

***In This Months TechPoints***

- Mustaches for Men
- Same Bullying, New Tools
- Gifts That Can Change Lives
- Home Improvement Meets High Tech

**Mustaches for Men**

By Dan Ayars, Marketing Coordinator, TechSolutions

It's October 24<sup>th</sup> and I'm working away minding my own business when the gauntlet was laid before me. "You going to grow a mustache with us?" asked coworker Chris Scerbo in that school yard-challenge kind of tone. Oh boy, I was expecting this. You see even though us guys grow up, debatable I'll admit, we never grow out of that dare, challenge thing. You know, where you get called out to do something you wouldn't normally or comfortably do. Chris had emailed his male coworkers last night, informing us about a men's health awareness and fundraising campaign that requires participants to grow a mustache in the month of November, and invited us to join him in growing a mustache. Like the rest of us, I support good causes, however I really didn't want to grow a mustache, so I didn't reply, knowing full well he'd be confronting me the next day with the challenge to grow a mustache. Guess it could be worse. It could be Tatoovember.

As I learned from the link Chris provided in his email, November is also known as Movember, short for mustache November. Movember is an annual campaign started several years ago, where men grow a mustache in the month of November to raise awareness and funding for men's health issues like prostate and testicular cancer. Great cause yet I was still on the fence about the mustache thing, so I told Chris I'll grow a mustache if we can get the other guys in the office on board. Over the next few days, he and I proceeded to go through the office to recruit partakers. And after responses such as "my wife's not going to like it", "I can't grow a mustache", all but two guys joined the effort.

On November 1<sup>st</sup>, with the guys in the office starting from established beards to nothing, as you can see from the first picture, the mustache growing began. Taking the wimpy, indirect approach to informing my



Beginning of Movember

wife, I just put a post-it note on my shaving mirror as a reminder and stopped shaving above my upper lip. After a couple of days the post-it note was no longer needed and my wife finally approached me about the mustache, asking if it had to do with Movember and providing her support.

This second picture is our progress to date. Chris set up a TechSolutions Movember website, which with a click can be accessed here [TechSolutions Movember Team Page](#) if you want know more or would like



As of November 26

to

contribute a couple of dollars toward men's health awareness. Goodness knows us men can use all the help we can get to be more aware and proactive when it comes to health. It's certainly something I need to focus more on, since to my dismay, my mustache is a lot grayer than the one I shaved off several years ago.

### ***A personal message from Chris Scerbo, Systems Engineer here at TechSolutions***

The Movember charity is an important movement for a segment of the population that often ignores their own personal problems for the sake of working to support their families. Not to detract from the sacrifice most mothers make for their families. The entire family is equally important. But in my life I have seen many men work themselves into poor health to support their families only to end up paying for the self-neglect later in life.

My grandfather died of prostate cancer. He was a good man that worked hard his entire life to provide for his loved ones. Had his condition been caught earlier he may still be with us. My father died of mental illness. He was also a good man and provided a good life for our family. Had his condition been cared for earlier he may still be here to be a part of his grandchildren's lives.

Both will be missed dearly. Their lives are role models of mine and their memory leads me through life. It encourages me to work hard for my family. But their fate also keeps me aware of the need to respect one's own health and keep a balance in life that ensures I will be there for my family in my later years.

This link <http://us.movember.com/programs> shows the programs the Movember charity supports and how much money has been raised for these programs. The money donated to this charity will go to help many men lead healthier lives and keep them around for their families.

---

## Same Bullying, New Tools

([NewsUSA](#)) - When Denise Edwards (not her real name) saw a text on her 11-year-old son's phone that said, "Im gonna kill you 2mrw" from an unrecognized number, her heart stopped. She asked her son about it and was shocked to hear an older boy on his bus had been sending these types of texts for about two months.



Experts estimate that teens are at least four times more likely to say something hurtful or demeaning to another child when behind the veil of a phone or computer. Tim Woda, a digital safety expert, explains: "Cyberbullies are often not the biggest kids on the playground or the meanest girls at school. If you want to protect against cyberbullying, parents need to be aware of what their kids are doing online and be willing to act quickly when they see a red flag."

Here are a few tips for parents to prevent cyberbullying:

- Talk about it: The best defense is a good offense. Ask your child how they would respond if someone were mean to them online. What should they do? Is it okay to forward a text message making fun of someone?
- Spot it: Cyberbullying can cause kids to avoid using their phone or computer, or appear stressed when receiving an e-mail or text. They may act reluctant to attend social or school events or avoid conversations about school or friends. In extreme cases, the child will have declining grades, stop eating or have difficulty sleeping.
- Deal with it: Teach them to never respond, save the evidence and report the incident to an adult they trust. Next, engage school administrators to discuss their cyberbullying policy and develop a plan of action. Finally, talk about the situation with the bully and the parents. Sometimes a school guidance counselor can act as a mediator for this type of meeting.
- Prevent it: Stealing your child's phone or their passwords to social networking accounts is not an ideal way to understand what's going on in their digital world. Use a parental intelligence service, such as [uKnowKids.com](#), that can alert you to dangerous behavior and cyberbullying. The best time to install parental monitoring software is the moment a child gets a social media account or mobile phone so kids accept it for the long run.



