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Recycling for the Greater Good

Straight talk about technology from a plugged-in Mom — Christina Tynan-Wood. Reprint from Family Circle Article.

There's old tech gear under beds and in boxes all over my house. I know better than to throw all that e-waste in the trash, where it would eventually pollute the planet. And I also know that when it comes to tech disposal, time is of the essence. My cast-off cell phone or laptop could help someone less fortunate and even net a little cash too—but only if I act reasonably quickly. And yet despite all this knowledge, my digital detritus piles up.

This year, though, my daughter's fifth grade class wants to raise money to make their soon-to-be-built new school building "green." Finally, the push I needed—clearing out my tech clutter could help me support Ava's well-intentioned fundraising.

First stop: Gazelle. Since 2008, this socially conscious company has been helping people collect money for unwanted tech gear, guaranteeing to sell it for reuse or recycle it responsibly. Enter the particulars about your ex-gear and a cash bid pops up on-screen. If you like the figure, download a free shipping label, drop the item in the mail and wait for your check. Simple! Recently, Gazelle launched a service called Gazelle for Good that allows individuals or organizations to fundraise online with what they call a Gadget Drive.

So I went to gazelleforgood.com. It took maybe 10

minutes to create a customized donation page for

my daughter's school. The site works just like Gazelle except it also announces our cash goal and displays a thermometer that shows our progress. We can promote our cause with just a few keystrokes by e-mailing links to our homepage and printing flyers to post on bulletin boards.

That ancient desktop my son, Cole (now 13), used in first grade will net only about \$6, but Gazelle will pay for the shipping and keep the parts out of a landfill. The digital camera I haven't touched since I upgraded will snag \$43, Cole's old cell phone \$24 and my old Palm PDA \$83. While I'm shipping all this off, I'll throw in some orphaned cables and broken keyboards. As long as I'm selling something of value, Gazelle will recycle everything.

It might be hard to write a check in this economy, but it's easy (not to mention satisfying!) to ship off stuff that was just taking up space.



Recycling the 100 million cell phones that are no longer in use would save enough energy to power more than 18,500 households for a year.
 (Source EPA)

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Let's Talk

Dr. Jerry Shapiro

UPTOWN DRUG & GIFT SHOP IS BUSTLING IN JUNE

We have been slowly building our Face Book Page. Take a look at www.facebook.com/UptownPharmacy. Show us that you like us to stay on top of promotions and discounts. We like hearing from you and will respond in a timely manner. We are also building our new website which you will hear about when it has been launched.

This month we will start promoting Dr. Comfort shoes. While originally designed for Diabetics they are great for walking or just having fun. The inserts are customized to your foot. The designs are not like typical health related shoes, they are stylish and built for comfort. They will become the most comfortable shoe in your collection. Ask

for Rizza to get a fitting. For those of you who are Medicare/Medi-Cal patients find out how to get a free pair of these shoes.

We are continually adjusting our mix of merchandise to better serve your needs. Please, if you do not see something you want and/or need just ask one of our staff. We will do all that can be done to get that product. It is hard for me to say but there will be occasions when we cannot get what you desire. In that situation we will check around and try to find where you can purchase it. If you are looking for that special gift for someone special the odds are that you will find it at our store. More and more of you continue to ask where we find many of the items we stock. Let me just say that it takes a lot of hard work and offer a special thank you to my wife JoAnn who does our shopping. Also inquire about our loyalty program. If you do not have one of our cards you are missing out on free money. With our card you can accumulate points on every purchase which amounts to 5%. It is good on future purchases on anything in our store except prescriptions.

TRAVEL INFO...

To get a frequent-flier seat or upgrade, consider using a Web service that alerts you when a seat opens up on a flight you want. *ExpertFlyer* (www.ExpertFlyer.com) is tied into more than 20 airlines worldwide. More than half of its customers who look for an award seat find one that works for them.



MileageManager's AwardPlanner (www.MileageManager.com) works with 10 airlines and lets you enter up to five different itineraries. Both services offer free trial periods. After that, ExpertFlyer starts at \$4.99/month ... MileageManager costs \$14.95/year.

What to do: First try finding seats through the airlines' own sites. If this takes too much time or doesn't work for you, tryout the alert sites to see if one of them is worth the price for you.

Learn where your pet will be welcome while traveling. *DogFriendly.com* publishes free listings of all kinds of dog-friendly resorts and travel destinations nationwide ... a list of top 10 dog-friendly vacation resort areas ... dog travel books ... and dog-friendly guides for highway travel. *PetsWelcome.com* lists thousands of hotels, B&Bs, ski resorts, campgrounds and beaches that are pet-friendly ... provides tips on how to take your pet anywhere ... and has a discussion board where pet-owning travelers can exchange information and answer each other's questions.



Where'd That Come From?

Where did the "Lollipop" get its name?

From the British. Lolly is English dialect for "tongue." The pop undoubtedly come from the lip-smacking noise of the sucker (or should we say, the *licker*, since sucker can refer to the "licker" or the "lickee"). In England, lolly has long been slang for candy. In North America, the *lollipop's* place in the candy pantheon was cemented in the 1930's when Shirley Temple warbled "On the Good ship Lollipop."



Health Tip

If you are over 65, ask your doctor about the doses of over-the-counter medications you take regularly. May older people do not need—and should not take—full adult doses. Age related changes in the liver may increase the amount of medication in the bloodstream, resulting in greater therapeutic effects, as well as potential side effects.

