

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Did your parents ever ground you when you were little? Did you think it was unfair and you didn't deserve it? I think that is how a lot of us are feeling these days. We didn't do anything wrong and here we are being told to stay home. Pouting or throwing a temper tantrum didn't change things then, and it won't change things now. Make time for some self-reflection. With more quiet time, more privacy, more stillness, we have an opportunity to think about who we are, as individuals and as a society. And remember, we will not be grounded forever!

The Game of Golf

Growing up, I always thought golf looked a little boring. Watching it on TV, it just seemed very slow moving, and there seemed to be a lot of etiquette to learn. There is that saying 'Don't knock it until you try it,' and I am so glad I tried it. My husband is especially happy that I did too. With golf courses starting to open up, it is a great way to get out of the house, get some fresh air and learn a new sport. Not to mention the fabulous outfits!

Where did golf originate? While the modern game of golf originated in 15th-century Scotland, the game's ancient origins are unclear and much debated. Some historians trace the sport back to the Roman game of paganica, in which participants used a bent stick to hit a stuffed leather ball. Golf was also traced back to the Song Dynasty in China during the years 960 to 1279.

Golf courses have not always had eighteen holes. The St. Andrews Links occupy a narrow strip of land along the sea. As early as the 15th century, golfers at St Andrews established a trench through the undulating terrain, playing to holes whose locations were dictated by topography. The course that emerged featured eleven holes, laid out end to end from the clubhouse to the far end of the property. One played the holes out, turned around, and played the holes in, for a total of 22

holes. In 1764, several of the holes were deemed too short, and were therefore combined. The number was thereby reduced from 11 to nine, so that a complete round of the links comprised 18 holes. Due to the status of St Andrews as the golfing capital, all other courses followed suit and the 18-hole course remains the standard to the present day.

There are hundreds of amazing golf courses in California; the San Diego area alone has 92. That famous California climate means any time of year is a great time for a round no matter what kind of setting you prefer—coastal, forest, desert or mountain. There are dozens of options!

Groundhog Day

Are you feeling like you are stuck in a time loop and everyday is the same? If so and you are in the mood for a good-natured comedy that delivers lots of laughs and some honest sentiment, check out *Groundhog Day*. Bill Murray stars as Phil Connors,

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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)

a cynical TV weatherman covering an annual Groundhog Day event in Punxsutawney, Pennsylvania. Phil becomes trapped in a time loop forcing him to endlessly repeat the day of February 2nd. This predicament is a nightmare for Phil, until he finds ways to creatively benefit from his situation. *Groundhog Day* is currently available to stream on Showtime Anytime for free with a subscription to Showtime. It's also available to rent or purchase on Amazon Prime Video.

Back to School

Probably wouldn't be like the 1980's comedy starring Rodney Dangerfield, but have you ever thought about going back to school? If so, Harvard University is offering free online classes. So many options to choose from including Business, Programming, Health & Medicine, Humanities and more. This is also a great resource for kids to test out different areas of study when they are not sure what they want to pursue. To learn more, visit <https://online-learning.harvard.edu/catalog>.

What is on Everyone's Reading List These Days?

American novelist John Grishman is back on the New York Times Best Selling list with *Camino Winds*. The line between fact and fiction becomes blurred when an author of thrillers is found dead after a hurricane hits Camino Island.

Mark Twain once observed, "A lie can get halfway around the world before the truth can even get its boots on." In *Made to Stick*, another new addition to the Action Library, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. This classic is about why some ideas thrive, why others die, and how to improve your idea's chances—essential reading in the "fake news" era.

Capture the Moment

These are wild times. For many of us, all we can think about is COVID-19. It is affecting almost every part of our daily lives. Someday, though, this will all be a memory—something that happened in the past that we all got through, together. We are all living through history right now and what better way to document the experience than with a time capsule! Some

potential items to include:

- Lysol wipe
- A couple squares of toilet paper
- List of the shows you binge-watched on Netflix
- Recipe for a dish you made using creative substitutions
- Evidence of games or activities you did as a family, like a Yahtzee score card
- Handprint tracing of everyone in the family
- Description of the craziest or most out-of-the-box game or activity you created together
- A tally sheet for the number of times you read a favorite book to your baby or child

Years from now, you'll have an amazing discovery to share with your family. I found the following website that shows how to make a time capsule. Check out <https://tinyurl.com/covidtimecapsuleproject>.

