

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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The official hurricane season for the Atlantic Basin (the Atlantic Ocean, the Caribbean Sea, and the Gulf of Mexico) is from June 1 to November 30, but I think we can all agree that 2020 started off and has remained feeling like a Category 5 Hurricane affecting both the Atlantic and the Pacific! But storms pass, and through these times, we learn and grow. We become more resilient and have the opportunity to actually become stronger. What becomes important is that we encourage each other, stepping in to carry loads, practically and emotionally, for those around us. And, the beautiful thing is, while the storm can cause damage, when we pull together, we can actually be more united and better for it when it finally passes. Look for people you can encourage right now, and we will all be better for it.

SpaceX Launch

With everything going on in the world right now, space seems like a great place to be. For the first time in history, NASA astronauts have launched from American soil in a commercially built and operated American crew spacecraft on its way to the International Space Station.

The SpaceX Crew Dragon spacecraft carrying NASA astronauts Robert Behnken and Douglas Hurley lifted off at 3:22 p.m. EDT Saturday, May 30th on the company's Falcon 9 rocket from Launch Complex 39A at NASA's Kennedy Space Center in Florida. Known as NASA's SpaceX Demo-2, the mission is an end-to-end test flight to validate the SpaceX crew transportation system, including launch, in-orbit, docking and landing operations. This is SpaceX's second spaceflight test of its Crew Dragon and its first test with astronauts aboard, which will pave the way for its certification for regular crew flights to the station as part of NASA's Commercial Crew Program. The program demonstrates NASA's commitment to investing in commercial companies through public-private partnerships and builds on the success of American companies, including SpaceX, already delivering cargo to the space station.

SpaceX controlled the launch of the Falcon 9 rocket from Kennedy's Launch Control Center Firing Room 4, the former space shuttle control room, which SpaceX has leased as its primary launch control center. As Crew Dragon ascended into space, SpaceX commanded the spacecraft from its mission control center in Hawthorne, California. NASA teams are monitoring space station operations throughout the flight from Mission Control Center at the agency's Johnson Space Center in Houston.

To check out the historic launch, go to <https://tinyurl.com/nasa2020dragon>.

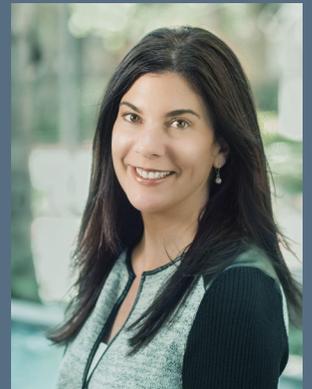
Virtual Summer Camp

School's out and this should be the time both children and parents get excited for summer camp! This year, however, it is a little different, but thanks to technology, you have virtual summer camps to choose from. If your child care plans have

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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)

changed, online summer camp might be just the thing to keep your kids busy, entertained and safe this season. Many traditional summer camps have simply shifted online and are offering free online camps this summer. These experiences will still allow your kids to have the opportunity to meet new friends and socialize—albeit virtually. And, maybe your child will even find a summer camp online that they never would have been able to attend in person. It might not be the summer you envisioned when 2020 began, but there are still lots of opportunities to make it memorable.

<https://tinyurl.com/virtualsummercamps2020>

Space Movies

Last year marked the 50th anniversary of NASA's Apollo 11 lunar mission which resulted in the first humans landing on the Moon on July 20, 1969. Neil Armstrong made history as the first person to ever walk on the Moon.

Hollywood has had a long obsession with space—even before humans reached the moon. Whether inspired by true events or fictional fantasy, space movies have shaped much of our thinking about what exists and what happens beyond earth's atmosphere. While movie goers dream of one day walking on the planet Mars, others are simply looking for a little escape from the issues that plague the world.

Recently, Spacenews (www.spacenews.com) asked for feedback and suggestions on the best realistic space movies for anyone seriously interested in space. We've compiled a few of their choices for you right here:

1. The Right Stuff (1983)

Based on Tom Wolfe's book, this 1983 historical drama, tells the stories of both Chuck Yeager flying rocket-powered planes in the California desert and of the Project Mercury astronauts in the space program. The movie contrasts the relative obscurity of Yeager with the national celebrity of the Mercury Seven. And *The Right Stuff* shows the grueling medical and physical tests that the astronauts endured to qualify for spaceflight, while highlighting the dangers they faced in the early space program.

