

Newsletter October



Maid in Allen TX
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Your Partner in Hassle-Free Moving.

Welcome to the October Edition!

Dear Valued Clients,

As the leaves turn and the air becomes crisp, we are excited to welcome you to another edition of the Maid in Allen Newsletter. This month, we're bringing you updates, tips, and a special announcement that we hope will brighten your fall season.

1. Fall Cleaning Tips

October is the perfect time to prepare your home for the colder months. Here are a few tips to ensure a cozy and clean environment:

- **Deep Clean Carpets and Rugs:** As you spend more time indoors, make sure your carpets and rugs are free from dust and allergens.
- **Check and Clean the Gutters:** Falling leaves can clog gutters, leading to potential water damage.
- **Organize Storage Areas:** Tidy up garages and basements to make room for seasonal items.

2. Team Spotlight

This month, we're thrilled to introduce you to Emily, our new team leader. With over five years of experience in the cleaning industry, Emily brings a wealth of knowledge and a passion for service excellence. Be sure to say hello when you see her!

3. Special Offers

In celebration of fall, we're offering a 15% discount on all deep cleaning services booked before October 31st. It's our way of saying thank you for your continued support.

4. Safety Reminders

As always, your safety and the safety of our team is our top priority. We continue to follow strict health guidelines to ensure a safe and clean service experience for all.

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Thank You for Choosing Maid in Allen

We appreciate your trust and loyalty. Our team is dedicated to making your home a clean and comfortable space. If you have any questions or need to schedule a service, don't hesitate to contact us.

Warm regards,

The Maid in Allen Team

Stay connected with us through our social media channels for more updates and cleaning hacks!

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Fall Garden Tips

Fall Gardening Checklist

As cold weather approaches, it's time to start preparing your garden for winter. Here's a quick checklist of things you can do to begin winterizing your garden:

FALL GARDENING CHECKLIST

1. Clean up fallen leaves and plant debris
2. Prune dead or diseased branches from trees
3. Plant bulbs for spring flowering
4. Harvest remaining fruits and vegetables
5. Add mulch to protect soil from winter weather
6. Divide and transplant perennials if needed
7. Drain and store garden hoses and tools properly

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Cleaning Corner

5 Tips on How to Clean Grout Lines

We love the beauty of tile and grout, but keeping it clean can be quite a challenge. If your grout lines are looking dark, dirty, or stained, they could likely do with a good scrubbing. Try these tips to renew the look of your grout:

1. Fill a spray bottle with a half-and-half solution of warm water and vinegar.
2. Spray on the grout lines and let stand for 5 minutes.
3. Use a stiff brush (not a metal one!) to scrub the grout lines clean.
4. If staining persists, make a paste of baking soda and water and apply to the grout lines. Spray with the vinegar mixture.
5. Once foaming stops, scrub with a stiff-bristled brush and rinse with water.

Ephemeris for October

Events:

- Full Moon: October 28 in Taurus
- New Moon: October 14 in Libra
- Meteor Showers: Orionids peak around October 21-22

Notes:

- Visibility: Venus is visible in the early morning skies, while Jupiter is prominent in the evening.
- Retrogrades: Saturn continues its retrograde motion until October 23.

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1863 | President Abraham Lincoln issues a proclamation designating the last Thursday in November as Thanksgiving Day

1908 | Henry Ford's Model T, a "universal car" designed for the masses, goes on sale for the first time

1927 | The Jazz Singer starring Al Jolson opens in New York, NY. It is the first full-length feature film (known then as a "talkie") using spoken dialog

1967 | Thurgood Marshall is sworn in as the first African American Associate Justice of the U.S. Supreme Court

1979 | After 70 years of American control, the Panama Canal Zone is formally handed over to Panama

1990 | After 45 years of Cold War division, East and West Germany are reunited as the Federal Republic of Germany

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Our Best October Recipe

Homestyle Recipes Just for You: Zucchini, Corn, & Egg Casserole

Directions	Ingredients
1. Preheat your oven to 375°F (190°C).	- 2 cups of zucchini, sliced
2. In a large bowl, whisk together eggs, milk, salt, and pepper.	- 1 cup of corn kernels
3. Add the zucchini and corn to the egg mixture, stirring until combined.	- 6 large eggs
4. Grease a baking dish and pour the mixture into it.	- 1/2 cup of milk
5. Top with shredded cheese if desired.	- Salt and pepper to taste
6. Bake for 25-30 minutes or until the casserole is set and golden brown.	- Optional: 1 cup of shredded cheese
7. Allow to cool slightly before serving.	

