

Urban Living

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News You Can Use For Your Family, Home And Garden

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Growing Vertical

Using Trellises In The Landscape

by Dennis Bishop

Urban gardeners are most always cramped into small garden spaces. If you live in a row house or have an otherwise small urban lot, every square foot of garden space counts and must be efficiently used. One way to do that is through intensive vegetable gardening. This method uses double-digging and other techniques to prepare a deep fertile soil for plants. This provides a place for roots to grow deeper in the soil rather than horizontally across the soil where they would be required to compete for water and nutrients with other garden plants. Intensive gardeners take advantage of the depth of their soil to grow significantly more vegetables than can be grown through traditional gardening methods. They succeed by using the vertical space below ground, but this is just a small part of the vertical space available to you.

Growing Up

Most vertical space lies above your garden ground. It can also be used wisely to increase your bounty of food and flowers. One of the easiest ways to do that is through construction of trellises to support your plants. Trellises can be free standing or they can be attached to a larger structure such as a house or a garage. They can be made from a variety of new or recycled materials and can be formed into diverse sizes and shapes to fit your garden space and compliment your garden design. Trellises can be functional design elements that are also a focal point of your landscape.

Composition Of Trellises

Most trellises are made from rot resistant woods. The most common of these is pressure treated pine. This wood is readily available and remains inexpensive, how-



Providing a trellis for your climbing plants can expand your growing space vertically. Do you remember the bean stalk in the fairytale, "Jack and the Bean Stalk"? The bean stalk had to start growing on something, didn't it?

ever, it is now treated with a new chemical called ACQ. ACQ treated wood is arsenic free and is considered safer than CCA treated wood. It is relatively easy to work with, however it contains many wood knots and it is prone to warping and twisting as the wood dries out. To reduce the occurrence of warping and twisting, select lumber with the minimum of knots and assemble your trellis before the wood fully dries out. Also, be sure to assemble the trellis with strong fasteners. Wood screws always work better than nails.

The problems of pressure treated lumber can be avoided by using woods with natural rot resistance such as redwood or western cedar. These woods will last for many years if they are used above ground. Both are very light and easy to work with, but they are quite a bit more expensive than treated wood. Should your budget allow the extra expense, these are the woods of choice.

Trellises can also be constructed from

several different metals. Galvanized piping is the least expensive, but it is prone to rust and will need to be painted. Aluminum is an excellent material that is easy to work

Intensive gardeners take advantage of the depth of their soil to grow significantly more vegetables than can be grown through traditional gardening methods.

with and will not rust. It is very light and can be cut or drilled with little effort. On the downside, it can be quite expensive. Perhaps the best alternative is to use copper tubing. Copper tubing is readily available

Photo Credit: National Gardening Bureau

through home centers and is of moderate cost. It is very easy to work with and can be assembled using the variety of inexpensive connectors that are used to construct water lines. The copper weathers to a green color and will last for many years.

Fasten Securely

Whether you use wood or metal, your trellis will need to be securely attached to

Most any vine-like plant will grow up if given the support it needs. Vegetables and fruits like squash, cucumber, beans and cantaloupe will all grow on a trellis if they are well built.

the ground or another structure. Freestanding structures, such as a three- four- or five-sided teepee can be attached to the ground with metal rods or stakes. A teepee is very easy to construct and can be tied at the top with a light wire or twine. Trellises can also be anchored to wood houses with screws or to brick houses with concrete anchors in the mortar joints. Keep in mind that the fasteners will need to be strong enough to hold the weight of the wood and the weight of any plant that may grow on them. If you are uncertain, use a larger screw or anchor to ensure the stability of your trellis.

What To Grow?

What can you grow on your trellis? Most any vine-like plant will grow up if given the support it needs. Vegetables and fruits like squash, cucumber, beans and cantaloupe will all grow on a trellis if they are well built. You can also grow flowering vines such as clematis and morning glory. These two flowering vines will wrap themselves around the wooden structure, however they may need a little help. Should they appear loose on the trellis, you can secure them with a piece of twine or a twist tie.

Master Gardener Larry Kloze says "you can get a lot from a little" through intensive gardening. If you use trellises, you can get a lot on a little piece of ground by maximizing the use of vertical space. They can be both exceptionally practical and beautiful.

What's Inside?

Gadgets	
For the kitchen.....	2
"Kool" Recipes	
Easy Preparation.....	3
Smart People	
Begin with smart babies.....	5
Electrical Blackout	
What to do?.....	7

Setting Up For The Well-Stocked Kitchen

by Gwendolyn B. Jackson

This time of the year you may receive a lot of invitations to weddings and graduations. Many young people are starting out on their own and setting up new households. Hopefully, they will not be totally dependant on microwaveable foods and restaurants — including fast foods — for their nourishment. It is anticipated that these young people have been taught the basics of meal preparation to support their new lives on their own or that of the family they are starting.

Off To A Good Start

Even if the fresh young graduate or newlywed does not have top culinary skills, a good cookbook that includes basic information (menu planning, equivalents and substitutions) makes a marvelous and practical gift. Select a cookbook that has recipes that

Many young people are starting out on their own and setting up new households. Hopefully, they will not be totally dependant on microwaveable foods and restaurants — including fast foods — for their nourishment.

are easy to read and are not long or difficult to prepare. This gift can get anyone off to a good start.

