



The Westfield Times

A Publication of the Westfield Neighborhood Improvement Association

June 2005

Guest Spotlight

Our guest speaker this month will be a representative from the Eden Assisted Living Facility, located in the 3000 block of Louise Ave. The facility is looking to expand. There will be a brief presentation at which time any questions or concerns will be addressed. We look forward to hearing your opinions.

In and Around the House

10 Surprise Uses for Your Microwave

1. disinfect and deodorize sponges

Soak a dirty sponge in water spiked with white vinegar or lemon juice, then heat it on high for 1 minute.

2. toast nuts, bread crumbs, coconut

Spread them out on a plate and heat on high for 2 to 3 minutes, stirring every minute. NOTE: They will continue to toast for about a minute after removal.

3. get more juice from citrus fruits

A refrigerated lemon or lime is harder to juice than one at room temperature or warmed slightly. To get the most juice, microwave citrus fruits for 20 seconds before squeezing.

4. cook vegetables

All vegetables can be steamed in the microwave without adding water. Place them in one layer (if possible) on a dish, cover tightly with plastic, and cook on high.

5. decrystallize honey

Honey that has solidified can be brought back to liquid life by uncovering the jar and heating on medium power for 30 seconds to 1 minute.

6. partially cook foods for the grill

Cook vegetables partway in the microwave, before putting them on the barbecue, to cut grilling time. Heat new potatoes for 2 minutes (prick them first), and bell peppers for 1 minute.

7. disinfect plastic cutting boards

Wash the board well, rub it with the cut side of a lemon, then heat for 1 minute.

8. roast garlic

It takes 45 minutes to roast garlic in the oven but less than 8 in the microwave. Slice off the top of the head to reveal all the cloves. Place the head in a small, deep dish, season with salt and pepper, and drizzle with 2 tablespoons of good olive oil. Spoon 2 tablespoons of

water into the bottom of the dish, cover it with plastic wrap, and cook at medium power for 7 to 7 1/2 minutes. Let stand for a few minutes before unwrapping.

9. warm beauty products

Briefly heat up a facial mask -- especially a creamy, moisturizing one. (Stir the mask and test the temperature with your finger before applying.) Warm up a hot-oil conditioning pack for your hair in about 10 to 20 seconds

10. soften brown sugar

Keep the sugar in its plastic packaging, add a few drops of water, and heat on medium for 10 to 20 seconds.

Community News

CLUTTERERS ANONYMOUS

A NEW 12 STEP GROUP FORMING IN NORTH-EAST BALTIMORE

Wednesday nights, 7-8 PM

St. John's of Hamilton Church

Harford Road and Gibbons Avenue, Room 10- in the basement, down the hall past the Scout Room.

This meeting follows the 12 Steps of A.A. and Al-Anon/Alateen but deals exclusively with "clutter" and decluttering. It is an anonymous fellowship; (quoting the literature) "the only requirement for membership is a desire to eliminate clutter and bring order into our lives."

Decluttering is not merely eliminating, but gradually transforming our space so that we surround ourselves only with things that express our purpose.

For more information on Clutterers Anonymous, see the CLA website at <http://www.clutterersanonymous.net>

Westfield Neighborhood Association

Next Meeting

June 7, 2005

July 5, 2005

August 2, 2005

The Holiday House 6427 Harford Rd

7:30 pm

Crime and Safety

Creating an Inventory of Your Possessions

The first time you apply for homeowner's insurance, the question takes you off guard "What would you estimate to be the dollar worth of your personal possessions?"

We've all been told by our homeowners' insurance providers, our local police departments and security experts that we need to conduct an inventory of our personal possessions. And most of us put it off. We're busy, and creating an inventory is hovering near the bottom of our "to do" lists. Besides, where would you start? What's valuable, and what isn't? How would you guess the worth of your possessions, and just how thorough do you have to be?

The easiest way to begin your inventory is to create a chart with the categories listed below. Make multiple copies of the chart, using one chart per room. ***Your categories should be the item, the approximate date/year of purchase, their approximate price at the time of purchase, and their estimated value now.***

Items to include:

- Clothing (you don't have to own expensive clothing to justify its inclusion, either);
- Large appliances, including your refrigerator, washer/dryer, dishwasher, and air conditioner;
- All gardening/yard maintenance equipment, including your gas grill, garden tools, lawnmower and weedeater;
- Kitchen appliances, including small appliances like your blender, food processor, electric can opener and bread machine; as well as your pots and pans and cleaning tools (broom, mop, vacuum cleaner, etc.);
- Bathroom appliances, including hair dryers, electric shavers, electric rollers and curling irons; as well as cosmetics and various medications;
- Bedroom accessories and bed linens;
- Living room accessories, including your window treatments and fireplace tools;

- High-quality light fixtures throughout the house;
- Automotive equipment;
- Accessories and tools found in your garage, including your tool box and its contents, paint and brushes, etc.;
- Indoor and outdoor recreational equipment, including exercise machines, bicycles, children's toys and games;
- All electronics, including your camera(s), VCRs/DVD players, stereos, telephones, computers, televisions, etc.;
- All swimming pool cleaning equipment and accessories (if applicable);
- Items stored in your attic, such as your holiday decorations and suitcases; and
- Miscellaneous items found throughout the house, including fans.

Your first attempt at a home inventory probably won't be complete; you'll undoubtedly remember additional items later that you need to add to your lists, so leave yourself room to do so, and make plenty of extra copies of your empty charts for that purpose.

Next month we'll discuss more ways to protect your possessions, particularly in the event of theft.

City Services	Employment Information	
Baltimore Workforce Investment Board	(410)	396-1910
Office of Employment Development	(410)	396-3009
Minimum Wage	(410)	396-4835
Living Wage	(410)	396-4839
Prevailing Wage	(410)	396-4839

Membership Dues: \$10 per year, per household

Mail to P.O. Box 28244 Baltimore, MD 21234 or pay online www.wnia.com

Name _____ Phone _____

Address _____

Email _____