

Title:

How Much News Is Good News?

Word Count:

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Summary:

I'm not sure if the timing of last month's "news free zone" assignment could have been worse or

Keywords:

Article Body:

I'm not sure if the timing of last month's "news free zone" assignment could have been worse or

When I did hear about it, I pondered the implications of "missing" this huge event. As much as

On a more personal level, if I had learned about the tsunami when it first struck, the informa

I'll stop short of calling that time wasted for it provided me with a wonderful opportunity to

My pondering also led me to the question of value: what is the value of newsgathering? What be

In this age of instant information access we have the capacity to become passive observers of

The risk is that observing geographically inaccessible events - especially tragic events - can

The challenge then, is to find a way to break that cycle of disempowerment and balance our des

How can we do that? Here are some suggestions.

The most important step is to limit newsgathering time. If you currently watch the morning and

The next step is to re-empower yourself, to shift from a place of helplessness to an awareness

Send positive thoughts and prayers:

While this may not seem to be a "tangible" action, it is. You've heard of the power of positiv

Donate money:

While the life costs can never be fully measured, the financial estimate for the healing, clea

Volunteer locally:

By cutting down on your newsgathering time you will create a chunk of extra time. If you devot

Come up with your own ways of breaking the cycle. How can you empower yourself? What skills, t

Envision and create your ideal balance between newsgathering and active engagement. In the qu

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