Chop, Chop

Food preparation can be made much easier with the use of good cutlery. If you are not prepared to spend a couple of hundred dollars to as much as \$500 for a set of good quality knives, select individual knives, which range in price from \$30 to \$60. Look for knives with the full tangs — you see the metal of the blade extending all the way to the end of the handle and firmly attached with several rivets. Whether the product's handle is wood, plastic, rubber or metal, each knife should feel well balanced in the hand.

All kitchens should include one or two of the following: A chief's knife, which is a long tapered blade about eight inches long, is used for chopping, slicing, dicing and mincing. A paring knife is similar to a chef's knife. It has a tapered blade about three to four inches long and is good for the peeling and slicing of fruits and vegetables. The serrated or scalloped-edge knife is best for cutting foods with tough skins or crusts such as tomatoes, roasts, ham and breads.

The new owner of fine cutlery should protect his/her investment pieces by properly caring for and storing them in a slotted wooden block or a special drawer insert with slots for the blades. Another option is to attach a magnetic bar on a wall for the storage of knives. Knives get dull and nicked when stored loose in drawers with



Photo Credit: Florida Citrus

other kitchen utensils and gadgets.

Other Essentials

Individually, these essential kitchen tools are rather inexpensive, but important. A portable cutting board tops the list. Polyethylene is preferred over wooden cutting boards because it is easier to clean, disinfect and maintain. A pair of kitchen shears

is desirable for mincing herbs, opening food packages and trimming fat or skin from meats. Next, a large colander for draining pasta and salad greens is somewhere near the top of the list. A smaller strainer made out of mesh is best for separating fruit juice or pulp from seeds. If you don't want to spend big bucks for a stand mixer, invest in a hand-held mixer that is

easy to store.

Mixing bowls can be made of glass, plastic, ceramic and a variety of metals. However, a basic set of graduated mixing bowls made of glass or stainless steel is indispensable for routine food preparation. Another convenient and practical tool is the rubber spatula. Wide and narrow spatulas

con't on page 3

“Kool” Summertime Recipes

Gazpacho

3 medium tomatoes, peeled, chopped
 ½ cup cucumber, seeded, chopped
 ½ cup green pepper, chopped
 2 green onions, sliced
 2 cups low-sodium vegetable juice cocktail
 1 tablespoon lemon juice
 ½ teaspoon basil, dried
 ¼ teaspoon hot pepper sauce
 1 clove garlic, minced

In large mixing bowl, combine all ingredients. Cover and chill in the refrigerator for several hours. Makes four ¼-cup servings.

Nutrition Facts Per Serving: 52 calories, less than 1gm total fat, less than 1gm saturated fat, 0mg cholesterol, 41mg sodium, 2g total fiber, 2g protein, 12g carbohydrates, 514mg potassium,

Chicken Salad

¾ cups skinless chicken, cooked, cubed,
 ¼ cup celery, chopped
 1 tablespoon lemon juice
 ½ teaspoon onion powder
 3 tablespoons mayonnaise, low-fat

Bake chicken, cut into cubes, and refrigerate. In large bowl, combine rest of ingredients, add chilled chicken and mix well. Makes five ¾-cup servings.

Nutrition Facts Per Serving: 183 calories, 7gm total fat, 2gm saturated fat, 78mg cholesterol, 201mg sodium, 0g total fiber, 27g protein, 1g carbohydrates, 514mg potassium

Scallop Kabobs

3 medium green peppers, cut into 1½-inch squares
 1½ pounds fresh bay scallops
 1 pint cherry tomatoes
 ¼ cup dry white wine
 ¼ cup vegetable oil
 3 tablespoon lemon juice
 dash garlic powder
 black pepper, to taste
 4 skewers

If using bamboo skewers, soak in water 10 minutes before using.

Parboil green peppers for 2 minutes. Alternately thread first three ingredients on skewers.

Combine next five ingredients. Brush kabobs with wine/oil lemon mixture, then place on grill (or under broiler). Grill for 15 minutes, turning and basting frequently. Makes 4 servings, 1 kabob each.

Nutrition Facts Per Serving: 224 calories, 6gm total fat, 1gm saturated fat, 43mg cholesterol, 355mg sodium, 3g total fiber, 30g protein, 13g carbohydrates, 933mg potassium.

Sweet And Sour Seashells

1 pound uncooked small seashell pasta (9 cups cooked)
 2 tablespoons vegetable oil
 ¾ cup sugar
 ½ cup cider vinegar
 ½ cup wine vinegar
 ½ cup water

3 tablespoons prepared mustard
 black pepper, to taste
 1 jar (2-ounce) sliced pimentos
 2 small cucumbers
 2 small onions, thinly sliced
 18 leaves lettuce

Cook pasta in unsalted water, drain, rinse with cold water, and drain again. Stir in oil. Transfer to 4-quart bowl. In blender, place sugar, vinegars, water, prepared mustard, salt, pepper, and pimento. Process at low speed for 15-20 seconds, or just enough so flecks of pimento can be seen. Pour over pasta.

Score cucumber peel with fork tines. Cut cucumber in half lengthwise, then slice thinly. Add to pasta with onion slices. Toss well.

Marinate, covered, in refrigerator for 24 hours. Stir occasionally. Drain, and serve on lettuce. Makes 18 ½-cup servings.

Nutrition Facts Per Serving: 158 calories, 2gm total fat, less than 1gm saturated fat, 0mg cholesterol, 35mg sodium, 2g total fiber, 4g protein, 31g carbohydrates, 150mg potassium.

