in line!! (<https://tinyurl.com/universalathome>)

### May the Force Be With You

Right now the force is strong on Disney+ and they are offering a 7 day free trial. Enjoy Disney classics, Pixar adventures, Marvel epics, Star Wars sagas, National Geographic explorations, and more. Star Wars is an American epic space-opera media franchise created by George Lucas, which began with the eponymous 1977 film and quickly became a worldwide pop-culture phenomenon. Disney+ offers access to every episodic Star Wars movie from the original trilogy through "The Last Jedi" in 4K. The service is also home to new exclusive Star Wars shows, such as "The Mandalorian" and season seven of "Star Wars: The Clone Wars."

Fun Fact: Flash Gordon, a 1936 sci-fi TV series based upon the comic strip of the same, was the actual inspiration for Star Wars. The idea of an evil empire, rebels, cloud city, even the opening crawls were all taken from Flash Gordon!

### Sing Along With Strangers

One of the main things that is being impacted is our social activities; classes, groups, parties and gatherings. Now, thanks to the internet, we can get even closer to our fellow human beings—by singing together in a virtual choir. If the videos of cities in lockdown coming together to sing on their balconies

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left you with a lump in your throat, here's your chance to add your vocal cords to the orchestra of voices.

The Sofa Singers is a free online singing event which aims to 'bring people together from around the world to spark joy and human connection.' Hundreds of singers join a Zoom call and learn a new song together, though they are also aiming to livestream the session on YouTube so that more people can get involved. To find out when the next session is check them out here: <https://www.thesofasingers.com/>

### BStrong

Bravo TV is one of my guilty pleasures and the Housewives is my favorite. Bethenny Frankel starred on the popular Bravo series "The Real Housewives of New York City" since 2008. She is a self-made businesswoman, TV producer, multiple time New York Times bestselling author, and mother. She has been named one of the Top 100 Most Powerful Celebrities by Forbes. Bethenny is the founder of BStrong, a disaster relief organization. It provides real time emergency assistance to individuals and their families in crisis. Bstrong has raised millions of dollars in donations, with 100 percent of those proceeds going directly to help individuals and families whose lives have been upended by natural disasters. Currently her organization is raising funds and delivering personal protective equipment such as masks, goggles, gowns, and sheets to hospitals in the US.

It is amazing to see so many people—those with millions of fans and those whose fans are just those keeping them cool in their homes—are giving back to their communities and inspiring us all in these scary times. From acts of kindness to major donations, they have helped those who are sick and/or out of work.

No force is strong enough to withstand our undying passion to get through this! We know how to rally against an enemy and we will get through this!

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Did you solve last week's crossword puzzles? If so, you can check your answers with the solutions included on page 7 and enjoy two more crossword puzzles on pages 5 and 6.

Thank you again for your feedback from last week's issue and sharing your ideas for this week's edition. Until next week.

## ARTICLE OF THE WEEK

"[Archaeologists In Egypt Finally Discover How The Pyramids Were Built](https://allthatsinteresting.com/how-the-pyramids-were-built)" All That Is Interesting, September 25, 2017.

This week's article is actually two-and-a-half years old. But it's an interesting read – and speaks to issues relevant to our world today. The article from 2017 is "Archaeologists In Egypt Finally Discover How The Pyramids Were Built" (<https://allthatsinteresting.com/how-the-pyramids-were-built>). In it, we see answers to questions that have long lingered over how these pyramids were built. Not surprisingly, the basis of these great accomplishments is the great collaboration of a society to work together toward a common goal. Sounds like something relevant to today, doesn't it?

Here are some highlights:

- Built 4,500 years ago, the pyramids of Egypt have long been a mystery regarding how they could have possibly been built without today's modern resources.
- At the time of their construction, the wheel had not been discovered. So, transportation of the stones, sometime from 500 miles away, seems to be an impossible feat.
- The pulley had also not yet been invented. So, how did they lift the large stones into place?
- Without iron tools, the question arises as to how they were able to chisel and shape their stonework.
- Recent discoveries have shed light on these questions and have shown a community coming together with ingenuity and cooperation to accomplish something that has lasted for thousands of years.

