

# Have high-tech new year

• By Teresa Latchford •

*As with every other year so far, you've probably made some new year resolutions. And, you've probably broken them very quickly. However, new technology might actually be able to help you keep a resolution or two this time around.*

## RESOLUTION 1: STAYING CONNECTED TO FAMILY AND FRIENDS

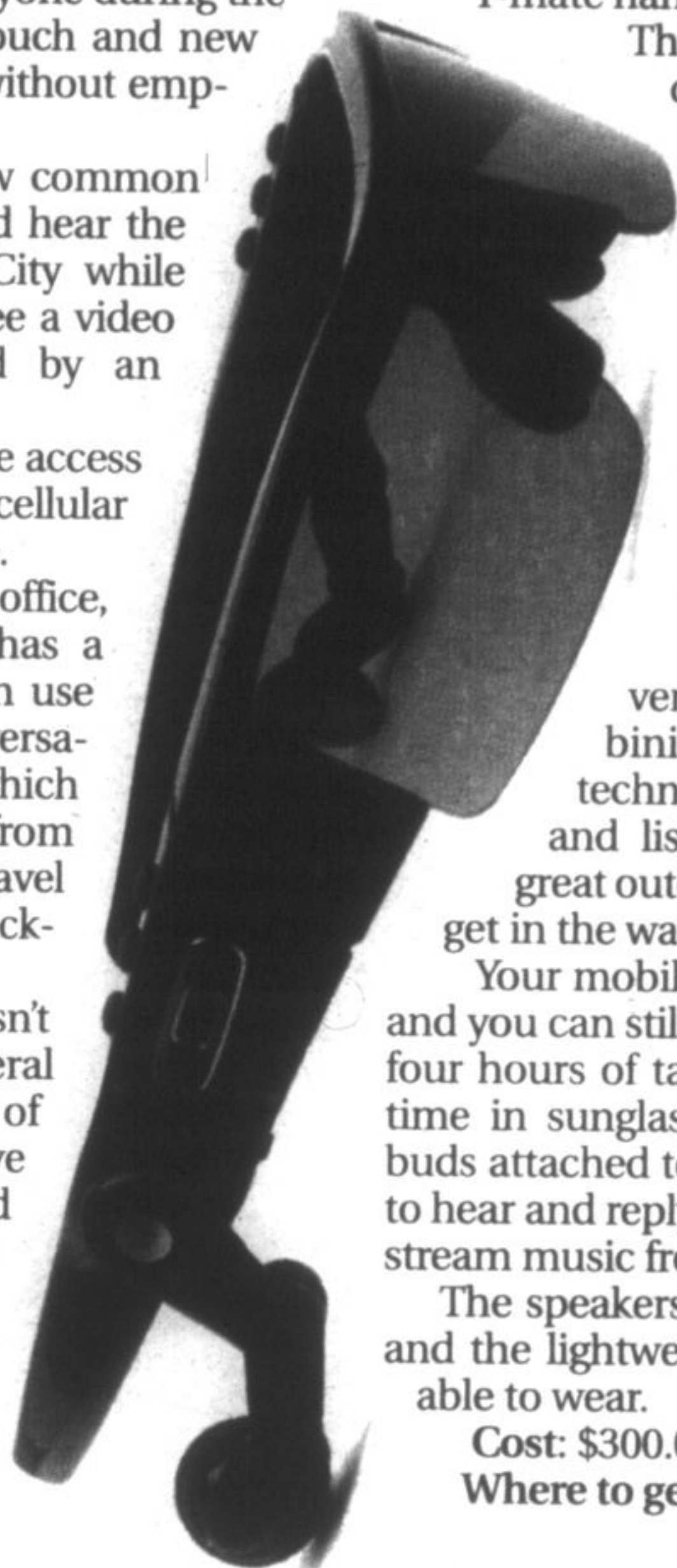
After having visited with everyone during the holidays, you vow to keep in touch and new technology will help you do it without emptying your wallet.

Once new features, it is now common to be sitting in a restaurant and hear the theme music for Sex in the City while someone receives a call or to see a video posted on YouTube captured by an observer's phone.

But not so common is to have access to Voice over IP as well as your cellular network through your cellphone.

