

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Not sure why, but throughout this whole lockdown I keep thinking about what song fits the times. Tina Turner's "If I Could Turn Back Time" makes me think that maybe things would have turned out differently if we could reset the clock. Cat Stevens' lyric "it's hard to get by just upon a smile" in the song "Wild World" really hits close to home, especially these days. The one that is uplifting for me is Journey's "Don't Stop Believin'!" The song is described as an anthem for the young who wanted to feel free and unrestricted. We all want to feel free again and have these restrictions gone. So "don't stop believing!" because we are slowly getting there, and soon this will all be just a memory.

Home Karaoke Session

My go-to karaoke song back in my Navy days was Trisha Yearwood's "She's in Love with the Boy!" Thank goodness there were no cell phones back then! If you are usually wary of the karaoke crowds, now is the time to choose your go-to belter! With bars being closed in the era of 'social distancing,' now is the perfect time to do germ-free karaoke online. According to bustle.com, here is a step-by-step guide on how to set up a virtual karaoke session: <https://tinyurl.com/bustlekaraoke>.

Musical Movies

We could all use some escapism these days and what better way than a musical movie to... "let it go!" Whether you're partial to old family classics (like *The Sound of Music*) or more modern musicals (such as *La La Land* or *Moulin Rouge!*), musical movies will definitely put a song in your heart—and will have you singing and dancing along to some of film's greatest songs in no time. Here are five of the top musical movies:

Mamma Mia! (2008) – If you love ABBA, this film is for you. Incorporating some of the supergroup's most iconic and infectious hits, *Mamma Mia* is an adventure that will lift your spirits.

Pitch Perfect (2012) – Barden University's all-girl a cappella group, The Barden Bellas, compete to win Nationals. With comedy and all kinds of modern music sprinkled in, this wildly popular flick will have you humming along.

West Side Story (1961) – There may be a new Steven Spielberg remake in the works for 2020, but the original *West Side Story* film from 1961 is a true classic, explores the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds in New York City. Re-imaging Romeo and Juliet in modern times, *West Side Story* uses music and dance to punctuate the emotional tension in the story.

Bohemian Rhapsody (2018) – This extraordinary music biopic follows Freddie Mercury (Rami Malek) on his inspiring rise to stardom with the British rock band Queen. If you love Queen's music, you will be enthralled by this movie's electrifying performances and music sequences.

Dreamgirls (2006) – All you have to do is dream! Beyoncé and
(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)

Eddie Murphy deliver memorable performances in this soulful adaptation of the Tony Award-winning musical, but the true star in the film is Jennifer Hudson. She dazzles in an Oscar-winning performance that launched her to international stardom.

For more musical movies, check out <https://tinyurl.com/musicalmovies>.

Quarantine-15

Thankfully, because I was in the ROTC program and required to workout, I avoided the Freshman-15 in college. However, this Quarantine-15 is making me a little nervous. What you eat during self-quarantine and sheltering in place during the COVID-19 pandemic can help you cope better or make your stress worse. Some are calling the 15-pound weight gain during self-isolation “Quarantine-15.”

Here are six steps you can take to avoid the Quarantine-15:

1. Eat nutritious foods. A well-nourished body is better equipped to resist stress. Certain foods increase your ability to cope with stress, while others deplete your body’s resistance. Replacing Red Bulls, Diet Cokes and Dunkin’ Donuts coffee with bottled water, protein smoothies and fruit juices is less likely to tax your body’s systems. Slowly digested high-fiber foods like whole grains and pasta help to stabilize blood sugar levels. Studies show that foods containing omega-3 fatty acids help prevent heart disease. In addition, these kinds of food can stave off mild depression. Seafood, nuts, seeds and oils such as canola, flax and soybean are good sources of these nutrients.