## RECIPE OF THE WEEK

# Epic Charcuterie and Cheese Board

Meat and cheese boards are my go-to for super chill, no stress nights. You can load them up with all your favorite cheese, cured meats, fruit, nuts and spreads. Add some wine and baguettes and you have yourself a meal! There is something on this tray that everyone will love!

### DIRECTIONS:

#### Step 1

Find the right boards to build your platters. Large cutting boards, marble slabs, slate boards or ceramic platters are great options.

#### Step 2

Choose a variety of cured meats and salami. Try Sopressata, Capicola, prosciutto, pepperoni and a variety of other cured meat.

#### Step 3

Use a variety of soft and hard cheese options with varying milk types and color such as Brie, Havarti, Gouda, Hot Pepper, Mozzarella, Provolone, Blue Cheese, etc.

#### Step 4

Add some cured olives and colorful antipasti. Garlic and Pepper Antipasto, Grilled Artichoke Hearts, Green Cherry Pepper Shooters Stuffed with Prosciutto and Provolone and Sweet Tangy Pepper Drops.

#### Step 5

Add a few spreads, jams mustards, fig spread (my favorite) and roasted pepper bruschetta.

#### Step 6

Mix in a colorful variety of fresh and dried fruit such as grapes, berries, dried apricots and dried banana chips.

#### Step 7

Use a variety of nuts, mix them up! Pignoli, almonds, pistachios and pecans are also great.

#### Step 8

And for some finishing touches, add some fresh herb sprigs such as mint or rosemary.

Variety is key with a charcuterie board. I serve mine with a basket of mixed crackers and crusty bread! Whole Foods and Trader Joe's offer a great selection of all these ingredients. Bon Appetit!

# EASY

## Free Printable Crossword Puzzle #6

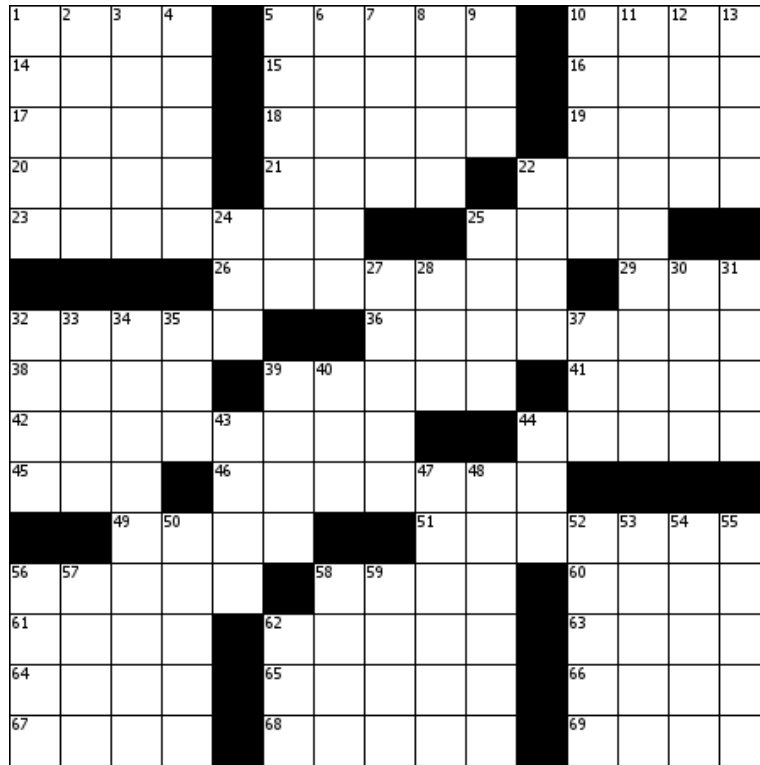
This is the Daily Crossword Puzzle #6 for Apr 13, 2020

