

WHAT IS REAL

Lyrics by Stefanie Seskin

They warn you
Better shape up or else
They scorn you
Try to fill you up with guilt
He hurt you
Left you hollow inside
She broke you
Stomped all over your pride

CHROUS:

And you are no one, well that's just how you feel
'Cause you are someone, yeah that is WHAT IS REAL
When you are no one, you gotta find out for yourself
Try giving your time to someone else

They spilled it
Took away what you deserve
They killed it
And away went all your nerve
You lost it
Any care you may have had
You lost it
And you know it won't come back

CHORUS

Life got you and you don't even know when
It fought you every step of the way

And you are no one, well that's just how you feel
'Cause you are someone, yeah that is WHAT IS REAL
When you are no one, you gotta find out for yourself
Try giving your time someone else
When you are no one, well that's just how you feel
'Cause you are someone, you just got to believe
When you are no one, you gotta find out for yourself
Try giving your time to someone else
Every child's born for a reason
Everybody has a mission
If you feel you can't go on, try giving your time
Try giving your time



It's All About

Lyrics by Stefanie Seskin

I can't make up my mind
My hands and heart and head are tied up in endless figure eights on their side
Turning and churning and burning eternally
I just can't decide which way to go on this course
I ride along and go where it takes me
But all that changes are the lines on my face
Is it him or is it her
Is it this or is it that
Do I stop or keep on and on and on
Or do I just change direction

CHORUS:

It's all about choices made, it's all about rules to break
It's all about battles won with myself
It's all about deep inside
It's all about where's it hide
Where's it hide? Where's the answer?

It's all about day and night, it's all about wrong or right

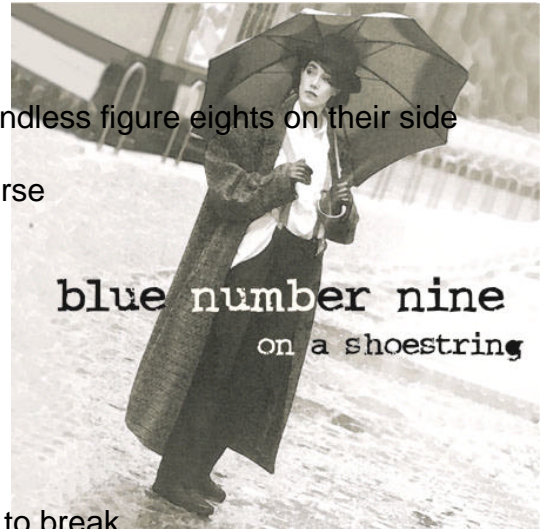
So get in the car's what I decide
To clear my mind and my sight shifting into gear at the views of the sky and the
hills and the road and the deer there shaking and staring and crying
Is it him or is it me
Is it here or is it there
Do I stop or keep on and on and on
Or do I just change direction

CHORUS

I swerve just in time like the blink of an eye
Continue along and then I realize
The roads are the same, I've lost my way
Thought I found tomorrow but it's still yesterday
So I take a deep breath, relax and assess
But my mind is the master of making a mess
Despite my will, I'm standing still

CHORUS

It's all about choices made, it's all about more mistakes
It's all about pulling through anyway
It's all about deep inside
It's all about where's it hide
Where's it hide? Where's the answer?



nine one one Blues

Stefanie Seskin 2001

Another day, another drill
Another born, another killed
Another drink, another bong
Motivation's been long gone
Again a shock, but I am numb
Again a lesson, but I'm dumb
Again to bed, again to sleep
And when I wake up, I'm still weak

'Cause I've been drained 'til I feel physical pain
Can't find drive in anything but my ride
I got the why-am-I-living-where-am-I-going-who-am-I-anyway-what's-it-all-mean blues

From scattered drops, to thunderstorms
From steel brick walls to free falls
From tarnished bonds to boundless gulfs
From question marks to loathing hearts
Another game, a losing streak
Another claim, a truth to seek
Another ill, a feel good pill
Another crock, a ticking clock

Oh, I've been drained 'til I feel physical pain
Can't find drive in anything but my ride
The only juice I have is in my refrigerator
Why do it now when they're might not be no later
I got the why-am-I-living-where-am-I-going-who-am-I-anyway-what's-it-all-mean blues

Because I tried, because I'm tired
'Cause I feel old, because it's cold
Because the times, because the hate
Because the world - it's too late

The only juice I have is in my refrigerator
Why do it now when I'd prefer to not see later
My joie de vivre got lost in translation
My Little Engine That Could is stuck in the station
Can't make the twelfth hour, twelfth step, twelfth day
Won't someone help me chase these blues away?



