



With Memorial Day weekend behind us, summer is on its way. We look forward to out door activities like biking, going to the beach, golfing, baseball, jazz concerts on the lawn, ...etc.

Like most people, we struggle with finding time to do the things we like. We offer a few suggestions on how to get your life a bit more organized and doing "have to do" things more efficiently.

On the subject of doing things more efficiently, we have talked about backing up your computer files since the beginning of the year. This month, we share with you a very simple file/folder copy script that's easy to back up your files as well as restoring them.

Summer is also the time we can spoil our taste buds. It's the season for a sweet fruit, mango. Combining Mango and Lobster, you can make a chilled appetizer that will wow your friends and family.

Happy Father's days and enjoy the summer!



## Automate Files Backup with DOS Batch Script 2007-06

We have suggested using Windows XP's build-in backup tool to **backup your files**. In the past few months, we have received more dissatisfied comments than favorable notes. Mostly, readers complained about the complexity of setting up the backup jobs and the file restoring process. Most desired a simple, automated file copying process.

Windows XP can run scripts. Searching through the internet, we were able to assemble this simple file copying script. It creates a folder based on Year, Month, Day when it run. After the folder is created, it copies files and folders from a location of your choice, to the YYYYMMDD folder. Combining it with the build in scheduler, you will have a simple and reliable scheduled backup procedure.

The batch file shown below, changes directory to f:\backup\, where F is our USB Hard Drive. Then, it uses the computer's date time function to figure out `yyyymmdd` and create the `yyyymmdd` folder. The next step does the copy, from My Documents to the `f:\backup\yyyymmdd` folder.

```
backup.bat - Notepad
File Edit Format View Help
@echo off
cls
REM NOTE 1: change directory where you want the backup file to be and create
cd f:\backup\

REM NOTE 2: Uses system date to create a yyyymmdd folder
md %date:~-4,4%%date:~-10,2%%date:~-7,2%

REM NOTE 3: copy the files you want to the newly created YYYYMMDD folder.
xcopy "C:\Documents and Settings\Eric\My Documents" f:\backup\%date:~-4,4%%date:~-10,2%%date:~-7,2% /S
```

You will need to follow these instructions to make the batch file work on your computer. The file you downloaded is named `backup.txt`. Open it with Notepad to edit it.

First, change the `f:\backup\` to wherever you want to backup your files to. Our USB drive is drive F, and we have crated a backup folder to keep all our `yyyymmdd` folder/files in it.

**REM NOTE 1: change directory where you want the backup file to be and created**  
`f:\backup\`

Second, modify the copy command line. This line has three pieces to it.

- REM NOTE 3: copy the files you want to the newly created YYYYMMDD folder.**
1. `XCOPY`, is the command to copy the files.
  2. The `"C:\Documents and Settings\Eric\My Documents"` is where all the files you want to copy from.
  3. `f:\backup\%date:~-4,4%%date:~-10,2%%date:~-7,2% /S` is where the destination folder is.

After you made all the changes, save the `backup.txt`. Then, save it again as `backup.bat`. To test the script, double click on `backup.bat`, and it should create a folder on `f:\backup\yyyymmdd`, then all your files in `C:\Documents and Settings\Andy\My Documents` will be copied over.

You can run this process yourself when you remember to backup your files, or the alternative is to use the build in **task scheduler**.



## Chilled Lobster with Mango and Mint

**Source:** Williams-Sonoma Website

**Serving Size:** 2

Prep Time: ~ 60 min

Cooking Time: ~ 10



### NOTE:

You can cook the lobster and remove the meat up to a day in advance.

Place the meat in an airtight container and refrigerate. The lobster-mango molds can be prepared **30 minutes in advance**; refrigerate until ready to serve.

## Instructions

- Chill Salad Plates
- Bring a large pot three-fourths full of salted water to a boil over high heat.
- Add the lobster, headfirst. Cover and cook until the lobster is red, **about 7 minutes**.
- Fill a large bowl ice water
- Transfer the lobster the bowl of ice water and let cool completely.
- Remove the meat from the claws, knuckles and tail, and discard the shells. Try to remove the claws in one piece for a nice presentation.
- Cut the tail meat in half lengthwise, then cut each piece crosswise on the diagonal into slices about 1/4 inch thick.
- Peel and seed the mango. Slice the mango into strips about 1/4 inch thick but no more than 2 inches long.
- In a bowl, combine the sliced lobster tail and knuckle meat, *all but a pinch of the mango*, the olive oil, lemon juice, green onion, half of the mint, salt and pepper. Toss gently until just combined.
- Fill 2, lightly oiled 4-oz. ramekin, OR a 4-oz round, Ziplock container Cover and **refrigerate for ~15 min**.
- Toll the claw and the remaining mango in the mixture, place in a container and refrigerate.

