If you sat upon that sofa now till all the springs have sprung Watched so damned much football – Heard so many anthems sung Started thinking all your strings are just about to come unstrung You might be right – Start tonight ...

Get a life – Get your butt in gear – Get out and hit the bricks Get a life – Start today and stay away from politics John Prine said, "Blow up your TV", try to get to know your wife Rediscover that you love her – Get a life

There's a tangled field of lazy bones you've got to get across
And you're about to let that LazyBoy become your albatross
You've been sitting still too long, my friend – That's not a rash, that's moss!
You know that's right – Start tonight ...

Get a life – You're full-grown – Give your own damn butt a kick Get a life – We're in clover, but it's over awful quick A.P. Carter said, "We're gonna meet with darkness and with strife So keep on the side that's sunny" – Get a life

You can't be a rolling stone if you're not rolling
The more things change – The more you stay the same
The world is making hay while you're out bowling
You'll never win if you don't get in the game

Get a life – Get outside, catch your stride, clear your head Get a life – We'll have lots of time for loafing when we're dead John Prine said, "In spite of ourselves, we're the big door prize We'll spite the noses off our faces" – Get a life We'll spite the noses off our faces – Get a life! Red and I go way back to the start of 2nd Grade
We met in the schoolyard where all the games are played
I was It – I tagged him – I guess I tagged too hard
He slugged me and there we were rolling around the yard

You know we got over that – I don't remember how We became the best of friends – That's all that matters now Red's the only one still here of all my childhood friends One by one they pass away – Every good thing ends

Old friends last forever Old friends don't fade away

Red and I played baseball – We sang tenor in the choir
We dated two Smith sisters – Living high but aiming higher
We were close as brothers, and then one awful day
The Draft Board called his number and the war took Red away

Red came back from Viet Nam a completely different man He'd seen things he didn't think I'd ever understand For a couple years we seemed to go our separate ways Till on tearful, beerful night we remembered better days

Old friends last forever Old friends don't fade away

Red's been sinking slowly – We're not young men anymore
Memories seem sweeter than they ever did before
We're back there on that playground – We both remember when
I touch him on the arm and whisper, "Tag, you're It again, old friend,
Last forever
Old friend
Don't fade away"

Old friends last forever Old friends don't fade away

3 - HOW DID YOU KNOW?

We've all heard it said – When it's all said and done
Out of all the wide world there is bound to be one
All my defenses completely undone
How did you know it was me?

Some other fellow brought you to the dance The moment I met you that boy stood no chance I knew it was you from your very first glance But how did you know it was me?

I never was noted for beauty or charm
But the world likes me better with you on my arm
With one quiet kiss I'm completely disarmed
How did you know it was me?

You knew all about me in a moment or two Now I want a lifetime to learn about you My future was clear and I suddenly knew But how did you know it was me?

You bring me your happiness – You let me be The person I'm trying so hard to set free You seem to see something the world doesn't see That's how you knew it was me

You say you see plenty the world doesn't see That's how you knew it was me ©2022 Daniel Boling – Perfectly Stable Music / ASCAP & Tom Paxton – Bristow Songs / SESAC

4 - BEAR SPRAY AND BARBWIRE

I was hiking the Sandias
On a bright October day
Hauling out some old barbwire
Overdue to throw away

As I hiked, I started humming
An old Kingston Trio song
I was fat and dumb and happy
Thinking nothing could go wrong

I had my can of bear spray Any prudent hiker would You know, I've often wondered If this stuff is any good

I don't know how it happened
If I tripped or fell or what
I went ass over teacup
Came down on my butt

My arm wound up in a crevice And I heard a hissing sound Felt an odd vibration As I scrambled from the ground

Figured I was snake bit
Then I did a double take
It was punctured can of bear spray
Not an angry rattlesnake

They call this darn stuff bear spray Cause bears can barely stand it Hikers tote it with 'em That's why they went and canned it

It's filled with chili peppers
That you might like in your chow
But in your eyes and lungs, well
They're a bit less fun somehow

