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# Better Home Living

A newsletter that is both informative and fun!

NOVEMBER 2023

## Hello and welcome to our newsletter!

### THANKSGIVING SLEEPY:

Is it true you get sleepy at Thanksgiving because of all that tryptophan in turkey? Yes and no, but mostly no.



It is true that the amino acid tryptophan works as a precursor to other sleep-inducing chemicals. Turkey has lots of it. But *cheese and nuts have more, along with Tofu-turkey* too, according to Wired.com.

In 1972 a psychiatrist named John Fernstrom looked into the tryptophan connection and found that tryptophan alone does not make you sleepy. It's also the carb-heavy meal that force amino acids to go to work breaking it all down converting tryptophan into serotonin and suddenly snores ensue.

When you eat too much, you have to digest a lot. You feel tired and it's because you ate a really big carb-loaded meal. Too late to do anything about it. Just kick off your shoes, relax, and don't blame the turkey.

### Free your closet, free your mind!

Since last month, you may have started the decluttering process with a few of our tips.

How are you feeling? Decluttering and removing items you no longer need or use, creates a sense of relief and a more streamlined wardrobe. But don't stop there! The kitchen cupboards will also bring you peace!

Clutter impacts our minds, makes us feel on edge, and prevents us from relaxing. By removing the clutter you will lower your personal stress levels.

With better space utilization, ALL your items will be organized and accessible to use for the busy holiday season coming up!

This is the perfect time of year to ask us to clean out kitchen cupboards or drawers. Please call in advance to book this and ask about pricing.

### NOVEMBER FACTS

**November 5 200AM** - Daylight saving time ends.

Fall back one hour on your clock

**November 11** - Veterans Day

**November 13** - New Moon

**November 13** - World Kindness Day

**November 23** - Thanksgiving Day (*if your cleaning day lands on this day or the Friday after, we will be contacting you to reschedule*)

**November 23** - Fibonacci Day

**November 25** - Small Business Saturday

**November 27** - Full Moon (Beaver Moon)

*November's full Moon is traditionally called the Beaver Moon. Why this name? In the Colonial Era, this was the month to set one's beaver traps before the swamps froze and beavers retired to their lodges, to ensure a supply of warm winter furs. It's also known as the Frosty Moon, Oak Moon, and Mourning Moon.*

### DID YOU KNOW:

- The first Thanksgiving lasted three days and likely included venison, swan, duck and goose — not turkey!
- Abraham Lincoln made Thanksgiving a permanent national holiday.

- Stuffing is Americans' favorite Thanksgiving side dish.
- In 1955 green bean casserole was introduced to Thanksgiving dinners created by Dorcus Reilly (1926–2018), in 1955 while working in the home economics department at the Campbell's Soup Company in Camden, New Jersey.

The recipe was created for a feature article for the Associated Press; the requirement was for a quick and easy dish using ingredients most US households kept on hand. It was originally marketed as an everyday side dish but became popular for Thanksgiving dinners in the 1960s after Campbell's placed the recipe on the can's label.

**Fibonacci Day** is celebrated on November 23 every year to honor the contributions of Leonardo Bonacci, a medieval mathematician who introduced the Fibonacci sequence of numbers to the Western world.

## Lets Talk Turkey!

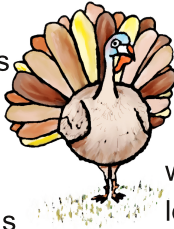
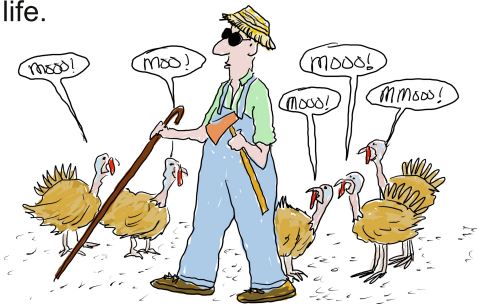
Did you know wild turkeys can live 3-4 years and captive turkeys, a decade or more, but in a factory farm 5-6 months old.

Turkeys are omnivores and have a fairly varied diet that includes nuts (acorns), seeds and grasses, wild fruits like berries, insects, and even small reptiles like lizards, but if fed too much they can become overweight.

Turkeys tend to roost in trees to avoid predators, but females nest on the ground for up to 28 days waiting for their eggs to hatch and another 2-4 weeks while their poults are learning to fly. The hen solely cares for the eggs, and the male turkey, or tom, doesn't help at all.

What do the females like about the males? Turns out its the *snood*! The longer the snood the more desirable! It's the wattle that sits just over the male's beak. Males with longer snoods also tended to have fewer parasites.

Also, turkeys are incredibly social creatures and develop some of the strongest family ties of any animal! A group of related male turkeys will band together to court females, though only one member of the group gets to mate and that may be for life.



Did you know domesticated turkeys love to be stroked, petted and cuddled. They will remember your face and if they like you, they will come up to you to greet you. Turkeys also love music and will cluck along with the songs. But beware, wild turkeys that adapt to urban communities, especially young and mature males, during the breeding season, can become quite aggressive towards people and dogs, and more so if you start to feed them.

### A few more turkey facts:

- They can run at speeds of up to 25 miles per hour and fly as fast as 55 miles per hour!
- Turkey poop is great for manure but can make humans and dogs very sick.
- The wild turkey was hunted nearly to extinction in the 1900s when the population reached a low of around 30,000 birds. But restoration programs have brought the numbers up to seven million today!

<https://www.smithsonianmag.com/science-nature/14-fun-facts-about-turkeys-665520/>

<https://goldengateaudubon.org/blog-posts/the-secret-lives-of-turkeys/>

### **How many words does a dog understand?**

They can understand up to 165 words although some dogs can learn up to 250 words! They can also count up to four or five and notice errors in simple arithmetic such as  $1+1=1$  or  $1+1=3$ . Dogs mental abilities are close to a human child age 2 -2.5 years.

From: [www.apa.org](http://www.apa.org)

## **Turn left at the hen house; Imagine living without an address?**

Four billion people in the world live in just that situation, but a new tech startup is changing that by giving every three-by-three-meter spot in the world a three-word name. What3words gives a memorable three-word name to every spot on the globe and then cross references that spot on maps using latitude and longitude.

This makes a huge difference in places like the Brazilian favelas. Favelas are the Brazilian name for shanty towns, spontaneous cities of make-do buildings. Favelas can have tens of thousands of people living in a colorful chaos of shacks, concrete homes, street vendors, and businesses. But the people living on the thousands of winding paths and streets don't have addresses.

Local delivery services once used creative directions: Go past three pink houses, then a hen house, then a vendor, then turn left. That system worked, but things tended to change over time. Like a pink house might be painted blue. Enter What3words! Now, even in the thick of a favela, residents can put a three-word sticker on their door and a delivery service can find them.

This system is even in use in Denver where the fire department uses it to find its 50,000 hydrants. It's also used in Lake Tahoe for ski rescue and by delivery companies who need to get packages to locations in the Middle East, North Africa and Southeast Asia.

You may not know it but even if you have a conventional address, you also have a three-word address. Check it out at [what3words.com](http://what3words.com).