

Transition Times

6/30/2011

SUMMER 2011

Dear Transition Times Families,

We are in the fourth year of the five years of the "Transition Times Study." Two groups of you have now completed the study, and one group has one more year. During the past couple of months, we learned that the National Institutes of Health (NIH) is interested in us continuing this study. We will not know for sure until next Spring, but the research proposal that we submitted received an outstanding score. Therefore, we hope to be contacting you next year to offer you a new research opportunity. If you are interested, we may come to visit you to provide a health assessment. Please let us know if you have moved or plan to move – or if there is someone we can contact who will know how to locate you. One of the reasons that this research has been so favorably received by NIH is YOU! It is your continued participation in this study that has led to its success! We have 12 scientific publications to date, and several others in the midst of publication/preparation.

We are currently conducting a study in which we provide people with iPads to record dietary information, answer some questions, and play games, of course. This got us all thinking about technology. So we decided that we would do some research on current and past technology. We hope you enjoy the newsletter.

Sincerely,

Vicki Helgeson

Top Ten Gadgets of 2011

Here are some of the most anticipated gadgets for 2011.

iPad 2. Designed with a dual-core A5 processor, this iPad is expected to be twice as fast as the original.

Proverbial Wallets. This wallet will buzz when you make a transaction, close up with you spend over your monthly budget, or shrink when you are spending too much!

Rechargeable Heated Slippers. These slippers will keep your feet toasty for up to 6 hours! The stainless steel fiber heating element is similar to the device used in heated car seats.

Smartstand. This device stores sheet music by transcribing the notes into a digital format.

Recon-Zeal Transcend Ski Googles. These goggles are equipped with GPS, altitude, speed, and temperature measures.

Electrohub. This is a universal wireless charging mat for all different devices (game controllers, cell phones, remote controls, & cameras).



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Fitness Gadgets!

People more than ever are turning to technology to ensure a healthy lifestyle! Here are some of the most popular fitness gadgets.

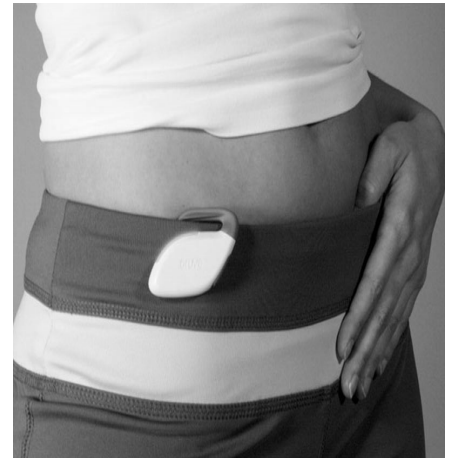
Philips Activa. This device comes with TempoMusic software that analyzes your music library and selects a song that best matches your aerobic intensity. The Philips Activa can also verbalize feedback that relates to your progress as well as give words of encouragement.

Wii Fit. The Wii Fit combines a balance board and a video game system to get your body in motion.

There are many popular games available for Wii Fit, such as The Biggest Loser, My Fitness Coach, and Mario and Sonic at the Olympic Winter games.

Gruve. The Gruve alerts you when you are being lazy. It will keep track of your movements during the day and compare the calories you have burned to a predetermined goal. It also lights up and buzzes when you have been sedentary for too long! (pictured on the right)

Wi-Fi Body Scale. This scale allows you to 'share your weight' instantaneously with iPhone, website, or twitter!



Top Gadgets of 2010

Apple iPad. Introduced January 2010, this revolutionary device can be used for web browsing, reading/sending email, storing photos, watching videos, listening to music, and much more!

Google TV. Combines TV with the power of the Internet. Google TV allows you to access all of your favorite websites, photos, and enter-

tainment channels all on one screen!

iPhone4. The iPhone 4 provided many improvements, including a better camera, speaker, earpiece, display screen, and faster software allowing you to multitask. This phone also brought face time calls to the scene.

Google Android Phone. This product rivals the Apple iPhone in its operating system. A mobile phone equipped with mobile communication tools, such as Gmail, Google Calendar, and more.

Macbook Air. This model was released October 2010, and contains flash storage instead of a hard drive, higher resolution screen, and a longer last battery.

Most Popular Social Networks

facebook

Facebook. Originally called Face-mash by Mark Zuckerberg in 2003. As of January 2011, Facebook has more than 600 million active users.

popularity worldwide and is estimated to have about 200 million users.

it has been in a membership decline since that time. Estimated to have about 80 million monthly visitors.

Twitter. Created in May 2006 by Jack Dorsey, Twitter soon gained

MySpace. In June 2006, MySpace was known as the most popular social network. However

LinkedIn. Known for professional networking, and is estimated to have about 50 million monthly visitors.