There was bear spray on my flannel shirt Bear spray on my pants On your naked skin you know This stuff'll make you dance

I commenced disrobing quickly Right there on the tail Staggered down the hill Like some demented Chippendale ©2022 Daniel Boling – Perfectly Stable Music / ASCAP & Tom Paxton – Bristow Songs / SESAC I drove my truck home praying
That the cops were not around
'Cause I'd play hob explaining
This strange stripper that they'd found

A fool half-blind from bear spray
In a beat-up antique truck
And the other cops would tease him
"Joe, don't you have all the luck"

So, remember if you're hiking Under dale and over hill Murphy's law's alive and well, boys If it can go wrong, it will

You can never be too careful Take this tip from Ranger Dan Keep your backside off the barbwire And your bear spray in the can Daddy, can I take your car this weekend for the dance?
Alright, son – Is she the one? Do I detect romance?
Take it slowly, there's no hurry, don't you know
You've got lots of years ahead of you and lots of miles to go

That all happened years ago our boy is long-since grown My bride's been dead a decade now – I'm mostly on my own My son checks in from time to time to make sure I'm OK And I'm doing pretty well, but it won't always be this way

You know, I date my life by cars I drove along the way Color, make and model, I still see 'em plain as day

30s Ford when we explored the Mother Road out to L.A. Blue Pontiac with us in back, chauffeured on our wedding day Rag-top Dodge, GTO, Woody wagon, Ford Bronco I recall 'em all like yesterday

I know the time is coming when they're gonna want the keys I thought I'd drive forever but there are no guarantees If I'm not safe, it's over – That's the only move that's smart But don't they see these keys connect directly to my heart

You know, I date my life by cars I drove along the way Color, make and model, I still see 'em plain as day

I suppose you think I should be happy I'm alive But what the hell am I supposed to do If I can't drive?

My son dropped by the other day to visit for a while It's always great to see him – I sure love to see him smile We made small talk for a while about the way things are Then he got to his real question Daddy, can I take your car?

I had this old Ford pickup, she was everything to me Driven her for so long, she was just like family Only had one problem with my motorized antique No matter what I tried, she had a radiator leak

She burned gas so fast Fillin' up was like a stick-up My wife called her My hick pickup

My son got so embarrassed when I dropped him off at school Wished his Daddy had a more impressive motor pool Figured my old Ford would be a source of ridicule Oh, but then he met a girl who thought that hick-mobile was cool

She burned gas so fast
Fillin' up was like a stick-up
My wife called her
My hick pickup

She prob'ly leaked since she rolled off that Ford assembly line Left a stream of coolant splattered down the centerline 'Till one day I filled her radiator with moonshine Oh, it gave that truck the hiccups, but cured the leak just fine

She burns gas so fast Fillin' up is like a stick-up Now we call her My hiccup pickup

She burns gas so fast Fillin' up is like a stick-up But now we call her My hiccup pickup

7 - WE CAN STILL WALTZ

We used to Jitterbug – Now days we don't Our spirits are willing – Our bodies just won't Between us we may have a long list of faults But, thank heaven, we can still waltz!

Dancing with old folks brings back better days
Days that seem long ago now
Moving together as the saxophone plays
Back then everybody knew how

There are a few things you never forget It's kinda like riding a bike Each partner you met was the loveliest yet We'd keep dancing as long as we liked ...

And we used to Jitterbug – Now days we don't Our spirits are willing – Our bodies just won't Between us we may have a long list of faults But, thank heaven, we can still waltz!

A few times a year for a Saturday night
They hang up crepe paper and turn down the lights
Move tables and chairs – Set up the band
The music strikes up – We each take someone's hand ...

So many women but just a few men
Out on the dance floor tonight
But when they go spinning and spinning again
It's oh such a beautiful sight

And the boys in the band sure aren't boys anymore But they're so glad to play the old tunes All of us dancers are filling the floor Till it's time to go back to our rooms

But we used to Jitterbug – Now days we don't Our spirits are willing – Our bodies just won't Between us we may have a long list of faults But, thank heaven, we can still waltz! Thank heaven, we can still waltz!

