

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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We have all faced some type of challenge in life, and COVID-19 definitely falls into that category. It is how we rise to a challenge that will make the difference. Staying positive is critical and will help you center on things that will provide you with what you need to make it through each day. Remember, this crisis will not last forever and we will come out stronger than before.

The Last Dance

If you haven't started watching *The Last Dance* on ESPN, you are missing out! The series was initially scheduled to air in June during the NBA Finals, but the network moved up its release after fans clamored for it on social media as live professional sports ground to a halt amid the coronavirus pandemic.

The Last Dance is a 2020 American sports documentary miniseries focusing on the 1997–98 Chicago Bulls. The series features film from a crew that had an all-access pass to the Bulls during the National Basketball Association season. It features archival footage of the entire span of Michael Jordan's youth and college career, alongside new interviews with his former teammates, basketball greats like Larry Bird and Magic Johnson, as well as Jordan's high school and college coaches and even former President Barack Obama, who cut his teeth in politics in Chicago during Jordan's tenure with the Bulls.

Watching this brought back so many great memories of my childhood and teenage years. In the late 80s and 90s, every kid from every corner of the planet wanted to be like Mike. If you weren't born back then or are too young to remember watching this team and the hype surrounding them, you're definitely in for a treat!

To watch *The Last Dance*, visit <https://tinyurl.com/espnthelastdance>.

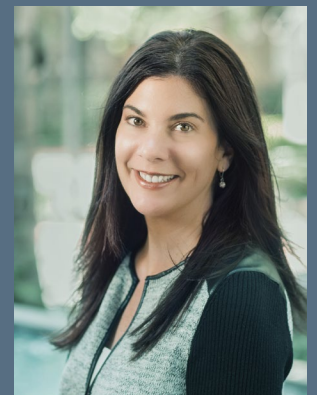
What is on Everyone's Reading List These Days?

Educated by Tara Westover has spent 113 weeks on the New York Times Best Seller List! It's the story of the daughter of survivalists who is kept out of school but educates herself enough to leave home for university. This is a heartbreaking, heartwarming memoir about striding beyond limitations of birth and environment into a better life.

"Leadership is not a right, it is learned and earned through hard work." This is a quote out of author David H. Messina's book *How2Lead*. *How2Lead* is another book in the Action Library that is a practical, common sense guide for managers and leaders who must get results through the action of others. Readers of this book will learn the difference between the two critical skills of management and leadership, how to influence others, lead organizational change, communicate more effectively, build teams, create an environment of trust, coach and develop others and improve their overall leadership effectiveness.

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.





Pacific Northwest

Joining the Navy, I thought for sure I would see the world. Turns out, I picked the only shore-based job, and all of the bases for this job had closed or were closing, so my only options were a base in England, Iceland or Whidbey Island Naval Base in the Pacific Northwest. The base in England was going to be closing within the year, and I had heard some stories about Iceland, so the Pacific Northwest it was.

There is so much to do in the Pacific Northwest, especially if you are an outdoor lover. From hiking Mount Rainer, mountain biking through endless trails, kayaking through the San Juan Islands, skiing/snowboarding down Mount Baker—the list goes on.

My favorite to place to visit was the San Juan Islands. Located between three Pacific Northwest cities, they consist of three ferry served islands: San Juan Island, Orcas Island and Lopez Island. Shaw Island is also accessible by ferry but has limited camping and visitor amenities.

Each of the islands offers you something different in terms of landscape, dining and amusement, but they all promise high quality accommodations. Private cabins overlooking the water, hotels in the middle of town, cozy B&B's tucked away in pastoral loveliness. Each Island offers you a different atmosphere and opportunity to enjoy an amazing getaway. To see more of the San Juan Islands visit <https://www.visitsanjuans.com/>

