

A Free Monthly Newsletter from Your Friends at RF Computers



“We Really Clicked!”

The next time you are having a conversation with someone, pay close attention to how “in tune” you feel with them. Recent studies have shown that when two people conversing are really connecting their brain waves with one another. Researchers at Princeton University used a special type of MRI that imaged the brain activity of a person tell a story and then compared it with people listening to the story. Those who really agreed with what the speaker was saying actually began to mimic the brain waves of the speaker, creating a type of “mind meld” that was once just a gimmick in a science fiction movie. Those who did not agree showed the brain wave patterns decoupling.

Even more interesting is that this actually goes beyond the brain waves connecting. People who are in tune with one another during a conversation will begin to unconsciously imitate one another. They will speak in similar tones. They will use sentence patterns that are the same, and their postures will begin to mirror one another.

Sales people have been taught to do this type of mimicking to make their potential customers feel more familiar with them. It would appear that science supports this activity.

September Events

Sept. 5 – Cheese Pizza Day



Sept. 6 - Labor Day

Sept. 12 – Grandparent’s Day



Sept. 26 – Good Neighbor Day

September – National School Success Month, Read A New Book Month



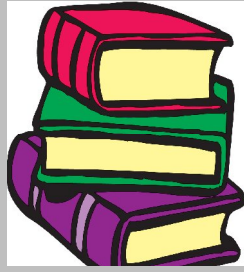
Get Moving!

It is a well known fact that the less you move the more likely you are to develop undesirable health risks. Now research proves that the more time you spend sitting down on a daily basis can shorten your life span. The Ochsner Health System in Louisiana researchers studied a group of people for 14 years. They discovered that sitting six hours a day leads to serious health problems. A woman who sits for 6 hours a day is 37% more likely to die than a woman who sits for 3 hours a day. Men only suffer a 17% increased risk. Inactive muscles lead to greater amounts of cholesterol and triglyceride problems, leading causes of heart disease. Get up and walk. Even if your job entails sitting, get up from time to time and move around! Stand while you talk on the phone. You’ be healthier for it!



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Book Review



Recently published memoir, *Menonite in a Little Black Dress: A Memoir of Going Home* by Rhoda Janzen is one of the funniest books I've read in a long time. She has the knack of taking some life's most horrible disappointments and turning them into a source of wry humor. I started reading this book in the bookstore, and finally had to give in and buy it. As a former Menonite, Janzen can look at her childhood upbringing with a new set of eyes and sees that rather than looking at what her religion excluded, she now appreciates what it embraces. Her relationship with her mother will make you pick up the phone and call your own mom. Her new appreciation for her parents as adults gives us all hope.

"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less."

~Marie Curie

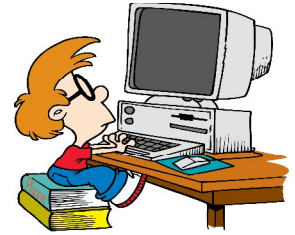
IMPORTANT

RF COMPUTERS HAS A NEW ADDRESS

641 GLASS LANE

Did you know? You can grow garlic from bulbs that have sprouted in your refrigerator? Plant the bulbs, sharp sprout side up 3 to a 4-inch pot, cover with about half an inch of soil. Within three weeks you'll have sprouts, and in a couple months, you'll have garlic bulbs under the soil. Yum!

Keeping Computer Kids Healthy



The computer age is definitely upon us and our kids spend more time staring at a monitor than they do just about anything else. On one hand we're really proud that our 6-year-old can reformat the hard drive blindfolded. On the other hand, he doesn't know how to throw a baseball.

Other problems identified by the American Academy of Pediatrics include posture problems, vision trouble, headaches, and increasing obesity. Fortunately all these problems are preventable. Here's how:

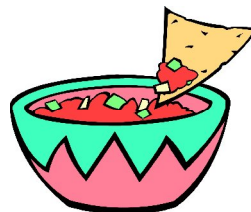
Teach your child to sit at the computer with feet flat on the floor, not cross-legged, and make sure the monitor is at the right height to avoid neck and back strain. Companies are recognizing that children need specially sized work stations, which will help with cramping and stiffness in the arms, wrists, and hands.

