



Dear REACH families,

Fall 2013

Note from Vicki

We are entering the second year of the REACH study. We are recontacting the folks from last year to conduct brief phone interviews (for \$25). I would like to introduce two new people who are working with us specifically on that part of the project – Joe Grau and Priscilla Kim. I hope that you enjoy your phone interviews with them. We are also contacting a new set of you for the first year of the project. Abby, who has been with us for 10 years, will be contacting you to set those up. And, finally, there is still one group of you who we will not contact for one more year — hang in there! We will find you next year.

If you are moving, or planning to move, please let us know. We enjoy hearing about the changes that are going on in people's lives.

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Smart phones are taking over the world. Power-house companies such as Apple and Samsung are releasing new and improved iPhones and Galaxies every year, and all these phones end up in the hands of people ranging from children to grandparents. Applications on these smart phones are also receiving a lot of attention for their innovation and creativity. Here is a short list of 5 must-have smart phones apps for you to look at and possibly start using.

Google Maps



Lost? Trying to find your way to a new restaurant or coffee shop? Just type in the address into Google Maps and press start. You're well on your way to your destination! With high-tech features such as zoom and turn-by-turn directions, you can't get lost. The maps are extremely detailed, and you can rotate your direction

right on the screen. You customize your directions by car, walking, or even public transportation. It also shows you how long it will take to get to your destination, and in case of a closed street or construction, give you alternative routes. This app is basically a free, easy-to-use mobile GPS system in your pocket.

Shazam

Ever listen to a song you're really into but not know the name or artist? With the Shazam app, you can figure out the song title, artist, album, and even album cover. Open the Shazam app and play a few seconds of the song, and all its infor-

mation will pop up. After finding the song, you can listen to it, buy it, and share it with friends. Shazam also can recognize songs in different languages, such as Polish. You can also buy the latest hit songs from different countries too.



Awesome Note



Are you trying to become more organized and on top of your tasks and assignments? Try Awesome Note. It is an all-in-one task manager, calendar, to-do list, and note taker. You can organize your daily, weekly, and monthly schedules and customize to your liking. You can set up reminders

for assignments and important dates such as anniversaries or birthdays. You can draw in your own notes or reminders and integrate pictures. Finally, you can sync everything with Google Drive or back up to your computer so you'll never lose anything.

Instagram



Do you like taking pictures? Do you ever wish that you were more artistic to be able to take deep, complex pictures? With Instagram, you can do all of that. Just take a picture of something, and you can add different filters to make it more artsy. Filters range from simple black and white to blue-based filters. You can also add in borders, crop your photo, zoom in, and blur out the edges. After adding effects to the picture, you can write a description and tag other friends on Instagram. You have the option of sharing your picture on other social media accounts such as Facebook and Twitter. On your Instagram newsfeed, you can see the latest pictures your friends have uploaded. You can also follow celebrities and some apparel shops, who sometimes instagram a picture with special deals or sales. With this free app, you can show off your artistic skills with just a few taps.

Onavo Extend

With all the new apps on your phone, it's sometimes hard to stick to your data plan. With 3G/4G networks, texting, apps, and regular use, you use up a lot of your mobile storage. Going over your limit costs a lot, but you can use Onavo Extend to reduce your data usage. Ever since its release, Onavo has been heralded by the Wall Street Journal and the New York Times. This free

app compresses your data and increases the power of your data plan. That gives you the ability to do more than your current data plan gives you without the extra fees or hassles. Onavo also shows you a breakdown of your data usage. With this, you can see what functions or apps use up most of your data, and use that information to make better choices on how to use your data. Onavo is also very easy to use and appealing to the eyes. This free app allows

you to save money on your data plans and increases how much you can surf the Internet or play games.

