



## Gallery Visio unveils student Instagram project

ALBERT NALL  
STAFF WRITER

"New Student Photo Project," a collaboration between New Student Programs and Gallery Visio, made its debut in the gallery with a reception on Monday, October 13, from 11 a.m. to 3 p.m.

Instagrams of new University of Missouri-St. Louis students with an UMSL logo backdrop were displayed on a clothes line in the gallery, as well as blown-up photographs. One of the Instagrams displayed was taken at Busch Stadium with Louie the Triton, Fredbird and St. Louis Cardinals pitcher Tyler Lyons. Many of the photos were vibrant, lively, and projected a rich and typical narrative of student exuberance.

Attendance at the exhibition's gallery opening was nearly 90 people, as approximated by Stuart Shadwell, the Interim Curator of Gallery Visio. Refreshments were served, and there was a photo booth where students could pose behind the UMSL emblem with various colorful and fashionable garments.

The event was produced by Shadwell, who also directed the "Comic Explosion" exhibit at the Gallery Visio in late August and early September. Shadwell gave an overview of "Instagram," which is an online



Photo exhibits of student Instagram project, hosted by Gallery Visio

RYAN BROOKS/THE CURRENT

mobile photo-sharing and social networking service where photos and videos can be uploaded on social media systems such as Facebook, Twitter, and Tumblr, as well as the "Instagram" application itself.

"It is a new way of sharing experiences," Shadwell said.

Megan Green is the Director of New Student Programs, the office that was the initiator of the Instagram project. Green pointed out that the photo project arose out of "New Student Programs" and the "Weeks of Welcome" activities at the opening of the fall semester.

"A lot of these photos are of new students. We put this up [now] because October is mid-terms, and this is the halfway point of the semester. So why not pull out the fun events that students can enjoy, as the semester progresses into the weeks before final exams," Green said.

Kelly Heissler, coordinator of New Student Programs, collaborated with Green on the Instagram project. Heissler described some of the aims of the photo project as a means for students to network with one another, to make new friends, and to attend events together.

"We apply social media to all of our events. It is our way to connect with students on the faculty and staff side, who are promoting our events," Heissler said. "This is our first event like this, and it went really well. We are not finished yet, but overall it was pretty successful, and we can see us doing this every fall."

Nick Smith, sophomore, music education, was at the Instagram event. "The Instagram is a fun way to share our experiences and what we are doing with our friends. It is a way to know what is going on, what our friends think is cool,

and what they might want to do with their time," Smith said.

Next, Gallery Visio will open a new exhibition on printmaking, "Print Factory," which will be curated by printmaking instructor Jeff Sippel, professor of fine arts, along with UMSL alumni Emily Gogel and Victoria Wayne, on November 6, from 12 p.m. to 3 p.m. For more information about Gallery Visio, call (314) 516-7922 or visit their website [www.ums.edu/~galvisio/events.html](http://www.ums.edu/~galvisio/events.html).



Photos decorating the walls of Gallery Visio

RYAN BROOKS/THE CURRENT



Students attend the opening of the show

RYAN BROOKS/THE CURRENT

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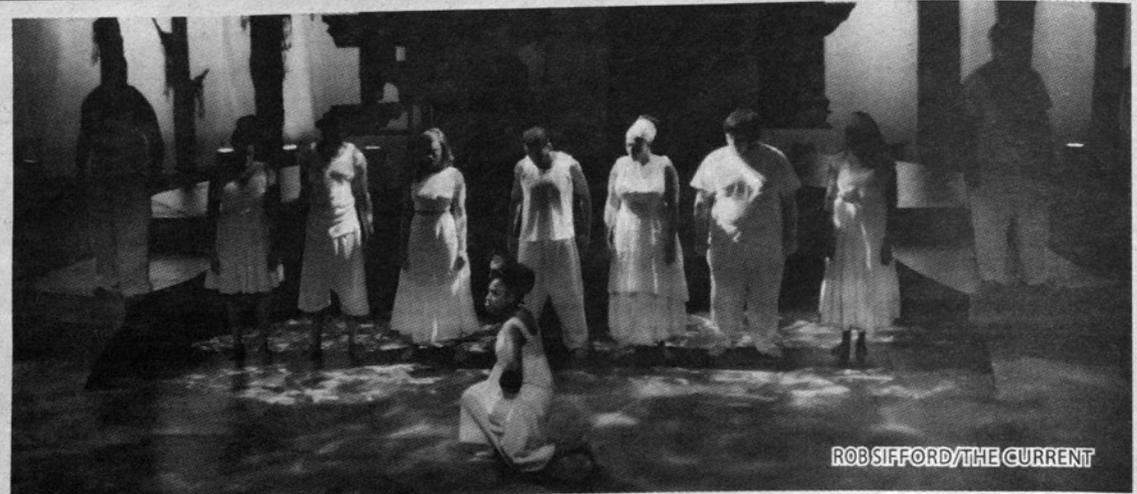
# "In the Red and Brown Water" delivers powerful performance