Like We All Do

Lyrics by Stefanie Seskin

I speak my mind 'cause it's my life
I make my bed and am prepared to lie in it
I am aware there will be consequences
I was in love, there was no doubt
Then someone came and turned it inside out
I'm not afraid of the changes I have made
I couldn't fight what I knew was right

Now I am sorry that I caused him pain
And I apologize that someone had to lose
But the whispers and the glances and sarcasm won't get through
I don't need to be forgiven
Just because you don't approve

CHORUS

I said I do what I feel I need to just like we all do
So how 'bout you don't judge me and I won't judge you

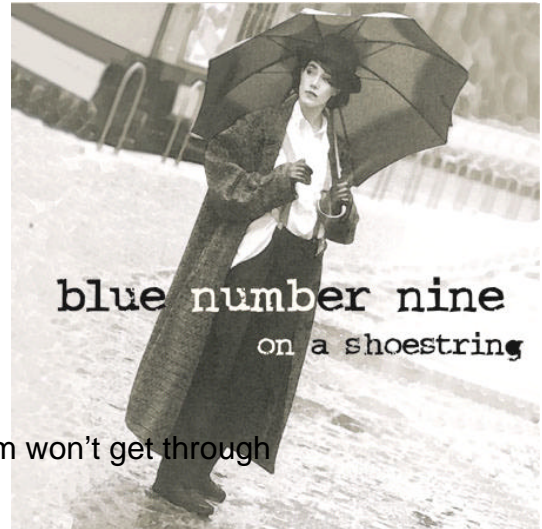
There was a time I cared what people said
But if I let their words drown out my heart I'm better off dead
Was I wrong? Am I bad?
Apply your labels to keep your life stable

Now I am sorry that I confirmed his fears
And I apologize for all the tears though they're always near
Warn me of danger, call me stranger, call me wreckless fool
But I will be free & happy
Even though you don't approve

CHORUS

I can't lie, why should I
Or keep it deep inside
I can't hide what I'm feeling
So why even try?

CHORUS



YOU ARE RIGHT THERE

Seskin, 2000

Thought I didn't need no one
'Cause I was sure I couldn't find someone
To love me despite my imperfections
They'd cruelly try to change me
They'd often misunderstand me
Until love completely estranged me
By the time you finally made it
I was damaged goods, felt so berated by the voices in my head telling me I must
be no good
So that when your pure heart opened
And your warmth entered me
I couldn't believe that I ever thought someone else could have done



CHORUS:

You soothe me with your tenderness
You move me with your patience
And when I think I can't go on, you are right there
And I say La la la la la la la la, la la la la la
And you help me forget my fears.

Now when things start to get hazy
And we both act all crazy
And we say those fragile words we do not mean
We both stop before wounding
And it's all so new to me
That the scars heal from before I knew of you

CHORUS

And now when I want to fly away and I'm sure that it's hopeless
You remind me with your existence that I could be right but I could be wrong

CHORUS

Me And You

Seskin/Accattatis 2000

Remember New Year's Eve?
We got all dressed up
Started out fun
Ended up a dud
You took all the blame
And this time's the same
There's no need to explain

I could get lost in the car
I could wait on line for hours
I could cross a stormy sea
Your love sets me free

CHORUS:

Me and you – just as long as we're together, doesn't matter what we do
Me and you – there is nothing that can spoil a love so true

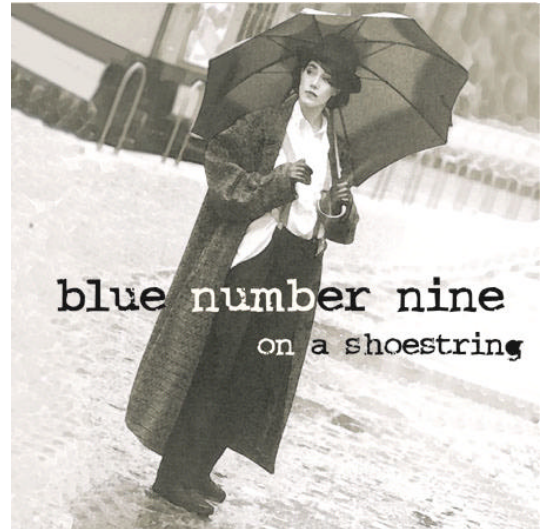
So here we are, stuck in yet another crowd
Tough luck to those opposed to public affection
Like at that concert in the rain
I will kiss you just the same
Nothing stops our bond from growing stronger every day

I could live in a grass hut
Living on berries and nuts
And be perfectly happy
Your love sets me free

