

## The Benefit of Vitamin D

Increased intake of Vitamin D benefits us in ways we never imagined. Before the worries of skin cancer from exposure to the sun, there was little talk of insufficient levels of Vitamin D. Once we were told to use sun-screen anytime we will be exposed to the UV rays of the sun lower levels of Vitamin D resulted.

How can this hurt you? Vitamin D is responsible for heart health, preventing rickets, for lowering blood pressure, and preventing cancer. In addition, Vitamin D plays a role in preventing the development of Type I and Type II diabetes, and in improving insulin response as well.

For women, additional benefits of Vitamin D include help when looking to lose weight. Women who take 1000 IU of Vitamin D a day saw a significant reduction in their belly fat compared to women who did not take the supplement. In addition, A recent study has linked Vitamin D intake to improved pelvic muscle tone and decreased occurrences of incontinence leaks.

It is certainly possible to get good amounts of Vitamin D in a healthy balanced diet that includes dairy. However, if you feel you might be running low 1000 IU per day helps.

## November Events

Nov. 1 – All Saints Day

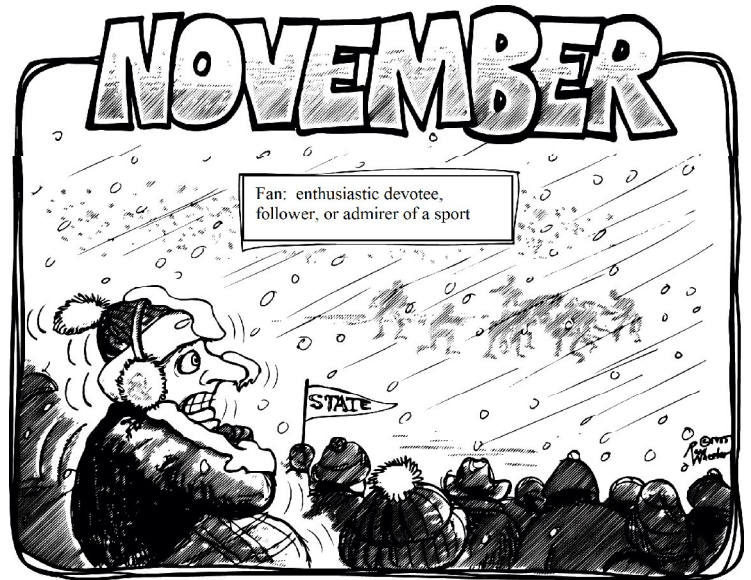
Nov. 3 – Sandwich Day

Nov. 11 – Veteran's Day

Nov. 17 – Homemade Bread Day

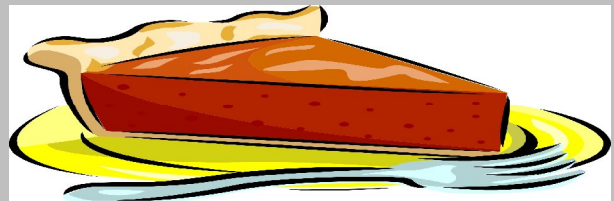
Nov. 25 – Thanksgiving

November – National Novel Writers' Month, Aviation History Month



## Perfect Pumpkin Pie

Roast pumpkin quarters for an hour in 350°F oven. Mash enough to make 2 cups. Blend with ¾ c. sugar, 1 tsp. cinnamon, ½ tsp. ginger, ¼ tsp. cloves, ¼ tsp. salt, 2 large eggs, and 1 can evaporated milk. Pour into a 9-inch unbaked pie shell. Back at 425°F for 10 – 15 minutes. Back the heat down to 350°F for another 45 minutes. Check that it is done in the center. Cool completely prior to serving.



# Happy Thanksgiving

# We Need Your HELP!



## Customer Testimonial

It's difficult to understand why we receive few testimonials. If we are doing something wrong, let us know so we can fix it. However we hear verbally all the time what a great job we are doing. As much as we appreciate the compliments and the love we would very much like to help other clients as well

Customer testimonials help promote business which in turn helps us to help our current and future clients by building the business giving us stability and the opportunity to continue great service at a reasonable cost

Please visit [www.rfcomputer.biz](http://www.rfcomputer.biz) and leave us your comments today. In fact, Do It Right Now before it slips your mind -

While you are there enter to win an Apple iPod Nano in this month's trivia contest - Thanks For Your Support

*"...My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor."*

*~Phyllis Diller*

**Did you know? Have you ever been told that you eat like an elephant? If you were to measure all the food you consume over your entire lifetime, it would equal the weight of about six elephants. That amounts to over 60,000 pounds of food! I think I'll post that fact on my refrigerator this Thanksgiving!**

## Retire Well

We're all looking forward to that magic time when we can turn off the alarm clock for the last time because we're, well...retired!



