



ALoud

Don't Trust
the Radio

Help Me Help You

L-16-01
(de la Cruz/Bogwiristain)

Now come in asking favors
And said there's nothing new to learn
You claimed you were unbreakable
Now you allow yourself to burn -
You've got time to justify
Those things that you should
If you don't you'll just deny
You ever could
You say you have your doubts to tend
And you want to turn around
I would like to get back home again
But there's no one left in town
Chorus
I bet you just need a friend
Maybe you think this won't end
There's an owner here that
I don't quite know, But you must show
What you're here to do, And just let go
Help me, Help you

It seems there's always consequences
After challenge you must face
When nothing's really there
You can't afford to get second place
Chorus
Mid-8th
Help me Help You 4x

WE FALL DOWN

3/16/2002

Run outside
Waitcha tell me what you see?
Sun has peaked
Now it's cast into the sea

Bs Bsus
A E/G# A E/G# B

ing

From the day of our birth
We're moving somewhere

BS/G# E/G#
BS B

And we ~~cut~~ ^{with} up ~~into~~ the earth
But we should not care
For to ashes we ~~all~~ return

And we fall down, yea
We fall down

A/C# A B
A/C# A B

Day seems fair but

MB

It's ~~still~~ touch and go

A ~~E/G#~~ E/G#

Even by ourselves

A/C# A E/G# E/G

We are never alone

Em Bsus? Dadd A/C#

BRIDGE CHORUS M-8

You may be a rock

no man is an isle

If you wait a little while

BRIDGE CHORUS M3x3

Mind Relaxer

5/14/02

(de la Osa/Bogneristoin)

I don't want to feel like this no more
Don't want to wake up on the floor
You socialize with all the boys
But me you constantly ignore
You don't really care about me
You need someone to say it's ok
To do the things you're doing
I won't be your mind relaxer anymore
(I won't be your mind relaxer anymore
No, I won't be your mind relaxer anymore
Mind relaxer) last time
Sometimes we holding out it will not work
In fact sometimes it kind of hurts
It's all performed but not rehearsed
All these orders are getting worse
Chorus
solo
I want acquiesce to all your needs
Can't be the one to praise your deeds
I've no intention to mislead
From your dependency I'm freed
Chorus

Wouldn't You

(de la Osa/Bogneristoin) 9/28/01

You think I lead you on
But baby that's not true
Because I never said
That I would stay with you
How can you never blame me for
All the things (shit) I took (stole) made you poor
Hey Hey
I've got the waiter closin' you my friend
Because I skipped out on the bill again
Yeah I can't give you nothing
But you'd still call it something
Yeah wouldn't you
I left my life now wouldn't you
I guess it's not that nice
It's just a joy for me
'Cuz you've got sacrifice
And I've got luxury
Bridge
Chorus
solo
→

mid-80s
I don't wanna seem like I'm always down
I don't need to know that you'll be around
'Cuz it wouldn't change if you left + broke
Or every nite
Chorus
No matter what I
Soy or do
You never ask why
I did it to you
musical outro

outro

DON'T TRUST THE RADIO

To everything I am
And everything I do
Everything I could be
~~When I looked at you~~ (ACROSS?) } ~~The time for good is over~~
(Is) all the words I made up } I still don't owe to MOO
To the songs I wrote
Everytime I spoke up
~~And everytime I choked this ain't~~ It wasn't some kind of joke

Oh, it's all coming out just fine } BRIDGE x2
(And I pay for having a good time)

Is anybody listening to me out there?
I'm alone, and I don't care
Tripping over lies I've said before
When I'm by myself or I'm with you
I still don't know what I should do
Should've listened to my mama
When she told me not to trust the radio

To all the shivers I've had for
To all the bad days in all the beds I've lain
To all the fondles I've seen with those eyes } To all the ghosts who claim life
I've got something to say
To all the times I messed up
I'll make it up somehow
To all the gods I prayed to
Where the hell are you now?

CHORUS → What I once embraced
(Solo) Blows up in my face

BRIDGE ~~~~~

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ALoud

Don't Trust the Radio

1. Help Me Help You
2. We Fall Down
3. Mind Relaxer
4. Don't Trust the Radio
5. Wouldn't You* [BONUS TRACK]

Jen de la Osa: Vocals, Guitar
Henry Beguiristain: Vocals, Guitar
Roy Fontaine: Bass, bg Vox*
Rob Acevedo: Drums, bg Vox*

Produced by the band

Recorded in
Roy's Basement
Watertown, Mass.

Sleeve/B&W Photography:
Alison Murray
Art Concept: Alison Murray,
& the band

All songs written by Jen de la Osa & Henry Beguiristain. ©2002, 2021 DTTR Music Publishing/Pedro Pan Publishing.
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