

Top 3 Internet Scams

Internet scams come back again and again. Think before you click; here are three popular Internet scams to watch for.

1. Auction Fraud – Cheap stuff on eBay is always the lure. However, that 1986 Fleer Michael Jordan rookie card up for bid might not be a great deal. Fake and stolen merchandise isn't uncommon; even a Certificate of Authenticity doesn't really mean anything. As eBay Scam Watch notes, "If a seller is willing to misrepresent a fake item as real, then what is the big deal of throwing in an authentic looking certificate?" Another scam is the shill: A seller wanting to drive up an auction price may secretly bid himself or have friends bid to make real buyers pay more. Check auction history for repeat bidders with few big purchases. Never wire or send money directly to a seller – there is little recourse if the purchase isn't shipped.

2. Bank Fraud and "Phishing Scams" – An e-mail from the bank warns someone has tried to access your account.

Following a link in the official-looking letter, the "bank" asks for verifying data such as social security numbers and other private details, so they can take care of the problem. No matter how legitimate the e-mail looks, banks never e-mail asking for information. The e-mail is from a scammer hoping to empty your savings. The most recent scams play off government stimulus checks and welfare cards. Check the National Consumers League's

Internet Fraud Watch for tips to avoid such scams. Similar schemes play off mortgage and credit card debt elimination, with scammers offering to get rid of your debt for a small fee and power of attorney authorizing transactions on your behalf. When this information (and payment) is entrusted to them, you'll be left with nothing – except that mortgage or credit card bill they never take care of.

3. You've Won a FREE Xbox Fraud – Pretty much any time you're offered something great for nothing, be wary. No company can afford to give away thousands of free Xbox's. The e-mail will read something like this: "Congratulations! You've won a FREE Xbox (or iPod, TiVo or other fancy gadget)! All we need is your address and credit card information to pay the one-time \$5.99 shipping/handling fee!" Don't trust it or you'll soon find that credit card maxed-out – and probably five or six more maxed-out cards you never knew you had. Other online "free gadget" frauds force you to click through an increasing number of data-required sales pitches in search of the elusive prize. The Xbox never comes, but your e-mail, home mail and answering machine will be filled for years.

The best way to stay secure is never give out personal information on-line unless you're sure the site is legitimate. Some search engines and firewalls can verify the reputation of a site before clicking through. If you receive a suspicious e-mail, report it to the FBI's Cyber Investigation Team.

Spring Electrical Safety Tips

Springtime is a great time for yard work, swimming and many other outdoor activities. No matter what's on your agenda, electrical safety should be an important part of your plans.

Following are 10 tips to help you play it safe around electricity when you're outdoors this spring.

1. Always keep power cords and electrical equipment away from water or other wet areas.
2. Look up and look out for overhead power lines.
3. Call before you dig.
4. Keep materials, tools and all parts of your body at least 15 feet away from any overhead power lines at all times, including during the installation of antennas or satellite dishes.
5. Never fly kites or model airplanes near power lines or radio or TV antennas.
6. Before every use, inspect power tools and electric lawn mowers for frayed power cords, broken plugs and weathered or damaged housings.
7. Before you trim tree limbs and shrubs, watch out for power lines that could be hidden by foliage.
8. Keep vegetation and permanent structures away from the large, green ground-level boxes that house components of an underground electrical system.
9. Do not use electric-powered mowers on wet grass or around water.
10. Treat all electric lines with caution and respect. Even low-voltage electric lines and cords can be hazardous if damaged or improperly handled.

Source: *Occupational Health and Safety*

Kids' Corner Safety Poster

"Never dry your hair with a hair dryer while you're in the bathtub."



Tamara Waldner, 12 years old

Tamara is the daughter of Bill and Miriam Waldner, Britton, S.D. They are members of Lake Region Electric Association, Webster, 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.

Seafood Fare



South Dakota Centennial Walleye

- 2 large walleye fillets
- 2 eggs, beaten
- 1/4 cup milk
- 1-1/4 cups corn flake crumbs
- 2 T. melted butter
- 1 tsp. lemon pepper

Rinse fillets, patting dry with paper towels. Put beaten eggs into a pie tin; add milk. Put fillets into egg mixture, then dredge in corn flake crumbs. Place each fillet on cookie sheet. In a small bowl, combine butter and lemon pepper; drizzle over fillets. Bake at 350°F. for 30 minutes.

