



## Fairview Safety

### The Next Generation of Smoke Alarms

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Smoke alarms can save a life. However, many of us are guilty of not maintaining our smoke alarms or purposefully removing the batteries after a Thanksgiving dinner gone awry.

The National Fire Protection Association (NFPA) estimates almost two-thirds of US home fire deaths happened in homes with no smoke alarm or no working smoke alarm.

Nest Protect replaces the traditional smoke alarm and carbon monoxide detector with a sleek and modern system. Nest Protect uses a combination of color alerts, human voice warnings and alarm sounds to notify users of rising smoke or carbon monoxide levels. The device can be acknowledged and silenced with the wave of a hand or by pressing the large center button.

Nest Protect connects to the evolving dig-

ital world by allowing users to monitor sensor and battery statuses via Smartphone or tablet. The device also self-monitors its status levels and will notify the user with a human voice alert or by Smartphone message if the user is not at home.

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#### According to the National Fire Protection Association (NFPA):

- Smoke alarms should be installed inside every bedroom, outside each sleeping area and on every level of the home, including the basement
- Smoke alarms should be placed at least 10 feet from cooking appliances to avoid false alarms
- All smoke alarms should be replaced every 10 years
- Each smoke alarm should be tested at least once a month using the test button

# TOWN OF FAIRVIEW TECHNOLOGY NEWSLETTER



## Apps, Apps, Apps

### From Couch Potato to 5K Runner

As we have just wrapped up our annual Showdown Half Marathon and 5K, I thought it would be appropriate to highlight a training app, Couch-to-5K, available via *iTunes* and *Google Play*. The app, provided by *Active.com*, is designed for beginner runners in order to help them progress from a sedentary “couch potato” to an accomplished 5K finisher.

For those not versed in running terminology, a 5K is a total of 3.1 miles. Initially, three miles can seem like an intimidating and unattainable goal. But fear not. Couch-to-5K tackles the task by introducing a nine week walking and jogging program. Each workout takes from 20-30 minutes, with a recommended three workouts per week.

Runners are given the option of choosing several motivation styles, used to alert the runner when it is time to switch between walking and jogging. Currently, runners can choose between Johnny Dead, Constance,

Billie, Sergeant Block or Pumpkin to deliver alerts and keep you moving throughout the workout.

The app also tracks distance, pace and progress by utilizing the phone’s built-in GPS. A daily log is provided, along with a search option for nearby 5K events. Runners have the option to post their progress via Facebook straight from the app in order to add an extra boost of motivation and accountability.

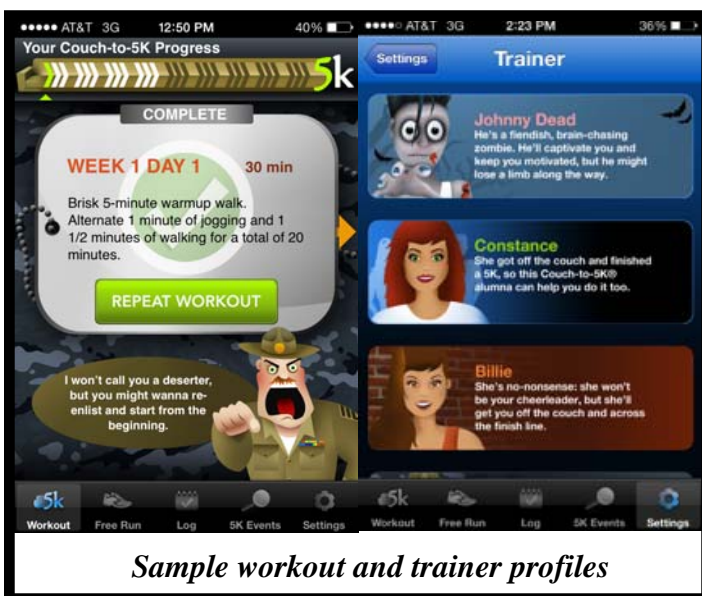
### Nixel: Building a Safer Community

The Town will be providing a new community notification service via Nixel Connect, a digital platform used to connect public safety agencies with residents.