Find the solution at

<http://onlinecrosswords.net/49557>

### Across

- 1. Passed effortlessly
- 5. Make into law
- 10. Univ. club
- 14. Venture
- 15. Yellow fruit
- 16. Comedian Jay \_\_\_\_
- 17. \_\_\_\_ hygiene
- 18. Occasion
- 19. Picks
- 20. Irritant
- 21. Barn ornament
- 22. Clothe
- 23. Gave medical aid to
- 25. Malicious
- 26. "Is no meal" for "semolina", e.g.
- 29. Point
- 32. Change
- 36. Move
- 38. Peel
- 39. Mold
- 41. Machu Picchu native
- 42. Radiated
- 44. Sworn statements
- 45. TV room
- 46. Frontmost football players
- 49. Injury mark
- 51. Consume too much
- 56. Armstrong and Diamond
- 58. Biblical prophet
- 60. Margin
- 61. Region
- 62. Staircase part
- 63. First garden
- 64. Wrongdoings
- 65. Church walkway
- 66. Fabric fuzz
- 67. Behaves
- 68. Anchorman \_\_\_\_ Jennings
- 69. Collections



### Down

- 1. Take as one's own
- 2. Concerned one
- 3. Obliterate
- 4. Greek letter
- 5. Gridiron number
- 6. Las Vegas's state
- 7. So be it!
- 8. Pine \_\_\_\_
- 9. Blasting letters
- 10. \_\_\_\_ and fauna
- 11. Apologetic
- 12. Picnic nuisances
- 13. Throw
- 22. Floor model
- 24. Asphalt
- 25. Gender
- 27. School division
- 28. GOP member
- 30. Hankering
- 31. Pod dwellers
- 32. Impersonated
- 33. Limping
- 34. Temporary
- 35. Poetic twilight
- 37. Espionage org.
- 39. Recipe verb
- 40. Barnyard layer
- 43. Cry of sorrow
- 44. Washington bill
- 47. Group's mood
- 48. Dodger
- 50. Seminar
- 52. Film spools
- 53. \_\_\_\_ Murphy of "Beverly Hills Cop"
- 54. Contract negotiator
- 55. Camp shelters
- 56. Astronauts' gp.
- 57. Guitarist \_\_\_\_ Clapton
- 58. Huron's neighbor
- 59. Gusto
- 62. Spigot

# DIFFICULT

## Free Printable Crossword Puzzle #3

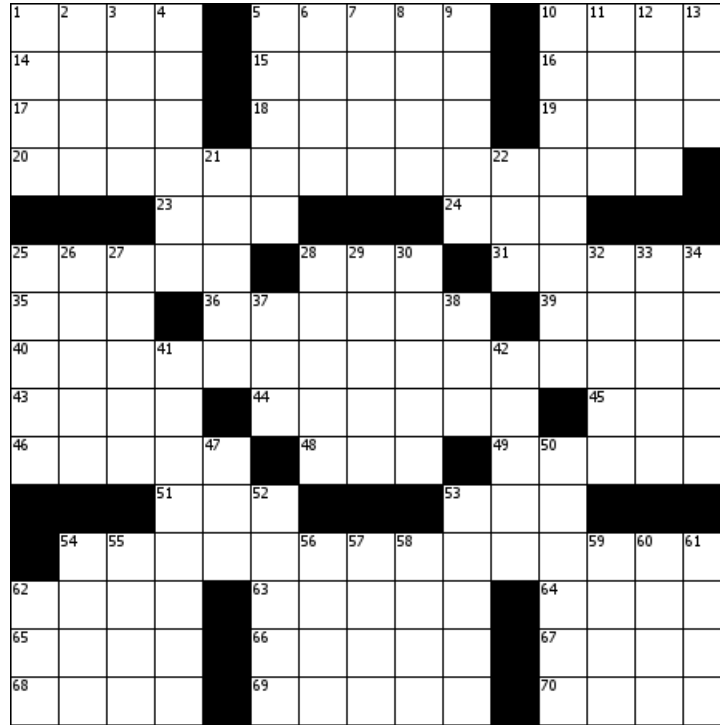
This is the Daily Crossword Puzzle #3 for Apr 13, 2020

