

# life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Great Leadership and Teamwork go hand in hand, and without it, it's difficult for anything to succeed. We can actually learn a lot about leadership from animals, specifically a pack of wolves. When a pack of wolves venture out, they lead as follows: There are three in the front. These are the older wolves or ones that are sick. They walk in front to set the pace. The next five are the strongest, and they protect the front side from an attack. The middle group is fully protected with five behind them who are also among the strongest. They protect the back side. The last wolf is the Leader and ensures no one is left behind. The Leader keeps the pack tight and on the same path and is ready to run in any direction to protect the pack. It's an important reminder that being a leader is not about being in front—it's about taking care of your team.

## Car Buying Opportunities

If you are in need of a car, now is a great time to purchase one. Sadly, due to COVID-19, rental car companies are struggling, and Hertz Rental Company announced it is filing for Chapter 11 bankruptcy. They are selling vehicles in their fleet at discount prices. Hertz's fleet consists of roughly 700,000 rental cars, which have greatly diminished in value because of a sharp drop in used car prices caused by a freefall in auto sales stemming from the pandemic. The volume of cars for sale in an area depends on the location used in the search, and vehicles are delivered free up to 75 miles.

To check available cars visit <https://www.hertzcarsales.com/used-cars-for-sale.htm?geoZip=33060&geoRadius=1000>

## Virtual Vacations

Nothing is more relaxing to me than closing my eyes, feeling that beautiful ocean breeze and sunshine on my skin and listening to the sound of waves crashing along the shore. One thing that has come out of this pandemic that has been positive is virtual

reality. Even though establishments are slowly opening up, if you are not ready or you want to experience the sounds and sights of different locations, try livestreaming a hotel. A live beach cam offers a glimpse of the breathtaking views from Hotel del Coronado in San Diego or Le Barthelemy Hotel & Spa in St. Barts and many more. Check out <https://www.insider.com/watch-hotel-livestreams-around-the-world-during-coronavirus-outbreak-2020-3>

## Honoring America's Birthday

This year, Fourth of July revelers will have to swap many traditions—peppy parades, large family reunions and patriotic concerts—with low-key celebrations. You may not be able to congregate for parades or fireworks, but there are other options when it comes to having a festive Fourth. Your best and safest bet is to watch either in your backyard or on a TV or computer screen. On the Fourth, Los Angeles is still having an annual block party—this time, the block is onscreen—

*(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)

hosted by Grand Park and the Music Center, a performing arts venue. There will be musical performances, a poetry reading, comedy sketches and more. The first hour can be streamed on <https://abc7.com/> beginning at 7 pm PST; the rest of the event continues on <https://grandparkla.org/>

## Mob Museum

Spending all this time in quarantine, I have watched a lot of TV, and one area in particular that has caught my fascination is crime stories involving the Mafia. The Mafia traditionally refers to Sicilian organized crime syndicates that are powerful in Sicily and southern Italy. The Mob is a slang term used to refer to organized crime in general, but usually means the most powerful groups, not street gangs or small operations. The Mob Museum is located in Las Vegas, Nevada and provides all the dirt, all in one place!

The Museum provides an eye-opening, authentic view of organized crime's effect on the world and popular culture and reveals an inside look into the events and people of the continuing battle between the Mob and law enforcement. Historical stories are brought to life with intriguing, multi-sensory displays, hundreds of artifacts and unique perspectives from those directly involved in both sides of the conflict. The Museum opened on Valentine's Day, Feb. 14, 2012. The opening coordinated with the anniversary of the 1929 St. Valentine's Day Massacre in Chicago when seven of Bugs Moran's henchmen were lined up along the brick wall of a warehouse, shot and killed by Al Capone's gang.

