



October is our favorite month of the year. October brings the Fall Foliage as well as Autumn harvest. In the Northern hemisphere, the Germans celebrate autumn with Oktoberfest <http://en.wikipedia.org/wiki/Oktoberfest> and the Canada celebrates Thanksgiving.

October 1<sup>st</sup>, 1948 NASA

There are also over 10 countries in the world, including China, celebrates their independence and national birth in October. The United Nations will also be celebrating its birthday in October, it was established on October 24, 1945.

One of programs established by the United Nations is World Food Day, October 16<sup>th</sup>. Its purpose is to bring awareness of world hunger. As we share our [Spaghetti with Lemon, Basil, and Salmon recipe](#) this month, we would like to challenge our readers to help with world hunger. You do not need to donate money or volunteer your time although you can; all we ask is to change your eating habits.

Order and cook the right amount of food for every meal.

How does this help? Food not consumed at the table, usually end up in the garbage. If we all order or cook the right amount of food, we will waste less. As you will also notice, dishes like the Spaghetti with Lemon, Basil, and Salmon, combined vegetables, starch, and protein onto one serving dish. Instead of separate dishes and bowls to clean afterwards, you only have one, another added benefit for water and energy conservation.

This month in the MTF column, we share out tips on tuning your windows XP based PC. This is a continuation of the May 2007 article to make your [PC work efficiently](#).

**Quote of the month:**

If you want to eliminate hunger, everybody has to be involved  
-- Bono