Nixel will allow residents to receive text messages and email alerts relative to Fairview news, events and updates. Emergency and advisory alerts can be sent instantly, allowing for immediate and accurate local safety information straight from a Town of Fairview source. This may include severe weather warnings, evacuation orders and school alerts.

Residents can control how and what information is received by tailoring their Nixel account online. Information can be distributed via text message, email, web browser or mobile app (available for iPhone, iPod Touch and iPad).

The service will be free to residents and sign-up information will be posted on the Town website beginning mid-November and featured in the Town Hall Newsletter.



Sample workout and trainer profiles



# Know the Basics

## Innovative Laptops

- Lenovo IdeaPad Yoga, featuring a 360° flip-and-fold design
- Microsoft Surface Pro, a laptop in tablet form
- HP Envy TouchSmart, utilizing touchscreen technology

## Choosing a Laptop

By: Caitlin Scalley

Recently, I started on what I would deem a quest to replace my laptop. I don't consider myself tech-savvy, but I was raised on technology. Therefore, I feel fairly comfortable when faced with the challenge of learning new software or adapting to a new device.

I was given my current laptop, a Dell Inspiron something-or-another, as a graduation present several years ago. With the rapid progression of software and operating systems, my laptop just isn't cutting it anymore. Not to mention, some days it just decides not to perform at all.

I started my search at Best Buy with the intention of ending my search the same day considering 1) I'm not picky and 2) I hate shopping—yes, I'm a girl, and I hate shopping. Fast forward three weeks later, and I still don't have a new laptop.

I feel very overwhelmed by the sheer amount of choices, plus I don't entirely know what I need or understand the terminology. However, I have learned a few basics in my search and thought it might prove beneficial to pass this knowledge on.

- 1) *Define your purpose*— Will it be used as a desktop replacement? Do you plan to use it on the go? Are you a gamer or graphic designer?
- 2) *Decide on functions*— There are now hybrid tablet-laptops and touchscreen capability.
- 3) *Determine if you are a Mac or PC user*— Macbooks begin at \$1,000, while PC laptops begin at \$250 (basic Chromebook).
- 4) *Operating System*— Mac's operating system Mountain Lion is fairly simple to navigate. Windows users have just been introduced to Windows 8, similar to an android device.
- 5) *Hard Drive*— 7200 RPM will suffice for the average user, allowing for faster loading.
- 6) *Memory (RAM)*— Most brands offer a standard 4GB of RAM. Intense gamers and editors may splurge on upgrading.
- 7) *Display*— The size of the screen (most common are 15"-17") will affect overall weight.
- 8) *Comfort*— Be sure to test the keypad and keyboard for spacing and a natural feel.

# TOWN OF FAIRVIEW TECHNOLOGY NEWSLETTER



## Know the Basics

### Wireless Internet

In the past, 3G wireless Internet technology delivered slower broadband speeds in comparison to traditional DSL and cable Internet connections. However, today's wireless technology, like 4G Wimax and LTE networks, provide equivalent and faster broadband speeds than DSL and cable. These mobile broadband connections can serve as a supplement or replacement for existing home Internet broadband.

What does this mean? With wireless internet, you can access the Internet from anywhere, at anytime and on any device. With a single provider, you can connect your desktop, iPad, Smartphone, laptop or any device wirelessly whether you are at home, the office or a coffee shop.

Wireless Internet providers include, but are not limited to: FreedomPop (*free*), Cricket Wireless, AT&T, Verizon, Sprint and T-Mobile USA.

### Providers

Residents of Fairview have several options when choosing a service provider for their phone, TV and/or internet needs. This information can be found on the Town website,.

Provider	Contact	Cable TV	Phone	Internet
Time Warner	972-742-5892	X	X	X
Suddenlink Communications	877-423-2743	X	X	X
Grande Communications	877-238-6891	X	X	X
Clear Communications	877-499-6681		X	
AT&T	800-288-2020	X	X	X
Rhino Communications	888-920-0870	X	X	X



If your preferred provider is not listed, residents may request further information from the provider's website. Please be aware, providers are always looking for areas to expand. Let your preferred provider know you want coverage in our area!!!

**TOWN OF FAIRVIEW  
TECHNOLOGY NEWSLETTER**



# Contact Us

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"Keepin' it Country" since 1958!

