

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Philosopher Seneca the Younger once said, "Time is the one thing that is given to everyone in equal measure." The words are simple but true. Each of us gets 24 hours every day and it is up to each of us how we use it. Before you were directed to stay home, life was all about routine and responsibility. Now many have the chance to find a new routine and different types of responsibility, but it's important to balance that with a sprinkle of pleasure and exploration each day. Build in play time while you are staying safe and protecting the greater good. Time is precious, and we need to embrace each moment.

Dance Anyone?

For years, my husband and I have said we are going to take dance lessons, and we couldn't ever find the time. Well, now time is all we have! Salsa has always been my favorite. It originated in the 1900s in Cuba, where rhythms from the two main existing styles of music in the region (Cuban Son and Afro-Cuban rumba) were combined to create a new dance. This new rhythm was combined with American jazz and taken to New York by Cuban musicians. I did some digging online and found several websites offering online dance lessons! Just think, when this quarantine is over, you will impress everyone at the next wedding, family get together or quinceanera with your new dance moves!

<https://latindancemovement.com/online/>

What is on Everyone's Reading List These Days?

The Splendid and the Vile takes readers out of today's political dysfunction and back to a time of true leadership, when, in the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country, and a family, together. Author, Erik Larson, shows in cinematic detail, how Churchill taught the British people "the art of being fearless." It is a story of political brinkmanship but also an intimate domestic drama, set against the backdrop of Churchill's prime-ministerial country house, Chequers, and his wartime residence, Ditchley, where

Churchill and his entourage go when the moon is brightest and the bombing threat is highest.

Most, if not all, companies are having to restructure their operations because of COVID-19. It is critical now more than ever that there is team cohesiveness. *The Five Dysfunctions of a Team* is another book in the Action library. Author Patrick Lencioni tells the tale of a team's struggle to accept responsibility and come to an agreement, resulting in negative morale. Throughout the fable, the five dysfunctions of their team become evident, i.e. absence of trust, fear of conflict, lack of commitment, avoidance of accountability and inattention to results. At the end of the story, the main points are summarized, and clearly written suggestions and exercises are offered to help bring about change.

Welcome to Downton

Downton Abbey is an award-winning series from Julian Fellowes that spans 12 years of gripping drama centered on a great
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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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English estate on the cusp of a vanishing way of life. The series, set in the fictional Yorkshire country estate of Downton Abbey between 1912 and 1926, depicts the lives of the aristocratic Crawley family and their domestic servants in the post-Edwardian era—with the great events in history having an effect on their lives and on the British social hierarchy. Events depicted throughout the series include news of the sinking of the Titanic in the first season; the outbreak of the First World War, the Spanish influenza pandemic and the Marconi scandal in the second season; the Irish War of Independence leading to the formation of the Irish Free State in the third season; the Teapot Dome scandal in the fourth season; and the British general election of 1923 and the Beer Hall Putsch in the fifth season. The sixth and final season introduces the rise of the working class during the interwar period and hints at the eventual decline of the British aristocracy.

The series premiered in 2010, and can be found on PBS's streaming platform, Passport, Amazon Prime and iTunes.

Recreate the Classics

Be your own Italian masterpiece: how people are recreating classic artworks in coronavirus quarantine. Like many cultural institutions, the J. Paul Getty Museum in Los Angeles is closed due to the spread of the coronavirus. During this challenging time, the Getty has found a way to keep people engaged with their art—even though they can't see it in person. They've challenged their social media followers to "recreate a work of art with objects (and people)" from the comfort of their own homes.

After the museum shared some examples of this art challenge with its own staff, Twitter users began replying to the Getty with their artistic recreations. Some used their pets as stand-ins for the human subjects in art history, and everyone had to get creative about how they saw everyday items. One person used a dustpan to represent a blue house found in a Chagall painting, while another used half a dozen rolls of toilet paper to mimic the poofy shape of a powdered wig in an 18th-century Parisian painting. These types of recreations will make you laugh, and then they'll have you looking around your own home to see what you could conjure up for a masterpiece from history.

The Getty isn't the only account that's promoting this type of creative challenge, but it has become so popular that it's now known as the "Getty Museum Challenge." The institution, however, got the idea from Tussen Kunst & Quarantaine (@tussenkunstenquarantaine), a Dutch Instagram whose name means "between art and quarantine." They have been sharing homemade recreations for many weeks now, as has Covid Classics (@covidclassics)—a popular Instagram featuring "four roommates who love art... and are indefinitely quarantined."