Rainbow Fruit Salad

1 large mango, peeled, diced
 2 cups fresh blueberries
 1 banana, sliced
 2 cups fresh strawberries, halved
 2 cups seedless grapes
 2 nectarines, unpeeled, sliced
 1 kiwi fruit, peeled, sliced

Honey-Orange Sauce

1/3 cup unsweetened orange juice
 2 tablespoons lemon juice
 1½ tablespoons honey
 ¼ teaspoon ground ginger
 dash nutmeg

Prepare the fruit. Combine all ingredients for sauce and mix. Just before serving, pour honey-orange sauce over fruit. Makes twelve 4-ounce servings.

Nutrition Facts Per Serving: 96 calories, 1gm total fat, less than 1gm saturated fat, 0mg cholesterol, 4mg sodium, 3g total fiber, 1g protein, 24g carbohydrates, 302mg potassium.

1-2-3 Peach Cobbler

½ teaspoon ground cinnamon
 1 tablespoon vanilla extract
 2 tablespoons cornstarch
 1 cup peach nectar
 ¼ cup pineapple juice or peach juice (if desired, use juice reserved from canned peaches)
 1 can (16-ounce) peaches, packed in juice, drained, (or 1¾ pound fresh) sliced
 1 tablespoon tub margarine
 1 cup dry pancake mix
 2/3 cup all-purpose flour
 ½ cup sugar
 2/3 cup evaporated skim milk
 nonstick cooking spray
 ½ teaspoon nutmeg
 1 tablespoon brown sugar

Combine cinnamon, vanilla, cornstarch, peach nectar, and pineapple or peach juice in saucepan over medium heat. Stir constantly until mixture thickens and bubbles.

Add sliced peaches to mixture. Reduce



home from the local farmers' market or supermarket, the more you eat the healthier you will be.

Photo credit: All American Selections

heat and simmer for 5-10 minutes.

In another saucepan, melt margarine and set aside. Lightly spray 8-inch-square glass dish with cooking spray. Pour hot peach mixture into dish.

In another bowl, combine pancake mix, flour, sugar, and melted margarine. Stir in milk. Quickly spoon this over peach mixture. Combine nutmeg and brown sugar. Sprinkle on top of batter.

Bake at 400°F for 15 to 20 minutes or until golden brown. Cool and cut into 8 pieces. Makes 8 servings.

Nutrition Facts Per Serving: 271 calories, 1gm total fat, less than 1gm saturated fat, less than 1mg cholesterol, 263mg sodium, 2g total fiber, 4g protein, 54g carbohydrates, 284mg potassium.

Summer Breezes Smoothie

1 cup fat-free, plain yogurt
 6 medium strawberries
 1 cup pineapple, crushed, canned in juice
 1 medium banana
 1 teaspoon vanilla extract
 4 ice cubes

Place all ingredients in blender and puree until smooth. Serve in frosted glass. Makes 3 one-cup servings.

Nutrition Facts Per Serving: 121 calories, less than 1gm total fat, less than 1gm saturated fat, 1mg cholesterol, 64mg sodium, 2g total fiber, 6g protein, 24g carbohydrates, 483mg potassium.

The Well-Stocked Kitchen *con't from page 2*

are good for mixing and cleaning containers of food. Include a leveling spatula for measuring ingredients correctly.

For accurate measurements, a quality set of measuring utensils, including a set of measuring spoons, graduated dry measuring cups, and two- and four-cup glass measuring cups for liquid measurements, are also essentials. These measuring tools will help the novice, as well as the experienced cook, duplicate the same great tasting dish every time it's prepared.

Additional Gadgets and Apparatus

Some folks go for any kind of gadget. The real question is will it be used? One of the most practical and now a basic for every kitchen is the blender. Best are the heavy-duty ones for preparing quick and easy energy drinks or one that can puree foods in seconds. The full-size food processor makes quick work out of everyday food preparation, such as chopping, slicing, shredding or kneading bread dough. A newer gadget to the market is the salad greens spinner. Once folks are introduced to the spinner, they never want to go back

to using paper towels to dry their salad greens.

The final two items are small but significant. A digital thermometer is good for test-

Some folks go for any kind of gadget. The real question is will it be used?

ing the doneness of grilled and roasted meats. They are more accurate and make a smaller hole in the meat, releasing fewer juices. The second small item is a garlic press. A good quality garlic press helps keep the spice in the food and off your hands.

A Gift To Self

Bundle up a few selected inexpensive kitchen tools and present them as one gift, or simply give a well-built new piece of cutlery. Better still, make sure your kitchen has the essentials. If not, make one or two a gift for your home.

The Iron Chef Contest – 4-H Style



Photo credit: Teresa Sivels

One hundred Maryland teens joined together to learn about health living. Diet and exercise were the topics of the weekend, but the main event was the Iron Chef Contest—4-H Style. Can't you just imagine the wonderful dishes they created?

by Teresa Sivels

Recently, one hundred teens converged on the Frederick County 4-H Camp with one purpose in mind, healthy lifestyles. Young Teen Weekend 2004 brought together teens from Baltimore City and Frederick, Montgomery, Harford, Baltimore and Prince Georges Counties to learn and experience the connection between diet, exercise and being healthy.

After getting acquainted, the group moved into the Teen Learning Stations that allowed for hands-on learning about topics such as drinking what's good for you, fast foods, healthy snacks, proper hand washing, serving sizes and portions, careers and recipe preparation. The teens were very surprised to learn that a 12-ounce soda contains 10 teaspoons of sugar and a fast food hamburger meal contains 51 grams of fat.

Washing your hands properly is the best way to prevent illnesses.

Each fruit group was allowed to select a recipe that they wanted to prepare to be judged. Everyone received a chef's hat and apron.

