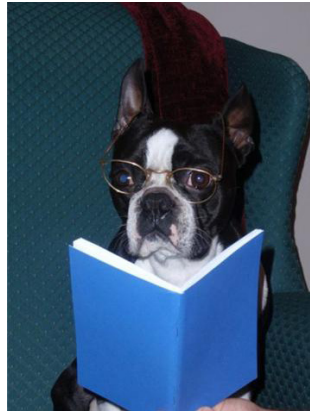


MILLER TIME

A Monthly Newsletter To Inform And Entertain Our Customers

It's 2010 and my Dad's still letting me write this newsletter for you. Toward the end of last year, my Dad sat down and read each of the past newsletters. After reading them, he told me that I needed to improve my writing skills. According to him, I talked too much about myself and talked too much about peculiar dog behavior. So he told me that the only way to keep serving as your author was to improve my writing skills. He claims that the easiest way to get better at writing is reading books. He thinks he's so smart just because he reads a bunch of books. He's like a broken record most of the time. All you hear him saying is, "I created the TwoMaids Pay For Performance Plan by reading a book written by Jack Welch on his company General Electric." Or, "I learned how to treat my employees and customers like professionals simply by reading a book about Chick-Fil-A."



Personally, I much prefer just eating food from Chick-Fil-A. But my Dad's a stickler and he really believes that reading motivates the mind. So I decided to pick up a book and start reading. Yep, that's me to the right of this article. You can be the judge on whether my writing skills have improved as a result of my recent book reading. In my opinion, barking at the TV and sleeping 18 hours per day sounds much more enjoyable.

One last note before you read the rest of my newsletter. My Dad wanted me to say Thank You for making 2009 the most successful year in the history of Two Maids & A Mop. The company added a fourth location in Birmingham, AL and increased its customers base in each of its three current locations!! We made a few mistakes here and there - but overall - we made a bunch of people happy!! THANK YOU!!

Life Lessons: The Importance of Setting Priorities



A professor of philosophy stood silently before his class, waiting for students to take their seats. When they were ready, he wordlessly took an empty mayonnaise jar from his desk and filled it to the top with 2" diameter rocks. When he was done he asked the students whether the jar was full. They replied that, indeed, it was full.

Next the professor took a box of small pebbles and poured them into the jar, shaking the jar so that the pebbles fell into the open areas between the larger rocks. The students smiled. When the professor asked the students again if the jar was full, they agreed that it was.

So then the professor poured in a box of sand which naturally filled up all the spaces

in the jar between the rocks and the pebbles. He then began to explain the purpose of the exercise.

Holding up the jar, he said, "This is your life. The rocks represent all the important things, like family, relationships, your health, whatever is so important that were it lost, you would be devastated, nearly destroyed.

"The pebbles represent the other things that matter but are important to a lesser extent, like your job, a car or a house. They matter on a smaller scale.

"The sand represents everything else. Were you to place the sand in the jar first, there would be no room at all for the rocks. It is the same with your life. If you spend all your energy and your time on the small stuff, you won't have room for the things in life that matter.

"So set your priorities. Be mindful of what are the rocks. And remember that the rest is just sand and pebbles."

The Doctor and The Hiccups

A woman went to the health clinic complaining that she'd been hiccupping for three days straight. She went into the examination room, but three minutes later she emerged, screaming at the top of her lungs, and ran from the office.

The nurse rushed in. "What happened?" "I told her she was pregnant," the doctor said.

"That woman is 67 years old, widowed, and has eight grandchildren! You were only with her for a few minutes—how could you even test her for pregnancy?"

"I didn't," the doctor admitted. "But it cured her hiccups, didn't it?"

Better Than Nothing

Two friends met on the street. "How are you doing since you lost your job?" asked one of the friends.

"Great!" said the friend. "I've taken up meditation." "Meditation? You can't make a living doing that." He shrugged. "It beats sitting around doing nothing."

Faster Than a Speeding Bullet

A state trooper noticed a car driving along the highway very slowly. His radar clocked the vehicle at 10 mph. The trooper, worried that the driver might be in trouble, turned on his siren and brought the slow-moving car to a stop. The driver was an elderly man. In the back seat sat two old ladies, both trembling with fright.

