

**Talk about bait-and-switch**

*A little girl walked into her Sunday school class half an hour late. When the teacher asked why she was so tardy, the young girl replied, "I wanted to go fishing with my Daddy, but he said I had to come to Sunday school."*

*Pleased with the father's spiritual dedication, the teacher asked, "And did he tell you why he wanted you to come here?"*

*"He said he didn't have enough bait for the two of us."*

**You know you're grown up when . . .**

*You're not a kid anymore. Here's the proof:*

- *Your refrigerator has more food than beer in it.*
- *6 a.m. is when you get up, not when you go to bed.*
- *You hear your favorite song . . . on the elevator.*
- *You make plans to watch the Weather Channel.*
- *A clean sweater and jeans is no longer considered "dressing up."*
- *You have no idea how late the pizza place delivers.*
- *Your older relatives feel comfortable telling dirty jokes around you.*
- *You feed your dog Science Diet instead of cold pizza.*
- *A \$7 bottle of wine is no longer "the good stuff."*
- *Commercials during Wheel of Fortune now seem interesting.*

**Boost Your Kids' Confidence**

*Talking about the positive events or accomplishments in your child's life can have a profound effect on them. It boosts their self esteem and gives them every reason to expect better things in the future. Draw your child out by asking these questions:*

*What makes you feel proud of yourself? When you know what makes them feel great you can build on it with more questions about where they want to go in their lives.*

*What family memories do you think about? When you hear how they view the family you can ask them where they see themselves in the mix.*

*Were you ever surprised by someone? Knowing what surprises them can give you hints for future reference.*

**Testimonial**

*"THANK YOU SOOOO MUCH! I give you all a perfect score for today's cleaning. Your girls did a fantastic job cleaning and organizing my home. I really appreciate your short notice accommodation. I will definitely recommend your services any time I can and will be calling on your expertise soon! Thanks again!" -Shayne J. from Pensacola*

*"My housecleaning yesterday was perfect! Had been awhile since we'd had the house cleaned professionally and it was like a breath of fresh air...so nice to walk in the house and have it clean...and not by me! -Melanie from Shalimar*

# MILLER TIME

A Monthly Newsletter To Inform And Entertain Our Customers

Funny thing happened today. My Dad left the house early this morning but he forgot to do something that he never forgets. He left my bedroom door open. Now let me tell you - I have no idea where he goes all day, but it stinks having to sit in the same room for hours on hours. Sure, barking at that same squirrel is kind of fun from time to time. But it gets boring. So I know that I need to make the most of my day outside of the bedroom. But what should I do? There's lots of things I could do. For instance, I still have a lot of work to do on that couch downstairs. I've been secretly chewing on it for a few months now and I still have a ways to go before it's complete. Also, my parents bed has the softest pillows and I can only imagine how many feathers are inside those things. Tearing into those pillows sure would be fun. Of course, the most fun I can imagine hangs down from every single window in my house. My parents have these horizontal things that open and close every so often. Sometimes you can see out the window - other times it's completely closed. I've never figured that out...why would anyone not enjoy looking out a window? But anyway, those things hanging from the windows are so much fun to chew on. I think I might



just head downstairs right now and start working on them.

Or, I might just stay right here in this room. Because there's a good chance that my Dad will not be happy if his couch is messed up or if his pillows are destroyed. And I can only imagine what he would do if he came home to those chewed up window things. All he ever talks about is saving money - so none of my fun ideas would make him smile. So I think I might just do the same thing I do everyday. I think I'll just sleep. And snore.

## Is Time Taking Its Toll?



As you get older, are you having more difficulty remembering? There are some foods that you can eat (and some things you can do) in order to avoid the memory loss often associated with old age. Here are a few tips.

**Eat berries.** A Tufts University study showed that aging rats, when fed blueberries, acted like younger rats. Blueberries, followed by strawberries and cranberries, had the greatest impact.

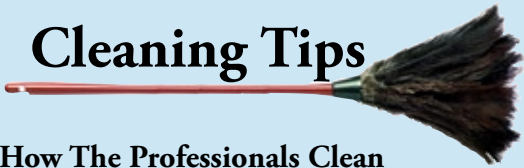
**Eat foods rich in vitamin E, like olive oil, spinach and whole grains.** They can reduce age-related inflammation of the brain.

