



Take pictures to capture the moment for memory (2007-01)

Whether the moment is a life event filled with human emotions or nature's beauty, we can preserve the moments with good pictures by following a few simple guidelines.

1. DETERMINE THE SUBJECT by asking yourself: what am I trying to show with this picture? i.e. what is it about the moment you are trying to preserve? Is it a group of friends having fun, a family gathering, a life event, or sunset at the beach?



Both of these pictures convey graduation, walking down the aisle, but the one on the right, clearly show the young man with the flower, is the one we are interested in. Determine your subject, it will allow your picture to capture the moment.

2. All good pictures are sharp; so, HOLD STILL when you press the shutter button. Holding still is especially important for indoor or night time picture taking.

The best way to ensure sharp pictures is to use a tripod; however, using a tripod is not always practical. An easier to carry alternative is the monopod. Using the Monopod and your body, you can create a stable platform.

You can make a human tripod by leaning against a nearby tree or wall for extra stability. You can also rest your elbows on a stable surface. If you are taking the picture without support, ALWAYS, keep both arms close to your chest and gently press the shutter button.

3. TAKE LOTS OF PICTURES. With the digital camera's these days, there is no cost associated with developing the film. Instead of taking one picture, take four or five! Take shots from the left and right side, from below the subject, and at the same eye level of your subject. Why? Well, now you have 4 or 5 chances one of the pictures will be good and you may discover something you didn't think of. This is professional photographer's secret, serendipity!



I took 5 pictures of this beautiful Golden Retriever enjoying a sunny day, which one do you like? If I have only taken one picture, there wouldn't be any choices to make.

Utilizing these three simple guidelines will produce better pictures for you to enjoy over time. Next month, we will look at picture composition techniques to make your pictures even better.



Most of us realize we need to keep a backup of our computer files, AFTER it's too late. Following a few simple steps, we can ensure our files are safely backed up.

In our computers, notebook or desktops, there is a "Hard Drive". Our pictures (link to better pictures), emails, homework, tax records, electronic check book, music, videos, everything that's important to us, are stored on this device. You want to keep a copy of these files in case the HD in the computer fails, or your computer falls victim to viruses.

The guiding principle is to copy all that's important on regular bases, to a separate hard disk or other storage devices. These days, the best choices for consumers, is to use an External HD. And, for most of us that uses Microsoft Windows XP (see Appendix for determining Windows XP Versions), creating backups is relatively simple.

The first step is to purchase an External Hard Drive (aka External HD). There are many different brands and capacity available. Make your selection based on these three criteria's.

1. **Capacity.** Pick one that's at least 3 times the size of your computer's hard drive. Ex. Your notebook computer has an 80G Hard Drive, pick a drive that's at least 240 GB.
2. **Ease of connection.** For home use, a USB connection is good enough.
3. **Reliability.** Buy a brand name product with good warranty. Remember, this is the back up, you want it to be reliable. You can read reviews online (Ex: [cnet](#)) or ask a friend.

Based on these criteria's, you should budget about \$200 or so for the external Hard Drive. This may seem like a lot, but, imagine the hours you have to spend and the possibility you won't be able to get your files back. It's an insurance that's worth its cost.

The second step is determining where all your important files are located. What are the important files? Documents such as your resume, college application essay, .etc. These are usually located in the My Documents folder. Here are some examples of other files you will want to consider backing up,

- Outlook Express e-mail messages, Email account information, and address book (for instructions on how export these information, refer to [Microsoft KB 270670](#). You will want to save these files on a regular bases to My Documents folder)
- Internet Explorer Favorites and cookies
- A list of ID / PW used for accounts, web sites, .etc. I use a password protected Word Documents to keep all my ID/Passwords for the 20 or so web sites I frequent. This file is saved in My Documents folder.
- Quicken files, I created a backup folder within Quicken, and store them in My Documents folder.

The standard files folder; C:\Documents and Settings\JohnSmith\My Documents, includes My Music, My Video, My Slideshow, etc. I back up this folder and I am ensured all the files important to me are safe.