Getting Physical

After a nutritious lunch we enjoyed a guest speaker and went into our physical activities. Some of the members of the Academy of Success's Jump Smart Club demonstrated various jump rope techniques. All the teens received a jump rope

to practice the jump rope techniques and pedometer to measure how many steps they could take during the day. Did you know that we should be taking at least 2,000 steps per day for optimum health?

After dinner and chill time the dance was on. The D.J., a former 4-H'er, played a variety of popular tunes and the teens danced until they were exhausted. After going back to the cabins some went straight to sleep while others tried to see how long they could stay awake.

The Contest

On Sunday after breakfast and clean up we started the 4-H Iron Chef Contest that was the highlight of the weekend. The teens were divided into smaller groups and the names of the groups were fruit (apples, bananas, kiwi, watermelons, cantaloupes, grapes, etc). Each fruit group was allowed to select a recipe that they wanted to prepare to be judged. Everyone received a

chef's hat and apron and they decorated their chef's hat and apron.

The group had to make the recipe with the assistance of each group member and

Did you know that we should be taking at least 2,000 steps per day for optimum health?

was rated on taste, presentation, teamwork, originality and cleanliness. After the recipe was completed, one group member presented the finished product to the panel of judges and talked about the ingredients. After the judges tasted all of the entries (brave souls!), they collectively named the first place winners.

con't on page 5



Iron Chef

con't from page 4

This activity allowed the teens to experience teamwork, be creative and put into practice all of the things they learned over the weekend. Along with the jump ropes and pedometer the teens received a recipe book and a group photo to take home. Mia Rose, a Baltimore City 4-H Teen, commented "the weekend was informational as well as fun and I met many new people."

Baltimore City was 36 strong at the weekend event and had volunteer support from Dr. Vanessa Fahie, Ms. Lynette Blackwood and Adonaca Frazier of the University of Maryland, School of Nursing and Ms. Myra Chichester, an Extension Advisory Board member. The youth are all looking forward to next year because they make friends with teens from different counties in Maryland. We are confident that the youth that participated will be making changes to ensure their healthy lifestyles!



All the teens received a jump rope to practice the jump rope techniques and pedometer to measure how many steps they could take during the day. Did you know that we should be taking at least 2,000 steps per day for optimum health?

Twelve Tips To Tame The Tube

School will be out soon but most parents will still have to work throughout the summer. However, don't rely on the television to be your child's babysitter. You carefully choose a babysitter and daycare. So try to be just as careful about what your children watch on TV everyday. Here are other ideas to help you control the television(s) in your home.

- **Know What Your Kids Are Watching:** It is important to be aware of program content as well as the content of the daily news. Young children are the more impressionable. They are less experienced in evaluating content against the values of family. Additionally, strong emotional images may intrude upon and interrupt sleep.
- **Keep TV Out Of Kids' Bedrooms:** It is difficult to monitor what your children are watching when they are watching TV in their own room. Having a TV in a child's room discourages participation in family activities and encourages watching TV instead of studying, reading or sleeping.
- **Set Some Guidelines About When**

And What To Watch: This can be done in conversation with your children, but the final call belongs to the adults. The clearer the rules (i.e., no TV before chores are done or no TV until homework is completed.), the better. Setting these new limits may be upsetting to your children at first, but consistency is very important.

- **Talk To Your Child About What He Or She Is Watching:** Together with the children, discuss what they are watching, as well as what you, the parent is watching. Ask what the children see, because it may be very different from what you see. Ask them to tell you what things mean to them and ask why they watch specific shows, what characters they like and don't like. Even discuss the commercials and their perception of the advertised toys, cereals, etc. and the people who sell them.
- **Turn TV Off During Meals:** Catch up with one