The film was criticized by some for historical inaccuracy, but it was praised by film critics. *The Right Stuff* was nominated for eight Academy Awards, including best picture. It won four Oscars for sound, original score, sound-effects editing and film editing.

2. Hidden Figures (2016)

Hidden Figures is a retelling of Katherine Johnson, Dorothy Vaughn and Mary Jackson's work at NASA and spotlights their vital contribution as mathematicians to getting John Glenn to space and back. These three African American women, and many of their colleagues, calculated trajectories and other critical numbers for the Mercury program while overcoming segregation and sexism in the early 1960s. Although these women are not as famous as the astronauts they helped reach orbit, the mathematical geniuses gained belated notoriety through this Oscar-nominated film. NASA celebrates the contributions of these women and the NASA headquarters now lie on Hidden Figures Way. In addition, NASA's software validation facility in West Virginia now bears Katherine Johnson's name.

3. Apollo 13 (1995)

"Houston, we have a problem." That's not exactly what Jim Lovell said after an explosion rocked his Apollo 13 spacecraft on the way to the moon in 1970 ("Houston, we've had a problem," is what he actually said), but that version, uttered by Tom Hanks in the movie, became an instant catchphrase that lives on in popular culture still today. Similarly, "Failure is not an option" was written for the movie and remains part of the current lexicon. Disregarding those dialogue inaccuracies, *Apollo 13* follows closely to the real-life events of that mission as Lovell, Fred Haise (Bill Paxton) and Jack Swigert (Kevin Bacon) struggle to bring their damaged spacecraft back to Earth with the support and creativity of the Mission Control team led by Gene Kranz (Ed Harris). The tense drama showed that, while Apollo 11 may have achieved the goal of landing humans on the moon, the rescue of Apollo 13 may have been, as Kranz says in the movie, "NASA's finest hour."

For more space movies, go to <https://tinyurl.com/mustseespacemovies>.



Campfire Stories & S'mores

S'mores and summer camp go together like, well, chocolate, marshmallows and graham crackers. Host a virtual campfire on Zoom with your friends and family. Make s'mores, sing songs and do some skits! Or, make it a fun family night and break out the camping gear. Move the coffee table and pitch a tent. Lay out your sleeping bags or camping chairs. If you don't have all the gear, get creative: Use your furniture to make a fort-style indoor tent, bring out pillows and create your own camping experience out of the resources you've got. Then turn your TV to YouTube's "Campfire by the River" by TheSilentWatcher (<https://tinyurl.com/campfirebytheriver>). Out of no where, you'll end up with the perfect little camping spot right by the river. Relax, read a book, listen to the sound of the crackling fire and the birds singing in the distance. Play some board games or cards and when night falls, see if you can find a good stargazing channel to stream.

Now, back to those s'mores! According to The Weekend Sherpa: Light a candle, preferably unscented. Place your marshmallow on the end of a fork and hold it about three or four inches above the flame. Rotate like it's a rotisserie. Be careful. Marshmallows can catch fire if they are too close to the flame—although slightly charred marshmallow is still kinda tasty! If you've got the graham crackers and chocolate (Hershey's is the old standby, but anything works), make s'mores. For the adults, we suggest pairing the s'mores with some whiskey because that's a great combo around a real campfire, so it should be equally great around the candlelight.

Stonehenge's Summer Solstice

Stonehenge in southern England is among the world's most iconic archaeological sites and one of its greatest mysteries.



VIDEO OF THE WEEK

Giant Teddy Bears Go for A Ride

An amusement park in the Netherlands, closed at the time because of the pandemic, filled a roller coaster with giant teddy bears. Nothing like big, giant teddy bears to put a smile on your face! Enjoy!

<https://tinyurl.com/teddybearcoaster>

The rock formations in a circle on Salisbury Plain inspires awe and wonder—but also intense debate more than 4,600 years after it was built by ancient peoples who left no written documentation.

Modern debate over the monument's meaning has two main theories: those who see it as a religious site and others who believe it represents a scientific observatory. Both perspectives base their theories on the site's heavenly influences. Alignments to the sun and moon could be evidence of rituals related to the changing seasons and the summer and winter solstices. However, alignments identified specifically with stars point to a rock calendar used for working out dates or to reflect or predict astronomical events such as solar eclipses.

