

Answer Quest Tip Sheet

March 2000

Training Your Future



Are You Addicted To Your Computer?

Merriam-Webster's (<http://www.miriamwebster.com>) definition of addiction is:

Main Entry: ad- dic- tion
Pronunciation: &-'dik-sh&n, a-
Function: noun
Date: 1599
1 : the quality or state of being addicted <addiction to reading>
2 : compulsive need for and use of a habit-forming substance (such as heroin, nicotine, or alcohol) characterized by tolerance and by well-defined physiological symptoms upon withdrawal; broadly : persistent compulsive use of a substance known by the user to be harmful

For some, I think computers have become a "habit-forming substance."

They respond with "NO!" but let's look at their "habits."

They work on their computers all day at work. Then after 8 hours, they return home to play either computer games or on the Internet until the wee hours of the morning.

Hmmmm... sure sounds like they are addicted to me :)

BUT WAIT!

I have to give the other side of the story. The other day, after saying that I was playing my favorite computer game for hours, I was asked, "How can you waste your time like that?"

Without hesitation, I responded, "Well how can you sit and do crossword puzzles for hours on end? Isn't that a waste of time?"

The two people with whom I was speaking realized I was right and agreed with me.

I had just exchanged one leisure-time activity for another.

Yes "leisure!" Merriam-Webster defines it as:

Main Entry: lei-sure
Pronunciation: 'lE-zh&r, 'le-, 'lA-
Function: noun
Etymology: Middle English leiser, from Middle French leisir, from leisir to be permitted, from Latin licEre
Date: 14th century
1 : freedom provided by the cessation of activities; especially : time free from work or duties
2 : EASE, LEISURELINESS
- leisure adjective
- at leisure or at one's leisure : in one's leisure time : at one's convenience <read the book at her leisure>

"Time free from work." That says it all.

To some, computers at home are not the same thing as computers at work. They perform different functions. Instead of watching TV for three hours, we play our favorite computer game or surf the web when we get home (watch out Nielson Ratings!).

Instead of reading that new Sci-Fi book that we heard so much about, we now can play our favorite computer game (Ultima Online) and live the adventure!

So what's my point?

Unless you are neglecting your daily responsibilities of your family and home, don't worry what others think about your "home computer time."

It's "your" leisure time after working hard all day. And this isn't your parents' era! We just don't do things the same anymore!

So make the best of your free time and COMPUTE to your heart's content!

Here's some websites that have game information or games you can play right online. Enjoy :)

About.com
<http://internetgames.about.com>

Iwin
<http://www.iwin.com>

AltaVista Game Directory
<http://dir.altavista.com/Games.shtml>

MSN Gaming Zone
<http://www.zone.com>

Gamesville
<http://www.gamesville.com>

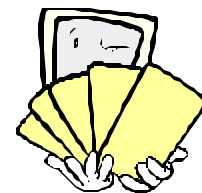
Stratics
<http://www.stratics.com>

GameZone Online
<http://www.gamezone.com/>

Yahoo Games Directory
http://dir.yahoo.com/Recreation/Games/Computer_Games/

Don't gamble on your training!

Let Answer Quest deal you the right deal!



CONGRATULATIONS!

Stacy Henry of Finksburg, MD is our February contest winner and won a free software resource book!

Don't Forget To Visit Our Website
And Enter YOUR Name
for this month's drawing!

We provide one-on-one desk-side support and classroom training in the Baltimore / Washington / Philadelphia corridor.

Please visit our web site at:
<http://www.answerquest.com>

Or contact Sales at (410) 538-3698 for more information.

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