Every time I turn on the TV click to the news and I see is bad things happening

People dying and people killing

And everybody amplifying destruction and chaos all around the world

Every time I see it it makes my stomach curl

We've gotta make up for all the mistakes that have been made And the way the media portrays the day

In the life of someone else as some stupid celebrity

The media takes a good story and pumps it full of evil

And I'm getting fed up with the whole deal

And everyday people are upset with the world itself

And I'm stuck in the middle of a growing trend

Where friends aren't friends until the end

They'll stab each other in the back for little recognition

Before they know what to do they're down to zero and nobody wan to know them

[Chorus:]

Freight train headed for me

And I can't see a thing

Freight train headed for me

Freight train of destruction like a punch in the face

News at 6 o'clock eleven eleven thirty

All I see is people dying

CNN and all the terrorists

When will this cycle of shit begin to end?

Every time I look at the news paper

I see the headlines saying things and jumping out at me

More modern war stories, more things to worry about

The list is piling up and it seems that I can't do a thing about it

The media makes fun of it and we have to live it

Every time I turn on the TV click to the news and I see it's so me bad things happening

People dying and people killing

And everybody amplifying destruction and chaos all around the world

Every time I see it it makes my stomach curl