Cooking With Pixar

Ratatouille is my absolute favorite Disney/Pixar movie! It taught all of us that anyone can cook! The animation studio is now giving us all something to cook. The [Pixar YouTube channel](https://tinyurl.com/pixarchannel) features a series called *Cooking With Pixar*, a collection of recipes inspired by the studio's films (<https://tinyurl.com/pixarchannel>). At the moment, the series only has three videos, but they should provide some inspiration if you're in need of something new to cook—which, it's fair to say, most of us probably are at this point.

The short videos also include some fun animation, with Pixar characters popping in to help demonstrate the recipes. The most recent entry is a birthday cake recipe inspired by Pixar's latest film, *Onward*, with elf brothers Ian and Barley providing some magical assistance.

The other recipes currently available are pizza from Toy Story's Pizza Planet restaurant and bao, the dumplings featured in Pixar's Oscar-winning short of the same name.

There is one caveat: The videos do not include ingredient portions or measurements. It is recommended to search for a similar recipe on the internet and use the video as a demonstration.

EXERCISE OF THE WEEK

Little Somethings Here and There!

"Little exercises done here and there still add up to burn calories and make you stronger," says Jenna Wolfe, certified personal trainer and author of *Thinner in 30: Small Changes That Add Up to Big Weight Loss in Just 30 Days*. Below are 7 simple home exercises from *Woman's Day* magazine that will help you burn major calories throughout the day, and best of all, you don't have to buy equipment, change your schedule or even sweat. Each one takes a minute or two—by nightfall, you'll have worked your whole body.

While putting away laundry: Do step workouts.

HOW TO: Make 5 trips up and down a set of stairs for each load of laundry you put away. At the bottom of each trip, lift the laundry basket up to shoulder height five times.

TARGETS: Cardiovascular system and arm muscles

While your coffee brews: Do a wall sit.

HOW TO: Rest your back, neck and head against a wall, with feet about a foot and a half away, then bend your knees, slide your body toward the ground until your thighs are parallel to it, and hold for 15 seconds. (Work up to 1 minute.)

TARGETS: Thigh and glute muscles

While emptying the dishwasher: Do squats.

HOW TO: Each time you reach for a plate, rather than bending over, squat down as if you're sitting in an imaginary chair, grab the plate, then straighten legs. Make sure your knees don't go past your toes when you squat. (Reach for just one item in the dishwasher at a time.)

TARGETS: Lower body

BUMP-IT-UP BONUS: While sitting, press up on your tiptoes to work your calf muscles, too.

While at the sink to wash your hands: Do standing push-ups.

HOW TO: Stand about 2 feet from a counter and, with your arms at shoulder height, place your palms against it. Keeping your body in a straight line, do 20 standing push-ups.

TARGETS: Chest and arm muscles

While sitting at a desk: Do desk pushes.

HOW TO: Sit in a chair pulled very close to a desk. With your palms facing up, place them under the desk and push up as hard as you can—as if you were trying to lift the desk off the ground—for 30 seconds. Rest for 10 seconds, then repeat twice.

TARGETS: Upper body

While lying in bed: Do half-bridges.

HOW TO: Lie on your back (no pillow), knees bent and feet flat on the bed. Tighten your stomach muscles, squeeze your buttocks and lift your hips, aiming to create a straight line from your knees to your shoulders. Hold for 15 seconds. (Work up to 30 seconds.) Rest for 10 seconds, then repeat 3 times.

TARGETS: Glutes, hips, abs and back

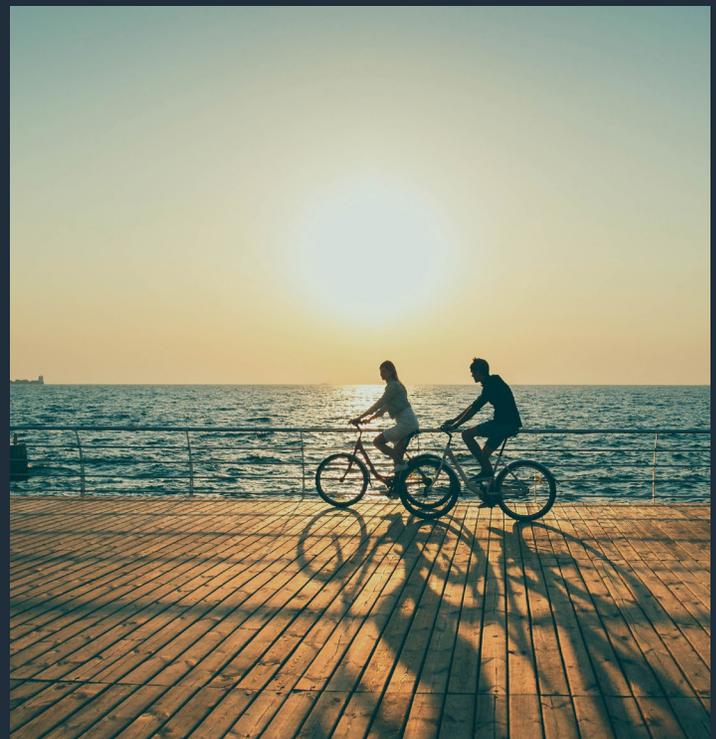
While playing with your kids: Do a plank.

