

A Free Monthly Newsletter from Your Friends at RF Computers



Stop Procrastinating at Work

The day begins and you're filled with the best of intentions. Your boss is expecting that report by noon; there are a dozen phone calls to return, and emails to be answered. Somehow, though, when it comes time to go home, you realize that you actually accomplished none of those important tasks. Why? Procrastination.

There are a lot of reasons for procrastination, we've heard most of them. Unfortunately, knowing the reasons for procrastination and doing something about it are two different things. One big problem that many employers are struggling with is that the biggest tool used at work is also the source of the most time lost...the internet.

Technology is responsible for most of the time waste in the workplace, and it is very difficult to resist. It is estimated that billions of dollars each year are lost to time spent on social media websites.

While such diversions can be a source of stress release, it must be balanced with progress made on work deadlines. Willpower is one way, and RescueTime.com is another. It provides a report on where you spent your time in a given day. Faced with such information, most employees find a way to become more productive.

July Events

July 4 – Independence Day

July 14 - Bastille Day

July 20 – Moon Day

July 21 – National Hotdog Day

July 25 – Parents Day

July – Baked Beans Month,
Blueberry Month,
and Ice Cream Month



Museum Musings

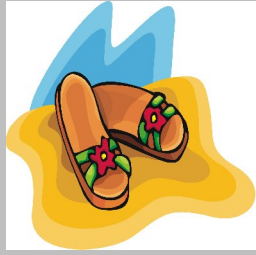
Summer is a time for vacations, relaxation, and seeking cooler environments from the hot summer sun. Visiting the local museums of your area is an excellent way to do all three. Museums provide the opportunity to see things that are not typically available to us. A recent display of Ansel Adams gave me the opportunity to view his famous photographs, the earliest of which were taken in his teens around 1914. Here I discovered that a single photograph can be printed in various ways to give different results. Adams likens it to the public performance of a piece of composed music. Each performance provides an opportunity for a different result. Museums give us a chance to learn without it being a painful experience.



Free Tune Up Service With Any Other Service or Product Purchase

Expires July 31, 2010. May not be combined with any other offer

Cute
But
Dangerous



A recent kinesiology study evaluated the favorite summer footwear – the flipflop. The study found that those who routinely wear flip-flops alter the movements of the feet and legs in a very unhealthy way. The problems stem from the foot trying to grip and hold the flip-flops in place, overworking muscles in the wearer’s shins. This can shorten one’s stride as well as straining the feet and legs. If you must wear flip-flops, look for more structured apparel that have deep heel cups, defined arches, and a back strap. If you routinely wear foot gear that has no solid support beneath the foot, you will suffer long-term damage to your lower legs, shins, knees, hips, and your back.

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.”

~Erma Bombeck

Customer Testimonial
Win a Free Windows 7
Upgrade for Your
Testimonial, See Next Page
For Details

Preventing Alzheimers: Make your summer barbeques even healthier by adding sauces to your grilled foods. The antioxidants and other healthful ingredients in jerked sauce, garlic and herb sauces, as well as roasted red pepper based sauces are an excellent place to start!

Gun-Shy
Coaches



I’ve heard from a number of parents who are very frustrated by the response they get from their kids’ coaches.

They are told that the coach does not want feedback from them as parents and this creates immense frustration for parents. If their child were not doing well in school, they would like to have an open door of communication with that teacher. Most parents feel the same way about their children and sports.

Some coaches have had very negative experiences and try to prevent any future occurrences by limiting a parent’s right to discuss their child’s performance in a sporting arena. It could be that they used to try to be open and willing to work together, only to be burned by the few parents who are determined to make Junior the next pro-draft pick of the NFL season.

However, most parents are reasonable people and simply want an opportunity to find out how they can best help their child. Try to honor your coach’s request in the beginning, be helpful, polite, and non-threatening. Once the coach recognizes that you aren’t going to become aggressive, the desired open communication will likely occur. Coaches are people too, and respond well to positive feedback.

On Keyboards

If you use a computer, you use a keyboard to input information into the computer. Most of you use a QWERTY keyboard, the most common of all keyboards available. It may surprise you to know that this was not the first keyboard introduced...the Dvorak was actually a more efficient layout, because it placed the most commonly used letters of the English language in the middle row. This reduced the distance the typist’s fingers had to travel for each word.



In the day and age of manual typewriters, some typists were simply too fast and would jam their typewriter. As a result, the QWERTY keyboard was designed, to slow them down! It is the most popular keyboard available today. The Dvorak is still an option, but not as readily available.

“Integrity is Everything”



Trivia Contest

Winner will get
a FREE Windows
7 Upgrade!
\$99.00 Value

One Winner will be chosen from all customer submitted testimonies at www.rfcomputer.biz

Contest requirements are:

1. **Must be a current RF Computer customer**
2. **Had work performed by RF Computers within the past year**
3. **Submit a testimony of 40 words or more by July 31, 2010 midnight**

Prize may be substituted for another of equal value at customer request and RF Computers approval



Parental Relaxation Time Benefits Kids

Think back to the last time you took time out for yourself. A lot of parents believe that they need to be 100% attentive to the needs and desires of their children, and that is the key to a happy family.

Studies have actually shown that the happiest families are those whose parents regularly take time out for themselves in the form of hobbies, regular date nights, periodic weekend getaways, and other forms of adult relaxation.

The most nurturing parents are those who spend time on activities that make them happier. Because they are "filling up their well" they are much more able to see to the needs and desires of their children. So, stop feeling guilty for wanting to take a painting class, or dance lessons, or whatever fills you up. Your whole family will be happier with the outcome.

"A printer consists of three main parts: the case, the jammed paper tray and the blinking red light"

Quote of the Month

Become an Optimist

Sometimes just watching the news is enough to make even the most cheerful person a pessimist. Remember, however, that unless it evokes a strong emotion, it isn't considered to be news. Heartwarming stories are nice, but they just don't make the "news" cut. I stopped watching news on television because I wanted to limit just how much of the world's negativity I absorbed. Instead, I read about current events, and I take additional steps to help me retain my optimism.

Here are a few tips to help you on your road to becoming more of an optimist:

Celebrate all wins. Recognize when you have done something well and tell yourself about it. We often tell others how well they've done something, but we rarely reward ourselves in a similar way.

Get Your Blood Pumping. Studies have shown that people who get regular exercise are more likely to be optimistic than their couch-potato counterparts. Some patients have even found that they no longer have to take anti-depressants when they walk.

Be Thankful. Writing a letter to a former teacher (hint, hint) or mentor has been shown to improve your mood for up to a month!

Eat Tryptophan. Chicken and turkey breast, tuna, halibut, salmon, shrimp, red snapper, beef tenderloin, lamb chops, and soybeans are all excellent sources of tryptophan. Other sources include seeds, nuts, and bananas. These foods are instant mood elevators.



Bits & Bytes of News

is a free newsletter from
your friends at:

RF Computers

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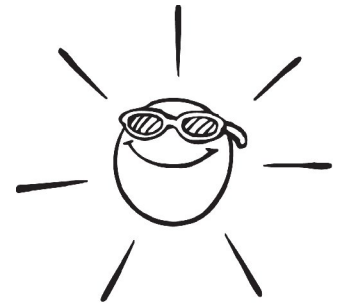
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To:

What's Inside?

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- *Sore feet?*
- *Happy Families*



Bits & Bytes of News