2. Portion meals. When you’re at home, it’s easy to drink from cartons, eat out of containers or snack from bags. But if you are not aware of how much you are consuming, you will naturally eat more, which contributes to unwanted weight gain and obesity. Instead of eating from cartons, containers or bags, be intentional about the amounts you will eat and always use a bowl or plate. Studies show that using smaller plates leads to less eating.

3. Practice mindful eating. Steer clear of eating while standing,

driving, on the run or watching TV. Treat mealtime as a specific activity with purpose all on its own. Sitting down and eating slowly, appreciating textures, aromas and food flavors helps you relax and enjoy the meal. This also aids in digestion and gives your stomach time to tell your brain when it’s full. All of this makes it less likely that you will overeat.

4. Inventory your kitchen. Scientists say that surrounding yourself with healthy foods makes it more likely that you will eat better. When you’re stressed, your appetite takes over and focuses on what is right in front of you.

Consider cleaning out your fridge and cabinets and removing the unhealthy choices that tempt you. If you don’t have high-fat sugars like ice cream in the freezer or salty chips in the cupboard, you will be more likely to snack on healthier options. Keep your kitchen full with healthy snacks and nutritional foods.

5. Change your routine. Remove yourself from settings where you are likely to binge eat. After a stressful day, instead of plopping in front of the TV with food you will later regret, plan to do something different. Get in the habit of rewarding yourself with a healthier activity. Walk the dog, call a friend, listen to relaxing music, soak in a hot bath or meditate.

6. Exercise self-care. Along with good nutrition, the trinity of health includes sufficient rest and regular exercise. Chances are that the places where you’ve been working out are closed during the quarantine. Find other ways to exercise and stay fit while sequestered at home. We hope the exercises we’ve included in many issues of this *Life at Home* publication provide you with a variety of such options!

When our nutrition is poor, chronically elevated levels of cortisol keep our internal alarm systems on around the clock. Our bodies were not designed for chronic stress nor to use food for comfort. To break the stress cycle, we can find stress-reducing activities, such as exercise and meditation. Combining these activities with healthy, nutritional eating and ample sleep will give us healthier ways of managing unpredictable times, like the pandemic.

Article from *Psychology Today* (<https://tinyurl.com/whatisquarantine15>).





Adopt a Pet

Is there anyone who has been happy about this quarantine? If I had to guess, I would say it is our furry friends (although it has gotten to the point where my older dog is looking at me like “no, no more walks, I am good.”). If you have ever thought about adopting a dog or any other animal, this is a great time to look into it. With all this time at home, it allows you to spend time and train them. If you are not sure about adopting, there are great fostering programs as well to see if an animal is the right fit for your household. To look into adopting a pet, visit <https://tinyurl.com/adoptapetca>.

What is on Everyone’s Reading List These Days?

A Woman of No Importance by Sonia Purnell has spent 7 weeks on the New York Times Best Seller List. It is a true story about a Baltimore socialite who joined a spy organization during World War II. Her journey leads her to becoming essential to the French Resistance.

“The starting point of all achievement is Desire.” *Think and Grow Rich* by Napoleon Hill is a collection of the 13 most common habits of wealthy and successful people. Hill identifies these habits from studying over 500 individuals over the course of 20 years. He wrote the book in 1937, and it is considered as one of the best self-development books ever written.

Dance Theatre of Harlem

Judy Tyrus, resident of The Harrison in San Francisco, has curated some virtual exhibits for Google about the company she works for, Dance Theatre of Harlem. For 50 years, Dance Theatre of Harlem has provided access to ballet for all. Judy was so kind to share the link to these amazing online exhibits: <https://tinyurl.com/artsandculturedtoh>.

