

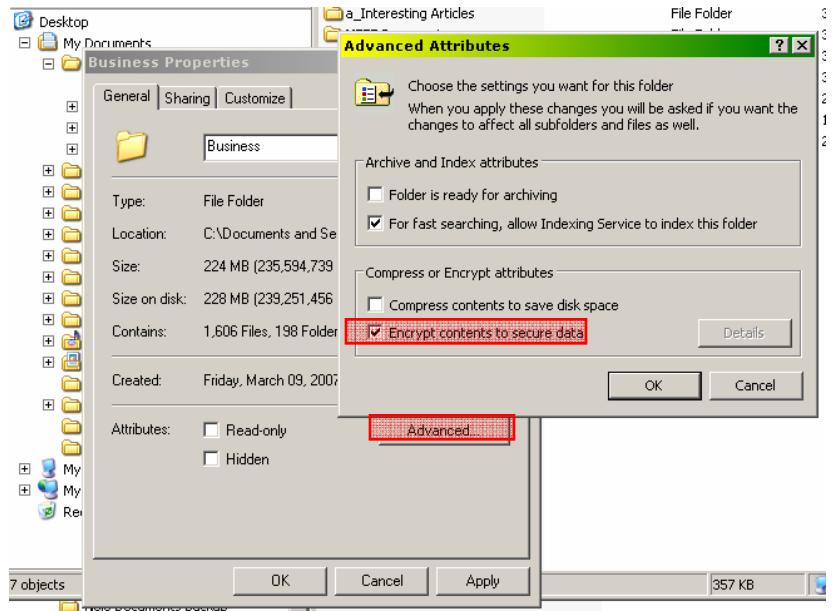


April 22 is Earth Day. Not only should we conserve natural resources, we also need to dispose of our computer gears properly. If you have purchased or thinking about purchasing a new PC, What would you do with the old?

Well, you can give them away, recycle them with your new computer's, or you can use them for non-essential tasks.

If you are giving your computer away, make sure you erase all your personal data first. Deleting the files and emptying the Recycle Bin is not enough. A determined data thief can bring your data back to life easily.

If you use Windows XP, you can use the build-in Data Encryption option. By encrypting, then deleting the files, no one can read your data. With identity theft on the rise, this is a small step to take to help protect your self. [Read more about safe disposal of your old computer equipment.](#)



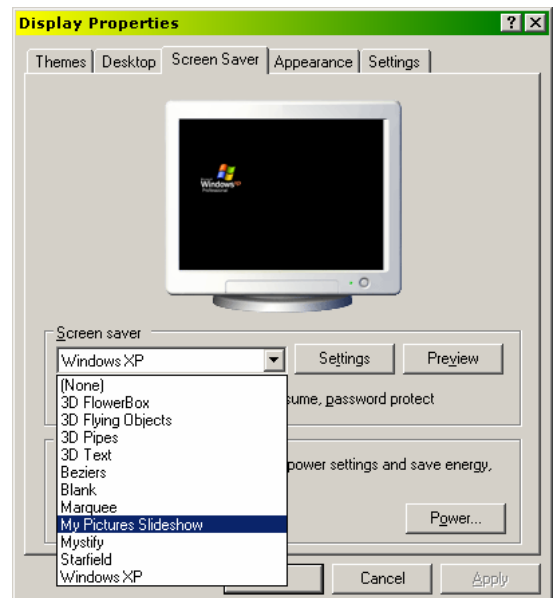
<http://tech.msn.com/security/article.aspx?cp-documentid=2167675>

If you are looking to buy a new computer, most companies have recycling programs. Most of these programs are similar, as an example; check out [Apple's web site](http://www.apple.com/environment/recycling/). Some States, such as [Virginia](http://www.deq.virginia.gov/ecycling/collections.html) and [Wisconsin](http://www.wastecapwi.org/computerrecyclers.htm) have Government sponsored recycling programs and events. These programs are mostly concerned with the old CRT type monitors (TVs too). You can do a Google search or try [Earth911](http://www.earth911.org/usa/master.asp) to find local e-Recycler.

If you are disposing of your computer, make sure you encrypt then delete your personal data on the hard drive.

You can find other uses for your older computers. Laptop's small size and crisp LCD screen is perfect for displaying digital pictures. Use the screen saver to display all your pictures!

[Here are some other ideas, some are more "geeky" than others.....](#)





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I use my old laptop as a print server so I can print wirelessly to my 12 year old HP LaserJet. Next Month, we will discuss how to speed up your Windows XP PCs.



