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# Better Home Living

A newsletter that is both informative and fun!

February 2023

## Welcome to our newsletter!



### The Reality of Same-Day Deliveries

The days of waiting for packages ordered online are quickly coming to a close as several of the most prominent online retailers are leading the charge to make same-day delivery a reality.

According to Forbes magazine, Amazon and other retailers are flexing their industry clout and expertise to reset consumer expectations around how long it should take to receive a package. Amazon, especially, has made grand steps to reach this milestone and their same-day deliveries continue to grow as they add more distribution centers and improve their logistics.

In its essence, same-day delivery isn't a complicated idea. According to Time Magazine, Amazon simply has the massive scale required to build warehouses in major cities that give them a feasible distance to work with.

Once an order is placed, they then use a sophisticated algorithm, honed with decades of fulfillment experience, to give the warehouse picker the best route to find all of the items needed to get the order out the door almost immediately. Having that edge allows for issues that might come up with local delivery services or, in the case of one-hour shipping, even traffic jams.

### Frozen Versus Fresh Vegetables

Frozen vegetables are just as healthy as fresh, and they're less expensive.

According to a recent USDA study, a pound of fresh broccoli is about 70 cents more expensive than frozen. There is very little loss of nutrients such as vitamins C and B during the freezing process of vegetables.

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### Valentines Day trivia

**HOW DID CHOCOLATE COME TO BE ASSOCIATED WITH WHAT STARTED OUT AS THE FEAST DAY FOR A ONCE-OBSCURE ROMAN SAINT?** Saint's days, on their own, are no rarity — according to Vatican News, the liturgical calendar shows that February 14 is a day dedicated to the memory of no fewer than five saints:

Sts. Cyril, Monk, and Methodius, bishop patrons of Europe, St. Zenon, martyr on the Appia, and St. Valentind, martyr on the Via Flaminia. Every other day also has its full complement of holy men and women, yet we don't break out the candy boxes 365 times a year!

Read More:

<https://www.mashed.com/331100/the-surprising-origin-story-of-chocolate-on-valentines-day/>

**BOX OF CHOCOLATES:** The Valentine's Day tradition of giving a box of candy was started in the 19th century by Richard Cadbury, a scion of a British chocolate manufacturing family. With a new technique recently established at the company to create more varieties of chocolate, Cadbury pounced on the opportunity to sell the chocolates as part of the beloved holiday.

**CUPID BEGAN AS A GREEK GOD:** The chubby baby with wings and a bow and arrow that we call Cupid has been associated with Valentine's Day for centuries. However, before he was renamed Cupid, he was known to the ancient Greeks as Eros, the god of love. Eros, the son of Greek goddess Aphrodite, would use two sets of arrows—one for love and another for hate—to play with the emotions of his targets. It wasn't until stories of his mischief were told by Romans that he adopted the childlike appearance that we recognize today.

### THE MONTH OF FEBRUARY -

Is the only month to have less than 30 days, it's usually 28 days. It's only 29 days in leap years like 2024. January and February were the last two months to be added to the Roman calendar (713BC); originally, winter was considered a month-less period.

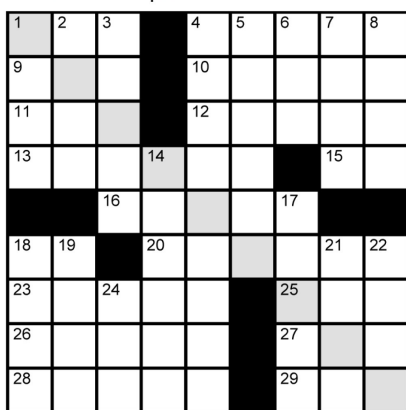
## Warm quilt

Across

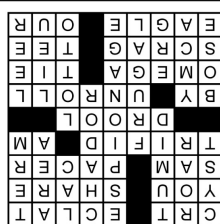
1. Computer monitor, for short
4. Flair
9. Part of WYSIWYG
10. Stock unit
11. "Casablanca" pianist
12. Harness racer
13. Divided into three
15. Exist
16. Drivel
18. Beside
20. Open, in a way
23. Alpha's opposite
25. 20-20, e.g.
26. Scrawny one
27. Casual attire
28. Colonel's insignia
29. Lord's Prayer start

Down

1. Skin problem
2. Big laugh
3. Swollen
4. Bond's world
5. Indian shawl



6. Fond du \_\_, Wis.
7. Locale
8. Duration
14. Penny-pinching
17. Kind of ticket
18. Speaker of note
19. Youth org.
21. Stead
22. Lascivious look
24. .0000001 joule



The headline is a clue to the answer in the diagonal.

## Cool 'n Easy Pie Dessert Recipe

From my moms recipe box. A Kraft Kitchen recipe she saved. An easy red dessert for Valentines month! Can use fat-free or sugar free ingredients.

2/3 cup boiling water

1 pks (4-serving size) JELLO-O Brand Strawberry Gelatin

1/2 cup cold water

1 tub (8 oz.) COOL WHIP Whipped Topping, thawed

1 prepared graham cracker crumb crust (6 oz. or 9 inch)

STIR boiling water into gelatin in a large bowl at least 2 minutes until completely dissolved. Mix cold water and ice to measure 1/4 cup. Add to gelatin, stirring until slightly thickened. Remove any remaining ice.

STIR in whipped topping with wire whisk until smooth. Refrigerate 15-20 minutes or until mixture is very thick and will mound.

SPOON into crust. Refrigerate 4 hours or overnight. Top with strawberry slices. 8 servings.

Since 2008 we have been making customers happy and want to thank you so much for choosing us! Some of our cleaners have been in the same homes or five years or more! Much appreciated! THANK YOU!

Newsletter designed by: Kristi Nelson of Kristi Klean

## Blood pressure in both arms

It might be best to take your blood pressure in both arms. According to a study published in Clin Exp Hypertens 2016, a large difference in the systolic blood pressure between arms might be a sign of cardiovascular disease.

Mild differences are not uncommon and should not cause worry. But if the difference in systolic pressure is greater than 10 mm HG, this could mean an artery in that arm has narrowed, possibly from atherosclerosis. And that could mean that blood flow is impeded to vital organs like the heart or brain.

"Without Valentine's Day, February would be...well, January."  
— Jim Gaffigan

## \*\*\*CURRENT CUSTOMERS\*\*\*

Take the Trivia Challenge and Win a \$15 Gift Card to Pub 819 in Hopkins!

Here is how it works. Answer the question below by going to our website and fill out the contact form for a general question. The first 15 to answer the question, by the contact form, will be entered in the drawing at the end of the month!

Before being called Cupid, what did the ancient Greeks call Cupid?

a. Zeus b. Apollo c. Eros d. Aphrodite

HINT: The answer is hidden somewhere in this newsletter.

Please enter once every three months

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## The Power of a campfire

A study from the Proceedings of the National Academy of Sciences suggests that it is the less-often-cited social activities that may be responsible for humanity's dramatic evolution we see today. The study, from The Wall Street Journal, shows that campfires allowed humans to extend the day past sunset for the first time!

All of these activities played a significant role in how humans learned to consider broader social networks. Campfires brought people together and created a nexus for cultural development.

Fast-forward to the present day, and people have lost that sense of community and social behavior. According to Fortune, the amount of people describing themselves as lonely has doubled over the past several decades despite living in a world that is more technologically connected than ever.

According to the Huffington Post, unplugging from gadgets and going camping can help improve sleep, mood, and inspire creativity. It can create connections! Invite someone you know to your next firepit gathering!