

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 8 | MAY 7, 2020

We are all facing the same uncertainty. But it feels like we have been given time to push the “reset” button on our lives. If you want to make big changes, meaningful changes, don’t wait for the perfect day. You have the power to hit the reset button on your life at any time. Don’t wait for the first of January every year or for the pandemic to be over, push that reset button now. When you allow yourself a clean slate to begin fresh, you clear your mind of all of the clutter and position yourself to hit the ground running. You can achieve this reset-button effect by letting go of behaviors and efforts that aren’t giving you the results you’re seeking. Simply put – stop doing what you’ve always done and do something different.

What is on Everyone’s Reading List These Days?

The Dutch House has spent 31 weeks on the New York Times Best Selling list. Author Ann Patchett tells the story of a sibling relationship that is impacted when the family goes from poverty to wealth and back again over the course of many decades. This novel was a finalist for the 2020 Pulitzer Prize for Fiction.

Right now, it seems like our world has been flipped upside down with this whole pandemic. It is time to flip it right-side up by reading *2 Second Lean: How to Grow People and Build a Fun Lean Culture*. Author Paul Akers will challenge you to cut expenses, transforming every aspect of your life from the office to your home. This book is the newest addition to the Action Library.

Visit Yellowstone Park - Virtually

Yellowstone National Park is a nearly 3,500-sq.-mile wilderness recreation area atop a volcanic hot spot. Mostly in Wyoming, the park spreads into parts of Montana and Idaho, too. Yellowstone features dramatic canyons, alpine rivers, lush forests, hot springs and gushing geysers, including its most famous, Old Faithful. It’s also home to hundreds of animal species, including

bears, wolves, bison, elk and antelope.

As of now the park is still closed, but that doesn’t mean you can’t visit this magnificent place virtually! Here is a list of virtual tours:

[Mammoth Hot Springs](https://tinyurl.com/mammothhotspringstrails) - For hundreds of years, Shoshone and Bannock people collected minerals from Mammoth Hot Springs for white paint. These minerals contribute to the beautiful terrace structures, along with heat, a natural “plumbing” system, water and limestone. (<https://tinyurl.com/mammothhotspringstrails>)

[Norris Geyser Basin](https://tinyurl.com/norrisgeyserbasin) - Norris is one of the hottest and most acidic of Yellowstone’s hydrothermal areas. It is part of one of the world’s largest active volcanoes. Many hot springs and fumaroles here have temperatures above the boiling point (200°F / 93°C). (<https://tinyurl.com/norrisgeyserbasin>)

[Grand Canyon of the Yellowstone River](#) - The Grand Canyon
(continued on page 2)

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.





(continued from page 1)

of the Yellowstone River expresses the park's complex geologic history in dramatic colors and shapes. Puffs of steam mark hydrothermal features in the canyon's walls. The Upper and Lower Falls of the Yellowstone River add to the grandeur of the unique natural treasure. (<https://tinyurl.com/grandcanyonyellowstone>)

Mud Volcano - Mud Volcano is home to one of the most acidic features in the park, Sulphur Caldron. (<https://tinyurl.com/mudvolcanotrail>)

Fountain Paint Pot - Along Fountain Paint Pot Trail you will see various hydrothermal features that are expressions of Yellowstone's still active volcano. (<https://tinyurl.com/fountainpaintpot>)

Upper Geyser Basin - The Upper Geyser Basin is perhaps the most well-known in Yellowstone due to hosting Yellowstone's iconic geyser—Old Faithful. This basin is also home to the highest concentration of geysers in the world. Please take time to explore these natural wonders. (<https://tinyurl.com/uppergeyserbasin>)

Best of all, you can tour Yellowstone in 3-D! Park Scientists have created 3-D models of some of the park's hydrothermal features, and now you can explore them like never before. Check out <https://tinyurl.com/yellowstone3d>.

“Yellowstone” – TV Series

Speaking of Yellowstone, if you are looking for a great series to watch, this is it. Oscar and Emmy winner Kevin Costner is the marquee attraction of the ensemble cast in this drama series, starring as the patriarch of a powerful, complicated family of ranchers. A sixth-generation homesteader and devoted father, John Dutton controls the largest contiguous ranch in the United States. He operates in a corrupt world where politicians are compromised by influential oil and lumber corporations, and land grabs make developers billions. Amid shifting alliances, unsolved murders, open wounds, and hard-earned respect, Dutton's property is in constant conflict with those it borders - an expanding town, an Indian reservation, and America's first national park. This series is recommended for an audience of 18 years and older and is available on Prime video.

