

Lee Perry & Quindon Tarver

"Everybody's Free"

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Everybody's Free - Lee Perry & Quindon Tarver

Ladies and Gentlemen of the class of '97,

Wear sunscreen

If I could offer you only one tip for the future,
sunscreen would be it
The long-term benefits of sunscreen have been proved
by scientists,
whereas the rest of my advice has no basis more
reliable than my own
meandering experience.
I will dispense this advice now.

Enjoy the power and beauty of your youth, oh never
mind, you will
never understand the power and the beauty of your
youth until they've
faded. But trust me, in twenty years, you will look back
at photos
of yourself and recall in a way you can't grasp now,
how much
possibility lay before you and how fabulous you really
looked.

You are not as fat as you imagine.

Don't worry about the future or worry that know that
worrying is
as affective as trying to solve an algebra equation by
chewing bubble
gum. The real troubles in your life are apt to be things
that never
crossed your worried mind. The kind that blindsides
you at 4 PM on
some idle Tuesday.

Do one thing every day that scares you.

Sing.

Don't be reckless with other peoples' hearts; don't put
up with people
who are reckless with yours.

Floss.

Don't waste your time on jealousy, sometimes you're
ahead, sometimes
you're behind.
The race is long and in the end, it's only with yourself.
Remember compliments you receive, forget the insults.
If you succeed in doing this, tell me how.
Keep your old love letters; throw away your old bank
statements.

Stretch.

Don't feel guilty if you don't know what to do with your
life.
The most interesting people I know didn't know at 22
what they wanted
to do with their lives, some of the most interesting 40-
year-olds I
know still don't.

Get plenty of calcium. Be kind to knees, you'll miss
them when they're
gone.

Maybe you'll marry, maybe you won't.
Maybe you'll have children, maybe you won't.
Maybe you'll divorce at 40, maybe you'll dance the
'Funky Chicken'
on your 75th wedding anniversary.
Whatever you do, don't congratulate yourself too much
or berate
yourself either.
Your choices are half chance, so are everybody else's.

Enjoy your body.
Use it every way you can, don't be afraid of it or what
other people
think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your own
living room.

Read the directions even if you don't follow them.
Do not read beauty magazines, they will only make you
feel ugly.

Get to know your parents.
You never know when they'll be gone for good.
Be nice to your siblings.
They are your best link to your past and the people
most likely to
stick with you in the future.

Understand that friends come and go.
But a precious few, who should hold on.
Work hard to bridge the gaps in geography and
lifestyle, for as the
older you get, the more you need the people you knew
when you were
young.

Live in New York City once, but leave before it makes
you hard.
Live in Northern California once, but leave before it
makes you soft.

Travel.

Accept certain inalienable truths: prices will rise, politicians
will
philander, you too will get old and when you do, you'll
fanaticise
that when you were young, prices were reasonable,
politicians were
noble and children respected their elders.

Respect your elders.

Don't expect anyone else to support you.
Maybe you have a trust fund, maybe you'll have a
wealthy spouse but
you'll never know when either one will run out.

Don't mess too much with your hair or by the time
you're forty, it
will look eighty-five.

Be careful whose advice you buy, but be patient with
those who supply
it. Advice is a form of nostalgia. Dispensing it is a way
of fishing
the past from the disposal, wiping it off, painting over
the ugly parts and recycling for more than it's worth.
But trust me on the sunscreen.