The museum offers virtual access where visitors can explore all four floors and learn about the origins of organized crime in America, the early days of Las Vegas, the impact of Prohibition on society, the Kefauver Hearings, ongoing organized crime groups and rackets around the world and more. <http://prohibition.themobmuseum.org/>

## The Godfather

After taking that virtual tour of the mob museum, it only seemed fitting to watch *The Godfather*, a cinematic classic. This American film series consists of three crime films directed by Francis Ford Coppola and inspired by the 1969 novel by author Mario Puzo. Widely considered one of the greatest films of all time,

## VIDEO OF THE WEEK

### Young Violinist Creates Magic

11-year-old Karolina Protsenko was born in Ukraine. At the age of 6, Karolina moved to the United States with her parents, Nikolay and Ella. Shortly after arriving, Karolina began violin lessons. Now, a classically trained violinist, Karolina has millions of fans throughout the world. Her support has been primarily generated through videos of her busking around Southern California. 3rd Street Promenade in Santa Monica is where you will often find her and her violin serenading the lucky people crowding the streets. Here is a link to her new cover of Hallelujah which she performs along with sax-player Daniele Vitale.

<https://www.youtube.com/watch?v=CbK62YW03Yk>

*The Godfather* focuses on the powerful Italian-American crime family of Don Vito Corleone (played by Marlon Brando). When the don's youngest son, Michael (Al Pacino), reluctantly joins the Mafia, he becomes entrenched in the irresistible cadence of violence and deception. Although Michael tries to maintain a normal marriage with his wife Kay (played by Diane Keaton), he is drawn more and more into the family business. The film came out in 1972 and won 3 Academy awards, including best picture. Dialogue from the movie—especially the line “I’ll make him an offer he can’t refuse”—became ingrained in pop culture vocabulary, and scenes from the film are often quoted in other movies and TV shows.

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

Covering a five decade span, *The Dutch House* by Ann Patchett, is a dark fairy tale about two bright people who cannot get past their own personal history. Despite every outward sign of success, Danny and Maeve are only truly comfortable when they're together. Throughout their lives, they keep returning to the familiar story of what they've lost with both humor and anger. But when finally they are forced to deal with the people who left them behind, the relationship between a spoiled brother and his ever-protective sister is finally put to the test.



## EXERCISE OF THE WEEK

## Hula Hooping

Hula hooping is a fun way to burn calories and body fat, improve your balance, strengthen your core muscles and boost your cardiovascular fitness. It is said the term “hula hoop” came from British sailors who had seen hula dancing in the Hawaiian Islands and thought it looked similar to the movements of hooping back home. Hooping was again popular in England in the 1800s where children would roll hoops with a stick or rotate the hoop around their waist. The hula hoop gained international popularity in the late 1950s when a plastic version was successfully marketed by California's Wham-O toy company. An estimated 25 million hula hoops were sold in its first four months of production alone.

**Benefits of Hula-Hooping****Burns As Much Fat as Treadmill Workouts**

According to the American Council on exercise, hula-hooping can burn over 400 calories per hour. You can burn even more calories if you add in arms movements or weights.

**Can Replace Ab Workouts**

In addition to burning belly fat, you will also tone the muscles of your midsection including abs, obliques, hips and lower back.

**Strengthens Your Heart**

Fifteen to 30 minutes a day of any exercise strengthens your heart muscles and allows your heart to pump blood throughout your body more efficiently. In turn, this allows your heart to beat faster and also lowers your blood pressure.

**Works Out Your Brain**

Hula-hooping can be very similar to meditation, surprisingly. The rocking and rhythm cause relaxation and cause deep breathing. The repetitive motion is smooth. Also, it takes a certain level of concentration to hula-hooping, training your mind as well.

**Hula-Hooping Tips For Beginners**

After watching members of my family try to hula-hoop I realized it might not come as easily to everyone else as it did to me. (As I noticed when my brother-in-law gave it a go.) So here are a few tips I've found that worked if you're just starting out.

1. Find the right hoop. The larger the hoop, the easier it will be to spin. Find one that comes up to your belly button when you stand it up straight.
2. Wear tighter fitting clothes. Yoga pants are not necessary, but you also don't want to wear anything flowy that can get caught in the hoop.
3. Try standing legs shoulder-width apart, with one foot

almost a foot in front of the other.

4. KEEP YOUR BACK STRAIGHT. No bending over here or you will lose control.

5. Hold the hula hoop on each side, making sure it is level. If not level, you will automatically lose control of the rhythm.