"What's wrong, officer?" asked the driver. "I was driving the speed limit. It was on the sign back there." The trooper realized what had happened. "Sir, that wasn't the speed limit sign, that was the highway number. The speed limit is 65. You're on Interstate 10." "Oh," the man said with a nod. "Sorry about that."

The trooper looked into the back seat. "Are they all right?" "Those are my sisters," said the driver. "They'll be fine. We just got off Highway 98."

Testimonial

Thank you very much for cleaning my home. I was very happy with the cleaning overall. I give the cleaning a 10 out of 10.

Stacy W. of Destin, FL

I rate my service a 10! They did a fabulous job this week!! Thank you!!

Tammy B. of Panama City Beach, FL

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How To De-Clutter Your Home



The most common New Year's resolution is to exercise more often. But living in a cleaner, less cluttered home is a very close second. Here are some easy ways to make this year's resolution easier to accomplish.

- 1. Bring home three big boxes from your grocery store.** Mark each box with magic marker: one Keep, one Sale, and one Charity. Also get a large, lined garbage can into which you can throw things that you don't want to keep, sell, or donate.
- 2. Set a time limit for the session, say fifteen minutes to one hour.** Set a timer, and don't start more than you can finish in your allotted time. When the timer rings, make yourself stop, clean up, and then take at least a 15 minute break so you don't burn out. You can always decide to do another round after the break is over.
- 3. Make three piles on the floor.** Each pile should match each of the marked boxes. Later you probably will change some of the items in each box, or move them to another box, but that's for later.
- 4. Take one room at a time.** In each room make three piles on the floor, matching the labeled boxes. Pick up an item, decide which box to put it into, and toss it into the box.
- 5. Clean and vacuum the room.** Look around and enjoy the neat and tidy area that you probably have not seen for months, or perhaps years. Scrub off grime from surfaces, remove cobwebs and repaint drywall if necessary to make a clean and cozy room.
- 6. Sort through the keep box, aiming to put more into the charity or sale boxes.** The rule of thumb here is if you have not used any item in a year or more, it goes! Add it to one of the other boxes, or toss it into the garbage.
- 7. Bring the box for charity to your car.** Call a charity of your choice and ask them to pick them up. Most of the time they will. Sort through and price items for your garage sale. This will save you time when you have the sale. Try to arrange the garage sale at an early date, so you will not be tempted to return the items to your house. Bring the filled garbage bags to the curb on the next pick-up day.
- 8. Look around!** No clutter, no mess, just a nice clean and nice looking house. Now keep it that way on a daily basis.

For Those Who Need An Excuse To Dish The Dirt

According to experts with the Social Issues Research Centre, 21st century telecommunications technology has improved the human condition because it has allowed us to gossip more. Apparently, gossip is not a trivial pastime but an essential behavior for all primates, including humans. The practice stimulates the production of endorphins, relieves stress and boosts our immune systems.

Because mobile phones facilitate gossip by allowing us to talk anywhere, anytime (and to text as well as talk), researchers have concluded that cell phones are therapeutic and help us recreate more natural and humane communication patterns not seen since pre-industrial times. In an often fragmented world, the technology restores our sense of community and

connection by allowing us to create tightly integrated social networks. And these small, stable, virtual communities are an antidote to the stress and alienation of modern-day life.

In studying how we use mobile phone technology, researchers have come to a number of other surprising

conclusions. For example, men gossip at least as much on their cell phones as women do. Thirty-three percent of men gossip almost every day, as compared with



26 percent of women. Men tend to gossip more about themselves. And there are differences in whom men and women gossip with: men tend to gossip more with colleagues, partners and female friends, whereas women gossip more with same-sex friends and family.

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Here's a quick, simple and easy way for you to save \$50!! Just give this newsletter to one of your friends, family or co-workers. If they call us for a quote, we'll give you \$50 OFF your next scheduled housecleaning. It doesn't get any easier than this to make \$50 quick bucks!!

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