

# life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 15 | AUGUST 6, 2020

When *Finding Nemo* came out in 2003, it was Dory, the plucky, forgetful blue fish, who taught us all, in the face of adversity, to "just keep swimming." Life can be tough. Between a pandemic, juggling work and family and a newsfeed where everyone else always seems to be one step ahead, it's easy to get down. Sometimes all we need is a little reminder to "just keep swimming." We will get through this and we will come out stronger than ever.

## Porch Pictures

Family photos are a yearly tradition for some people. When Kristina Wunsch's photography business, Poppi Photography, in Olympia, Washington, came to a screeching halt thanks to the Coronavirus, she remembered what her mother taught to her do when she was feeling sad: help others.

That's why she picked up her camera and shared some kindness from a safe social distance. With a telephoto lens, Wunsch captured life around Olympia in the age of the social isolation. Most families posed outside their doors or in their front yards.

These are challenging times. But also joyful as families try to make the best of this strange situation. Wunsch said, "I think photography is so powerful because it transports you immediately back to an emotion, and into a time. And I think everyone's going to look back on this and just think 'Wow! That was a wild start to 2020.'" She is absolutely right about that, and it is not over yet, so make the most of it!

## Pickleball

Just recently, one of my sisters introduced me and my other sisters to the sport of pickleball. We are hooked!!! Growing up, we all played tennis, badminton and ping-pong, and this sport is all of those combined into one!

The game started during the summer of 1965 on Bainbridge

Island, Washington, at the home of Joel Pritchard, who later served in Congress and as lieutenant governor. He and two of his friends, Bill Bell and Barney McCallum, returned from golf and found their families bored one Saturday afternoon. They attempted to set up badminton, but no one could find the shuttlecock. They improvised with a perforated plastic ball, lowered the badminton net, and fabricated paddles of plywood from a nearby shed.

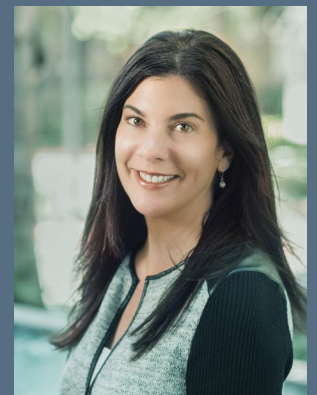
McCallum made the first paddles that were specifically for paddleball on his basement bandsaw. He tried several alternative paddles, but one he called "M2" became the paddle of choice for most players. In 1972, McCallum incorporated Pickle-Ball, Inc. and manufactured wooden paddles to help grow the sport. His son David McCallum now runs the business, which is headquartered in Kent, Washington.

Some sources claim that the name "Pickleball" was derived from that of the Pritchard's family dog, Pickles, or from the term "pickle boat." According to Joan Pritchard, Joel Pritchard's

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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.





(continued from page 1)

wife, "The name of the game became Pickle Ball, after I said it reminded me of the Pickle Boat in crew where oarsmen were chosen from the leftovers of other boats. Somehow, the idea that the name came from our dog Pickles was attached to the naming of the game, but Pickles wasn't on the scene for two more years. The dog was named for the game, but stories about the name's origin were funnier thinking the game was named for the dog."

Over the last few years, pickleball has been rising in popularity. In fact, pickleball is considered one of the fastest-growing sports in the United States. Due to the soaring popularity of this decades-old game, many parks and recreation departments are now adding pickleball to their sports programming.

If you are looking for a fun, competitive and social game that almost anyone can play, then you should seriously consider what pickleball has to offer. So many people are looking for ways to stay active and have a good time, and pickleball is the perfect way to do it. The popularity of pickleball is only rising, so you might as well jump on the train and have a blast!

To learn more about how to play pickleball, check out [https://www.youtube.com/watch?v=Se7wllGeo\\_o](https://www.youtube.com/watch?v=Se7wllGeo_o).

## Hobbies

Choosing a hobby is the tricky part. Narrowing down your wants may make it easier to choose an activity that's suited to you. My sister introduced me to pickleball, and that is how I chose my new hobby.

Is there something you used to enjoy as a child? Maybe you had a particular aptitude for something when you were younger but didn't have the time to keep it up. Maybe it's worth dipping back in and seeing if you still enjoy it as an adult?