Here's how it works, at the office, home or anywhere else that has a running Wi-Fi network, you can use the connection to have a conversation using VoIP technology, which cost less than using minutes from your plan because your words travel through the Internet as data packages inexpensively.

Although the technology hasn't been fully implemented, several companies are in the process of developing handsets that have the capability to use the merged technology referred to as VoWi-Fi. Motorola's MPx can use both VoIP services and cellular networks and Skype Technologies offers a software program with VoIP access for Carrier Devices'



I-mate handsets.

The technology still needs further development before it saturates the retail market and is offered to all consumers including the ability of your cellphone to automatically detect Wi-Fi networks and switch to use it but the idea seems to be gaining popularity with cell phone providers.

Be more accessible when you are out and about with O ROKR bluetooth stereo eyewear.

These sunglasses are the joint venture of Oakley and Motorola combining High Definition Optics with technologies that let you receive calls and listen to music while enjoying the great outdoors where cords and wires would get in the way.

Your mobile phone can sit up to 30 feet away and you can still pick up a call. You get up to about four hours of talk time and 100 hours of standby time in sunglasses you are already wearing. Ear buds attached to the arms of the glasses allow you to hear and reply at the touch of a button as well as stream music from your bluetooth enabled device.

The speakers adjust easily for a comfortable fit and the lightweight design makes them comfortable to wear.

Cost: \$300.00

Where to get it: oakley.ca

## RESOLUTION 2: GET ORGANIZED

Forget the traditional calendar you nail to the wall every year, get it together this year electronically.

No more searching for a pen or scratching out an appointment time which has been changed. Simply sit, click and type. Many calendars feature automatic email reminders of events, lists of community events and the best part, there are many that are free such as Google and Yahoo online calendars.

You can share times, dates and information with friends and family as well as repeat entries without having to write it out multiple times on a

hard copy calendar.

More local is the Personal Online Planner or POP offered at yorkregion.com. You register for free, set your preferences such as what types of community events you prefer and events will be added to your personalized calendar. With this handy piece of technology you won't miss hockey registration again.

The providers of POP are currently working on adding a feature which

reminds you to put your garbage out.

