



Tech Support

Sometimes, technology can seem like more of an intrusion than a convenience. But there are ways you can make technology work for you.

Your cell phone, for example, can be a great tool—if you know how to use it to your advantage. Register for a free account at Jott.com, and you can send e-mails and text messages to yourself, your friends and your business contacts—all by placing a toll-free phone call to Jott.

Your voice message is transcribed into text so you don't have to do any typing. With Jott, you can set up reminders and to-do lists, then e-mail them to yourself and others.

Plus, you can use Jott to connect to a variety of websites and handle tasks ranging from blogging to shopping, all by using your voice instead of your computer.



Turn Drive Time into Me Time

Most of us have to commute to work or chauffeur kids here, there and everywhere. So why not try some ingenious ways to make the most of your time behind the wheel?

Laura Stack, a professional speaker and author of the book *Leave the Office Earlier* (Broadway Books, 2004), offers these three strategies.

1. Bond with your family. While you're all in the car together, try singing songs, quiz your kids on spelling words, play a travel game like "I Spy" or listen to stories. "When your eyes are on the road, your child may

feel more comfortable than usual bringing up a touchy subject," Stack says, "so be available to just listen as well."

2. Use a voice recorder. Stack knew a woman who wrote an entire book by talking into a hands-free recording device while driving. Then she had the tapes transcribed, hired an editor to clean it up and had the book printed.

3. Shift your schedule. If you find yourself stuck in traffic jams every day, consider getting on the road just before or after the rush.

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