

# **Positive Choices for Youth Mini-Album**

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All songs written and Copyright 1983 by Linda K. Williams or Dr. M. Andrew Murray  
Songs arranged and recorded by Andy and Terry Murray.

1. "Burnin' Up" (LKW)  
(Arson)
2. "Low-Down High" (rap/ rhythmic chant) (LKW)  
(Substance Abuse Prevention)
3. "One Person at a Time" (MAW)  
(Global Awareness and Action)
4. "Real Life Doesn't Have a Rewind Button" (LKW)  
(Real vs. Media/Pretend Violence)
5. "The First One to Know" (MAW)  
(Theft)
6. "Tony and I" (MAW)  
(Real vs. Media/Pretend Violence)
7. "What if That Were Me?" (MAW)  
(Affirmations vs. Put-Downs)

1. "Burnin' Up" (3:33)

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.  
When you play with fire, sooner or later, you're gonna get burned."

1.

I was so angry---just burning up---  
I felt out of control completely!  
I wanted to hurt them, 'cause they'd hurt me, too!  
As I thought of what I'd like to do, I heard the news...

"There was a bad fire today," I heard the announcer say,  
"It was kids with matches, maybe wanting to play...  
Maybe they were curious, maybe they were bored,  
maybe they were angry, or thought they'd been ignored."

Then the fire fighter said as he sadly shook his head,

"If only they had thought about what fire can do!  
Could it be they didn't know? How can that be so?  
But, whatever the excuse, once fire is turned loose,  
there's no telling what will happen,  
who'll get hurt...  
where it'll end...  
what will be forever burned."

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.  
Yeah, when you play with fire, sooner or later, you're gonna get burned."

2.

I'd been so angry---just burning up---  
I'd felt out of control completely!  
It scared me to think what I'd been ready to try!  
After hearing 'bout those kids, I wanted to cry.

It could be they had thought, "We'll only burn a little."  
But what started as a spark at the end of a match  
Soon turned into a blaze, quick as a flash;  
and then it was too late...there was no turning back.

I'm sure they never thought it could get so out of hand.

So...will I control my anger? I'll master it, you bet!  
But could I control a fire? No one can count on that!  
I'm so glad that my anger didn't burn up anyone else!  
From now on, when I get angry, I'll play it cool...  
That's much better for myself,  
and for other people, too.

REFRAIN:

"When you play with fire, sooner or later, you're gonna get burned.  
When you play with fire, sooner or later, you're gonna get burned."

(repeat last line and fade)

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## 2. LOW-DOWN "HIGH" (2:50)

(1)

Why do they call it "high" on drugs

When the way people act is so low-down?

No, really...why do they call it "high" on drugs,

When the way people act is so low-down?

No, tell me...why do they call it "high" on drugs,

When the way people act is so low-down?

(2)

Well, the "highs" I go for are high self-esteem,  
my high regard for you, high hopes for the future!

Yeah! The "highs" I go for are high self-esteem,  
my high regard for you, high hopes for the future!

Yeah! The "highs" I go for are high self-esteem,  
my high regard for you, high hopes for the future!

(3)

I've got better things to do than waste my time

Messin' up my body and messin' up my mind!

Why should I waste my money and my time

Messin' up my body and messin' up my mind?

Don't try to waste my money and my time

Messin' up my body and messin' up my mind!

(4)

I'm too special for that kind of junk---you bet!

We're too special for that kind of junk---yeah!

You're too special for that kind of junk! Uh huh!

(5)

There are so many things in this wonderful world

That capture my interest and spark my mind---

So many places to go, and people to know,

So many things to do and see and learn and to experience!

Places to go, and people to know,

So many things to do and see and learn and to experience!

(6)

I get my kicks out of livin', my highs out of life!

We get our kicks out of livin', our highs out of life!

So get your kicks out of livin', your highs out of life!

(7)

It's like I said before, drugs'll mess up your body and mess up your mind,  
and sooner or later you don't feel so fine!

And when your mind and your body get all messed up

you forget what's real and what isn't real---

But the harm that's done is there to stay,

'cause once you do it, it stays done; that sure isn't my idea of fun!

And the things people do when they've got that junk in 'em---

They don't care about others or about themselves;

They forget what's real and what isn't real,

But the harm that's done is there to stay,

'cause once you do it, it stays done; and that sure isn't my idea of fun!

(8)

Oh, why do they call it "high" on drugs,

When the way people act is so low-down?

No, really...why do they call it "high" on drugs,

When the way people act is so low-down?

No, really...why do they call it "high" on drugs,

When the way people act is so loooooooooow-down?

### 3. "One Person at a Time" (3:10)

Well, the world's so big and I'm so small,  
it hardly seems I matter at all.  
Sometimes I think I'd like to do something  
to help out with all the problems of the world,  
but whenever I sit down and think it through,  
I always wonder, "What can one person do?"

1.

"Well, what can one person do?" is a very good question  
if you don't do anything at all.  
You can spend your time saving every little dime  
or just curled up by the wall.  
But if you think back some over all that's been done  
and you wonder who did it and where it came from,  
Figure it out, without a doubt,  
One person at a time did it all.

One person at a time, it sure works fine,  
Roll up your sleeves, sign on the dotted line.  
Whatever gets done, is done by one,  
One person at a time does it all, yeah!  
One person at a time does it all.

2.

"Well, what can one person do?" is a very good question  
if you don't do anything at all.  
You can stay in bed, and pull the covers overhead,  
and wait for the sky to fall.  
But if each one would just do what they could,  
working one at a time we could do a lot of good.  
Figure it out, without a doubt,  
One person at a time does it all.

