

life at home

WITH NICOLE MIRANDA

Embracing unexpected opportunities in unprecedented times.

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Rainbows are said to be a symbol of hope and promise, and even new beginnings. After it rains, the air in the atmosphere is filled with raindrops. Each raindrop acts like a tiny prism. If sunlight passes through raindrops at just the right angle, the light is split into an arc of colors with red on the outside of the band and violet on the inside. When a rainbow appears, it does not mean the storm never happened or that we are not still dealing with its aftermath. It means that something beautiful and full of light has appeared in the midst of the darkness and clouds. So when this rainstorm is over, remember, there will be a rainbow.

Drive-In

Drive-ins are making a comeback! Walmart is set to bring drive-in movies to 160 stores nationwide. In communities across the nation, Walmart Supercenter parking lots will be turned into contact-free, drive-in movie theaters beginning in August.

The drive-in theater experience will roll out through October in partnership with Tribeca Enterprises for a combined 320 movie showings. The family-friendly movie nights will include movies, special appearances from filmmakers and celebrities and concessions delivered directly to your vehicle.

Additional details about the drive-in movie tour will be announced closer to August at www.walmartdrive-in.com.

In addition to drive-in movies later this summer, families can attend Camp by Walmart. This began on July 8. The virtual summer camp will include 50 free activities throughout the summer led by celebrities and experts, such as actress Drew Barrymore, actor Neil Patrick Harris, singer and actress Idina Menzel, basketball star LeBron James and designer Todd Oldham. Camp programming ranges from family-bonding activities to teaching campers new skills.

For more information visit <https://communityimpact.com/houston/tomball-magnolia/arts-entertainment/2020/07/03/>

[walmart-to-bring-drive-in-movies-to-160-stores-nationwide-in-august-launch-virtual-summer-camp/](#).

Coloring

Coloring in a coloring book is not just for kids! Adult coloring pages are all the rage these days, in part, because it is just good therapy. Art therapy may be the new “hot” topic for relieving stress these days, but it is not simply the latest and new therapy fad.

The idea of using coloring for stress relief goes back to one of the pioneers of modern psychology, Carl Jung. Jung studied the effects on people who would create and color Mandalas. A Mandala is generally an abstract geometrical form, usually a square or a circle that is formed of geometric patterns. They have been used in many ancient cultures and have been part of Hinduism, Buddhism, Australian Aboriginal culture and Native American culture as a symbol of the universe, infinity, wholeness and man’s connection to a higher power. Mandalas

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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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are still one of the most popular versions of adult coloring books.

The intricate designs take consistent concentration to color effectively. The patterns provide allowance to express creativity within the structure. Using mandalas for adult coloring is even used to aid in mediation. The aesthetically pleasing designs draw your attention into the pattern. This helps reach a relaxed state while coloring and allows people an extended opportunity to think about the larger issues in life and to even weigh big decisions.

Adult coloring pages are also used as therapy for anxiety. Coloring therapy can soothe and reduce anxiety by providing a task that is simple, yet requires complete focus to do well. The patterns and colors are often effective to simply make you feel better and more relaxed.

Adult coloring pages exercise the entire brain! It is not a “left” brain or “right” brain thing. It is a task that exercises and engages both sides, effectively providing a “full brain” workout. When adults color they access the “creative side” of their brain to make artistic color choices and build aesthetic balance to their unique art. But this activity also requires the use of the frontal lobe for concentration, in order to focus organizational thoughts. When adults color, they also use the “rational” side of their brain for fine motor skills and problem-solving. This makes the coloring a simple task that truly takes your entire brain to complete.

For me, coloring brings back happy memories of childhood. Coloring is a simple exercise. Just about all of us spent many hours coloring as children. It was fun. It was easy. It was distracting.

The same is true as an adult. Sometimes, as you are doing some adult coloring, you tap into a bit of your old self as a child and you begin to have the unbridled fun and excitement you used to have as a kid.

Children get simple joy from simple things, so why can't we as adults? Being able to get that simple joy in completing a simple task like coloring, even if only for a moment, is well worth the effort. So put away the pens and highlighters and open that box of crayons and colored pencils and start coloring!