At summer solstice, Stonehenge is a place of worship and celebration—and this has been true for thousands of years. 2020 will mark the first time in memory that crowds don't gather for this special event in the celestial calendar. On this year's summer solstice, you'll be able to watch sunrise at Stonehenge on the longest day of the year from the comfort of your own home. If you don't particularly like staying up until the wee hours of the morning, you'll be able to watch the event on demand at a later time. To watch the sunrise over this mystical site, tune in at exactly 8:52 pm, Saturday, June 20th PST. The live broadcast will be free to view and will be streamed on <https://www.youtube.com/user/EnglishHeritageFilm>

What is on Everyone's Reading List These Days?

History of Space takes you to the final frontier, reprinting more than 85 pages from the New York Times regarding space exploration. The hardcover anthology retraces all the key events related to space with real-time reporting. The history includes the launching of Sputnik, John Glenn's first orbit of Earth and Armstrong's historic first steps on the moon. From liftoff to splashdown, *The New York Times* has always been active in space coverage. In 1919, *The Times* devoted an entire page to a single image of the sun: "The Latest and Most Remarkable Photograph of the Sun." One year later, the newspaper provided front-page coverage to Professor Robert H. Goddard's stunning theory, "Believes Rocket Can Reach Moon." With Father's Day right around the corner, this book might be the perfect gift for the dad who has interest in space.



EXERCISE OF THE WEEK

Strengthen Your Core

Swimsuit season is here, and I would like my abs to be tighter and more toned. Turns out, you don't have to go to the gym to get this! So, what is my excuse? After doing some online research, I found these 7 at-home exercises that should do the trick!

#1 The Plank

Planks are one of the ultimate exercises for total body toning. They will help you work all muscle groups all while toning your core. If you dread planks, try to do one once a day. The more you do them, the better you get! So, challenge yourself. Time your planks, and watch yourself get better and better the more you do them.

#2 Spiderwoman Plank

While you're down in plank, try taking things up a notch by adding a twist. Try doing a spiderwoman plank by bringing your right leg to your right elbow, and then switch and do the other side. Pick up the pace once you get comfortable with this exercise to add a little cardio and burn some calories at the same time.

#3 Windshield Wipers

Lay flat on your back on your mat, and have your knees and feet up in the air. Drop your legs down to one side and then swoop them around to the other side like a windshield wiper. Repeat this until you feel the burn.

#4 Lower Ab Leg Lift

Lay flat on your back on your mat with your legs up in the air, and lift your legs up while lifting your booty off the

floor. Do this until you really start to feel the burn.

#5 Plank Jack

Because we love planks around here, we have another plank variation for you. Start in a plank position, having your hands out wider than your shoulders. Extend your feet out, and jump your feet in and out like a jumping jack. Do this for 30 seconds, and then repeat.

#6 Flutter Kicks

Lay flat on your back on your mat, and lift your legs just a little bit off the floor. Start to lift one foot up and then repeat on the other side doing a little flutter kick. Be sure your arms are by your side, and keep your core tight.

#7 Roll Up

Start by lying flat on your back on your mat, and have your arms overhead. Tighten your core, and flex your feet as you very slowly start to roll up. Keep your head and neck curled, and once you reach the top, extend your arms in front of you, and then slowly roll back down and repeat again. Do this for about a minute or until you start to feel the burn.

So, there you have it. Seven at-home ab exercises that you can do right from your living room without having to head to the gym. And, remember don't get discouraged if you don't see results immediately. Building a core of steel takes hard work, commitment, and time. So, keep at it! Remember to eat clean, practice regular stress reduction, and self-care, and those abs will be ready in no time.

<https://tinyurl.com/corestrengtheningexercises>

RECIPE OF THE WEEK

Avocado Gazpacho with Sourdough Croutons

[Recipe from MyRecipes](#)

With the hot weather upon us, I am always looking for ways to make dinner creative. This cool summer soup is made with cucumbers, sweet onion, Greek yogurt and more. To jazz it up, feel free to add grilled shrimp!

