

The Fountain of Computer Youth

Have you ever found yourself so distressed with your computer that you'd just like to throw it off the top of a 10-story building?



Almost everyone who uses a computer will eventually find themselves staring at the monitor wondering if they have been suddenly locked in this moment in time. Is anything actually happening in that grinding little box as the hourglass turns over again and again?

This can happen for several reasons. For example, an ill-advised upgrade to the browser, a new game program or even an

e-mail from a friend with a link to the "most amazing and astounding Web site touting world peace and riches for everyone," can spell doom for your congenial relationship with your computer. Sometimes it happens for what appears to be no good reason whatsoever.

Fear not, since Windows XP offers you a way you can turn back the clock on your system. It is called System Restore. It is one of the few useful features that comes with Windows XP. System Restore allows you to go back to a time when man and computer coexisted in harmony. By restoring the system registry to a previous state, you can exorcize the demons from your computer.

Although doing anything with the registry sends chills down the backs of computer users everywhere, it's relatively straight forward and painless. Start out by clicking the *Start* button. Go to *Help and Support* and look for the *Pick a Task* heading. Click the *Undo changes to your computer with System Restore*. A wizard will start stepping you through the restore process. Choose the rollback date where the computer state was what you'd rate as being great. The program does the rest ... without the rhyming.

Now a word of caution. Because System Restore rolls your computer settings back in time, programs installed after the rollback date may no longer work. Those programs will have to be reinstalled. Other non-program files like pictures, songs and documents will be unaffected by System Restore, so you need not worry about losing those treasured pictures of Granny. Of course backing those items up is never a bad idea either.

Lastly, if your computer is more than five years old and moves like a tortoise with arthritis, no amount of time reversal tricks will speed it up. It simply may be time to euthanize it and get a new one. You can consider it your contribution to stimulating the economy.

Russell Gall is the member services advisor at Charles Mix Electric Association in Lake Andes, S.D. If you have a question for this column, send it to Tech Tips, c/o Member Services, at the address found on Page 3.

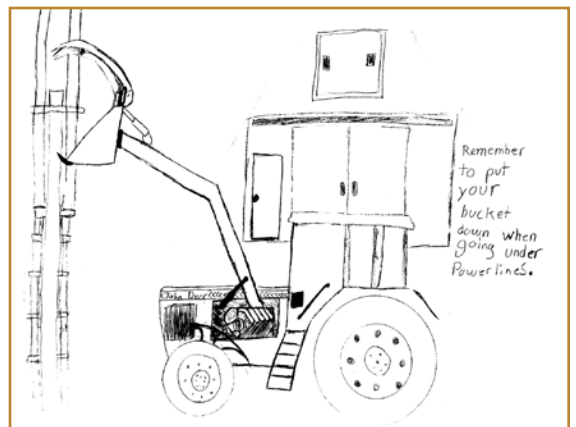
Appliance Safety

Don't take your appliances for granted! Taking a moment to check appliances can save lives. The Electrical Safety Foundation International offers the following tips:

- To make sure appliances are in good condition, look for breaks in power cords, plugs or connectors.
- An appliance which repeatedly blows a fuse or trips a circuit breaker could indicate a defect that may cause a fire or electrical shock. Unplug the appliance immediately and have it repaired or replaced.
- Unplug any appliance that has given you an electrical shock and do not use it until it has been checked and repaired by a qualified technician.
- Remember, electricity and water don't mix. Keep all electrical cords and products such as radios, TVs, hairdryers and curling irons away from water in a sink or tub.
- Keep appliance cords as short as possible to avoid accidents such as tripping or knocking the appliance over.

Kids' Corner Safety Poster

"Remember to put your bucket down when going under power lines."



Tagg Petrak, 11 years old

Tagg is the son of Tyler and Tiff Petrak, Martin, S.D. They are members of Lacreek Electric Association, Martin, S.D.

Kids, send your drawing with an electrical safety tip to your local electric cooperative (address found on Page 3). If your poster is published, you'll receive a prize. All entries must include your name, age, mailing address and the names of your parents.

Creative Casseroles

Ham and Cheesy Potato Bake

- 1 pkg. frozen hashbrowns
- 1-1/2 cups sour cream
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1/4 cup chopped onion
- 2 cups shredded Cheddar cheese
- 2-1/2 cups diced ham

Combine all ingredients; place in greased 9x13-inch pan. Bake at 350°F. for 1 hour. Note: May top with crushed corn flakes mixed with 4 T. butter.

