

# life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

ISSUE NO. 4 | APRIL 9, 2020

"We are Passionate about Excellence" is another core value at Action. This means that we 1) set industry leading standards, 2) drive to achieve great solutions, 3) are professional while having fun, 4) finish what we start and 5) make others better. Now, more than ever, is the time for us to be proactive about creating small moments of happiness in our days. Savor the small moments, strengthen your connections and look for the good in others. When this is all over, we will realize that we can do things that seemed impossible and we can make sacrifices for the greater good.

## Virtual Concerts!!!

As more festivals, performances and concerts are canceled due to the coronavirus shutdown, musicians of all stripes and sizes are taking to social media and streaming platforms to play live for their fans. Whether you enjoy classical, country or heavy metal, there is something for everyone to enjoy! Check out this link (<https://tinyurl.com/nprcovidconcerts>) for the list of upcoming concerts.

## What is on everyone's reading list these days?

*The Glass Hotel* by Emily St. John is new to the New York Times Best Sellers list. Years after an international Ponzi scheme falls apart, one of its victims investigates the disappearance of a woman from a container ship.

Just like anything you build, a solid foundation is important and that is the same for any company. *Built to Last* is another book in the Action Library. It examines what lies behind the extraordinary success of 18 visionary companies and what principles and ideas they've used to thrive for a century.

## Mealtime Memories

Making mealtime memories has just gone to a whole new level with the McCall family of Geneva, OH. The family thought why not add a fun twist to their evening meals by adding special theme nights! This is a great way to keep their children engaged and entertained while they are stuck at home during this pandemic. The family uses things they find around the house, including old Halloween costumes, to create their look. They start prepping for their evening around 4:45 p.m., just before a virtual happy hour with friends, complete with themed specialty drinks and snacks. The family then gathers around the table for their meal and they cap off the evening with dessert and themed dance party! Themes have included a Super Heroes and Villains dinner and a Big Fat Italian Wedding theme night which featured eggplant parmesan, Italian sausage, and pasta; and the family danced along to music from Luciano Pavarotti after the meal.

## 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.



## VIDEO OF THE WEEK

Staying at home for long periods of time can really bring out the creativity. Check out this video where scaling a mountain and snow skiing can happen all in the living room:

**Freeride Skiing at Home - A Ski Movie By Philipp Klein**

(<https://tinyurl.com/SkiAtHome>)

## EXERCISE OF THE WEEK

### Deep Breathing

Sometimes I get so caught up in everything that I am doing that I think I forget to breathe! Part of a new routine I have started is that when I wake up in the morning and before I go to sleep at night, I do the following Deep Breathing exercise:

1. Get Comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees.
2. Breathe in through your nose. Let your belly fill with air.
3. Breathe out through your nose.
4. Place one hand on your belly.
5. As you breathe in, feel your belly rise.
6. Take three or more full, deep breaths.

Though it may feel unnatural to breathe deeply, the practice comes with so many benefits. From cognition to digestion, effective breathing can not only provide you with a greater sense of mental clarity, it can also help you sleep better, digest food more efficiently, improve your body's immune response and reduce stress levels.

### Binge Bond, James Bond!

Moving into my first apartment when I was in the Navy, *back in the day*, I wasn't able to get cable hooked up for over a month. I had a TV and a VCR (remember those) but no movies. One of my shipmates told me I could borrow his movies, and that was the day I fell in love with James Bond! The James Bond film series is a series of spy films based on the fictional character of MI6 agent James Bond, "007", who originally appeared in a series of books. It is one of the longest continually-running film series in history, having been in on-going production from 1962 to the present.

The famous line, "The name is Bond, James Bond" has been repeated by 007 in several of the Bond films, but the line first came from the lips of Dr. Julius No, (villain in the first Bond movie) when he offered his opponent a dry martini with a lemon peel. The line has become so iconic that it has even been used in other films that have nothing to do with James Bond! To date, there have only been seven actors playing James Bond over 26 films. Sean Connery starred in seven movies, David Niven only one, Roger Moore took on seven, George Lazenby only one, Timothy Dalton took two, Pierce Brosnan starred in four and Daniel Craig has held the coveted role since 2005.

