



December. Christmas! Tree, Lights, presents, family, and Food! We show our holiday cheer and celebrate the holiday season while still being environment friendly. By using timers, LED Christmas lights, and buying gifts family and friends want and will use, we achieve both goals.

The holidays is the time we tend to forget our worries, but, there is a new form of stress we need to understand and learn to deal with. Read our short article on Cyber Bullying so you understand what it is, and how to deal with it.

Family dinner together doesn't have to be a major feast. Make a simple yet tasty Spaghetti and Meatball for dinner with family, you can have everyone join in to make it. Its a great opportunity to get everyone involved and have quality time together!

Merry Christmas!



More Time for Fun 2007-12

Cyber Bullying, how to deal with it.

Have you heard of cyber bullying? It's the use of Internet or Cell Phones to send hurtful messages or post information that damage people's reputation. These acts are common among teens as well as adults. How serious is it? The States of Arkansas and Washington (http://www.socialsafety.org/law_enforcement_cyberbullying.html) has recently passed legislation to help curb it. The seriousness of cyber bullying is evident by the fact the US Computer Emergency Readiness Team has an official response to it. (<http://www.us-cert.gov/cas/tips/ST06-005.html>)

What are some examples? Emails sent to all your friends making false or hurtful statements. Worse, someone pretending to be you posting in chat rooms or blog sites

If you are being cyber bullied, resist the urge to "fight it". Yes, you have to fight it, but smartly. First, collect the information. If the bullying is in the form of emails, save them. If the bullying is chat room or blog postings, cut and past them to a word document and save them. You can then contact the authorities or your ISP.

Your ISP can block the email sources, and you can ask the blog/chat room operator to stop the poster. If someone is impersonating as you, you can even take legal action, but you need evidence.

Remember, cyber bullying is serious, make sure you talk to your family about what it is, and how to deal with it.

How to Be Green and still show your Christmas Spirit

It's the holiday season. We use a lot of natural resources during this time of the year to display our spirit. Keep these 3 simple tips in mind, we can be Eco Friendly as well as show our spirits.

- Use Timers for Christmas Lights. There are not a whole lot of people that will see your lights after 10pm. Turn the lights off.
- If you are buying new Christmas lights, buy LED lights (http://www.target.com/Philips-LED-Sphere-String-Lights/dp/B000QV74BG/sr=1-5/qid=1195609375/ref=sr_1_5/602-6508787-8129413?ie=UTF8&index=target&rh=k%3Aled%20christmas%20lights&page=1). Better yet, you can use Solar Powered LED Christmas lights. http://www.qvc.com/qic/qvcapp.aspx/view.2/app.detail/params.aol_refer.false.tpl.D.ETAIL.msn_refer.false.item.H02906.ref.GBA?cm_ven=GOOGLEBASE&cm_cat=FOR%20THE%20HOME&cm_pla=HOLIDAY%20%26%20PARTY&cm_ite=H02906
- Ask for hints on what gift are wanted, so you don't buy a gift just to buy a gift. If you are not sure what to get, buy gift cards! Think about it, what do you do with unwanted gifts? Its either thrown away, or sits in storage (eventually thrown away).



Spaghetti & Meatballs

Source: William Sonoma

Serving Size: 4

Prep Time: ~ 15 min

Cooking Time: ~ 30 min



Ingredient List

Sauce

- 2 garlic cloves
- 1 tablespoon olive oil
- 1 can (28 ounces) chopped tomatoes
- 1 teaspoon salt
- 2 teaspoons oregano
- 2 tablespoons tomato paste
- 1 cup water

Meatballs

- 1 lb ground beef (or Ground Turkey)
- 1 egg
- 6 saltine crackers, crushed
- 1 teaspoon salt
- 2 teaspoons oregano
- 1 tablespoon tomato paste
- 1/4 teaspoon freshly ground pepper
- 1 lb spaghetti
- Grated Parmesan cheese for serving
- Parsley for Garnish

Instructions

Make the Sauce

- Peel off the garlic skin and chop.
- Place a large sauté pan over medium heat, Pour the olive oil into the pan and let it heat for **1 minute**.
- Add the garlic and stir with a wooden spoon until you can really smell it, about **30 seconds**. Do not let it burn!
- Add the *tomatoes*, 1 teaspoon of the *salt*, 2 teaspoons of the *oregano*, 2 tablespoons of the *tomato paste* and the 1 cup *water* to the sauté pan.
- Stir with the wooden spoon until small bubbles appear on the surface of the sauce.
- Partially cover the pan with the lid and reduce the heat to low.
- Let the sauce simmer gently, stirring occasionally, for **15 minutes** (go to next step).

Mix the meatballs

- In a large bowl, combine the ground beef(Turkey), egg, crushed *saltine crackers*, 1 teaspoon of the *salt*, the remaining 2 teaspoons of the *oregano*, the *pepper* and the 1 tablespoon *tomato paste*.
- Wash and dry your hands thoroughly.
- Mix and squeeze the mixture with your hands until it is smooth.
- Shape about 20 small meatballs, set them on a plate.

Cook the Meatballs

- Turn up the heat under the tomato sauce to medium.
- Carefully put the meatballs into the sauce and cook them gently until they are cooked through, about **10 minutes** (start the next step, cook the Spaghetti).
- When the meatballs are done, remove the sauté pan from the heat.
- Cover to keep warm and set aside.

Cook the Spaghetti

- Fill pot three-quarters full with water.
- Over high heat bring to a rolling boil, **about 5 minutes**
- When the water is boiling, add 2 teaspoons of salt and some olive oil.
- Add the spaghetti to the pot, stir and push the spaghetti down into the water with a wooden fork.
- Boil the spaghetti, stirring occasionally to keep it from clumping, until tender but not mushy, about **10 minutes**, or according to the instructions on the package.
- Drain the Spaghetti
- Add the drained spaghetti to the sauce in the sauté pan, toss until it is well coated with the sauce.

To Serve

- Using the tongs, divide the spaghetti among 4 plates.
- Add the meatballs, and then spoon some extra sauce onto each plate of spaghetti.
- Serve with grated Parmesan cheese at the table.