Another point worth considering is whether or not you want your new hobby to be similar to your existing ones. It can be nice to find something that complements your existing skills, but it's often refreshing to have a change of pace. With all the stress in the world at the moment, finding a relaxing hobby seems like a sensible idea. It can give you some calm amidst the storm and even help with your mental wellbeing.

There are hobbies for relaxation, escapism, staying fit or even teaching you a skill! Here are just a few hobby ideas:

## Scrapbooking

If you've been looking for a creative way of displaying your memorable photos, a scrapbook could be just the thing for you.

As well as all of your favorite snaps, you can use all kinds of decorations and memorabilia to give your creation some flair. It's a relaxing hobby that can help you appreciate all the good you have in your life.

## Roller skating

If you'd like a quick way to get around and don't completely blanch at the idea of going to a roller disco, perhaps you could try out roller skating. Much like skateboarding, all you need are some skates, protection and a place to practice. Start slow, learn to fall and soon you'll be rolling with the best of them.

## Blogging

If you enjoy writing and sharing your interests and opinions, blogging could well be the hobby for you. It gives you a platform to organize your thoughts, express your feelings and connect with people across the world. It's also a highly useful digital skill to master. It's simple to get started, and there are plenty of blogging platforms available.

## LARPing

'What's LARPing?' we hear you cry. Well, it's an acronym for live-action roleplaying... If you're still not sure, it's a real-life fantasy game where you dress up as your character and play as them. Think Dungeons & Dragons but on a grander scale, and with far better costumes.

Spend some time trying a few different options to see which one is right for you. In fact, you can check out this entire list of courses related to new hobby ideas for some further inspiration. They can help you find a new hobby that's perfectly suited to you. Go to <https://www.futurelearn.com/courses/collections/hobby-ideas>.

## VIDEO OF THE WEEK

### A Pep Talk

We all need a little encouragement every now and then. Kid President, knowing this, put together a video back in 2013 that you can play each morning as you wake up or to share with your friend who needs a kick in the right direction. Take a moment and spread some encouragement. "It's everybody's duty to give the world a reason to dance."

<https://www.youtube.com/watch?v=l-gQLqv9f4o>

## EXERCISE OF THE WEEK

### Stress Balls

A stress ball or hand exercise ball is a malleable toy, usually not more than 7 cm in diameter, which is squeezed in the hand and manipulated by the fingers, ostensibly to relieve stress and muscle tension or to exercise the muscles of the hand. A study published by the nonprofit group Arthritis Institute of America found that squeezing a stress ball improved grip strength and relieved pain in adults with hand osteoarthritis (the most common type of arthritis).

Make your own stress ball(s) by filling balloons with dry lentils or rice.

- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

Here's how to use a stress ball to lower blood pressure:

- Get yourself a 'stress ball' online or make one from scratch.
- Put the ball in one hand and hold a squeeze for 90 seconds.
- Now switch to the other hand and again, hold a squeeze for 90 seconds.
- Repeat this exercise three times for each hand.

Research shows that using a stress ball can actually enhance emotional stability and deliver significant physical benefits.

### What is Everyone Watching These Days?

Set the DVR's, SHARK WEEK 2020 premieres Sunday, August 9th! Shark Week is an annual, week-long TV programming block created by Tom Golden at the Discovery Channel, which features shark-based programming. Shark Week originally premiered on July 17, 1988. Featured annually, in July or early August, it was originally devoted to conservation efforts and correcting misconceptions about sharks. Over time, it grew in popularity and became a hit on the Discovery Channel. Since 2010, it has been the longest-running cable television programming event in history. Growing up in New England and spending summers in Cape Cod, I developed an obsession with sharks. Even though I was only two years old when *Jaws* premiered, it is one of my all-time favorites! The ocean has always fascinated me. There is so much unknown and so much to learn about these amazing animals that live there, especially sharks!

### Family Summer Activity Alternatives

Summer of 2020, I envisioned barbecues with friends, pool parties, and sightseeing vacations. This coronavirus pandemic has changed the landscape of available—and acceptable—activities. Summer of 2020 looks a lot different.