6. Rest the hula hoop against your back and rock it back and forth a few times to “wind up” then spin it towards whichever way feels most natural.

7. A good spin should be able to go around your waist a few times with little to no effort from the rest of your body. But after it goes around once, start “rocking” your hips back and forth. This is a basic form of hula-hooping that most anyone should be able to try.

8. Keep an even, steady rhythm and you can literally go forever.

Hula hoops range in price anywhere from \$5 to \$50. I found a best review website for hula hoops that was updated this month. <https://products.bestreviews.com/best-hula-hoop>

**Battle of the Burgers**

Summer is not summer without a good burger so why not make it a juicy Lucy! A Jucy Lucy or Juicy Lucy is a cheeseburger with cheese inside the meat instead of on top, resulting in a melted core of cheese. Two Minneapolis bars, Matt's Bar and the 5-8 Club, claim to have invented this legendary cheese-stuffed burger and have been battling since the 1950's. The bars have been featured on Travel Channel's “Man vs. Food,” and President Barack Obama unofficially chose a side when he stopped in to Matt's for a Jucy Lucy and fries in 2014. People will often stop into both eateries in the same day to compare!

Dispute over who invented the Juicy Lucy comes down to two points: the story of the burger's beginnings and which is the better burger.

On the first point, Matt's Bar (3500 Cedar Av. S.) has a better story.

Back in 1954, a regular customer ordered a cheeseburger, and asked the owner, Matt Bristol, to put the cheese on the inside instead of on top. Bristol obliged, and when the customer bit in and got a face full of molten cheese, he exclaimed, “Wow, that's one Juicy Lucy!” The burger was a hit and landed on the bar's menu—though misspelled as “jucy.”

The story at 5-8 Club (5800 Cedar Av. S.) is more vague. The Juicy Lucy “was invented in south Minneapolis in the 1950s,” Jill Skogheim, president of the 5-8 restaurants said. But does she know the origin? “Not exactly, no.”

As for which one is better, that's up to fans. Both restaurants use a fatty grind of beef, and the grease mixes in with the cheese in the center to create a liquid cheesy, meaty sauce. Both season with nothing more than salt and pepper. Check out the recipe of the week section on how to make a Juicy Lucy!

## RECIPE OF THE WEEK

# The Juicy Lucy

Recipe from Pinch of Yum

JUICY LUCY! A delicious hamburger stuffed with molten, bubbly, waterfalling cheese, all piled on a buttery toasted bun with all the fixings. The BEST. This recipe comes from a born and raised Minnesotan.

### INGREDIENTS:

Juicy Lucy Ingredients:

- 2 lbs. ground beef
- 2 tablespoons burger seasoning
- 6-12 slices American cheese

Juicy Lucy Extras:

- 6 brioche buns

Toppings: Lettuce, tomato, onion, pickles

Sauces: Ketchup, mustard, mayo

### DIRECTIONS:

1. Mix the spices into the ground beef. Divide the beef into 6 even sections.
2. Form each section into two thin patties (a smaller top patty, and a larger bottom patty). Place 1-2 folded pieces of cheese on the bottom patty, and place the smaller top patty over it, pinching up the edges to seal.
3. Grill or pan fry for about 5 minutes, or until cooked to your desired doneness and cheese is melted.
4. Let the Juicy Lucys rest for a minute or two. This is essential, otherwise the cheese will be so hot that it will literally come exploding out all over the place.
5. Serve on buns with your favorite toppings!