CHRISTIAN DEVERGER  
STAFF WRITER

The University of Missouri-St. Louis theater program provided an amazing first performance of "In the Red and Brown Water" on October 9. The play was the Fall student production presented by the Department of Fine Arts and Communication in five performances October 9 through the 12 at the Blanche M. Touhill Lee Theater. The production is one of two student productions staged by the UMSL theater department during the academic year.

The play, written by Tarell Alvin McCraney, is centered on a young up-and-coming track star, Oya, and her life in the Louisiana projects. The performance also incorporated amazing music and elements of Yoruba culture. With the direction of Jacqueline Thompson, an Assistant Professor of theatre, the cast put on an outstanding show that was thought-provoking, funny, entertaining and, at times, tragic.

The first act of the performance opened with music and dance that foreshadowed the rest of the evening. Following that, the play unravelled at full speed, with Kenyata Tatum playing Oya, the main character. Throughout twists and turns, the story delivered an



The cast in character, performing "In the Red and Brown Water" at the Touhill on Thursday, October 9

excellent message about missed opportunity, character, and love.

The story was divided into multiple parts, showing Oya's life as it progressed through multiple years. Two characters, Elegba (Gustavo Perez Diaz) and Elegua (Tierra Brown) each guided Oya through trial and tribulation as the story progresses. In each section of the story, the audience was able to see a piece of Oya fall away, lost to tragedy and sadness. Between the death of her mother (Kimberly Phillips), loss of her scholarship, and rocky romantic life, she ends up facing the ultimate tragedy, failure to conceive.

The cast did a fantastic job bringing each character to life. Through acting and dance the show was lively and well paced.

The music behind the performance was also exquisite, and added an additional element that made the piece even more powerful.

All in all, the show was a success, and kept the audience engrossed in a tragic tale that is beautiful and dark all at the same time.



"In the Red and Brown Water" set design

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## THE UNDERCURRENT *By Ashlee Carlstrom*

### WHAT DO YOU VIEW THE MOST ON PINTEREST?



**KRISTINA SANDERS,**

Senior, Biology

"I view recipes by far. I love to cook and its so much easier to find anything."



**JULIE KLEIN,**

Senior, Psychology

"I like looking at different types of houses and gardening and the styles."



**HOPE MENNINGER,**

Senior, Biology

"I used it a lot to plan my wedding."

MON **71**  
47

TUE **65**  
40

WED **62**  
40

THU **64**  
46

FRI **66**  
44

SAT **69**  
46

SUN **68**  
46

# UMSL-visiting Colum McCann reads select works

KAT RIDDLER  
NEWS EDITOR

Acclaimed author Colum McCann visited the University of Missouri—St. Louis' campus on October 14 in the Summit Lounge of the J.C. Penny Building from 12 to 1:45 p.m. Over 100 were in attendance from UMSL, St. Louis, and out of state. McCann read excerpts from two of his books: *Let the Great World Spin* (2009) and *TransAtlantic* (2013). *Let the Great World Spin* won the U.S. National Book Award for Fiction in 2009 and the International IMPAC Dublin Literary Award in 2011. Before the reading, 12 UMSL students, faculty, and friends got to personally meet with McCann to ask questions and get to know him. The meet-n-greet was from 11 a.m. to 12 p.m. in room 331 of the Social Sciences & Business Building.

*Let the Great World Spin* has two storylines intertwined in the novel. One is the story of how New Yorkers reacted to the tightrope walk of Philippe Petit between the Twin Towers in 1974. The collective gaze to the Twin Towers parallels what happens to the towers in 2001. The other storyline is made up of several points of views of characters and how they are connected to a fictitious New York City prostitute's court case that happens around the time Petit walks.