Despite the disappointment of canceled concerts, cruises and camps, with a little creativity, it is still possible to have a fun summer as a family. This website rounded up a list of alternatives for activities that might be taking a hiatus this summer. Here are dozens of options to make this season one to remember.

Check out this link:

<https://www.verywellfamily.com/family-summer-activity-alternatives-during-covid-19-4846252>



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

In *The Pull of the Stars*, Emma Donoghue once again finds the light in the darkness in this new classic of hope and survival against all odds.

In Dublin, 1918, a maternity ward at the height of the Great Flu is a small world of work, risk, death and unlooked-for love.

Ireland is doubly ravaged by war and disease. Nurse Julia Power works at an understaffed hospital in the city center, where expectant mothers who have come down with the terrible new Flu are quarantined together. Into Julia's regimented world step two outsiders—Doctor Kathleen Lynn, a rumored Rebel on the run from the police, and a young volunteer helper, Bridie Sweeney.

In the darkness and intensity of this tiny ward, over three days, these women change each other's lives in unexpected ways. They lose patients to this baffling pandemic, but they also shepherd new life into a fearful world. With tireless tenderness and humanity, caregivers and mothers alike somehow do their impossible work.

## RECIPE OF THE WEEK

# Sausage Mixed Grill

[Recipe from Food & Wine](#)

Sausages are a prime candidate for sear-roasting on the grill. There are so many different varieties available these days, and if you prefer vegan, try this recipe that can be found at <https://itdoesnttastelikechicken.com/vegan-italian-seitan-sausages/>.

### INGREDIENTS:

- 12 breakfast sausages or Kielbasa
- 4 weisswursts (traditional Bavarian sausage)
- 4 hot or sweet Italian sausages
- 16 multicolored mini bell peppers
- 2 heads of radicchio, cut into 6 wedges each
- Olive oil, for brushing
- Salt and freshly ground black pepper

### DIRECTIONS:

1. Light a grill. Poke the sausages all over with a knife. Thread each type of sausage onto a pair of skewers (to facilitate turning). Thread the peppers and radicchio onto separate paired skewers as well. Brush the sausages and vegetables with olive oil. Season the vegetables with salt and pepper.
2. Grill the sausages over moderate heat, turning, until cooked through, 10 minutes for the breakfast sausages, 12 minutes for the weisswursts and 25 minutes for the Italian sausages. Grill the peppers, turning, until lightly charred, 10 minutes. Grill the radicchio until crisp, 2 minutes per side. Serve.

While this is a meal in itself, if you would like to add a delicious and healthy coleslaw, try this recipe that can be found at <https://www.ambitiouskitchen.com/best-healthy-coleslaw-ever-no-mayo/>.

## SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

T	E	E	N	S		E	W	E	R		D	E	M	I
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J	A	N		B	L	E	N	D	S		A	S	P	S
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S	E	R	A		S	E	X	T	O	Y		E	T	E

## EASY

### Free Printable Crossword Puzzle #4

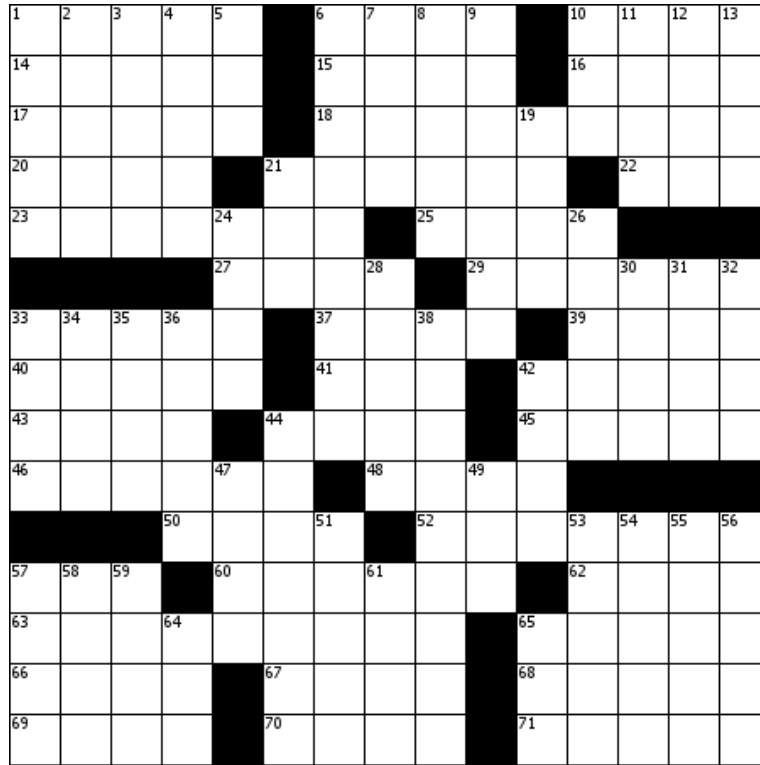
This is the Daily Crossword Puzzle #4 for Jul 23, 2020

