

# Quarterly Chronicles




## The Season for Giving



This photo was taken at Buffalo Wild Wings Downtown Norfolk.



**Pictured Above:** Left to Right Antoine Brown, Katelyn B. Jackson and Chi-to Chan at Buffalo Wild Wings Fundraiser DT Norfolk (Sunday October 20<sup>th</sup>) -**Pictured Below:** Donations received for our 1<sup>st</sup> annual Military Holiday Care Package Fundraiser



**Military Holiday Care Packages Fundraiser**

We support our Troops!! We need your help to send 25 Care Packages to these brave men and women who have "VOLUNTARILY" risked their lives to save ours on a daily basis.




**We are in need of:**

- 25 tubes of deodorant (unisex)
- 25 toothbrushes
- 25 tubes of toothpaste
- 25 face cloths
- 25 towels
- 25 combs & brushes
- 25 bars of soap
- 25 bottles of shampoo
- 25 packs of pencils
- 25 packs of paper
- 10 boxes envelopes
- 25 packs of razors (Unisex)
- Snacks, Small Board Games
- Donations needed for shipping

**Our Mission**

The mission of The Helpers Organization is to provide assistance to low-income families in Hampton Roads communities by addressing the pressing developmental needs of affordable housing, economic development, and neighborhood revitalization. We offer free referral

We wish to send these packages December 12th 2013 by 5pm

To help please call The Helpers Organization, LLC at 757-575-2683 or visit [www.thehelperswillhelp.org](http://www.thehelperswillhelp.org)

**Your Spare Change today can Change a Life tomorrow.**



Donate ONLINE NOW!!

[www.thehelperswillhelp.org/support-us](http://www.thehelperswillhelp.org/support-us)

The Helpers Organization  
a Local Non-Profit Organization

Your Contribution Helps your Neighbors in Need Hampton Roads

### Inside this Edition

Mission Statement	2
Upcoming Events	2
Community Spotlight	3
Home Care Tips: Red Wine Removal	4
Recipe: Refreshing Chicken Scampi	5
Skill Improvement: Building Your Brand	6



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The\_Helpers\_Org



The Helpers Organization

Ad space for sale

THO has ad space available for sale, to local businesses and organizations, in our newsletter. Your ad will be featured on our website and Facebook page.

Price List (per issue)

Business card size: \$25

Quarter page: \$40

Third page horizontal page: \$60

Full page \$100

For information on purchasing ad space or to receive the newsletter, contact Antwan Staton, CEO at 757-575-2683 or [thomarketing@thehelperswillhelp.org](mailto:thomarketing@thehelperswillhelp.org)

**Our Mission**

**The mission of The Helpers Organization is to provide assistance to low-income families in Hampton Roads communities by addressing the pressing developmental needs of affordable housing, economic development, and neighborhood revitalization. We offer free referral services, as well as financial aid on a case by case basis.**

**CEO's Message:**



**By Antwan Staton,  
The Helpers Organization, LLC  
Founder and CEO**

During the summer holidays, it's easy to get caught up in the thrill of decreased responsibility. These tips can aid you in having a productive, enjoyable, and regret-free summer vacation.

**Wake up early.** Nothing eats away the summer break like moping around beneath the covers. Decide the previous day when you will get out of bed, then make sure follow through.

**Study.** Particularly if you are a secondary or post-secondary student, studying remains essential even though the school year is in recess. Look over last year's notes, or do some research into what next year's courses have in store. When school resumes, you'll be grateful that your academic knowledge and skills have not deteriorated.

**Maintain good health and hygiene.** Brush your teeth and bathe often. Make sure to use sunblock, and remember that the only healthy tan is spray-on! Summer is a great time to get in shape, or stay in shape. Consider joining a summer sport, or, at the very least, get outside and have fun every day.

**Follow a routine.** However loose, the structure will both motivate you and keep hours spent 'doing nothing' to a minimum.

**Stay active in your society.** Meet up with friends and go to social gatherings.

**Join a volunteer group of some sort.** All communities have some sort of soup kitchen, or you can start being a candy striper or help out at your church. You will stay in contact with friends, have a great sense of accomplishment, stay active, and even help others!

In other words take time for yourself as well as others whether you are volunteering for a local Non-Profit or you Neighborhood Church.



**To Donate Please Visit**

[www.thehelperswillhelp.org](http://www.thehelperswillhelp.org)

**Every Penny Counts.**

Upcoming Events

- May 28 from 5-6:30 pm: Feeding the homeless at Goodwill Baptist Church at the corner of 1524 Colonial Avenue and West 25<sup>th</sup> Street in Norfolk.

