

# Backup Safely or You'll Pay the Price!

**Often folks contact** me to save them. Well actually it is more like a resurrection. It seems to be more prevalent right before April 15. The typical conversation goes, "I need your help – my computer crashed." This usually is not a problem if you properly back up your information. More often than not, I get this deer in the headlights look "backup?????" If you



regularly make backup copies of your files and keep them in a separate place, you can get some, if not all, of your information back in the event something happens to the originals on your computer.

Deciding what to back up is highly personal. Anything you cannot replace easily

should be at the top of your list. Before you get started, make a checklist of files to back up. This will help you determine what to back up, and also give you a reference list in the event you need to retrieve a backed-up file. What should I back up? Financial records and information, digital photographs and your e-mail address book are a good place to start. How often should I backup? It depends on how much you value your information. At work I backup daily. At home I backup weekly unless I did my accounting.

Backups have gotten a lot easier. Recently I purchased an external hard drive this is a stand alone device with a single button on the front. After installing the software I simply press the button to backup my entire system. You can also use the software to schedule backups on a regular basis. Expensive? No, not compared to the hours it would take to restore my data or the loss of family photos. You can currently purchase a 1,000 gigabyte device for about \$200.

*Lawien is the director of member services and information technology at Moreau-Grand Electric Cooperative, Inc. If you have a question for this column, send it to Tech Tips, c/o Member Services, at the address found on Page 3.*

# Harvest Time Is Time to Pause for Safety

**While tending your** crops this year, take a moment to ensure your safety when working with heavy equipment:

- Make sure tractors are equipped with a rollover protective structure (ROPS) and a seat belt.
- The "no seat, no rider" rule is always in effect.
- A clean and reflective slow moving vehicle (SMV) sign is located on the rear of any tractor and piece of towed equipment that is used for roadway travel.
- An ABC fire extinguisher (minimum five pounds) is on the tractor.
- A fully stocked first aid kit is accessible.
- Everyone who operates the equipment has received training.
- Never bypass start a tractor. Always follow the correct starting procedure.
- All protective guards and shields are in place.
- Lock brake pedals together before traveling on the road.
- Never lean or step over a power takeoff (PTO) while it is operating.
- Check for ample clearances of power lines when moving heavy equipment.
- Observe the storage of equipment (augers, bailers and stackers) near or under power lines.
- Take extra precaution when working around trees and brush that often obstruct power lines.
- Notify your local cooperative if new construction alters clearances to power lines.
- Avoid dangerous situations. Call your local cooperative for advice and whenever in doubt!

*Sources: Georgia Farm Bureau and Rural Electric Safety Accreditation Program*

## Kids' Corner Safety Poster

**"Don't blow-dry your hair or listen to the radio if you're in the tub."**



**Kaylin Bohr, 8 years old**  
*Kaylin is the daughter of Lawron and DeEtte Bohr, Plankinton, S.D. They are members of Central Electric Cooperative, Mitchell, 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.

# Garden Goodies



## Kohlrabi Au Gratin

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|--------------------------------------|-------------------------------------|
| 6 medium kohlrabi, peeled and sliced | 3/4 cup shredded American cheese    |
| 3 T. flour                           | 1/2 cup milk                        |
| 3 T. melted margarine, divided       | 3/4 tsp. salt                       |
| 2 T. sliced green onions             | 1/8 tsp. pepper                     |
| 1 cup sour cream                     | 3/4 cup soft bread crumbs (1 slice) |

Cook kohlrabi, covered in a small amount of boiling salted water for 25 minutes; drain. Blend flour into 2 T. melted margarine. Stir in onion, sour cream, cheese, milk, salt and pepper. Cook and stir until cheese melts. Combine kohlrabi and sauce; put into a 1-1/2-quart casserole. Toss crumbs and remaining margarine; sprinkle on top. Bake, covered, at 350°F. for 15 minutes. Uncover and bake an additional 15 to 20 minutes.