Men can expect to live well into their 70's and women are even healthier, with life expectancies into their 80s. The average age of retirement is between 62 and 65.

That means that you have to plan for quite a few years where you can live comfortably and enjoy that time when you don't answer to an employer.

Look at your retirement and your Social Security expectations. While you may qualify for Social Security, it might be in your best interest to defer it for a few more years so that you can collect a much healthier monthly check later.

Don't let retirement take you by surprise. Are you prepared to spend 24/7 with your spouse/partner again? Some couples find that they've gotten very used to being apart. Being together again could take some adjustment. Look at it as a second opportunity at courtship. Many couples reconnect in ways they never expected after retirement.

## Packed Pumpkins

Have you ever tried to bake a casserole inside a pumpkin? This is a terrific way to use pumpkin, which is incredibly healthy, and make a festive meal during the autumn months. You can make your traditional casserole; pour it into a pumpkin that has been cleaned and will fit into your oven. Bake as you normally would, perhaps adding an additional 20 minutes to make sure the pumpkin is completely cooked as well.

Serve hot directly from the pumpkin, scraping some of that beta-carotene packed orange pumpkin alongside your usual casserole.

Do this in smaller pumpkins for a kid-sized treat. Just make sure that your pumpkin will sit upright. If it tips a bit, cut off just a small portion on the bottom to help stabilize it. This is an all-time favorite meal in my family.



## \*\*\*\*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  
Apple MA099LL/A iPod Nano  
2GB 1.5" Screen. Refurbished**

A drawing will be held from all correct answers submitted at [www.rfcomputer.biz](http://www.rfcomputer.biz):

Animals are smarter than humans  
because:

- A. They sleep all day
- B. They don't pay taxes
- C. They control humans
- D. A and C above

Hint: Answer can be found among the news stories!

This month we chose a vendor of the month rather than a client. Not because we don't we don't have great clients or we couldn't choose, but rather we wanted to highlight our good friend Pablo Rivero at Tiger Direct. Pablo is always there to help, when we have an issue or a return the answer is always, "No Problem" Please visit the Tiger Direct link at [rfcomputer.biz](http://rfcomputer.biz) or for an even more personal touch let us order direct from Pablo for you

## Vendor of the Month

### **Is The Low Cost of a New System Really Worth It?**

#### **Did You Know Computer Manufacturers**

Are paid to load your new system with a bunch of useless junk to promote profit robbing you of the power you paid for

Use unproven, unreliable unguaranteed internet protection products based on kickbacks from companies like Norton & McAfee

#### **Did You Know The Big Box Stores**

Train their sales people to promote off the shelf one size fits all units that the store has overstocked regardless of what you need or want & to sell you over-priced add-ons and extras you don't need Rarely service locally. In most cases the system is sent back to the factory

Have the option to "replace" your computer. All your pictures, files and data is lost

Do not guarantee how long a manufacturer will have your system

Have lost entire systems and it can take weeks to get a new one

#### **So are you really getting value for your money?**

Visit [www.rfcomputers](http://www.rfcomputers) and see the value we offer with our customized personalized systems and maintenance contracts



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.

## **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 \_\_\_\_\_**

**expires Jan 30, 2011**

## Bits & Bytes of News

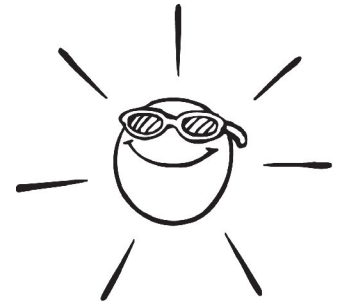
is a free newsletter from  
your friends at:

RF Computers  
641 Glass Lane  
Modesto, Ca 95356  
209-492-9090  
[info@rfcomputer.biz](mailto:info@rfcomputer.biz)

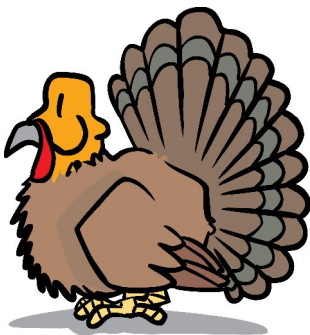
**To:**

### What's Inside?

- *How much you eat*
- *Vitamin D*
- *Retire Well*



## Bits & Bytes of News



### What's The Answer?

*Foods fight stress?*

*Are animals smarter than we are?*

*What's in that pumpkin?*



# NOVEMBER