Go on a Ghost Tour

Ghost stories fascinate me! California's most famous haunted home, the Winchester Mystery House in San Jose, is offering video tours during the pandemic while the mansion is closed. It

VIDEO OF THE WEEK

The Epic Squirrel-Proof Bird Feeder

What do you do when you are a former NASA engineer stuck at home with little to do? You build an epic obstacle course for squirrels, of course! Check out the video of the week that documents this project:

<https://tinyurl.com/squirrelproofvideo>

was once the largest private residence in the United States, but craziness began when the lady of the house, Sarah Winchester, inherited a huge fortune from her father-in-law, Oliver Winchester, the manufacturer of the famous rifle bearing his name. Sarah then moved from New Haven, Connecticut to San Jose. She came to believe her family and fortune were haunted by all the people who had been killed by the Winchester rifle. So, she started to build a house as a way to elude these ghosts. From 1886 until she died in 1922, construction never stopped on the strange new mansion, which ultimately included 200 rooms, 10,000 windows, 47 fireplaces and 2,000 doors, trap doors and spy holes. The house was designed to confuse the ghosts — staircases that lead nowhere, ending at ceilings; cabinets and doors open on to walls; small rooms are built within big rooms; balconies and windows are inside rather than outside; chimneys stop short of the ceiling; and floors have skylights.

Ghost sightings are common at the mansion. There are often gentle tugs of shirts or skirts during tours and both guests and workers have claimed to crossed paths with “Clyde,” a man with a moustache, wearing white overalls and a Victorian boater hat. Clyde is sometimes seen to be pushing a wheelbarrow in the basement or trying to repair the fireplace in the ballroom. If you would like to tour this mystery house, go to <https://winchestermysteryhouse.com/video-tour>.

RECIPE OF THE WEEK

Grilled Watermelon Steaks with Arugula Salad

[Recipe from PureWow](#)

Warmer weather is upon us and there is no better way to cool off than a sweet, refreshing slice of watermelon! As a kid, watermelon was the go-to snack. Over the years, watermelon has gone from snacks to salads and now a main course! It provides hydration and also essential nutrients, including vitamins, minerals and antioxidants. These grilled watermelon steaks are hefty, smoky and perfectly seasoned—just like a nice filet mignon and pair beautifully with the arugula salad.

INGREDIENTS:

Watermelon Steaks

- Eight 2-inch-thick watermelon wedges
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon garlic powder
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon chile powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- Flaky sea salt, such as Maldon

Arugula and Herb Salad

- 3 cups baby arugula
- 1/4 cup basil leaves
- 1/4 cup parsley leaves and tender stems
- 1/4 cup mint leaves
- 1/3 cup extra-virgin olive oil
- Juice of 1 lemon
- Kosher salt
- Freshly ground black pepper
- 3 tablespoons crumbled goat cheese

DIRECTIONS:

Make the Watermelon Steaks:

1. Heat a grill or grill pan over high heat. Brush both sides of the watermelon wedges with the olive oil.
2. In a small bowl, combine the garlic powder, black pepper, chile powder, cumin and coriander. Season each watermelon wedge with the spice mix.
3. Grill each watermelon wedge until char marks appear, flipping once, about 3 minutes per side. Transfer to a plate and season with the flaky salt.

Make the Arugula and Herb Salad:

4. In a large bowl, toss together the arugula, basil, parsley and mint. In a medium bowl, whisk together the olive oil and lemon juice; season with salt and pepper to taste. Toss the dressing and the goat cheese with the greens.
5. To serve, place 2 watermelon wedges on each plate and top with the salad.

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

C	A	L	M		C	H	O	P	S		S	A	S	H
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R	O	A	R		O	D	E	T	S		N	I	N	E
E	R	R	S		R	E	S	E	T		A	N	E	W