### To Serve

- ~ 10 min prior to serving, invert the filled ramekin/container onto a chilled salad plate.
- Top each salad with meat from a lobster claw and mango
- Garnish with mint

## Ingredient List

- 1 live lobster, 1 to 1-1/2 lbs.
- 1 ripe mango\*
- 2 Tbs. extra-virgin olive oil
- 2 tsp. fresh lemon juice
- 2 tsp. minced green onion
- 1 Tbs. finely slivered mint leaves\*
- Salt and freshly ground pepper, to taste

### Mangos\*

- U.S. Season: May through August.
- Selecting Fruit: Mango can be bought green and ripened (when it is yellow/orange, only slightly firm, yielding to gentle pressure) at room temperature.
- It is best to select mangos which are starting to show signs of ripening, rather than totally hard and green, or totally ripe.
- [How to cut a mango](http://www.wildoats.com/u/departmen t173/) (http://www.wildoats.com/u/departmen t173/)

### To store fresh mint leaves\*

- Carefully wrap them in a damp paper towel and place inside of a loosely closed plastic bag.
- Store in the refrigerator, where it should keep fresh for several days.
- Dried mint should be kept in a tightly sealed glass container in a cool, dark and dry place, where it will keep fresh for about nine to twelve months.



## More Time for Fun 2007-06

Last month, we talked about how to enjoy your favorite pass time and pass on your experience. The most frequent comment was "I don't have time" to enjoy their activities. Be it family commitment or work load, most of our lives are filled with other things to do.

So how do you get more time to enjoy your favorite activities? Simplify your life.

Take some time to think about everything that you "have to do" and things you like to do, write those things down on a piece of paper.

Things you have to do maybe get to your job, pick up kids, food shopping, mow the lawn, clean the house, dentist appointment, walk the dog, etc. Things you would like to do could be exercise regularly, visit with your parents, play golf, read a book, ...etc. You can't eliminate the things you have to do, but you can fit the things you like to do into them.

**First, you can combine things you need to do with thing you like to do.** This past Friday, May 18, was bike to work ([Who's Pushing Pedal-Pushing \[http://www.businessweek.com/magazine/content/07\\\_21/c4035014.htm?chan=search\]\(http://www.businessweek.com/magazine/content/07\_21/c4035014.htm?chan=search\)](http://www.businessweek.com/magazine/content/07_21/c4035014.htm?chan=search) day. If you live close enough and there is a safe route for you to bike, you can do multiple things together. You got to the office, exercised, and save money on gas.

Do you have a maid service that cleans your house? You can reduce the number of time they come in or stop the service all together. Housework is hard cord exercise!

How about coordinating time to go food shopping together with friends / family you want to visit with? You can go shopping together, at the same time, catch up on things.

**Second, doing things more efficiently also saves you time.** Do you still pay your bills with paper check and mailing them? Most banks these days offer electronic bill pay. You pay your bills on your bank's web site. No checks to write and no envelopes to mail. This saves you time, money, and the environment.

Do you have a favorite TV show that comes on at inconvenient time? Use TiVo (DVR). You can watch your show faster, at a time that's convenient for you. You can fold laundry or work out while watching your favorite show.

To do things more efficiently, you need to plan. Take 15~20 minutes during Sunday dinner time, talk about everyone's upcoming week. Who is where, when, and how. Once you know what the activities are, it will make it easier for you to see if there are things that can be done together. Once you get into a routine of planning things, you will find the time spend planning pays dividend in terms of more leisure time.

**Third, one of the activities that you must use your time for is exercise.** If you keep yourself healthy, you won't have to visit the doctor's office as often, and you won't have to spend money on medicine. Time and money, you can use for fun things. The simplest form of exercise is walking. **Utilize opportunities to walk** during your day. You can take a 15 min walk during your lunch hour or park your car far away from the office door so you walk a bit. Get out of your office chair, and walk the long way to the coffee machine or the restroom. These little bit of distances adds up.

Follow these simple tips will give you more time to enjoy your favorite activities.