If you want to get in on this fun, visit <https://www.reddit.com/r/GettyMuseumChallenge/> or search the hashtag #gettymuseumchallege on social media!

VIDEO OF THE WEEK

Looking for a challenge to do while you are at home?

Watch this introductory video for a concept called "forced perspective" in photography and video: <https://www.youtube.com/watch?v=429b5Ergtzg>.

See what kind of forced perspective images and videos you can produce around your home and then send us your best shots to tdueck@actionlife.com. We will display the very best in next week's newsletter.

Learn a New Language

For those of you that know me, you know that I love to talk. It is true, and that is why it is so difficult when my husband and I travel to Mexico to visit his aunts, uncles and cousins and everyone is speaking Spanish. I want nothing more than to join in on the conversations and understand what they are saying. His aunt makes the most amazing dishes and I want to be able to understand the recipe without my husband having to translate. I want to watch a Novella with my mother-in-law without subtitles. Then, I heard of Duolingo! Duolingo is an American platform that includes a language-learning website and mobile app, as well as a digital language-proficiency assessment exam. The company uses the freemium model; the app and the website are accessible without charge, although Duolingo also offers a premium service for a fee.



EXERCISE OF THE WEEK

Work Out With a Band!

Resistance bands are a great addition to any strength training routine or rehabilitation program, and they come in a variety of sizes, lengths and resistance levels.

They're also portable and easy to store, so they're perfect for home use, hotel workouts or making the most of a small space at the gym. Just like free weights, exercise bands come in a range of resistance levels, from highly stretchable to heavy-duty strength.

The most common types of bands are tube bands with handles, loop bands (aka giant rubber bands), and therapy bands. If you're in doubt, a fitness professional can help determine which band is right for you, depending on your fitness level and your specific workout plan.

For most exercises, try aiming for 2–3 sets of 8–25 reps per exercise. Ready, set, stre-e-e-etch! Here are a few band exercises to choose from:

Lower-Body Exercises

1. Front squat

Stand on the band with feet slightly wider than shoulder width. Holding a handle in each hand, bring the top of the band over each shoulder. If the band is too long, secure it in place by crossing your arms at your chest.

Sit straight down, chest up, abs firm, pressing knees out over your toes. Rise back up to the starting position. Repeat for 8–12 reps.

2. Leg extension

Kick it up a notch with this quad builder. Anchor a loop band in a low position on a support (like an incline bench), looping the other end around your ankle with the band positioned behind you. Step away from the anchor to create tension on the band, and position your feet hip-width apart.

Shift your weight to your left foot and lift right leg from the floor. Extend knee until it straightens out in front of you. Slowly return to the starting position. Repeat for 8–12 reps before switching legs.

3. Glute bridge

Salute those glutes! Tie a band around your legs right above your knees. Lie face up with your feet on the floor, bending your knees to 90 degrees.

Raise your hips until your shoulders, hips, and knees align, contracting your glutes through the entire movement. Do 15–20 reps.

Arm Exercises

1. Concentration curl

Want to get ready for the gun show? Start in a forward lunge position, right leg in front, and place the middle of the band under your right foot. Grasp one end of the loop band with your right hand, resting your elbow on the inside of your knee (to target those biceps a little deeper).

With palm facing away from your knee, curl the band up toward your shoulder, squeezing your biceps at the top. Slowly lower back down. Repeat for 8–10 reps before switching sides.

2. Standing biceps curl

Stand with feet shoulder-width apart with feet placed over the middle of the band. Grab a handle in each hand, starting with your arms down at your sides.

With palms facing in front of you, pull your arms toward your shoulders by bending at the elbow until you get a good bicep contraction. Slowly lower back down. Do 12–15 curls.

3. Overhead triceps extension

Sit on a chair or bench, placing the center of a tube band beneath your glutes. Grab a handle in each hand and stretch your arms up, bending your elbows so your hands are positioned behind your neck.

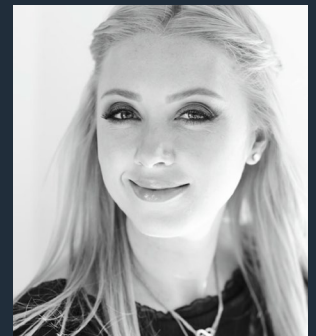
With palms facing the ceiling, press your arms straight up until they fully extend. Lower back down. Repeat for 10–12 reps before switching sides.