Digital Camera's are great for taking lots of pictures. Most of us have taken some great pictures we love, but, there are some photos that can use a bit of digital editing. Fortunately, digital picture editing software is plentiful these days. Adobe's PhotoShop Elements, Google's Picasa(free), Microsoft's Picture Manager, Corel's PaintShopPro, not to mention the software that came with your camera, whether its HP, Kodak, Sony, Canon, or Nikon.

You don't have to be a graphic artist to utilize these tools. If you learn the basic techniques, you can transform so-so pictures into good pictures. We use Microsoft's Picture Manager (its part of the Microsoft Office, you just need to install it), and it has proven to be dandy. You can use any of the software mentioned above (and there are others), all of them have the same editing capabilities

First thing first, ALWAYS, edit a copy of the original picture. You don't want to make a mistake and not able to go back to the original and start over. With that said, Look at these three Cherry Blossom pictures. The first one is the original picture. The second, I used the Auto Correct function. The third picture, I used the Auto Brightness tool. I wanted the picture to show the pink flowers, blue sky and clear water. Using the Auto Brightness tool, I was able to save this picture to show the colors on that sunny morning.



What about changing a picture that doesn't have a clear subject into two pictures? Using the Crop tool, we created one picture of the statue, and the other one showing people watching a race. Keep in mind, when you use the Crop tool, use the [rule of the third](#), keep the subject is off the center line.



The third tool we use has saved many pictures. Doggie here, is sitting on the lawn enjoying a sunny day. I was on my stomach when I took the picture, but, I was not level enough so she came out a bit tilted. No worries, using the Rotate and Flip tool, I turned the picture 4 degrees clockwise and cropped it. Doggie is now level.





We have all taken pictures at night, with the subject's eyes turning out red. Use the Red Eye Reduction tool, multiple times if needed, you can remove the red eye from the pictures.

Last month, we spoke of shrinking the file size before emailing to your friends. Using the imaging editing tool, you can convert a large picture into a smaller but still good quality picture. As a guide, a good size for email is 314x235 pixels. Most of the editing software has a setting for "exporting" the file to smaller sizes.

Image editing software is great for converting so-so pictures into good pictures, but, there is a limit to what you can do. Always compose good pictures to start with. Next month we will talk more about composing pictures with your camera.



## Rack of Lamb with Mint Sauce

Source: William Sonoma Website

SERVERS: 4

PREP TIME: ~150 min

COOKING TIME: ~35 min

Optional: Server with Steamed Asparagus



### Notes:

A tender herb, mint loses most of its vibrant flavor when dried; whenever possible, use it fresh. The herb labeled "mint" in the supermarket will be either peppermint or spearmint. Of the two, peppermint has the sharper flavor.

To store fresh mint, trim off the bottoms of the stems and place the sprigs in a glass of water. Cover the mint loosely with a plastic bag and store in the refrigerator for up to 1 week. (This storage method also works well for parsley and cilantro.)

### Instructions

- In a small bowl, combine the brown sugar, pepper, cardamom and cinnamon and stir to blend.
- Rub the racks of lamb all over with the spice rub.
- Put the lamb on a plate, cover, and let stand at room temperature for at least **30 minutes or up to 2 hours.**
- **Preheat an oven to 475°F.**
- Place the racks of lamb, standing up, in an **oiled roasting pan** just large enough to hold them comfortably.
- Roast for **10 minutes.**
- Reduce the oven temperature to 375°F and continue roasting the lamb until an instant-read thermometer inserted into the rack, away from the bone, registers 125°F for very rare to rare, about **15 minutes.**
- Transfer the lamb to a carving board, cover loosely with aluminum foil and let rest for **5 minutes. Meanwhile, make the mint sauce:**
- In a blender or mini food processor, combine the mint, confectioners' sugar and vinegar and process until the mint is minced.
- Spoon into a small glass bowl. Set aside.

### To Serve

- Cut the lamb into individual rib chops and arrange on warmed plates.
- Serve hot, drizzled with the mint sauce.

### Ingredient List

#### For the Spice Rub:

- 2 Tbs. firmly packed dark brown sugar
- 1/2 tsp. freshly ground pepper
- 1 Tbs. ground cardamom
- 1/2 tsp. ground cinnamon

#### For the Mint Sauce

- 1/2 cup packed fresh mint leaves
- 2 Tbs. confectioners' sugar
- 1/3 cup cider vinegar or rice wine vinegar

#### Rack of Lamb

- 2 racks of lamb, each with 7 or 8 ribs, 1 1/2 to 1 3/4 lbs. total