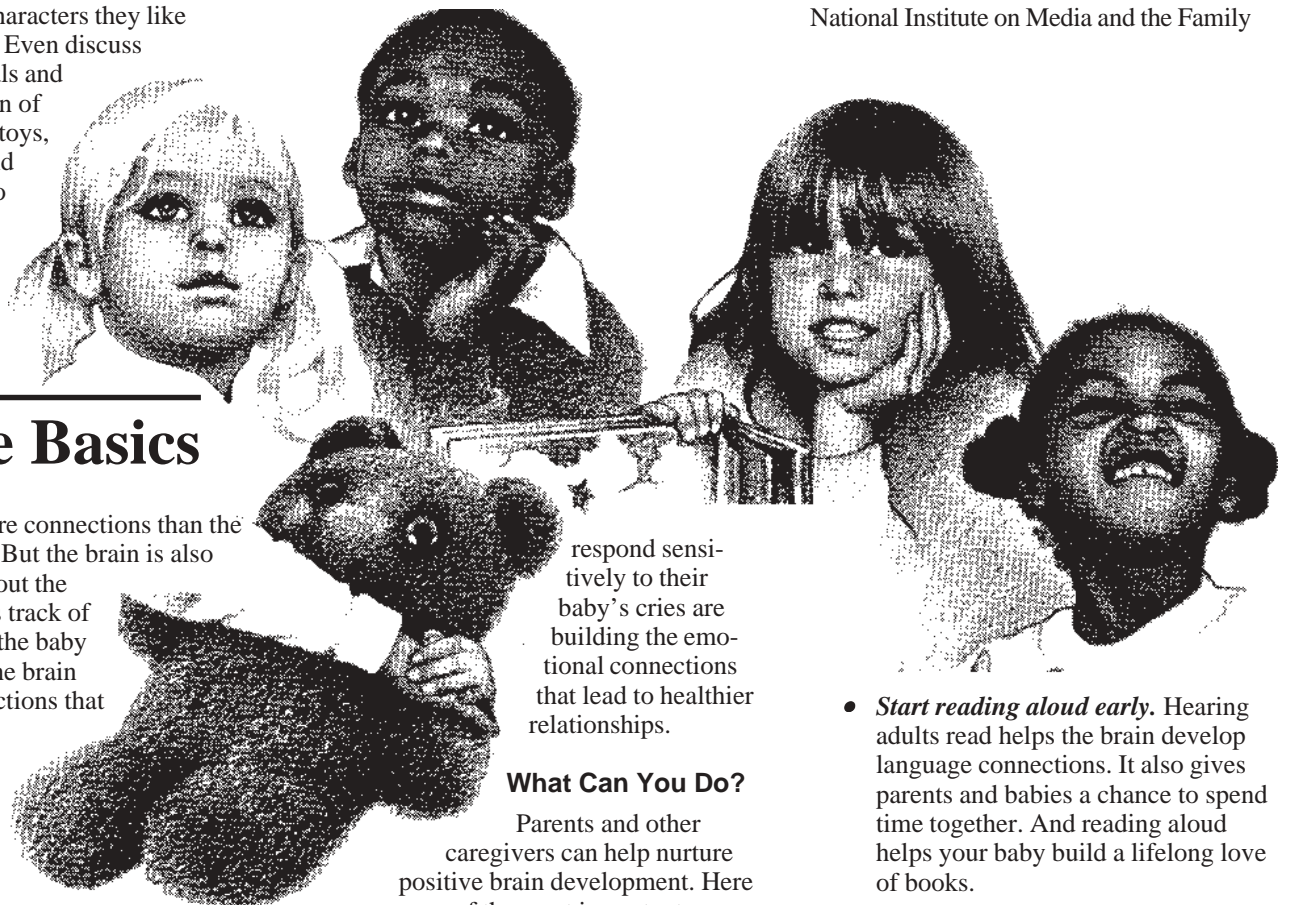
another and the day's activities. Focus on each other and share.

- **Use The VCR To Your Advantage:** Tape a good show and schedule a special family viewing, complete with popcorn. If a show is on at an inconvenient time such as mealtime, homework time or family time, tape it to watch later.
- **Practice "Appointment TV":** As a family decide in advance what's good and watch it as a family. Go through the TV guide in the Sunday paper and make family decisions on shows to watch for the week. Discuss reasons for the decisions with your children.

- **Don't Make TV The Focal Point Of The Room:** Research shows that people watch less TV if it is not in the most prominent location in the room. Make your children the focus of your attention, not the TV.
- **Patronize Good Programs And Demand More Of Them:** Express your opinions on programming to TV and radio stations, network executives and advertisers. Let them know not only what you do not like, but what you like, as well. The addresses for networks and local stations are in your TV guide. Remember, your money has a voice of its own.

Source

National Institute on Media and the Family



Building Baby's Brain: The Basics

The early years are critical for later life. For years, scientists have known that what happens – or doesn't happen – during the first few years makes a big difference in a child's later life. Babies who do not get enough love and attention in infancy are less likely to be well-adjusted adults.

Scientists recently have learned even more about how important the early years can be. Thanks to new technologies, we now have a much clearer idea of how the brain functions at birth. And we've found out that the brain goes through some dramatic changes even after birth.

Wiring The Brain

A baby is born with more than 100 billion brain cells. Some of these cells are already connected to other cells at birth. These connections regulate the heartbeat and breathing, control reflexes, and regulate other functions needed to survive.

But much of the brain's wiring does not happen until after birth. In the first months and years of life, brain cells form connections in many parts of the brain. These connections are the complex circuits that shape our thinking, feelings, and behaviors.

During these early years, the brain cells make many more connections than the baby will use. The developing brain is a little like a fertile garden. When we plant a garden, we want the crops that we planted to grow and thrive. But when weeds start to grow, there is less room for the plants we want to grow. By weeding out the plants we don't want, we allow more room for the crops to grow.

The brain has a similar "weeding" process. By about age three, the brain cells

have made many more connections than the child will ever need. But the brain is also efficient at weeding out the connections. It keeps track of the connections that the baby uses most. In time, the brain gets rid of the connections that it does not use regularly. The least-used connections are weeded out so that the most-used ones have more room to grow.

"Much of the brain's wiring does not happen until after birth."

The Importance of Experience

From the moment a baby is born, every experience taken in by the five senses helps build the connections that guide development. No two brains are alike! Each child develops individual pathways to deal with his or her experiences. For example, a hearing child makes many connections related to oral language. The brain of a deaf child does not get the experience needed to make those connections. A child who learns to play baseball will make certain connections that a child who never plays ball will not make.

The kind of care a child receives plays a big role in how the brain chooses to wire itself. Parents who talk and read to their babies are helping them develop important language connections. And parents who

respond sensitively to their baby's cries are building the emotional connections that lead to healthier relationships.

What Can You Do?

