



April 22 is Earth Day. Although scientists still do not know for sure the warming of the Earth is purely caused by humans, they are relatively confident humans “probably” have contributed to the warming trend. Whether you are concerned with Global Warming or not, one thing is certain, CO<sub>2</sub> gas is harmful to humans. Electricity generation is responsible for a large fraction of CO<sub>2</sub> emissions worldwide; and for over 40% of U.S. manmade carbon dioxide emissions. The cars we drive is the second largest contributor of our carbon foot print. This month, we share links to various articles we have read regarding how to save energy by making small changes in our daily lives.

April 12<sup>th</sup>, in addition to the all important Masters Golf Tournament, its Easter Sunday. We share this simple, yet delicious Rosemary Scented Lamb over Pasta with our patrons. Rosemary, a known aphrodisiac, has a wonderful scent. Enjoy!

### **Sentence of the Month**

The experiment fizzled and instead became an object lesson in what happens when a company fails to back up bold thinking with bold execution.

This was written by David Welch, for the [Why Saturn Fell to Earth](#) article in Business Week. The hard truth is, GM got to where they are today because they didn't follow through on their plan. We as a nation can't follow suite. The climate problems facing us today, requires bold thinking, and bold execution.



## Be good to Mother Nature and buy Back America! 2009 04

Going Green, is the trendy thing to do. Governments as well as private sources provides end-less amount of information on how to become "green". Sorting through all these information and figure out what you can do can be hard; however, here are some "simpler is better" guidelines.

The easiest thing to do to reduce your carbon foot print is to consume less. The best thing to do to save the planet is not recycling or reuse, its conservation. The less you use, the less of an impact your actions has on the planet. This can be riding your bike to work or buy locally grown seasonal food. In this National Geographic article, it <http://ngm.nationalgeographic.com/2009/03/energy-conservation/miller-text> chronicles a family and their neighbor's effort to go on a carbon diet. By making small changes to their lives, they were able to cut down their carbon foot print. Peter Miller showed us how we can measure our efforts' simply by reading the gas, electric, and water meters providing measured feedback.

Popular Mechanics, a good source of information for DIY enthusiasts, explains to us what we can do to make our houses more efficient. [http://popularmechanics.smartmoney.com/home\\_journal/home\\_improvement/4308942.html](http://popularmechanics.smartmoney.com/home_journal/home_improvement/4308942.html) Again, these ranges from minimal efforts, such as turning down the water heater and cleaning your dryer, to installing storm windows and insulating the attic.

Reader's Digest published this simple to follow article. Questions such as should I turn the lights off when I leave the room or leave them on? <http://www.rd.com/your-america-inspiring-people-and-stories/going-green-the-readers-digest-version/article122140.html>. Some folks will say leave the lights on because turning it on and off uses more electricity and shortens the life of the light bulb. Read on and you will know what the answer is.



Even IBM, the blue chip technology company is getting in on the trend. <http://www-03.ibm.com/press/us/en/pressrelease/26841.wss>. IBM is recognized as a forward thinking technology company. Its always looking for future sources of revenue. The company recognizes future revenue growth is helping their clients operate their business more efficiently. Efficiency is the best way to reduce costs as well as carbon foot print.

Even better then efficient use of resources, is to not use them. We can certainly go out and buy a hybrid Honda Insight to save on gas. <http://automobiles.honda.com/insight-hybrid/> or we can save gas by driving less. If Americans uses 1 gallon less of gas a day, we would save ourselves 360 MILLION gallons of gas [http://en.wikipedia.org/wiki/Gasoline#Usage\\_and\\_pricing](http://en.wikipedia.org/wiki/Gasoline#Usage_and_pricing) . Conservatively at \$1.00/gallon, that is over \$360 million dollars **EACH DAY**. At this savings rate, we can buy back all the Treasure bills the Chinese government has accumulated in the past decades. Americans will "own" America again!!



## Rosemary Scented Lamb Over Pasta

**Source:** Intercourse cookbook

**Serving Size:** 2~3

**Prep Time:** ~ 30 min

**Cooking Time:** ~30 min



**Image Substituted**

**NOTES:** Heat this dish by gently tossing in a heavy pan, until heated through, do not boil this dish.

**Serving Ideas:** This dish is a great dish for a romantic dinner, serve with fresh bread and a glass of white wine!!

### Directions:

- Cook the Pasta according to instructions
- Saute the garlic, lamb and pepper until lamb is tender.
- Over high heat, deglaze the pan with the white wine, cooking until most of the liquid is almost evaporated.
- Add the tomato and rosemary. Simmer for **15 minutes**
- Stir in the cream, salt and pepper, cook until heated through.
- Toss with warm rigatoni.
- Garnish with cheese, rosemary sage and oregano, serve immediately.

### Ingredient List

- 5~6 ounces lamb -- cut into strips
- 2 cloves garlic – chopped
- 1/2 of a yellow or red pepper cut into strips ½ wide
- 1/4 cup dry white wine
- 1-½ cup tomato – crushed
- 1 sprigs rosemary
- 2 tablespoons heavy cream
- 1/2 pounds rigatoni – cooked
- 1/4 cup Parmesan cheese
- 1 teaspoons rosemary – chopped
- 1 teaspoons sage – chopped
- 1 teaspoons oregano – chopped
- Salt and pepper -- to taste