*TransAtlantic* has several storylines that intersect as well. Two aviators plan to fly to Ireland in the first nonstop flight across the Atlantic Ocean in 1919. Frederick Douglass visits Dublin in 1845 and 1846 for a

lecture tour. The story of Senator George Mitchell in 1988 and his role in helping Ireland reach peace and more. Parts of the book take place in Missouri and St. Louis.

In both books McCann mentions Missouri, but had himself never been here till his reading at UMSL. "I think [Missouri] has a mythical status for me. Having read so much of American Literature, it was always that place where things met, where America met," McCann said.

"[Missouri] seems like a focus place. Also the word, the word is so beautiful. For me the word has a magic to it. It evokes the sound, but also evokes tensions. For me it evokes the Civil War and lines, and embarkation points and places where everything goes to and places to return," McCann continued.

"The reading in the Summit Lounge was the largest attended daytime event we have hosted in fourteen years," said Eamonn Wall, endowed professor of Irish Studies. Wall explained that the department usually hosts one Irish Studies lecture per month during the academic year.

When asked how Wall came to choose McCann to visit UMSL, he said, "It had always been an ambition of mine to invite him to come to UMSL. We met at an event in Chicago in 2012 and set the plans in motion for his visit then. For the Irish Studies Lectures' Series, my aim is to bring the best to UMSL and Colum, a National Book Award winner, certainly fits the bill. And, part of his new



Colum McCann reading his work in J.C. Penny Summit Lounge

book *TransAtlantic* is set in St. Louis."

McCann was born in Dublin, Ireland in 1965. Became a journalist for the Irish Press Group, but left that job at the age of 21 to move to the United States in 1986. Between 1986 and 1988, McCann bicycled across America getting to know people from all walks of life. After, McCann moved to Texas to work with juvenile delinquents. "Possibly to make them more delinquent than they already were," McCann joked.

While in Texas he attended the University of Texas for a BA and it is where he met his wife. He and his wife, Allison, lived in Japan and Ireland before coming back to the United States in 1994. They both live in New York now with their three children. McCann is teaching

creative writing in the Master of Fine Arts program at Hunter College.

McCann talked briefly about his travels across America, "I didn't know what it was I was doing really. I really wasn't conscious or aware except something in the back of my mind that kept telling me 'keep going, keep recording, keep engaging'. What I now understand is that I was participating in the great human act of storytelling."

Bob Ell, coordinator of program administration of International Studies & Programs explained McCann was paid from the Smurfit-Stone Corporation Endowed Professorship in Irish Studies, which is part of the Office of International Studies and Programs. The International Studies & Programs has several endowed professorships. Each of

the endowed faculty members brings a variety of speakers and performers to campus throughout the year. Concerts and the Study Abroad Scholarships to Galway, Ireland come from this fund as well.

Marketing Coordinator for the International Studies & Program Erica Fierro said, "I thought the meeting before the reading was a great opportunity for students/staff to get a chance to discuss and explore creative writing process. It was insightful discussing where Colum came from, his experiences, and how it has helped shape his writing."

"Everybody has a story to tell, everyone has a need to tell a story and listen to another person's story. There is no Olympic attitude towards it," McCann said. "Every story is important in its own unique way."

## UMSL hosts STL County Executive debate

CULLEN WILLIAMS  
STAFF WRITER

The University of Missouri—St. Louis, in partnership with St. Louis Public Radio, hosted a public debate between St. Louis County Executive candidates, Councilman Steve Stenger (D-Afton) and Representative Rick Stream (R-Kirkwood). The debate took place in the E. Desmond Lee Theater of the Blanche M. Touhill Performing Arts Center on October 14 at 12 p.m. It was moderated by Don Marsh, host of St. Louis Public Radio's "St. Louis on the Air," and St. Louis Public Radio political reporters Jason Rosenbaum and Jo Mannies served as panelists.

This race has received more attention than usual because of

unrest in North County. Councilman Stenger has received considerable support from St. Louis Prosecuting Attorney Bob McCulloch, who is presenting the facts in the Michael Brown case. Representative Stream has received support from numerous African-American Democrats in North County, as well as Missouri Senator Maria Chappelle-Nadal (D-University City).