Ingredients:

- 5 cups shredded zucchini and/or summer squash (about 3 medium)
- 2 tablespoons butter
- 1 cup finely chopped onion
- 1 1/2 cups corn kernels, fresh or frozen (thawed)
- 1 1/4 cups no-salt-added cottage cheese
- 1 cup crumbled feta cheese
- 1/2 cup chopped red bell pepper
- 1 Tbs chopped fresh dill
- 2 Tbs all-purpose flour
- 1 tsp baking powder
- 10 large eggs, lightly beaten
- 1/4 tsp ground pepper
- Pinch of salt plus 1/4 tsp divided



Vacationing 101: Luggage Tips and Tricks

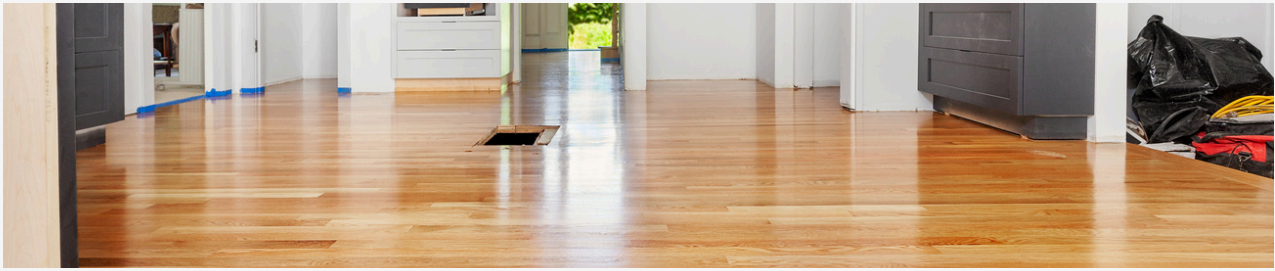
Prepping for vacation or navigating through airports can be a daunting challenge, especially if you're traveling in a group or with small children.

Read through these tips to help you navigate luggage prep and baggage claims like a seasoned pro!

Tip	Luggage Tip or Trick
1	Choose lightweight, durable luggage to avoid excess fees.
2	Roll clothes instead of folding to save space and reduce wrinkles.
3	Use packing cubes or compression bags to organize items and maximize space.
4	Place heavier items at the bottom of your luggage to maintain balance.
5	Keep essential items in your carry-on for easy access and safety.
6	Use a luggage tag with your contact information to prevent loss.

Hardwood Flashcards

	Tip Description
1	Sweep or vacuum regularly to remove dirt and debris that can scratch the floor. Use a soft-bristle broom or a vacuum with a hardwood floor attachment.
2	Use a damp mop with a hardwood floor cleaner to remove sticky spills or stains. Avoid using excessive water as it can damage the wood.
3	Place rugs or mats at entryways to reduce the amount of dirt tracked onto the floor. Ensure the rugs have a non-slip backing to prevent accidents.
4	Attach felt pads to the bottom of furniture legs to prevent scratches when moving them. Regularly check and replace pads as needed.
5	Maintain a consistent indoor humidity level between 30% and 50% to prevent the wood from expanding or contracting. Use a humidifier or dehumidifier if necessary.
6	Avoid wearing high heels or sharp shoes on the hardwood surface to prevent dents and scratches. Encourage guests to remove their shoes upon entering your home.



How to Care for Your Hardwood Floor

Hardwood floors add a lot of beauty and value to your home. To preserve your investment and keep it looking its best for years to come, follow these basic care tips.

- 1. Regular Sweeping and Dusting:** Sweep or dust your hardwood floors regularly to remove dirt, dust, and debris that can scratch the surface. Use a soft-bristle broom or a microfiber dust mop to avoid damage.
- 2. Use the Right Cleaning Products:** Choose cleaning products specifically designed for hardwood floors. Avoid using water and vinegar, soap-based cleaners, or steam cleaners as they can dull the finish or damage the wood.
- 3. Prevent Scratches and Dents:** Place protective pads under furniture legs to prevent scratching. Consider using rugs or mats in high-traffic areas, and avoid wearing high heels or shoes with spikes on hardwood floors.
- 4. Control Humidity Levels:** Hardwood floors can expand and contract with changes in humidity. Maintain indoor humidity levels between 30% and 50% to prevent the wood from warping or cracking.
- 5. Clean Spills Immediately:** Wipe up any spills right away with a dry or slightly damp cloth to prevent staining or water damage. Never let liquids sit on the wood surface for extended periods.
- 6. Refinish and Polish Periodically:** Depending on the level of foot traffic, consider refinishing your hardwood floors every 3-5 years to restore their original beauty. Regular polishing can also help maintain the floor's luster.



