

## NOVEMBER 2015

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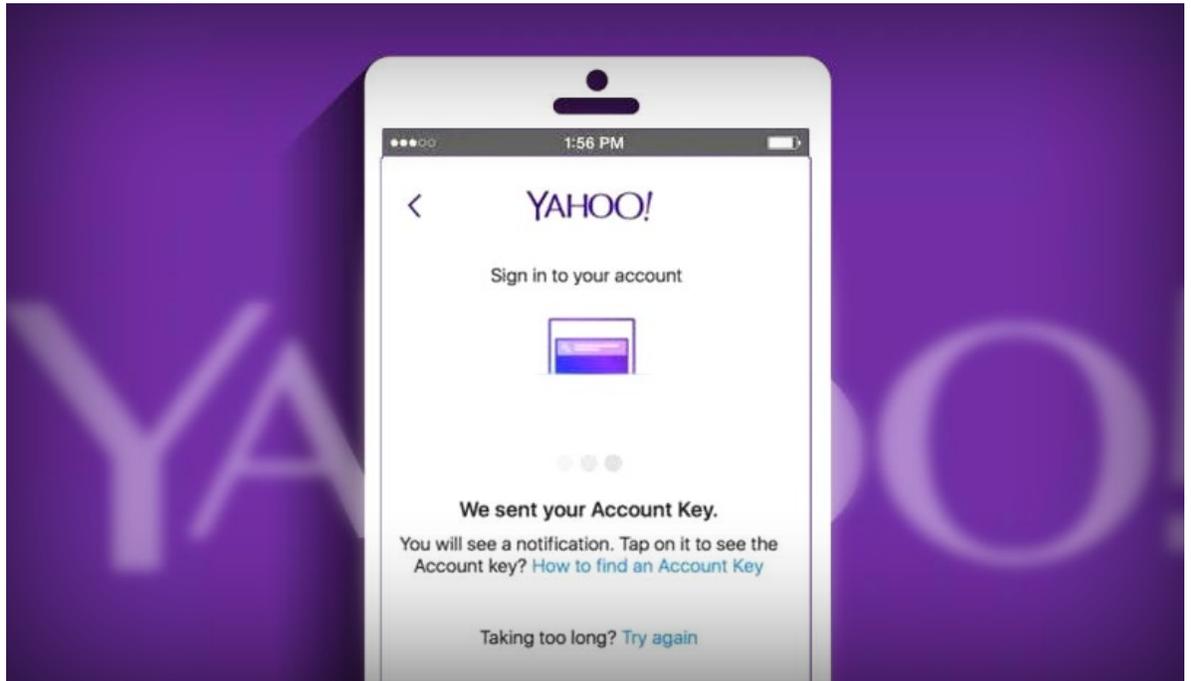
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## Is the strongest password not a password at all?

Recently, Yahoo announced they are in the process of doing away with the old-fashioned password. This comes as no surprise. Hackers have made Yahoo somewhat of a target. In the last three years, up to a million Yahoo accounts have been hacked into. And, in all actuality, that's probably only what the public (and Yahoo) is aware of.

But, really, let's be fair. It's not just Yahoo. It's everyone and every company. From restaurants and insurance providers to retailers and news agencies, there is no stone left unturned.

Getting back to Yahoo's announcement, they plan on slowly eradicating all signs of the keyboard password. In its place, an Account Key. Yahoo spins their innovative Account Key as an "elegant" way to access your account without "memorizing a complicated password."

Yahoo's [Account Key](#) utilizes your smartphone to gain quick and easy access to your account. If you're attempting to login to your account from your computer, you will receive a push notification on your phone to approve the login. This process is instant,

simple and user-friendly, and will occur every time you try to sign on (yes, this means more work on your part).

In theory, Account Key should be much more secure than a password. A hacker would have to have physical access to your phone to break into your email account. Or, would need some sort of malware installed on your smartphone, as well as your PC. That would be unlikely, but not impossible.

Once you activate Account Key, logging into your account will always require an approval from your smartphone push notification. In other words, if a hacker does sniff out your user information, they still couldn't gain access to your account.

Hopefully, this new password (that isn't really a password) works out well for Yahoo. If it does, this will make things significantly safer for the end-user (you). And, although this type of technology has been around for a while (two-factor authentication), Yahoo may have come up with a better way to sell it to the public...as a simple way to remember that complicated password.