The first few questions of the debate highlighted the unrest in Ferguson and North County. In response to the unrest Representative Stream said, "The Ferguson situation is a result of lack of leadership in St. Louis County for many years,

it just didn't happen." He also mentioned his ability to work across party lines, and with African-American leaders, as a way in bringing peace to the area. As for Stenger, he stated that, "We need to move forward and we need to move forward together." He then laid out his plan to re-organize county government and focus more on areas of poverty.

The debate got a bit heated when the questions turned to social issues—abortion, education and gun control. Mannies introduced the fact that both candidates have mentioned issues in their advertisements that do not fall under the duties and responsibilities of County Ex-

ecutive. Representative Stream had spoken about education while Councilman Stenger had brought up women's right to choose. She then went on to ask what they would do to advance

these issues, if they could, and why they are featured in their ads.

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# Ad Core hosts guest speaker

CYNTHIA MARIE FORD  
STAFF WRITER

It was a day of learning last Monday in the Millennium Student Center as Ad Core, the student advertising club in the college of fine arts and communications, hosted guest speaker Courtney McCall. All students interested in Media Studies and Communications were invited to enjoy refreshments and discover the world of strategic communications. McCall is currently Vice President of Strategic Communications for the Missouri Foundation of Health. She presented the topic "Finding your community within your communications," which detailed her role in strategic communications, highlight previous career opportunities, and offered a Q&A session for students on finding jobs in the world of media.

A native of St. Louis, McCall attended Webster Groves High School. She went on to graduate from the University of Missouri-Columbia, and became the Vice President of Strategic Communications for the Missouri Foundation of Health, where she advocates healthy living by distributing grants to organizations that promote health

and wellness. McCall considers herself an artist who "craft[s] messages designed to motivate a community." She uses words and images to originate tag lines, video footage, and catch phrases that grab attention as well as generate ideas on how to better a community.

Ms. McCall was more than happy to advise students, first warning them not to be afraid of non-paying internships and starting positions, because they may lead to bigger opportunities. She revealed that on her first job she started in a temporary position as a secretary, but worked her way up "always having an eye on the PR role." She waited for an opportunity and worked to become a Public Relations specialist, then earned a director position and kept climbing thereon.

McCall also advised students to take advantage of networking opportunities and join clubs in the area, like Ad Core, Ad Club-St. Louis, and the National Association of Black Journalists, just to name a few. She also urged students to find mentors willing to help and possibly job-shadow those men-



Guest speaker Courtney McCall (front center), Kyle Jaggie (front left), Evan Miguel (back left), Han Wu (back right), Allison Hagen (front right)

tors. Those mentors may lead to job opportunities. Although, if job opportunities are scarce, she told students not to be afraid of going straight into graduate school.

Finally, McCall suggested breaking from the confines of the "cliché profession" just because it earns a living. She warned that many people search most of their lives for a job they are passionate about and continued saying that we have all experienced those dead-end

jobs, but "you don't want to do that when you're focusing on your career path and making it solid."

Courtney McCall stands as an example of true success in the world of media—doing something she loves to do. And although prospects can be intimidating at times, McCall encouraged students to continue with passions in the media field. She suggested that this field is broad and ever-expanding, so the key is to find a personal

niche. And although a career in media studies is not necessarily traditional, it is one high in demand and companies tend to fail without media personnel. She went on to express that media is powerful in promoting messages and brands that we see daily, and this business will continue to grow. As Ms. McCall so simply put it, "Can you imagine a world without media and media professionals?"



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# David Gray wows Touhill audience



David Gray bowled over the audience when he played the Touhill on October 17

**DONNA BRANDY**  
 STAFF WRITER

**GRADE: A**

"Wow" and "wow" backwards are the most descriptive words for the David Gray concert performed at the Blanche M. Touhill Performing Arts Center in the Anheuser-Busch Performance Hall on Friday, October 17 at 8 p.m.

The show opened with band member David Kitt playing against a backdrop of a smoky blue stage. He set the atmosphere and laid the foundation of the show. Kitt played about five to six smooth and mellow ballads from the repertoire of music he has performed since debuting in August 2000. He even included his own rendition of Prince's "When Doves Cry" before closing out the opening performance with a synthesized melody leading to a jungle beat overtone. Then he returned to round it out by playing one-handed fluidly, back to the beginning's synthesized melody.