One person at a time, it sure works fine,  
Just pick up your load and get in line.  
Whatever gets done is done by one,  
One person at a time does it all, yeah!  
One person at a time does it all.

3.

"Well, what can one person do?" is a very good question  
if you don't do anything at all.  
You can soak in a tub or join a social club,  
or just go shopping at the mall.  
But if each one would work side by side,  
with another one the work gets multiplied.  
Figure it out, without a doubt,  
One person at a time does it all.

One person at a time, it sure works fine,  
No use to wait around for a better time.  
Whatever gets done, is done by one,  
One person at a time does it all, yeah!  
One person at a time does it all.

(repeat last line and fade)

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#### 4. REAL LIFE DOESN'T HAVE A REWIND BUTTON (3:10)

##### CHORUS

Real life doesn't have a rewind button;  
You can't go back and erase what you have done.  
A moment that you're weak can take a lifetime to pay for.  
Think before you act; you'll be so glad you did.  
Forever is a long, long time;  
Forever is a long, long time.

(1)

Well, cartoons and stooges make it seem like  
The quickest and easiest way  
To settle an argument---get what you want---  
Is to ZAP the other guy---biff, bam, pow!  
But life is not a TV show;  
No, life is not a TV show.

(CHORUS)

Real life doesn't have a rewind button;  
You can't go back and erase what you have done.  
A moment that you're weak can take a lifetime to pay for.  
Think before you act; you'll be so glad you did.  
Forever is a long, long time;  
Forever is a long, long time.

(2)

Well, in real life it doesn't pay to be  
A stooge or a cartoon "hero"!  
Use brains, not brawn; use words---work it out;  
'Cause real violence really hurts.  
Life is not a TV show;  
No, life is not a TV show.

(CHORUS)

Oh, life doesn't have a rewind button;  
You can't go back and erase what you have done.  
A moment that you're weak can take a lifetime to pay for.  
Think before you act; you'll be so glad you did.  
Forever is a long, long time;  
Forever is a long, long time.

(3)

Taking chances with your very own life  
Works the same; we're not bionic!  
Don't let drugs or foolish stunts  
Blow your one shot at the life you've got.  
Life is not a TV show;  
No, life is not a TV show.

(CHORUS)

Oh, life doesn't have a rewind button;  
You can't go back and erase what you have done.  
A moment that you're weak can take a lifetime to pay for.  
Think before you act; you'll be so glad you did.  
Forever is a long, long time,  
Forever is a long, long time!

(repeat last line and fade)

## 5. THE FIRST ONE TO KNOW (2:00) (Topic: Stealing)

(1)

Would anybody care, would anybody see  
If I took a little something along with me  
That doesn't belong to me? Yes...

(CHORUS)

Someone would know every move I make,  
And there's no mistake can be made for free.  
The first to know would really be somebody,  
'Cause the first to know would be me.

Someone would know, someone would care  
If I took a little something somewhere, you see.  
The first to know would really be somebody,  
'Cause the first to know would be me.

(2)

If somebody else took something that were mine,  
Funny how it's so easy to see  
That THAT would be a crime. Yes...

CHORUS

Someone would know every move I make,  
And there's no mistake can be made for free.  
The first to know would really be somebody,  
'Cause the first to know would be me.

Someone would know, someone would care  
If I took a little something somewhere, you see.  
The first to know would really be somebody,  
'Cause the first to know would be me.

(3)

Speaking for myself, I don't want to be  
Doing something to somebody else  
I don't want done to me. Yes...

CHORUS

Someone would know every move I make,  
And there's no mistake can be made for free.  
The first to know would really be somebody,  
'Cause the first to know would be me.

Someone would know, someone would care  
If I took a little something somewhere, you see.  
The first to know would really be somebody,  
'Cause the first to know would be me.

6. TONY AND I (Topic: Pretend/media violence vs. real-life violence)

1. Tony and I used to play.

We used to take our guns and run away  
To the wild West  
About a block away.  
All we made was make-believe.  
Doing everything we could so we could leave  
Law and order there  
Out in the "Wild West."

(CHORUS)

All'e, all'e in free,  
No one has to die.  
It won't hurt---we're just TV good guys.  
All'e, all'e in free,  
Go away and then  
After the commercial we'll be back again.

2. Tony and I used to fly,

Laser blast and rocketship up in the sky  
To a galaxy  
About a block away.  
We were the finest in flight.  
Alien powers never kept us from the fight  
To help all our friends  
Out in the galaxy.

CHORUS

All'e, all'e in free,  
No one has to die.  
It won't hurt---we're just TV good guys.  
All'e, all'e in free,  
Go away and then  
After the commercial we'll be back again.

3. Tony and I used to play.

Playing was such a good way to be friends.  
It was just pretend  
About a block away.  
But now my friend's been hurt,  
Not like on the TV where the hurting ends  
And the good guy wins.  
That's just the way they play.

CHORUS

All'e, all'e in free,  
No one has to die.  
It won't hurt---we're just TV good guys.  
All'e, all'e in free,  
Go away and then  
After the commercial we'll be back again.

7. WHAT IF THAT WERE ME? (1:55) (Topic: Empathy/compassion)

What if that were me?  
What if that were me?  
I wonder how it would be  
if that were me.

How would I feel?  
Would it be real?  
How would I deal if everything were

upside-down,  
turned around,  
inside-out---  
all switched about?

What if that were me?  
What if that were me?

(entire song repeats three times)

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