Pike Place Market in Seattle is another great place to visit and to pick out some fresh fish for dinner. It is quite the experience, and let's just say once you pick out your fish, WATCH OUT! They will literally toss one your way! The Pike Place fish market has been selling fish for nearly 90 years. It is known for their tradition of fishmongers throwing fish that customers have purchased, before they are wrapped (watch this short video to see the fish throwing action: <https://tinyurl.com/pikeplacefish>). Founded in 1930, the Pike Place Fish Market is an enduring Seattle institution. It became an internationally recognized business when in 1986, longtime owner, John Yokoyama, and

his crew took a stand to become "World Famous." They would only source the very best quality seafood, provide excellent customer service and commit to making a difference for everybody, including each other. The new commitment to excellence accelerated the company's growth and catapulted the team onto the world stage as leaders in team building. In 2018, four veteran Pike Place Fish Market fishmongers bought the business from Yokoyama. Jaison Scott, Ryan Reese, Sam Samson and Anders Miller have over 80 years of combined experience at the Market. They continue to honor the commitment to being World Famous and selling the best seafood on the planet.

When this pandemic is over, I highly recommend a trip to the Pacific Northwest. Whether a romantic getaway or family vacation, there is something for everyone to enjoy! If your travel plans were cancelled because of COVID-19 and you're having trouble getting a refund, visit the Department of Transportation website to see what your options are: <https://tinyurl.com/aviationrefunds>.

VIDEO OF THE WEEK

If you're looking for some cool music to get inspiration, I suggest this channel called Postmodern Jukebox (<https://tinyurl.com/postmodernjukebox>).

They recreate modern hits with a twist, and it's always fun to listen to them.

Learn an Instrument Online

Learning an instrument is a commitment and takes time, and these days we seem to have a lot of that! Looking back, I wish I would have learned to play an instrument other than the recorder in sixth-grade music class. My son asked for a guitar years ago, and it has been just sitting in his closet. So, *(continued on page 3)*

EXERCISE OF THE WEEK

Jumping Jacks!

Jumping jacks are one of the most underrated exercises—they burn fat, improve cardiovascular health and build muscles. In fact, they have more health benefits than most exercises. If you want to get the best results from a workout challenge, you have to do a full body exercise challenge. Doing a challenge that targets one muscle group will lead to muscle imbalances and bad posture. In fact, you don't need to do any other exercise—focusing on this challenge alone can transform your body. In 30 days, your metabolism will be high, you'll be more energetic, leaner and stronger. This challenge is designed for beginners, so advanced trainees can add reps to make the workout more challenging. Just make sure you add more reps workout after workout. Even though most of us did jumping jacks when we were young, your form may not be accurate, so here's how to do jumping jacks properly.

How to Perform Jumping Jacks

- Stand with feet close together and arms hanging straight on your side.
- In one motion, jump and spread your feet apart as you lift your hands over your head.
- Quickly tap the floor while your feet are spread apart, then bring your feet close together and bring your arms down.
- Keep repeating the movement as fast as possible.

(continued from page 2)

after hearing for the millionth time, “I am so bored and there is nothing to do,” I did some research and found online lessons! Fender, one of the leading manufacturers of guitars in the world, is offering **three months** of free lessons on its Fender Play platform (app and website) (<https://tinyurl.com/tryfender>). You can learn to play ukulele, acoustic, electric, or bass guitar in many different styles.

Take a Trip to the Zoo

Has anyone ever told you that you have “eagle eyes”? You should take it as a compliment because it means you can see things that others might not notice. Bald Eagles can see four to seven times better than humans. To learn more about our national bird and other amazing animals, visit the San Diego Zoo online. The zoo has a website for kids and adults with amazing videos, activities, and games. Not only will you and your kids get to see your favorite animals, but you will learn about them as well. <https://kids.sandiegozoo.org/>

30-Day Jumping Jacks Challenge

Day 1	10 Jumping Jacks
Day 2	15 Jumping Jacks
Day 3	20 Jumping Jacks
Day 4	25
Day 5	30
Day 6	REST
Day 7	30
Day 8	35
Day 9	40
Day 10	45
Day 11	50
Day 12	REST
Day 13	50
Day 14	55
Day 15	60
Day 16	65
Day 17	70
Day 18	REST
Day 19	70
Day 20	75
Day 21	80
Day 22	85
Day 23	90
Day 24	REST
Day 25	100
Day 26	110
Day 27	120
Day 28	130
Day 29	140
Day 30	150

Don't forget to keep things going after the challenge. Most people fail in workout challenges because they stop exercising after the challenge is over. So start a new workout routine or take on another challenge. This jumping jacks challenge can truly transform your body if you stick to it. Do your best to finish it, and don't be discouraged if you skip a day, just start over the next day and keep going.