## Big names introduce new traits.

### Dropbox File Requests

This new [addition](#) allows any person with or without a Dropbox account to upload a file or image to your personal or professional Dropbox account. All uploaded files or images automatically organize into a pre-established folder. You also have the option to assign deadlines to a File Request (Dropbox gives the example of a teacher receiving homework submissions). To send a File Request to someone, send an email directly through Dropbox or copy the 'Send File Request' link and send it to that person.

### Google Shove

Shove is a questionable new [extension](#) offered through Google's web browser, Chrome. This feature gives you the ability to open a new tab in a connected browser (your boss down the hall or a friend one cubicle over). This tab will appear front and center on the screen of your choosing so use caution when shoving a co-worker, family member or friend. To add the extension, visit the Chrome Web Store.

### Microsoft 2016 Coauthoring

Coauthoring is by far everyone's favorite [feature](#) incorporated within Microsoft 2016. This innovative adaptation of coauthoring rivals that of Google Doc's. See edits as they occur and even work on the same line as another person. You tack a period onto a freshly completed sentence and a co-worker pops in to correct 'their' to 'there.' Also included is a version history, as opposed to an edit history. If an author poorly revises a document, check out the sidebar and find a previous version you would like to return to.

### Apple 3D Touch

Within the iPhone 6s is an innovative new [interaction](#) called 3D Touch. Apple claims they use the most advanced technology yet to give iPhone users a new dimension and a new experience. Through a combination of measurements, sensors and signals that actively work to identify and respond to finger pressure, a user can dip in and out of activities. Apple calls it 'Peek and Pop.' Peek at new content without leaving your current activity with a subtle tap or fully Pop into content with a firmer, longer touch. 3D Touch also works on the home screen and within a variety of built-in apps to provide quicker, better shortcuts and an enhanced user-experience.

## Don't be a desk potato.

In the modern business world, so many of us spend our days at a desk. This is a good thing – after all, it's great to be employed. However, it turns out that all this sitting isn't so great for our body.

There is mounting scientific evidence that a chronic sedentary lifestyle can lead to a variety of health issues, including obesity, type 2 diabetes, cardiovascular disease, as well as colon, breast, and endometrial cancers.

Therefore, here are some suggestions to sit less, move more and to maintain your productivity in the process.

### Stairs

If you work in an office building that has elevators, opt to take the stairs instead; however, if you work in a towering skyscraper, you may want to seek out another option. But one way or another, you see the point.

### Speak

When you need to communicate with a coworker, it may prove worthwhile to walk and talk instead of sit and type. Not only will you gain some much-needed exercise, but you'll have the fine opportunity to speak to another—gulp—human.

### Hands

Making the switch to a hands-free headset is a good call. Hold a conversation with a client or a coworker and have the freedom to roam about the building. Move your feet, stay productive and look significantly cooler in the process.

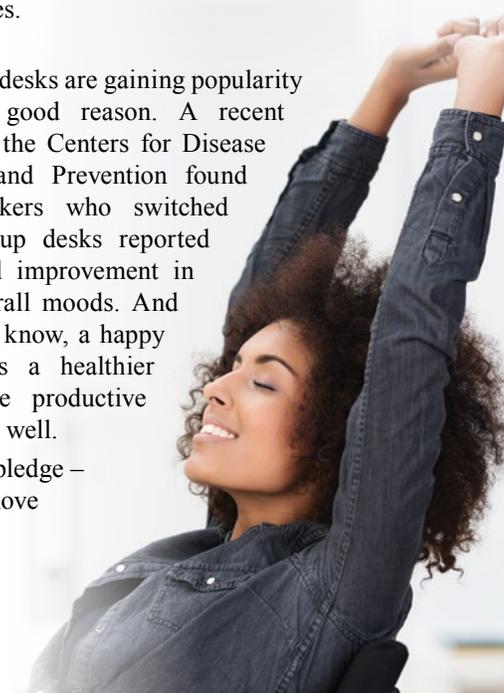
### Walk

Throughout the day, get up from your desk and take a brief walk—to the break room and back, to the water cooler and back, and if you're lucky enough to have one, to the foosball table and back. If possible, attempt this about every 60 minutes.

### Stand

Stand-up desks are gaining popularity and for good reason. A recent study by the Centers for Disease Control and Prevention found that workers who switched to stand-up desks reported a marked improvement in their overall moods. And as we all know, a happy worker is a healthier and more productive worker as well.

Take the pledge – sit less, move more!