<https://pinchofyum.com/juicy-lucy>

## SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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

## EASY

### Free Printable Crossword Puzzle #6

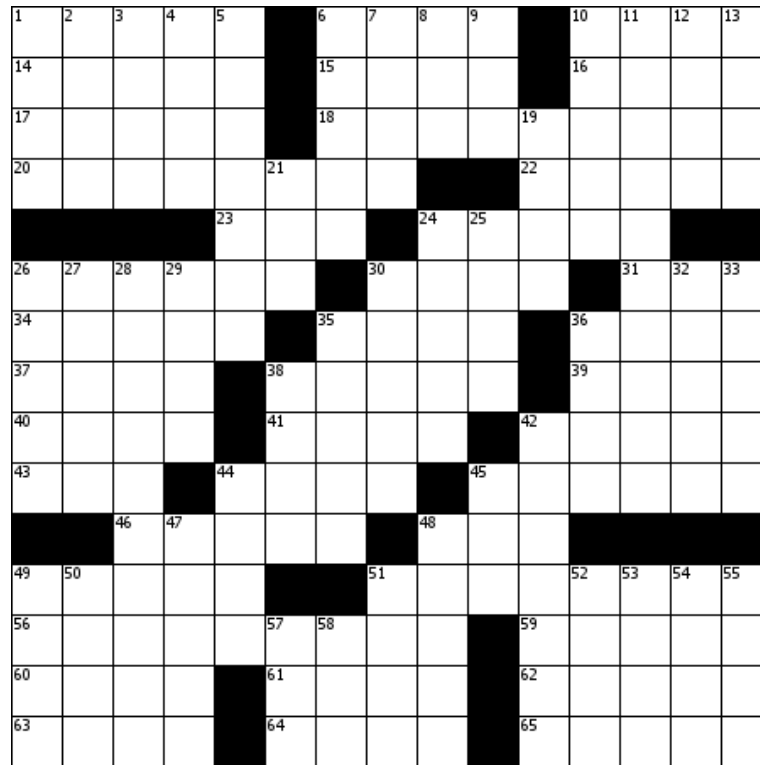
This is the Daily Crossword Puzzle #6 for Jun 23, 2020

Find the solution at

<http://onlinecrosswords.net/73099>

#### Across

1. Sheriff's group
6. "\_\_\_ Enchanted" (movie)
10. Send a letter
14. Presses clothes
15. Christmas song
16. Machu Picchu dweller
17. Gold measure
18. Forfeited the throne
20. Refinement
22. Wrong
23. Mummy name
24. Large trucks
26. \_\_\_ door
30. Bundle of hay
31. Metallic rock
34. Pseudonym
35. Speak
36. Citric \_\_\_
37. Contact \_\_\_
38. Vapors
39. Singer \_\_\_ Crosby
40. Cooking herb
41. Pub beverages
42. Nonchalant
43. Branch
44. Walk heavily
45. Felt dizzy
46. Japanese, e.g.
48. Charged particle
49. Sample food
51. Aardvark
56. Take turns
59. Spry
60. Customer
61. Bloodhound's clue
62. Oklahoma city
63. Shredded
64. Bawled
65. Despised



#### Down

- |                      |                        |                       |
|----------------------|------------------------|-----------------------|
| 1. Toll road         | 21. Convent dweller    | 44. Fishing spot      |
| 2. Of the mouth      | 24. Bargain events     | 45. Decompose         |
| 3. Ticked off        | 25. Caribous' kin      | 47. Severe            |
| 4. Glitch            | 26. Chip dip           | 48. Motionless        |
| 5. Landed properties | 27. Transparent        | 49. Tightly stretched |
| 6. Make into law     | 28. Circus leader      | 50. And               |
| 7. Earring site      | 29. Lighten            | 51. Above             |
| 8. Guided            | 30. Stationed          | 52. Mexican water     |
| 9. ___ Baba          | 32. Wash lightly       | 53. Slant             |
| 10. Florida City     | 33. Trimmed the border | 54. Other than        |
| 11. Unfriendly       | 35. Eagle's claw       | 55. Peruse            |
| 12. Freezes          | 36. Competent          | 57. ___ and then      |
| 13. Young boys       | 38. Party              | 58. Summer beverage   |
| 19. Arrived          | 42. Below              |                       |