Find the solution at

<http://onlinecrosswords.net/54545>

#### Across

- 1. Locales
- 6. Hemispherical roof
- 10. Piglets' mothers
- 14. \_\_\_\_ corgi
- 15. Loads (2 wds.)
- 16. Barter
- 17. Mistreat
- 18. Deep respect
- 20. Modernize
- 21. Want
- 22. Lawn starter
- 23. Chose
- 25. Jealousy
- 27. Stagger
- 29. Chinese, e.g.
- 33. Ill will
- 37. Laboratory bottle
- 39. Cleveland's waterfront
- 40. Singer \_\_\_\_ Osmond
- 41. Mischievous child
- 42. Bread portion
- 43. Of the mouth
- 44. Lose one's footing
- 45. Said further
- 46. Swiss city
- 48. Serving aid
- 50. Uproars
- 52. Lack
- 57. Physicians' group (abbr.)
- 60. Radio noise
- 62. Highway
- 63. Makes again
- 65. \_\_\_\_ Gras (Shrove Tuesday)
- 66. List of choices
- 67. Penalty
- 68. Desirable quality
- 69. Plant stalk
- 70. Finales
- 71. Molars



#### Down

- 1. Alert
- 21. Actress Sandra \_\_\_\_
- 47. Workbench clamp
- 2. Revolt
- 24. Family diagram
- 49. CBS rival
- 3. Avoid capture
- 26. Produce
- 51. Glossy fabric
- 4. Business gp.
- 28. Restrict
- 53. Make disappear
- 5. That woman
- 30. Desertlike
- 54. Norwegian
- 6. Reckless one
- 31. Kind
- 55. West Pointer
- 7. Bullring cheers
- 32. Grain
- 56. Archie Bunker's wife
- 8. "Star Wars", e.g.
- 33. Urban air pollution
- 57. Tentacles
- 9. Everlasting
- 34. Peel
- 58. Track event
- 10. Wind direction (abbr.)
- 35. Iraq's neighbor
- 59. Pimples
- 11. Has
- 36. Laid bathroom flooring
- 61. Minister to
- 12. Texas town
- 38. Evaluates
- 64. Sailor's drink
- 13. Drove too fast
- 42. States
- 65. Bathroom rug
- 19. Races an engine
- 44. Capital of New Mexico (2 wds.)

