

Helping Hands' Nifty News and Notes

Fall, 2009

Portland's Premiere Clean Home Resource!

Helping Hands

www.helpinghandscentral.com

503-351-5716



Helping Hands Just For You

The Fall-Is-Here Special: It's our **2-week special** for those of you in Fall denial. The Dean of Clean will use his brawn to wipe down and bring in the garden furniture, scrub your terracotta pots, wash screens and do all the chores you're dreading. This is no trick-or-treat deal: He'll treat you to an hourly discount. Call or Email Debrah for pricing and scheduling.

The Helping Hands List



Helping "Cans" for Someone Else

Candownment

Beginning November 1, we are starting a new program. Our staff will pick up your rinsed-out, returnable soda-pop cans on their appointed rounds. Simply place the cans in a grocery sack and we'll take care of returning them. The money raised will go into a special fund to be used for charitable donations. Once we reach \$500, we will begin to select the group or groups to help. Our staff will review candidates--and any suggestions from you are most welcome.



Our Favorite Hardware Store

Business: Pearl Hardware

Specialty: Hardware Store

Address: 1621 NW Glisan St.

City/State: Portland, OR 97209

Phone: (503) 228-5135

Web site: www.pearlhardware.com

Services: *Hardware, plumbing, electrical, full service paint center; in-house color consulting; household cleaning products; house wares; glass cutting; key cutting; window screens, new and repair; and more!*

Why we recommend: *This store is the quintessential helpful hardware store with advice and quality products. For nearly three decades, clients, friends and yours truly have been using this family-run business for every conceivable project and household need (They moved to the current location in 2003). Duane and Sherry Cook and/or their staff are there, seven days a week, to help you. Sometimes we find ourselves stopping by just to wander the aisles; say "hello" to the resident dog; and find the latest-and-greatest tool or gadget.*

Meet The Staff

Name: Julia



Hometown:

Tigard, Oregon

Joe on Julia:

Multi-tasker personified. A disinfecting diva!

Life's Dream:

I want to live in a foreign country for a bit and grow old knowing I did everything I ever wanted to--and that changes frequently.

Favorite Cleaning Tip:

Ready to take the plunge? My cleaning tip has to do with cleaning the toilet! Next time you need to do it, get rid of all the water first by plunging or pushing the water out with your toilet brush or plunger. Go on: Try it. It really works.

After you've gotten rid of all of the water, you'll be able to get the bowl really clean by wiping it out with your regular bowl cleaner. (If you're not in the mood for cleaning it yourself, remember, we're at your disposal.)

Favorite Pastime: Back packing. Several years ago, I spent three months back-packing the Appalachian Mountains of North Carolina. The scenery was beautiful and the time I spent with eight strangers, who became close friends, was life changing.

Birthday: March 19

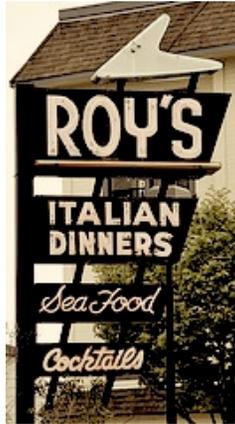
Guilty Pleasure: Surfing the Internet.

Join Our Mailing List!



*Keep Scrolling!
You'll find a recipe that has been developed, tested, and tasted
by none other than Clean Chic and noted cook book author,
Sara Perry.*

Helping Hands in the Kitchen



Linguini with Garlicky Clam Sauce

Just the meal for a busy day. Light and fresh tasting, this crowd-pleasing pasta dish is bright with the flavors of garlic, lemon, and parsley, and the minced clams add just the right texture and bite. The recipe is also quick to make and ideal for an impromptu meal, so keep a few extra cans of minced clams in the pantry just in case. You may find that the amount of clam juice varies from can to can, but don't worry: If you want more liquid, simply add extra wine. Serves 4 as a first course, 2 as an entrée

3 cans (6 ounces each) minced clams with juice

1 tablespoon unsalted butter

1 tablespoon olive oil

4 large garlic cloves, pressed

1/2 cup white wine or vermouth

Scant 1/2 teaspoon dried oregano, crushed

1/4 teaspoon freshly ground white or black pepper

1 pound dried linguine

Grated zest of 1 small lemon

Juice of 1 small lemon

2 to 3 tablespoons chopped, tender flat-leaf parsley

1/2 cup grated Parmigiano-Reggiano cheese (optional)

1/2 teaspoon or more coarse salt, preferably kosher, and freshly ground pepper

Drain the cans of minced clams, reserving the clams and the juice separately.

In a medium-heavy skillet, melt the butter in the olive oil over medium-low heat. Add the garlic and sauté until fragrant and soft, 2 to 3 minutes. Do not let brown. Stir in the reserved clam juice, white wine, oregano, and pepper. Bring the mixture to a boil, then reduce to a simmer and cook for 5 minutes. Stir in the reserved clams and cook until heated through.

Meanwhile, prepare the linguine according to package directions. Using plenty of boiling salted water, cook the linguine until al dente (tender but firm to the bite). (Serving hint: As the pasta water heats, place your serving bowl or platter over the pot to warm it.) Drain the linguine and transfer to a warmed serving bowl.

Stir the lemon zest, lemon juice, and parsley into the hot clam sauce, adding salt to taste. Immediately pour over the pasta and toss. Serve at once in warm, shallow bowls. At the table, pass the cheese, if desired, and season with salt and pepper to taste.