HOW TO: Lie facedown on the floor, then push up your body so just your toes and forearms are on the ground. (If that's too tough, keep your knees on the ground as well.) If your kids are small, let them crawl on top of you or underneath you.

TARGETS: Core

MAKE IT FUN: If your kids are older, turn planks into a competition: Who can hold one the longest?

[Click here for exercise example photos.](#)



VIDEO OF THE WEEK

Silly Walks

Video Collection: [Yorshire Silly Walks Instagram Page](#)

Now this is creative thinking! A Michigan family is lightening up lockdown with a neighborhood project inspired by the Monty Python.

Karl and Liz Koto of Grosse Pointe Park, Michigan love Monty Python. The Kotos have long appreciated the iconic British troupe founded by John Cleese, Eric Idle, Michael Palin, Terry Gilliam, Graham Chapman and Terry Jones. The group has created nearly five decades' worth of timeless comic moments.

Earlier this month, the Koto family installed a sign on their front lawn advising neighbors to initiate a silly walk as they pass by their home. The sign instructs: "You have now entered the jurisdiction of the Ministry of the Silly Walks. Commence silly walking immediately." The idea for such community fun was inspired by Monty Python's "Ministry of Funny Walks" sketch in the 1970s "Flying Circus" series, starring Cleese as a government worker who approves grants to develop nonsensical walks.

This particular sketch has become a part of the fabric of comedic culture ever since. In 2014, the bit was copied with a traffic sign in Norway. More recently, it was highlighted by Dartmouth University researchers in a paper looking at flaws in the academic peer-review procedures. And in 2019, hundreds of fans engaged in a "silly walk" parade in Hungary on April Fool's Day.

The Koto family records people on their Nest cam as they walk by (posting a disclaimer for social media on their sign). They then upload the footage to the [@Yorshire](#).

[SillyWalks](#) Instagram page. The results are often hilarious attempts by both neighbors and strangers to dutifully follow the instructions and develop their own "silly walks." (<https://www.instagram.com/yorkshire.silly.walks>).

"People either understand [the sign] right away or pull out their phones to look up the meaning," Karl reported to Yahoo Life, adding that it was fun to see neighbors participate but "hysterical" to see complete strangers attempt a silly walk in the neighborhood.

The camera has captured a variety of noteworthy performances, including a family performing a synchronized swimming routine and another doing the Village People's "Y.M.C.A." dance. Pizza delivery workers and pets have participated, making their best efforts to represent their entertaining walking styles. Repeat visitors are common for the Koto family and they report that parents have seemed to enjoy embarrassing their children with their walks. "People have great fun with it," says Karl.

The walks are filmed at a distance to protect the identity of the participants. Sometimes the Koto's two children, ages 8 and 11, act as cheerleaders from the front yard to encourage the various participants. Each evening, the couple reviews footage, edits and brainstorms the video captions.

Karl says "branch [ministry] offices" have been opened in California and countries like England, France and Kenya. "As long as it gives people joy," he says, "We'll keep the sign up as long as we can."

The highlight of the whole project came from the best possible endorsement. John Cleese himself tweeted his seal of approval, saying that the silly walks made him happy to see. He's not the only one—hundreds of others have also been made happy seeing these walks.



RECIPE OF THE WEEK

Chips and Dips

We love to entertain in our house, and when this whole pandemic is over, it will be time to party! *Saveur* magazine has so many great recipes! The magazine, which can be found online, contains articles about gourmet food, wine and travel, all of my favorite things! When hosting a party, chips and dips are the easiest and can be made ahead of time. Nowadays it's no longer just Ruffles and Ranch. These two recipes are vibrant in color and pair well with raw vegetables or pita chips.

Dip 1: Creamy Watercress

INGREDIENTS:

- 4 oz. watercress
- 1 cup cottage cheese
- 1/3 cup mayonnaise
- 1/4 cup each roughly chopped chives and parsley
- 2 tbsp. fresh lemon juice
- Kosher salt and freshly ground black pepper, to taste

DIRECTIONS:

Purée watercress, cottage cheese, chives, parsley, lemon juice, salt and pepper in a food processor until smooth.