VIDEO OF THE WEEK

Stunning Duets

After her choir practice was canceled because of coronavirus, Utah teen, Savanna Shaw, took to YouTube to showcase her voice. But she does not make videos alone, she is joined by her equally talented father Mat Shaw. The two now post regularly on YouTube as the father-daughter singing duo Savanna and Mat. Enjoy this beautiful cover of Andrea Bocelli's, Fall on Me.

<https://www.youtube.com/watch?v=-19WdhcUVfY>

Dinosaur Sculptures

The coronavirus pandemic has resulted in social distancing measures in nearly every part of the world, causing people to look for new and unusual forms of enjoyment. One family has taken their time in isolation to new heights, creating dinosaurs made out of rocks from an abandoned quarry!

The Booker family—James, Emily and their two children, Thomas and Olivia—have created several rock portraits, including a Tyrannosaurus rex, triceratops and a velociraptor, near an old quarry in Stroud, Gloucestershire, England. Talk about creativity!! The largest structure, which is Thomas' favorite, is the T-rex, which measures approximately 20 feet long! Even amid social distancing, James said it's become a conversation starter with other people, some of whom have filled in the outlines.

The impressive gallery was produced using random pieces of stone and is meant as a thank you to health workers who helped the family deal with Thomas' epilepsy. Dad, James, hopes that it is making people stop and give them happiness. We all need some of that these days, and who doesn't like dinosaurs?

<https://www.foxnews.com/science/family-dinosaur-sculptures-during-coronavirus-social-distancing>

Hashtag History

Hashtags are used regularly by millions of social media users,

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EXERCISE OF THE WEEK

Meditation and Mindfulness

Meditation is an exercise to cultivate mindfulness. The more time we spend sitting with the mind, the more at ease we feel within ourselves. And, as we do weightlifting exercises to develop our biceps or quads, there are meditation exercises we can do throughout the day to strengthen our “mindfulness muscle.” The more awareness we can bring to our day, the greater calm, clarity, and contentment we’ll feel. Here are a few mindful awareness exercises that may help sharpen your cognitive function and reduce symptoms of anxiety.

1. **To calm your nerves** - Sitting comfortably in a chair, take a big, deep breath. As you breathe in, notice how the body expands; as you breathe out, feel the body soften. Gently close the eyes. Rather than the mind leading the breath, allow the breath to lead the mind. Notice the sensation of the breath, and where you feel it in the body. Follow that rising and falling sensation, allowing thoughts to come and go. When you’re ready, gently open the eyes.
2. **In the shower** - A daily shower is the perfect time to practice your mindfulness meditation exercises. (The length of your shower is unimportant. Just make sure to leave your phone in another room, so it won’t disturb you.) As you step into the shower, be aware of how the water feels as it hits your head, your back, your arms. Is it hot enough? Too hot? Notice which part of the body you wash first, then switch it up. Habits like showering usually put us on autopilot: we go through the motions while the mind skips off. If your thoughts have wandered, gently bring your attention back to the present. You can apply this mindfulness exercise to just about any daily habit, from pouring yourself a glass of iced tea, to brushing your teeth, to taking a walk.
3. **Before a meal** - Whether you’re sharing a meal or eating alone, you’re probably looking forward to the first bite of whatever is on your plate! Before digging in, take a minute for this one-minute mindful eating exercise. Pause to bring your attention to the food. Think about where your food has come from, where it was grown, how it was prepared. In our fast-paced lives, we often miss that farm-to-table connection. Engage the physical senses — the sight, the texture, the aroma of the food. Does it take you to a particular place in your mind? As you begin to eat, don’t wolf down your meal! Chew it slowly, savoring the complexity of flavors, and each moment.

The beauty of these mindfulness meditation exercises is that they require very little effort, and you can do them pretty much anytime, and anywhere. And just as with

physical fitness, the more you train the mind through practice and exercise to be present, and not reactive, the better you’ll be able to meet life’s challenges head-on.

Article from <https://www.headspace.com/meditation/exercises>.

