Lacrosse, while a growing sport in the United States, has been around for longer than many people realize. The sport was first played by the Native American’s as a way to honor their gods. The sport its self was very ritualistic and was documented by early English explorers (Vennum, Thomas). Lacrosse is a game that is a mix between soccer and hockey. Players carry the ball up the field in a stick with a basket at the end. The goal is for players to score by throwing the ball with the stick through the goal. Lacrosse is known especially for its speed and precision.

I started playing lacrosse in eighth grade when one of my friends started playing with her older brothers outside. I thought that the sport looked fun and wanted to try to play too. My friend and I joined a league and started playing. I was drawn to lacrosse because of the speed and intensity of the game. The game itself is not very complex but the plays and other techniques of the game are more challenging, this makes the game fun to play and watch. I had always played soccer but wanted to try a new sport and I thought lacrosse was the best choice.

Lacrosse has changed over the past centuries since it was first played by Native Americans. The biggest change in the game has been the way that the lacrosse stick has changed. At first the Indians played with wood sticks at different lengths, depending on the area they were from. The head of the stick was usually made with leather (Vennum, Thomas). However, the lacrosse game itself was not completely impacted by the evolution of the lacrosse gear until the 1970s and 1980s when the two
biggest companies in the sport, Brine and STX, started competing with each other to have the best and most accurate products.

This new competition fueled the changes in the technology in the lacrosse stick. Both Brine and STX worked hard to find the lightest and sturdiest materials to keep up with the speed and intensity of the sport. These companies revolutionized the game with synthetic steels and polymers to beat the others product on the market (Nelson, Sean). Not only did they changed the way the stick was made, but also the head of the stick that held the ball.

Both STX and Brine found new ways to change the structure of the head of the stick to make the game more precise. By creating new shapes of the head, the ball was able to stay in the stick better and avoid being dropped while running down the field. This new shape also allowed players to throw the balls faster and more accurately. Both companies created new string in the sticks so that the ball stayed in and did not slide out (Nelson, Sean). This allowed players to have precise shots and were no longer impacted by rain stretching the strings of the stick.

This technology has revolutionized the game and has added to my interest in the game. The new sticks were always stronger, faster, and more accurate and made the game easier for players. However, I do believe that lacrosse as a sport will be impacted by this new technology. The governing body of the sport, US Lacrosse, constantly has to change rules and regulations to keep the game safe since the new sticks can cause more bodily harm then older models due to the speed. This was the one aspect of the new technology that I personally do not like because it constantly changes rules and tweaks the way the game is played.

As lacrosse continues to grow as a sport I can see the technology in the way the stick and head are built and work changing constantly. I believe that Brine and STX will continue to find the lightest materials that are the fastest throwing and accurate. With all this change in the stick and head I think that the rules will also adapt to keep people safe when playing and make the game fairer to all players.
Part Two: In the Media

New Girl is a sitcom on FOX and follows Jessica Day and her three roommates as they tackle a variety of different challenges from breakups to holidays. Jess moves in with Schmitt, Nick, and Winston after her boyfriend dumbs her and she needs somewhere to live. Jess is a teacher, Nick is a bartender, Schmitt works in a business field and Winston just returned from playing basketball in Europe for years. These four roommates teach each other a variety of different things and help each other with life’s road bumps.

In episode six on season one of New Girl, the roommates get ready to celebrate their first Thanksgiving together. Jess helps a coworker with a Thanksgiving themed play, and ends up inviting him for Thanksgiving. Her roommates are against Thanksgiving, but eventually Schmitt helps Jess prepare the dinner (“Thanksgiving.”). Soon, they both realize how difficult this task is going to be and end up very behind schedule with preparing the meal.

Winston, one of the roommates, explains how often he texts his grandfather. On holiday’s they usually contact each other and send selfies of what they are doing. Winston is grateful for this technology because it allows him to stay in touch with his grandfather (“Thanksgiving.”). Later in the episode technology is used again after the roommates accidentally burn the turkey in the dryer and go eat in their neighbor’s loft. They assume their neighbor is on vacation, but end up find her dead in her bathroom and have to call the police (“Thanksgiving.”). While these two occurrences are small they are important and show the importance of technology in the world today, especially when communicating either leisurely or for an emergency.

Texting and phone calls are an important part of the world of technology today. It’s uses are evident in the episode when Winston communicates with his grandfather and the roommates communicate with law enforcement about the dead body in the loft next door. Texting and cell phones are available to all people, however some people have a challenge with being able to afford it. According
to a recent statistic, 95% of people own a cell phone (Pew Research Center). Cell phone’s especially range in cost. Specific plans tend to be more expensive, like unlimited plans. In addition, some phone brands are usually more expensive than others. Smart phones, like Apple or Samsung, tend to have a higher price than a generic flip phone. Data has been collected that shows that of the 95% of people who own phones, 77% are smart phones and 18% are not (Pew Research Center). This cost factor is sometimes too much for some people and it limits their ability to have a specific phone or plan.

However, for the most part most people have access to a cell phone to communicate.

Technology is supposed to make people’s lives easier, but sometimes it adds to the problems people have to deal with every day. In the episode of New Girl cell phones allow Winston to communicate with his grandfather which solves the problem of not being able to always communicate with family members if they are not living close to you. However, He explains that his grandfather doesn’t always understand how to use the technology. Technology is always changing at a rapid pace so it is open hard to stay up to date on the newest products or software. Another issue with cell phone’s especially is that many people grow addicted to their phones and often do not know how to communicate other than behind the screen of a phone or computer.

While cell phone’s do cause a number of problems, they solve many more. The overall issue they fix is the ability to have information and communication at your fingertips. This allows people to communicate with friends and family around the world, but also call or reach out to someone in an emergency. Also, smart phone users have access to the internet in seconds which allows them to be informed on issues ranging from sports scores to weather.

I believe that this type of technology is ethical and should be used by people around the world. Cell phones allow us to communicate and stay informed on issues which make our lives easier. However, I believe that cell phones can be used in unethical ways. For example, people who interact in illegal activities, like drug trafficking or terrorism, have faster access to information and it also makes it easier
for them to communicate. This is problematic for law enforcement who try to track these individuals.

The ethnicity of technology changes based on how an individual chooses to use it. For example, someone who uses their phone to contact family and friends uses a cell phone and technology more ethically than someone who is using it to create a major terror attack.

Technology is constantly changing and adapting, especially cell phones. I believe that in the next five to ten years technology will have changed substantially. I expect that all devices will over all be faster and more efficient. In addition, I believe that cell phones and computers will continue to get smaller and lighter. I think that computers and cell phones will continue to be an integral part of society and will not be diminishing anytime soon.

As the world of technology evolves it will continue to be a very important part of society, not only in people’s daily lives, but also in TV shows and movies. While technology does cause some problems, it fixes more then it causes and will continue to be an important part of people’s lives. It will also make people think about the ethics behind the tech and who is watching over it. Overall, I believe that technology makes people’s lives better and continue to make life easier for them as it continues to evolve.
Works Cited


