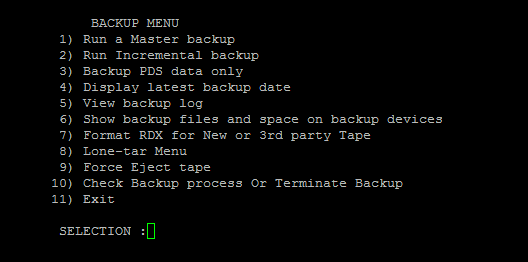
Linux Lone-tar Backup system:

1. Login as root than type “ backup “



This will help you to do most of the basic tasks.  
  
If you can’t find the option that you looking for in the quick menu. Than select option 8.  