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most especially among the vast Twitter community. I have always been curious what the very first hashtag was and how it spread quickly across the internet. Chris Messina, a social technology expert, is believed to have come up with the very first hashtag on Twitter. He first posted the hashtag #barcamp in August 2007. Messina was looking for way to coordinate and gather online discussions regarding Barcamp, an international network of user-generated conferences primarily focused around technology and the internet. Since then, hashtags have spread to other social media sites and all over the internet to become one of the most widely used functions. Today, hashtags are used a wide range of organizations and individuals from all around the world to increase followers and maximize brand recognition.

What is on Everyone’s Reading List These Days?

A wedding celebration turns dark and deadly in this deliciously wicked and atmospheric thriller titled *The Guest List*, by Lucy Foley.

On an island off the coast of Ireland, guests gather to celebrate two people joining their lives together as one. The groom: handsome and charming, a rising television star. The bride: smart and ambitious, a magazine publisher. It’s a wedding for a magazine, or for a celebrity: the designer dress, the remote location, the luxe party favors, the boutique whiskey. The cell phone service may be spotty and the waves may be rough, but every detail has been expertly planned and will be expertly executed.

But perfection is for plans, and people are all too human. As the champagne is popped and the festivities begin, resentments and petty jealousies begin to mingle with the reminiscences and well wishes. The groomsmen begin the drinking game from their school days. The bridesmaid not-so-accidentally ruins her dress. The bride’s oldest (male) friend gives an uncomfortably caring toast.

And then someone turns up dead. Who didn’t wish the happy couple well? And perhaps more important, why?

What is Everyone Watching These Days?

Greyhound is a 2020 American war film directed by Aaron Schneider, starring Tom Hanks as U.S. Navy Cmdr. Ernest Krause who is assigned to lead an Allied convoy across the Atlantic during World War II. His convoy, however, is pursued by German U-boats. Although this is Krause’s first wartime mission, he finds himself embroiled in what would come to be known as the longest, largest and most complex naval battle in history: The Battle of the Atlantic. *Greyhound* is currently streaming on Apple TV.

RECIPE OF THE WEEK

Portobello Steaks with Avocado Chimichurri

[Recipe from Minimalist Baker](#)

These steaks are great on the grill or on the stovetop! They are hearty, savory, juicy, meat-free, low carb, spicy and only require a handful of ingredients! Portobello mushrooms are full of antioxidants and essential minerals such as riboflavin, selenium, copper and potassium.

INGREDIENTS:

Mushrooms:

- 3-4 large portobello mushrooms (stems removed, wiped clean)
- 1/3 cup balsamic vinegar
- 1/4 cup olive oil
- 1/2 tsp cumin
- 1/2 tsp black pepper
- 1/4 tsp smoked paprika
- 3 cloves garlic (minced)
- 1 Tbsp steak sauce (optional // vegan friendly, like A1)

Chimichurri:

- 1 1/2 cups parsley (finely chopped // either kind will work, but flat leaf Italian parsley is best)
- 3 cloves garlic (minced)
- 1 medium shallot (minced)
- 1/4 tsp red pepper flake
- 3-4 Tbsp olive oil
- 3 Tbsp lemon juice
- 1/2 tsp each sea salt and black pepper
- 1 small ripe avocado (cubed)

DIRECTIONS:

1. Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.
5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.
6. To serve, top portobello steaks with avocado chimichurri.

This is the perfect option for all your summer grilling needs. They're great on their own but would also pair well with salads, cauliflower mashed potatoes, or cooked quinoa or rice.