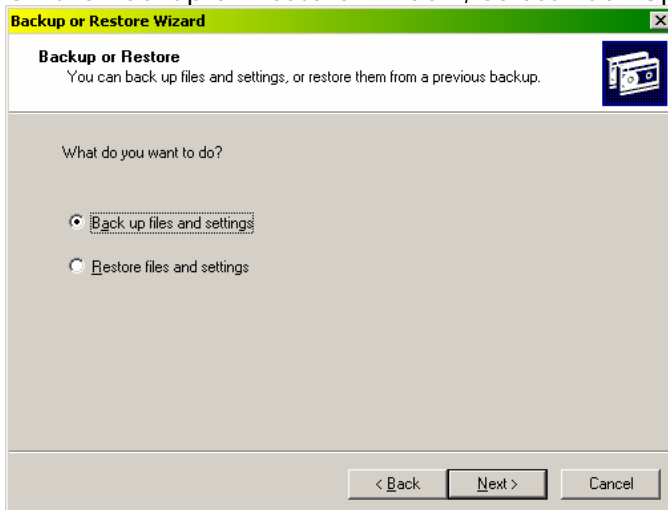
Once you have connected your External HD and identified your important files, its time to make a backup. Windows XP makes this task especially easy with a backup Wizard. To start the wizar, select Start > All Programs > Accessories > System Tools > Backup.



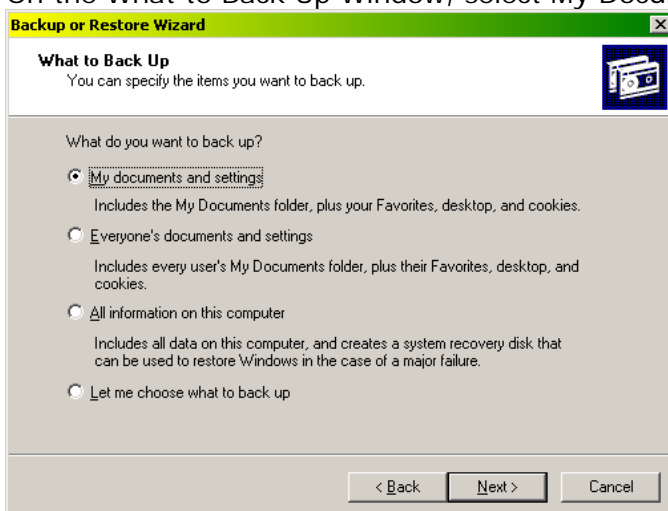
You will see the Backup or Restore Wizard Screen. Click NEXT



On the Backup or Restore window, select Back Up files and settings, then Click NEXT



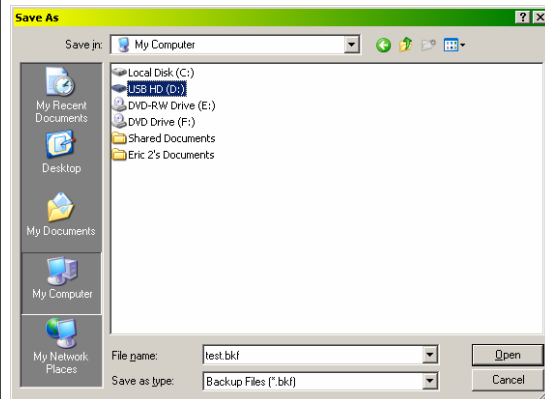
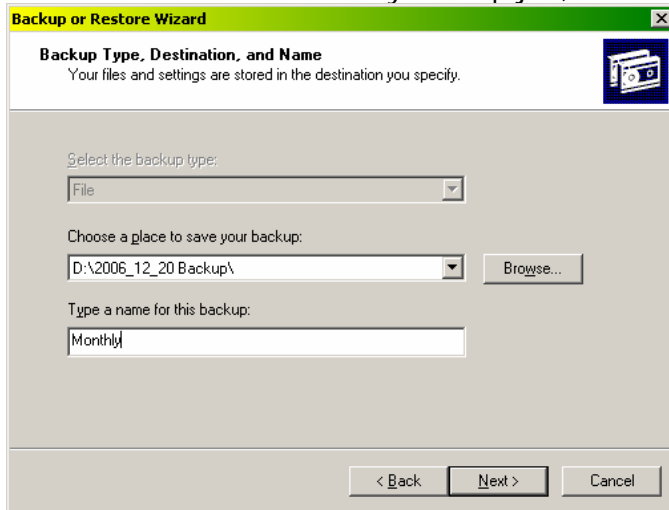
On the What to Back Up Window, select My Documents and Settings, then Click NEXT





On the Backup Type, Destination, and Name, press the Browse button to select your External HD, then Click NEXT