Daniel Craig's Bond returned to Fleming's original vision, along with the best traits of previous Bonds before him. Craig brought edge, charisma and vulnerability to the role, invariably winning wary fans over. His debut in 2006's *Casino Royale* was a huge success, and he continued his role in four more films — the last thus far being *Spectre* (2015), which ushered Bond into his fifth decade. Craig will also star in *No Time to Die*, the 25th installment of the franchise. This was set to come out this month but has been postponed until November.

If you are ready to step into the life of an iconic spy with a license to kill, try out these Bond favorites -

**Goldeneye (1995)**

**Dr. No (1962)**

**From Russia With Love (1963)**

**The Spy Who Loved Me (1977)**

**Casino Royale (2006)**

**Goldfinger (1964)**

**On Her Majesty's Secret Service (1969)**

**Skyfall (2012)**



## Card Games with the Kids

A single deck of cards can provide hours and hours of fun! Some of the best memories of quality time have come with playing cards! Here are three fun games to play with cards:

### SLAPJACK

Players: 4-10

Ages: Kids, Teens, and Adults

Why we play at home: The simple concept and race-to-slap interaction make it fun for kids and adults both, and the constant interaction means kids won't get bored while they wait for their turn.

Objective: Collect all the cards.

Rules: [See rules here](#)

### CRAZY EIGHTS

Players: 2-8

Ages: Kids, Teens, and Adults

Why we play at home: This is another game that gets the whole family involved and keeps everyone on their toes.

Objective: Be the first player to get rid of all your cards.

Rules: [See rules here](#)

### PLAY OR PAY

Players: 3-8

Ages: Kids, Teens, Adults

Why we play at home: Because this game involves some low-scale betting, it's fun to use poker chips to play—or, if you don't have poker chips, use jelly beans or M&M's® candies.

Objective: Complete the suits and be the first player to get rid of all your cards.

Rules: [See rules here](#)

List and rules courtesy of Bicycle Playing Cards:

<https://bicyclecards.com/article/top-three-classic-family-card-games/>

## A Taste of New England

I have some of the best memories growing up in New England! One of my favorite is spending many summers at my aunt and uncle's home in Kennebunkport, Maine - waitressing at the local restaurant, earning money for college and enjoying the beautiful surroundings on my days off. Perched on the bridge over the Kennebunk River is The Clam Shack. This tiny, immaculate fish shack serves award-winning food that includes my all-time favorite, The Lobster Roll. Lobsters are locally caught, saltwater boiled and shucked into a grilled, custom roll made locally. It tastes like summer in Maine. The Clam Shack's lobster roll has

## ARTICLE OF THE WEEK

["Facebook group matches dozens of health care workers with empty RVs to self-isolate"](#) The Hill, April 2, 2020.

A new Facebook group called "RVs 4 MDs" is providing temporary mobile homes for health care workers to isolate themselves amid the coronavirus outbreak and is growing to nationwide outreach.

The idea for the group started with Emily Phillips, a mother of three and the wife of an ER doctor. Emily posted on Facebook looking for an RV she could borrow for her husband to quarantine inside while working with infected patients. When someone responded and offered an RV for use, a trend was started.

Phillips formed "RVs 4 MDs" to help other families with doctors and nurses struggling with the same problem. The hope is to continue the group so that there are always RVs and shelter available for those who need it when crisis strikes.

Read the article "Facebook group matches dozens of health care workers with empty RVs to self-isolate" for the full story.

(<https://thehill.com/homenews/news/490807-facebook-group-matches-dozens-of-health-care-workers-with-empty-rvs-where-they>)

been featured in many publications including Food & Wine magazine, USA Today's 50 Great Plates of America and Travel and Leisure Magazine.

If you ever have the chance, I highly recommend visiting this beautiful coastal town. From gorgeous beaches and scenic lighthouses, to boat tours and some of the very best restaurants in Southern Maine. The Kennebunks are rapidly becoming known as a mecca for art lovers! Here are the [top 12 best tourist attractions of Kennebunkport](#) (<https://tinyurl.com/Kennebunkportspots>). The Wedding House, once called the "most photographed house in the state," is my favorite!

Do you enjoy lobster? If so, The Lobster Guy is having a spring sale. Use SPRING10 coupon code at checkout! <https://www.thelobsterguy.com/>

Did you solve last week's crossword puzzles? If so, you can check your answers with the solutions included on page 8 and enjoy two more crossword puzzles on pages 6 and 7.