INGREDIENTS:

- 3 cups chopped peeled English cucumber (about 1 1/2 cucumbers)
- 1 cup chopped sweet onion
- 1 tablespoon olive oil
- 2 teaspoons kosher salt, divided
- 3 ripe avocados (about 1 1/2 pounds)
- 1 cup cold water
- 1 large garlic clove, smashed
- 2 tablespoons fresh lime juice
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup plain Greek yogurt
- Sourdough Croutons (recipe: <https://tinyurl.com/sourdoughcroutons>)
- Garnish: thinly sliced green onions

DIRECTIONS:

1. Combine first 3 ingredients and 1/2 teaspoon salt in a large saucepan over medium-low heat. Cover and cook, stirring often, 10 minutes or until vegetables are soft. (Do not brown.) Spread mixture into a single layer on a baking sheet. Refrigerate 15 minutes or until thoroughly chilled.
2. Place cucumber mixture, 2 1/2 avocados, and remaining 1 1/2 teaspoons salt in a blender. (Cover remaining avocado half tightly with plastic wrap to prevent browning.) Add cold water and next 4 ingredients; process until smooth. Pour mixture into a bowl; cover surface with plastic wrap. Chill 2 hours.
3. Thinly slice remaining avocado half. Divide gazpacho evenly among 4 soup bowls. Top with avocado slices and Sourdough Croutons. Garnish, if desired.

<https://tinyurl.com/avocadogazpacho>

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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

EASY

Free Printable Crossword Puzzle #5

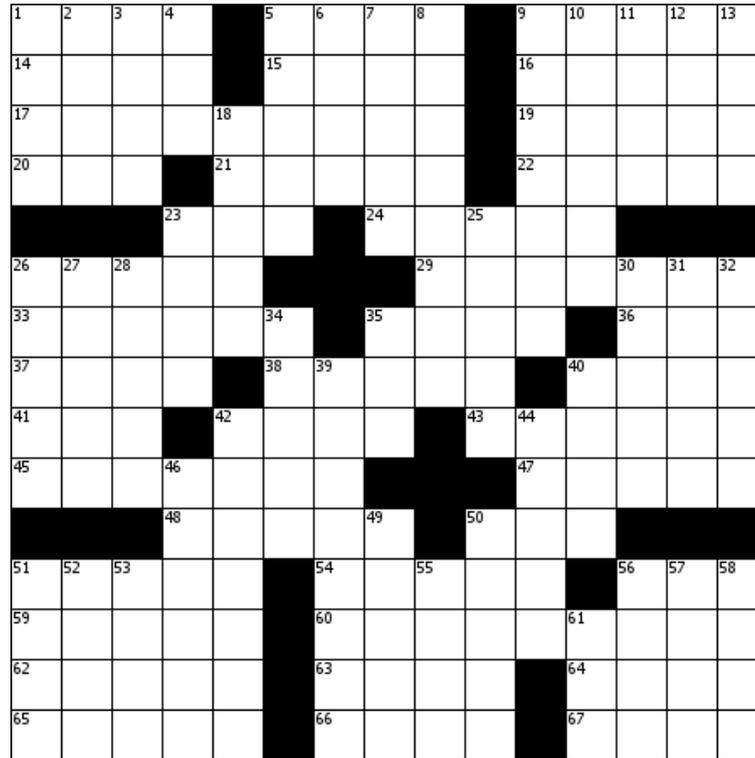
This is the Daily Crossword Puzzle #5 for Jun 4, 2020

Find the solution at

<http://onlinecrosswords.net/75727>

Across

1. Price markers
5. Showy flower
9. Bog
14. Nevada neighbor
15. Kitchen basin
16. Lessen
17. Bearable
19. Singer ____ John
20. Actress ____ Thurman
21. Artist's tripod
22. Oozes
23. Cul-de-____
24. Trials
26. Cavalry sword
29. Scottish plaids
33. Wrinkle
35. Corporate symbol
36. Small spot
37. Humanities
38. Make up for
40. Mideast bread
41. Spoil
42. Fret
43. Avenue
45. Make more sugary
47. Wake up
48. Tears apart
50. Ump's kin
51. Pigment
54. Uncanny
56. Medical gp.
59. Reside
60. Comforted
62. Juliet's love
63. Brink
64. Balmy
65. Property documents
66. Hearty breads
67. Tablets



Down

- | | | |
|-----------------------|--------------------------------|-----------------------|
| 1. Ballet skirt | 18. Brings up | 42. Sound systems |
| 2. Molecule part | 23. Large bodies of water | 44. Orchard members |
| 3. Festive occasion | 25. Wise people | 46. Wore away |
| 4. That girl | 26. Wound remainders | 49. Shabby |
| 5. Author ____ Asimov | 27. Pointer | 50. Ascends |
| 6. Chest bones | 28. Midler or Davis | 51. Birthday greeting |
| 7. Small bay | 30. Farewell, to Pierre | 52. Woodwind |
| 8. Bone structure | 31. Short letters | 53. Shade of green |
| 9. Eminent conductor | 32. Say | 55. Frenzy |
| 10. Most competent | 34. Dined | 56. Diva's solo |
| 11. Pace | 35. Not high | 57. Merge |
| 12. Quit | 39. More sensitive | 58. Says further |
| 13. Female birds | 40. College teacher, for short | 61. Strike caller |

