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## OMG!! CONSTANT CONNECTION BAD FOR YOUR BRAIN

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In October of 2010, the San Antonio City Council voted unanimously to ban texting while driving with the hope of decreasing the number of accidents in our city. Fines for texting while driving can be as much as \$200.

However, you are still able to dial and talk on the phone. This leads to the question: Are we too connected to technology these days? With the technological advancements of recent years, we are now able to carry an entire computer in the palm of our hand.

"I am addicted to texting, even in class, because it is just another outlet for my obsessive talking," said Patricia Esparza, a sophomore Psychology major.

Matt Richtel of the New York Times wrote an article in August 2010 explaining that our need for always being connected does not allow our brain to get the downtime and rest it really needs. With downtime gone, our brains are not able to process things into full memories, so the amount of information we are able to retain is diminished.

Not only does constant use of technology affect our memory, but it sometimes affects the way others perceive us. In almost every syllabus, professors are now inserting rules about cell phone use in the classroom. One example of this is in the syllabus of Karen Marcotte. She

spells out that there is absolutely no cell phone use in her class. Many students don't think texting in class is rude because today's generation is used to multi-tasking, but earlier generations disagree.

"It is rude to be ignoring someone who is speaking to you," said Marcotte.

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Jeremy Villarreal, a freshman English major, disagrees. "[Texting in class] is rude. You're not giving the professor your full attention. I do not text in class or while driving," he said.

Students in Greg Pasztor's COMM 1336: Television Production class recently completed an assignment that addressed students' cell phone addiction. To watch one of these short films, visit <http://bit.ly/dU7URC>.

Cell phones are meant for short conversations on the go. According to [thephonecoach.com](http://thephonecoach.com), watch your voice level. No one but you and the person on the line should know what your conversation is about. Keep private matters private. Most importantly, turn your cell phone off or put it on silent while driving, during class, at church or in important meetings so that you don't come across as rude, get a ticket or harm someone.



*Comm Major Jennifer Cavazos stars in a short film she and a fellow Communications major, Jose Solis, created in COMM 1336 that deals with texting, a bunny and God.*

"It is inappropriate; students are supposed to be learning from the class discussion, not texting someone."

Sophomore Computer Information Systems Major Angela Mora said she texts during class because with her busy schedule she needs to keep up with everything and everyone.

Sophomore Education Major Ryne Gonzales texts while driving and while in class.

"I have a constant need to be connected because I am a parent and a business owner. I don't think it's rude," he

