The cover of Lyons' new book, featuring Lyons' parents with Marilyn Monroe. "Look how angry my mother is," Lyons said. "The picture's going to be a little different in the book. It's going to be pulled back a bit so you can see my mother's other hand on her other hip."

Critic shares legacy Thursday at ECU
By Kristin Day
The Daily Reflector
Thursday, November 4, 2010

During his visit to East Carolina University, journalist and film critic Jeffrey Lyons is speaking to students about what he's learned during the last 40 years in the entertainment world, but he's also sharing a bit of his family's legacy.

Lyons, best-known as co-host of “Sneak Previews,” is spending the week as a guest scholar at ECU's School of Communication, and appeared during a lecture Wednesday to read portions of his latest book, “Stories My Father Told Me: Notes from 'The Lyons Den'.”

“The Lyons Den” was the title of his father Leonard's syndicated column.

From January to June, Lyons pored through notes and scrapbooks containing all of his father's columns — more than 12,100 of them written from 1934-74. “My father was a famous Broadway columnist,” Lyons said while sitting in a conference room in Joyner East Wednesday morning. “He wrote 1,000 words a day, six days a week for 40 years for the New York Post which, back then, was a good liberal paper. And he was syndicated around the world.”
“Twice a day, he made rounds of night clubs and restaurants looking for well-known people, who he knew, who would give him anecdotes and news items. And he would put them in the column.”

Leonard Lyons died in October 1976.

Separate files were created for sources mentioned several times in “Lyons Den,” which is what Lyons looked to in January when he set out to create a book from his father's interviews. However, in June, he noticed that some notable names were missing. No files were created for Milton Berle, Richard Burton or even Katharine Hepburn.

With the aid of detailed note cards his father left, Lyons tracked down the columns — one-by-one — that mentioned additional prominent figures. Meanwhile he ran through about 40 rolls of Scotch tape to repair his father's worn clippings.

“It was just my father and me for three months,” Lyons said. “I heard his voice over my shoulder.”

The list of those he recorded during interviews includes the most influential performers, writers, directors and politicians of the time, including Irving Berlin, the Russian-born Jew who wrote “White Christmas” and “God Bless America;” silent-film legend Charlie Chaplin; Ty Cobb, one of baseball's greatest but the “nastiest player who ever lived;” the father of modern physics, Albert Einstein; FBI's J. Edgar Hoover; writer Sinclair Lewis; comedian Groucho Marx; art legend Pablo Picasso; Broadway star Tallulah Bankhead; icon Humphrey Bogart; Prime Minister Winston Churchill; baseball great Joe DiMaggio; comedian Danny Kaye; the world's greatest hypochondriac Oscar Levant; President Harry S. Truman; author Orson Wells; Edward R. Murrow, “the most important TV journalist of all time;” undefeated boxer Rocky Marciano; President John F. Kennedy; Truman Capote and Barbara Streisand.

To give the book currency, Lyons said, he ended it with some of his own interviews with actors including Antonio Banderas, Javier Bardem. Penelope Cruz, Cate Blanchett, Sir Michael Caine, Sir Ben Kingsley, George Clooney, Dame Judi Dench, Clint Eastwood, Ralph Fiennes, Dennis Hopper, Jay Leno and William Shatner.

That caliber of experience is why administrators are excited to introduce students in the School of Communication to Lyons. During his week-long visit, Lyons also is teaching a feature writing class and is the keynote speaker at the university's high school media workshop today. A veteran of television, radio, books and film, Lyons says the speaking engagements are his way to pass on knowledge.

It’s a way to pass on technique,” he said. “I’m getting to a point in my life where I don’t want to do this for the next 30 years, and they asked me (to come). And you do that. You share the wealth a little bit. I don't like seeing young kids put in embarrassing situations (during interviews), where they'll ask a boilerplate question, like, ‘What was it like working with so-and-so?’ and the bored actor has been asked that question (all day). This is kind of fighting against that.”
Along with sharing a DVD featuring past interviews, Lyons offered tips to students about writing effectively, as well as how to overcome fear of the camera, how to sit in an anchor chair, to learn from “60 Minutes” — “It's one of the best-written shows” — how George Carlin influenced his writing, and most importantly, to research your subject better than everybody else.

“They were very informed and very inquisitive,” Lyons said of Tuesday's class. “The real litmus test is you get questions afterward and I got a lot of questions. That was nice.”