<https://greatist.com/fitness/resistance-band-exercises#arms>

Quarantine Beauty Tips

It was 1990 and a beautiful sunny day in Killington, Vermont when I spent the day on the slopes with my friend and her family. I wore a helmet and goggles and thought, "what other protection did I need?" Ahhhh.....SUNSCREEN! With the exception of my eyes, I had the worst case of wind/sunburn. From that day on, skincare became a top priority!

Now that salons are temporarily closed and I can't get a facial, I turned to Brittany Wilson for some advice. She is a professional makeup artist that has worked in all aspects of the field, from television during her time in LA, to photoshoots, and she now focuses on bridal makeup in San Diego. She has been giving me beauty tips for years, and I reached out to see



Brittany Wilson

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what products I should be using.

Brittany shared the following:

Trying something new while stuck at home during the quarantine might be tempting when boredom hits, but my best advice would be to keep it simple. Now is not the time to do a chemical peel for the first time or wax your eyebrows! Here are a few simple beauty go-to options of mine to hold you over until we can all get back to our favorite professionals.

For facialist results at home, Charlotte Tilbury Magic Facial Dry Sheet Mask is the perfect option. Inspired by the technical innovations of Korean beauty and infused with supercharged ingredients, including vitamins, floral extracts, peptides and oils, it's the secret to glowing, hydrated and plumper-looking skin and best of all you can use the mask up to 3 times and wear it while exercising or picking up around the house. You can find this mask at www.charlottetilbury.com or www.sephora.com

Another great option is a DIY (do-it-yourself) facemask using 1 tsp of lemon juice and 1 egg white. This mask is great for clarifying and helping to get that glow back to your skin, and you probably already have these simple ingredients at home. Make sure to apply the mask to a freshly washed face and leave on for no more than 20 minutes. Rinse with warm water and follow with your favorite moisturizer. My favorite moisturizer is Tatcha Water Cream also available at Sephora.com—it smells amazing and feels like a drink of water for your face.

For anyone like me who's going through nail salon withdrawal, I've found the perfect at-home treatment that's easy to use, has great results and is actually a fun way to pass the time. The Kiss Salon Dip Color Kit has everything you need to give yourself salon quality nails at home that last 2-3 weeks and no UV light needed. A few tips that I found useful are to make sure you don't paint too much base gel onto your nail before dipping it into the powder, keep the base gel layers nice and thin so your

nail doesn't look too thick and remember you can always buff and file any excess dip power off if it does get away from you. You can buy the kit at www.riteaid.com or www.kissusa.com and it's only \$19.99. I found it super easy to use!

I don't know who needs to hear this right now, but STEP AWAY FROM THE TWEEZERS! Fight the urge to sit in front of your magnified mirror and go to town on your eyebrows. Your eyebrow specialist will thank you. Instead, use my favorite product from celebrity makeup artist Patrick Ta. His Major Brow Shaping Wax shapes and tames unruly brows. It comes in a clear or tinted formula. I personally love the tinted formula. It helps fill in my brows while shaping them at the same time.

Pro tip:

- Activate the formula with a drop of setting mist or water.
- Brush a spoolie or a firm brush into the pan to pick up a small amount of wax.
- Brush through clean brows in an upward, outward motion.
- Shape as desired.

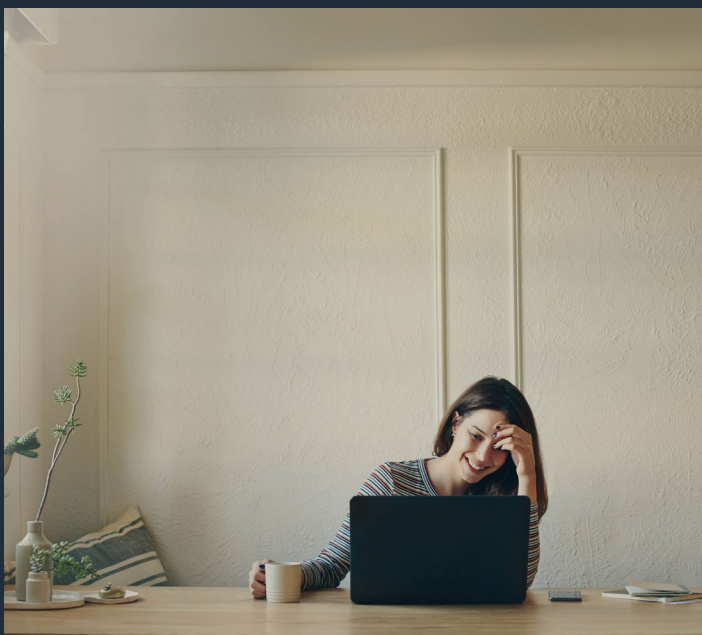
Available at www.patrickta.com or www.sephora.com

