

♪ WAY TO GO! ♪ for Positive Youth

Mini-Album available from BandCamp.com

**Words and Music for all songs written by Linda K. Williams
Produced by Patricia Mikkelson**

- 1. Drive Smart, Drive Sober**
- 2. Hot Brands**
- 3. I Deserve Better (Gonna Get Unstuck)**
- 4. Lemons into Lemonade**
- 5. Little Bits of Beauty**

Recorded and produced by Patricia Mikkelson/ Music for Life,
with a grant from the Pacific South-West District of the Church of the Brethren
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For more info, please contact Linda K. Williams,
LKW_BetterWorld@yahoo.com
BetterWorld-Resources.com

DRIVE SMART, DRIVE SOBER

MUSICAL INTRODUCTION:

You may be too young to drive, and you may choose not to drink;
We've thought a lot about this and we'll tell you what we think!

REFRAIN:

Drive smart, drive sober---arrive alive!

Drive smart, drive sober---arrive alive!

(1) If you're thinking of raising that bottle, glass, or can,
you'd better be sure that you've worked out a plan
for a designated driver, who chooses not to drink.
That's the only way to do it, if you really stop and think!
Whether going near or far, you'll need someone to drive the car
who will get you all there safely---or you may not get there at all!

REFRAIN

(2) "One for the road"---That just doesn't make sense!
That "one little drink" can mean you're not safe on the road!
And, if you've had a drink or two, you really cannot judge
as to whether you can drive a car without taking a life.
Make it "NONE for the road"! Drive smart; drive sober!
'Cause drinking and driving is a deadly combination.

REFRAIN

(3) Friends keep friends alive; they don't let them drink and drive!
They may tell you they can do it, cause they drank and drove before.
Well, it's sad that they're willing to risk their own lives,
but even worse, so many innocent lives are ended each day
while they're minding their own business, going safely on their way,
when someone else who drank and drove takes their lives away.
It's tragic how many people are crippled for life!
It's time we stop the madness and get everyone to say...

REFRAIN

(4) Don't destroy a life! It can happen in the blink of an eye!
A dream is a fragile thing, so don't drink and drive!
If you drink, don't drive! And when you're gonna drive, don't drink!
It's really very simple; you don't have to drink!
Alcohol's a drug, and you don't need drugs!
Celebrate life; don't drink and drive!

REFRAIN (sung three times)

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Many thanks to Ms. Tammy Atha of the national office of Mothers Against Drunk Driving for
providing M.A.D.D. slogans used in this song.

HOT BRANDS

MUSICAL INTRODUCTION

Now, if you like to wear the hot brands, this is not meant as a put-down for you;
But if your self-worth is tied up in 'em, we hope you'll listen to a different point of view!

(1)

I don't need Nike's to feel good about myself,
don't need B. K.'s to know I'm really special.

I can wear any ol' brand, or even second-hand
and hold my head up high and smile at everyone! DO-do-DO-do-DO.

(2)

I don't need L. A. Gear's to feel good about myself,
don't need Guess to know I'm really special.

I like myself and who I am;
don't need a label to prove anything to anyone! DO-do-DO-do-DO.

(3)

I don't need Levi's to feel good about myself,
don't need Jordan's to know I'm really special.

It's really sad some people seem to think their worth
can be rung up on a cash register. But not me! DO-do-DO-do-DO.

(4)

I don't need Reebok's to feel good about myself,
don't need Gitano to know I'm really special.

I've got better things to do with the money I've got
than to pay a bundle extra for a tiny little label. DO-do-DO-do-DO.

(5)

I don't need Biker's to feel good about myself,
don't need Jordache to know I'm really special.

People who do put-downs often have been put down,
And then make fun of what other people wear!

can't judge a book by its cover,

clothes they wear?

I think I understand why they do the put-downs anyway;
'Cause maybe they don't feel good enough about themselves to say...

(6)

I don't need Nike's to feel good about myself,
don't need B. K.'s to know I'm really special.

I can wear any ol' brand, or even second-hand
and hold my head up high and smile at everyone!

(SPOKEN: Now you've got a chance to put whatever brands you choose in the blank spaces left for you on these next two verses!)

PLEASE NOTE: The brand names could simply be replaced by the phrase "hot brands"

(A)

I don't need _____ to feel good about myself,
don't need _____ to know I'm really special.

I can wear any ol' brand, or even second-hand
and hold my head up high and smile at everyone! DO-do-DO-do-DO.

(B)

I don't need _____ to feel good about myself,
don't need _____ to know I'm really special.

I can wear any ol' brand, or even second-hand
and hold my head up high and smile at everyone! DO-do-DO-do-DO.

I DESERVE BETTER (GONNA GET UNSTUCK) A RAP

(1) Well, we've all got a habit or two that's keepin' us from the best that life has to offer!
Might be small, like chewin' your nails---or much bigger, like drugs or booze;
But, with help, we can tackle them all and let' em go;
Yeah, with help, we can tackle them all.

(2) So you've got a bad habit that you're tryin' to break,
and you're working on changing for the better?
Well, here are some ideas to help give you strength,
and remind you that it really can be done...
yeah---remind you that it really can be done!

