

### Two To View - A Couple Of Amazing Videos You Don't Want To Miss



**Hangin' With A Hammerhead Shark**  
What's super scary and super cool all at the same time? Two scuba divers filming a curious hammerhead shark.



**The PC Michelangelo**  
Finally drove the artist to find a different way to paint, and he now creates beautiful images with Microsoft Excel!

### Tech New Year's Resolutions - What You Can Do To Make Yourself Happier In 2018

The arrival of 2018 is the perfect opportunity to change some of the habits that gadgets and apps have helped foster over recent years. Here's what you can try to do this year, to help make yourself happier.

- 1. Monitor your phone use**  
Spending less time in front of a screen will likely be an aim for many a smartphone user this year, but in order to actually make such a change, you need to first find out how much you currently use your phone and what you do on it on a typical day.  
Apps like Quality Time and Space can tell you the brutal truth about your smartphone usage habits, showing you information such as how long you spend on your smartphones, when and how frequently you open apps and how long you keep them open for, and how many times you unlock your phone on a daily and weekly basis.  
It can be grim viewing, but it's necessary if you genuinely want to change your habits.  
Quality Time App: [qualitytimeapp.com](http://qualitytimeapp.com)  
Space App: [spaceapp.com](http://spaceapp.com)
- 2. Delete apps you don't need**  
Without any apps, your phone would be pretty useless, but having too many of them can also be problematic. You can declutter your phone by scouring your app drawer and removing anything you either rarely use or had completely forgotten about - you surely don't need them.  
As well as freeing up space on your phone, doing so can help improve your handset's battery life and enable you to get a tighter grip on your personal data.
- 3. Use social media less**  
A much bigger step to take is moving away from the apps and services you know you use a lot. It can be tough to break free from the likes of Facebook, Twitter and Instagram in particular because they're designed to be as addictive as possible, but there are basic steps you can take to help you use them less if you don't quite feel up to getting rid of them altogether yet.  
Declining the apps from your phone and instead using the social networks exclusively through a web browser reduces the number of steps you need to take to actually access them. This may initially be frustrating, but in the long-term it should result in you gradually spending less and less time on them.
- 4. Switch off notifications**  
If you're feeling particularly ambitious, you can completely switch off push notifications from all of your apps. Doing so will help you discover which alerts you can and cannot cope without, and you can then switch the ones you're missing back on one-by-one. On Android, you can turn off push notifications by heading into Settings and Apps. On iOS, go to Settings and Notifications.
- 5. Don't use your phone in bed**  
Electronic devices such as phones and laptops emit blue light, which can trick your brain into thinking it's still daytime, making it tougher to fall asleep. Apple, Google and Microsoft have all added blue light filters to their operating systems, to lessen the impact they can have on sleep, but the best thing you can do to protect yourself is stop using your phone and laptop in bed at night.  
At the very least, you should stop sleeping within arm's length of them, but keeping them out of your bedroom altogether should remove all temptation to check them late in the evening. A dedicated alarm clock could be a useful investment.
- 6. Use Airplane mode more**  
One of the worst things about smartphones is their knack of distracting you from things that are going on in the real world. When you feel your mobile buzz in your pocket, you're always going to be tempted to check it, even if you're mid-conversation or working on something important.  
More often than not, those notifications can wait. It's therefore worth making better use of Airplane mode, which can prevent your phone from interrupting every single thing you do.
- 7. Forget your payment details**  
A handy feature of some internet browsers is their ability to save your payment information, to make it easier to make purchases online. Though that can save you a few seconds every now and then, the fact you don't need to take the time to manually enter any details can also encourage you to shop online more frequently, and make purchases without a second thought.  
Wiping this information from your browser will make your online shopping experience less slick than it could be, but it could also help you cut down on impulse buys and save money.
- 8. Protect yourself**  
Cybercrime is an enormous issue, and recent reports have shown that huge number of people are still not taking online security seriously, leaving them vulnerable to hackers.  
The easiest thing you can do to protect yourself is use different passwords for the different sites and services you use. This way, if a criminal was to break into one of your accounts, they wouldn't be able to use the same details to breach any others.  
A password manager is designed to take the stress out of juggling multiple passwords, by remembering which login details you're using for which sites, so you don't have to.
- 9. Be aware of what's tracking you**  
Google recently had to break one of its own products because it had been secretly recording everything you had been doing and saving around it. There was also uproar when the company locked people out of their Docs files in November, as the incident made many people realize that Google scans and analyses bits of things you do through its services, including your Gmail messages, or photos, videos, browsing history and map searches.  
Facebook is constantly learning new and highly personal things about you too, which you can see by visiting the Adverts page in Settings.  
One of the most daunting but sensible things you can do moving forward is learn about what's tracking you, and whether or not you can be more selective about how much data you share with companies.