We all love a good spray tan, and even though we're stuck at home during this time, it's still nice to have a healthy glow. My favorite do-it-yourself products are from St. Tropez and Mine Tan. The St. Tropez self-tan purity bronzing water mousse has a light natural color and is easy to apply with a tanning mitt to ensure a streak-free tan. For anyone that wants a little more color, my favorite product is from Mine Tan: Dark Ash tanning mousse.

It has a cool, intense super dark brown skin finish, complements fair & reddish skin tones, suitable for face & body, suits all skin types, no orange tones, no fake tan smell and is Vegan-friendly, cruelty-free + 100% natural DHA. Easily applied with a tanning mitt, you can leave it on for 1-3 hours depending on how dark you want your tan. Pro tip: when you rinse your tan after the 1-3 hour development time, be sure to rinse your tan in cool to lukewarm water as hot water will deactivate the tan before it has a chance to completely develop. And do not use soaps or body scrubs during the rinse off. A quick 45 seconds under cool water will yield the best results! You can buy St. Tropez Bronzing Water Mousse at www.sephora.com and Mine Tan at www.us.shop.minetanbodyskin.com Mine Tan is offering 20% off your first order with code welcome20. Don't forget your tanning mitt! Also available at us.shop.minetanbodyskin.com for only \$2-\$7!!

And finally, don't underestimate the power of a good headscarf during this time! I'm super tempted, like everyone else with major roots showing, to take matters into my own hands, but just remember a color correction can cost anywhere from \$300-\$600! So grab your favorite scarf, and just hide those roots until we can get back to the salon!

For more beauty tips and tutorials, be sure to follow Brittany on Instagram [@brittanywilsonmakeup](https://www.instagram.com/brittanywilsonmakeup)



RECIPE OF THE WEEK

Albondigas Soup

We can all use some comfort food these days, and what is better than soup! This is my version of Chicken Soup for the soul! This recipe is so easy, and you can freeze any leftovers for future meals. Feel free to substitute mint for the cilantro, and you can vary the vegetables depending on what you have on hand. Top the Albondigas soup with your choice of chopped fresh cilantro, sour cream or cotija cheese. My children like it with warm corn or flour tortillas. Enjoy!!

INGREDIENTS:

- 1 pound ground beef (I prefer turkey meat)
- 1/3 cup of raw white rice
- 1 bunch cilantro, finely chopped
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 egg
- 1 pinch garlic salt
- 1 pinch onion powder
- salt and ground black pepper to taste
- 4 (14.5 ounce) cans chicken broth
- 1 cup tomato sauce or Salsa (recipe to follow)
- 4 large carrots, cut into 1/2 inch pieces
- 3 stalks celery, cut into 1 inch pieces
- 3 potatoes cubed (I actually use a can of Hominy instead)

DIRECTIONS:

1. Place the ground beef, rice, egg, 1/2 of the cilantro, 1/2 of the chopped onion, the garlic, garlic salt, and onion powder in a bowl. Sprinkle with salt and black pepper, and mix gently until combined. Form the meat mixture into golf ball-sized meatballs.
2. Make the soup base with onion, garlic, broth, tomato sauce/salsa, carrots: Heat oil in large heavy-bottomed pot (5-qt) over medium heat. Add onion and cook until tender, about 5 minutes. Add the garlic and cook a minute more. Add stock, water, carrots, potatoes and tomato sauce/salsa. Bring to boil and reduce heat to simmer.
3. Add meatballs to soup, let simmer. Gently add the meatballs to the simmering soup, one at a time. If you are using hominy, add it now. Cover and let simmer for 1/2 hour.
4. Add a few pinches of salt, pepper and a dash of cayenne to taste.

Homemade Salsa

My Tia Carmen taught me this recipe 20 years ago, and it is a crowd pleaser! Every time I make it, someone asks me for the recipe! Best of all, it is super easy to make!