Lyons will be in Greenville through Monday.  
“Stories My Father Told Me” is scheduled to be released in 2011.

Contact Kristin Day at kday@reflector.com or (252) 329-9579
Lots of layoffs if UNC cuts budget

Submitted by Eric Ferreri on 11/04/2010 - 10:26

The UNC system is putting its next budget request plan for next year. A couple numbers jump out, and if you work for a public university, you won't want to see them.

The UNC system has been told to prepare scenarios to cut its budget by 5 and 10 percent.

That would be $135 million and $270 million, respectively.

With a 5 percent cut, about 800 positions would be cut across the university. With a 10 percent cut, 1,700 jobs would go. And unlike in recent years when campuses cut vacant positions and administrative jobs, that cushion no longer exists, said Jeff Davies, UNC President Erskine Bowles' chief of staff.

"We're really going to impact the academic side," he told members of the UNC system's Board of Governors this morning. "We're talking about serious challenges in the university system over the next year."

Check back for more.
Taylor Bell
Bell in July 2010, now 24, with her boyfriend Robert Duck, 29.

Waiting to Exhale: Lung Cancer at 21
By Colleen Cappon
Published November 03, 2010 | FoxNews.com

Taylor Bell wasn’t your average college student. The small town girl from Wilmington, N.C., signed with East Carolina University to play Division I soccer, and majored in political science – all while finding time to make new friends.

At 21 years old, she also wasn’t your average lung cancer patient.
Lung cancer kills as many people as the four top cancers combined: breast, colon, pancreatic and prostate. It is unlike any other cancer because of the stigma it carries. When most people think of lung cancer, they think of smoking—and a cancer that “could have been prevented.”

But Bell has never smoked a cigarette in her life.

Bell’s fight with lung cancer began freshman year. Although she trained the same as her teammates, she couldn’t keep up physically, and she had tingling and numbness in her toes. Feeling confused and burned out, she made the difficult decision to leave the team.

“I was really tired, but thought it was just being in college and it was normal, you know, studying, class, friends. But something wasn’t adding up,” she said.

Ten months later, Bell was in the emergency room with severe abdominal pain. An X-ray showed there wasn’t anything abnormal in her abdomen, but her lungs. Doctors discovered that Bell had been living for almost a year with a collapsed left lung, and there
was a 1-and-a-half inch mass on it. As a 21-year-old who didn’t smoke, she was told she had lung cancer.

Earlier that year, Bell’s grandmother was diagnosed with lung cancer and died 40 days later. To say that Bell was frightened when she heard the news would be an understatement.

“I was just shocked at first. I will never forget it. I had just seen my grandmother pass away from it, and it was so quick I thought I wasn’t going to have a chance to fight. I never told my parents this, but I didn’t think was going to make it. I thought I was going to die,” she said.

From that moment, life shot into fast-forward motion for Bell. Her friends and family were in disbelief, and she needed to start planning a surgery to remove the cancer immediately.

Dr. Thomas D’Amico, professor of surgery at Duke Comprehensive Cancer Center, told FoxNews.com that when he first met Bell, he was not that surprised to find out about her cancer.

“Taylor’s story is less common, we know what lung cancer is, we know it can affect someone in their 20s or 30s. Nothing is a surprise to us. It is less common, but not unusual,” he said.

D’Amico said that unfortunately for young people, they don’t come to the doctor until they have symptoms like wheezing and shortness of breath. Then, many doctors misdiagnose them with asthma. By the time the lung cancer is found, it can all too often be too late.

As a young woman, Bell was concerned with undergoing a surgery that would remove a number of ribs and leave her with a massive scar.

But D’Amico wasn’t going to let that happen. He is the pioneer of a minimally invasive lung cancer surgery, called a thorascopic lobectomy, which leaves a patient’s ribs intact, and only two small keyhole incisions. “There are two very small incisions with specialized instruments and staplers. You don’t have to spread the ribs with a retractor which is the most important advantage,” he said.

Bell had a successful thorascopic lobectomy, totally removing her left lingual and upper lobe in November 2007, and after a difficult recovery, returned to college less than two months later.