CHORUS

See, I don't care, I just want to share all I do
I want you there
Because when we're together
Even the worst of times seem better

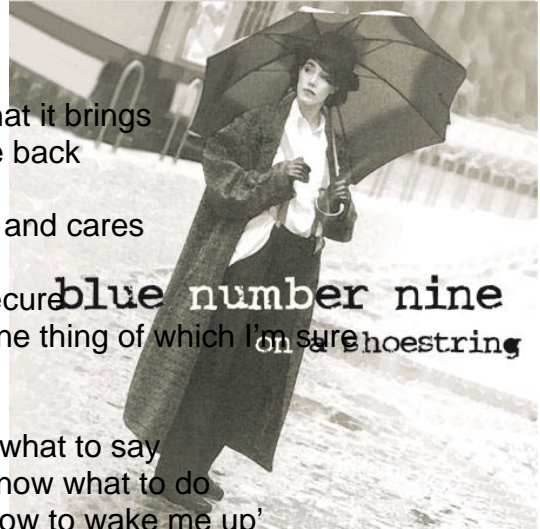
CHORUS



You'll Know What to Do

by S. Seskin

You don't seem to notice all the little things
Like the way you talk to me and the comfort that it brings
When I'm about to fall off the wall, you pull me back
And all the while you're so calm and relaxed
A true friend is hard to come by who supports and cares
I'd do anything for you now, go anywhere
And when I'm down, please don't you get insecure
'Cause in this world of unexpecteds, there's one thing of which I'm sure



CHORUS

If you ever see me start to shake, you'll know what to say
If you catch me hanging my head low, you'll know what to do
If you ever see I'm moving slow, you'll know how to wake me up
If you ever see I'm looking blue, you'll know what to do
You'll know what to do, I know I can always count on you

Thinking positive is what I strive for every day
Fighting through the obstacles along the way
But when the wall seems too tall for me to break through
You say just what I need to hear to do just what I need to do
I trust you and love you maybe more than you know
Since you've opened up to me and let your goodness show
And you're not nice just for a price, your eyes tell how you feel
Yeah, in this world of opportunists, there's someone who's real

CHORUS

You are the sand, I am the sea
I crash against you catching me
You are the land I am the stream
You help me find the way, flowing peacefully

CHORUS

He's the One I Should But You're The One I Want

by Stefanie Seskin

Girl said, "I can't love you any more
You don't bring out the best in me,
You fuel my wild insanity, still want you
But it makes me crazy
And mama she shake her head no, she says you're not the one for me
So I found someone who's good for me
The world says so, he's good for me!"

He's the one I should but you're the one I want

Boy said, "I can't let myself love you.
So sexy, but you're such a freak
You fuel my insecurity, still want you but it makes me crazy
And mama she don't like you, no
She say you're not the birthing type
So I found a wife and she's just right.
The world says so, she's just right, yea"

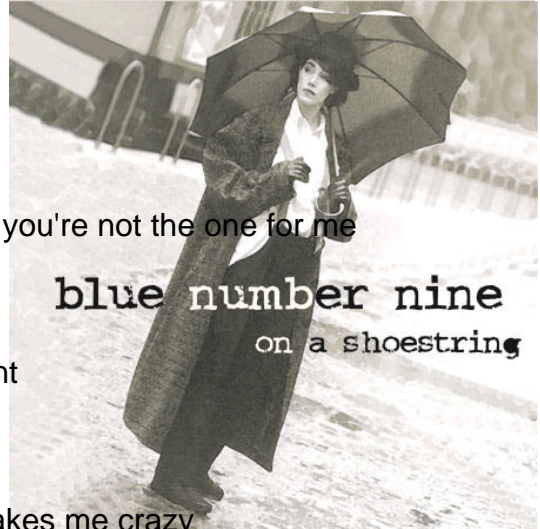
She's the one I should but you're the one I want

I said, "I've been there too many times
Was so enraptured, I was blind
My last love was so immense
Intensified my craziness
Of course my friends and family were seeing signs
Supposedly.
So now you're out and he is in.
His wallet's thick but this love is thin"

He's the one I should but you're the one I want

They might be right when they say it's best for me this way...
They might be right when they say it's best for me this way...

He's the one I should but you're the one I want



Who are the Free?

Lyrics by Stefanie Seskin written in April of 2001

(we stopped playing this song for a while after 9/11 but resumed playing it shortly thereafter)

Ten hour day for less pay, no time to play
Accepting that life is just this way
Never complain, shop away the pain
There are new things that you need on the market every day
The boys on the hill with their hidden logos
Are Earth, Incorporated's new CEOs
Wonderin' why the only thing that stays the same is your salary
But more important is the latest enemy on the tv

CHORUS:

We once were found but now we're lost
The battle ground's not worth the cost
We now are blind, we once could see
Where are the brave? Who are the free?