For more information, go to <https://tinyurl.com/jumpingjackschallenge>.

RECIPE OF THE WEEK

Pacific Northwest Honey Glazed Salmon and Slaw

Anthony's Pier 66 is a premier Northwest seafood restaurant with panoramic views of the downtown Seattle skyline, Mt. Rainier and Elliott Bay's boating activity. Anthony's Pier 66 features fresh Northwest seafood simply prepared, in a contemporary, sophisticated waterfront setting. Below is a classic, easy to make salmon recipe served with Anthony's Homeport Cranberry Coleslaw.

INGREDIENTS:

- 8 tablespoons (1 stick) butter (or olive oil)
- 1/3 c. brown sugar
- 1 center cut salmon fillet
- 3/4 t. crushed red pepper flakes
- 2 T. fresh lemon juice
- 1/3 c. honey
- 1 t. liquid smoke (optional)

DIRECTIONS:

Mix all ingredients together and pour over salmon. Marinate 1 hour. Grill over hot coals, or broil in the oven for 10 min. or until the salmon flakes with a fork.

Pacific Northwest Honey Glazed Salmon and Slaw (CONTINUED)

The Cranberry Coleslaw is extremely simple to prepare and involves little preparation or clean-up. Can be made up to two days in advance and keeps well for a week.

INGREDIENTS:

- 1 cup dried cranberries
- 2 cup red cabbage, thinly sliced (about 1/4 of a cabbage)
- 2 cup green cabbage
- 1/4 cup red onion very thinly sliced
- 1/3 cup apple cider vinegar
- 1/3 cup canola oil
- 1/4 cup granulated sugar
- 1 tablespoon coarse salt (sea salt or kosher salt)
- 1 teaspoon celery seed
- 1/4 cup shredded carrot (optional)

DIRECTIONS:

In a food processor combine vinegar, oil, sugar, salt and celery seed. Reserve this mixture.

Put the slicing blade onto the food processor and thinly slice red and green cabbage and red onion. Combine this with the dressing, stirring well.

Add cranberries, mix and refrigerate several hours, stirring occasionally.

Drain liquid from the coleslaw before serving.

Enjoy this meal with butter roasted sweet potatoes or some marinated white beans. If you are wine connoisseur, salmon pairs nicely with full-bodied whites like oak-aged Chardonnay or a White Pinot Noir. Bon appetite!

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

S	A	N	T	A		A	C	R	E		S	T	A	T
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L	E	S	T		A	R	E	A		A	D	O	R	E
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R	E	R	U	N		T	R	I	B	E				
A	R	I	S	E	N		O	V	E	R	D	O	N	E
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P	A	N	D	O	R	A		L	O	B				
A	D	O	R	N		P	A	L	E		A	N	D	S
C	I	T	E		U	N	D	E	R	S	C	O	R	E
T	E	E	S		M	E	A	N		E	N	S	U	E
S	U	D	S		A	L	M	S		T	E	E	M	S

S	A	L	A	D		E	B	B	S		D	A	T	A	
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H	U	L	K		L	E	T	S		A	V	A	I	L	
O	G	L	E		A	C	T	E		C	A	R	V	E	
R	O	S	Y		T	K	O	S		K	N	E	E	S	