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8 - FRIENDLESS HEART

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Hitched here in a boxcar
The trains that I remember
Time moved on – Left me stranded here
All alone this time of night

But trains haul containers now
I'm holding but an ember
Of a flame that kept me moving all those years
Praying for one crack of daylight

Every time I hear a distant freight
I long to move on down the line
The music of her whistle sends a message
To a friendless heart like mine
She sings ooo ooo ooo ...

Took up with a girl
I met one night at the dance
I tried so hard to settle down
I sure made some mess of that

She was good to me
Kind and loving as could be
And I just had to run around
Play the field like some young tomcat

Every time I hear a distant freight
I long to move on down the line
The music of her whistle sends a message
To a friendless heart like mine

Nowhere works for no one Guess that's why it works for me Nowhere is exactly where I will be

Every time I hear a distant freight
I long to move on down the line
The music of her whistle sends a message
To a friendless heart like mine
She sings ooo ooo ooo ...

Dear Ellen

You've been dear to me for so long now, so long

My Ellen

It's so clear to me

When you're near to me

I know I can't go wrong

Without meaning to I find I sing the song

Of you and me

Of you and me

Dear Ellen

Ev'ry other flow'r was sweet but not for me

Not for me

You appear to me

The beginning and the

End of mystery

The writing of the secret history

Of you and me

Of you and me

You and me

All we need

Who'd believe

This could be

Dear Ellen

Without you this life would be so wrong, so wrong

My Ellen

When you came to me

I could finally see

The world where we belong

So we sing as we have sung our whole life long

Of you and me

10 - THE QUIET ONES

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Keep your eyes on the quiet ones
The ones who have their eyes on you
You know they are missing nothing
You know that what they see is true
Let the silly asses bray
The quiet ones have more to say

Keep your counsel when the loud boys come Harshest voices in the crowd The ones who rail and beat their drum So little reason to be proud Let the silly asses bray The quiet ones have more to say

It's the quiet ones who listen
The quiet ones who hear
It's the quiet ones you count on
When the bigshots disappear

Let me keep my big mouth shut Until I know what I mean to say It's harder, but I tell you what I learn a whole lot more that way Let the silly asses bray The quiet ones have more to say

Yelling people, barking dogs
The more they shout the less we hear
Talking heads and demagogues
So much less than they appear
Let the silly asses bray
The quiet ones have more to say

It's the quiet ones who listen
The quiet ones who hear
It's the quiet ones you count on
When the bigshots disappear

Keep your eyes on the quiet ones
The ones who have their eyes on you
You know they are missing nothing
You know that what they see is true
Let the silly asses bray
The quiet ones have more to say

11 - THIS TOWN HAS NO CAFÉ

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This town has no café
They closed her down and moved away
No place now to have a cup
And ask your neighbors what's been up
To hear it all and have your say
This town has no café

Blueberry pancakes passed the test Maybe the coffee was not the best But we all went there anyway That's how we'd start most every day Something precious slipped away This town has no café

Now where will the politicians go
To kiss the babies and run their show
The very finest women and men
If they win, we'll never see 'em again
Till next campaign when they pass this way
But this town has no café

Now what's a town with no café
How's it even here today
You'd think it would have blown away
And I expect it will
We'd sit and chat for hours and hours
In the shadow of the water tower
It wasn't much but it was ours
Then it went over the hill

This town has no café
They closed her down and moved away
There's not a lot left here today
This town has no café

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When they sent us here to fight I believed that it was right Decades in our longest war I'm not so certain anymore Giving it back to the Taliban Leaving Afghanistan

I think we intended well
But anymore, man, who can tell
What they told us and what was real
I just know the way I feel
Giving it back to the Taliban
Leaving Afghanistan

What we wanted all these years
Leaving Afghanistan
Now that day is finally here
Leaving Afghanistan
Thousands dead – Millions more
Don't have a country anymore
Who'll be here when the last plane clears
Leaving Afghanistan

I believe we have to leave
The war is hopeless I agree
But something else is just as true
Leaving's the worst thing we can do
Giving it back to the Taliban
Leaving Afghanistan

