

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 16 | OCTOBER 29, 2020

Fall is upon us, leaves are changing color, and temperatures are starting to cool off. We all crave the comfort and security that comes with fall traditions, and right now we need that more than ever. The great thing about the fall is that it returns every year, so you can relive those nostalgic childhood times as much as you'd like. No matter what anyone says, you're never too old for a trip to the pumpkin patch or a photoshoot in a pile of crunchy leaves. It is time to put on that flannel, grab your pumpkin spiced latte, and enjoy these beautiful fall months.

Get to Know Vermont

Growing up in New England, one of my favorite things to do in the fall was visit Vermont and take pictures of the beautiful foliage. Another favorite was watching my mom walk into a corn field to bring the husks home to decorate! Thank goodness she never got caught! If you would like to explore life on a Vermont farm, you can, via a virtual tour. You can learn how Maple syrup is made by visiting a sugar making operation at the Silloway Maple farm. Make it a family affair and visit the Billings Farm & Museum. This site offers educational resources for local families with kids at home and for folks further away who want to explore the farm and museum. Visit their website to download their educational "Bag of Fun" kits that include instructions and materials for agricultural activities. They also post videos featuring book readings, farmhouse tours, and virtual visits with their farm animals.

Another fun place to visit is The Sugar Shack. Located in Arlington, Vermont on Historic RT7A (Sugar Shack Lane). They make pure Vermont Maple Syrup and have an assortment of hand-picked products from Vermont made with all natural ingredients. Did you know there are four grades of pure VT maple syrup to suit everyone's taste? Golden with Delicate taste, Amber with Rich taste, Dark with Robust taste and Very Dark with Strong taste. Fun Fact – famous artist Norman

Rockwell spent many of his most productive years as an artist in Arlington. Many of the locals became his models and were featured on some of his most famous illustrations and covers!

To learn more visit <https://www.vermontvacation.com/virtual-vermont/farms> and <http://sugarshackvt.com/>

Kentucky Derby Tradition

Have you ever been to a horse race? Living in Minnesota, our next-door neighbor was a jockey and he introduced our family to the amazing sport of horse racing! I was always fascinated by the Kentucky Derby and the incredible outfits, hats, and Mint Juleps. The 146th Kentucky Derby was held on Saturday, September 5th in Churchill Downs, Louisville, Kentucky. The Derby is an annual tradition for so many people and one in particular, Louisville native, Bob Weihe, or Derby Bob as his grandkids call him. The 82-year-old hasn't missed a Derby since he first attended with his mother in 1947. The Derby tradition is part of their family history. Bob and his wife

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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.



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Barbara haven't missed a year at Churchill Downs together since a date they had at the track in 1957. That was the year they met.

Because of Covid-19, Churchill Downs announced no fans would be allowed. The Weihe's never gave up on getting in, although it did seem unlikely they could go. That's when their son, Mark, came through. He's been to the Derby for 50 straight years himself. He relentlessly tried to get tickets. "To go 74 years to the same event, and it's one of the biggest events in the world and it's in your home city...it's just something we were going to keep trying until we couldn't anymore" said Mark Weihe.

In the end, Bob found the luck he needed and he attended the 74th consecutive Kentucky Derby. The owner of racehorse Max Player gave Bob and Mark each a ticket in exchange for buying a share. So, the Weihe's family tradition continued another year! And they had extra incentive to be rooting for Max Player!

History of Halloween

(from www.history.com)

Halloween is right around the corner and all of these spooky traditions had to start somewhere, right? Americans love Halloween: the candy, the costumes, and the creepy decor. But as beloved as the holiday is in the states, it didn't originate here. In fact, the history of Halloween dates back thousands of years to the Celtic celebration of Samhain, a festival that marked the end of the harvest and the start of a new year. The day was also said to be a time when the veil between the living and the dead was the thinnest, and when humans could communicate with those beyond the grave.

