

A Free Monthly Newsletter from Your Friends at RF Computers



Learn to Relax in a Garden

If you're looking for a quick mental "pick-me-up" take a walk in a garden. Research has proven that just five minutes of exercise outdoors can improve your mental health. This study should encourage you to spend more time in parks and gardens. It doesn't matter if you walk, garden, ride your bike, or farm. All these activities can boost your mood and your self-esteem.

This is one form of "self-medication" that your doctor will approve of. There is great benefit to individuals as well as to society in general. The cost of health service would decrease if more people would spend a few more minutes every day outside. Spending time in nature can decrease the risk of mental illness as well as increase one's sense of well-being. The studies examined such activities as walking, gardening, bicycling, fishing, boating, horseback riding, and farming.

The greatest health changes were found in younger people and in the mentally ill populations, however, all ages and social groups found benefit. The best improvement in self-esteem came from five minutes exercising outside. It made no difference if the exercise was done in the wilderness or in city parks, however green areas with lakes had a more positive effect.

August Events

August 1 – American Family Day

August 8 - Dollar Day

August 13 – International
Left-Handers' Day

August 19 – National Aviation Day

August 26 – Women's
Equality Day

August – National Inventor's
Month



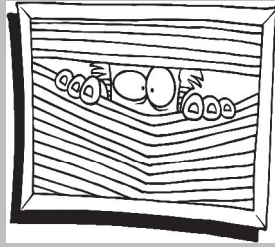
National Aviation Day

It seems hard to believe that we have been flying for just over 100 years. Orville Wright flew a self-invented aircraft named Flyer for 12 seconds on December 17, 1903. Then on November 9, 1904 Wilbur flew Flyer II for 5 minutes. The aviation age had begun. In 1909 the U.S. Government bought their first airplane, a Wright Brothers biplane for the princely sum of \$25,000. In 1939, Franklin D. Roosevelt declared that August 19 would be considered National Aviation Day because it coincides with the birth date of Orville Wright, the first man to pilot a manned aircraft. Since that time, August 19 has been set aside as the day we celebrate the history and development of aviation.



**Free Tune Up With any purchase offer extended through
August 31, 2010. Call or email for details**

Cleaning Mini Blinds



Mini blinds are one of the greatest window treatments ever invented. However, they are very difficult to keep clean. No matter how much I try, I never seem to remember to wipe down each and every slat often enough to keep the dust off. Soon, that dust combines with food oils from cooking, perfume, candle residue from burning candles, etc. It is really difficult to get them looking like new again. One of the best ideas I've tried is to fill a bathtub with hot water, ½ cup of dishwasher detergent and let the blinds soak for about half an hour. The string attachments turn white again, and a gentle scrubbing with a long handled scrubber will remove those stubborn areas. Rinse, allow to dry, rehang. They look like new!

"I'm living so far beyond my income that we may almost be said to be living apart."

~e.e. cummings

A Note for Our Dedicated Fans

We realize many have not had the opportunity to opt in to RF Computers monthly newsletter. Please do so at www.rfcomputer.biz or by phoning 209-492-9090. As much as we desire to provide this entertaining publication every month we do not desire to impose and humbly request a response from those who enjoy and want to continue receiving this publication

Quick! You Have 7 Seconds to Make a Good First

Impression: This is due to our ancestors having to decide very quickly whether someone approaching them was a friend or a foe. When meeting someone for the first time check your appearance, posture, tone of voice, and your facial expression. You only get one chance at this!

Fainting Goats



When I first heard about fainting goats, I thought it was a gag. So a little research was in order.

There is such a breed as fainting goats. They suffer from a condition called myotonia congenital. These goats are slightly smaller than a standard goat, and when they are startled or become frightened, they fall over into what looks like a faint. They fall to the ground and their legs stick straight out from their body as if they are dead.

The condition is due to the muscles experiencing a prolonged contraction whenever the animal is startled. This stiffness is temporary, but it will cause the goat to freeze in place, become very stiff, and many of them do fall to the ground. The goats don't actually faint, they are quite conscious when they freeze into position. The degree of stiffness each goat demonstrates varies and is due to how old the goat is, how much the goat has been interbred with other goat species, and how large the scare was.

The story associated with these goats is that shepherds used to keep one or two fainting goats with their large herd of sheep. If a wolf or other predator came upon the herd, the fainting goats would take fright, fall to the ground, allowing the wolf to snag a very easy meal, and leave the sheep alone. Poor goats.