## Virtual reality on a budget: Google Cardboard

The HoloLens from Microsoft is amazing, groundbreaking and almost too high-tech to be real. But, unfortunately, for people that aren't technical geniuses or currently working for Microsoft, the HoloLens is off-limits. When it is available, it's safe to say that this virtual reality eyewear will be worth a pretty penny. So, basically, very few of us will ever have one, use one or even see one.

Sad, but true.

However, we aren't totally out of luck. Google wants to save the day with virtual reality on a budget.

Normal, everyday kind of person meet Cardboard.

Yes, that's right...Cardboard. But, it's not just any kind of cardboard; it's Google Cardboard, and for about \$15, you can have your very own pair.

These cardboard glasses integrate with your smartphone to create an immersive virtual reality. Before you do this, though, you have to—*are you ready for this—fold the cardboard.* When you receive your Google product, you have to fold your slab of cardboard into a set of nicely designed glasses. Once all is said and done, your item looks a bit like Wall-E.

Slip your smartphone into your cardboard and enter into a new world—or, as Google puts it, “explore a variety of apps that unfold all around you.” Watch 360 degrees of YouTube, see a sketch come to life or take a field trip to another part of the world. The choice is yours.

Google Cardboard fits with any screen up to six inches and works with any smartphone—Android or Apple. Isn't that nice of Google?

Google Cardboard is “about VR for everyone.”

## Online Subscriptions have taken over. Which one is your favorite?

Over the last few years, online subscription boxes have gained in popularity. Are we lazier or are we busier? Too busy to shop for ourselves or too lazy to go out and do it?

Despite the reason, boxed subscriptions have become unique and simplistic in the most innovative way. There are boxes with meals, boxes with samples, boxes with razors, boxes for bros and boxes from farms. Do you want a subscription to something that comes in a neat box? It's probably out there. You just have to search for it.

Here are a few of the most popular boxes on the online market.

### BirchBox

For \$10 a month, let [BirchBox](#) send you a colorful box filled to the brim with beauty and grooming samples of all sorts. Men and women are both allowed, but it's safe to say women are the primary targets of this box.

If you're a lady, your box might include lip gloss, facial moisturizer, leave-in conditioner, and mascara. If you're a gentleman, you will probably see items such as shaving gel, deodorant, face wash, and cologne. All samples come from highly esteemed companies and notable designers.

### Dollar Shave Club

Tired of using dull blades and receiving less than acceptable shaves? Always forgetting to pick up a razor when you go to the grocery store? Then [Dollar Shave Club](#) is the box for you.

Every month, receive a fresh new set of blades. Whether you want to pay \$1, \$6, or \$9, the choice is yours. But, more money means more blades. But, don't worry. The Dollar Shave Club guarantees even the dollar razor is just as reliable as “the '82 wagon that starts when it's below zero.” And, don't be fooled. This box is just as much for women as it is for men.

### Graze

This box is a bit different than the last

two. Instead of monthly, it's weekly, and it's quadruple the price. At \$11.99 a week, receive a beautifully designed box stamped with a nutritionist badge of approval. Each box contains healthy snacks that have not been genetically engineered and do not contain artificial flavors, Trans fat or high fructose corn syrup.

Let [Graze](#) know what kinds of snacks you like and what types of food you don't enjoy and Graze will handpick a special box just for you. Have your box delivered to your home or straight to your work.

### Farm to People

A bit like Graze, [Farm to People](#) is all about healthy, unprocessed foods. They deliver straight from the farm, and their purpose is to get you to discover unique foods, to support small-batch producers and to know what you're eating.

Their Tasting Box is \$29.95 a month or \$49.95 a month depending on what type of eater you are—Casual Foodie or Food Critic. One box this year consisted of Goat Milk Chocolate, a PB&J Cricket Bar, TaterPiks Pickled Potatoes, Ostrich Meat Snack Sticks and Absinthe & Black Salt Caramels. You get the idea. A whole lot of food that you would never see in a grocery store.

### Kiwi Crate

Children need a box, too. And with [Kiwi Crate](#), your child will receive a themed box every month for \$19.95. Each crate comes with 2-3 learning activities (arts and crafts, science, games) and will have a particular theme in mind.

One crate is named Colorful Inspiration. Inside it you will find three projects: Spinning Colors, Stained Glass, and Tissue Tie Dye Bag. Another crate named Fun with Flight will teach your child to create a paper kit and show you how to build a rubber band powered rocket. Every crate contains their branded magazine to help your child learn, grow and explore.