Brenda Brooks, Sioux Falls, S.D.
Cooperative Connections

Easy Chicken Bake

- 1 (6 oz.) pkg. Stove-Top stuffing mix for chicken
- 1-1/2 lb. boneless skinless chicken breasts, cut into 1-inch pieces
- 1 can cream of chicken soup
- 1/3 cup sour cream
- 1 (16 oz.) bag frozen mixed vegetables, thawed and drained

Prepare stuffing mix as directed on package; set aside. Mix chicken, soup, sour cream and vegetables in 9x13-inch baking dish; top with stuffing. Bake at 400°F. for 30 minutes or until chicken is cooked through.

Pictured, Cooperative Connections

Crockpot Pizza

- 1 (12 oz.) pkg. egg noodles, cooked and drained
- 1-1/2 lbs. ground beef
- 1/4 cup chopped onion
- 1 (28 oz.) jar spaghetti sauce
- 1 (4-1/2 oz.) can mushrooms, drained
- 1-1/4 tsp. Italian seasoning
- 1 (3-1/2 oz.) pkg. sliced pepperoni
- 1 (12 oz.) pkg. shredded mozzarella cheese
- 1 (12 oz.) pkg. shredded Cheddar cheese

Brown ground beef with onions; drain. Add spaghetti sauce, mushrooms and Italian seasoning. Layer twice in crockpot in the following order: noodles, meat mixture, pepperoni, cheese. Turn crockpot on low; cook for 4 hours.

Carol Brendefur, Campbell, Minn.
Cooperative Connections

Baked Ziti

- 1 lb. ziti pasta, uncooked
- 1/2 onion, chopped fine
- 1 lb. lean ground beef
- 2 (26 oz.) jars spaghetti sauce
- 6 oz. or more provolone cheese, sliced
- 1-1/2 cups sour cream
- 6 oz. or more mozzarella cheese, shredded
- 2 T. shredded or grated parmesan cheese

Boil pasta in salted water for about 8 minutes; drain. In large skillet, brown ground beef and onion; drain. Add spaghetti sauce; simmer 15 minutes on low. Layer in a buttered 9x13-inch pan in the following order: 1/2 pasta, 1/2 sauce mixture, provolone cheese, sour cream, remaining pasta, remaining sauce, mozzarella cheese and parmesan cheese. Cover with aluminum foil. Bake at 350°F. for 30 minutes.

Lee Ann Knutson, Philip, S.D.
Cooperative Connections

Chicken Enchilada Casserole

- 4 chicken breasts
- 1 medium onion, chopped
- 2 T. butter or margarine
- 4 flour tortillas, cut in half
- 1 cup sour cream
- 1 can cream of chicken soup
- 2/3 cup evaporated milk
- 1/3 cup green chiles, chopped (optional)
- 1-1/2 cups grated Monterey Jack cheese

Cook and debone chicken breast; cut into bite-sized pieces. Set aside. Sauté onion in butter. Line a greased 9x13-inch casserole dish with tortillas; place chicken on tortillas. Mix sour cream, soup, milk, chiles, onions and 1 cup cheese until smooth; pour over chicken. Top with remaining cheese. Bake at 350°F. for 30 minutes or until bubbly.

Charlotte Jamnik, Deadwood, S.D.
Cooperative Connections

Seven-layer Hot Dish

- 5 or 6 potatoes
- 1 lb. ground beef
- 1 onion
- 1 cup uncooked rice
- 1 can whole kernel corn, drained
- 1 can dice or whole tomatoes
- Salt and pepper, to taste

Line bottom of greased casserole with raw sliced potatoes, ground beef, onion, rice, corn and tomatoes. Bake at 350°F. for 1-1/2 to 2 hours. Note: May add 1 can tomato sauce if too dry.

Pauline Schmidt, Willow Lake, S.D.
Cooperative Connections



Please send your favorite dessert recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in July 2008. All entries must include your name, mailing address, telephone number and cooperative name.

Last month's Coffee Slush Punch had an error in the directions. The directions should read: "Combine all ingredients; mix well and freeze. Note: This recipe doubled nearly fills a 5-quart ice cream pail."