Suddenly, David Gray confidently walked out on the stage to the piano to a standing ovation. The band members are Tim Bradshaw (keyboard and piano), Caroline Dale (cello), Niamh Farrell (background vocals), David Kitt (guitar), Robbie Malone (bass guitar), Keith Pryor (drums) and John Smith (guitar). Gray was accompanied by Dale as he sang "Birds of the High Arctic." In sync with the sweeping motion and flashing light effects, he took the audience into his second selection, "Girl Like You." Continually applying layer upon layer of songs such as "A Part of Me," "Cake and Eat It," and "Back in the World," Gray made the transition from piano to guitar to ukulele and back to the piano flawlessly.

As the song "Last Summer's" chorus

chimes "what we did last summer," there was the feeling of being taken on a journey to the past in listeners' minds about love as the chorus rounded out to say "plunging into your eyes...there I'll always be." The song "Mutineers" is about doing what you want and not thinking about what others have to say because it feels good. These songs, as well as the many other Gray sang, captivated the audience, including this reviewer, on multiple levels.

Gray's performance and energy were contagious. The audience ignited when he sang "Fugitive," which they demonstrated by standing up, clapping, dancing, and even singing along for the greater part of the song. His scatting at the end of various songs compelled the audience into becoming a mass choir of "David Grays." For the remainder of the show, the audience was on their feet, engaged whole-heartedly as more familiar songs were sung throughout the concert.

Along with the audience, this reviewer could sense the sincerity in his vocals as Gray provided a spectacular performance for his final stop here in the United States before heading to the United Kingdom to continue the tour. Gray filled the theater, non-stop with song after song after song, giving the appearance of a never-ending concert, prompting the audience to want even more. After the audience's five-minute standing ovation, Gray and band were back on stage for a few more songs.

This reviewer truly enjoyed the show and now has become a Gray fan. For more information about David Gray, readers can visit his website at <http://www.davidgray.com>.

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# Triton Volleyball ready for battle in final weeks of season

ERIC HARRIS  
SPORTS EDITOR

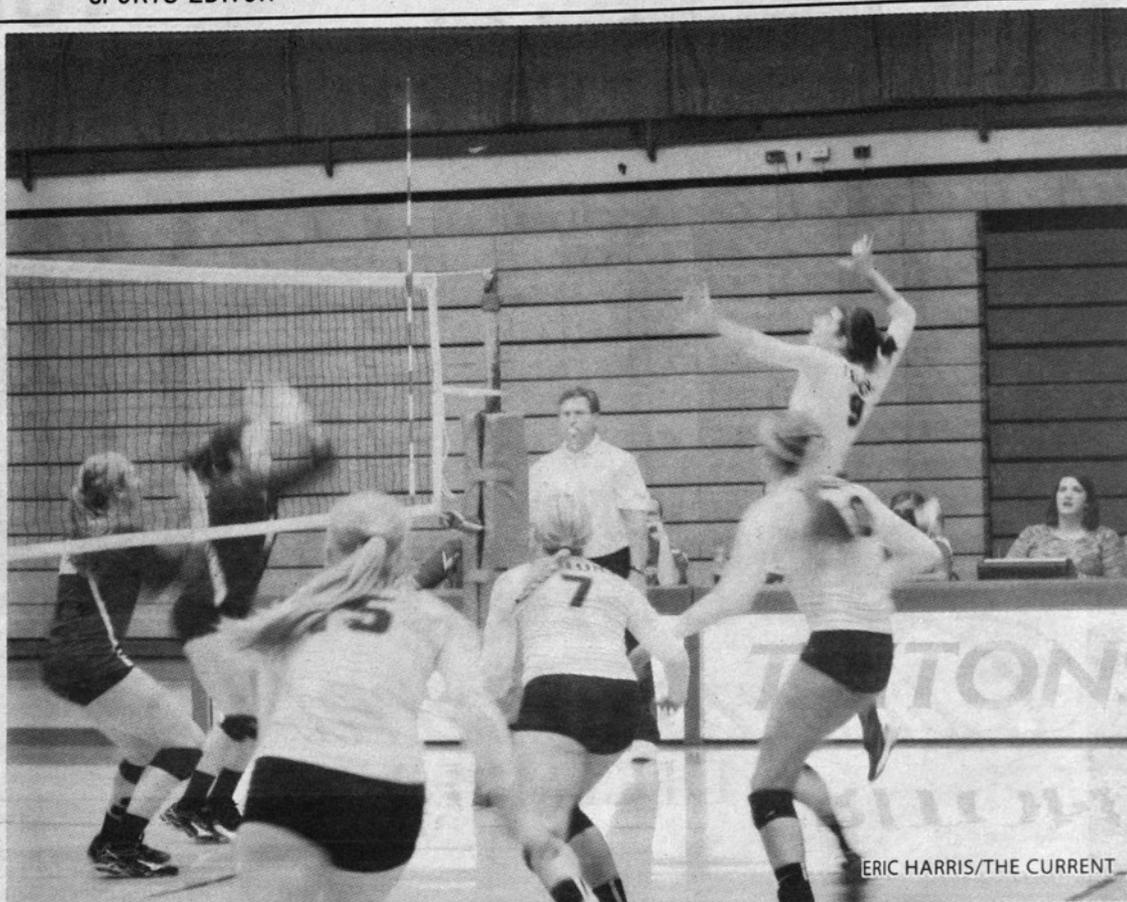
Excitement is not enough to describe how ready the University of Missouri – St. Louis Volleyball team is to end this season with a bang. Libero Emily Bragaw, senior, elementary education, said, “We still have so much room to grow, we have not peaked out yet and we are still on the upward climb.” It seems that a new era of Triton Volleyball has begun.