[Recipe Courtesy of Saveur](#)

RECIPE OF THE WEEK

Dip 2: Roasted Carrot and White Bean

INGREDIENTS:

- 2 cups roughly chopped carrots
- 2 cloves garlic, peeled
- 2 sprigs rosemary
- 2 tbsp. canola oil
- Kosher salt and freshly ground black pepper, to taste
- 1 (15-oz) can rinsed and drained cannellini beans
- 1 1/2 tsp. ground coriander

DIRECTIONS:

Heat oven to 400°. Toss carrots, garlic, and rosemary with canola oil, plus salt and pepper on a baking sheet; roast until tender, about 20 minutes. Transfer to a food processor; discard rosemary. Add cannellini beans, ground coriander, and more salt and pepper; purée until smooth.

Chips and Dips have come a long way over the years! These two recipes are hearty, healthy and honestly can be served as a meal. ENJOY!

[Recipe Courtesy of Saveur](#)

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

EASY

Free Printable Crossword Puzzle #6

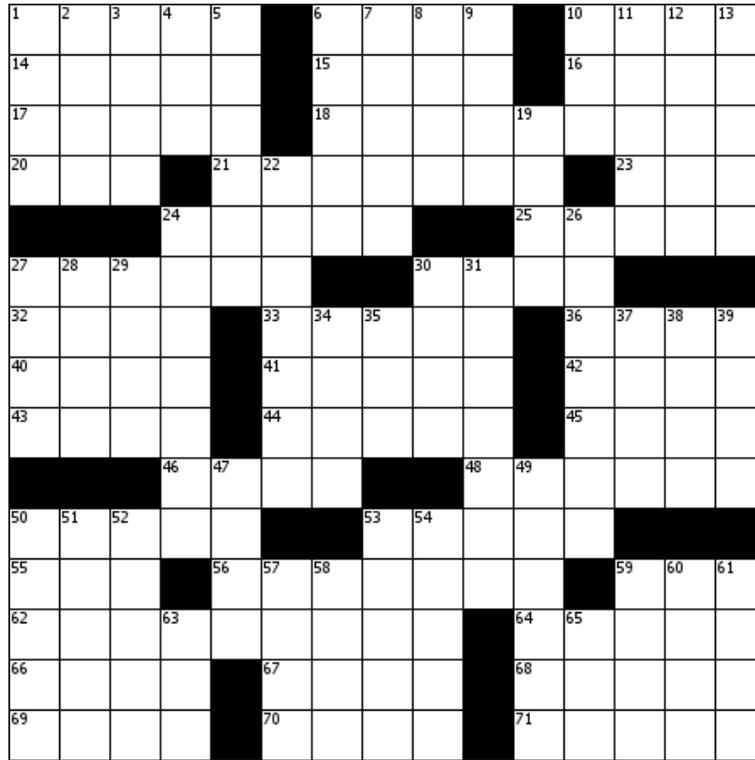
This is the Daily Crossword Puzzle #6 for **May 11, 2020**

Find the solution at

<http://onlinecrosswords.net/62397>

Across

1. Harry Potter's skill
6. Rodents
10. Disfigures
14. Diminish
15. Canyon sound
16. A Baldwin
17. Oklahoma city
18. Square dance figure
20. Train stop (abbr.)
21. Scoffed
23. 60 secs.
24. Armstrong and Diamond
25. Eat away
27. Toronto's country
30. Coal source
32. Spur on
33. Croc's kin
36. Bad actors
40. Lima's country
41. Repent
42. Ohio lake
43. Smell
44. ____ blue
45. Helper
46. Memo letters
48. Reach
50. Plant part
53. Short skirts
55. Is able
56. Oahu and Maui
59. Lease
62. South American country
64. Pilfered
66. Bakery item
67. Stratford-upon-____
68. Mother's brother
69. Flower support
70. Actor Richard ____
71. Patriot ____ Allen



Down

- | | | |
|----------------------|-----------------------------|--------------------------|
| 1. Wrestling pads | 22. ____ Falls | 49. Disposable hankie |
| 2. Border on | 24. Not artificial | 50. Wound remainders |
| 3. Party | 26. Microwaves again | 51. Fortuneteller's card |
| 4. That thing's | 27. Guitar device | 52. Geometric corner |
| 5. Halted | 28. Asleep | 53. Feudal estate |
| 6. Drive back | 29. Infamous fiddler | 54. Ridiculous |
| 7. Land measures | 30. Da Vinci's " ____ Lisa" | 57. Deer |
| 8. Norse thunder god | 31. Dublin's country | 58. In person |
| 9. A few | 34. Upon | 59. ____ Ness |
| 10. Grown boy | 35. Nursery item | 60. ____ Fitzgerald |
| 11. Texas landmark | 37. Operatic melody | 61. Youth |
| 12. Remodelled | 38. Skirt length | 63. Stately tree |
| 13. Setting | 39. Viewed | 65. Explosive inits. |
| 19. Genesis site | 47. Outer covering | |