Movement is essential. Some parents set the timer for 15 minute intervals and when the bell rings their child must take a water or fruit or exercise break. This helps to prevent eyestrain as well.

Lastly, remind your child to blink. When we're really focused on a task, our rate of blinking slows way down.

Pico de Gallo

Pico de gallo is one of our favorite condiments, and is made every couple of days in my home. We use it on just about everything. Quite obviously, it pares very nicely with tortilla chips, but it can be spooned on top of scrambled eggs, on top of tacos or grilled chicken, in wraps, with beans, on top of a cheese quesadilla. If there is pico de gallo in our refrigerator, we find a way to use it. The very smell of it sends me into ecstasy. This is best made and used within 24 hours as the sugars begin to break down and it becomes very soupy. Try this recipe, your life will never be the same again!



- 4 – 6 beautiful ripe tomatoes, diced
- 2 – 3 large onions, yellow or red, diced
- 2 large bunches of cilantro, cleaned and chopped
- 2 jalapeños, seeded and chopped
- 1 serrano chile, seeded and chopped
- Juice of one large fresh lime
- Salt (only to taste...not too much)

**In Order To Offer Unbeatable Service RF
Computers Has Moved To 641 Glass Lane.
Come In And See What We Can Do For You**



Trivia **Contest**

Winner will
get a FREE 2

GB USB
Drive!

A drawing will be held from all correct answers emailed to contest@rfcomputer.biz:

Cercarial dermatitis is also called:

- A. Cervical cancer
- B. Neck pain
- C. Swimmer's itch
- D. None of the above



Opposites Attract?

When you're working on a project, choosing someone who has skills and abilities that are opposite to those that you have is a good idea. There are people who are big picture, big idea people, but they have no idea how to follow through on a project. Then there are detail people who really can't dream up the next idea, but are really tenacious about seeing that everything gets done.

According to a study by Fisher, Macrosson, and Wong in 1998: Teams in the workplace composed of people with differing personalities are 14 % more productive than teams composed of more compatible individuals.

Who knew?

T.G. Marketing is the customer of the month. Their patience and understanding while setting up their new office is appreciated.

We wish them success in their new location

Customer of the Month

Swimmer's Itch

Swimmer's itch is called cercarial dermatitis, caused by an allergic reaction to microscopic parasites in bodies of water like lakes, ponds, and oceans. These parasites are found around the world, and are not located in isolated areas.

The symptoms of swimmer's itch include a prickly stinging feeling on the areas of the skin that were exposed to water; most often the torso is affected. This can turn into an itchy rash that looks like small red pimples or blisters. The itching will likely last about a week or so and will gradually go away.

Most people do not need medical attention for this condition as it is self-limiting, and usually does not evolve into a bigger problem. If the rash spreads, becomes infected, or lasts longer than about two weeks, it is certainly appropriate to see your medical care provider for an evaluation.

What you can do to help alleviate the itching is to use over-the-counter hydrocortisone cream, cool cloths, bathe with baking soda or Aveeno oatmeal baths, or use Calamine lotion.

While it is difficult, try not to scratch as the rash could become infected. It is important to note that if you have developed swimmer's itch from exposure to water at a specific beach, you will likely have a similar reaction, possibly even stronger, each time you enter that body of water.



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\$10.00 Cash Reward For Each Customer Referral

(referral must use RF Computers services once for referee to qualify. Please have referral mention your name when requesting service)

What's The Answer?

What's the best way to keep your kids healthy at the computer?

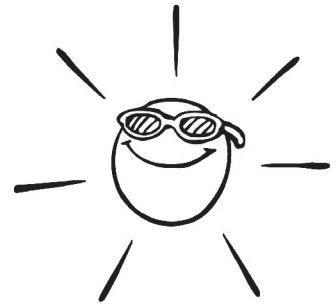
Swimmer's Itch – Rash explained

Pico de Gallo Recipe

What's Inside?

- *Mind Melding*
- *Sedentary Woes*
- *Opposites Attract*

Bits & Bytes of News



Bits & Bytes of News

is a free newsletter from
your friends at:

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