Healthy Living: Sleep Your Way to Good Health

Benefit	Description
Improved Cognitive Function	Regular sleep enhances memory, concentration, and decision-making abilities.
Better Mood Regulation	Sufficient sleep helps stabilize emotions and reduces the risk of mood disorders.
Enhanced Physical Health	Adequate sleep supports immune function, reduces inflammation, and lowers risk of chronic diseases.
Increased Productivity	Well-rested individuals are more efficient and effective in their daily tasks and work.
Optimal Weight Management	Consistent sleep patterns help regulate hormones that control appetite and metabolism.



Kid Corner: Do-It-Yourself Halloween Decorations

Halloween is right around the corner, so why not get into the spooky spirit with some homemade decorations? Check out these creative crafts you and your kids can do together:

Decoration	Materials Needed	Instructions	Skill Level
Paper Plate Ghosts	Paper plates, white tissue paper, markers, glue, string	Draw a ghost face on the plate, attach tissue paper strips for a tail, and hang with string.	Easy
Spooky Spider Garland	Black construction paper, scissors, string, tape	Cut out spider shapes, attach them to string with tape, and hang as garland.	Easy
Pumpkin Paper Lanterns	Orange and green construction paper, glue, scissors	Create a cylinder with orange paper, cut out jack-o'-lantern features, and add green paper for a stem.	Medium
Bat Silhouette Window Clings	Black construction paper, tape	Cut out bat shapes, and attach them to windows with tape for a spooky effect.	Easy
Witch Hat Centerpiece	Black construction paper, glue, scissors, stickers	Form a cone for the hat, glue a circle for the brim, and decorate with stickers.	Medium

These projects are not only fun but also a great way to get into the Halloween spirit while encouraging creativity and teamwork.



Creepy Crawlies.

To make these spindly pumpkin spiders for the house, you'll need a few miniature pumpkins, some black pipe cleaners, and googly eyes.

You can also use dried beans or some black and white paint for your eyes. Once you have your materials, glue the pipe cleaners and the eyes to the pumpkin in whichever way you and your child deem the creepiest!

Easy Pumpkin Carving.

A fun way kids can help with pumpkin carving is by using cookie cutters! Once you have scooped the seeds and hollowed out your pumpkin, have your child pick out their favorite cookie cutter.

Line up the cookie cutter against the pumpkin and have your child lightly tap it with a rubber mallet (make sure they don't whack it too hard!). Next, cut through the shapes with a knife, and enjoy your pumpkin masterpiece!

Jack-O'-Lantern Grins.

Make fun props for pictures by finding cute jack-o'-lantern templates online. Simply print out the templates on cardstock or thick construction paper and have your children help cut them out.

Once you have your goofy grins cut, attach them to a straw or wooden popsicle stick. Take loads of pictures of your child with their Halloween costume and their funny, cut-out smiles!

Paper Plate Frankenstein.

This monster craft is the perfect way to combine decorating and finger painting. First, cut off the top of a paper plate to make the flat head. Next, buy some green paint from your local crafting store and let your child cover the paper plate with it.

You can use paintbrushes if you wish, but let's face it, painting with your hands and fingers is more fun! After the paint dries, cut out some hair, eyes, a nose, and bolts out of black paper to glue around the face. Add a drawn-on mouth full of stitches (in true Frankenstein fashion!) and try not to be scared by your green monster!

Q-Tip Skeletons.

For this one, you'll need some glue, construction paper, and Q-tips (cotton swabs). Cut out a white circle for the skull and glue it to the top of the paper. Then have your child dip the Q-tips into the glue and arrange them on the paper to make a skeleton.

Puffy Ghosts.

Halloween isn't complete without a few ghosts hanging around! To make these puffy ghosts, cut out a simple ghost shape out of white construction paper. Next, take some cotton balls and glue them all over the ghostly cut-out.

For added effect, cut out some black eyes and a black smile and glue them directly over the cotton balls in the expression of your choosing. Hang them from the ceiling or outside on the front porch.

CLEANING SERVICES

COMPANY

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