DIFFICULT

Free Printable Crossword Puzzle #2

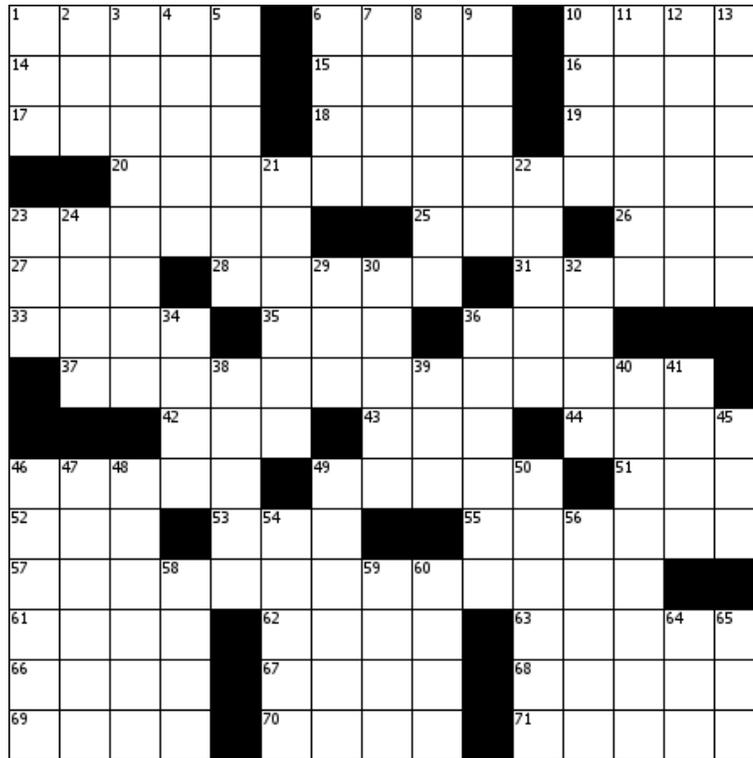
This is the Daily Crossword Puzzle #2 for **May 11, 2020**

Find the solution at

<http://onlinecrosswords.net/6970>

Across

1. Teenager's "I messed up"
6. Sometimes this grp. is out of this world
10. Union concerns
14. Skin layer
15. Gobs
16. "Say it ___ so!"
17. Overwhelm
18. Tennis for couch potatoes
19. Brussels-based grp.
20. Kirk's password?
23. Film's start
25. LAX info
26. Prior to, in verse
27. Shakespearean prince
28. Put the check in the mail
31. Measured amounts
33. Lone Star State sch.
35. Put on
36. Winter ailment
37. Wandering newspaper account?
42. Have to pay
43. Brazilian metropolis
44. Arrogant sort
46. Buc's home
49. Nasty looks
51. '50s monogram
52. Nest egg item, briefly
53. He's jumbled?
55. Like an object in Newton's Law of Inertia
57. Cloak thief?
61. Yellow fin, e.g.
62. "Paul Revere's ___"
63. Claude of "The Invisible Man"
66. Pressure on the surface
67. Ratatouille, e.g.
68. Online marketing
69. Whirlpool
70. Word with wild and wide
71. Waste time



Down

1. AMA members
2. Longbow wood
3. Charm, for one
4. Capital of Jordan
5. Natty
6. Wine area
7. Yours on the Left Bank
8. Wordsworth work
9. Feeling of dread
10. Fred and Wilma's pet
11. Accepted practices
12. Total
13. Sticks partner
21. Make colorful T-shirts, in a way
22. Soup server
23. Moo ___ pork
24. Long-running Broadway musical
29. Kind of rule
30. Harden
32. The triple in a triple play
34. Stage piece
36. Type of arrangement
38. Up to one's ears
39. Golf position
40. Not facing the truth
41. Silent assents
45. Quinella, e.g.
46. Move quietly
47. In the neighborhood
48. Battle stations, at times
49. Inappropriate frivolity
50. Gawked
54. Word with play or trade
56. Lasso
58. Shrewd
59. ___ fixe
60. Lascivious
64. It's nothing
65. Underhanded