



Timely Information for Personal Success

Here to Stay – or the Latest Fad?

By Mike Jacquart

Everyone knows we live in a rapidly changing world in which technology is growing by leaps and bounds. While this is certainly not a false statement, it may not be quite as true as you might think.

“Look at the way telephone technology has evolved over the past 150 years. We’ve added new features, like cellular data and VoIP calling, but the underlying infrastructure is in some ways much the same,” writes *Tech Trends* columnist Marina London, web editor with the Employee Assistance Professionals Association (EAPA).

“Your fancy iPhone still has a touch-pad dialer for connecting you to the telephone network, and the dialer is basically a digital representation of something that has existed since the 1960s,” she adds. (London’s column appears in EAPA’s quarterly magazine, the *Journal of Employee Assistance*. She also writes a blog at: <http://iwebu.info>.)

I would like to point out a few other examples:

❖ Computer keyboards use the same lettering and numbering sequences that manual and electronic typewriters did decades ago. If you’re old enough to have learned “typing” in high school like I did (They call it “keyboarding” today), and mastered the “home row” especially, you’re still typing pretty much like you did in the 1970s or ’80s. And it’s a LOT faster than just using your thumb texting, I might add.

❖ While undoubtedly a big improvement, the basic function of cell phones – talking to people while in

transit in our vehicles – isn’t really all that different from the CB (Citizens Band) radios that some of us had in our cars in high school. The private usage was an offshoot of how popular they were with truckers at the time. Maybe truckers still have them?

❖ Think about some of the posts that are supposed to “call you to action” that you probably see on Facebook, such as: “*Forward this along to 10 people and good luck will come your way*” or... “*You’ll share this if you love your sister.*” It dawned on me that these messages are pretty similar to the mass emails that used to “make the rounds” on the Internet. The only thing that’s changed is the platform!

These are just a few examples. I’m sure I could think of others. What’s the point you say? The crux of the matter is that in many instances technology

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CLIP-N-SAVE!

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Healthy Recipe: Power Salad

INGREDIENTS:

- 6 cups prepared salad
- 1 cup shredded carrots
- 2 tablespoons red onion, chopped
- 1/4 cup creamy ranch dressing
- 10 cherry tomatoes
- 4 slices roast turkey breast, cut up
- 2 slices reduced-fat Swiss cheese, cut up

NUTRITIONAL VALUE:

- Calories per serving: 180
- Protein: 21 g.
- Carbohydrates: 19 g.
- Sodium: 757 mg.
- Fat: 4 g.
- Fiber: 6 g.

DIRECTIONS:

❶ Toss salad, carrots, onion, and dressing in a large bowl until coated. Divide between two plates.

❷ Arrange tomatoes, turkey, and cheese on top of the salad.

Serving size: 2, about 4 cups each.

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Questions and Answers

'I Don't have Time' is a Lie!

Q: Like most people, I am swamped at work every day it seems. Any suggestions?

A: I have several. First, start a simple time log to record everything you do each workday over the course of two weeks. The idea is to get an accurate picture of how you spend your time each day. Where you spend your time is a direct reflection of your priorities. Prioritize better and you'll get more done.

Second, plan your day and schedule your day. What is the difference? Planning is deciding in advance *what* you will do in a given day, week, or month. Scheduling is determining *when* you will do it. Too many people begin their day or week with no real idea of exactly what they want to accomplish and when.

Writing it down has two benefits. First, it crease a sense of urgency in your subconscious. Because you've written it down, you believe that you need to get it done! Second, it gives you a chance to pat yourself on the back when you cross it off the list. Look at work in terms of what you DO get done, and don't just dwell on what you don't! ■

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remains a means to an end, but it should never be thought of as the "end result."

London points out that, "The basic protocol on which the Internet is based is over 40 years old. So if you're waiting for a transformative change in how we consume information online, you could be waiting a long time."

In conclusion, whether it's a CB radio, cell phone, typewriter, PC, laptop, tablet, or something else, it seems to me that they are all *tools* – and whatever the gadget – the tool should be serving us, and not techno-addicts serving the tool. After all, some of these "doo-dads" will be here today, gone tomorrow. And what's really important will be here to stay anyway. ■

Mike Jacquart is a frequent blogger, LinkedIn contributor and editor of "Employee Assistance Report" and the "Journal of Employee Assistance."