EXERCISE OF THE WEEK

Don't Get Up. Really!

Don't want to get up extra early to log a morning workout at the gym? Fine, stay in bed. You can still transform your body with exercises you can do right on your mattress. Choose a few of them, or complete every move, and perform as many reps as you can in 30 seconds. You'll burn more calories than you would by repeatedly hitting the snooze button. Here are a few exercises you can do in the comfort of your own bed!

1. Marching Hip Raises: Lie on your back with your knees bent, heels near your butt, and your arms along your sides with palms facing down. Press into your heels as you lift your hips up so that your body forms a line between your knees and shoulders. Without extending your leg, squeeze your glutes as you lift your right foot up off the bed and bring your right knee directly over your right hip. Place your right foot back on the bed and repeat on the left side. That's one rep. Continue to alternate.

Where you'll feel it: Your glutes, abs, and thighs.

2. Side Plank with a Twist: Lie on your right side and place your right forearm on the bed. Keeping your hips, shoulders, and feet stacked, brace your core as you lift your hips up toward the ceiling as high as you can. Stretch your left arm straight up toward the ceiling. Without touching the bed, slowly lower your hips, then return to starting position. Keeping your core tight, twist from the waist as you bring your left arm down and underneath your body. Return to starting position to complete one rep. Continue for 30 seconds, then repeat on the opposite side. (To make this move slightly easier, stagger your feet or place your top foot on the bed in front of you.)

Where you'll feel it: Your abs, obliques, and triceps.

3. Around-the-World Abs: Start on your hands and knees, with your shoulders stacked above your wrists, hips above your knees, and toes tucked under. Balancing on your left palm and right knee, lift your left knee out to the side so your thigh is parallel to the bed. Keeping your ankle level with your knee, swing your knee forward as you tap it with your right hand. Then, swing your leg backward until your left ankle passes over your right leg on the bed. Simultaneously, reach your right arm back to tap your left heel. Continue alternating between left knee- and left heel-touches for 30 seconds, then repeat on the opposite side for 30 seconds, this time swinging your right leg and touching with your left hand.

Where you'll feel it: Your abs, obliques, glutes, and arms.

For more exercises you can do without getting out of bed, visit <https://tinyurl.com/exercisesfrombed>.

Start a Garden

The best herb garden I was able to grow and maintain was the one I had when we lived in Minnesota. I had beautiful oak barrels where I grew cilantro, mint, basil and jalapeños. Growing your own herb garden in your home or yard is a great project right now, and it might just make your food taste better! Growing your own herbs isn't difficult. All that's required are proper materials, planting pots and a workable plan. And remember, if you can't or don't want to go to the store, you can order pretty much everything you need online. After searching the web, I found the following tips:

Step 1: Pick some pots

One huge appeal of a home-grown herb garden is that it's always ready for action. Need to spice up that pasta or chicken roast? Just grab a few leaves of basil, sage or a sprig of thyme. With a pot, you can place your herbs in convenient locations, like on your porch, your deck or your kitchen counter.

The material of your container can vary. Clay, wood, resin and metal are all options. What's most important is that it provides enough drainage. Any pot or planter you use must let excess water escape, which is why most planting container bottoms have holes in them.

Mason jars are pretty to look at, but they don't make the best herb gardens. Without proper drainage, your herbs will eventually experience root rot.

Pick a container that matches the size of the herbs you'll grow. Choose something too large and your plants will spend excess energy growing their roots. A cramped planter will cause your herbs to become root-bound (in other words, pot-bound). That'll hamper their nutrition, stress them or even kill them.

Step 2: Choose your herbs

If this is the first time you've tried growing herbs, start simple. Parsley, mint and basil are good options for pot-growing. They all tend to grow prolifically and don't mind frequent harvesting. Here are some examples of staple herb varieties and their characteristics.

Basil

Relatively easy to grow, basil prefers sunny locations. It also does best in rich soil that's well-watered.

Mint

With an aggressive growth rate, mint is best in its own container and above ground. It can handle shade, but it's better suited to strong sunlight.