“I couldn’t even sit up. It was very painful. I remember it took every bit of me to walk around the block, and it finally hit me, ‘Wow, I lost a lung,’” she said.
Bell said when people heard about her lung cancer, the first thing they asked her is if she smoked. She always wanted to respond, “Would you feel less badly for me if I did?”

D’Amico said that although it is true that the vast majority of people with lung cancer are smokers or former smokers, 10 to 15 percent of people who are diagnosed have never smoked. There may be a genetic link in some families, but most of the time it is just bad luck.

“People think, you smoked and therefore you got what you deserved – whereas no one would say that to a breast cancer survivor. Or colon cancer. Or almost any other kind of cancer,” he said. “When you have lung cancer it is somehow your own responsibility, which isn’t fair. They think this disease is a self-induced problem.”

The overall survival rate for lung cancer is 15 percent, which is very low compared to other cancers. But there are clinical trials in the works to promote lung cancer screening.

“We have mammography screening for breast cancer, colonoscopy screening for colon cancer. Hopefully the clinical trials will demonstrate that we can find a small, early stage tumor rather than a large, late stage one and increase the cure rate,” he said.

Today, Bell works at Leo Jenkins Cancer Center in Greenville, N.C., where she heads programs that support others affected by cancer. Three years after her diagnosis, she has a clean bill of health—and said she can do almost everything she could do with two lungs. D’Amico said Bell’s prognosis is excellent.

“Like a lot of survivors I am in really good shape, I still work out; I get very out of breath in random things, like walking and talking,” she said.

Bell has told her story at various events, and has even traveled with D’Amico to a medical conference, teaching other medical professionals to think outside the box when it comes to lung cancer.

Bell considers herself the new face of lung cancer, and urges others to look beyond the mold of what most think lung cancer is.

“Lung cancer is the number one killer. It can happen to someone who is not half dead in their 80s and smoking three packs of cigarettes a day,” she said. “Smoking is a factor, but for me, I refuse to let it be the main focus.”
Bittersweet win for Basnight

By BETTY MITCHELL GRAY
betty@wdnweb.com
Staff Writer
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Dare County Democrat Marc Basnight, the longest-serving state legislative leader in North Carolina history, easily won re-election to his state Senate seat over his Republican challenger Tuesday night.

Basnight carried six of the eight counties in the 1st Senate District and garnered 31,096 votes, or 55 percent of votes cast, to 25,028 votes, or 45 percent of votes cast, for challenger Hood Richardson of Beaufort County. Richardson is a Republican county commissioner.

Vote totals are unofficial until ballots are canvassed by boards of elections Nov. 12.

Tuesday’s election saw the GOP winning 30 of 50 state Senate seats, and seizing control of that chamber, according to returns provided by the N.C. State Board of Elections. That likely brings to an end Basnight’s nearly 18-year tenure as Senate president pro tempore.

When the Legislature convenes in January, the new Senate leader is expected to be Sen. Phil Berger of Eden, and Basnight is expected to take on a new role as one of the members of the Senate’s minority party.

That transfer of power will have tremendous repercussions for northeastern North Carolina, leaders across the region and Basnight said Wednesday.

“I will not be very influential at all,” Basnight said in an interview with the Washington
Daily News. “Can I any longer just make a statement that the dental school (at East Carolina University) will be built? No. That is over.”

“I will have to find a new way to affect the good fortunes of the state,” he said. “And that is OK. We adjust to what we have to adjust to.”

Attempts to reach Richardson for comment were unsuccessful.

Beaufort County Commissioner Robert Cayton, a Democrat who has worked with Basnight on issues affecting Beaufort County Community College and transportation throughout the region, said that Basnight’s power and influence in Raleigh will be missed.

“The loss of Marc Basnight as president pro tem is a tragic blow for northeastern North Carolina — for the transportation needs and the economic needs of the region,” he said.

Basnight has “an understanding of what the needs of this part of the state are and being from our region he is able to tell our story in the General Assembly,” Cayton said.

State Rep. Bill Owens, a Pasquotank County Democrat, has served in the state House of Representatives for much of Basnight’s legislative career.

He agreed with Cayton’s assessment.

“Marc Basnight has done more for eastern North Carolina than anybody in the history of the state,” Owens said. “Obviously, his not being head of the Senate will affect all of us.”

Basnight’s political star began to rise in 1984 when he was elected to the state Senate. He was later tapped to chair the powerful Senate Appropriations Committee by then-Senate President Pro Tempore Henson Barnes of Goldsboro, and when Barnes chose not to seek re-election in 1992, Basnight was tapped to succeed Barnes.

