

A Free Monthly Newsletter from Your Friends at **RF Computers**



Water for Relaxing

No one quite knows the reason why, but the sound of running water is very relaxing to the human spirit. (I'm not talking about the toilet that runs, or that dripping faucet...get a plumber in and fix those.) I'm referring to the sound of a stream, waterfall, waves lapping on the shore, or even rain. Perhaps it takes us back to before we were born, when we made up of nearly 80% water at birth. As we age that percentage drops.

The sound of water fills our mind with something other than the turmoil of our thoughts. Water sounds are the most popular recordings sold for relaxation and as insomnia cures. They work. Listening to such sounds seems to slow our minds as well as the workings of our organs. Everything seems to relax; our minds as well as our bodies.

October Events

Oct. 5 – World Teacher's Day

Oct. 11 – Columbus Day

Oct. 11 – Canadian Thanksgiving

Oct. 24 – United Nations Day

Oct. 31 – Halloween

October – National Apple
Month, World Chocolate
Awareness Month



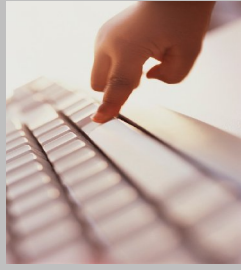
Prevent Aging of Your Mind

In order to keep your mind young and less likely to develop memory loss as you age, engage in logic-based activities. Studies suggest that people who routinely work crossword puzzles, Sudoku, and games that involve strategy such as chess or Scrabble, maintain a younger acting brain. These hobbies will keep your vision and your hand-eye coordination sharp while stimulating your mind, keeping it active.



For Oct Only Free Tune Up with any service

We Need Your Input



In order for RF Computers to expand and continue to offer superior customer service it is necessary sometimes to brag a little. However it does little good to brag about oneself. Who would listen?

Seriously though. We realize that we don't always do everything perfectly but that is what we strive for. Please take a moment to tell us what you like or dislike about RF Computers by going to www.rfcomputer.biz and filling out a short form telling us what we do well and where we need to improve.

We appreciate your help and look forward to serving you

"...never forget that once upon a time, in an unguarded moment, you recognized yourself as a friend."

~Elizabeth Gilbert

Customer Testimonial

Ninety percent of our business is word of mouth and we certainly appreciate our loyal customers and the referrals received. If we may impose a little more, we could use your testimonial. Only first names and last initial will be used. All other information is held in confidence as per our privacy policy. Please submit your testimony at www.rfcomputer.biz

Did you know? Most of today's young people don't know that the man on the Kentucky Fried Chicken signs is Colonel Harland Sanders...the man who made his chicken finger lickin' good with 11 herbs and spices. Most of today's younger generation thinks that he's a made-up character...a bit like Betty Crocker.

Get Fit, the Easy Way



We're all looking for an easy way to get fit. Here's one suggestion...

Try to spend more time on your feet. This is actually easier than it sounds. When you take a phone call at home, don't sit down with a cup of coffee while you're chatting with your sister or your friend, stand up, do the dishes, unload the dishwasher, wipe down your kitchen. In a single 20 minute phone call you will not only have a clean kitchen, you will have burned an extra 50 calories compared to sipping a cup of coffee at the table.

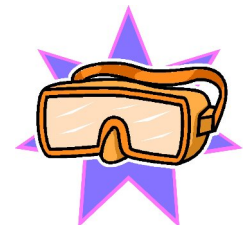
More and more business executives conduct their meetings by phone. This makes it easier to walk around their office while "attending" the meeting. Try to walk to your colleague's office rather than texting. Take a stroll at lunchtime, and jockeying for that nearby parking space not only causes stress, but also reduces the total number of steps you take in a day. Look for opportunities to take extra steps. People who take 2000 more steps than the average person are significantly trimmer.

Eye Safety

Over 30 percent of all eye injuries occur as a result of people believing that their every-day glasses provide adequate protection. This happens when some type of debris makes its way around your glasses (because it doesn't have side protection) or you experience a chemical splash.

Up to 20 percent of all eye injuries occur when people are doing home repairs or when using power tools, most of which happen in the yard and garden. Wear those safety goggles!

Choose goggles that fit comfortably, and if you already wear glasses, make sure they fit easily over your glasses. Your eyes are irreplaceable. Don't take chances.



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Trivia Contest

Winner will
get a FREE
PC tuneup!

A drawing will be held from all correct answers phoned in to this number:

October is:

- A. National Apple Month
- B. World Chocolate Awareness Month
- C. Election Month
- D. A and B above

Hint: Answer can be found among the news stories!

Keep Your Computer Safe in Public

Having WiFi makes it easy to stay connected, but this is also prime real estate for criminals looking to steal your data.

Follow these tips to keep your information secure:

- Keep your computer security software up to date. Use AVG Internet Security for optimal firewall protection
- When you connected to a network, make sure it has the name of the establishment where you are. If it just says "Free" or "Public" this should be a warning to you. It is more than likely a hacker trap set up to lure in people who just "have to check my email now!"
- Don't use sites where you input passwords or credit card information.
- Consider your own personal Wi-Fi in the form of a portable hotspot. They run about \$60 a month, but you are much more secure than any public spot!

RF Computers has had so many referrals this month it's difficult to pinpoint any one person or company to showcase.

Thank you all for your continued confidence. We look forward to serving you

Customer of the Month

How to Make Your Marriage Last

The most important component of a good and healthy marriage is communication. Far too many marriages end because couples don't learn how to talk to each other about things that really, *really* bother them. Topics like money, children, family, and retirement are some hot buttons. Learn to use "I" statements that express how you feel. This feels less like blaming and more like discussing something.

Make sure you listen when your spouse is talking. Don't use the time they are talking to formulate your response. Listen and really try to hear what they are trying to tell you. A good way to reflect that you are listening is to reflect your spouse's words back to them. Then, you both work together on trying to fix the problem. When both people come up with a plan, it is far more likely to work.



Change is a fact of life. What you may not know is that marriage actually helps couples handle change better than their unmarried or single counterparts because they are facing the change together. It doesn't feel quite so lonely.

Remember that no one is perfect. Each morning, you choose to love that person all over again. It works.

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What's The Answer?

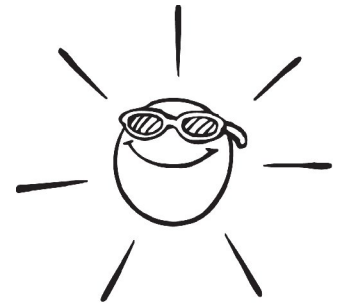
How to keep your computer safe?

How do you prevent mind aging?

Do you know how to relax?

What's Inside?

- *Eye Safety*
- *Marriage Tips*
- *Get Fit the Easy Way!*



Bits & Bytes of News

Bits & Bytes of News

is a free newsletter from
your friends at:

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