The UMSL volleyball team has had an outstanding season being 10-6 before the GLVC-GLIAC Crossover Tournament in Aurora, Illinois October 17-18. There, they will have tough opponents in Hillsdale College, Ferris State and Ohio Dominican. Right side hitter Allie Ewing, senior, liberal studies, said, “If we go there and compete the way we know how, we have a possibility to end this season stronger than ever.” Besides getting to show off her skills in the competition, one player is excited to be in this tournament for a more personal reason. From nearby Anitoch, Illinois, middle blocker Jessica Ploss, junior, criminal

justice, stated, “I’m excited for the Crossover Tournament this weekend because I get to see family. I think that if we pull together and work our butts off at practice and in each game that we play, then we will do well.”

One major highlight has already occurred for this year’s team. For the first time in the last five games that UMSL has played, we beat our rivals from Rolla, Missouri S&T, in an exciting fashion. On the home court we beat the Miners 3-1. Outside hitter Haley Brightwell, graduate, business administration, said, “Beating Missouri S&T is definitely the highlight for me! I hadn’t beat them since I’ve been at UMSL, so to do that felt amazing. We really stepped up our defensive play that day.” About the win, Ewing said, “I would say what really helped us get this win was definitely the week of practice we had prior to the game. We knew we wanted to beat them and we made sure we put ourselves in the position to do so.”

There is no secret to this season’s success. The biggest



Junior Hannah Miller leaping to strike the ball against MO S&T

change is chemistry. Bragaw stated, “We are much more relaxed on the court together. We go into practice this year knowing that we are going to have a good time getting better at the sport we love. Our team chemistry is totally different than it was last year we all get along great.” It looks as though this strong bond will not graduate with this year’s seniors either, Ewing said, “the new girls that have come in are buying into the team vision for this year.”

The Tritons have just eight more regular season matches before heading to the Great Lakes Valley Conference Tournament this November. Only three of which are home, including a rematch with in town rivals Maryville University on Oc-

tober 28, and the senior game versus Bellarmine University on November 2. The Tritons are pumped to see how this season will end. Ploss stated, “If we are able to pull together and communicate well out on the court and in practice, then we can go far.”

Head Coach Ryan Young is very excited to see how this team will grow in these last few weeks and the future of the program. He said, “They battle everyday at practice which is getting everyone better. This is a tighter knit team than last year and they work really well together. We have great leadership in the seniors and the captains. They all respect each other. We’ve got some great depth off of the bench as well. The fresh-

man have really stepped up off the bench and had some really good matches. Middle Hitters Hannah Miller and Jessica Ploss are having a stand out season, they are currently top 10 in the conference in hitting percentage and our libero Emily Bragaw has played well, she’s been steady for us all season.”