Parents and other caregivers can help nurture positive brain development. Here are some of the most important ways you can help your baby's brain develop:

- **Remember that brain development begins before birth.** Nutrition makes a big difference in brain development even before the baby is born. Women who are pregnant should eat nutritious foods, avoid alcohol and other drugs, and have regular prenatal care to help ensure that their babies are born healthy.
- **Make sure your baby's world is safe and secure.** Remove any safety hazards from the environment. Respond lovingly and consistently to your baby's cries. Give him attention. A baby feels stress when the environment is dangerous or when caregivers do not respond to him. Stress can slow brain development.
- **Talk to your baby.** When she makes a sound, repeat it. Smile at her. Talk about the things you're doing together. Interacting face-to-face builds the brain connections needed for both language skills and a healthy emotional bond.
- **Start reading aloud early.** Hearing adults read helps the brain develop language connections. It also gives parents and babies a chance to spend time together. And reading aloud helps your baby build a lifelong love of books.
- **Choose high-quality child care.** To ensure healthy development, babies need sensitive, loving care and stimulating experiences. Choose a child-care provider who will interact warmly with your baby one-on-one. Look for a safe and clean environment, a low baby-to-adult ratio, a provider who understands how children grow and develop, and a rich variety of age-appropriate toys.
- **Get the information you need.** If you have questions about your baby's development, there are many places you can go for answers. Ask your doctor questions during check-ups. Have your librarian recommend good books on child development.

Source

Part of the "Better Brains for Babies" Collaboration. Diane Bales, Ph.D., Assistant Professor and Human Development Specialist, Department of Child and Family Development. Supported by the University of Georgia College of Family and Consumer Sciences. "Strengthening Georgia Families and Communities" Initiative.

A Smart Way To Not Be In The Dark – A Standby Generator

by Gwendolyn B. Jackson

The country has experienced rolling blackouts, which our area narrowly avoided last year. Hurricane Isabella caused a huge percentage of us to be without electricity for a few days. Then there is the occasional thunderstorm that knocks the power out. Especially with Isabella, I became aware of which neighbor had a generator because of their steady heavy sounding hum.

The month of June announces the new hurricane season and nature will continue to provide the high winds and light show with thunderstorms. And in all probability, electrical service in your community will be abruptly broken. Bearing a blackout can now be easier thanks to portable generators designed for home use.

What You Need to Know

A generator produces alternative current (AC) compatible with the home's electricity. A gas-powered generator serves as a miniaturized version of the utility's power plant. It distributes current to your loads through a connected power cord. A generator will run for only a short period of time (half-hour) when set for maximum power. At its rated capacity (90% of maximum power), the generator will run far longer.

During a power outage, the generator should be used to run critical lights

A gas-powered generator serves as a miniaturized version of the utility's power plant. It distributes current to your loads through a connected power cord.

and appliances. Incandescent lighting and appliances without motors (TVs and radios) are called resistive loads. Appliances with motors (refrigerators and fans) are called reactive loads and require additional power to get them started before they reach running speed.

Add up the wattage of all the resistive loads you intend to power as well as the start-up wattage of any reactive loads. It is suggested the consumer select a generator with a larger wattage than your total intended load.

Alternative Ways To Run The Generator

By connecting a heavy-duty extension cord to the generator, one can plug in and run some small lights, a radio and a small kitchen appliance when you need to use them. Or the generator can be connected directly to the home's service panel via a transfer switch that isolates individual circuits from the utility power lines. The iso-

circuits to the utility power lines. Some generators have an automatic transfer switch that detects when there is a power outage. Others can be switched on manually.

During a power outage, the generator should be used to run critical lights and appliances.

Safety Tips

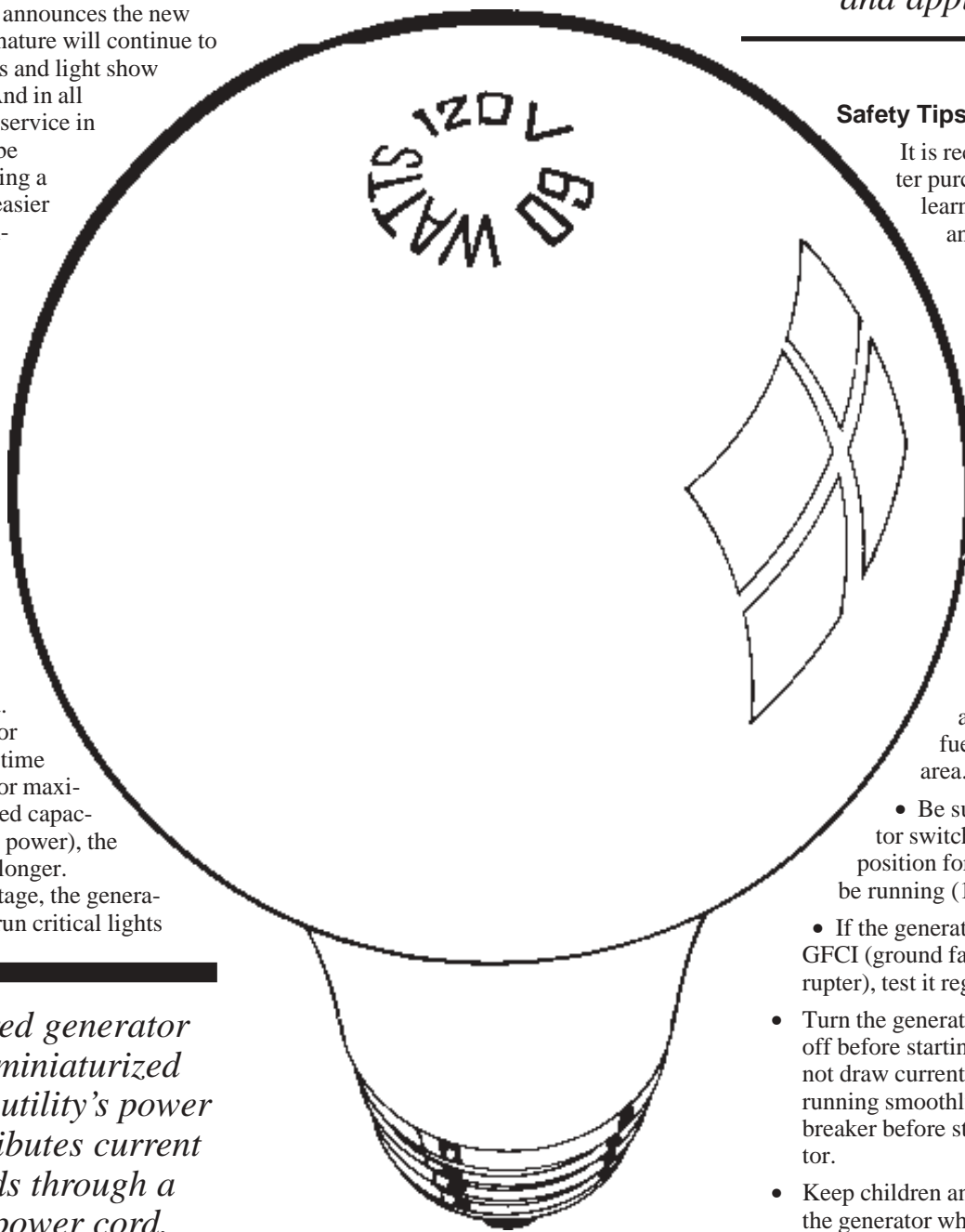
It is recommended that after purchasing a generator, learn how to operate it and shut it off so you can discover problems before an emergency occurs. There are a few other guidelines to follow:

- Use clean fuel and avoid contaminating the fuel with dirt of water.
- Always switch the engine off and allow it to cool before adding fuel. Only add fuel in a well-ventilated area.
- Be sure the wattage selector switch is in the correct position for the current you will be running (120V or 120/240V).
- If the generator is equipped with a GFCI (ground fault circuit interrupter), test it regularly.
- Turn the generator's circuit breaker off before starting it so the load does not draw current until the generator is running smoothly. Turn off the breaker before stopping the generator.
- Keep children and pets away from the generator when it is running.
- Read and follow the manufacturer's instruction for proper use.

Power outages are inevitable. A standby generator might be just what you need for peace-of-mind.

Source

Leviton Institute, *Helpful Hints on Home Electricity Newsletter*. Vol. 9



lated circuits are the circuits you want to run when you lose power and they are protected by the generator's circuit breakers.

The transfer switch prevents the generator's power from back feeding through the utility lines where it can injure utility workers repairing the lines. It also prevents electrical current from the generator from causing a short circuit with your normal house current when the power is restored. The short circuit could cause a fire in the house or cause the generator to catch fire or explode. When the power is restored you can then switch back those

Urban Living

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MCE is a partnership with the U.S. Department of Agriculture (USDA), state land grant universities and local governments. The Smith-Lever Act requires the Extension Service to "extend" information and research. Baltimore City's government has supported a city office since 1948.

Information areas include: urban and rural agriculture; natural resources; family and consumer sciences (financial planning, nutrition, human development, family and community life), and youth leadership and development.

Local residents are offered research-based expertise and technology from the University of Maryland via Extension workshops, classes, publications, consumer calls, fairs and exhibits, 4-H Clubs, radio and TV.

If you have a gardening, budgeting or nutrition question, or if you know someone who wishes to join a 4-H Club, call us: 4-H, 410-396-4906, urban agriculture, 410-396-1888; family and consumer science, 410-396-1883; nutrition, 410-396-1780.

We welcome letters from our readers. Please share your suggestions or success stories of your use of our information. Write to: Editor, *Urban Living*, 17 S. Gay Street, Baltimore, Maryland 21202. www.agnr.umd.edu/BaltimoreCity

*Educating
People To Help
Themselves*

City Residents, Do You Want To Be On Our *Urban Living* Mailing List?

If you are **not already** on the mailing list for *Urban Living*, please complete this form and return it to:

Urban Living
Maryland Cooperative Extension
17 S. Gay Street
Baltimore, Maryland 21202

Yes, I live in the City and would like *Urban Living* mailed to my home at no cost to me.

Name _____

Address _____

City _____

State _____

Zip _____

For Office Use Only:
U.A., H.E., N, 4-H, A., C.

Director's Note

Responding To Life's Challenges

According to Webster, an *excuse* is "an explanation offered as a reason for being excused; a plea offered in extenuation of a fault or for release from an obligation, promise, etc." And a *choice* is, "the right, power, or opportunity to choose; option." It is rather obvious that there is a big difference in the two words, but I think we confuse the two. Everyday, we make choices that keep us from being what we want to be, physically, financially, spiritually and mentally. These choices are disguised as excuses.

Many folks have become accustomed to allowing society to make choices for them and making the choice to have others do instead. The Maryland Cooperative Extension is very dependent on our volunteers. The Annual 4-H Expo would not be possible *without* the work of a large number of volunteers. Transporting the children to the event, providing guidance and then depositing exhibit entries for competition, and judging the scores of entries would not be possible without volunteers. Volunteers, who made the choice to provide city kids with a wonderful opportunity.

