

Have you checked Instagram today?

BY KACIE DUNCAN

HOW OFTEN DO YOU pick up your phone in a day? How often do you get distracted by social media when doing homework or even watching a movie? I'm guessing your answer is similar to mine: too many times to count. Back in May I deleted my social media. Despite this I still find myself spending hours a day on my phone. While I might not have social media, I do still have YouTube, news apps, google, and podcasts to keep me updated and in the loop.

The question has often arisen in my mind, are we as a generation too dependent on social media? My personal answer is undoubtedly "yes." Within the five months I haven't had social media, I cannot even begin to count the amount of times people have asked for my social media, been let down when I said I didn't have it, and then continued to try and pressure me into getting back on it. Why is it we feel the need to post about our lives twenty-four seven?

Personally, I can say with all honesty that mine was for attention. I know there are fellow people out there who's answer would be the same, but they feel shame in admitting it – so let me put you at ease and admit it for all of us – we like the attention social media gives us. Why is it we feel the need to connect with people on social media rather than through text or phone calls or even facetime? The only two answers I have are that we are sadly obsessed, almost addicted, to comparing our lives with others. It's become so much a part of our daily lives that we don't even realize it's a part of our norm now. When we can't see what

someone is doing, liking, and saying throughout the day, how can we compare ourselves to them and console ourselves that we're doing and looking better? We can't, and the sad truth of the matter is that it makes us uncomfortable to not be able to compare our lives with people around us. The second one is--we're used to it. Most of our generation have grown up with social media in one way or another and it's quite frankly all we know. It's not just a generation thing, but a human thing, that we like what is comfortable. We stick to what we know and what we know everyone else is doing too, social media.

I know by now you're thinking: "Kacie, you sound like my parents lecturing me to get off my phone." All I can say to that is that I have been the one being lectured by my parents to get off my phone too. I still spend too much time on my phone trying to be connected to the world. If I told you to get off your phone, I'd be a blatant hypocrite.

All I want you to take away from reading this, is to think about how you're spending your time and why. I don't expect you to delete all your social media or only spend ten minutes a day on your phone. I'm just asking you to sit with the thought of why you're on social media, and really question if it's benefiting or hurting you in life. Maybe spend some extra time reminding yourself that you don't need to compare lives with someone to know you are worthy and beautiful. If you take away anything from this, let it be to be mindful, it's as simple as that.

Do the Years Go by Faster the Older We Get?

BY THOMAS PRESNALL

AS SOMEONE WHO recently celebrated a birthday, I felt it was only right to try and answer this question: Do the years go by faster the older we get? The answer is a simple "Yes." There have been so many times where it felt like it was only yesterday when I was jumping off the school bus at the end of my first day of third grade. It was my first day at a new school and it was also my first season playing tackle football. Now, I'm some bearded twenty one-year-old who is two thousand miles from home with a terrible sleeping pattern and knees that feel like rusted gears grinding together. I wish I could go back to those simpler times where all I had to care about was completing my timetables in under a minute.

We all are occasionally surprised by just how quickly we've aged and how different everything is. It's

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human nature to look back and wonder "what the heck just happened?" I'm sure many of us are reminded of just how quickly we've grown whenever we talk with family members and they remark while pinching our cheeks how big we've gotten and how they remember when we were just little kids. Now we're all adults with responsibilities to handle and payments to make.

I think what makes the time fly by faster than we'd like is that sometimes we don't properly take the time to look around at where we're at in life. As kids, we're so excited to become adults that we don't take advantage of the time we have and by the time we want to stop and be young, it's too late. There are countless moments we missed or undervalued because we just couldn't wait, and we didn't want to slow down. All I think anyone wants now is to go back in time to when we were kids so that we could appreciate those moments for what they were instead of cursing ourselves for missing out on what could have been.

I once heard that time is like watching the wheels on a car. When you watch a car drive down the road, it's moving so fast that the tires look like they're spinning in slow motion. Life moves a lot faster than people realize. Even though we feel like we have plenty of time, when we're all in our forties and fifties, this time will seem like it happened in the blink of an eye.



Photo Credit: Kacie Duncan