SOLUTIONS TO LAST WEEK'S CROSSWORD PUZZLES

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

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

EASY

Free Printable Crossword Puzzle #7

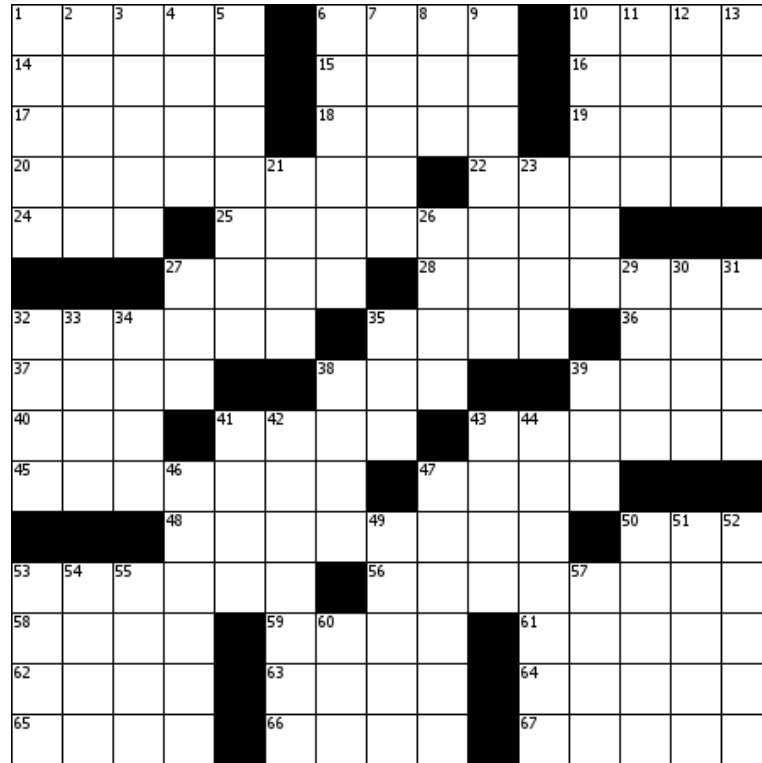
This is the Daily Crossword Puzzle #7 for Jul 14, 2020

Find the solution at

<http://onlinecrosswords.net/80909>

Across

- 1. Adolescents
- 6. Water jug
- 10. Actress ____ Moore
- 14. Musical show
- 15. Queue
- 16. Epochs
- 17. Ring
- 18. " ____ we forget"
- 19. Window part
- 20. Medieval singer
- 22. Winter eave hanger
- 24. Goldfish, e.g.
- 25. More sensitive
- 27. Pub orders
- 28. Liberate
- 32. Eyed slyly
- 35. Verse writer
- 36. Understand
- 37. Icicle's spot
- 38. Used to be
- 39. Close tightly
- 40. Compass direction (abbr.)
- 41. Discharge
- 43. Japanese, e.g.
- 45. Spanish women
- 47. Makes a choice
- 48. Coniferous evergreen (2 wds.)
- 50. Place
- 53. Scheduled
- 56. Large terrier
- 58. City transportation
- 59. ____ Macpherson
- 61. Sublets
- 62. Capital of Norway
- 63. Waterfowl
- 64. Roast host
- 65. What time?
- 66. Mother's sister
- 67. Achievers



Down

- 1. Vagrant
- 2. Uncanny
- 3. Occasion
- 4. Convent residents
- 5. City in Washington
- 6. Burstyn and DeGeneres
- 7. Handle skillfully
- 8. Printing measures
- 9. Person on a pension
- 10. Crave
- 11. Musician ____ Clapton
- 12. Shopping center
- 13. ____ of Capri
- 21. Critic Rex ____
- 23. Highland Scot
- 26. Love deity
- 27. How ____ you?
- 29. Floating
- 30. Actor ____ Connery
- 31. Snaky fishes
- 32. Not as much
- 33. Relieve
- 34. Level
- 35. Tap gently
- 38. Learned
- 39. Family mem.
- 41. Ohio lake
- 42. Nelson ____ of South Africa
- 43. Imitator
- 44. Guided
- 46. Choice
- 47. Asia
- 49. Eagle's claw
- 50. Cyclist ____ Armstrong
- 51. Modify
- 52. Positive replies
- 53. Pack away
- 54. Eyelid hair
- 55. Car part
- 57. Floor model
- 60. Yankee ____ Gehrig