DIFFICULT

Free Printable Crossword Puzzle #2

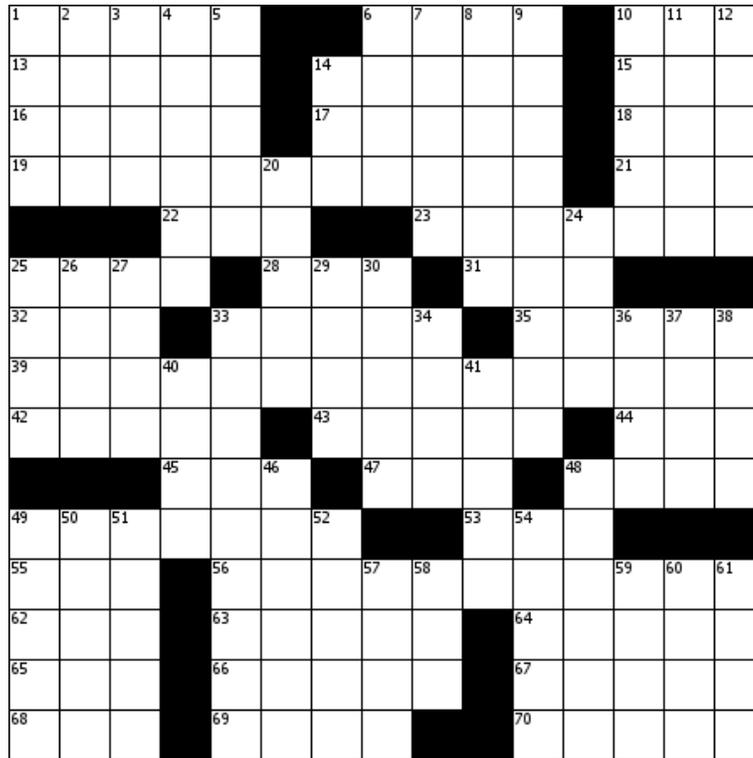
This is the Daily Crossword Puzzle #2 for Jun 4, 2020

Find the solution at

<http://onlinecrosswords.net/9383>

Across

1. Parcel out
6. "Terrible" infant stage
10. Tavern
13. Freak out
14. Nary a soul
15. Fuss
16. Roof overhangs
17. Marsh bird
18. Waiter's reward
19. Shrewd one
21. Garden tool
22. Sailor's assent
23. Cunning quality
25. Racetrack circuits
28. Poorly lit
31. Summer zodiac sign
32. Urban thoroughfare: Abbr.
33. Receded
35. Sneaker bottoms
39. Chances are
42. Toil, so to speak
43. Short putt
44. Mural, for example
45. President pro __
47. Suffix for book
48. Club member's payment
49. Three or four
53. Also
55. Bullfight cheer
56. Something easy
62. Repair
63. Nostalgic tune
64. Seiko competitor
65. Devoured
66. Copier paper size
67. Run off to wed
68. American flag color
69. Black-and-white cookie
70. Homes for robins



Down

1. Matures
2. Rich soil
3. Volcanic outflow
4. Dramatic musical works
5. In a bad mood
6. Drive-thru order
7. Is in operating condition
8. Playwright Eugene
9. Look at
10. Get into a tub
11. Felipe's farewell
12. Learning the __ (getting trained)
14. Prefix meaning "recent"
20. Aromatic tree
24. Midday
25. Young fellows
26. Give testimony
27. Brazilian soccer great
29. "Meet Me __ Louis"
30. Tin or titanium
33. Aquatic sport
34. Knucklehead
36. Waikiki feast
37. Raison d'__
38. Retired airplanes: Abbr.
40. Past due
41. "Me too!"
46. One sending a letter
48. Mild-mannered
49. Up to now
50. Exclusive group
51. Annoyed
52. Window projection
54. Frequently
57. Giuseppe's goodbye
58. Electrified fish
59. Singer Tori
60. Retained
61. Former spouses