INGREDIENTS:

- 1 28oz can whole peeled tomatoes
- 2 fresh Roma tomatoes
- 1 ½ or 2 fresh jalapeño or serrano peppers (depends on how hot you want it!)
- 1 bunch fresh cilantro
- 2 or 3 fresh garlic cloves
- 1 small red onion
- salt to taste

DIRECTIONS:

Put everything in the blender and blend to desired consistency!!

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

Free Printable Crossword Puzzle #4

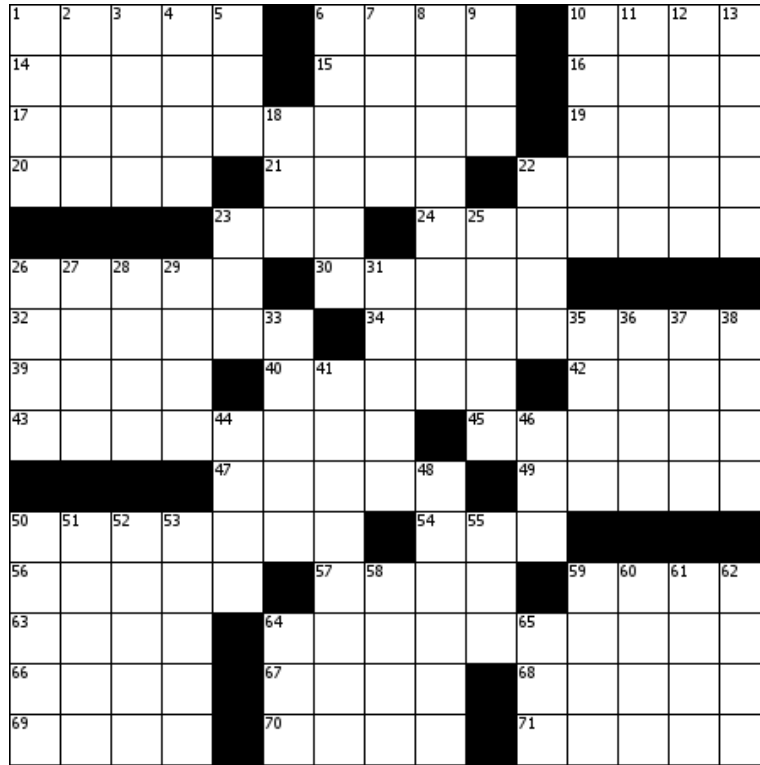
This is the Daily Crossword Puzzle #4 for Apr 20, 2020

Find the solution at

<http://onlinecrosswords.net/83114>

Across

- 1. Yule visitor
- 6. Farm unit
- 10. Right away!
- 14. Laker Shaquille ____
- 15. Feels remorse
- 16. Cougar
- 17. Inappropriate
- 19. Tiny particle
- 20. For fear that
- 21. Location
- 22. Dote on
- 23. ____ wing and a prayer (2 wds.)
- 24. Narrowed gradually
- 26. Show again
- 30. Apache, e.g.
- 32. Gotten up
- 34. Cooked too long
- 39. Location
- 40. Tiny landmass
- 42. Conception
- 43. Migraine
- 45. Most painful
- 47. Poetry
- 49. Takes five
- 50. Curious woman of myth
- 54. Tennis stroke
- 56. Decorate
- 57. Ashen
- 59. Connecting words
- 63. Refer to
- 64. Emphasize
- 66. Golfers' pegs
- 67. Intend
- 68. Come afterward
- 69. Foam
- 70. Gifts to charity
- 71. Swarms



Down

- 1. Inner being
- 2. "The Diary of ____ Frank"
- 3. Famous loch
- 4. Tightly stretched
- 5. Boxer Muhammad ____
- 6. Biblical mountain
- 7. Ice unit
- 8. Not absolute
- 9. Wind dir.
- 10. Digging tool
- 11. Private teacher
- 12. Love, in Rome
- 13. Made docile
- 18. Basker's desire
- 22. Impersonator
- 23. Small bill
- 25. Assists a crook
- 26. Reckless
- 27. Cleveland's waterfront
- 28. Pinup ____ Hayworth
- 29. Secondhand
- 31. Stage parts
- 33. More congenial
- 35. Urgent
- 36. Poems of praise
- 37. Robin's home
- 38. Chows down
- 41. Artillery shell fragments
- 44. Shakespeare's river
- 46. Globe
- 48. Burstyn and DeGeneres
- 50. Treaties
- 51. Farewell, to Pierre
- 52. Recorded
- 53. Clothe
- 55. Atop, poetically
- 58. Eve's partner
- 59. Complexion woe
- 60. Snout
- 61. Percussion instrument
- 62. Uses the eyes
- 64. ____ Thurman of "Pulp Fiction"
- 65. Clique

