

Quick Dinner Ideas

The holidays are the busiest time of the year for us, and between the parties, the shopping, the wrapping, and general holiday "daze", we often forget to make sure our diet stays healthy.

Here are a few ideas to help you eat nutritiously, but without a lot of thought or effort:

- Rotisserie Chicken with roasted potatoes, peppers, and onions. Quickly cut the potatoes, peppers and onions, drizzle with olive oil and roast at 400F until done, approximately 30 minutes.
- Soup. That's right...soup's the easiest thing in the world to fix. Chop 4 cups broccoli, cauliflower, butternut squash, potatoes, or roasted red peppers. Cook in chicken broth until tender. Season with salt and pepper. Puree with a hand-blender. Serve with toast.
- Hummus and veggies. You can purchase it ready made, or blend a can of chickpeas with ¼ cup olive oil, garlic, and tahini. Serve with veggies.
- Cheese and wine...that's self-explanatory!

December Events

Dec. 1 – Hanukkah Begins

Dec. 7 – Pearl Harbor Day

Oct. 16 – Beethoven's Birthday

Dec. 25 – Christmas Day

Dec. 26 – Kwanzaa Begins

Dec. 31 – New Year's Eve

December - National Human Rights Month



What your Desk says about You...

A study done by the University of Texas provides insight into your personality at work. There are certain items that tell quite a bit about your personality. If you have one on your desk, you're giving away secrets!

Photos of people indicate you are making an identity claim if they are displayed, but if they face you, you're more a warm, family oriented person. Having treats means you're an extrovert, inviting people in. Post-it notes all over indicate you're overwhelmed. Large clocks indicate you're hardworking and you value time. An empty desk reads: Brainy, but moving on...



Merry Christmas

A Christmas Carol

by
Charles Dickens



When this was written in 1843, it was done as a social commentary of the times, a ghost story to frighten the general public into looking beyond themselves to see the desperate need of London's poor.

It wasn't until 1846 that the traditional celebration of Christmas was "in vogue" when young Queen Victoria encouraged her German husband, Prince Albert, to erect a Christmas Tree, reminiscent of his youth. In an effort to emulate the queen, families all over England and America began to celebrate with a tree.

"Darkness is cheap,
and Scrooge liked it."

~Charles Dickens

Customer Testimonial

We humbly acknowledge the praises we hear direct from our clients. We want our clients to feel they received the very best each and every time we visit. Customer testimonial are an important part of the process of growth and continuing excellence. Please visit us online TODAY and let us know how we are doing and what we can do better. Thank You

Did you know? Be ready for holiday guests by having apple juice, or cranberry juice on hand, and a selection of mulling spices. You can usually purchase this at a kitchen shop. When you know they're coming, combine juice and spices in a crockpot. Serve warm and spiked if you wish with a slice of orange.

Party Ready

There is nothing worse than planning what you're going to wear to a holiday party and then discovering that you can't wear it. You didn't make sure the garment had been mended, cleaned, and stored properly, and it is now unsuitable for the party.



A really good habit to get into is to take your party clothes to the cleaners as soon as your event or party is over. That way you know the next time you're preparing for you party, you won't have to make a second rate choice in what you're going to wear.

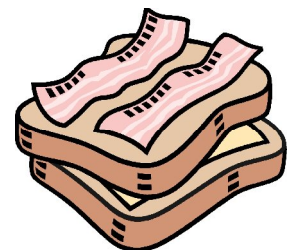
We all have clothing that makes us feel really great. These are the garments that we need to wear to a party, or to an office gathering, where we want to look and feel our very best.

Unlikely Cure for a Hangover

Some of us have had the misfortune to imbibe just a little too much, mostly during the holidays. Recent studies have indicated that two things will help minimize the results of ***the morning after***: 1) Drink a full glass of water after each alcoholic beverage. Do not drink another alcoholic beverage until you have done so. This will minimize the dehydrating effects of the alcohol. 2) Eat a bacon sandwich in the morning. 3) Best way yet: Don't drink so much (for all those I love - Mr. Neff)

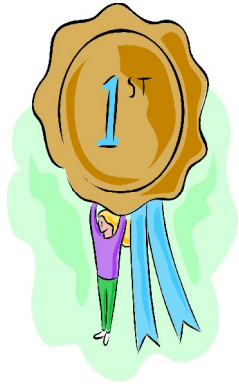
Seriously though! Eating speeds up your metabolism to help eliminate the alcohol from your body. Food does not "soak up" alcohol... rather, it increases your met

Bread has carbohydrates and bacon is full of protein. The high level of amino acids in the bacon protects your neurotransmitters, which are responsible for making you feel good.



******Stocking Stuffer******

Clip The Coupon on The Next Page & Give to a Friend or Family Member as a Stocking Stuffer



Trivia Contest

Winners (2)
will get a
FREE iPod
Nano!

We apologize for last month's mistake regarding the trivia contest. The answer was accidentally omitted. We are extending the contest through Dec. Please use the feedback form at www.rfcomputer.biz to submit your answer & enter the contest. Good Luck

Why should you shop locally?

- A. Stimulates the economy.
- B. Keeps \$ in the community.
- C. Improves small business.
- D. All of the above.

Hint: Answer can be found among the news stories!



Over the past year-and-a-half we have been privileged to offer services to both old and new clients. We have made so many new friends this year it's difficult to choose just one of our clients to thank, however there is a couple that stands out every time they enter the shop bringing laughter, smiles and this month home-made chocolate cake. Thank You so much James & Vivian. Best lunch all month. 😊

Customer of the Month

Support Small Business

The backbone of our economy, small business, has been suffering as much as anyone else, if not more so. This year, they have started to fight back, instituting the first ever, **Small Business Saturday**, the day after Black Friday.

This initiative was actually sparked by American Express who recognized that the number one problem of small businesses in America is that they simply are not getting enough people in the door.

Further, Amex is offering "mom and pop" shops free advertising on Facebook if they join the program. Local retailers are often overlooked in the mad dash for the best holiday deals, getting lost in the shuffle.

It has been estimated that if everyone spent between \$50 and \$100 of their holiday spending in a local small business rather than in one of the big box stores, at the mall, or on-line, we would take a huge step toward turning around our economy.

When you shop locally, more money stays within your community, which will help most cash-strapped municipalities balance their budget and maintain a lot of the civic benefits Americans take for granted.

What will you do to help small businesses in America? Hopefully you'll shop at one of them this month.

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Merry Christmas

This certificate entitles you to a free Tune-up and hardware test at RF Computers - Call 209-492-9090 & make an appointment today

From _____

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is a free newsletter from
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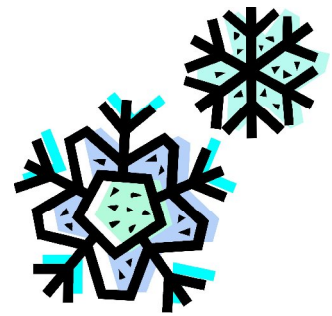
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To:

What's Inside?

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- *Desktop Psychology 101*
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What's The Answer?

What's the best cure for a hangover?

Can YOU change the economy?

Are you Holiday ready?



DECEMBER