Men we've worked with hand in glove Families we've grown to love And working dogs brave and faithful It may be right but it feels disgraceful Giving it back to the Taliban Leaving Afghanistan

What we wanted all these years
Leaving Afghanistan
Now that day is finally here
Leaving Afghanistan
Thousands dead – Millions more
Don't have a country anymore
Who'll be here when the last plane clears
Leaving Afghanistan

It's not all red, white and blue
There's a whole lotta others too
This world has a rainbow hue, thank God
It's not all red, white and blue

My oldest friend is Jewish
My politics are blue-ish
I'll let you live as you wish
You could do the same for me

I'm an Okie boy from Bristow
I've got neighbors who love disco
I'm glad to tell you this though
We get on just famously

It's not all red, white and blue There's a whole lotta others too This world has a rainbow hue, thank God It's not all red, white and blue

Seven billion folks and growing Quarter million years, still going Where we'll end up there's no knowing But for now we're all still here

Six thousand languages between us Just one single genus Folks say "humankind" they mean us So the one thing that is clear

It's not all red, white and blue
There's a whole lotta others too
This world has a rainbow hue, thank God
It's not all red, white and blue

I tell you what, we need to do more dancing We did it once, let's do it all again Cause it's hard to keep from grinning when you're dancing So let's all holler WHOOPEE while we spin

It's not all red, white and blue
There's a whole lotta others too
This world has a rainbow hue, thank God
It's not all red, white and blue
It's not all red, white and blue

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What did you do in the missing years? How did you pass the time? I tried TV – nothin' on Alex Trebek was pretty much gone Sat around drinking wine

I had this bookcase in my house Filled with classic tomes If ever I find the time, I said I could wind up pretty well read In novels, plays, and poems

I stood in line – Got my shots
Avoided busy public spots
Stayed home every chance I got
Wore my mask to bed
Tarot cards and casting lots
Shady deals and crooked plots
Auld acquaintances forgot
But not a lot got read

We're not done with the missing years
We might never be
Everybody works from home
Spends way too much time alone
Or maybe that's just me

There's no such thing as the good old days
There never really was
Right and left refuse to mix
Practice dirty politics
Just like the other guy does

I stood in line – Got my shots
Avoided busy public spots
Stayed home every chance I got
Wore my mask to bed
Tarot cards and casting lots
Shady deals and crooked plots
Auld acquaintances forgot
And not a word was said

We won't forget the missing years
The heroes and the volunteers
We overcame our gravest fears
But we'll remember when ...

We all mourned those missing lives Who's gone now and who survives We're grateful each new day arrives The sun comes up again

We're grateful each new day arrives The sun comes up again © 2022 Tom Paxton – Bristow Songs / SESAC & Daniel Boling – Perfectly Stable Music / ASCAP

I turned that corner – The whole world changed for me Found myself someplace where I never dreamed I'd be That moment forward I have never once looked back Now I need nothing but my thumb and my gunnysack

Lotta folks been ramblin'
Gotta wonder where they've gone
And I feel like I wanta ramble on

The road was rocky but it led right up the hill
So I went and climbed it like I guess I always will
I saw another hill and one more after that
Every day is another underneath this ramblin' hat

Lotta folks been ramblin' Gotta wonder where they've gone And I feel like I wanta ramble on

Got to California it was time to turn around
All I have is time – Can't help but wonder where I'm bound
Failed to win that woman – Tried every way I could
She did me one last favor – Put me on the road for good

Lotta folks been ramblin'
Gotta wonder where they've gone
And I feel like I wanta ramble on

I'm luckier than most – I found what brings me joy Cut Woody's trail a bunch of times – The original ramblin' boy Don't look for me to settle – I'll be ramblin' till I'm dead There's always one more corner up ahead

Lotta folks been ramblin'
Gotta wonder where they've gone
And I feel like I wanta ramble on

Lotta folks been ramblin'
Gotta wonder where they've gone
And I feel like I wanta ramble on
And I feel like I wanta ramble on