Thank you again for your feedback from last week's issue and sharing your ideas for this week's edition. Until next week.

## RECIPE OF THE WEEK

# Lobster Newberg

[Recipe and Introduction Courtesy of A Family Feast](#)

Although there are a couple of restaurants that claim to have created this amazing meal back in the 1800's, most stories attribute this dish to Delmonico's Restaurant in New York City. A wealthy sea captain named Ben Wenberg shared his recipe idea with Charles Delmonico, the restaurant manager at the time.

Intrigued by the idea, Charles Delmonico gathered all of the ingredients on the spot so that Wenberg could demonstrate how to prepare the recipe.

With its tender chunks of lobster in an amazing sauce – everyone agreed that the dish was delicious! After a few tweaks by the restaurant chef, Lobster a la Wenberg was added to the menu at Delmonico's and quickly become a customer favorite.

A few months later, Charles Delmonico and Ben Wenberg had a falling out – and Lobster a la Wenberg was removed from the menu. But customers kept asking to order the dish, so it was renamed Lobster Newberg and added back to the menu to this day.

Lobster Newberg is often listed as Lobster Newburg – but either way you spell it, it's absolutely delicious!

### INGREDIENTS:

- Prepared Toast Points, [see recipe here](#)
- 2 live lobsters, 1 ¼ to 1 ½ pounds each or about ¾ to 1 pound of cooked lobster meat
- 1 stick butter or 6 tablespoons [clarified butter](#)
- 3 tablespoons cognac or sherry
- 1 cup heavy cream, plus more as needed \*See Notes below
- 3 egg yolks, beaten
- ¼ teaspoon kosher salt
- Pinch of freshly ground nutmeg
- Pinch of cayenne pepper

### DIRECTIONS:

Prepare Toast Points ([see recipe here](#)) and set aside.

Fill large pot with water and bring to a boil. Add two live lobsters, head first into the boiling water.

Once it comes to a boil, time exactly eight minutes. Normally cooking time would be longer but the cooked lobster meat will be cooked further in this dish.

## RECIPE CONTINUED

Discard water and plunge the cooked lobsters into an ice bath to cool them down quickly.

Let them sit in the ice bath for ten minutes then remove claw meat, tail meat and knuckle meat. Save shells in the freezer for future lobster stock but discard inner body.

Cut meat into bite sized pieces, leaving claws whole for appearance.

In a medium saute pan, melt the stick of butter over medium heat and leave on heat until the butter fat separates. Skim off and discard the butter fat and pour the now clarified butter into a cup stopping just before you get to the residue on the bottom. Discard that and return the now clarified butter to the pan. Or use 6 tablespoons of clarified butter if you normally keep it in your refrigerator.

Heat the clarified butter over medium heat and add the cooked lobster meat (if the lobster meat is wet it WILL splatter so make sure you pat the meat dry with a paper towel.)

Saute the meat for about two minutes until a little golden and tender. Do not cook any longer or it will get tough.

With a slotted spoon, remove the lobster meat to a bowl.

Off heat, add the cognac and return the pan to heat and cook for another minute.

Add the heavy cream and reduce the heat to a medium low simmer. (Heavy cream is one of the few dairy products that will not break under heat.) Simmer slowly until the mixture has reduced to about a cup.

Place the beaten egg yolks in a medium bowl and slowly drizzle in the hot cream mixture while you whisk. This tempers the eggs so they thicken the mixture without scrambling.

After the entire pan is drizzled into the bowl of egg yolks, scrape back into the pan with a rubber spatula and add the salt, nutmeg and cayenne. Stir and taste and ONLY add more nutmeg and cayenne if it needs more.

Add lobster meat back in along with any liquid in the bowl and stir over low heat just to heat the lobster through. Do not let it bubble after the egg yolks are in.

If the mixture is too intense in flavor, add a little more heavy cream to smooth it out.

Serve with [Toast Points](#).

### NOTES:

\*\*Start with just a pinch of nutmeg and cayenne pepper. You can always add more, but you can't take it back.

\*Buy enough heavy cream to smooth out the mixture if the flavor is too intense or if you added too much nutmeg or cayenne. I bought a pint instead of a cup and ended up using a little more at the end.

The original recipe used sherry and some other recipes use cognac. I like cognac in this dish vs. sherry but if you want to stay true, use sherry.

# EASY

## Free Printable Crossword Puzzle #5

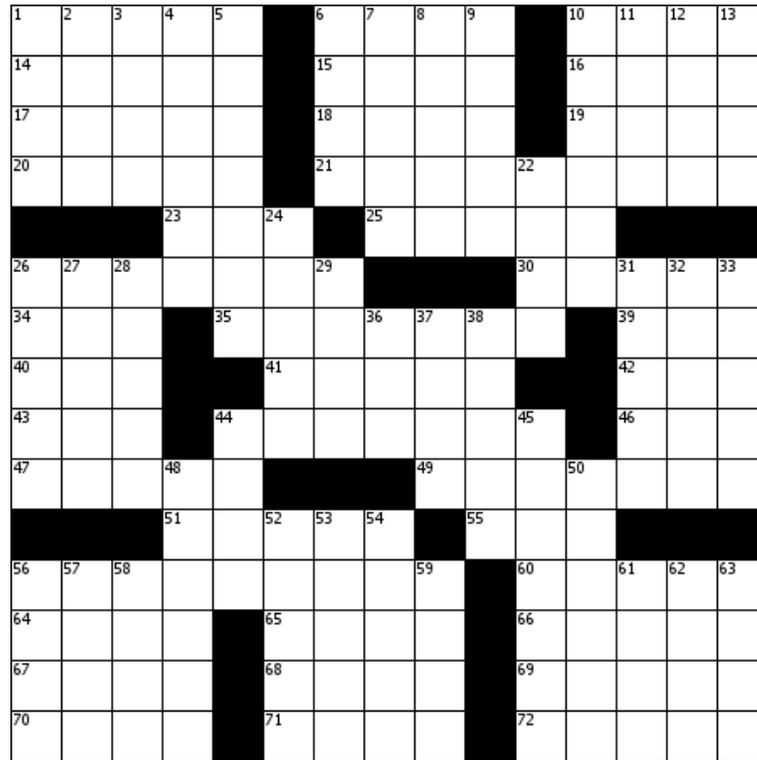
This is the Daily Crossword Puzzle #5 for Apr 6, 2020

Find the solution at

<http://onlinecrosswords.net/79383>

### Across

1. Paper quantities
6. Upon
10. Large amount
14. Let
15. Gawk
16. Roof projection
17. Fauna's partner
18. Makes mistakes
19. Prayer finale
20. Fangs
21. Declaration
23. Ventilate
25. Seaside
26. Hollywood hopeful
30. Bumbling
34. Had being
35. Mimic
39. Shad eggs
40. Telepathy (abbr.)
41. Foolish
42. Bullfight cheer
43. Consumed
44. Perpetual
46. Anchorman \_\_\_\_ Rather
47. Restore
49. Pencil ends
51. Office notes
55. Amtrak stop (abbr.)
56. Lack of knowledge
60. Escape
64. Tooth part
65. \_\_\_\_ between the lines
66. Speedy
67. Actress \_\_\_\_ Winslet
68. Mob
69. Love, in Rome
70. Winter vehicle
71. Besides
72. Fine fabric



### Down

- |                             |                               |                                 |
|-----------------------------|-------------------------------|---------------------------------|
| 1. Huckleberry Finn's craft | 22. Pennsylvania port         | 45. Type of football pass       |
| 2. French female            | 24. Send money                | 48. Showed feelings             |
| 3. Burn balm                | 26. Curse                     | 50. Deli sausage                |
| 4. Building cement          | 27. A sense                   | 52. Bart Simpson's mom          |
| 5. African language         | 28. Poplar type               | 53. Basketball's Shaquille ____ |
| 6. Mellows                  | 29. Fork point                | 54. Skims over                  |
| 7. Small pies               | 31. Wear away                 | 56. Annoys                      |
| 8. TV's ____ Winfrey        | 32. ____ bear                 | 57. Ambition                    |
| 9. Basil sauce              | 33. Adolescents               | 58. Memo                        |
| 10. Sailors                 | 36. Paving goo                | 59. Blade part                  |
| 11. Limping                 | 37. "The Diary of ____ Frank" | 61. On top of                   |
| 12. Not odd                 | 38. Salty drops               | 62. Desperate                   |
| 13. Exited                  | 44. Wide-spouted pitcher      | 63. Genesis site                |