Oregano (Greek)

This herb has small and flavorful leaves. It requires full sunshine and lots of drainage. Greek oregano is also a tender perennial that you'll have to bring inside during winter months.

Parsley (flat-leaved)

Chefs prefer flat-leaved parsley over curly since it has more flavor. Parsley does best in moist, well-drained soil and can grow in partially shaded areas.

Thyme

This herb has heavily scented leaves and prefers less water.

You do need to give thyme exposure to full sunlight and well-drained soil.

Rosemary

The resinous leaves of rosemary are highly aromatic. The herb requires cool climates with plenty of sun and moist (not wet) soil. It's also best to bring rosemary indoors for the winter.

Step 3: Forget seeds, use starter plants

Unless you're an experienced gardener, use starter plants for your herbs. This will save you two to three weeks of grow time and increase your chances of a successful harvest.

Step 4: Get the right soil

When it's time to plant, use potting soil -- not garden soil. Potting soil drains water more effectively. The former is lighter and porous, while the latter is dense and traps (or blocks) moisture inside containers. If you don't have one, pick up a garden trowel. They're good digging holes, handling soil and removing weeds when necessary.

Step 5: Care and harvesting

It takes constant, regular care for herbs to flourish. That means you must water them on a consistent schedule. You'll need to harvest them often, too, since this primes them for new growth. Just be sure to match any treatment of your herbs to their specific variety.

VIDEO OF THE WEEK

Since we're on a National Parks kick this week, it only seems appropriate to talk about the special Parks and Recreation episode that was released last Thursday. In partnership with State Farm, Subaru, and Feeding America, the cast and crew behind NBC's Parks and Recreation came together to reunite us (after being off the air for 5 years) with the gang to see how they were handling the pandemic. As would be expected, Leslie Knope (Amy Poehler) took the lead in making sure that everyone was healthy (physically, mentally, and emotionally) and formed a "call tree" to check in with each other -- did anyone actually check-in on Jerry/Larry/Gary? The writers were able to put situations in place to justify why even the married characters weren't together (did I mention that the actors filmed their scenes from their own homes?) -- because of course Ann is social distancing from her family since she's a nurse, and it is very on brand that Andy locked himself in a shed. And the fact that the actors that play Ron and Tammy are married in real life (Nick Offerman and Megan Mullally) let us get a glimpse into that dynamic. Did I get tears in my eyes during the tribute to Little Sebastian? It's very possible. The episode can be found all over the internet, but here's a link to it on Youtube: <https://tinyurl.com/parksandrecspecial>. You can also help their cause by donating to Feeding America, where all donations up to \$500,000 made through May 21st will be matched! (<https://www.feedingamerica.org/parksandrec>)



Coffee Time

Sunday morning breakfast growing up was such a treat. Not because of the delicious food my mother made, but because it was the one day my sisters and I were allowed to have a cup of coffee. My parents always said it would stunt our growth and, of course, when you are little, you believe everything your parents tell you. Starbucks wasn't a thing and there were no drive thru coffee stands back in those days. If there were, I think that would have become an everyday treat!

Have you ever wondered where the term for coffee "a cup of joe" came from? Some believe that the origin of "cup of joe" stems from a 1914 ban on alcohol on U.S. Navy ships imposed by the Secretary of the Navy Josephus "Joe" Daniels. After his order, imposed near the beginning of World War I, the strongest drink a sailor could get on a ship was black coffee. Sailors, not happy about this, coined the insulting phrase 'a cup of Joseph Daniels' and later shortened it to 'a cup of Joe'.

How did coffee become so popular and where did coffee come from? According to a popular legend, it all began with a young Ethiopian goat herder named Kaldi. Many centuries ago, Kaldi found his goats bounding about the hillsides in a joyous frenzy. They were having a ball! Even the old and tired goats were prancing around and acting young again. They didn't even sleep at night.

Kaldi felt confused. Tired and worn out from trying to manage the rambunctious goats, he watched them carefully to discover their secret. After finding them eating bright red fruit from a nearby tree, he tried some of the fruit himself. Suddenly, he felt invigorated.

Kaldi's discovery might have remained his secret, but one day a monk from a nearby monastery came upon the herder and his goats and asked how they got all their energy. The monk ate from the plant and he, too, felt revitalized. He brought some coffee cherries back to the monastery to help the monks stay awake during long religious services. Soon all the monasteries used coffee as a part of their services.