Our mothers have to go work cause raising kids is not a job
They're arresting the homeless, 'cause after all they're lazy slob
You are what you earn in this meritocracy
But the bidding's high for opportunity

CHORUS



TELEPHONE GAME

Lyrics by Stefanie Seskin

Kathy told Danielle she was mad as hell at what Chris did to Darlene, oh what a scene

And then Danielle told Claire and Claire told Sheri but she thought Danielle was talking 'bout me

Well, I've got an alibi, I was out that night

With another group of friends in another type of fight

Always in the eye, it's no place to be

So many words flying, I just can't breathe

Who said what to who? I don't care

It's like the telephone game and I don't wanna play

But whatever I say, it ends up the same way

With me in the middle

Trying to calm down Sheri the other phone rings

And Claire says, "I've heard some pretty messed up things about what you said and what you did.

It was Darlene's party and she's so upset.

Said I thought you were cool, I thought you were real,

But I just can't invite you out with us tonight, that's the deal."

So do I defend myself? There's nothing to defend!

Miscommunication causing war amongst friends

CHORUS

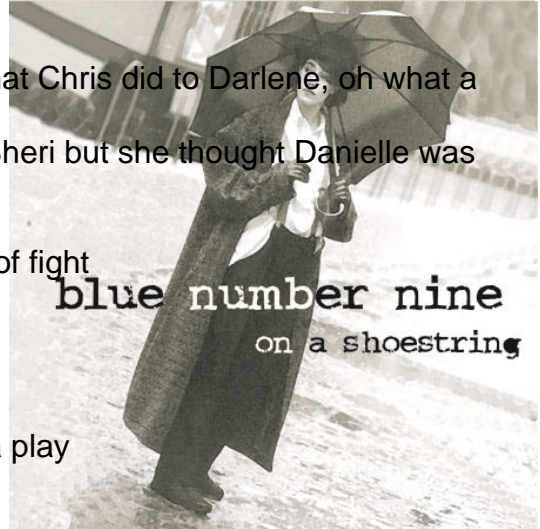
I hang up the phone and shout out "no more"

Too many complications come with being social

Said how'd it all go wrong? How'd it all go wrong?

Why can't we just all get along?

CHORUS

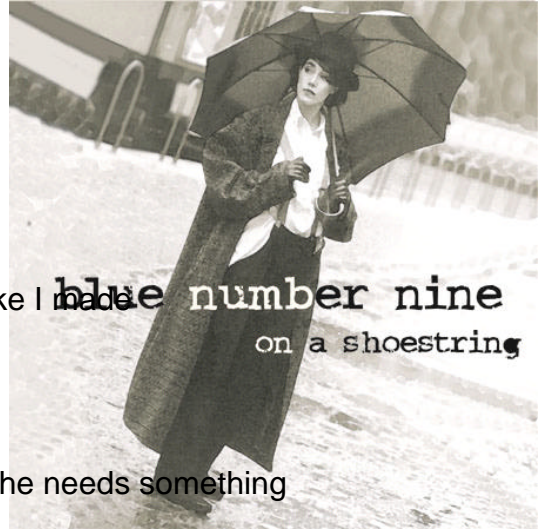


YOU GOTTA KNOW WHO YOUR FRIENDS ARE

Lyrics by Stefanie Seskin

I once knew this girl
I knew her for a while
At first I thought there was something strange
But then I pushed that thought away
She called me up one day
She had no place to stay
So I let her move into my home, what a mistake I made

She wouldn't go to work at all
Yeah, we were heading for a fall
The day she left was the day collectors came
I never heard from her again, bet I will when she needs something



CHORUS:

You gotta know who your friends are - trust your gut
'Cause if you don't their true colors will show when you're in a rut
You gotta know who your friends are - trust your soul
'Cause if you don't there'll be nobody there when you need 'em most

This girl and I were close
Her problems were intense
I thought her heart was made of gold
So it didn't make no sense
She called me up one day
Her faith had gone astray
I didn't know what to say, but I listened anyway

And when her worries were all gone
I sought out her shoulder to cry on
And met with "Sorry, but I just can't take your pain"
Next time I heard from her again, don't you know it? She needed something

CHORUS

Well the next time
I won't close my mind
But I'll watch for the signs
Even when I don't want to see

CHORUS

Show me don't tell me