Another group of active volunteers are the Master Gardeners. Among the many projects planned for 2004 is the Plant Clinic on Saturdays this summer at the Farmers Market at 33rd and Barclay Streets. Others reach out to new and established community gardeners sharing their

expertise and serving as an arm of the Extension Office's Urban Agriculture Educator. Unfortunately, that arm has been temporarily severed. Dennis Bishop, who joined the Baltimore City Extension family three years ago, made the choice to move on. During his short tenure with the organization, he helped to establish successful and sustainable community gardens throughout the city. He instituted new partnerships with local horticultural-related groups and served on committees and boards—promoting the greening of the City of Baltimore. Along with the Master Gardeners, the Extension family wishes Dennis the very best with his future endeavors.

More about choices inside this month's *Urban Living* issue...Teresa Sivels' article, "The Iron Chef Contest – 4-H Style" illustrates how with the support of 4-H volunteers, thirty-six city 4-H'ers learned how making choices collectively and individually can impact their success. After reading "Twelve Tips to Tame the Tube," we are hopeful a parent will choose to enact at least one of the tips offered and no longer use the TV as an excuse for a babysitter. Dennis Bishop's article, "Growing Vertical," illustrates how choosing to use trellises can increase your growing space.

Gwendolyn B. Jackson, CFCS
City Extension Director

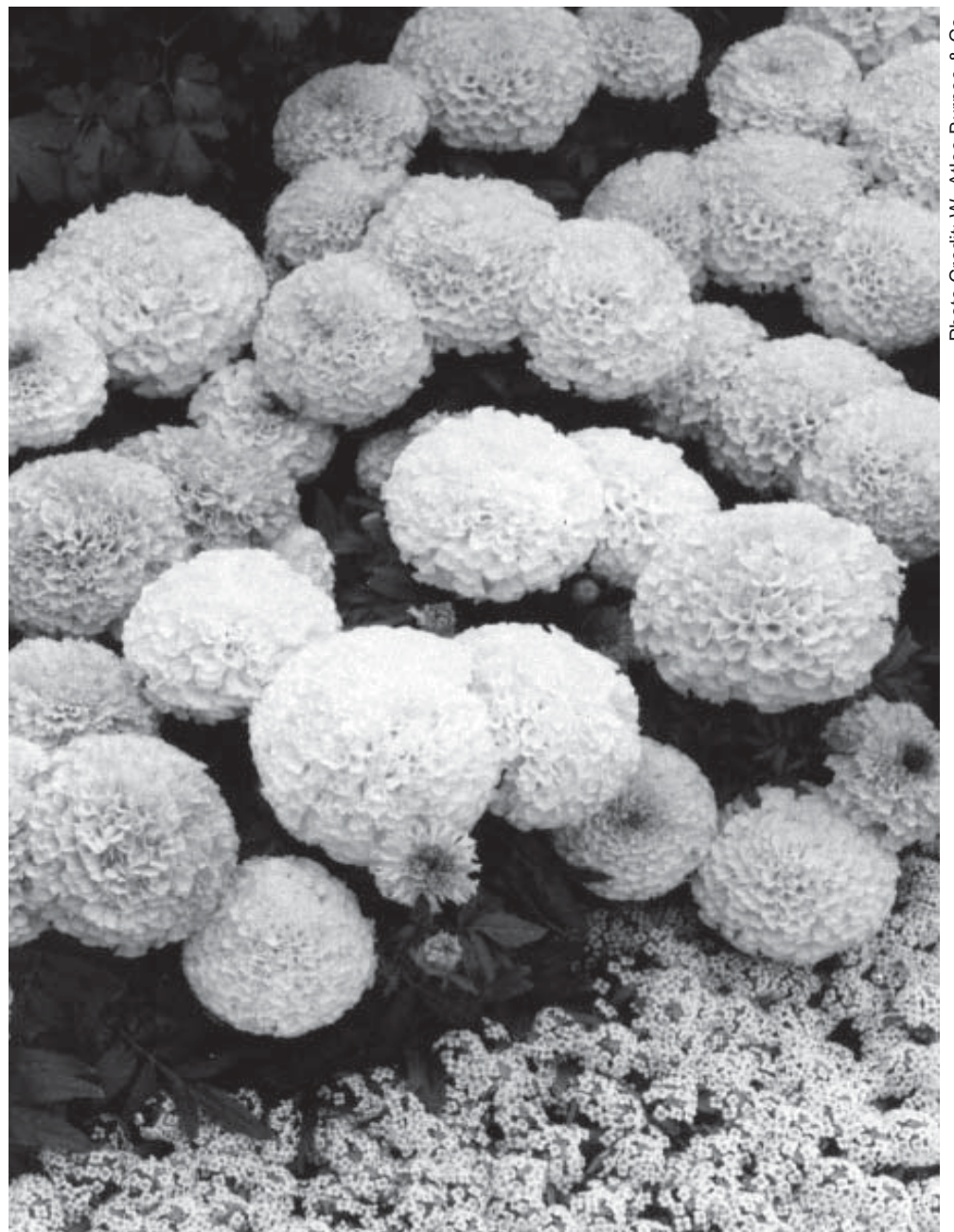


Photo Credit: W. Atlee Burpee & Co.

Marigolds, like the Marvel Hybrid above, add great color to the garden. They'll continue blooming until frost.

Visit our website:
[www.agnr.umd.edu/
BaltimoreCity](http://www.agnr.umd.edu/BaltimoreCity)

Urban Living

Educating People To Help Themselves

CITY DIRECTOR (410) 396-1753	4-H and Youth Development (410) 396-4906	Family & Consumer Sciences (410) 396-1883	Food and Nutrition (410) 396-1780	Urban Agriculture (410) 396-1888
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