During the 5th and 6th centuries A.D., Ethiopians invaded the part of the Arabian Peninsula, now occupied by Yemen, and brought some of their magical seeds. Enraptured by the fruit's

invigorating and stimulating properties, the Arabs became the first people to cultivate coffee plants. In fact, the first recorded word for coffee is in Arabic. It is qahwah (KAH wah), meaning "Arab's wine."

The Arabs also were the first to trade in coffee. By the sixteenth century it was known in Persia, Egypt, Syria and Turkey. By the next century, coffee had made its way to Europe and was becoming popular across the continent. Less than 100 years after that, coffee had become a major trade crop. Today, it is the world's most valuable commodity after oil.

Curious About Mars

Kids still bored and complaining of nothing to do? Spend the day exploring the surface of Mars on the Curiosity Rover, a car-sized rover designed to explore the crater Gale on Mars. The website *Access Mars* lets you explore a 3D replica of the Martian surface, exactly as it was recorded by the Curiosity Rover. As Curiosity has travelled across Mars, it has taken digital photographs with two stereoscopic camera systems. By combining and analyzing these photographs, scientists at NASA JPL have created a 3D model used to study Mars and plan future experiments. For the first time, this same 3D model is now available here for anyone to explore in their browser using WebVR. Visit <https://accessmars.withgoogle.com/>



RECIPE OF THE WEEK

Mother's Day is going to be a little different this year. The holiday is usually celebrated with family outings to brunch, spas or family get-togethers in homes—and accompanied by plenty of in-person hugs and kisses. But as the coronavirus pandemic restricts where we can go and makes social distancing a new norm, many of these traditions will have to be postponed to another year. If you plan on making mom breakfast in bed this Sunday, here are a couple of recipes I am sure she would enjoy!

Eggs and Ham Baked in Croissant Cups

[Recipe Adapted from Olive Magazine - Click Here for Full Recipe and Photos](#)

Use croissant dough to make these cute breakfast cups filled with ham and eggs. This quick and easy brunch recipe is perfect for lazy breakfast in bed.

INGREDIENTS:

- 1 pack croissant dough (such as Pillsbury Crescent dough)
- 3 large slices of ham, halved
- 2-3 tbsp tomato jam or chutney
- 6 small or medium eggs
- salt and pepper

DIRECTIONS:

1. Heat the oven to 375 degrees. Butter 6 holes of a large muffin tin. Unroll the dough and pull apart the sections. Use each triangular section of dough to line one of the holes. Trim off the long corner of each triangle to approximately match the length of the other corners. Spread the ham slices with the jam, then use a slice to line each croissant cup.
2. Crack the eggs into a glass first, then pour one egg into each croissant. Season and bake for 15 minutes until the croissant is puffed and golden and the egg is cooked.

RECIPE OF THE WEEK

Baked Avocado with Smoked Salmon & Egg

[Recipe Adapted from Olive Magazine - Click Here for Full Recipe and Photos](#)

This unique recipe is a great healthy brunch idea for Mother's Day that looks really pretty. Serve on a tray with rye bread toast dippers. I sent this recipe to my kids. Fingers crossed!

INGREDIENTS:

- 3 large avocados
- 6 small eggs, whites and yolks separated (keep yolks intact)
- 3 slices smoked salmon, cut into pieces
- black pepper
- 1 tbsp chives, finely chopped
- pinch of cayenne pepper (optional)
- toasted dark rye bread to serve

DIRECTIONS:

Heat the oven to 400 degrees. Halve the avocados lengthways and remove their stones. Cut a small slice off the bottom of each avocado half to stabilize them, and set them onto a baking tray. Scoop out some of the middle from where the stone was, add a little salmon to each, and then add one egg yolk to each. Beat the egg whites quickly so they are one uniform consistency, then pour in as much egg white mixture as you can into each half. Grind black pepper over each and bake for 10 minutes, or until the whites have set. Garnish with the chives and a pinch of cayenne, if you like. Serve with toasted rye bread dippers for dunking.