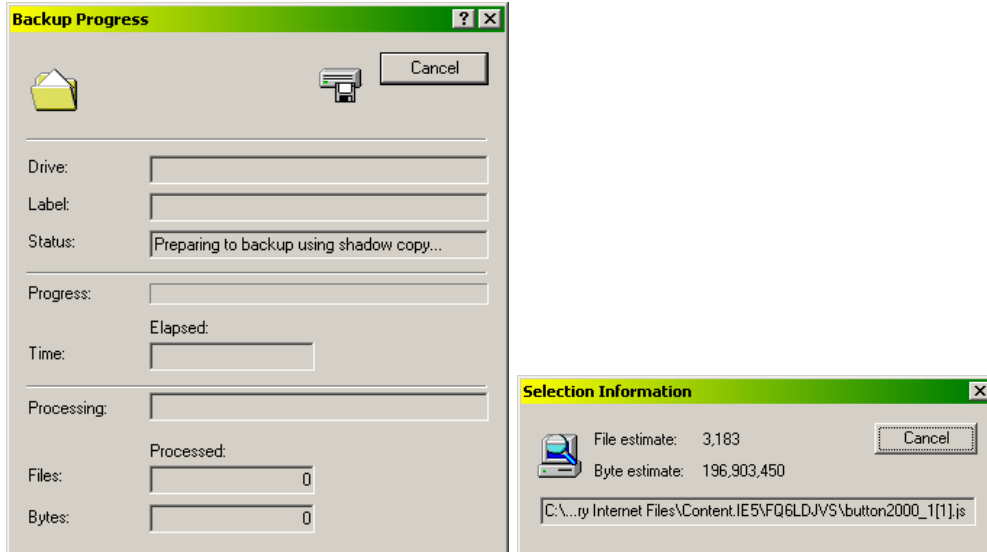
- In this case, it's the D drive. And I have Created the 2006_12_20 Backup folder to store my data.
- I have also named my backup job, Monthly



After all the selections are made, the Completing the Backup or Restore Wizard screen appears, Click FINISH.

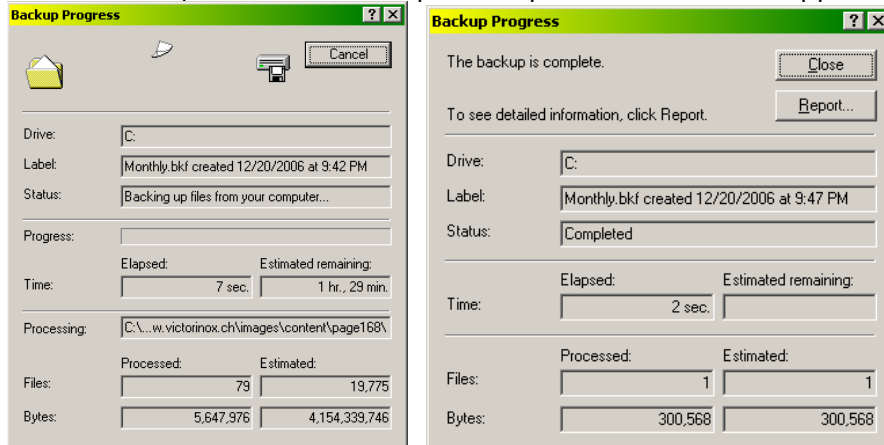


The backup will start, and you will see a few screens showing the Preparation step, then, the file / backup files size estimating screen.



Once the status box shows “Backing up files from your computer”, you are on your way. Depending on how much you have to backup, it may take 10min, it may take a few hours. You don't have to sit in front of the computer and wait, you can go run errands, go to work, for me, I will be playing a round of golf.

Once its completed, the Backup is completed window will appear and you are done!



Although these are simplified steps to create backups, it does the job. Next month, we will discuss what the “Advanced” button is all about, and in the case you have to do a restore, how to do it. Remember, if you have a desktop or notebook computer at work you can and should backup your documents also!

