

## Helping Hands' Nifty News and Notes Spring, 2011

### *Helping Hands Just for You*



### **Our Spring Fling Special:**

This includes the Flip & Switch--plus completely vacuuming the mattress, dusting the bed frame, and cleaning under the bed. (In testing this service we were surprised at the debris we found...think petrified food for starters!) Plus if necessary, we will take off your bed skirts, have them cleaned, and put them back on.

*Don't hesitate, email for rates and an appointment soon!  
debrah@helpinghandscentral.com*



### **Bingo! A Light Went On:**

After the great response to Clean Chic's latest Helpful Hint, [Taking The Plunge](#), we've decided, beginning this month at no extra cost, we will routinely add a biodegradable drain cleaner to every drain of every house we service (Sorry to folks who only receive our newsletter!). Now, isn't that a

[Click here to share our newsletter with a friend](#)

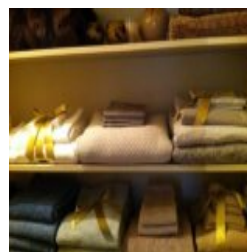


### *Another Victory for the Diva of Declutter*

**Mess...**



**To...**



**Impress**

Let our own Diva Debrah obsess over your mess.

You'll be impressed.  
Her rates are reasonable;  
call 503-351-5716 today.

***Meet The Staff***



bright idea?

*FYI: Within a few months, our readers will also be able to order this product on line or at several Portland retail locations.*

## ***The Helping Hands List***



### ***Our Favorite Appliance Guy***

**Salesman/Business:** Joe Mosee at Standard TV & Appliance

**Specialty:** Knowledgeable and experienced salesman

**Address:** 3600 S.W. Hall Blvd.

**City/State:** Beaverton, Oregon 97005

**Phone:** (503)542-2884 direct; Main: (503)619-0500

**Email:** [jmosee@standardtvandappliance.com](mailto:jmosee@standardtvandappliance.com)

**Web site:** [www.standardtvandappliance.com](http://www.standardtvandappliance.com)

**Coverage area:** Oregon

**Services:** One of Oregon's top appliance and electronics retailers. This family-owned business is our recommendation for the local alternative to a big box store with the personal, detailed attention of a veteran salesman. The store has its own factory-trained service staff, and questions as well as repairs are handled quickly and efficiently.

**Why we recommend:** A culinary client decided to get in touch with her inner Julia Child and she got all the help she needed--and more--from Joe Mosee. Now, we've always liked the retail service available at Standard, but this fellow is one step away from perfection (c'mon, nobody's perfect, although we haven't heard any criticism ever-so-slight about this experienced guy). He has a photographic memory when it come to brands; he knows "prices" and works within your



**Carrie**

**Hometown:**  
Lancaster, California

**Joe On Carrie:**  
She's truly a dedicated worker. Carrie takes her job seriously and is very detailed in her approach. She's also quiet as a mouse--I don't know how she does it. I'm always making some kind of noise while I clean.

**Life's Dream:**  
To always want what I have.

**My Tip:**  
If you have a cat, you're bound to find fur on your furniture. For a quick pick-up, put on a damp dish glove and wipe your hand across the fabric. It will do the trick.

**Favorite Pastime:**  
Riding bikes through the city late at night with my boyfriend.  
(Don't worry, we use lights and reflective gear!)

**Guilty Pleasure:**  
Nutella--  
straight from the jar!

budget; and when, God forbid, you find a lemon among those diamond-star appliances, he'll go to bat for you until it is right.



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## ***Helping Hands in the Kitchen***



### ***Blackfish Cafe's Coleslaw***

Coleslaws are popular at Helping Hands Central. When there's a picnic in the making or when our favorite salad greens are out of season, we go for something colorful and crunchy. One of the very best coleslaws we've ever tasted is from Blackfish Cafe in Lincoln City. It's a coveted recipe, but one Chef Rob Pounding shared with a good friend of ours several years ago. Now, we're passing this prize recipe onto you.

*Blackfish Café; 2733 N.W. Highway 101; Lincoln City; (541) 996-1007; [www.blackfishcafe.com](http://www.blackfishcafe.com).*

#### Dressing

3 tablespoons granulated sugar  
3 tablespoons white wine vinegar  
1 tablespoon soy sauce  
1/2 teaspoon freshly-grated ginger  
1 clove garlic, pressed or minced  
1/4 teaspoon sesame oil and/or a pinch of cayenne pepper  
1 cup mayonnaise

#### Salad

6 cups shredded Napa cabbage (medium to large)  
1 cup thinly-sliced radishes  
1 cup thinly-sliced green onions, white and some green parts  
4 to 6 ounces snow-pea pods, julienned  
1 cup cilantro leaves, coarsely chopped  
1/2 cup slivered almonds, toasted

Serves 8-10

To make the dressing: In a small bowl, dissolve the sugar in the vinegar. Stir in the soy sauce, ginger, garlic and sesame oil until combined. Gradually stir the vinegar mixture into the mayonnaise until blended. Cover and chill, preferably overnight. Makes about 1 1/4 cups.

To make the salad: In a bowl, toss together the cabbage, radishes, green onions, pea pods and cilantro leaves. Toss with half the dressing and taste, adding additional dressing as desired. Serve immediately, otherwise the cabbage will wilt and lose its crispness and overall texture.



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