**Shirley Theдорff, Centerville**  
**Cooperative Connections**

## Crispy Fridge Pickles

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|---------------------|----------------------|
| Cucumbers           | 5 cups cold water    |
| Dill                | 2 cups vinegar       |
| 1 T. chopped garlic | 1/2 cup canning salt |

Pack cucumbers in a 1-gallon jar with dill and garlic at bottom, halfway and top. When jar is full, make a cold brine of remaining ingredients. Mix until salt is dissolved. Pour over cucumbers in jar until covered and put lid on. Let set on counter overnight; refrigerate.

**Karen Huether, Tripp**  
**Cooperative Connections**

## Zucchini Pancakes

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|----------------------------|----------------------|
| 2 cups grated raw zucchini | 1 tsp. baking powder |
| 1 egg, beaten              | 1/4 tsp. salt        |
| 1/2 cup flour              |                      |

Put zucchini in mixing bowl. Fold in egg and flour sifted with salt and baking powder. Fry in oil or margarine. Brown lightly on both sides. Make each pancake 2 or 3 inches in diameter. Note: May use large zucchini but remove seeds first.

**Rose Kutter-Ferney, Groton**  
**Cooperative Connections**

## Green Beans with Sauce

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|--------------------|-------------------------------|
| Green beans        | 1/4 cup chopped red onion     |
| 2 tsp. horseradish | 2 tsp. garlic                 |
| 2 T. sour cream    | 1/8 tsp. Worcestershire sauce |
| 1/4 cup mayonnaise | Hard-boiled eggs, chopped     |

Cook desired amount of green beans. Combine next 6 ingredients; refrigerate 8 hours. Mix with green beans; garnish with chopped hard-boiled eggs.

**Glenda Morton, Sioux Falls**  
**Cooperative Connections**

## Pesto Chicken and Vegetable Kebabs

- 1/4 cup refrigerated pesto with basil
- Grated lemon peel from 1 lemon
- Juice from 1 lemon
- 1/2 lb. boneless, skinless chicken breast halves, cut into 1-inch pieces
- 1/2 lb. assorted vegetables (cherry tomatoes, bell pepper cubes, zucchini wedges, button mushrooms and/or eggplant cubes)
- 4 (10-inch) skewers
- Salt and ground black pepper

Combine pesto, lemon peel and lemon juice in large, resealable plastic bag. Add chicken and vegetables; seal. Marinate in refrigerator for 1 hour. Thread chicken and vegetables alternately on skewers; discard any remaining marinade. Preheat grill or broiler. (Place kebabs on baking sheet if broiling.) Grill or broil for 5 minutes; turn over. Grill or broil for an additional 3 minutes or until vegetables are tender and chicken is cooked through. Season with salt and pepper. Note: If using wooden skewers, soak in water for 30 minutes before threading.

**Pictured, Cooperative Connections**

## Fried Green Tomatoes

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|------------------------|--------------------------|
| Green tomatoes, sliced | Self-rising flour        |
| Salt                   | Thin sliced ham or bacon |
| Buttermilk             | Poached eggs             |
| Vegetable oil          | Hollandaise sauce        |

Put tomato slices in colander; toss with salt to coat. Place tomatoes in bowl and cover with buttermilk. Heat oil. Coat tomatoes with flour. Brown nicely on both sides. To serve, put 2 slices of tomatoes on a plate, cover with a thin slice of ham or bacon; top with a poached egg and spoon on hollandaise sauce.

**Betty Littau, Winner**  
**Cooperative Connections**

## Zucchini Parmesan Cheese Pie

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|---------------------------------|---------------------------------------|
| 1 cup biscuit mix               | 1 tsp. Mrs. Dash                      |
| 3 cups sliced zucchini          | 1 tsp. garlic powder                  |
| 1/2 cup chopped onion           | 1/2 cup olive oil                     |
| 1/2 heaping cup Parmesan cheese | 4 eggs, beaten                        |
| 1 tsp. oregano                  | 1-1/2 cups shredded mozzarella cheese |
| Salt and pepper to taste        |                                       |

Mix together all ingredients except mozzarella cheese; pour into a greased 9-inch deep-dish glass pie pan. Bake, uncovered, at 350°F. for 30 minutes. Remove from oven and cover with mozzarella cheese. Bake an additional 10 to 15 minutes or until cheese is melted and golden brown.

**Janet Ochsner, Sturgis**  
**Cooperative Connections**

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