



'ULTIMATE MIX TAPE' PLAYLIST

TOP 50 SONGS OF ALL TIME

1. Jackson Browne – I'm Alive

To this day, this song still helps me get through the greatest heartbreak of my youth. I wish I had known how unhappy he had become as I was following through on my beautiful plans to move to across the country. I recently drove down CA-5 to Orange County and this song came on the radio. What are the chances? I don't believe in chance. But now, I am comforted by the fact that I survived, I am better for having loved him and I'm Alive!

2. Jeff Buckley – Hallelujah

This song truly haunts my soul in a way that no other song ever will. Nobody, in my opinion, has EVER recorded a better version of this song than Jeff Buckley and I have listened to them all. I remembered learning of Buckley's accidental drowning in the Wolf River Harbor in Memphis in 1997. I still hear the sadness in his voice. I hope that when I get to the other side, I can hear him perform this song live. It would really be a little slice of heaven for me. When my friend Debbi and I were reminiscing about the Leonard Cohen version (her favorite) on a recent road trip, we salivated over the depth of the song's best line: "Well, maybe there's a God above, but all I ever learned from love was how to shoot somebody who outdrew you." How many times did I break up with someone just because I didn't want to give them the opportunity to dump me? Often. It has taken me many years to admit that. But even so, if anyone asks, I want this song played at my funeral as people exit. Check out his "Last Goodbye" as it is a VERY close second favorite.

3. Billy Joel – And So It Goes

This is a song about something I haven't always allowed myself to be when participating in relationships – vulnerable. The only way we can grow spiritually is by allowing ourselves to let go of our own inner guarded sanctuary, which is ultimately just a false form of self-defense. This silence prevented me from loving fully and from loving fairly. I have learned to communicate. It is my only weapon since I discovered that everything in a *true* partnership cannot be controlled by any one participant. I only own half of the ultimate choice, so it is critical that I take care of my own emotional health and give love a chance.

4. Pearl Jam – Just Breathe

You will find that many songs I love are about death because I accept that it is a requirement of life and hope that we can all see how much opportunity we have while we are here to love and be loved. As outlined by one of my favorite authors, Shauna Niequist in *Bittersweet*, each of us should have a 'Home Team.' I have been blessed with an amazing Home Team that has been selflessly there for me (and I will continue to be there for them) through many personal experiences, which can also be re-classified as "mini-crises" at times. They have taught me, and continue to remind me, to BREATHE and "just

be.” I am recently discovering that some of the most useful time I spend is time just being quiet, reflecting and listening. At the end of the day it is our friendships, the give and the take, that make us human beings. Be...if you can!

5. Joni Mitchell – Both Sides Now
6. Zach Sobiech – Clouds

I have always been a huge fan of Joni Mitchell, but one song stands out to me as truly special, Both Sides Now, which also happens to be featured in my favorite movie of all time, *Love Actually*. It talks about clouds, love and life, each of which has offered ups & downs, gives & takes and wins & losses. She looks back upon life and realizes that the same optimistic wonder that she had as a child has left her with confusion about her meaning and purpose as an adult.

In May 2013, while learning about the ugliness of osteosarcoma, I was blessed with discovering the most beautiful song created Zach Sobiech, a young man who lost his four-year battle with the disease. His life gave clarity to Joni Mitchell’s search for answers. Focus on receiving the love from others. People want to throw you a rope, so selflessly accept it as a gift of love...possibly for their sake. Focus on the positive; go with the flow; accept what you can’t control; be grateful. Live each and every day to the fullest since each one is a day closer to ‘time’ being out of our control. Focus on the fact that “every new beginning comes from some other beginning’s end” (Semisonic, *Closing Time*) and heaven is a new beginning where everything will continue to remain just fine.

Maybe if Joni Mitchell fell down the same “dark and lonely hole” Zach fell down, she would have risen “up, up, up” and seen the nicer view from the clouds above.

7. Glenn Campbell – Gentle on My Mind

When I took Music History at UCSB, I was so enamored by the class that I never got an exam question wrong the entire semester and earned the only A+ the course had, at the time, ever granted. During this class, I learned about the impact that Glenn Campbell had on launching country music to mainstream listeners through this song, which he used as the theme song to his variety show. I fell in love with the lyrics of this song back then, which simply remains pure poetry today. I never get tired of listening to it.

8. Rod Stewart – Have I Told You Lately

I haven’t always loved this song. I have always liked it. But, now I love it. My husband returned from Rod’s show in Vegas recently, and he told me that this song was written about God. I couldn’t wait to play it and listen to it with a new perspective. It gave me a whole new appreciation for the beautiful message it speaks. This is what it is all about. And if you want to kick a soccer ball after listening to it, go ahead!

9. Guns N’ Roses – November Rain

This is my favorite power ballad. It is the perfect blend of classical music and grunge. I don’t know if I like the song or the video more. Something about Axl Rose’s raw rasp accompanied by violins just moves me. Many of my favorite high school dance songs were by GNR and this was released the month I graduated. It was the ultimate final hurrah.

10. Paul Simon – Kodachrome

A former love of mine spent months searching for the perfect speakers for his sound system. One night he plugged them in and we spent the whole night in his room listening to the incredible layers in the recordings. He was on cloud nine....so much so that when he woke up in the morning, he put on this song and did a hilarious naked dance of joy, thrusting rapidly

to the “momma gonna take my kodachrome” section. He was sexy and it suited him well. That is probably my most memorable ‘lap dance’ to date. I wanted him to repeat it later in our dating life, hoping that it might become a fun routine, but he would not replicate it. It was probably a good thing that he didn’t since nothing could match up to that moment and it is burned into my memory as one of those special times when someone acts out of character and we all just celebrate the joy that music can bring.

11. Neil Young – Old Man

I am so much like my dad...just want everyone to love me...and, of course, I have a lot of love to give! And when you look at our eyes, they are so similar. I am a huge fan of Neil Young, the artist. There is a band that plays in Melbourne Beach, The Tree Frogs, and this is one of their best live songs. We often seek them out when we are at the beach and this continues to be one of my top requests. I love me some *Harvest Moon* too.

12. Fuel – Shimmer

I have spent much of my life waiting for the next shoe to fall. This song sums up my theme song for many years of my life. I have battled my way through a lot of disappointment in my life, but I still find comfort in this song. I think it is a reminder of how far I have come. Or maybe I just love the song and can’t let go of it. Fuel has a few great ones.

13. Ice Cube – It Was A Good Day

There is no better ‘pick-me-up’ than a little Old School Rap. While this song may not be appropriate to play around vulnerable populations, I do find the flow hilarious and poetic...in that sarcastic L.A. gangsta’ kind of way. And Jimmy Fallon loves it too...so it must be amazing.

14. Norah Jones – The Nearness of You

One of my favorite friends, Tracy Lane, is a talented singer who used to have a show in Las Vegas. She sang this song as a gift at my wedding. It reminds me that the most amazing gifts in life are those that don’t cost money, but build memories. Her mom (best friend) recently passed away. I would love for her to find comfort that her mom is still close by.

15. Linda Ronstadt – Goodbye My Friend

When my friend Mary died my senior year in high school, I was distraught. Her family found the lyrics to this song framed in her room. I can’t think of a better gift for Mary to give us. She had such a contagious and positive spirit. In some of my spiritual work, Mary appears and sends messages from the other side. I am still so grateful for her and miss her friendship. I know she is with me and I look forward to seeing her again on the other side. If you experience a loss, this song may provide some comfort. It is where I turn when anyone close to me passes...I guess because I know that Mary will welcome them with that big grin and a warm hug in heaven.

16. Bell, Book & Candle – Rescue Me

I was living in East Berlin, not too long after the Wall went down, and it was still a city with little Western influence. I discovered this band when I was there and fell in love with this song. I bought the CD and played it until it was scratched up. I had the hardest time finding it in the States, but ultimately got my hands on a copy and was reunited with this song of solitude from a very foreign land.

17. Lenny Kravitz – It Ain't Over Til It's Over

When I first fell in love, I fell in love with this song at the same time. It reminds me of a very carefree and young time in my life, when I was most free in every way.

18. Dean Martin – Memories are Made of This

This was the song I played at my grandmother's funeral. While she may not have always had the loudest voice in the room, she had an incredible impact on my life. She was a strong woman, a fabulous mother & wife...and a true chef. She had three boys and was a complete class act. This song always reminded me of my grandparents, who I look forward to seeing on the other side...God willing.

19. America – Ventura Highway

When I lived in Santa Barbara during undergrad, I would take the top off of my Mustang 5.0 and cruise down the Ventura Highway blasting this song on my way to LA, San Diego or Mexico. It's amazing how happiness can sometimes be a simple cocktail of 1/3 sunshine, 1/3 convertible and 1/3 equalizer.

20. Alabama – Dixieland Delight

Many late nights in Ithaca at country bars with some of my girlfriends...and this became my karaoke song. The first time I ever heard this song, it just made me happy. Its simple lyrics are perfect...anything with a "chubby old groundhog" has to make you smile!

21. The Eagles – Wasted Time

My dad and I used to sit in the dark listening to the lesser-known songs on his favorite albums when I was growing up. This song was always my favorite Eagles song as it is associated with some of my first memories when I was three years old. I knew every word by heart. Even as a small child, I worried about Wasted Time. I guess that hasn't changed.

22. The Doobie Brothers – South City Midnight Lady

Something about this song just resonates with me. I love the Doobies. And this is my favorite, even though I don't smoke and my whiskey is never cheap.

23. Joan Baez – Diamonds and Rust

It's simple, she is the Queen of folk and has a legendary voice. And I love her.

24. Eric Clapton – Peaches and Diesel

I have always wanted to walk down the aisle to this instrumental since I was a little girl. The first time I got married, we had a small classical band on a ship...so that wasn't an option. The second time I got married, the church said that no secular music was allowed. Either there's a charm or everyone gets to enter my funeral listening to this one!

25. David + David – Welcome to the Boomtown

My best buddy in high school, Brian, and I used to blare this song. I was in love with him for a year and he didn't love me back. Then, right when I lost interest, he decided to pursue me. Isn't that how young love is...full of bad timing? Nobody

believes it, but we never kissed. True story. Thankfully, we were meant to be friends and the other stuff never got in the way. So, we still have the Boomtown!

26. Willie Nelson – The Scientist

When I was little, I heard that if you liked Willie Nelson or Bob Dylan, there might be something wrong with you. But, I must admit, as an adult I love them both. So many of their songs are genius...even when you add a little Julio Iglesias into the mix. But, this version of the original song was even better than Coldplay's. I love the Willie release in partnership with Chipotle Grill's short film, *Back to the Start*, which highlights the challenges facing everyone in regard to CAFO's (Concentrated Animal Feeding Operations). Organic is better and Willie is just organic goodness to the ears.

27. From the Movie *Juno* – Anyone Else but You

I just love how innocent and pure this song is at the end of the movie *Juno*, which is, in and of itself, pure and innocent in so many ways. Treat yourself to this little ditty every once in a while and I hope it makes you feel young again too.

28. The Who – Baba O'Riley

This song is so powerful and I love the words because they are about strength. I love The Who and it was tough to choose a favorite when considering how much I also love *Pinball Wizard*. But, I guess I should choose strength over a deaf, dumb and blind kid who plays a mean pinball.

29. Sierra Noble – Human After All

I love the Shazam app, because when I hear a song that I don't recognize, but love...I find out who the artist is and consider buying it on iTunes. Every once in a while, I am lucky enough to discover some true talent that is still unrecognized with other treasures in their portfolios. I first heard this song at the end of an episode of *Parenthood*. I love the duet component and have also come to love Noble's other song, *I Can See*.

30. Tom Cochrane – Life is a Highway

Many versions have been made of this song, but nothing beats the original grit of Tom Cochrane's voice. I used to party with a group of guys in college who lived at the end of my street in Isla Vista. Three of the four went to high school with me and this was their party anthem, often turning their living room into a respectful mosh pit when this song began playing on the custom mix tape (remember those?). Those were good times, until two of them found out I was hanging out with both of them. Cool guys...I just couldn't narrow it down to one. After all, they knew life was a highway, right?

31. Brooks & Dunn – Red Dirt Road

I like to tell people that I named my son after Kix, even though that isn't really true. I saw Brooks & Dunn in Reunion, FL. It was one of those "free" headliner concerts for homeowners who paid top dollar to buy into a master community. I think I was the only person in the crowd who knew any of the lyrics; therefore, I was eventually spotted by the country duo. They sang to me, their only fan, the remainder of the evening. *Red Dirt Road* was the song they chose to play 'Audience Fill in the Blanks,' so I screamed the lyrics at the top of my lungs while everyone stared at me. I think the crowd was full of smooth jazz fans. I recently had lunch with country radio personality Skip Mahaffey and he told me that Kix invited him for an afternoon of fast driving in the GTO that was used in this video. They loaded up a cooler of beer and tore around the corner. Not even a mile down the road, the GTO broke down. I guess that's sometimes how it goes – the story within the song is much better than the actual road in real life.

32. Jason Mraz – 93 Million Miles

This song makes me reexamine the meaning of my legacy as a parent. Just as we experience day and night, or positive and negative, it is important that our children understand that the “absence of the light is the necessary part” in order to experience the beauty of each new beginning. HOME is defined as the values we instill in our children and no matter where we go, those values, traditions and memories will be there to guide them through the tough times. If we do our job as parents, they will love their lives and hold HOME in their hearts. They will be fine.

33. The Mamas & The Papas – California Dreamin’

When I first moved to Upstate NY, I would walk to the grocery store from my apartment in the fall. The rural path was fastest and I enjoyed walking through the thick piles of leaves. Being from California, I had never really experienced autumn before and I was mesmerized by its beauty. I was born on the first day of fall and on my 23rd birthday, I remember having a deeper connection with my special birth date. I listened to this song on my Walk-Man that day. It was one of those moments with nature that you just never forget.

34. Barbara Streisand – Everybody Says Don’t

Everyone says DON’T, when maybe we should be focusing more on DO! Shouldn’t we all insist on miracles and living without fear? This song is from the *Anyone Can Whistle*. I can...can’t you?

35. Boz Scaggs – Lido Shuffle

I met Boz in 1997 when he came to perform at the winery I managed. He wasn’t the most social guy, but he did not disappoint in his performance. He sounded exactly the same as he did on my dad’s Dolby NR system when I was pint-sized. *Silk Degrees* is one album that will always have a special place in my heart.

36. Counting Crows – Mrs. Potters Lullaby

37. Counting Crows – Long December

While this band disappoints live, they may be one of the best recorded bands of all times. Their lyrics are pure poetry and I have been fortunate enough to spend a lot of time studying the meaning behind these lines as I have driven from state to state. “If dreams are like movies, then memories are films about ghosts.” So true. “And if you’ve never stared off into the distance then your life is a shame.” Enjoy both of these songs as they have provided me with much contentment over the years.

38. Eva Cassidy – It Doesn’t Matter Anymore

39. Eva Cassidy – What a Wonderful World

Eva died in 1996 of melanoma and her voice, so pure and unadulterated, is missed. My parents had the biggest fight of my childhood after a Paul Anka concert and when I heard her version of one of his songs, It Doesn’t Matter Anymore, I felt like she was speaking directly to me. They got divorced shortly after she recorded it. And...it still doesn’t matter anymore. When you get older, you learn that sometimes it is better when everyone stops trying so hard and moves on to find their own happiness.

My favorite song as a child was ‘What a Wonderful World.’ My friend, Melissa, came to beach with her three amazing sons for a weekend in the sand. One night, as we were taking turns sharing our favorite dance songs, her youngest son reminded us of the power music has on the soul when, in the middle of our crazy dance party, he pulled up a video of Louis Armstrong on his iPad. He pointed out that he loved this song because Satchmo smiles the entire time he sings it.

True. I had never noticed that. It was such a beautiful perspective from a child who was mesmerized by the beauty of this song, just as I was at his age. As I have grown older, I have grown to love Eva's rendition just as much. It must be hard to recreate a song made famous by a legend such as Louis Armstrong. But she brings her own female intensity to it and maybe it is the girl-power that resonates with me.

40. Peter, Paul & Mary – Leaving on a Jet Plane

This was one of my mom's favorite song when I was younger. I got to see them perform live in an intimate performance in 1996. I was glad to see Mary Travers live, in person, before she died. The trio was enthusiastic and made the era come to life for those of us who grew up hearing about the impact they had on our parent's generation. No argument here that the trio was legendary.

