

What Every Employee Must Know

The CEO addressed a group of newly hired employees. "There are two things we take very seriously around here," he said. "One is cleanliness. How many of you wiped your feet on the mat outside before you came in to work today?" Almost every hand went up. "Good," said the boss. "That brings me to the other thing that's important in this company: Honesty. There is no mat outside."

From The Minds Of Youngsters

Young innocent minds sometimes are the wisest—and funniest. Here are some quotes from children that can apply to all ages:

"Never trust a dog to watch your food."
Patrick, Age 10

"When you want something expensive, ask your grandparents."
Matthew, Age 12

"Wear a hat when feeding seagulls."
Rocky, Age 9

"Never try to hide a piece of broccoli in a glass of milk."
Rosemary, Age 7

"Never ask for anything that costs more than \$5 when your parents are doing taxes."
Carol, Age 9

"Don't ever be too full for dessert."
Kelly, Age 10

"Don't pick on your sister when she's holding a baseball bat."
Joel, Age 12

"Listen to your brain. It has lots of information."
Chelsey, Age 7

"Never dare your little brother to paint the family car."
Phillip, Age 13

"Forget the cake, go for the icing."
Cynthia, Age 8

"Remember the two places you are always welcome—church and grandma's house."
Joanne, Age 11

Testimonial

"Thank you for the wonderful service your team did for me. I am beyond impressed at the level of cleanliness of my home. The dust was gone - above the doorways, fireplace, banister, everywhere!! They changed the sheets and put the clean ones on the beds. We have used services in the past and they can not even compare to the work done by you all. Thank you for a wonderfully clean house and I will be spreading the word on what a great company you are. Thank you so much."

-Martha Byrd of Fort Walton Beach

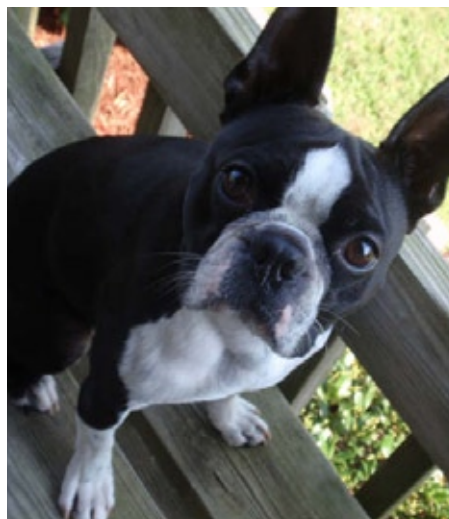
MILLER TIME

A Monthly Newsletter To Inform And Entertain Our Customers

Hello. My name is Miller. I'm that funny looking dog in the picture. My Dad is always telling me to be more productive. He thinks all I do is just sleep all day while he's gone from the house. So I thought I would prove to him that I can be just as smart as him. So I put this newsletter together and I plan on writing to you as much as possible. Maybe my Dad will understand that I'm just as smart and productive as he is after he reads all of this.....

My pop is Ron Holt. You might recognize him as being the owner of Two Maids & A Mop. But to me, he's the guy that is always on my case about something. I can't sit on the couch without him barking at me. I can't jump all over our neighbor without him barking at me. And worst of all, I can't even go to the bathroom unless he lets me outside. Life just isn't fair sometimes.

My friends and I joke all the time that you humans have it so much easier than us dogs. All you do is sleep, eat and have fun. You get to leave the house for hours - who knows what you're doing - but I bet it's a lot better than sitting around the house all day. Plus, you get to eat people food



everyday. I see my Dad eating different types of food all the time. But when it's my time to eat, I get the same food day after day.

But life isn't all bad. I get to chase after lizards every now and then. And I have a lot of fun barking at the vacuum. That vacuum is scared to death of me!

Anyway, I look forward to talking to you again next month. This has been fun. I wish I could write more but I've just got too much going on today. Talk to you in about thirty days.