## DIFFICULT

### Free Printable Crossword Puzzle #1

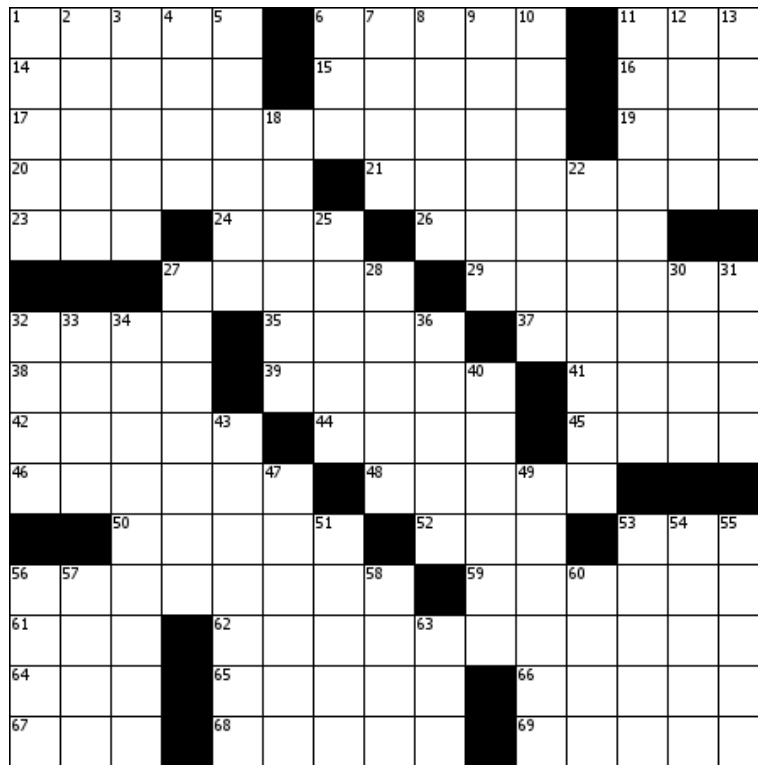
This is the Daily Crossword Puzzle #1 for Jun 23, 2020

Find the solution at

<http://onlinecrosswords.net/7005>

#### Across

1. Jacob's pop
6. Emulates Perry White
11. Cut with a blade
14. Fad
15. Ms. Hawkins
16. Reverential salutation
17. Stable for newlywed horses?
19. Embarrassing shade
20. Eschews the diner
21. Supports
23. "CSI" proof
24. Third in a group
26. Bug
27. Skipper Joe
29. Resides
32. Possible lunch or dinner item
35. Kind of bag
37. T-bone source, most likely
38. Snack food
39. Spiritual philosophers
41. Ella's forte
42. Narrow fissures
44. Catch one's breath
45. Europe's highest volcano
46. Strained
48. Book and miniseries
50. Named
52. Common conjunction
53. Friend of Belmondo
56. Fixed a shoe, perhaps
59. \_\_\_ up (ready to go)
61. Belligerence aroused by a wrong
62. Prominent horse hair?
64. D.C. group
65. Big name in auto racing
66. It gives one a leg to stand on
67. Demand
68. Verse
69. RBIs, et al.



#### Down

- |                                   |   |                            |
|-----------------------------------|---|----------------------------|
| 1. Set securely (Var.)            | 18. Vim                                     | 47. F.D.R. part            |
| 2. Handy wrap                     | 22. Bad biters                              | 49. Grabs the bill         |
| 3. Singer Bryant                  | 25. Mistake                                 | 51. Tightly packed         |
| 4. Helps                          | 27. Hoffman film                            | 53. Caribbean paradise     |
| 5. Cat type                       | 28. In the beaver state?                    | 54. Earn                   |
| 6. Capital of Senegal?            | 30. Have a disposition to do something      | 55. Cerebral output        |
| 7. Blot                           | 31. Relative of a mlle.                     | 56. TV personality Kelly   |
| 8. Imbecile                       | 32. Throng                                  | 57. Eventful times         |
| 9. Belonging to the peerage       | 33. Agatha contemporary                     | 58. Odd couple?            |
| 10. Teeters                       | 34. Examine a horse race postponement stub? | 60. Working away           |
| 11. Newly chosen municipal horse? | 36. Prairie bovinds                         | 63. Word with deep or stir |
| 12. Word with throw or turn       | 40. Puppet                                  |                            |
| 13. Forms a union?                | 43. Order at a bar or a pool table          |                            |