For an extra special dish, try making your own rye bread! (<https://tinyurl.com/dateandryebread>)

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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

EASY

Free Printable Crossword Puzzle #7

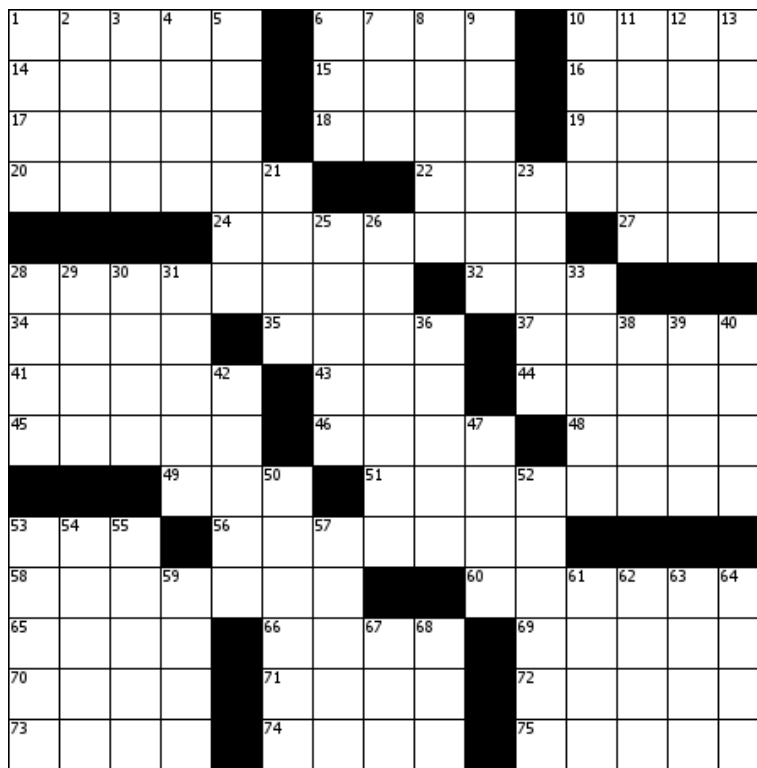
This is the Daily Crossword Puzzle #7 for **May 4, 2020**

Find the solution at

<http://onlinecrosswords.net/64135>

Across

- 1. Cowboy's rope
- 6. Listen to
- 10. Resorts
- 14. Rock star ____ John
- 15. Cooking herb
- 16. Stop
- 17. Chars
- 18. Horse's gait
- 19. Imitator
- 20. Shriek
- 22. ____ Falls
- 24. Pretend to sing (2 wds.)
- 27. Messy place
- 28. Standards
- 32. Pierre's buddy
- 34. Skin
- 35. Shade trees
- 37. Bestow
- 41. Small particles
- 43. Ump's call
- 44. Cut
- 45. Designer ____ Lauren
- 46. Walked upon
- 48. She (Fr.)
- 49. Driveway sealer
- 51. Pilot's expertise
- 53. Go downhill
- 56. Alleviate
- 58. Hide
- 60. Gotten up
- 65. Craze
- 66. Gawk
- 69. Preface
- 70. Burn reliever
- 71. Church word
- 72. Squirrel's treat
- 73. Touches lightly
- 74. Back of the neck
- 75. Expire



Down

- 1. Smaller amount
- 23. Peaks
- 50. President Ronald ____
- 2. Actor ____ Baldwin
- 25. Aviator
- 52. In the sky
- 3. Celebrity
- 26. Japanese warrior
- 53. Remnant
- 4. Sensitive
- 28. Burn
- 54. Australian "bear"
- 5. Reduced in price (2 wds.)
- 29. Glamorous ____ Hayworth
- 55. Gold bar
- 6. FDR's successor
- 30. Golden calf, e.g.
- 57. Andes animal
- 7. Corn spike
- 31. Entice
- 59. Average grades
- 8. Anguish
- 33. Narrow channel
- 61. Andes native
- 9. Eye part
- 36. Range
- 62. Intersection sign
- 10. Thick carpet
- 38. Artist Salvador ____
- 63. Goofs
- 11. Mamas' mates
- 39. Nordic capital
- 64. Zero
- 12. On one's toes
- 40. What time?
- 67. Energy
- 13. Wander off
- 42. Use jointly
- 68. Compass reading (abbr.)
- 21. Swamp
- 47. Aria singer