EASY

Free Printable Crossword Puzzle #5

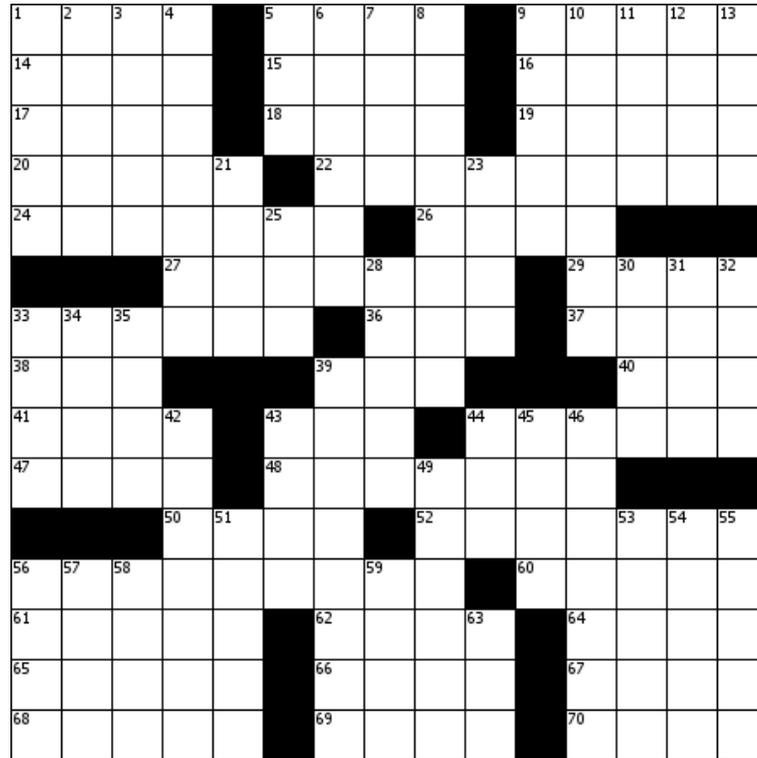
This is the Daily Crossword Puzzle #5 for **May 26, 2020**

Find the solution at

<http://onlinecrosswords.net/70202>

Across

1. Strike-breaker
5. Injury memento
9. Part
14. Trim
15. Robust
16. Ambassador
17. Summer coolers
18. Listen to
19. Actor ____ Martin
20. Portable shelters
22. Dispersed
24. Endurance
26. MGM's symbol
27. Frightened
29. Wedge
33. Christmas beverage
36. Anger
37. Alleviate
38. By way of
39. Blasting substance (abbr.)
40. Unhealthy
41. She, in Marseille
43. Oahu garland
44. Holy
47. Bridge coup
48. Visible to the audience
50. Walk heavily
52. Schedules
56. Accord
60. Walk pompously
61. Heidi's cousin
62. Glamorous ____ Hayworth
64. Ceremony
65. Private teacher
66. House additions
67. Attest
68. Severe
69. Stink
70. Smaller amount



Down

- | | | |
|-------------------------------|----------------------------|--------------------------|
| 1. Minor disagreements | 21. Fodder tower | 44. Droop |
| 2. West Point student | 23. Ocean movement | 45. Ripens |
| 3. Coliseum | 25. Badger | 46. New York's ____ Park |
| 4. Groom's assistant (2 wds.) | 28. Short skirts | 49. Squeal |
| 5. Hush! | 30. Tresses | 51. Memorize |
| 6. Julius ____ | 31. ____ of Man | 53. Operate a car |
| 7. Actor ____ Guinness | 32. Join together | 54. Detroit products |
| 8. Military warning (2 wds.) | 33. Nights before holidays | 55. Hearty soups |
| 9. Basil sauce | 34. Fish feature | 56. Deeds |
| 10. Deeply felt | 35. Party | 57. Excess |
| 11. Constantly | 39. More sensitive | 58. Rank |
| 12. Inlet | 42. Monarch | 59. Cairo's river |
| 13. Viewed | 43. Weaving frame | 63. Inquire |