## DIFFICULT

### Free Printable Crossword Puzzle #1

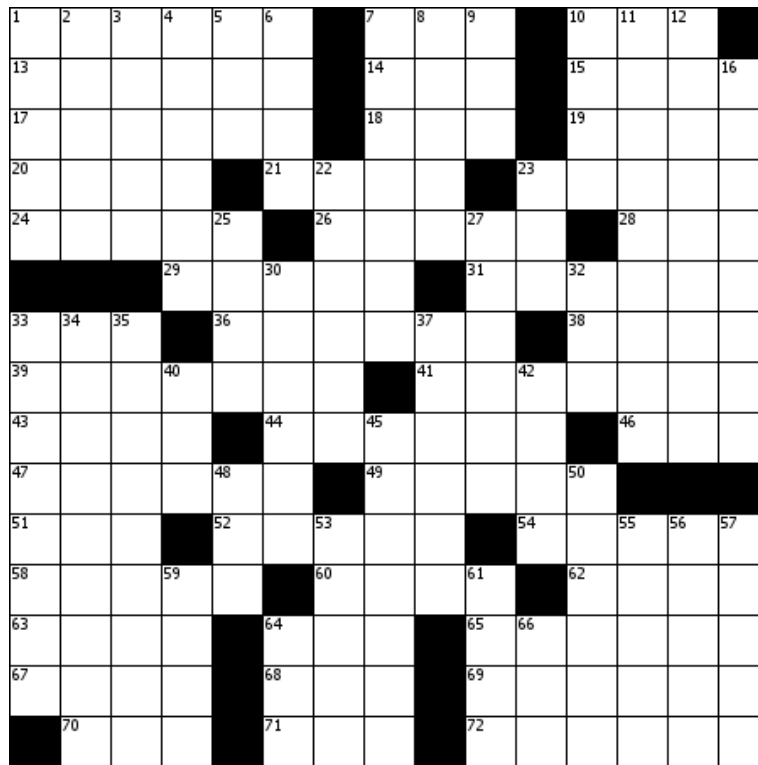
This is the Daily Crossword Puzzle #1 for Jul 23, 2020

Find the solution at

<http://onlinecrosswords.net/8187>

#### Across

- 1. Tony's housemate on "Who's the Boss?"
- 7. Hiker's need, maybe
- 10. Tests for college credit, for short
- 13. Weapon alternative in mysteries
- 14. Sch. with branches in Tulsa and Okmulgee
- 15. Former ruler that gets its name from "Caesar"
- 17. Place for two peas?
- 18. "I like the cut of your \_\_\_"
- 19. Verne captain
- 20. Anderson of "WKRP in Cincinnati"
- 21. Abbr. in the footnotes
- 23. Rakish sorts
- 24. Abbr. on a cornerstone
- 26. Couples, in the tabloids
- 28. Easter egg need
- 29. Start of a waffle-grabbing slogan
- 31. Maximally
- 33. Tape format
- 36. Ordered (around)
- 38. Little buzzer



- 39. Question of commitment
- 41. Song from Neil Diamond's 1996 album "Tennessee Moon"
- 43. Grand Cherokee maker
- 44. Manson "family" member who attempted to assassinate Gerald Ford
- 46. Word before "amis," in French
- 47. 1974 Mecedades hit subtitled "Touch the Wind"
- 49. Bowling lane button
- 51. Water source
- 52. Spot in the sea
- 54. Heavy, like some baked goods
- 58. Indie film producers behind "The Toxic Avenger" series
- 60. Tributary of the Seine
- 62. Steak cut
- 63. Condition that may first appear in junior high
- 64. U.S. cabinet that decides wage standards, for short
- 65. Food grain
- 67. Body part that may get barked
- 68. Org. whose first champs were the Houston Oilers (1960)

#### Down

- 1. "To invent, you need a good imagination and \_\_\_ of junk" --Thomas Edison
- 2. Being rude on the phone, sending e-mail flames, etc.
- 3. "Jack and the Beanstalk" baddie
- 4. First glance
- 5. Looky-\_\_\_
- 6. "\_\_\_ Love Her" (Beatles song)
- 7. Rum and lime juice cocktails
- 8. Line to the audience
- 9. Place to drink some suds
- 10. "\_\_\_ extra charge"
- 11. Lewis Carroll, e.g.
- 12. Identical to the point of boring
- 16. Icing buds on decorated cakes
- 22. California coast section that starts near Hearst Castle
- 23. UV indicator?
- 25. "I'll \_\_\_ your side..."
- 27. They head houses of ill repute
- 30. Gallant partner?
- 32. Shop decision-maker: abbr.
- 33. Sedans introduced in 1980
- 34. They're high in the chain of command
- 35. "Take some time to consider..."
- 37. Namesakes of Jim Henson's otter
- 40. CD predecessors
- 42. Liberal arts college in Portland, Ore.
- 45. Host with a self-proclaimed "No Spin Zone"
- 48. Carrere of "Wayne's World"
- 50. Penn's silent partner
- 53. Bathtime scrubber: var.
- 55. First name in strikeouts
- 56. Persistent squeeze
- 57. "Come in" command
- 59. One of Kevin's "American Beauty" costars
- 61. Give off
- 64. Sex columnist Savage
- 66. Hosp. area