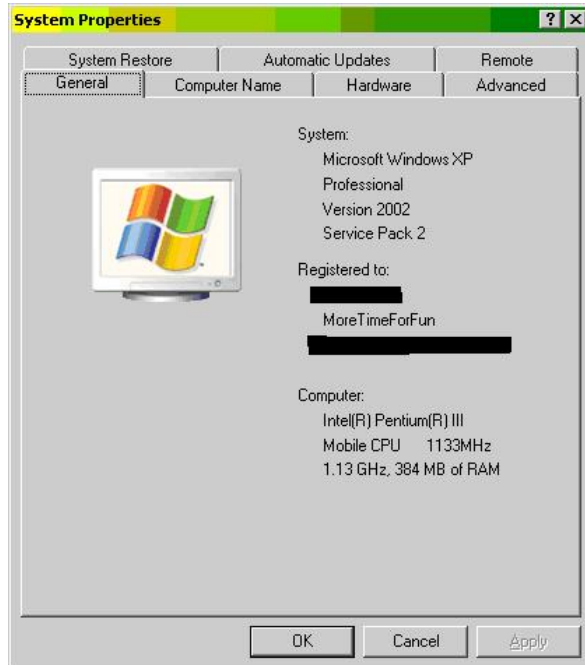


Appendix

Determine which version of Windows XP, Professional or Home.

Right mouse click on My Computer, and select Property.

You will see the System Properties screen. On the General Tab, under System; you will see which version of the Windows XP you have. This examples shows Professional.



If you have Windows XP Home, Please reference Microsoft's information page to download and install the backup tool. <http://support.microsoft.com/default.aspx?scid=kb;en-us;q302894>

Emergency Evacuation Kit

Leave the House for a few Days

Travel Bags are in the master bedroom's closet on the floor

Flash Lights

- 1 Under the bed, 1 in the car's center console, 1 in car back trunk
- Batteries: in kitchen drawer next to pots hanger, under coffee machine

Battery Powered Radio

- In the closet on third floor, in black pouch, has 2 sets of batteries in it.

Cloth

- Rain cloth in golf bag, car, and front door closet
- T shirts and sweat shirts Socks Pants Extra pair of shoes Hats, in car and/or golf bag

First Aid Kit

- 1 in the car and 1 in the hall way closet on 3rd floor and bath room
- Scissors – kitchen in knife block and multi-tool in car center console and 1 on coffee table in living room

Important Papers

- Passport: In the file box, in the travel folder
- Check book: in the box next to the computer monitor in the office
- Wallet with money and driver's license
- Computer with power strip

Toiletry Kit

- Toothbrush/Paste, Soap – Add to Travel kit under the sink in master bathroom
- Toilet paper and Paper towels under sinks and in guest room closet

Location

3rd Floor

- Flash light, Battery Powered Radio, cloth, First Aid Kit, Toiletry Kit, cloth

2nd Floor

- First Aid Kit – Scissors and multi tool
- Flash Light Batteries in Kitchen
- Important Paper – Computer and power supply

1st Floor

- Important Paper, passport, wallet, check book

CAR

- First Aid Kit, multi-tool, Flash light,

Emergency Evacuation Kit

Full Evacuation (don't know when you will be back)

Take everything above, plus items below.

Blanket to Keep Warm

- Sleeping bag in guest bedroom closet

Computer

- USB HD in office on the top shelf, power supply.

Food and water - Kitchen

- Canned food in kitchen cabinet above microwave
- Can opener in drawer next to gas stove
- Bottles water in refrigerator and on the counter next to refrigerator and next to the bay window on the floor in the kitchen eating area
- Vitamins in cabinet above coffee maker
- Advil - in refrigerator
- Spoon and forks

Work Gloves

- Garage and in car trunk

Breathing Mask (NIOSH-N95)

- Garage

Matches and lighters

- In the golf bag and in the drawer in kitchen, under the coffee maker

Whistle

- In the pie plate on the fireplace mantel

Map

- In the car

Gas Can

- In the garage

Location

3rd Floor

- Sleeping Bag,

2nd Floor

- Food and Water in Kitchen, matches and lighter
- Important Paper – Computer and power supply

1st Floor

- Computer, USB HD
- Whistle

Garage

- work gloves, gas can,

CAR

- Work Gloves, map

KANSAS CITY STEAKS

also known as New York strip steaks, are sirloin steaks that have the bone attached

With **LOBSTER BEARNAISE SAUCE** and **CREAMED SPINACH**



Source: Bon Appétit, March 2006

Serving Size: 4

Prep Time: 45 min

Cooking Time: 30 min

Wine: Merlot-based red with intense fruit and velvety tannins.

NOTE:

Lobster meat and butter can be prepared 1 day ahead. Cool un-Cover, then cover and refrigerate.

Spinach Can be prepared 1 day ahead. Cool un-Cover, then cover and refrigerate.