Find the solution at

<http://onlinecrosswords.net/2496>

### Across

1. Lasting impression, of a sort
5. Accumulations of dirty dishes
10. Proof preceder
14. Some entertainers have one
15. Kind of supervision
16. American patriot Nathan
17. Found a function for
18. Lively Bohemian dance
19. Poetic name for Ireland
20. He accepted Lee's surrender
23. It's an ok word
24. Wiggly electric fish
25. Chess victories
28. Carpenter's tool
31. Monte \_\_\_\_
35. "Now we \_\_\_\_ engaged in a great civil war . . ."
36. Restores antonym
39. Tower of London feature
40. Supposed "Sic semper tyrannis!" shouter
43. It may go on a roll
44. Paging device
45. Female pronoun
46. First name in the "Pleasantville" cast
48. ER bosses
49. Express verbally
51. Family-room items
53. Day in Spain
54. U.S. president, 1861 to 1865
62. Where heroes are made
63. Now partner
64. Double-reed orchestra instrument
65. It's on the watch
66. "Around the World in Eighty Days" author
67. Untidy condition
68. Has a bawl
69. Mississippi has four
70. Some votes



### Down

1. Very comfortable
2. Detective's assignment
3. Word of strong agreement
4. Long-distance overnight flight
5. Fathers, pops and daddies
6. "American \_\_\_\_"
7. A real doozie
8. Some large deer
9. Fright site?
10. Words shouted after "Remember"
11. Make, as a salary
12. Narrow opening
13. Start of a countdown, perhaps
21. Darn it all again?
22. Button on a camcorder
25. Rank between captain and lieutenant colonel
26. Play \_\_\_\_ in (be involved with)
27. Hardly a guffaw
28. Oregon capital city
29. Part of FAQ
30. Has a bawl
32. Something to rule
33. Woodworking tool
34. Not this or that
37. Barbecued treat
38. 180 degrees from NNW
41. Where you get a whiff
42. UCLA athlete
47. One of the Gabors
50. City in Washington
52. Make chocolate curls
53. Enjoys Spago
54. All except U (and sometimes Y)
55. Reveal a secret
56. Improves, as whiskey
57. Planet between Earth and Jupiter
58. Word with straight or crooked
59. Follow orders
60. Misplace
61. Well-known loch
62. ADA member



## SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

R	E	A	M	S		A	T	O	P		S	L	E	W	
A	L	L	O	W		G	A	P	E		E	A	V	E	
F	L	O	R	A		E	R	R	S		A	M	E	N	
T	E	E	T	H		S	T	A	T	E	M	E	N	T	
			A	I	R		S	H	O	R	E				
S	T	A	R	L	E	T				I	N	E	P	T	
W	A	S			I	M	I	T	A	T	E		R	O	E
E	S	P			I	N	A	N	E			O	L	E	
A	T	E			E	T	E	R	N	A	L		D	A	N
R	E	N	E	W				E	R	A	S	E	R	S	
			M	E	M	O	S		S	T	A				
I	G	N	O	R	A	N	C	E		E	L	U	D	E	
R	O	O	T		R	E	A	D		R	A	P	I	D	
K	A	T	E		G	A	N	G		A	M	O	R	E	
S	L	E	D		E	L	S	E		L	I	N	E	N	

A	L	I	T		W	E	A	R	S		A	S	K	S	
C	U	B	A		R	O	N	I	N		D	U	A	L	
E	X	I	T	V	I	S	A	G	E		O	S	L	O	
S	E	S	T	E	T		T	H	E	M		H	E	W	
			O	R	E	S		T	R	A	C	I			
C	O	L	O	S	S	A	L		S	T	A	B	A	T	
O	N	O		E	T	H	I	C		E	R	A	S	E	
A	S	O	F		O	I	L	E	D		A	R	T	E	
L	E	N	I	N		B	A	S	I	S		G	I	N	
S	T	Y	L	E	S		C	A	N	T	E	E	N	S	
			B	E	R	T	H		R	E	A	L			
P	S	I		D	I	A	S		L	I	N	E	A	L	
R	I	N	G		G	U	N	G	A	D	I	N	G	E	
E	D	G	E		M	E	A	N	T		N	O	O	N	
P	E	E	L		A	R	G	U	E		O	L	G	A	