

# Did You Know?

(NAPS)—When it's time to clean up and organize your home, you can use a photo-based mobile app, such as Manage My Things, to accurately and efficiently track items. You can upload one item at a time or batches of items such as fine china.

The ENERGY STAR Holiday Gift Guide at [www.energystar.gov/holiday](http://www.energystar.gov/holiday) features energy-saving products popular this time of year, along with special deals from manufacturers, retailers, and utilities that participate in the ENERGY STAR Program.

Diabetes is one of the most common chronic conditions affecting children and teens. The National Institute on Diabetes and Digestive and Kidney Diseases (NIDDK) spearheads research to help improve diabetes management and treatment in children and teens. For more information, visit the NIDDK website, [www.niddk.nih.gov](http://www.niddk.nih.gov).

A new app lets everyone in the family snap and share their moments—feasts, fetes and funny times, the special and the everyday—and get through these difficult times. Called MyGrandKids, it's easily downloadable at the App Store and on Google Play.

If you'll be decking the halls of a new home this holiday season, a good move is to get in touch with your Cable provider through SmartMove and arrange for a Touchless Install that lets you safely connect your tech services yourself. Learn more at [www.smartmove.us](http://www.smartmove.us).

Thanks to explosive growth in flexible hybrid electronics (FHE), in the next few years industry leaders will serve as intermediaries between technical fields of the future and the workforce that's needed. Community colleges can provide the education to meet that need. Learn more at [www.nextflex.us](http://www.nextflex.us).

When teenagers were asked how they feel about COVID-19 and education, "nervous," "excited" and "confused" were the most common responses. The study was conducted by EdChoice, a nonprof-



it, nonpartisan organization dedicated to keeping families free to choose their kids' education. Learn more at [www.edchoice.org](http://www.edchoice.org).

A recent study by OnePoll for Herbalife Nutrition, found 47% of Americans started eating more plant-based foods and a third ate less sugar during the pandemic. For further facts on healthy living, and to see the study, go to <http://www.iamherbalifenutrition.com>.

During this pandemic, more & more people are finding other ways to enjoy themselves. One such way is buying classic cars from home. The team behind Clasiq.com offers free pre-purchase inspection on all vehicles (so nasty surprises) from an independent shop and a free, secure payment process that protects your funds. Learn more at [www.clasiq.com](http://www.clasiq.com).

Clearing snow and ice from driveways, sidewalks and parking lots is no small job. The Outdoor Power Equipment Institute (OPEI) says to use a snow thrower, or snow blower, safely, check it carefully before use every time. For information on fueling, see [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).

Because learning about amyotrophic lateral sclerosis (ALS)—Lou Gehrig's disease—is important to defeat it, the National ALS Registry gathers confidential health information from people living with the disease to learn more about what causes it, possibly leading to better treatments. Learn more at [www.cdc.gov/als](http://www.cdc.gov/als).