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Ms. Barnes, Period 1

Document-Based Question

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Time to Reflect (originally hand-written)

Modern times fill our lives with confusion and unneeded activities. The media gives us information beyond what we could have known before, thus causes more worries. There are more things to do, more recreation; there is no time to think and reflect.

The media is a tool used to send news across the world almost instantly, and we know of events in far-off countries that do not really affect our lives. We become dependent upon the media to learn things that we don't really need to know. Thoreau was against those who read the newspaper every day, but now we watch TV, read articles online, and listen to the radio. We worry about these events that don't affect us.

Also, we fill our lives with activities that take away from time for contemplation and reflection. According to *Black Elk Speaks* (in the introduction), "Reflection is the most difficult of all our activities because we are no longer able to establish relative priorities from the multitude of sensations that engulf us." Thus we consider thinking and contemplating to be of little priority. Too many other things steal our attention.

Thus we see that these modern times add confusion and unneeded activities to our lives – we worry more; we think less. The media tells us what we "need" to worry about. Extra activities fill our lives with excess distractions.