DIFFICULT

Free Printable Crossword Puzzle #3

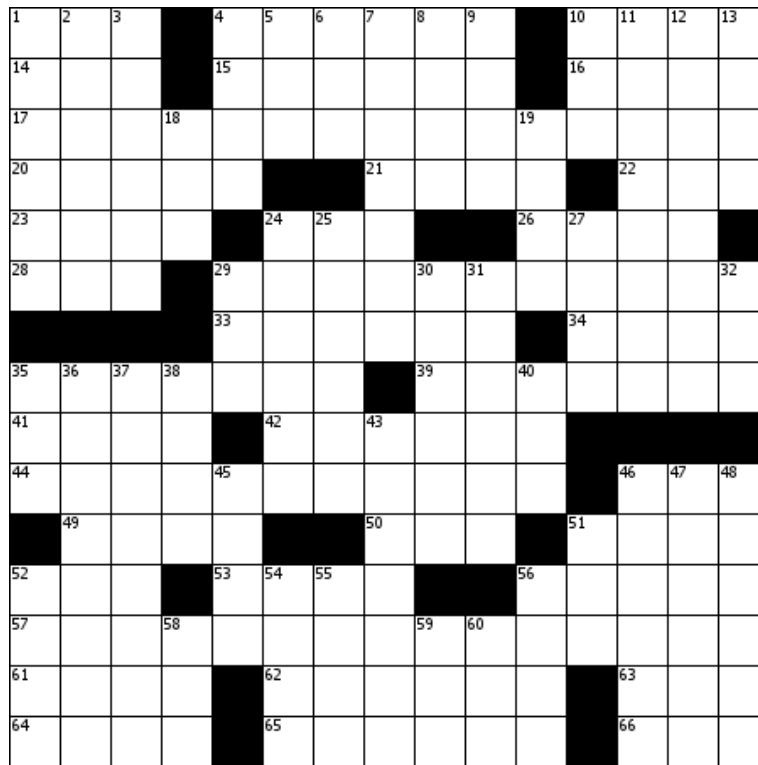
This is the Daily Crossword Puzzle #3 for Jul 14, 2020

Find the solution at

<http://onlinecrosswords.net/8150>

Across

1. One of Greg's sisters
4. Uses camouflage, with "in"
10. Killers on the Nile
14. Is multiplied?
15. Rooftop gadget
16. Tiny biter
17. One-sided ballgame
20. Fliers on the beach
21. Junkie's needle
22. Surfboard need
23. Like 666
24. Test soon to include an essay section
26. High degrees
28. Word dropped by hot dog chain Wienerschnitzel in 1977
29. One-sided figure formed with a twist
33. Word in an Agatha Christie title
34. Cairn terrier of moviedom
35. Flowed out
39. Candy bar collector's item
41. Fuji stuff
42. American or Foreign follower
44. Old items which were one-sided and only held 110KB
46. Gal. divisions
49. In ____
50. Toll, e.g.
51. "Ari\$\$" star Robert
52. Young ____ (little kids)
53. "There's nothing ____!"
56. France's longest river
57. News slogan that many reinterpret as "one-sided"
61. Gregory Peck horror movie, with "The"
62. Hitched in secret
63. Crone
64. Word repeated after "Que"
65. It's stocked in an adult shop
66. Hot time in Montreal



Down

1. Swiped, slangily
2. Get there
3. Fix
4. Scrooge-like outbursts
5. Necklace given upon some deplanings
6. West end?
7. Sleepwear of sorts
8. Monkees member Jones
9. Freudian error
10. Sales rep.
11. Lily family member with little white flowers
12. Host's least favorite guest?
13. "Kilroy Was Here" band
18. Capitol Hill figure: abbr.
19. TV show where many are seen shirtless
24. How some are missed
25. Withstood
27. URL starter
29. Rapper ____ Def
30. Not very well thought-out
31. Cerebrovascular accident, familiarly
32. "____ favor"
35. Gee preceder
36. It labels an icon
37. More stylish, at first sight
38. Diamond dealers?
40. Ques. counterpart
43. One way to present your present
45. "I'd Rather Go Naked Than Wear Fur" org.
46. Wussy food, according to a 1980s cliché
47. It may raise the Homeland Security code
48. Huge hammer
51. Hit the jackpot
52. Abductors in tabloids
54. Pictures of Washington
55. Keep the motor humming
56. Kenny Rogers hit song
58. Genetic messenger
59. Well-chosen
60. Fire sign