Currently leading the team in kills is Carly Ochs, junior, accounting, with 149, followed by Jory Siebenmorgen, senior, studio arts, with 120. Bragaw leads the team in digs with 252, followed by Lindsay Meyer, junior, economics, with 183. Ploss currently leads the team in blocks with 48, followed by Hannah Miller, junior, graphic design, with 32.

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## Freshman athletes make bigger transitions

ERIC HARRIS  
SPORTS EDITOR

It is not news that for most people their freshman year of college is all about adjustments. New school, new schedule, new people, and a much more free set compared to what we were used to in high school. Most might not realize how many changes that our out-of-state student athletes have to deal with. Many of the students have moved a great distance, left their loved ones behind and have a lot more practice time compared to what they may have had during high school. Not to mention the level of competition is much tougher. Soccer player Baylee Williams, freshman, nursing, from Olathe, Kansas, said, “Being away from my family was the hardest part

of the transition. I was really homesick at first.” Tennis player Annie Hays, freshman, undecided, from Edmond, Oklahoma, said, “There is not a lot of guidance from the teachers, so I’ve had to figure it out myself.”

Student athletes from out of town also have to deal with having new responsibilities that they are not used to. “I had class and practice to go to at set times but the time in between is what I really had to adjust to managing,” Williams stated. “I had to figure out the best way to fit in things like pass class, homework, doing laundry, grocery shopping, making and eating meals.”

Upon coming to college we all have to deal with being

a freshman again, and student athletes have more immediate contact with older students before the semester even begins. Volleyball player Gina Pezze, freshman, nursing, from New Berlin, Wisconsin, said “I’ve had to adjust to being a senior to now coming back down to being a freshman, we have a lot of seniors on the team who are way more experienced than I am and know what they are doing.”

The life of a student athlete must be rigorously scheduled, Pezze said, “This semester started off kind of hectic, time management was difficult, but I’m better at prioritizing now.”

Student athletes who make this big move are among the first ones to realize that inde-

pendence from family is not as easy as it seems. Volleyball player Kristen Uradzinek, freshman, biology, stated, “One of the toughest things is the independence I have now, having to do things for myself but I like living on campus because I can do more of what I want. I don’t have my parents here to push me to get things done. The coaches expect a lot more from you, it is a much more intense game.”

Naturally, another thing that incoming student athletes must deal with is the new level of competition, Hays said, “I really enjoy competing at the college level and working hard with my team. Practice is a lot more difficult.” Pezze added,

“College you have to be consistent and you have to prove yourself to be able to play and you have to compete with all the good players. A lot harder and more strict lifting, practice is down to business, but I like it better that way.”

There is no doubt that having to balance this stressful lifestyle will help out all Tritons in the long run; however, “Being a student athlete,” Pezze said, “...is a lot of hard work. We are taking the same classes that regular students are taking, but we also are balancing schoolwork with practices, lifting and games.”

# Smoking class is available to smoker-caste

RC PATTERSON  
STAFF WRITER

The University of Missouri-St. Louis put into effect the Smoke Free Policy on January 1, 2012, as part of a nationwide push to end smoking. Individuals who smoke risk getting fined \$100. While there are dangers associated with smoking, do a fine and anti-smoking propaganda actually address the students' addiction to smoking?

There are health risks involved in smoking. Smokers risk lung and heart disease, to name a couple. However, while there are health risks in smoking, people generally do not smoke for the smoke itself. Individuals smoke because of the nicotine. It is the nicotine that causes addiction. Possibly ignoring this fact, UMSL prohibits all tobacco products on campus with few exceptions, but not smoke free nicotine.

By creating a policy that does not address the reasons why people smoke, UMSL has alienated many individuals who do not have access to any other means of stress relief. There are places on campus where people go mainly to smoke. The Smoke Free Policy has led to an underclass of smokers. Many individuals, with a serious addiction, have been forced underground. These people



Non-smoking sign outside of JC Penny Building's doors

continue to be chastised by anti-smoke propaganda in the form of signs, all over campus that say, "You're too smart to smoke," or "90 percent of college students don't smoke."

Even with this ongoing bombardment, some still smoke in view of other students and staff, without fear of punishment. Anyone walking the campus will see people walking around smoking or sitting somewhere smoking freely. This raises another issue with UMSL's policy, where is the enforcement mechanism? How effective is this mechanism if people still smoke in view of others without fear of repercussion?

