

Class Act Personal Services™

House and Office Cleaning • Organizing • House-Sitting

Bonded, Insured, Licensed

949-350-6916

Monthly Newsletter

April 2016



*Ask
Virginia...*

Many of you in the CAPS Community ask excellent questions. I answered a client's question below...

Question:

The last maid service I used, would bring a grocery bag of rags with them to my house. It looked like all of the rags were just thrown together quickly. Now, I question whether or not those rags were even clean.

How does CAPS clean its cleaning rags?

Virginia's Answer:

Some cleaning companies, even the larger companies, will send used/dirty cleaning rags home with their cleaning techs to be washed at home individually by each of those techs.

At CAPS, all used/dirty rags are processed for cleaning at a central in-house location. We want to know that all of our cleaning rags have been thoroughly washed and properly disinfected. Every CAPS cleaning rag is washed in hot water, and a disinfectant is poured into the washer during the pre-rinse cycle. As our client base continues to grow and we use too many rags to handle this job in-house, we will plan on hiring a professional linen service for this important task.

We Will Clean Your House for FREE... When Your Referral Completes THREE

With spring cleaning just around the corner, Class Act Personal Services is happy to announce that we are repeating a special offer that we first introduced in 2015. And, once again, this special offer is available ONLY to existing CAPS clients.

For a limited time—through May 31, 2016—CAPS will clean your house for free when you refer us to a new client, once that new client has completed their third house cleaning with CAPS.

It's a WIN-WIN-WIN situation... You receive a free house cleaning, CAPS gains a new client, and your referral discovers a new house cleaner that will always strive to give them the best house-cleaning service they will ever experience.

- Please use Virginia@ClassActPersonalServices.com to email your referral's contact information to us, or call Virginia directly on her cell at 949-350-6916.
- Alternatively, you can have your referral contact us directly via email or by phone. Remind them to mention your name.
- We will send you a confirmation that we've received your referral and we will keep you updated on our progress.

Wouldn't you like to save some money with a free house cleaning from CAPS? Whether you spend it or save it is up to you, but CAPS would like to put you in that enviable position.

Your business and loyalty are greatly appreciated!

Call Virginia today at 949-350-6916.

"Even when we are silent, we are teaching someone a 'lesson'."

~ Virginia Culp ~

From Virginia's Kitchen...

Recipe: Three-Cheese Fried Eggs with "The Works"

Like they say, "The morning sets the tone for the day." So it's important to me to start the day with a fun and healthy breakfast... a breakfast that will give me the mental and physical energy to complete all of my day's tasks thoroughly and successfully. Here's one of my current favorites for starting the day right. Enjoy!

Ingredients:

<i>2 Tbsps. olive oil</i>	<i>4 slices of Swiss cheese</i>
<i>1 pat butter, salt-free</i>	<i>1 avocado, sliced</i>
<i>4 whole eggs (I prefer free-range)</i>	<i>4 ounces sun-dried tomatoes, julienne cut and in olive oil</i>
<i>4 ounces Parmesan cheese, grated</i>	
<i>4 ounces Feta cheese, crumbled</i>	

Preparation:

- 1) Heat olive oil and butter in a medium frying pan.
- 2) Sprinkle Parmesan cheese to cover bottom of frying pan.
- 3) Crack eggs onto Parmesan and break/spread yolks. As they cook, the eggs will fuse with the toasted Parmesan.
- 4) Flip each egg, being careful to capture the toasted Parmesan sticking to the bottom of each egg.
- 5) Sprinkle additional Parmesan across top of eggs to taste.
- 6) Add sun-dried tomatoes, sliced avocado and Feta cheese to the top of each egg.
- 7) Cover each egg with a slice of Swiss cheese.
- 8) Remove from frying pan when cooked to taste.

Servings: Four.

Suggestion: After flipping eggs, for a healthy and tasty kick, sprinkle with paprika, garlic powder and/or onion powder to taste. You can also use Cheddar cheese or Monterrey Jack cheese slices, instead of Swiss cheese slices, according to your personal taste. You can place your egg on top of a slice of toasted whole grain bread.

Find other recipes "From Virginia's Kitchen" at ClassActPersonalServices.com/community.htm.

CAPS Services...

Class Act Personal Services provides House and Office Cleaning, Organizing and House-Sitting services.

House and Office Cleaning – The CAPS Team is polite, punctual and focused on your particular house and office cleaning needs. We use soft micro-fiber cloths and high-quality vacuums with filter bags that trap fine dust. A variety of high-quality cleaning products is used. And we use both environmentally-friendly and traditional products.

Important: Everyone on the CAPS Team speaks **English**, which greatly enhances the services that we provide to all of our house and office cleaning clients.

For details regarding our **House-Sitting** and **Organizing** services... ClassActPersonalServices.com/services.htm.

Call Virginia today at 949-350-6916 for a free estimate.

Disclaimer: The content of this newsletter is provided for information purposes only. The reader must make up their own mind regarding the appropriateness, safety and value of cleaning methods, cleaning products, recipes, recipe ingredients and other information mentioned in this newsletter. © Copyright 2016 Class Act Personal Services. All rights reserved.