Most scholars agree that Halloween as we know it started some 2,000 years ago when Celtic people in Europe celebrated the end of the harvest and the start of a new year in a festival called Samhain (pronounced "sow-win"). It was



also a time of communing with otherworldly spirits, with big bonfires lit in honor of the dead. In addition to honoring the dead, the Celts also believed that the spiritual presence on Samhain made it easier for Celtic priests to predict the future, according to History. They'd build bonfires and burn crops and animals as sacrifices to the Celtic gods. Villagers would attend the bonfire wearing costumes of animal heads and skins.

Fast forward a few centuries, and even more changes arrive. Several Christian popes attempted to replace "pagan" holidays like Samhain with events of their own design. By 1000 A.D., All Souls' Day on November 2 served as a time for the living to pray for the souls of the dead. All Saints' Day, assigned to November 1, obviously honored saints but it was also called All Hallows. That made October 31 All Hallows Eve, and later Halloween.

Today, millions of Americans celebrate the holiday — and spend about \$9.1 billion on it per year. Trick-or-treating skyrocketed in popularity by the 1950s, when Halloween became a true national event. When planning to host a holiday celebration, you should assess current COVID-19 levels in your community to determine whether to postpone, cancel, or limit the number of attendees. The Centers for Disease Control and Prevention has issues new guidelines on how to celebrate Halloween safely. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

What is on Everyone's Reading List These Days?

Gabriel Allon has slipped quietly into Venice for a much-needed holiday with his wife and two young children. But when Pope Paul VII dies suddenly, Gabriel is summoned to Rome by the Holy Father's loyal private secretary, Archbishop Luigi Donati. A billion Catholic faithful have been told that the pope died of a heart attack. Donati, however, has two good reasons to suspect his master was murdered. The Swiss Guard who was standing watch outside the papal apartments the night of the pope's death is missing. So, too, is the letter the Holy Father was writing during the final hours of his life. A letter that was addressed to Gabriel.

Swiftly paced and elegantly rendered, *The Order* from New York Times bestseller, Daniel Silve, will hold readers spellbound, from its opening passages to its breathtaking final twist of plot. It is a novel of friendship and faith in a perilous and uncertain world.

VIDEO OF THE WEEK

Growing Up COVID

Student filmmaker Rylee Landau, takes an eye-opening look at how children are taking in what's happening around them in her short film, "Growing up COVID."

This movie is about a moment in time. The time during COVID-19. There's so much to be concerned about, but this film shows how young kids can still thrive. It is important that we focus on what's really important in life right now. If nothing else, I hope thinking about COVID-19 through a different lens will change people's perspectives during this difficult time. Enjoy!

<https://www.youtube.com/watch?v=zy81xq4BPUM>

EXERCISE OF THE WEEK

Midday Workout

This five-minute midday workout is designed to get you up out of your chair and use it to improve mobility, get your heart rate up and stretch out your entire body.

For this workout routine, you'll only need your desk chair as a prop.

Moving side lunge with glute tap

This exercise improves mobility in the hips and inner thighs while strengthening the glutes, quads and hamstrings.

Stand in front of your chair with your hands on your hips. Step over to the left of the chair. Step your right foot to the right and bend the right knee into a side lunge.

Reach the glutes back to tap the chair with your right glute. Keep your left leg straight. Press down through your right foot to come back to the starting position.

Repeat 10 times, and then move to the right of the chair and do 10 side lunges with glute taps to the left.

Moving side lunge with shoulder dip

This exercise improves spinal rotation of the upper thoracic spine while stretching the shoulder joint and neck.

Repeating the same exercise as above, you'll now add a shoulder dip to stretch the upper back, chest and shoulders.

As you lunge to the right, dip the left shoulder down and turn the right shoulder up to the right. Then press down through the right foot, bring the shoulders back to center and come back to your starting position.

Open-toe wide-leg squat with reach

This exercise works the core, inner and outer thighs and glutes.

Standing directly in front of the chair, open your feet wider than your hips. Turn the toes out to the sides.

Bend the knees and tap your glutes onto the chair, then reach the arms up as high as you can and stand up. Pull your naval in toward your spine to engage the core throughout the duration of this exercise. Repeat 10 times.

These are just a few exercises, for more chair exercises go to <https://www.cnn.com/2020/08/26/health/5-minute-midday-workout-wellness/index.html>

What is Everyone Watching These Days?