## Gifts That Can Change Lives

([NewsUSA](#)) - What can be more meaningful than a gift that will not only wow a special person in your life, but will also encourage positive change? This year, think beyond the traditional with these unique and inspirational ideas.

- For Expanding Your Horizons. Inspire someone special by taking them on an international trip. Currently, Turkish Airlines ([www.turkishairlines.com](http://www.turkishairlines.com)) offers round-trip fares to Istanbul from \$539 to \$759 out of Washington, D.C., Chicago, Houston, New York and Los Angeles. (Prices vary depending on the city of departure.) The airline, recently voted Europe's Best Airline for the third year in a row, travels to 240 global destinations. For travel between January 15 and March 31, 2014, check its website for details.
- For Healthier Eating. Help your loved ones stay healthy with the new Ninja Ultima Blender ([www.NinjaUltimaBlender.com](http://www.NinjaUltimaBlender.com)). Dual-stage blending technology pulverizes ice, whole fruits and veggies, plus bottom high speed cyclonic blades deliver silky smooth, grit-free beverages. Create nutrient-rich juices, pureed soups, cream dips and sauces. Starting at \$199.

- For Cleaner Living. Floor-to-ceiling cleaning becomes a breeze with this versatile tool. Shark has packed the cleaning power of a full-upright vacuum, into the sleek Shark Rocket Ultra-Light Upright ([www.SharkRocket.com](http://www.SharkRocket.com)) which swiftly transforms between an eight-pound upright to a three-pound handheld vacuum. Perfect for cleaning stairs, cars and hard-to-reach areas. Featuring Never Loses Suction power, this vac deep cleans carpets better than its full-sized competitors. Retail for \$179.99.
  - For Musical Inspiration on the Go. Monoprice's Premium Bluetooth Hi-fi Over-the-Ear headphones ([www.monoprice.com](http://www.monoprice.com)) are a gift an audiophile could love, but will also delight your friends and family. The concert never ends with these headphones that deliver high-end connectivity and sound for only \$78 (vs. competitor products priced at \$200 and up). They include a single 50 mm woofer and three 13 mm tweeters in each earpiece.
  - For Protecting Your Valuable Electronics. Who hasn't dropped their cell phone or tablet at least once and watched the screen shatter? With a BodyGuardz ([www.bodyguardz.com](http://www.bodyguardz.com)) glass screen protector, a new standard of protection is offered. Made from a special chemically tempered glass that exceeds the hardness of steel, ScreenGuardz Pure Premium Glass Screen Protector is incredibly durable and can withstand the power of nails, a hammer, box cutters and more. The product is available online and select stores nationwide. Prices range between \$39.95 and \$79.95.
- 

## Home Improvement Meets High Tech

([NewsUSA](http://NewsUSA)) - Great technology is finally hitting one of its long-awaited frontiers, the \$500 billion home improvement market. According to the U.S. Census Bureau, when faced with a choice, many homeowners decide to improve their homes rather than move. Yet, the toughest choice isn't whether to spend \$2,500 on a bathroom remodel or \$5,000 on a kitchen update. No, the most difficult decision is choosing which professionals to hire. After all, the wrong specialist can cost much more in the long run.



Over the past decade, the Internet has made it easier for homeowners to research potential hires. The truth is, however, it's difficult to trust that any feedback posted on the Internet actually came from a past customer. Which is why technology is the logical next step.

For example, a new website, [Porch.com](http://Porch.com), is building a network of word-of-mouth endorsements from neighbors and friends. Unlike sites that rely on anonymous reviews, Porch gives homeowners the ability to access information never before available to review the work history of professionals, research who has worked on homes like theirs, see who their Facebook friends love and learn what any project costs. Homeowners are able to view professionals and projects on a map of their neighborhood and zoom in for details on costs, photos and professionals. It's like a 24-7 open house without leaving your computer.

Porch's founding team has been building what it considers to be the most comprehensive database on home improvement. "Until now, a roof repair, kitchen remodel or backyard landscaping project has been frustrating and painful because there is no single source to evaluate projects, understand costs and find professionals based on trusted word-of-mouth recommendations," says Matt Ehrlichman, Porch's Chairman and CEO. "Porch is changing this by organizing home project information and providing transparency to everyone across the country. The purpose? To help inspire project ideas, show what any project costs, and make hiring the right home improvement professional easy."

Currently the website boasts more than 1.5 million professionals to choose from, and insight into 90 million home improvement projects across the country. Porch has specific data on more than \$2 trillion worth of home improvement projects from the last 15 years, a figure larger than the entire economy of the United Kingdom. What's more, Porch.com is a free service, unlike Angie's List, which charges

subscription fees for homeowners. Porch is also free for professionals to join with the option of adding business tools for \$35 per month.

To learn more, visit [Porch.com](http://Porch.com).

---

**Disclaimer:** References and links in this newsletter to any specific products or service does not necessarily constitute or imply its endorsement, recommendation, or favoring by TechSolutions.

---

**TechPoints is a monthly newsletter from TechSolutions, Inc.**

Click [here](#) to unsubscribe and simply put "Unsubscribe" in the subject line.

TechSolutions, Inc. • 5630 Kirkwood Highway, Wilmington, DE 19808 • [www.TechSolutionsInc.com](http://www.TechSolutionsInc.com) • (302) 656-8324

---