As president pro tempore, Basnight became one of the most powerful — if not the most powerful — politicians in the state, and the fortunes of northeastern North Carolina, home to his 1st Senate District, rose with him.

Although considered to be a pro-business Democrat, Basnight also has garnered praise as a leading voice for environmental protection in the Legislature.

Basnight was the force behind the establishment of The Clean Water Management Trust Fund, the state’s first and only dedicated source of revenue that preserves environmentally sensitive areas. This fund helped pay for renovation of Washington’s waterfront.

Although Basnight never graduated from college, he is considered to be one of the General Assembly’s strongest supporters of the state’s higher-education system. He
helped push $3.1 billion in bonds for the state’s public colleges and universities, led the
effort to create a dental school at ECU and pushed for funding for a cancer center at the
University of North Carolina at Chapel Hill.

During his tenure as leader of the Senate, he obtained state funds for many regional
projects, including the Partnership for the Sounds and its N.C. Estuarium in Washington,
the Vernon James Research and Extension Center in Plymouth, the Sen. Bob Martin
Eastern Agricultural Center in Williamston and improvements to the Mattamuskeet
Lodge in Hyde County.

In the coming weeks, organizations and projects supported by Basnight will have to work
to find new friends among the legislative leadership.

Jackie Peoples Woolard, executive director of the Partnership for the Sounds, said
Wednesday that she hopes she will continue to find support for that organization in the
Legislature.

“We will be actively contacting the people in the leadership trying to convince them that
the partnership is doing good things that crosses party lines,” she said.

For his part, Basnight said he has concerns that GOP campaign promises to cut state
spending will disproportionately affect the rural areas of the state that he has worked so
hard to advance.

He told the Daily News that he will not seek a post in the Senate’s new minority party.

But he has pledged to do whatever he can to help with the transition of power.

“The new leader is a very good man. He is a good friend and is not difficult to get along
with,” Basnight said. “We’ll just see how the majority of their caucus moves the debate.”
Hate speech prompts protest at N.C. State's tunnel

Twenty-five to 30 students at North Carolina State University blocked the entrance to the school's Free Expression Tunnel overnight to protest racially and sexually charged hate speech left on the walls of the campus landmark.

Chancellor Randy Woodson came out to meet with the protesters about 7 a.m., according to campus spokesman Keith Nichols.

By 7:30 a.m., when Woodson left, the number of student protesters had dwindled to a handful and traffic through the tunnel had resumed in time for students headed to 8 a.m. classes.

"It's traffic as usual moving through the tunnel," Nichols said.

The protesters began their vigil about midnight, campus police Capt. John Barnwell said. While the tunnel was blocked, Barnwell said, police
monitored the situation and escorted students walking through campus around the tunnel.

Barnwell described the protest as peaceful. "It's been nice and quiet," he said.

While blocking the tunnel, the protesters painted the tunnel with a fresh coat of black paint.

The offending comments, which were accompanied by a drawing of President Obama, were first reported to campus authorities by a student at 10 p.m. Sunday, Nichols said. Campus workers were immediately dispatched to paint over the slurs, Nichols said.

The chancellor issued a statement on Tuesday condemning the hate speech, which he described as "racially charged obscenities and derogatory comments directed to the GLBT community."

"The question for us all is are we going to practice the politics of hate and destruction, or are we going to be a force for respectful dialog even where there are differences of opinion?," Woodson said in his statement.

"We must remain committed to the collective pursuit of excellence through acceptance of both individuals and ideas that may be different than our own, for these are the things that will continue to move us all forward."

Since the 1960s, the tunnel has been the university’s answer to controlling graffiti, giving students the go-ahead to express their thoughts on its walls. The tunnel connects the two halves of campus split by the railroad track.
Enrollment of veterans is surging at America's college campuses, but as a group they don't feel supported and understood, according to a national survey.

Researchers with the National Survey of Student Engagement interviewed nearly 11,000 veterans who were first-year students or seniors at four-year schools. The veterans reported interacting less with their instructors than did classmates who had not enlisted, and they were less likely to partake in educational opportunities such as internships or study abroad.