In 2018, writer-director Mike Flanagan, the Salem, Massachusetts native, turned Shirley Jackson's 1958 novel *The Haunting of Hill House*—about a family who moves into a home in order to flip it, only to encounter not-so-friendly paranormal spirits—into an acclaimed 10-part miniseries, which kicked off a new anthology show. The next installment, *The Haunting of Bly Manor*, based on Henry James' *The Turn of the Screw*, premiered on October 9. If you are into supernatural horror shows, these are definitely for you!

Family Fall Activities

COVID-19 doesn't have to stop you from savoring autumn safely. There are plenty of things to do this fall, whether you're social distancing, staying at home, or trying to keep activities outdoors, so we can keep celebrating the season—even if it's an autumn like we've never seen before. Here are just a few ideas:

Apple Picking - To manage crowds and ensure social distancing, lots of farms have timed entries or offer tickets for a specific time frame. Every farm will have its own policies in place, such as wearing masks, washing hands before entering the orchard, using bags supplied by the farm rather than brought from home, and refraining from eating fruit in the orchard. Make sure to check farm policies online, and if you are taking the kids, remind them of necessary safety practices before you go. After the fun, make sure you wash your hands, and clean any fruit or other products you bring home as soon as you arrive back.

Pumpkin Decorating - If you want to display a decorative pumpkin this Halloween but you lack carving skills (or patience) – don't fret. You can still have the most festive Halloween pumpkin on the block without picking up a carving knife.

No-carve pumpkins are just as awesome as jack-o'-lanterns – and they're a lot less messy. (They don't involve cleaning up sticky pumpkin innards, for starters.) Plus, they make for a fun and safe Halloween craft activity for kids. Plus, you can decorate with any materials you have around the house – even nail polish will do! An added bonus is that these decorative pumpkins last much longer than their carved counterparts, so you can keep them out all season long.

For more fall activities check out:

<https://www.popsugar.com/family/fall-activities-you-can-do-with-your-family-amid-covid-19-47738484>



RECIPE OF THE WEEK

Roasted Pumpkin Soup

Recipe from Chungah R.

Fall is my favorite time of year to cook. Whether it's a hearty chili, a delicious Oso Bucco or a savory soup, these are a just a few of my favorites. This delicious Roasted Pumpkin soup is favorite in our house. You can also substitute Butternut Squash.

INGREDIENTS:

- 1 (3-pound) sugar pumpkin, halved, seeded and quartered
- 2 red bell peppers, quartered
- 1 Granny Smith apple, quartered and seeded
- 6 fresh thyme sprigs
- 4 tablespoons olive oil, divided
- Kosher salt and freshly ground black pepper
- 3 cloves garlic, minced
- 1 large sweet onion, chopped
- 4 cups vegetable stock
- 6 fresh sage leaves
- 1/2 cup heavy cream
- 3 tablespoons pepitas

DIRECTIONS:

1. Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place pumpkin, bell peppers, apple and thyme in a single layer onto the prepared baking sheet. Add 2 tablespoons olive oil; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 45-50 minutes, or until pumpkin is fork-tender, stirring at halftime; let cool, then remove skins. *
4. Heat remaining 2 tablespoons olive oil in a large stockpot or Dutch oven over medium heat. Add garlic and onion, and cook, stirring occasionally, until tender, about 3-4 minutes. Stir in pumpkin, bell peppers, apple, vegetable stock and sage.
5. Bring to a boil; reduce heat and simmer until vegetables are tender, about 5-10 minutes. Puree with an immersion blender. Stir in heavy cream; season with salt and pepper, to taste. If the soup is too thick, add more vegetable stock as needed until desired consistency is reached.
6. Serve immediately, garnished with pepitas, if desired.