DIFFICULT

Free Printable Crossword Puzzle #1

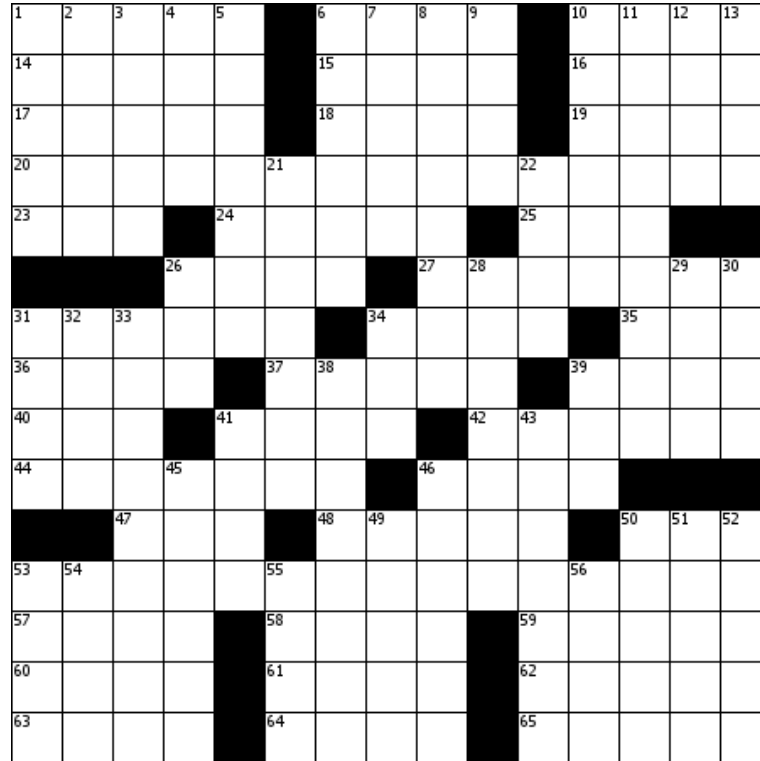
This is the Daily Crossword Puzzle #1 for Apr 20, 2020

Find the solution at

<http://onlinecrosswords.net/890>

Across

1. Caesar, e.g.
6. Goes out to sea
10. Stuff to be crunched
14. Surrogate
15. Lunar plain
16. Actor Jannings
17. Drop flavor
18. Cut ____ (dance)
19. Flying start?
20. Talkative one's question, part 1
23. Pongee color
24. Robin's creator
25. Waikiki neckwear
26. Cotton deseeders
27. Medium states
31. Talkative one's question, part 2
34. One thing among several
35. Marilu, on "Evening Shade"
36. Balcony section
37. Didn't take part, (with "out")
39. Turow work
40. Ticker tape?
41. Sitter's handful
42. Talkative one's question, part 3
44. Your overall circumstances
46. "How the Other Half Lives" author
47. Grass structure
48. Grammy winner Black
50. Moo goo ____ pan
53. Talkative one's question, part 4
57. "Incredible" one
58. "Why don't we?"
59. Serve the purpose
60. Look at too intently
61. French play part
62. Sculpt
63. Optimistic
64. Ref's decisions, sometimes
65. Baby bouncers



Down

1. 7-10, e.g.
2. Fight card site
3. Play salesman?
4. Neuron part
5. Exhibiting charisma
6. Forgoes the USPS
7. Peerage member
8. What some dye to become
9. Utah's state flower
10. Overwhelm with sound
11. Mom and apple pie, e.g.
12. Lose steam
13. Succulent plant
21. Two-bit
22. Certain drumbeat
26. Word before "I don't know"
28. Burgundy, for one
29. Word with when or where
30. It may follow the pitch
31. Way to go downhill
32. Pig's place?
33. Walking surface for the nervous
34. Addams cousin
38. Worker's carrot
39. Yiddish complaints
41. Take the bait
43. Retaliate
45. Really bad film
46. Salon offerings
49. Numbers game
50. Scowl
51. Kicking partner
52. Guernsey and Jersey
53. Noted hammer thrower
54. Science fiction award
55. Developer's map
56. Netman Lendl