The Indiana University Center for Postsecondary Research produces the survey each year to measure how students and faculty interact and learn. The latest, results of which will be released Thursday, found that colleges should "seek ways to more effectively engage student veterans in effective educational practices and provide them with the supportive environments that promote success."

Transitioning from military life to civilian life is difficult enough, but trying to fit in on a college campus is "a culture shock that's hard to adjust to," said Michael Dakduk, the deputy executive director of Student Veterans of America, which has chapters on more than 300 campuses.

Other factors can also make veterans feel disconnected: They are more likely to transfer between schools or to enroll part time, the survey found. One in five combat veterans reported having a disability, compared with one in 10 non-veterans. Veterans also spend more time working or caring for a family than do traditional college students.

Still, the veterans reported just as many hours studying as their peers. "What amazes me is how many people are succeeding, despite the obstacles," Dakduk said.

Colleges need to realize that student veterans are different from typical students and need more support, said Brian Hawthorne, who served two tours in Iraq for the Army and is a graduate student in political management at George Washington University.

Hawthorne said veterans need administrators who understand the "depth and breadth" of the complicated GI Bill and can help students graduate in less than four years. "The veteran experience is not one that most people know," he said. "I could pay anyone to go to college. ... It's the services that keep veterans in school."
UT-Dallas' Monica Powell explains why today's part-time MBA students want more from their degrees—and the career-management office—and what this means for academic programs

Interest in part-time MBA programs has been growing steadily during the past few years, as students who were worried about the economic outlook opted to pursue degrees that allow them to hold onto their current jobs while in school. There were 66,183 students enrolled in part-time MBA programs in the U.S. in the 2009-10 academic year, up from 64,305 in 2008-09, according to member school data from the Association to Advance Collegiate Schools of Business, one of the leading accreditation agencies.

The new generation of part-time MBA students is registering a shift in expectations about what it wants from school. Students are demanding more assistance than ever from career services as they pursue the degree for almost entirely different motives than their predecessors displayed, according to a new study from the University of Texas at Dallas' School of Management. Of the students surveyed, about 67 percent said they expect to get a new job after earning their degree. That's a change from years past, when most students chose to stay in their current jobs after graduating, the study said.

Monica Powell, associate dean at the UT-Dallas School of Management (UT-Dallas Part-Time MBA Profile) and author of the study, has been tracking the pre-MBA expectations of incoming part-time MBA students for nearly two decades. Her school runs a part-time MBA program with 600 students, letting her observe the students first-hand. When she came to suspect that the new generation of students entering part-time programs was coming in with a different mind-set than those she had worked with in the 1990s, Powell says she decided to put her theory to the test.
She asked four public and four private schools with part-time programs—including Wake Forest University's [Schools of Business (Wake Forest Part-Time MBA Profile)] and University of California, Irvine's [Merage School of Business (Merage Part-Time MBA Profile)]—to participate in a survey that asked incoming students about their expectations about everything from faculty and career outlooks to networking. The survey was distributed to 1,116 entering part-time MBA students from April to September of this year. Powell presented the study's finding on Oct. 21st at the Annual Part-Time MBA Conference at DePaul University ([DePaul Part-Time MBA Profile]).

*Bloomberg Businessweek's* [Alison Damast](#) recently spoke with Powell about the findings and how the part-time MBA landscape is shifting for both schools and students, particularly on the career front. Here is an edited transcript of their conversation.

**Is there a generational shift taking place in what part-time students expect to get out of their degree?**

Back in the 1990s, when I conducted this type of research, I'd ask part-time students about their post-degree expectations. A lot of them talked about how they were getting the degree so they could move up in their organization, advance their opportunities with their employer, and take on a bigger chunk of responsibility. When you talk to this current group and ask them why they are pursuing this degree, students say they are doing it because they want to make themselves more marketable in the job arena, distinguish themselves from others, and further their educational backgrounds. It's partly generational because of Gen Y and the Millennials, but there's been a shift away from doing the degree for the company toward doing it for themselves. For them, it is almost as if they are doing this as an insurance policy for their careers. If they are going to be on the chopping block, maybe they will be later in line if they have this degree, as opposed to the head of the line.