DIFFICULT

Free Printable Crossword Puzzle #3

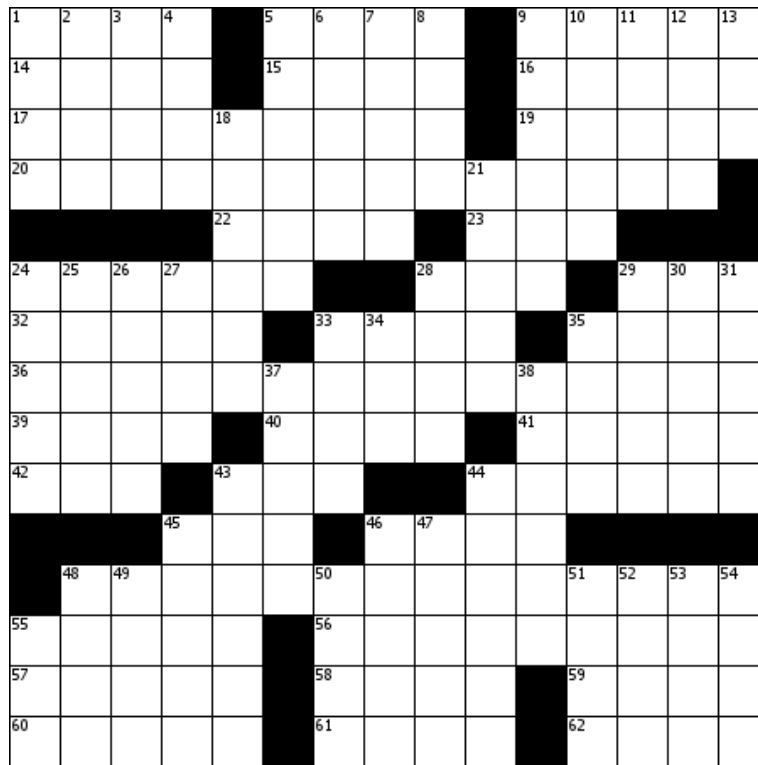
This is the Daily Crossword Puzzle #3 for **May 4, 2020**

Find the solution at

<http://onlinecrosswords.net/6643>

Across

1. Single man at a party
5. Old Soviet news agency
9. Burghoff role in "M*A*S*H"
14. Strauss, the jeans maker
15. Rose's lover
16. January in Guadalajara
17. Create
19. Short superstar?
20. Quip (part 1)
22. "Citizen ---" (1992)
23. Set aflame
24. --- des Cygnes (Kansas river)
28. Suffer, as from the flu
29. Former name of Tokyo
32. Manage to avoid
33. Hippocratic pronouncement
35. Enthusiastic
36. Quip (part 2)
39. Young fellows
40. Per --- (daily)
41. Arthur Hailey work
42. Tennessee has two
43. Acquire
44. Kind of bead
45. Supportive of
46. Stanch
48. End of the quip
55. Crotchety old men
56. Table napkin at Buckingham palace
57. "Wait --- Dark"
58. Family lineage diagram
59. Eggy quaffs
60. Hunter's lure
61. Hemstitches
62. Grandiose poetry



Down

- | | | |
|--------------------------------|----------------------------------|------------------------------------|
| 1. Trudge through the mire | 21. Philanthropist Yale | 43. Gruesome |
| 2. Garr of film | 24. Word with sugar or syrup | 44. Keanu of Tinseltown |
| 3. Tel --- | 25. Of interest to Audubon | 45. Place for a barbecue |
| 4. Leslie Caron title role | 26. Bassoon and English horn | 46. One cubic meter |
| 5. Dances for two? | 27. Fly ball trajectories | 47. Hurled |
| 6. Disconcert | 28. Mighty mite | 48. Finished |
| 7. Hold for later, as big news | 29. Mrs. Perón | 49. Mil. training class at college |
| 8. Appear to be | 30. Place for a short-order cook | 50. Heathrow visitors |
| 9. Pistol's kickback | 31. In a strange manner | 51. Russo of "In the Line of Fire" |
| 10. Concerning | 33. "Think nothing ---" | 52. On the surface of |
| 11. Editor's removal mark | 34. Tar's assent | 53. Let --- (drop the matter) |
| 12. Sphere | 35. Andy's radio partner | 54. Stack part |
| 13. Reiner or Roy | 37. Nickel finish? | 55. Ruminant's chew |
| 18. Provoke, as a riot | 38. Equilateral parallelograms | |