Wine Dilemma

Here's a question: are screwtops or corks best for sealing a bottle of wine? New Zealand has led the world in its crusade to find a better way to seal wine to avoid 3-5% spoilage in wine when corks are used. They started using screwtops. Initially public opinion was very much against this. We traditionalists resisted. But the winemakers in New Zealand figure that if \$200 a bottle of 200 year old Scotch can be sealed in a screwtop bottle, surely a good bottle of wine could be treated in a similar manner. Think about it, there's no taint, no oxidation, no problems at all!



One winery in the U.S. decided to test the market...they bottled half a batch of \$150 per bottle wine using corks, the other half with screwtops. Apparently Americans prefer to have their wine in pristine condition because the screwtop bottles of wine sold out first! Who knew?

Free Tune Up With any purchase offer extended through August 31, 2010. Call or email for details



Trivia Contest

Winner will get a 2 FREE Movie Tickets

A drawing will be held from all correct answers submitted on contest form found at www.rfcomputer.biz:

When is National Aviation Day?

- A. August 9
- B. August 19
- C. August 29
- D. None of the above.

Hint: Answer can be found among the news stories!



Don't Buy New, Your Old Car is Cheaper

What should you take into consideration when deciding if you should buy a new or repair your old one? With everyone watching their money more closely, it is a good idea to sit down and do some calculations. While it's tempting to get a new car, that \$800 per month car payment per month for the next six years will finance a great many repairs on your old car. Even if your car is only worth \$2000, and needs an \$1800 repair, you'll have paid for the repair in just over two months and you'll once again have reliable transportation. Unless you're a mechanic, don't decide yourself that your car is on its last legs. Take it in and get a professional opinion on what it will take to get your car running like new. It will be a great \$\$\$ saver!

Customer of the month is:

Terra Eldridge as she waited over a month for parts to arrive from Sweden. Sorry for the unavoidable delay Terra. Thank you for your patience and understanding

Customer of the Month

Drains Clogged?

Each sink in our home or apartment should have the drain trap cleaned once a year. This once a year task will keep your drains running free and clear and eliminate the need for the use of harsh chemicals that can damage old pipes, injure skin and eyes, and cause environmental problems. Best of all, you don't have to hire a plumber. This is a do-it-yourself job!

You need a bucket, slip-joint pliers, joint compound, and a wire brush. Underneath each sink is a pipe that is shaped like an S or a P. The curved part of this pipe holds some water in it that prevents sewer gases from wafting up into your home. This is usually where dirt and hair accumulate and cause a clog. This is also where you'll find that ring that went down the drain!

Turn off the water and put the bucket under the trap pipe. Loosen and remove the slip nuts on either side of the trap, allowing the water to drain into the bucket. Take the trap to another sink, scrub the inside using a good dish soap that cuts through grease, rinse it out and you're ready to re-install.

Apply joint compound to each slip nut washer, position the trap in place and tighten the slip nuts with the pliers. Turn on the water. Check for leaks.

You should be in good shape for another year.



The material contained in this newsletter is for informational purposes only and is based upon sources believed to be reliable and authoritative; however, it has not been independently verified by us. This newsletter should not be construed as offering professional advice. For guidance on any specific matter, please consult a qualified professional. Graphics provided by license from iClickArt and are not to be reused for any other purpose.

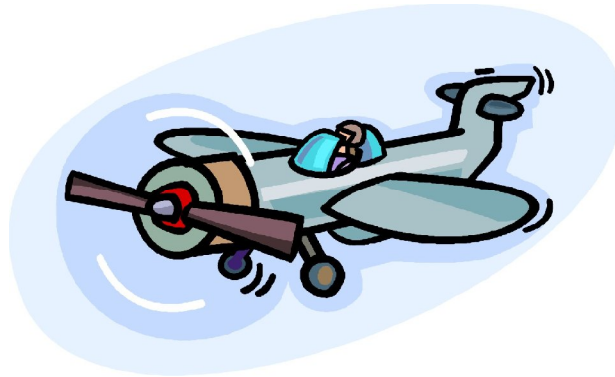
Free Tune Up With any purchase offer extended through August 31, 2010. Call or email for details

What's The Answer?

What's a Fainting Goat?

Cork or Screwtop?

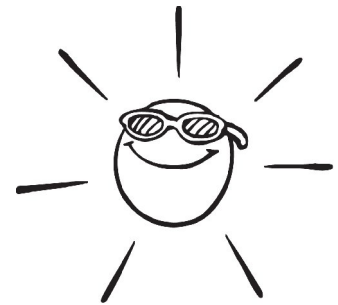
When is National Aviation Day?



What's Inside?

- *Cleaning Mini-blinds*
- *Keep Your Old Car*
- *Seven Seconds...*

Bits & Bytes of News



Bits & Bytes of News

is a free newsletter from
your friends at:

RF Computers

4836 Stratos Way #B

Modesto, Ca 95356

209-492-9090

sales@rfcomputer.biz

To: