

## Breaking News

I used to gorge myself on the news:  
every day a half hour of local news as appetizers,  
followed by a soup and salad course of NBC and ABC,  
then a main course of *The News Hour* with Jim Lehrer.  
My day would end with dessert and coffee  
from Stewart and Colbert.  
Frequently, I'd snack on news magazines:  
*Time*, *Newsweek*, and the broadcast variety:  
*60 Minutes*, *20/20*, *Dateline NBC*  
with Stone Phillips nodding reassuringly throughout.  
Oh, and don't forget breakfast, the most important  
meal of the day: NPR *Morning Edition*, *All Things Considered*,  
to and from work and *Fresh Air*.  
This constant feeding made me fat with facts,  
made me smug and incredulous  
toward those less obsessed and less informed.  
How can they care so little about so much?  
I wondered.  
But like any over-indulgence, all this consumption  
eventually gave me a belly ache,  
and I found I needed to go on a diet  
before things got worse  
and I started watching *Headline News*.  
I found myself frustrated by the repetition  
of problems never solved but endlessly repeated,  
sometimes with pauses so that both sides of an issue  
could rearm to attack again more efficiently.  
I found myself yelling, to no one in particular,  
about their foolishness and their folly to follow  
down the seminal path of righteousness and destruction.  
Now I feed much more sensibly, and I find  
I still know what I need to know,  
the important waves of information break through,  
and the people I felt so smug about  
suddenly seem less stupid more astute.

— Jeffery Greb