

F. Y. I.

A Monthly Newsletter to Inform and Entertain Our Clients

Our Biggest Sports Issue Ever!

(OK, it's our only Sports Issue, but it's really big)



On the Cover:

March Madness Hits Revco

Inside:

The Return of Baseball

Health Tips

Famous Sports Quotes

Sports Facts You Must Know

Look for our upcoming **Swimsuit Edition**

(We're just deciding which Speedo I should wear)

March Madness. Do You Remember Last Year?

Basketball fans from the Connecticut area will probably remember that UConn won the 2011 tournament. But, do you remember any other facts about March Madness 2011? (Answers on page 4)

1. Where was the 2011 Final Four played?
2. How many number one-seeded teams made it to the Final Four?
3. Which team went all the way from its first play-in game to the Final Four?
4. Which team made it to the championship game in 2010 & 2011?
5. How many teams were in the 2011 tournament?



How to Fall Asleep (other than by reading this newsletter)

Sleep is very important to our health. A lack of sufficient sleep increases the risk of serious health issues such as diabetes, heart disease, high blood pressure and more. Poor sleep can also cause depression, premature aging of the skin and effects on the memory.



Therefore it is important to know how to get a good night's sleep, especially if you have been having problems in that area. One piece of advice is to use your bed and your bedroom only for sleeping. Keep the room comfortable, dark and quiet, because your mind associates light with being awake and darkness with sleep.

Regular exercise can also increase your chances of getting a good night's sleep, as it improves your sleep patterns by regulating hormone levels and your metabolism. You should not try to go to sleep for at least three hours after exercise, however, so your body can cool down.

Vitamins Strengthen Older Brains

Higher blood levels of vitamins B, C, D and E, as well as omega-3 fatty acids, are linked to better mental functioning in older people, a recent study has claimed.

Researchers have discovered that elderly people who have the highest blood levels of all four vitamins had a larger brain volume and scored better on cognitive tests than those whose levels were lower.

Levels of omega-3 fatty acids have also been linked to healthier blood vessels in the brain and better cognitive functioning, although not to larger brain volume. This suggests that cognition is improved by these beneficial fats in a different manner.



On the other hand, higher levels of trans fats are significantly associated with smaller brain volume and impaired mental ability. However, the study could not determine whether or not taking supplements of these nutrients would actually result in a decreased risk of developing dementia.

It's That Time of Year...

...I'm off to Orlando, FL this month for the start of the college baseball season. Some of you may know that the Von Steins are a big baseball family. All three of my sons played high school and American Legion



baseball, while my two oldest sons also play(ed) college ball. Linda and I have made it a point, and a tradition, to follow their teams to FL for the start of the season in each of the last six years.

This year, my son, Mike, is a senior at Stonehill College in MA where he is one of their closing pitchers. He's also been named to the Northeast-10 Conference Commissioner's Honor Roll in each of his last three years. My oldest son Rob graduated in 2010, while my youngest, Scott, decided to forego baseball and focus on his major, Physics, at Lehigh University.

This will be the last year of our annual pilgrimage as Mike will be graduating this spring. I am looking for another good year from him, hoping he picks up where he left off last spring (19 appearances, 5-1 record, and 5 saves) and last summer when he played for the Geneva, NY Red Wings in the NY Collegiate Baseball League.

Little Know Sports Facts You Need to Know

1. It takes 3,000 cows to supply the NFL with a year's supply of footballs.
2. People in nudist colonies play volleyball more than any other sport.
3. All Major League umpires are required to wear black underwear.
4. Tug of War was an Olympic event between 1900 and 1920.
5. The Green Bay Packers got their name in 1919 when the local *Indian Packing Co.* paid for their jerseys.
6. A regulation baseball has exactly 108 stitches.

Monthly Quotes

"Nobody goes there anymore; it's too crowded."

"Baseball is 90% mental -- the other half is physical."

"You better cut the pizza in four pieces because I'm not hungry enough to eat six."

"You can observe a lot just by watching"

"It's like déjà vu all over again."

—**Yogi Berra**

"I asked a ref if he could give me a technical foul for thinking bad things about him. He said, of course not. I said, well, I think you stink. And he gave me a technical. You can't trust 'em."

—**Jim Valvano**

MARK YOUR MARCH CALENDAR ...

March 2 Texas

Independence Day

March 11 Daylight

Savings Time

March 17 St. Patrick's

Day

American Red Cross

Month

Girl Scouts Week –

March 11-17

National Procrastination

Week – **March 4-10**

...I'll finish the rest later...

Are You Ready to Build a Control Room or NOC Console That Will Be The Showpiece of Your Organization?

Many of you know that for over 43 years, Revco has been providing our clients with some of the highest quality data center products on the market including innovative server cabinets, media storage systems, network workstation furniture; Data Center management tools such as digital KVM, intelligent PDUs, management software; and even environmental monitors that prevent disasters by providing immediate alerting to developing data center threats; all from industry leading manufacturers.

What you may not know is this list also includes the industry's best command console furniture; products that we've installed in Network Operations Centers and Control Rooms for organizations across a broad range of industries, all from a company that is the recognized world leader in control room and NOC furniture...



If you want to create a first class Control Room or NOC; if you want unmatched design features that make the work environment more enjoyable; if you want it to last a lifetime and provide a truly

800-500-1346



impressive, head-turning, showpiece appearance, then I am eager to work with you.

I want to demonstrate just how easy it can be to create the perfect command center; a room that will be the showpiece of your organization; an environment that will make management proud and make YOU a hero.



Allow me to create the perfect control room or NOC for your organization. Call me right now. The sooner we get started, the sooner you can be enjoying your new room and the sooner your boss will be giving you a pat on the back for a job well done.

Answers to the March Madness Quiz on Page 2

1. Houston
2. None
3. Virginia Commonwealth University
4. Butler University
5. 68

Bob Von Stein