Lobster Sauce

- Cook lobster in large pot of boiling salted water **13 minutes**.
- Transfer lobster to baking sheet, cool slightly.
- Twist off claws; Scope out meat.
- Twist off tail; Scrape out any green tomalley.
- Using kitchen shears, cut body and legs into 2-inch pieces and place in medium bowl.
- Cut tail meat from shell; add shell to bowl with body and legs.
- Cut all meat lengthwise into 4 strips, then crosswise into 1/4-inch pieces.
- Place all meat in small bowl, cover, and chill.
- **At same time, Prepare the Spinach**
- Melt 1 stick of butter in heavy large pot over medium-low heat.
- Add sliced shallot, garlic, and chile; cook until fragrant, about **5 minutes**.
- Add lobster shell pieces and stir **5 minutes**.
- Increase heat to medium. Add remaining 1 stick of butter, 1 tbs at a time, stirring until melted between additions.
- Add paprika; stir to blend.
- Strain butter into medium bowl, pressing on solids in strainer to release all butter.
- Discard solids in strainer.
- Let lobster butter cool to room temperature.
- Chill, covered, In refrigerator

Creamed Spinach

- Bring 1/4 cup water to boil in large pot.
- Add half of spinach to pot; toss until wilted but still bright green, about **3 minutes**.
- Add remaining spinach and toss until just wilted.
- Transfer spinach to strainer set over large bowl.
- Wrap spinach in paper towel, and squeeze water out.
- Transfer spinach to work surface; coarsely chop.
- Let it cool. Cover and Refrigerate.

Shopping / Ingredient List

Steak and Lobster Sauce.

- 1 live lobster, ~ 2lbs
- 2 sticks unsalted butter, divided
- 1 shallot, sliced
- 2 garlic cloves, chopped
- 1 dried red chile, such as Japonese
- 1/2 teaspoon paprika
- 1/4 cup Sherry wine vinegar
- 2 tablespoons chopped shallot
- 1 tablespoon capers, chopped
- 2 large egg yolks
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 1 tablespoon chopped fresh tarragon
- 4 1-1/4" thick ~9-oz (or ~15 oz w/ bone) New York strip (USDA PRIME Grade)

Creamed Spinach

- 1/4 cup water
- 4 6-ounce bags baby spinach leaves
- 2 tablespoons (1/4 stick) butter
- 1/3 cup chopped onion
- 1 bay leaf
- 1/2 dried small red Chile, such as Japonese
- 1/4 teaspoon black peppercorns
- 1/4 cup all purpose flour
- 1/4 teaspoon salt
- 1 1/4 cups whole milk
- 1/2 cup whipping cream

Lobster Sauce – Continue

IF CHILLED: Return lobster butter to room temperature before next step.

- Combine vinegar, chopped shallot, and capers in medium saucepan.
- Boil over high heat until almost all liquid evaporates, about **1 minute**.
- Remove from heat. Whisk yolks, lemon juice, and 1 tablespoon water in medium bowl.
- Place bowl over saucepan of barely simmering water. Whisk constantly until mixture is thick, about **3 minutes**.
- Turn off heat. Whisk in lobster butter in 6 additions.
- Whisk in shallot mixture and tarragon.
- Season to taste with salt and pepper.
- Stir in reserved lobster meat.
- Season with salt and pepper.
- Keep lobster b arnaise sauce over warm water.

Creamed Spinach – Continue

IF CHILLED: Bring Spinach to room temperature before next step.

- Melt butter in heavy medium saucepan over medium heat.
- Add onion, bay leaf, dried chile, and peppercorns; saut  until onion is soft but not brown, about **3 minutes**.
- Whisk in flour and salt. Cook until mixture is pale gold and has nutty aroma, whisking constantly, about **3 minutes**.
- Gradually whisk in milk. Boil until thick, stirring constantly, about **2 minutes**.
- Strain b chamel sauce into medium bowl.
- Heat cream in heavy medium saucepan over medium heat until just simmering.
- Add b chamel sauce; whisk until mixture is smooth and begins to simmer.
- Add spinach and stir until heated through.
- Season to taste with salt and pepper.

Cook the Steak

- Cooking the STEAK (~ **15 min**)
- Bring steak to room temperature and rub with Coarse salt and pepper.
- Preheat broiler (OR, Grill Steak)
- Rub steaks with coarse kosher salt and pepper.
- Broil/Grill until cooked to desired doneness, about **6 minutes** per side for medium-rare (**5 minutes** per side if boneless). Use thermometer, 160F for Medium
- Serve with lobster b arnaise sauce and Creamed Spinach on the side or in plate.