(3) Now first of all, y'gotta get in touch with what you want---
I mean, what you really, REALLY want out of life.
To do that, y'gotta get in touch with your feelings---
all your pain, your fears, your hopes and your dreams.
When you're clear about what's really important to you,
you're sure to say, "That habit is NOT what I want!"
No way! That habit is NOT what I want!"

(MUSICAL REFRAIN) And I'm sure you'll say, "I deserve better than that!
Yeah! I deserve better than that--you bet!
I deserve the best that life has to offer,
I sure deserve to be free of that habit! I deserve to be drug-free---
Yeah! I deserve better than that!"

(4) And I'm not gonna let fear of failure keep me from it,
or waste my energy making excuses.
I'm gonna jump right in; I'll start right now!
Sure, I'll make mistakes, but I'll learn from those mistakes!
Yeah, I'll learn from the mistakes I make.

(5) Now, when you're working on getting unstuck from a habit,
it really helps to think creatively!
So, open your mind to the many, many ways
you can solve whatever problems you're facing
---so many ways to solve the problems you're facing!

(MUSICAL REFRAIN) Say it once again...

(6) Now make a picture in your mind of the great life you're worthy of;
see and feel it in every detail! There's power in that picture when you believe in it!
When you know where you're headed, you get there much faster!
Yeah, your picture helps you get there much faster!

(7) And if kickin' yourself has been your favorite sport,
it's up to you to change that gameplan now,
'cause you need all your energy to get unstuck.
So kick that habit instead of yourself! Yeah, kick that habit instead of yourself!

(8) Now, for those bigger habits messin' up your body and mind, get some help!
Lots of people are on your side! So, reach out and up for the helping hands you need;
You'll find the strength to carry you through to success;
yeah, the strength you need to carry you through!

(MUSICAL REFRAIN) Keep it in your mind... (end by singing last line two more times)

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LEMONS INTO LEMONADE

CHORUS: Lemons into lemonade, (clap, clap)
Lemons into lemonade, (clap, clap)
Lemons into lemonade, (clap, clap)
Lemons into lemonade! (clap, clap)
I can turn lemons into lemonade,
You can turn lemons into lemonade,
We all can turn lemons into lemonade,
So let's turn lemons into lemonade!

(1) Sometimes life hands us a lemon,
we don't like at all what's come our way.
We may feel we've no control over what's going to be,
It may seem we don't even have a say.

It's best to sit right down and figure out
what can be changed and what cannot, and
accept and make the best of what we cannot change,
and work hard to change what we can!

CHORUS: Yes, we turn our lemons into lemonade,
We turn our lemons into lemonade,
We turn our lemons into lemonade,
We turn our lemons into lemonade.

(2) Though we don't have it in our power
to order the whole universe, I see
we can work to make our little corner of it
the best that it can be.

Sometimes I want to give up and say, "Poor me!
I guess this is how my life's going to be!"
Or I may blame others for the fix I'm in;
that's just a waste of my energy!

CHORUS: But I turn my lemons into lemonade,
I turn my lemons into lemonade,
I turn my lemons into lemonade,
I turn my lemons into lemonade.

(3) There are lots of lemons life hands us, and each one of us has to decide
if we'll take each lemon and sit there puckered up---or just take it in stride!
So, if you move away from all your friends, your parents get divorced,
your dog runs away and you're feeling way off course,
tune in to your feelings and think it through;
make the bitter better---make a dream come true!
TAKE THOSE SOUR LEMONS, AND YOU CAN MAKE SOME SWEET LEMONADE!

REPEAT FIRST CHORUS (ALL 8 LINES), THEN END WITH

Lemons into lemonade, (clap, clap)
Lemons into lemonade, (clap, clap)
Lemons into lemonade, (clap, clap)
Lemons into lemonade! (clap, clap)

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LITTLE BITS OF BEAUTY

(1)

I see little bits of beauty everywhere I chance to rest my eyes.
All the wonders that surround me never cease to delight and surprise me.
I don't need flashy thrills or big things to impress or entertain me all the time.
When I notice and appreciate the beauty all around me, I do fine.

REFRAIN: Notice and appreciate little bits of beauty,
Notice and appreciate...ooh-ooh.

(2)

I used to take so many things for granted when I looked but did not see.
Now boredom is a stranger; I observe my surroundings carefully.
I see sparkles in the sidewalk, many colors in the bark on a tree---
So many fascinating details and patterns and textures to see.

REFRAIN

(3)

There're so many joys and pleasures that don't jump out to razzle-dazzle me.
I've found that beauty of all kinds is waiting quietly for my discovery.
Keeping all my senses live I now enjoy what I used to just ignore.
I love to hear the chirp of crickets, smell the rain, taste a berry, touch a leaf
---and so much more.

REFRAIN

(4)

When I look into your eyes I see the beauty of the spirit that's in you;
and I notice and appreciate your little acts of kindness, too.
Yes, there's beauty in all people that has nothing to do with what meets the eye;
Now I look for it and celebrate the qualities each one has inside.

REFRAIN

(FINAL VERSE; REPEAT VERSE 1, AND VARY LAST LINE)

I see little bits of beauty everywhere I chance to rest my eyes.
All the wonders that surround me never cease to delight and surprise me.
I don't need flashy thrills or big things to impress or entertain me all the time.
When I notice and appreciate
 notice and appreciate
 notice and appreciate the beauty all around me, I do fine.

REFRAIN (tune of last "ooh-ooh" varies, as on tape)

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