It seems like part-time students are more paranoid about their jobs because of the economy. Are their behavior patterns shifting at all when it comes to how they balance work and school life? It's interesting because students used to tell me all the time that the way they'd get through the program was by giving up time at work or leaving the office a couple of hours early to pursue a class project. When we ask students today, they say they are going to give up things in their personal life, whether time with their husband, family, or friends or giving up yoga. I think that's also a reflection of the economy. They don't want anyone at the office to think they are slacking off or letting the degree take time away from their job. They don't want to do anything that will create any bumps in the road.

**Fewer companies today are sponsoring students in part-time programs. Is that changing students' mind-sets?**

Yes, there are fewer firms willing to reimburse tuition at the same rate they were pre-2008, but that has been declining pretty rapidly across graduate education. Companies just aren't giving up that discretionary funding and are not supporting students the way
they used to. As a result, today's students don't feel that same sense of loyalty to employers because they haven't invested in them.

**Part-time students seem to be demanding more career assistance than ever before from part-time MBA programs these days, with 87 percent of those surveyed indicating they expect the school to provide them with resources and connections to find a new or better job after graduation. How is that different from the past?**

There was a time when a part-time MBA student could not take advantage of anything in a career-management office unless they had a signed permission slip from their company. The companies were reimbursing the students and they didn't want the schools to help them leave the organization. Now, with fewer companies reimbursing, there are just a handful of schools where that is still a requirement or where that is expected. Here at the University of Texas at Dallas, our career-management office is open to all of our students, including part-time ones. This is relatively new at most schools, but it is an increasing trend over the last few years and I think it will be a snowballing one. Companies are probably going to get out of tuition reimbursement in a complete way in the future, so it will fall to the schools on how they are going to build this resource in order to meet the needs and expectations of this particular audience.

**What types of career moves do part-time students want to make and are business schools' career services offices prepared to meet their needs?**

I think all the schools are thinking now about where they are going to [find] the career staff to support the part-time students. The students have pretty high expectations from a career-management perspective for themselves. About 51 percent of respondents said they expect their salary to increase 16 percent or more after graduation and 68 percent expect to receive a promotion within 6 to 12 months. The question is: Is that a reasonable expectation in a market like this? To have that particular expectation coming into an MBA program is a little bit problematic for our career-management operations. The schools need to ask themselves what they need to be doing for students to either help them accomplish their objectives or modify their expectations so that they aren't as high. You don't want to blow a hole in their hopes or their dreams, but you also want to be sure you are providing them the expected career-management support to be able to execute that.
How did Colgate University senior Hilary Olshonsky learn about *The Social Network*? Through her social network, of course. And we're not talking about Facebook.

While there were advertisements for the film at her Hamilton, N.Y., university, Olshonsky says, "There was more hype among my friends who kept talking about the movie." She decided to see the film because of her friends' good reviews.

On college campuses, buzz about David Fincher and Aaron Sorkin's "Facebook movie" is traveling from word-of-mouth to the box office. Audience has built steadily, with the film earning $80 million in the five weeks since its release.

The film focuses on how Harvard University student Mark Zuckerberg created Facebook, a site that now has 540 million unique visitors per month.

"The film was targeted to a college-aged audience who could relate both to the drama in the movie and to the website, which was its main focus," says Fred Robinson, a senior at Northwestern University in Evanston, Ill. "It is interesting to see how social media has reflected social structure," says Moira Forberg, a senior at Harvard who chairs the College Events Board, an organization that held a free screening of *The Social Network* for students in Cambridge, Mass.

The new generation of word-of-mouth communication — likes, friend adds, pokes and re-blogs — are not replacing the effect of traditional buzz. "I thought it was entertaining. It was a very topical story. It took something everyone is familiar with and asked, 'What's the drama?' " Forberg says.

Harvard senior Max Storto says he enjoyed the film as entertainment but remains skeptical. "All movies are based on some sort of truth, but clearly it comes with a story, too," he says. "I did watch with a grain of salt."
Both Harvard students say they do not feel a unique connection to the networking site. They say the emphasis on finals' clubs and the exclusivity of Harvard social life was over-dramatized.

"It painted a view of old-school Harvard," Forberg says. "It reflected poorly on some of the Harvard population, and a lot has changed in 10 years."

Accuracy aside, it's easy to pinpoint the film's appeal to college students. "I saw the movie because Facebook controls all of our lives," says Caroline Peebles, a senior at the University of Florida-Gainesville. "I find myself automatically opening Facebook when I turn on my computer. I don't even realize it or mean to. It's just an automatic action."