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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

EASY

Free Printable Crossword Puzzle #5

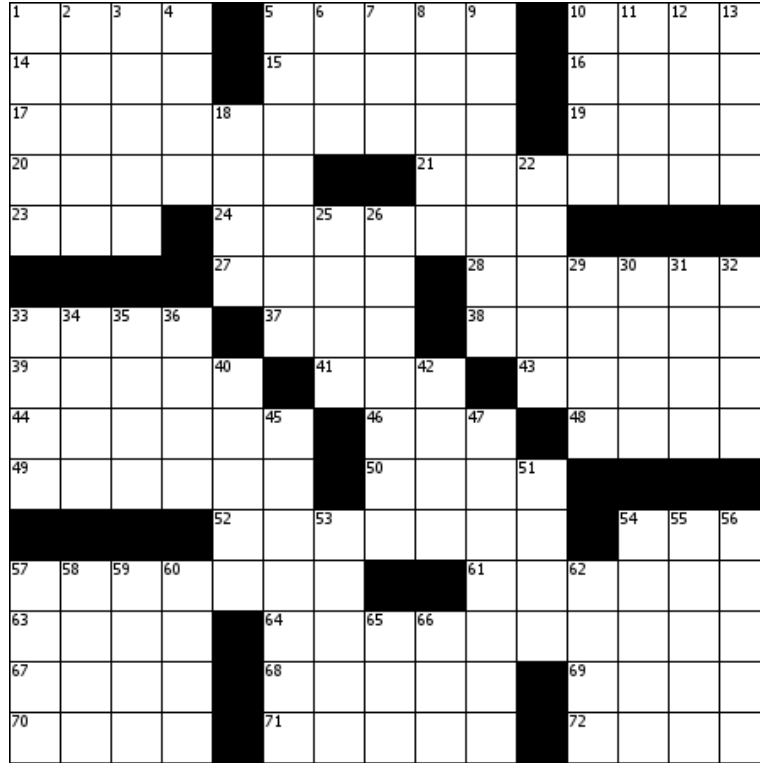
This is the Daily Crossword Puzzle #5 for Aug 17, 2020

Find the solution at

<http://onlinecrosswords.net/83340>

Across

1. Applaud
5. Digging tool
10. Book part
14. Greet
15. Desert animal
16. Jazz singer ____ Fitzgerald
17. Lacking precise limits
19. Negatives
20. Sewing tool
21. Distinguished
23. Braying beast
24. Came in
27. Yearn
28. Certain vitamin
33. Radiate
37. Portugal's cont.
38. Ohio city
39. Thorny blooms
41. Perch
43. Yarns
44. Away from the coast
46. Poet's "before"
48. Hang around
49. ____ Salad
50. Vocalize
52. Make like new
54. Antique
57. Withdraw
61. "Lawrence of ____"
63. Land unit
64. MBA's field
67. Mets' old stadium
68. Secretly marry
69. "____ dead people!" (2 wds.)
70. Did garden work
71. Marry again
72. Hideaways



Down

- | | | |
|----------------------|-----------------------|------------------------|
| 1. Fine porcelain | 22. Blockhead | 47. Infuriated |
| 2. Highway divisions | 25. In this manner | 51. Actor Richard ____ |
| 3. Assistants | 26. Weirdest | 53. Like old bread |
| 4. Implored | 29. Cry of sorrow | 54. Chubby |
| 5. Chemistry, e.g. | 30. Highland Scot | 55. Fine fabric |
| 6. Pot's partner | 31. Bright thought | 56. Palm fruits |
| 7. Pierre's buddy | 32. Prying | 57. Foolhardy |
| 8. Prevent | 33. Guitarist ____ | 58. Mimic |
| 9. Helium, e.g. | Clapton | 59. Elm or pine |
| 10. William or Sean | 34. "____ Lisa" | 60. Peruse |
| 11. Burn balm | 35. Capri or Wight | 62. In the center of |
| 12. Singer ____ | 36. Afternoon affairs | 65. Currently |
| Campbell | 40. Type of drum | 66. Chimpanzee, e.g. |
| 13. Orient | 42. Group of three | |
| 18. Hopping insect | 45. Idealist | |