EASY

Free Printable Crossword Puzzle #6

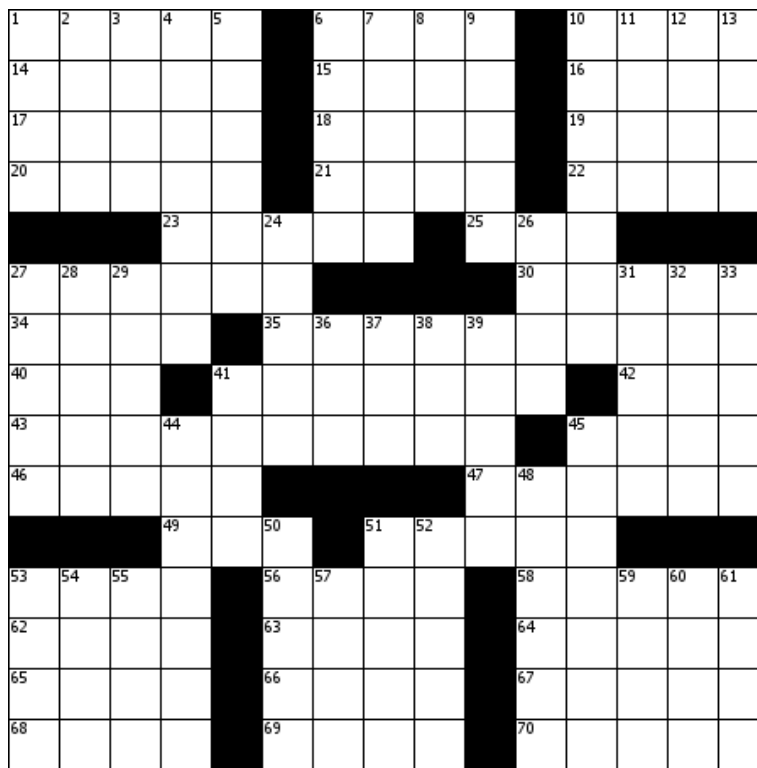
This is the Daily Crossword Puzzle #6 for Apr 28, 2020

Find the solution at

<http://onlinecrosswords.net/59787>

Across

- 1. Pesto ingredient
- 6. Grand ____
- 10. Broad
- 14. Without company
- 15. Honey factory
- 16. Concept
- 17. Leases
- 18. In the middle of
- 19. Steals from
- 20. Double curves
- 21. Average skirt
- 22. Besides
- 23. Rented again
- 25. Tabby, e.g.
- 27. Like Swiss mountains
- 30. Macaroni, e.g.
- 34. Group of players
- 35. Germ-free
- 40. ____ Cruces
- 41. Coach
- 42. Pierre's buddy
- 43. Skin tightener
- 45. Luge
- 46. Luster
- 47. Says
- 49. Merry



- 51. First Greek letter
- 53. Divan
- 56. Gawk
- 58. Appearance
- 62. The ____ Office
- 63. Glen
- 64. Bus patron
- 65. Actress ____ Moore
- 66. Constantly
- 67. Show contempt
- 68. Site
- 69. Camera glass
- 70. Jobs

Down

- 1. Unadorned
- 2. Pub offerings
- 3. Male children
- 4. Meantime
- 5. Decrease
- 6. Dishonor
- 7. Boundary
- 8. Greedy
- 9. Military doctor
- 10. Phone bug
- 11. Object of adoration
- 12. Society gals
- 13. Soothe
- 24. Acquire knowledge
- 26. Imitator
- 27. Motorist's aid
- 28. Fido's rope
- 29. Glue
- 31. Not fresh
- 32. Stopwatch
- 33. Etching fluids
- 36. Bother
- 37. Gift for Dad
- 38. Rural hotel
- 39. Framed (2 wds.)
- 41. Rocker ____ Turner
- 44. Decorative clothing
- 45. Endurance
- 48. Desire to drink
- 50. Swiss song
- 51. Woody or Tim
- 52. Malicious looks
- 53. Carbonated drink
- 54. Done
- 55. Fortune's partner
- 57. Donated
- 59. Citrus drinks
- 60. Nerd
- 61. Slips up