# Community Spotlight

**By:**

# Home Care Tips: Red Wine Removal

By Alex Maness, Editor

There are very few things that the eye will catch more than red wine stains on a carpet. In a time when many people opt for white, beige, or tan carpets, a red wine stain stands out like nothing else. Most wine stains are, obviously, accidental. They are usually limited to either a drop or two that spilled out of a glass or, at worst, an entire glass that spilled onto the floor. And the biggest problem with these stains? They can seem impossible to get out. Presented with a situation in which there is a glaring red stain on a pristine piece of carpet, many people will turn to friends and family and (perhaps) various chemicals under their sinks in order to try and remove these stains.

There are a few tried and true methods for the removal of red wine stains from carpets:

- **White wine** – It may seem counterintuitive to try and clean up one wine stain with another, but white wine is one of the best ways to remove red wine from fabric. Pour a small portion of white wine onto the red wine stain and blot with a clean and absorbent cloth. It is very important to **blot** and not to rub or wipe. Wiping or rubbing will spread the stain.
- **Peroxide** – Mixing common 2% hydrogen peroxide half and half with dishwashing soap in a bowl and applying it to the stain can help to remove red wine stains. Let the mixture sit on the stain for up to two minutes, then scrub the affected area with water and a cloth and apply a clean cloth to the area to soak up excess liquid. Repeat until the stain has been removed. Again: remember to blot and not to wipe or rub.
- **Salt** – Adding salt to a *fresh* red wine stain will help to absorb some of the stain and will help to prevent the stain from setting and/or spreading. Vacuum the salt and stained area after allowing the salt to sit for a couple of minutes.

# Recipe: Refreshing Chicken Scampi

## Ingredients

- 1 pound raw chicken strips
- ¼ cup flour
- 2 tsp olive oil
- 1 package spaghetti
- 1 green bell pepper (cut into strips)
- 1 red bell pepper (cut into strips)
- 1 yellow pepper (cut into strips)
- 1 onion (chopped)
- 2 tbsp garlic (chopped)
- 1.5 cups Alfredo sauce
- .5 cup parsley

## Recipe

1. Coat the chicken in the flour by shaking in a sealed plastic bag
2. Heat olive oil in skillet over medium heat
3. Shake excess flour from chicken and cook in skillet until golden brown (and juices run clear), then place into a bowl.
4. Bring (lightly salted) water to a boil and cook spaghetti to taste, then remove from water.
5. Cook vegetables in skillet until tender then add Alfredo sauce to the vegetables in the skillet.
6. Remove from heat and combine chicken, spaghetti, and vegetables in a bowl. Top with parsley.

**By Alex Maness, Editor**

# Skill Improvement: Personal Website -Domain

**By: Alex Maness, Editor**

As everyone knows, domain names are very important on the Internet. Here are a few key tips to help you pick the best domain name for your website (personal or otherwise):

## **1. Choose something short and easy to remember**

If your company is called Candles and Things, you could try something like candlesandthings or candlesnthings as your domain name. Your personal name would also make a good domain name. These get the idea across simply. You want to aim for something that will be easy to remember for potential customers, new website visitors, and existing customers and something that will easily fit on the back (or front) of your business cards and other marketing materials.

## **2. Don't get caught up in description**

Many business owners, when building their first website or taking their first steps into online marketing, will choose a domain name that includes both their business name and a brief description. This is not necessary. As stated above, you want something that will be easy to remember and will fit onto a business card easily. If it is too long people will simply forget it (not to mention it is inconvenient!).

## **3. Don't overpay**

With all of the options available for picking up a domain name, it can be easy to think you need a lot of extras when purchasing. This is not always the case. If you find that your particular domain name of choice is available then you can purchase it for a relatively short amount of time (maybe a year or less) to make sure it is working for what you want it for. If it isn't, you can always change it later to something more fitting.

## **4. Don't panic**

It can be very easy to freak out if you don't get the exact name that you want to get. Don't. There is no reason to panic if you cannot get the exact name you want as your web domain. In fact, in all honesty, it is often better that you don't. Names are often too long to be used as the web domain and can be shortened a bit for more effective marketing. A little creativity is required to get the perfect domain name, such as replacing "and" with "n" or other such small changes. This doesn't change the message, but it does change (and often shorten!) the domain itself.

Whether you are selling dreams with your high-end pillow store or marketing a personal blog, choosing a great domain name is one of the key aspects of helping your presence grow online. The takeaway message is: make it short and simple, don't over-think things, and try not to panic if you can't get exactly what you want the first time.

Advertising placeholder

# Bon-Care

**CUSTOM CLEANING**

Contact Alex at 757-715-0503 and mention this ad for a discount on carpet and upholstery cleaning services!