

I Saw the News Today, Oh Boy

by Gary Hardaway

We watch and listen-- crisis to calamity,
calamity to catastrophe, catastrophe
back to crisis-- our bodies sedentary
but our bloodstreams leaping and agitated.

We are infused with fear and dread
of the world we won't engage
except through flat screens and remotes,
flat screens and qwerty keyboards,
flat screens and touchable icons

until exhaustion or appetites
pull us away to other furnishings
and accessories of our rooms
in amped-up and twitching paralysis.