# DIFFICULT

## Free Printable Crossword Puzzle #2

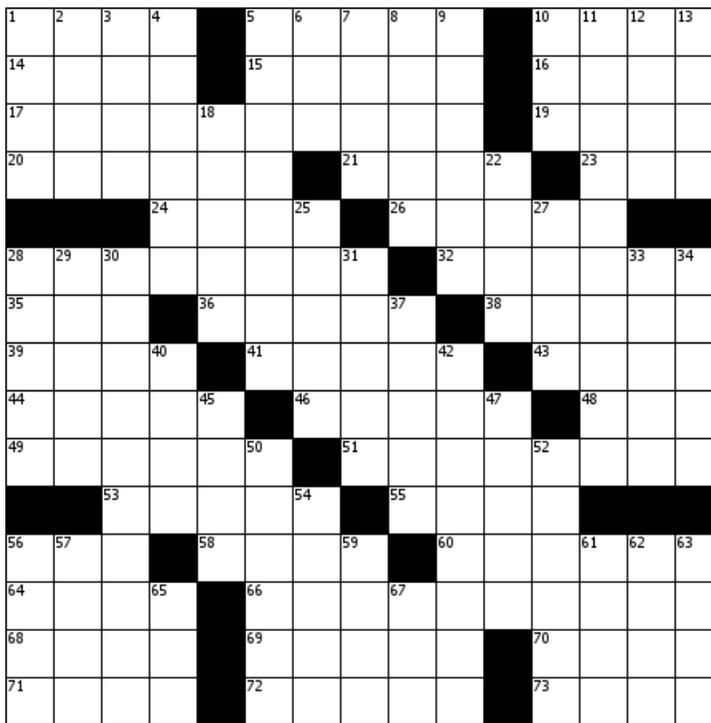
This is the Daily Crossword Puzzle #2 for Apr 6, 2020

Find the solution at

<http://onlinecrosswords.net/1220>

### Across

1. Touched down
5. Dons
10. Responds in "Jeopardy!"
14. Caribbean country
15. De Niro film of '98
16. Type of carburetor or personality
17. How you look when you leave?
19. Capital on a fjord
20. Six-line sonnet section
21. The enemy
23. Use a scythe
24. Galena and bauxite
26. Bingham of "Baywatch"
28. Prodigious
32. Latin hymn (with "Mater")
35. Beatle bride
36. System of values
38. Rub out
39. Beginning on
41. Seeing pink elephants
43. Jocular Johnson
44. Stalin's predecessor
46. Foundation
48. Card player's cry
49. Designs
51. Hiking necessities
53. Place to crash on a train?
55. Not a movie
56. American equivalent of kPa
58. "Buenos \_\_\_\_"
60. Like royal descent, usually
64. "Hello" preceder
66. Dirty work of Kipling?
68. Advantage
69. Implied
70. When hands are at their highest point
71. Orange cover
72. Make a case
73. Korbut the gymnast



### Down

1. Deck tetrad
2. Elegance
3. Egyptian sacred bird
4. It's only skin-deep
5. Drops a note
6. Aurora's counterpart
7. Biol. subject
8. Avenge
9. Looks from Snidely
10. Brouhaha
11. Delicacy's import vessel?
12. Cabbage kin
13. Tap the brakes
18. Guest work?
22. Kasparov kayo
25. Indian term of respect
27. Irene of "Fame"
28. Ingle nuggets
29. Initiation
30. Overeating episode on the funny farm?
31. Pale purple
33. TV's Gomez Addams
34. Future adults
37. French film award
40. Item on a disk, perhaps
42. Eat at ten, say
45. Pocket-protector wearer, stereotypically
47. Prim and proper
50. The scarlet letter, e.g.
52. Weather phenomenon
54. Actor Rutger
56. Ready for surgery
57. Word with bar or car
59. Catch
61. Organic compound
62. Bug-eyed
63. Musical Horne
65. Hair raiser?
67. African antelope

## SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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