DIFFICULT

Free Printable Crossword Puzzle #2

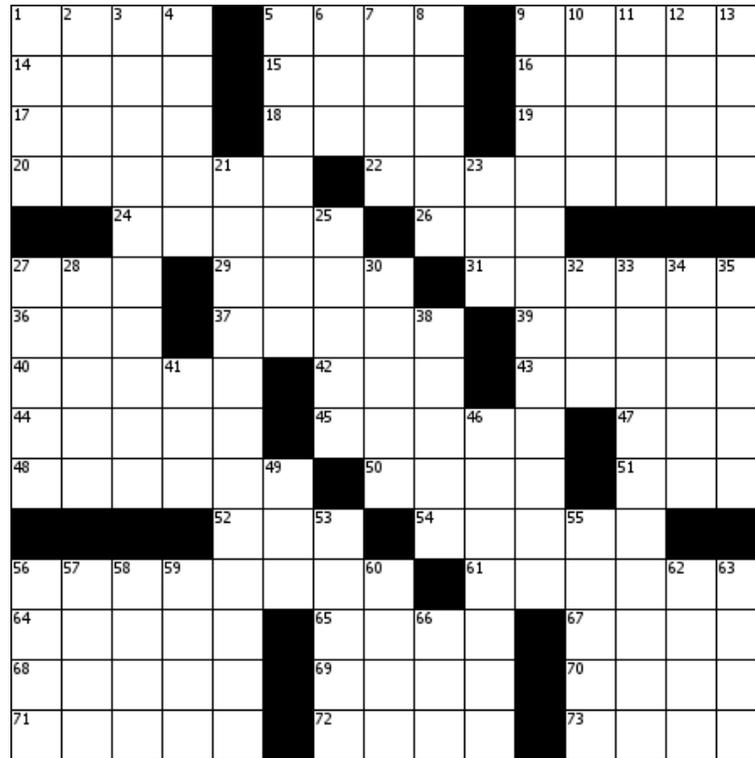
This is the Daily Crossword Puzzle #2 for **May 26, 2020**

Find the solution at

<http://onlinecrosswords.net/1577>

Across

1. Pipe feature
5. Word with bar or binary
9. Be active on Wall Street
14. Pavarotti solo
15. Surrounding glow
16. Increased the staff
17. Like a pole vaulter's pole in action
18. Alg. cousin
19. "I give up!"
20. Displays peak singing condition?
22. Becomes a face in the crowd
24. Samples
26. Word with split or tail
27. TGIF eve
29. Lifting spots?
31. Substitute for gum or Jove?
36. Vied for office
37. Loaf or loafer parts
39. Some horses
40. Likely ____ (probably)
42. "I'm impressed!"
43. Plant pets
44. Rudder's place
45. Spare the rod
47. Gun owners' grp.
48. "Whoa!"
50. Mediocre
51. It may be in the ointment
52. Nemo's harpoonist
54. Charon's planet
56. Completely losing it
61. Thought the world of
64. Sesame Street name
65. Bowling green?
67. Flat-topped elevation
68. TV sports playback effect
69. Like hand-me-downs
70. Popular cable channel
71. Improved an edge
72. The sun does it every day
73. Eye ailment (Var.)



Down

1. Coddle
2. Snack since 1912
3. Plane-testing chamber
4. Not now
5. Marble type
6. Couple's pronoun
7. Negligible amount
8. Henley or Frey
9. Billowy boomer
10. Unwanted coat?
11. Circle components
12. Where the workers cut the mustard?
13. Setting in Haydn's "The Creation"
21. Conductor, but not of music
23. Celebrated twin
25. Certain mergansers
27. Vandalize
28. Can't help but
30. Feeds the pigs
32. "What a view!"
33. Endangered tropical region
34. Twist into a knot
35. "How I Spent My Summer Vacation," maybe
38. Hawk's maneuver
41. Former California fort
46. Oahu and Maui, e.g.
49. Crumpets go-with music
53. One barely passes with it
55. Heavy volumes
56. More than "hmmm!"
57. Peace Prize city
58. Desktop image
59. Sobriquet
60. Cushiness
62. Catch sight of
63. Denmark native
66. Just painted