You Could Save A Life: Recognize The Symptoms Of A Stroke

Strokes are the leading cause of disability in the United States, and the third-leading cause of death. Prompt treatment can limit the damage and save lives, but you need to know what to look for. If you suspect someone near you is suffering from a stroke, USA Today recommends action based on the acronym FAST:

F = Face. Examine the person's features. Ask him or her to smile. If one side of the person's face droops, it's possible that a stroke is coming on.

A = Arms. Can the person raise both arms above his or her head?

S = Speech. Listen to the person speak. If the words are slurred, or the person can't answer questions clearly, the brain may be impaired.

T = Time. Act fast if the person exhibits any of these warning signs. Get him or her to a hospital right away.

Cleaning Tips

- ⊕ You can use vinegar for almost all of your cleaning needs in your home. Here's a few creative ways to use vinegar.
- ⊕ To shine chrome sink fixtures that have a lime buildup, use a paste made of 2 tablespoons salt and 1 teaspoon white distilled vinegar.
- ⊕ Make your own scouring cleanser by combining 1/4 cup baking soda with 1 tablespoon liquid detergent. Add just enough white distilled vinegar to give it a thick but creamy texture.
- ⊕ Clean counter tops and make them smell sweet again with a cloth soaked in undiluted white distilled vinegar.
- ⊕ Clean and deodorize a drain by pouring in 1 cup baking soda, then one cup hot white distilled vinegar. Let this sit for 5 minutes or so then run hot water down the drain.
- ⊕ Deodorize the garbage disposal by pouring in 1/2 cup baking soda and 1/2 cup hot white distilled vinegar. Let sit for 5 minutes then run hot water down the disposal.
- ⊕ Deodorize and clean the garbage disposal with white distilled vinegar ice cubes. Make them by freezing full-strength white distilled vinegar in an ice cube tray. Run several cubes down the disposal while flushing with cold water.
- ⊕ Clean the microwave by mixing 1/2 cup white distilled vinegar and 1/2 cup water in a microwave-safe bowl. Bring it to a rolling boil inside the microwave. Baked-on food will be loosened, and odors will disappear. Wipe clean.
- ⊕ Clean the shelves and walls of the refrigerator with a half-and-half solution of water and white distilled vinegar.
- ⊕ Cut the grime on the top of the refrigerator with a paper towel or cloth and full-strength white distilled vinegar.
- ⊕ Avoid the bad smell when you heat up a newly cleaned oven by using a sponge soaked in diluted white distilled vinegar for the final rinse.

Enjoying The Sun - While Avoiding The Burn

Summer is here, and the days are warm and sunny again. But if you're not careful, an afternoon on the beach or in the park can lead to a case of sunburn. And worse: Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers argue that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you've got to follow the directions. Here's some advice:

Sun block, by the numbers. Pick the right protection in the first place: A Sun Protection Factor (SPF) of 15 will block about 93 percent of harmful UVB rays; SPF 50 screens out 99 percent. Apply your sunscreen 30 minutes before going out. This gives your skin adequate time to absorb it.

Apply sufficient amounts. Experts advise applying at least one full ounce of sunscreen before going out—roughly enough to fill a shot glass. Reapply your lotion every two hours, and after swimming or exercising enough to raise a

sweat. During a long day outdoors, you should use from one-quarter to one-half of an eight-ounce bottle. Remember to apply sunscreen to often-overlooked areas of your body like your ears, lips, and feet.



Minimize exposure. Think of sunscreen as a second line of defense against sunburn and skin damage, not your primary protection. Wear a broad hat, sunglasses, and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest and the atmosphere absorbs less UV radiation than it does during the rest of the day.

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*If You've Never Hired Us Before....
We'll buy you dinner at Outback Steakhouse if you're one of the first five people to call us to schedule an in-home cleaning estimate.*

*And If You Already Hire Us....
We'll give you one FREE housecleaning if one of your neighbors schedules an in-home cleaning estimate. Now go knock on their door and tell'em to call us.*

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