DIFFICULT

Free Printable Crossword Puzzle #2

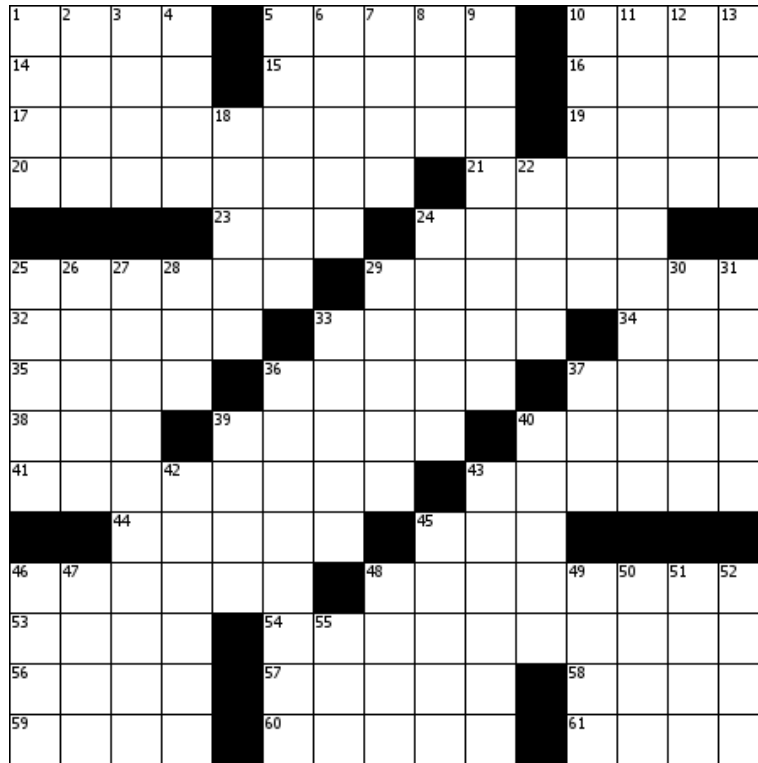
This is the Daily Crossword Puzzle #2 for Aug 17, 2020

Find the solution at

<http://onlinecrosswords.net/2527>

Across

1. In desperate need of resupply
5. Jalopies
10. Act the shylock
14. Stone used for jewelry
15. Sphere of influence
16. Money exchange premium
17. Speed at which the shell game could be played?
19. Fruit with a wrinkled rind
20. Argues against
21. Annette's hubby
23. Cambridgeshire cathedral town
24. Certain carved stone
25. "Sing more!"
29. Endangered anthropoids
32. Side benefits
33. Barre exercises
34. Great deal
35. Menhaden kin
36. Canape toppings, perhaps
37. London event of 1666
38. Sphere or globe
39. Place of serenity amid chaos
40. Surname in "Roots"
41. Low-ranking employee in Emerald City
43. Bangladesh's bay
44. Bandleader Skinnay
45. Herb of contrition?
46. Forbidden actions
48. "Cutie pie" and "sweetie," for two
53. Be next to
54. Sweater for reptiles?
56. Marathon measure
57. Previously
58. Garr or Hatcher
59. Caribbean and others
60. "It's ___ never!"
61. Ornamental knob



Down

1. Seckel alternative
2. Word used in dating?
3. Tatum's dad
4. Escape route
5. More than an inconvenience
6. Word with handed or headed
7. French protest phrase
8. Paparazzo's moneymaker, briefly
9. They know where to get wine
10. Hardy's partner
11. Some Easter entertainment
12. Shade of green
13. Rub out
18. Emulates a wolf
22. "The Information" author
24. They may be stacked in a parlor
25. Salts or Downs
26. India's first prime minister
27. Remnant of a supernova explosion
28. Sanctioned
29. "Sure, I'll give you a ride"
30. Cardiology concern
31. Bethlehem product
33. Cornerstone
36. Islamabad's locale
37. Half a sawbuck
39. Response to bad news, sometimes
40. Nancy Drew author
42. 100-dollar bills
43. Lurch or Jeeves, e.g.
45. Ex post facto
46. Woolen caps of Scottish origin
47. Rose's beloved in a play
48. Place for a figurehead
49. Formicary horde
50. Track-and-field contest
51. Alternative to nude
52. Fail to stop on a dime?
55. "The X-Files" sighting