

## HUMAN SPEED BUMP

-Ugly Lenny-

They put you down  
Push you around  
It never seems to end  
You don't like what's going on  
But don't say anything  
They make you feel like you don't matter  
And you never will  
But you still call them friends of yours  
Though they've broken your will

You just lie down and take it  
You let them all run over you  
A human speed bump is all you are to them  
They're not your friends

She makes you feel ugly and worthless  
In every way  
Your heart's just an unwelcome mat  
She steps on every day  
You tell her that you love her  
She laughs right in your face  
Tell her she's the only one  
Tells you she needs her space

But you just lie down and take it  
You let her walk all over you  
A human speed bump is all you are to her  
She's not your girl

## ME & MY ATTITUDE

-Ugly Lenny-

Just because I seemed happy yesterday  
Doesn't mean it was because of you  
And just because I woke up pissed today  
Doesn't mean I'm pissed off at you  
If I ask you, "How was your day, today?"  
Doesn't mean I want a life story from you  
And if I ask you to leave me alone today  
Doesn't mean I'm only talking about you

It's just me  
And my attitude  
It's just how I am  
Not because of you

Just because I don't wanna go out  
Doesn't mean I don't wanna go out with you  
And just because I never showed up  
Doesn't mean I didn't want to be seen with you  
If I tell you I don't feel like it today  
Doesn't mean I'm making up an excuse  
And if I tell you to get away from me  
Doesn't mean I'm only talking about you

It's just me  
And my attitude  
It's just how I am  
Not because of you

Get a life  
This isn't about you  
Get it?



## I'M IN LOVE WITH A NAZI GIRL

-Ugly Lenny-

She looks cute in her fringe  
She's covered with skinhead tattoos  
She wears red braces that match the laces in her boots  
And on her T-shirt  
Printed right across her tits  
Is a slogan that reads,  
"IF YOU AIN'T WHITE - YOU AIN'T SHIT"

I'm in love with a Nazi girl  
In love with a Nazi

She was getting ready for a rally  
And told me that I should go  
She was disappointed when I said,  
"Nah, I think I'll stay at home"  
She said, "C'mon, us whites must stick together as one.  
We'll toast marshmallows on burning crosses...  
It'll be a lot of fun."

All day she screams, "White Power!"  
And all night she dreams of White Power.

*...a true story...you can't help who you fall in love with.*

## SOMETHING TO DO

-Ugly Lenny-

I don't wanna read a book or veg out in front of the tube  
Don't wanna sleep the day away or sunbathe in the nude  
I don't wanna be alone  
'Cause, then, all I do is feel empty & lonely  
And sit around, thinking about her

Somebody call me up  
Somebody take me out  
C'mon, just for an hour or two  
Somebody answer my call  
Somebody go out with me  
I could really use a friend, right now  
I am really in need of a friend, like you

I don't wanna clean my room or my dirty fingernails  
I don't wanna write a tune, like I'm doing, right now

I need something to do  
To get my mind off of her  
Gimmie something to do  
So, I can stop thinking about her  
It hurts





## STEAMROLLER

-The Adicts-  
originally recorded by *The Adicts*

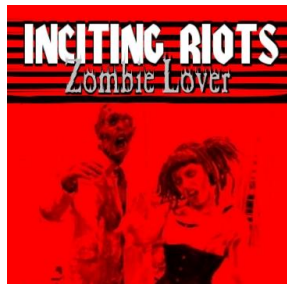
## WHITE MINORITY

-Greg Ginn-  
originally recorded by *Black Flag*

## THE SOUTH WILL RISE AGAIN

-The Confederats-  
originally recorded by *The Confederats*

When I got shot an' I lay abed  
I had two pillows at my head  
And all my toys beside me lay  
To keep me happy all the day  
An' sometimes for an hour or so  
I'd watch my leaden soldiers go  
With different uniforms an' drills  
Among the bed clothes thru the hills  
Or I'd bring my trees an' houses out  
And I'd plant cities all about  
Cuz I was the soldier bleeding still  
Who sits upon the pillow hill



## ZOMBIE LOVER

-Ugly Lenny-  
I'm a zombie lover  
Won't eat your brains  
But I'll fuck your brains out

I'm a zombie lover  
Won't eat your brains  
But you know I'll eat  
Between your legs

## INSTANT ASSHOLE

- Music by Adrienne Avilez / Words by Ugly Lenny-

When she's sober - I adore her  
She's sweet & nice to me  
But when she starts drinking  
It's a different story  
She cops an attitude  
Thinks she's better than everyone  
She gets rude & obnoxious  
And becomes no fun

'Cause she's an instant asshole  
Just add alcohol  
She's an instant asshole  
She's no fun at all

When he's not drinking - he's cool and  
He's fun to be around  
But when he gets drunk  
That cool guy's nowhere to be found  
He starts in on his girlfriend  
Then turns against me  
It makes me wanna knock him out  
But, instead, I just leave

'Cause he's an instant asshole  
Just give him some beer  
Watch Jekyll become Hyde  
Then get the hell outta there

You're an instant asshole  
Can't handle what you drink  
You're an instant asshole  
Throwing up in the sink

## UGLY AS YOU

-Philo Cramer-  
originally recorded by *Fear*



## ME & MY FUCKED UP ATTITUDE

-Ugly Lenny-  
unedited version of *Track 2*

## MY INSTRUMENTAL GIRL

-Ugly Lenny-  
instrumental version of *"My Irish Girl" (2006)*