Cost: Free

Where to get it: www.yorkregion.com

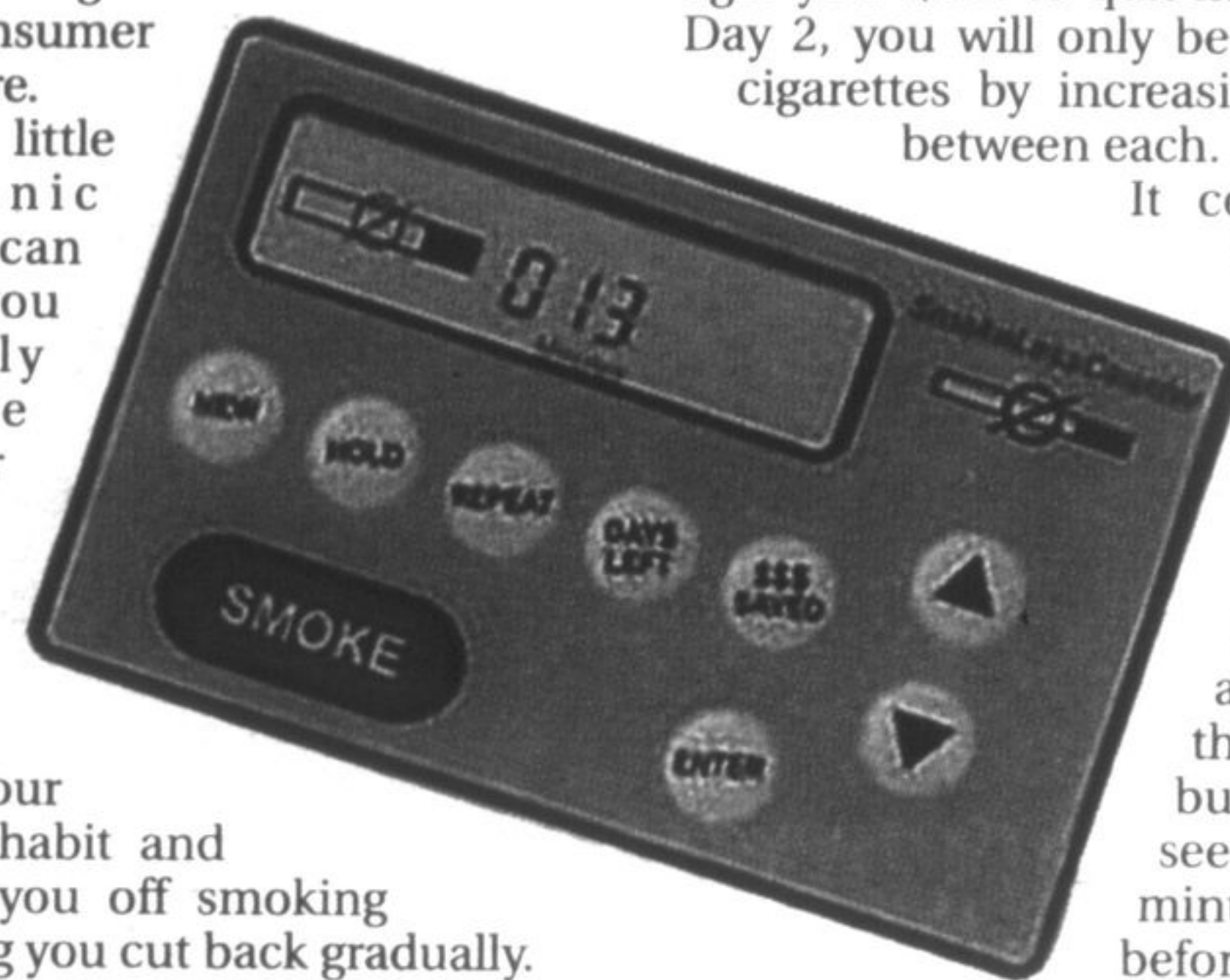
**yorkregion.com**  
YOUR COMMUNITY

## RESOLUTION 3: QUIT SMOKING

Smokers who use stop smoking aids to butt out for good are twice as likely to quit than those who try the cold turkey method, according to Pfizer Consumer Healthcare.

But a little electronic gizmo can help you gradually reduce your addiction to nicotine by controlling your smoking habit and weaning you off smoking by helping you cut back gradually.

You program the current time of day, number of cigarettes you currently smoke a day, the number of days until you wish to be a non-smoker and the cost per cigarette and the Smokeless Counter stop smoking aid does the rest.



It assumes you are awake for 17 hours a day and if you smoke a cigarette an hour, it will beep every hour.

If you told the electronic manager you want to quit in 17 days, on Day 2, you will only be smoking 16 cigarettes by increasing the time between each.

It counts down the minutes until your next cigarette and will beep when it is time for another. At the touch of a button you can see how many minutes are left before your next cigarette, the days you are smoke free

and even how much money you have saved in the process.

Cost: \$19.95

Where to get it: www.quitsmoking.com

## RESOLUTION 4: GETTING FIT AND HAVING FUN

So you predict the video game console and games you received at Christmas aren't going to be a big help in keeping your resolution to get buff this year.

However, there are a few techy items that require you to burn off calories while playing video games in your living room.

The Gamercize GZ Sport looks similar to a miniature stepper that attaches to your Playstation via the controller port and forces you to work out to make your game work.

If your slacking on the stepper, your controller, which is hooked into the connector on the stepper cord, will gradually stop working.

There are intensity settings for those just starting out, but when you turn up the dial, you could burn more than 600 calories an hour.

You can get a workout while enjoying your time with your latest video game and if you are not into the stepper, a cycle version of the

gadget is also available.

Cost: \$80

Where to get it: www.thinkgeek.com

CatEye's GameBike Pro works on a similar scale except the controller is built right into the full sized bike.

On its own, the bike provides six hill profiles and heart-rate training programs.

But it will also interact with your Playstation, GameCube, Xbox and even your computer.

It works best with racing, cycling and driving games

as you control the speed by pedaling and steer with the handle bars and comes

with a controller for other game functions.

It comes in two sizes, small for a child under four feet and large for adults.

Cost: \$1250

Where to get it: www.gamecycles.com



It scored 96.

Everyone at dinner RAVED.

EXCLUSIVE imported wines at great value!

And you can't get them anywhere else.

Visit [YorkRegionWineClub.com](http://YorkRegionWineClub.com) and check out our handpicked selection of exclusive imported wines - all delivered anywhere you choose in Ontario.

