

# 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.

