

# Park Newport View

May 2020

## General Food Hygiene Tips

### Take steps to protect yourself and others.

- Wash your hands thoroughly with soap and water for at least 20 seconds before preparing any food.
- Use separate chopping boards to prepare uncooked meat and fish.
- Cook food to the recommended temperature.
- Where possible, keep perishable items refrigerated or frozen, and pay attention to product expiry dates.
- Aim to recycle or dispose of food waste and packaging in an appropriate and sanitary manner, avoiding build-up of refuse which could attract pests.
- Wash your hands with soap and water for at least 20 seconds before eating and make sure your children do the same.
- Always use clean utensils and plates
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Park Newport Market 949.644.6033  
Instagram: @parknewportmarket

Park Newport Cleaners 949.644.6113.

## COVID-19 STOP THE SPREAD

For Founder Institute Events

### AVOID PHYSICAL CONTACT

Stop shaking hands, hugging, or kissing the face as a form of greeting. Consider fist pumping or touching elbows instead.



### AVOID TOUCHING FACE

Refrain from touching your face, eyes, mouth and nose when in public spaces or in close proximity to others.

### COUGH & SNEEZE RESPONSIBLY

Ensure you do not cough and sneeze in the direction of people. Cough into a disposable tissue or your left elbow.



### WASH YOUR HANDS

Use hand sanitizer, and regularly wash your hands with soap after touching surfaces in public spaces.

### STAY AT HOME IF SICK

If you are feeling ill or are showing symptoms such as a fever, a cough, or congestion, stay at home.



## General Manager's Comments

As our country languished in the Great Depression, the great American President, Franklin D. Roosevelt said, "The only thing we have to fear is fear itself." In 1921 he had found himself at 39 years old the victim of a debilitating illness which left him crippled and mostly wheelchair bound for the rest of his life. He fought the devastating diagnosis with courage and resilience which prepared him to be both a Governor and a President of distinction. What's important to note is that his misfortune made him stronger and better in the roles for which he would come to be known. Right now, our country bears the scars of rapid and unexpected change, the likes of which we have not experienced in our lifetimes. Many of us cannot see beyond the extreme circumstances that have touched us personally or the lives of so many we know and love. Yet, courage abounds in so many ways. Daily, our fellow Americans respond on the front lines of Healthcare, Hospitality, Education, Farming, Military Service, Police and Fire Services, Postal and Delivery Services, Restaurants, Banking, and Government to ensure our ability to move forward, and we can thus begin to recover. We will get through this. Together.

## Park Newport Thanks You





*Blast from the Past  
-Daily Pilot 1973-*



the shot you want the second time, but the client doesn't think he's getting his money's worth unless you keep working.

"In the theater you often look down on those people in films, but it's really the hardest," she added. Miss Duncan hit Newport Beach with her own brand of refreshing honesty and enthusiasm Monday to take up residence in the Park Newport Apartments.

Although she is perhaps best known as a bank teller in television commercials, the 24-year-old actress appeared for several years on Broadway, receiving awards for her performance in the revival of the musical, "The Boy Friend." Her television series was interrupted last fall for an operation on a benign tumor behind her left eye. She lost the sight in that eye, but it still moves normally. "I've always been nearsighted anyway," she grins, adding that she is "more stingy with her time" since the crucial operation. She maintains a residence in Hollywood, but says Park Newport, where she has a one-year lease on a townhouse, will be a home-away-from-home. "I lived in New York for six years and my mother, father and sister would never visit me," the blond actress said. "They can come here and be with the beach and the air." Her parents still live in Tyler, Tex., her hometown. "And when you're in this business, you need someplace to go where nobody knows you're here," she said, glancing around the room full of Orange county reporters. "well, that was the whole idea anyway. I won't have a phone." She has begun work again since the operation and has made guest appearances on recent "Flip Wilson," "Laugh-in," and "Sonny and Cher," shows. Filming on "Funny Face," her own television series, will resume in April. The actress smiled and recalled that "before commercials, I did drama, not comedy. I was known as the big crier in drama class."

*15 Minute Spicy Peanut Noodles Recipe*

Ingredients

- 16 ounces brown rice noodles
- 2 cloves garlic
- 1 tbsp oil
- 2/3 cup creamy peanut butter
- 3-4 tbsp low sodium soy sauce or tamari
- ¼ cup water or chicken/veggie broth for more flavor
- 1 tbsp rice vinegar
- 1 tbsp toasted sesame oil
- 1-2 tbsp sriracha
- 1 tbsp maple syrup or honey
- ½ tsp red pepper flakes
- Optional 2 tsp chili garlic sauce

1. Bring a large pot of water to a boil and cook noodles according to package instructions.
2. Finely mince the garlic and add to a sauté pan with 1 tbsp of oil. Any oil will work here, I used olive.
3. Sauté over low heat for 2-3 minutes or until golden brown.
4. Add in all remaining sauce ingredients and whisk together until smooth.
5. Add about ½ of the sauce to cooked pasta and mix together.
6. Serve with crushed peanuts, scallions, and red pepper flakes

*7 Things to do While in Quarantine*

1. Start a journal or blog. Sure, it can be about the Coronavirus, but it could also be about a specific interest.
2. Meditate. Try laying down with your eyes closed, palms up while focusing on your breath.
3. Treat yourself to a glorious skincare routine
4. Organize your junk drawer, supply shelves, closet and life.
5. Bake goods.
6. Indoor scavenger hunt
7. Visit a virtual museum or theme park



"I don't think you're getting the point of this exercise."

Would anyone really want to scrub bathtub rings or eat Chinese food all day? Maybe for \$10,000. A single 60-second television commercial can net a performer up to \$10,000 through residual payments. Sandy Duncan, star of television's "funny face" has made 20 or 30 commercials – but insists "it's not as great as it seems." A one-minute commercial can take all day to film, but "that's only to impress the client," Miss Duncan laughs. "Sometimes you get