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[TECHNOLOGY]

Keeping you up to speed and in the know with the latest tech.

Brian's top three apps for dads.



Brian Lawrence is the systems and process manager in the cellular department at Ackermans. He's married and is dad to Marcus (6) and Mikka (2). He recommends these apps:

Vodacom Rugby Stats (free on Android, BlackBerry, iOS) Get rugby stats across 27 categories, including tries, points, red cards and conversions. With live updates every 90 seconds during the season, it's perfect for the rugby-mad dad or anyone looking to improve their knowledge of the game.

My Budget (free on Android, BlackBerry, iOS) This free version of the highly rated *My Budget* app still has plenty of features. You can ditch the spreadsheet and balance accounts, manage your money, keep track of spending and there's even a mobile bookkeeping function. Everything is backed up to the cloud so no worries about losing data.

iStoryBooks (free on Android, BlackBerry, iOS) This is great for helping children with reading. They can read the story or read along while the story is narrated. With narration turned on, kids learn to recognise words and sounds. The app is free but stories are a mix of free and paid-for content.

easy mobile protection

To prevent children from sharing inappropriate or adult content, Vodacom and MTN customers can set up parental controls on their phones.

Vodacom: Dial *111*123# from the cellphone you want to block.

MTN: Dial *101# from the phone and follow the on-screen instructions. These services are only available to MTN and Vodacom customers.

TOP 3 phones for busy dads



Alcatel One Touch Pixie
Snap your memories with a 2MP camera, while the Android 2.3 OS keeps things running smoothly. Groove to your favourite tunes on FM radio, connect using Wi-Fi/Bluetooth and store your memories with the microSD card slot (up to 32GB). Stay tuned to the social buzz with Twitter and facebook, and explore sights and sound with video streaming and a 3.5mm audio jack. **R549 on Vodacom.**

Nokia Asha 503

Get high-speed internet access with 3G HSPA, never miss a shot with a 5MP camera and browse faster with Nokia Xpress. You can also connect with Wi-Fi and share music, photos, video and contacts easily with Nokia Slam via Bluetooth. Catch your favourite shows on FM radio, and connect with friends and family on Twitter, facebook and WhatsApp. **R999 on Vodacom.**



Samsung Galaxy Fame Lite

Capture the moments that matter with a 3MP camera, surf the web on Wi-Fi, connect with Bluetooth and listen to your favourite songs as MP3s or on FM radio. The Android Jellybean 4.1 OS allows your device to stay the pace, while a microSD card slot (up to 32GB) lets you keep your memories close. You can also share the special ones via Twitter, facebook and WhatsApp. **R1 499 on Vodacom.**

APP HELP FOR NEW DADS

WebMD Baby

It's easy for new dads or dads-to-be to feel excluded from the birth process and the period shortly after baby is born. With 299 free articles, 598 tips, 70 videos and five tools, *WebMD Baby* lets dads feel a lot closer to the whole process. Now you'll know exactly why baby is crying at that time in that way!



For Android, Blackberry and iPhone.



GADGET UPDATE

portable solar power

EcoBoxx and WakaWaka are solar-powered devices that supply mobile electricity wherever it's needed. The devices, endorsed by cricketers Jacques Kallis and Dale Steyn, are designed for different energy requirements. EcoBoxx is for larger use, with custom kits, such as a barber set with clippers, student kit with phone connections, cooler kit with fridge and a cooking kit with microwave or food grill. For lighter energy needs, the WakaWaka provides a portable solar lamp and phone charger. It can power any USB-enabled device or smartphone in under two hours and provide 40 hours of reading light from a single eight-hour charge.

www.switch2psp.com



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Can't figure out where your airtime goes? You may be signed up for content subscriptions you don't know about. Here's how to stop or manage your future content subscriptions:
Cell C: Dial *133*1# from your phone.
MTN: Dial *141*5# to manage premium content services.
Vodacom: send an SMS to 30333 with the message 'STOP ALL'.

top phones for 2014

Phones running the Android platform came out tops at the 2014 Global Mobile Awards in Barcelona. The HTC One claimed Best Smartphone title, with LG winning the Most Innovative Device Manufacturer of the Year crown. Nokia's Lumia 520 beat out all competition in the Best Low Cost Smartphone category, while the Nokia 105 was judged Best Entry Level/Featurephone.



Nokia Lumia 520 **R1 899 on MTN**, Nokia 105 **R179 on MTN & Vodacom.**

online inspiration

Looking for an individually tailored eating and training programme? Try Sleek Geek, an online community inspiring 100 000 people to live healthier lives via its facebook page and group, website and Twitter page. Some of the group's amazing success stories are of people who've not only lost weight, but beaten diabetes, hypertension and bad cholesterol. www.sleekgeek.com, [SleekGeekSA](https://www.facebook.com/SleekGeekSA) on facebook, [@SleekgeekSA](https://twitter.com/SleekgeekSA) on Twitter.



ACKERMANS *TALK