DIFFICULT

Free Printable Crossword Puzzle #2

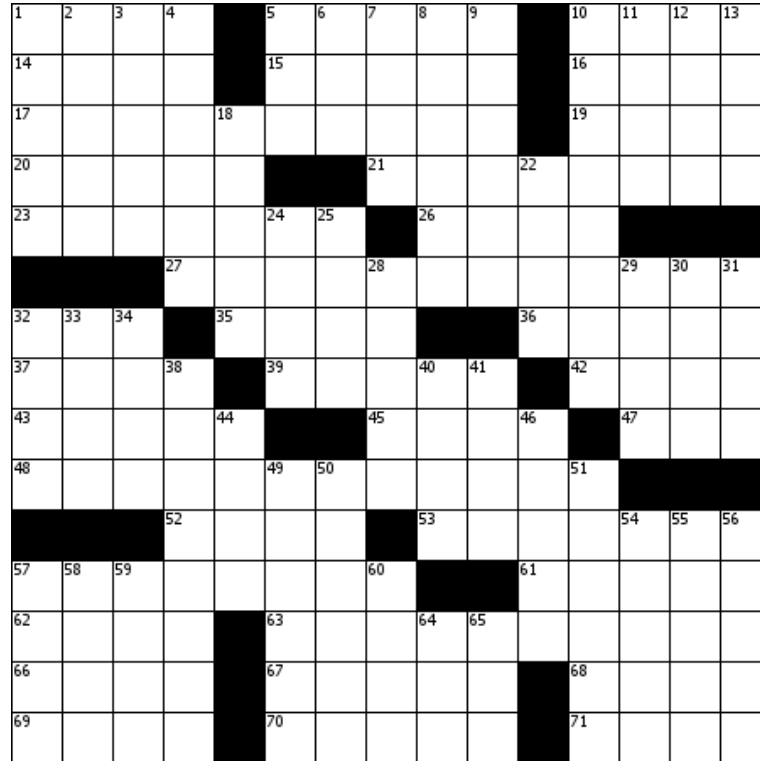
This is the Daily Crossword Puzzle #2 for Apr 28, 2020

Find the solution at

<http://onlinecrosswords.net/1603>

Across

1. Utter roughly
5. Aimee of "La Dolce Vita"
10. Decent, so to speak
14. Hipbone parts
15. Take potshots
16. Vallee of song
17. Command for quick action
19. Alda or Arkin
20. Toughen or harden (Var.)
21. Cushy job
23. Extends shoe life, in a way
26. Type of jacket
27. ASAP
32. Place for a school dance, perhaps
35. Testa cousin
36. Nail partner
37. Oscar winner for "Hud"
39. To divest of weapons
42. Yarn that is spun
43. Mythical strongman
45. Café ____ (black coffee)
47. Spider's parlor invitee
48. Immediately
52. Lavish affection (on)
53. They're not available in Spain
57. Wavering
61. Dressing bottle
62. Like Patagonia
63. "Move it! Move it!"
66. Desert "monster"
67. April 7 baby, e.g.
68. It may be posted
69. Dickens' Pecksniff
70. Kathmandu is its capital
71. Toward the sheltered side



Down

- | | | |
|------------------------------------|---------------------------------------|-------------------------------------|
| 1. Jockey, e.g. | 22. An End of London | 46. Dressing type |
| 2. Unrivaled | 24. Grayish yellow | 49. Area code 801 resident |
| 3. Air-filled skull cavity | 25. Largest organ | 50. Professor's security blanket |
| 4. Emulate a police officer | 28. Fawn-colored antelope | 51. People of southwest Nigeria |
| 5. Hungry-bear center | 29. Pass time idly | 54. Of the country |
| 6. Capt.'s heading, perhaps | 30. "____ cost you!" | 55. Lofty residence |
| 7. Human or fact finishers | 31. "So ____ say" | 56. Savoir-faire |
| 8. Elevate | 32. Eat like a mouse | 57. Macbeth trio |
| 9. How you may be interested | 33. Sasquatch kin | 58. Canal of song |
| 10. Eccentric one | 34. Whiskey ingredient | 59. Mud deposit |
| 11. Singer of a Poitier film title | 38. Words of the pretentious, perhaps | 60. Excursion |
| 12. Purim's month | 40. Some bucks | 64. "Michael Collins" actor Stephen |
| 13. Bit of force | 41. Distance in a Stephen King title | 65. Fashion monogram byproduct |
| 18. Daniel's sonnets to ____ | 44. Combustion byproduct | |