TEN Gadgets from the Past Decade

2000: Cannon Digital Lxus

This was the first truly compact digital camera. While the 2 megapixel resolution does not stand a chance by today's standards, it remains a classic, thanks to its good lens and contemporary styling.

2001: Apple iPod.

This iPod was developed in under a year, with only 5GB of hard drive space. This first version was only compatible with Mac computers.

2002: Microsoft Xbox

This rivaled the Playstation 2 by Sony. The Xbox came with a built-in hard drive for storing saved games and media, and a 6.4 million launch title 'Halo'. (pictured below)



2003: Skype

Skype is a software that allows you to make voice calls and chat online. The name originates from the initial name "Sky Peer to Peer" which was shortened to "Skyper" and then later to "Skype".

2004: Google Gmail

This free email service appeared in 2004 offering 1GB of storage compared to competitors offers of 2MB.

2005: Nintendo DS

This was the first Nintendo console to be released in North America before Japan. The most distinctive feature was the presence of two LCD screens, built in microphone, and short range wireless.

2006: Nintendo Wii

Wii came out as a huge success, and surpassed the PlayStation 2 as the fastest selling console of all time.



2007: Apple iPhone

The original iPhone was nothing short of a reinvention of the standard mobile phone. This phone was a perfect blend of media player, cloud computer, and phone!

2008: TomTom Go 930

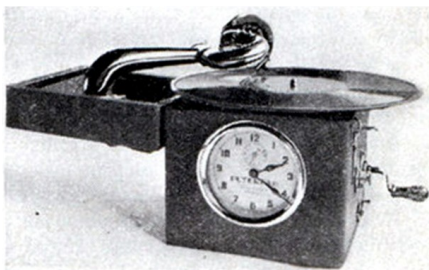
This device took recorded, real world journey time data and used it to calculate likely travel time.

2009: HTC Hero

This phone is stylish and easy to use, with over 17, 000 applications. This device was the winner of both Gadget of the Year and Phone of the Year in 2009 T3 Awards.

Strange Gadgets from the Past!

In 1931, a clock phonograph came onto the market. This device offers a built-in phonograph that 'awakens you in the morning to the sound of music'. (pictured below)



In 1931, an American inventor created the radio hat. This consisted of a radio placed in a straw hat.

In 1931, a New York police officer, known as the best rifle man in town, demonstrated the effectiveness of a newly created product, bulletproof glass.



In 1931, a one wheel motorcycle was created by an Italian inventor M. Goventosa de Udine. The maximum speed of this motorcycle was 93 mph (see picture above).

Strange Gadgets of the Past (cont.)

In 1932, an electrically heated vest, developed for the traffic police in the United States. The power is supplied by electric contacts in the street.

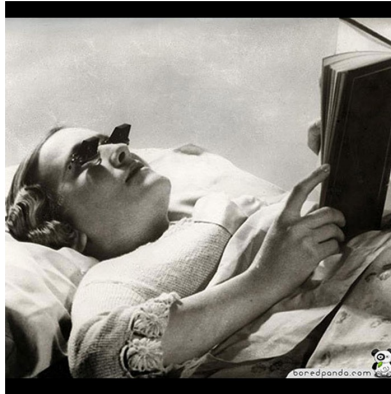


In 1932, an amphibious bike was invented in Paris, France. Named 'The Cyclomer,' this bicycle on land and water could ride with a load of up to 120 pounds (pictured above).

In 1935, a piano was created in the United Kingdom for the bedridden (pictured below).



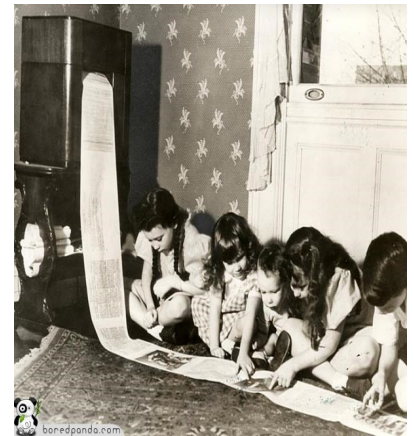
In 1935, a flyer saucer camera was specifically designed for the Air Force. It featured one lens to 'take regular pictures' while the second lens 'separates light into colors so scientists can judge the source and make-up of saucers.'



In 1936, lying down reading glasses were invented in England. These spectacles especially designed for reading in bed (pictured above).

In 1936, an all terrain car was created in England. This vehicle was able to descend down slopes that were up to 65 degrees high.

In 1938, the first wireless newspaper was sent from WOR radiostation in New York. In the picture below, children are reading the children's page of a Missouri paper (pictured on top right).



In 1956, the world's first hard drive was created. It was called "IBM's 5MB Access Memory Accounting." This stored information on fifty disks which spun at 1,200 rpm.

In 1983, a CD player looked about the size of a VHS deck, and could be purchased for \$589.99 (pictured below).