Amy Schoenfelder, Cavour
Cooperative Connections

Seafood Lasagna Rollups

- 6 lasagna noodles
- 1 (15 oz.) can tomato sauce
- Filling:**
- 1 (8 oz.) pkg. crab flakes or chunks
- 1 cup ricotta cheese
- 1/4 cup parmesan cheese
- 1 egg
- 1/4 tsp. onion

Cook lasagna noodles according to package directions. Rinse in cold water; drain. Combine filling ingredients. Spread 1/3 cup filling on each lasagna noodle. Roll up noodle with filling. Place in 9x13-inch pan. Pour tomato sauce over filled noodles. Bake at 375°F. for 30 minutes.

Joan Hiles, Mitchell
Cooperative Connections

Orange Roughy Hot Dish

- 2 cans cream of celery soup
- 1 or 2 pkgs. orange roughy fish
- 1 pkg. frozen broccoli
- 1 pkg. frozen cauliflower
- 1 (8 oz.) pkg. Cheddar cheese

Dot 2 cans of celery soup on fish that has been washed and dried completely. Spread lightly cooked broccoli and cauliflower over fish. Sprinkle Cheddar cheese on top. Bake at 300°F. for 1 hour. May also use cod or walleye.

Joan Bloom Manthey, Madison
Cooperative Connections

Quick and Easy Salmon Patties

- 1 (15 to 16 oz.) can pink salmon, bones removed
- 1 egg
- 1/3 cup minced onion
- 1/2 cup flour
- 1-1/2 tsp. baking powder

Drain salmon, setting aside 2 T. juice. In a medium bowl, mix salmon, egg and onion until sticky. Stir in flour. Add baking powder to salmon juice; stir into mixture. Form into small patties and fry until golden brown.

Pam Hofer, Carpenter
Cooperative Connections

Baked Stuffed Clams

- Clams:**
- 3 T. extra virgin olive oil
- 3 cloves garlic, halved
- 1 T. red pepper flakes
- Salt
- 24 Manila clams, cleaned
- 1/3 cup water
- 2 T. parsley, chopped
- Stuffing:**
- 2 cloves garlic, finely minced
- 1/3 cup extra virgin olive oil
- Salt and pepper
- 1/2 cup dry toasted breadcrumbs, finely ground
- 2 T. flat leaf parsley, finely chopped
- 3 T. Parmesan cheese, grated
- 3 T. butter, melted
- 2 ounces juice from steamed clams

Clams: Warm olive oil in a pot; add garlic, red pepper and salt. Brown garlic; add clams. Cook covered 2 to 3 minutes, add water and parsley; recover. Cook 2 to 3 minutes more, until clams open; discard unopened clams. Reserve 2 ounces of the sauce. **Stuffing:** Detach clams from shells and replace. Discard half of the shell. In a small bowl, combine parsley, olive oil, garlic, Parmesan and breadcrumbs with reserved clam sauce. Mix well and let stand for 10 minutes. Spoon small amount of mixture on top of each clam. Refrigerate 3 to 6 hours covered. Place clams under preheated broiler for 5 minutes, until a little crust forms. Serve while hot.

Pictured, Cooperative Connections

Crab Rolls

- 1/2 lb. Velveeta cheese
- 1 lb. butter
- 20 slices white bread
- 2 cups sesame seeds
- 2 (7 to 8 oz.) cans flaked crabmeat

Melt cheese and half of butter in top of double boiler. Cool until mixture begins to gel. Add crabmeat, stirring until mixture is spreadable. Cut crusts off bread slices. Roll each slice with a rolling pin to flatten. Spread mixture on one side of bread and roll up. Melt remaining butter. Dip rolls in butter, then roll in sesame seeds. Place seam side down in shallow baking pan. Cover and freeze. To serve, thaw slightly. Cut each roll in thirds. Broil until golden brown, turning once.

Gayle Rush, Philip
Cooperative Connections

Shrimp Dip

- 1 (8 oz.) pkg. cream cheese, softened
- 1/4 cup mayonnaise
- 2 T. diced onion
- 1 to 2 T. ketchup
- 1 can shrimp

Beat together first 4 ingredients until fluffy. Add shrimp. Chill.

Diane Bartnick, New Effington
Cooperative Connections

Please send your favorite Ethnic recipes to your local electric cooperative (address found on page 3). Each recipe printed will be entered into a drawing for a prize in June 2009. All entries must include your name, mailing address, telephone number and cooperative name.