### All The Right Ingredients For Great Communications



### FREE Featured Apps - These Three Are Well Worth A Look



- TickTack**  
Like a friendly personal assistant, this app can help you plan your day, remember appointments, and make or share idea lists.  
[Learn more...](#)
- LogosQuiz**  
Test your consumer savvy with this game that has you guess the logos of more than 1,000 brands. Stuck? Ask for a fun hint.  
[Learn more...](#)
- Housecraft**  
(iOS only) Aspiring interior designers will love this app, which allows you to "place" furniture or other virtual objects in your home.  
[Learn more...](#)

### Stay Alert - Watch Out For New Ransomware Threat

According to internet expert Kim Komando, "Ransomware is the number one digital threat in the world," costing victims nearly \$1 billion in 2016 alone. Cyber criminals use ransomware to encrypt your files so you can't access them, and then demand a payment in exchange for decryption. [CLICK HERE FOR ALL THE DETAILS.](#)



### Go Pinterest-ing! - Cool Stuff To Pin On Your Pinterest Boards



You haven't started pinning on Pinterest yet and you want to get started? If so, [click here.](#)

### Sites of the Month - Great Sites To Check Out In January

- Top Ten Film Festival**  
[tiff.net](http://tiff.net) - Premier cultural institution TIFF will present its Canada's Top Ten Film Festival January 12 through 21, celebrating and animating contemporary Canadian cinema. It will show screenings of the 10 selected films and offer related industry programming and learning sessions. Visit this site to learn more about the films and festival logistics.
- Eating Well In The New Year**  
[eatingwell.com](http://eatingwell.com) - Keeping New Year's resolutions is tricky, but having the right resources can help. Complete with videos, the EatingWell website is a great healthy eating companion with articles and recipes for a wide variety of food-related goals including losing weight, sticking to a special diet, or simply planning meals ahead.
- Ready For Flu Season?**  
[health.com](http://health.com) - Exercising, eating healthy, getting enough sleep, and washing your hands are good pieces of advice any time of year, but especially during cold and flu season. Visit this site to read more about these tips and many others to help you stay healthy this winter.
- Travel Planning For 2018**  
[destinationlab.com](http://destinationlab.com) - Take yourself out of the winter doldrums by visiting this site and dreaming about your next trip. Know where you want to go? Click the Destinations Lab and learn more about the area you want to visit. Not sure? Click the Inspiration tab to get ideas based on why you love to travel.

### Short Tutorial/FAQ - What Internet-Related Terms Have Been Added Recently To The Merriam-Webster Dictionary?

**Question:** I know the English language is always changing. Do these changes reflect internet-related terms?  
**Answer:** Absolutely. Here are some words that have been recently added to the Merriam-Webster Dictionary that is, have become official English words.  
[CLICK HERE FOR ALL THE DETAILS.](#)



We hope you found this newsletter to be informative. It's our way of keeping you posted on the happenings here. If, however, you'd prefer not to receive these bulletins, please see the links at the bottom of this email to manage your preferences.  
Thanks for your business!  
Best regards,  
[TheNexcomTeam](http://TheNexcomTeam)

Did you get this newsletter as a forward? Would you like to continue to receive it? [Click here](#) to send us an email adding your address to our list.  
Nexcom  
5 King Street E.  
Mississauga, ON L4A 1G0  
705-775-6394 / 888-639-4266

©2018 Cornerstone Publishing Group Inc.  
Trademarks: All brand names and product names used in this newsletter are trade names, service marks, trademarks or registered trademarks of their respective owners.  
Share this: [Twitter](#) [Facebook](#) [LinkedIn](#)  
To ensure that you continue receiving our emails, please add us to your address book or safe list.  
You can manage which mailings you receive by [clicking this link](#).  
You can opt out of all mailings by [clicking this link](#).  
[Subscribe](#) to our email list.