Many students who go to UMSL are commuters. These individuals have families, jobs, and other factors that push them into, or even back into, a smoking addiction. Where are the addiction programs for these people who may not have the money or time to buy smoke free nicotine products?

One student, who chose to remain anonymous said, "I am 35 years old and I have tried to quit 9 times. Most recently because of family problems, I started smoking again. Why don't they invest in addiction programs?"

Apparently UMSL did invest in smoking cessation programs. In an UMSL Daily article posted by Maureen Zegel on October 20, 2011, titled, "Helping people quit one smoker at

a time," University Health, Wellness, Counseling and Disability Access Services in the Millennium Student Center offered "free smoking cessation classes, individual counseling, nicotine replacement patches and gum to students, faculty and staff," they also offered "low cost prescription options for students."

That article was published four years ago, and these programs still exist. However, there appears to be a lack of publicity for these programs. Although, UMSL has been trying to decrease smoking on campus for over four years, some of the similar problems associated with smoking cessation programs still exist today. To learn more, visit <http://www.ums.edu/~wellness/Smoking%20Cessation.html>

## Technology impacts shape of our lives

TIFFANEE ARTHUR  
STAFF WRITER

For the past ten years, the rapid progress of technology and the ever-changing landscape of the online web have changed the way we work and how we do work. As college students, we have taken advantage of the usage of technology. Here are four ways that technology has changed the way we work over the decade.

1. Using the Internet. Years ago, the worldwide web was very limited. In offices and other places, networks were dependent on ISDN (Integrated services digital network) and broadband internet not available for the general public. But now, we have slowly seen broadband tech replace the dial-up connection. Prices began to drop as companies began to sell a connection for affordable prices for businesses and homes; various companies began to compete with each other. Today, it is very common to have the internet in institutions, such as universities, where it is accessible to anyone.

2. Sharing Media. Before internet and emails, people shared their information through some sort of physical media such as a compact disk or floppy disk. This was the fastest way to give coworkers or professors their work or information. There were ways to transfer information from computer to computer at that time, but it required a high speed internet connection which was very expensive. The disks were just as expensive when first put on the market. In today's society, floppy disk are almost non-existent and disks are very cheap to make now. We also have USB thumb drives that can hold a lot of gigabyte of memory. They

are easy to store and do not cost an arm and leg. A lot of college students and office workers rely on the USB devices to store important documents. These new methods have made media sharing very easy.

3. The evolution of TV. Over decades, television has gone through tons of changes. From the birth of TV, to cable and satellite and on-demand services. We now have online services such as Netflix, Hulu, Amazon video, and more. These new online services are changing the way TV is viewed. We have smart phones, laptops, and even video games to watch programs. We also have sites such as Youtube, Dailymotion, and Vine that show more of a user-based content. There are a variety of ways to watch programs. It is no longer limited to one form of media.

4. Social Media. This outlet continues to be on the rise. It takes old blogging and other sites, and mashes them together. There are sites, such as Facebook, Twitter, Tumblr, and a abundance of dating sites. The list goes on. The core of the social media is the ability to talk to thousands of people online. From old to new friends, to business associates, to college professors. It takes every aspect of in-person social activities and places them on websites. It has become an undeniable part of everyday life and continues to be.

This is only a short list of what has changed over the past decade. As technology continues to advance, there is no denying how life will continue to change because of it.



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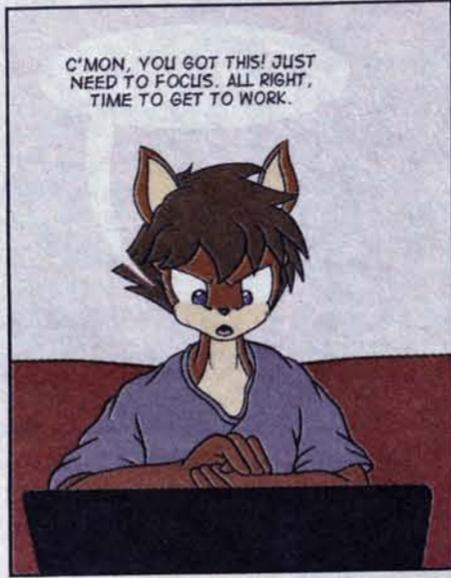
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