**Exercise.** Heart hazards, like high cholesterol, may interfere with memory by restricting blood flow to the brain.

**Get enough sleep.** Lack of sleep negatively impacts short-term memory.

**Do math calculations in your head.** In short, engage your brain. Like any muscle, it needs to be exercised.

# Cleaning Tips



## How The Professionals Clean Stainless Steel

Stainless steel is an alloy of iron that contains more than 10 percent chromium. Stainless steel resists stains but occasionally dulls or will show oily finger prints. This steel is noted for its hardness and is used for utensils, tableware, sinks, counter tops and small appliances. In the process of making it, a little of the chromium in the alloy is used to form the hard oxide coating on the surface. If this is taken off, through corrosion or wear, the steel rusts like regular steel.

- ♻️ **Olive Oil:** Rub stainless steel sinks with olive oil to remove streaks.
- ♻️ **Vinegar:** To clean and polish stainless steel, simply moisten a cloth with undiluted white or cider vinegar and wipe clean. Can also be used to remove heat stains on stainless steel cutlery.
- ♻️ **Club Soda:** Remove streaks or heat stains from stainless steel by rubbing with club soda.

**Flatware:** Wash by hand or in the dishwasher. Rinse off acid or salty foods if the stainless flatware is not to be washed soon. Do not spill dry dishwasher detergent on flatware which is wet, as dark spots may result. Do not load stainless steel flatware in same basket section of dishwasher with silverware, as silver may be damaged.

**Utensils:** Do not let pans boil dry, or overheat on burner, which causes discoloration. Stainless steel pans on burners do not distribute heat evenly, and foods tend to stick in "hot spots," so careful stirring of foods is important. Pans with a copper bottom, or a "sandwich" layer of aluminum or copper hidden in the bottom overcome this problem.

Wash by hand or in dishwasher. If washed by hand, rinse well, and polish dry at once with soft dish towel to avoid spots and streaks. Dishwasher washing and drying do not leave these spots and streaks; occasionally a bluish cast develops which can be removed with silver polish. Some foods (acidic, salt, milk and milk products) should be washed, or rinsed thoroughly off the surface of stainless steel promptly or else they tend to corrode it. Do not use harsh abrasives or steel wool on stainless steel.

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### *If You've Never Hired Us Before.....*

*We'll give you a FREE \$300 Gift Certificate to Lowe's if you're the first one to call and schedule a weekly maintenance cleaning. And if you're the first person to call and schedule a biweekly maintenance cleaning - we'll give you a FREE \$150 Gift Certificate to Publix Supermarkets.*

### *And If You Already Hire Us.....*

*We'll give you one FREE housecleaning if one of your neighbors or friends calls today to schedule a deep cleaning. Now go knock on their door and tell'em to call us.*

## TwoMaids Two Maids & A Mop™

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## Tactics For Women To Fend Off An Attacker

Too often, women are targets for would-be predators. You and your loved ones can avoid the threat of assault by learning how to take care of yourself—and, if need be, defend yourself against an attacker. Remember these strategies:

- Don't run blindly. You have a split second to decide whether to fight or flee. Don't run unless there's safety nearby—a crowd of people or someone who can help you. Otherwise, chances are good the pursuer will catch up to you and you'll lose your advantage.
- Attract attention. An attacker may tell you to remain quiet or he'll hurt you. But a scream or a honk on your horn will make it more difficult for him to do what he wants without getting caught. Honking your horn or shouting "Fire!" is sure to draw unwanted attention and likely to make your enemy flee.
- Fight with your whole body. Use your elbows, knees, and head in addition to your hands and feet. Don't punch—use your hands to grab, twist, and inflict pain on your attacker. Instead of kicking at his groin, which may cause you to lose balance, use your knees, or your hands, to attack this sensitive area.

- Attack the right areas. Target the attacker's eyes, throat, and groin. These are the points where you can do the most damage and disable your opponent regardless of your size or physical strength.



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