SENIOR SAYINGS...

I must be getting older...
All the names in my phone book end with M.D.





Hints from JoAnn

INFO ABOUT CLOTHES DRYERS

The heating unit went out on my dryer! Ed, the gentleman that fixes things around the house for us told us that he wanted to show us something and he went over to the

dryer and pulled out the lint filter. It was clean. (I always clean the lint from the filter after every load of clothes.) He then took the filter over to the sink, ran hot water over it. The lint filter is made of a mesh material — I'm sure you know what your dryer's lint filter looks like. Well...the hot water just sat on top of the mesh! It didn't go through it at all! He told us that dryer sheets cause a film over that mesh

and that's what burns out the heating unit. You can't SEE the film, but it's there. It's what is in the dryer sheets to make your clothes soft and static free—that nice fragrance too, you know how they can feel waxy when you take them out of the box, well this stuff builds up on your clothes and on your lint screen. This is also what causes dryer units to catch fire & potentially burn your house down with it! He said the best way to keep your dryer working for a very long time (and to keep your electric bill lower) is to take that filter out and wash it with hot soapy water and an old toothbrush (or other brush) at least every six months. He said that makes the life of the dryer at least twice as long! How about that! Learn something new everyday! I certainly didn't know dryer sheets would do that. So, I thought I'd share! That Ed sure knew what he was talking about!

To feel better while working

Set the top of your computer monitor just above eye level, about an arm's length away, to limit eyestrain. Tilt your keyboard away, not toward you—angling it toward you bends your wrists back, leading to carpal tunnel syndrome and tendonitis. Set your keyboard height at 24 to 25 inches, also to limit wrist strain—do not put the keyboard on top of your desk, which usually is 29 inches high. Reduce overhead lighting to reduce glare and eyestrain, and use lamps that throw light only where you need it. Use an angled footrest, which will encourage you to lean back in your chair for better back support.



Exercise to heal tennis elbow



Buy a ribbed, pliable, eight-inch-long rubber bar, such as Thera-Band FlexBar—commonly sold for general physical therapy for less than \$20 online (www.Thera-Band.com). Hold the bar up-right at your side, using the hand on the same side as your sore elbow. Grasp the bar near the top with your hand on the uninjured side. Twist the top hand while bringing the bar in front of your body to hold it parallel to the ground. Then use the hand on the sore side to untwist the bar slowly by flexing your wrist. Start with three sets of five repetitions per day, adding more as the exercise gets easier, up to three sets of 15 repetitions daily.

Microwave safely

Containers that aren't labeled "microwave safe" may release chemicals into food when heated. So don't recycle butter or margarine tubs as microwave bowls. And while plastic microwave safe containers are fine for heating leftovers, for more prolonged microwaving it's probably better to use a container made of heatproof glass, such as *Pyrex*, or glass and ceramic, such as *Corning Ware*.



My wife said,
"Watcha doin' today?"
I said, "Nothin'."
She said,
"You did that yesterday."
I said,
"I wasn't finished."

(Continued from page 1)

MORE WAYS TO DE-CLUTTER RESPONSIBLY

- » **NextWorth.com** Similar to Gazelle — buys various kinds of used gear for cash or recycles items that have no value for free.
- » **www.MyBoneYard.com** A lot like Gazelle and NextWorth. It takes only a few minutes to try all three to see which offers the most for a tired video game or iPod.
- » **Call2Recycle.com** Don't toss old phone batteries or any rechargeable battery- check here for local recyclers.
- » **The National Cristina Foundation** (cristina.org) This worthy nonprofit takes your old tech stuff and matches it with needy schools and other organizations. Feel good and take a tax deduction too.
- » **Reconnect** (Reconnectpartnership.com) Goodwill and Dell teamed up so you can donate old computers to Goodwill. Search here for a location near you.
- » **MyGreenElectronics.org** A site dedicated to boosting eco-awareness about everything electronic.

Surprising items to clean in the dishwasher

Baseball caps—put them on the top shelf, but do not wash them with dishes, because food can get trapped in the cloth...*tools with metal or plastic handles...hairbrushes and combs* made of plastic—not ones made of wood or with natural boar bristles...*fan grilles, switch plates and vent covers* if they are plastic, aluminum or steel and are not painted or plated...*light-fixture covers* that are not antique, enameled or painted...*potatoes*—use a rinse-only cycle with no detergent.

Note: Always put plastic items on the top shelf of the dishwasher.



ACCORDING TO DAVE...

Without question, the greatest invention in the history of mankind is beer. Oh, I grant you that the wheel was also a fine invention, but the wheel does not go nearly as well with pizza.

— Dave Barry

Very Useful Web Sites

Allergy forecasts: Find out how much pollen you are likely to be exposed to over the next four days—or sign up to receive e-mail alerts. **www.Pollen.com**

Be prepared: Checklists for job interviews, moving into a new home and leaving an old one, floods/tornadoes/other emergencies and more. **www.SimpleChecklists.com**

Self-help groups: Directory of organizations and support groups—including Web-only groups—on depression, multiple sclerosis, stroke and other conditions.

www.MentalHelp.net/selfhelp

Free books: Select among more than 25,000 titles to download to your computer, Kindle or other device.

Uptown Pharmacy



Tired of waiting for your prescription? We offer quick convenient and friendly service.

We can handle all of your FSA/HSA needs electronically.



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