41. John Denver – Annie's Song

I love that John Denver's voice is so sad, even when he sings about Sunshine on My Shoulders. His melancholy tone when singing about something positive reminds me so much of Karen Carpenter. There is such sadness and depth to his voice, like hers. Annie's Song was played at my aunt's wedding as she walked down the aisle in the park...and at her only daughter's wedding in 2012. It was a special moment. I met John Denver shortly before his plane crash when he performed at the winery I managed. He was recovering from alcohol addiction and really struggling...a troubled and sad man. When I heard that his plane crashed, I instantly believed that it was suicide. While we will never know the truth, his crew believes the same. I hope that God has recognized the contributions that he made to many people, even though he may not have always made the best choices.

42. Guns N' Roses – Sweet Child of Mine

I love this song for so many reasons. There have been so many memorable moments in my life when this song was playing. The most memorable was when I had it played during one of the band breaks at my wedding. My dad busted out some serious air guitar and everyone went crazy! I am shocked he didn't pull a muscle...great times!

43. Alphaville – Forever Young

This song reminds me of my high school music culture more than any other song. I do continue to rejoice in the fact that the song celebrates that the music is played by the "madmen," or else we wouldn't have so many masterpieces to share. Right? Of course.

44. Rick Springfield – Jesse's Girl

My first concert was in Third Grade. My dad gave me tickets to see Rick Springfield because not only was I was obsessed with his chart topping music, but my aunt let me watch General Hospital and indulge in the pure sexiness that was Dr. Noah Drake. Oh yes! So, my father (who was not looking forward to taking his 8-year old daughter to a concert) bought me tickets for my birthday and escorted me to what would later be defined as a 'turning point' in his parenting career. In Row C, every horny, hot housewife was dressed in a toga-like sheet, throwing bras and panties on the stage (in modern-day Tom-Jones style) and my father was one of the few male-type specimens brave enough to endure such a traumatic event. Needless to say, we *begrudgingly* went to two more of those concerts (as far as my mom knew). To this day, it is common to see some of the Greatest Hits busted out in air-guitar style after Thanksgiving or Christmas dinner as we relive the "Glory Days."

45. Stone Temple Pilots – Vasoline/Plush/Interstate Love Song/Creep/Big Bang Baby/Sex Type Thing/Lady Picture Show

Sometimes it just isn't fair to pick one song when it comes down to such pure portfolio genius as that of STP, so I have to cheat a little here. I have had so many incredible mental wind-down sessions in college (alternating between Fleetwood Mac, the Spin Doctors and Blind Melon) that I can't even begin to narrow it down to one worthy song. There are a couple of challenges with my STP "Brilliance" Theory in the mainstream media. The first is that Scott Weiland, regardless of his undisputed talent as a lead singer, is a conflicted drug addict who has lost his position with STP and Velvet Revolver on numerous occasions. The other is that there have been so many inconsistencies with their style that it is difficult to get critics to identify with them; their "best" genre is easily debated. All that being said, I can't disregard the fact that STP managed to successfully evolve in sound and style, continuing to find ways to appeal to the mainstream listener. I just have to share how much I love MANY of their albums and song genres. Explore what you like; you will love some songs and loathe others. But, I love the complexity of their music and long for a comeback. Heroine is a bad thing.

46. Fleetwood Mac – Landslide

No woman alive has a more discernible voice than Stevie Nicks. I love her love for witchcraft because I think we all have to believe in something bigger than ourselves. Time makes you bolder...and as I grow, I realize that while I have been afraid of changing sometimes, I usually find the strength through my belief in God and through the power of my friends. Their intentions are powerful when I need the support.

47. ELO (Electric Light Orchestra) – Mr. Blue Sky

This is a great workout song and an overall great feel-good song. It's a real 'pick-me-up' whenever I need it and it NEVER disappoints.

48. Randy Travis – Three Wooden Crosses

While my friend, Randy Travis, might have become a bit of a train wreck in recent years, maybe it is all about the words he has left for us in this song. "It's not what you take you leave this world behind you, it's what you leave behind you when you go." We all have the opportunity to make an impact on each other and leave the world a little bit better than how we found it. I can rarely listen to this song without tearing up. It is a beautiful message.

49. The Royal Guardsmen – Snoopy's Christmas

Let me start by saying that I am a Christmas nut! I absolutely love the religious symbolism of birth, the weather, the elegant decorations, the food (too many traditions to begin discussing here), the spirit of giving, my husband's obsession with Santas, family, red, green and the music that December brings to us Christian-based believers! When I was in elementary school, my friend's dad, Mr. Lewis, was a DJ and made me an amazing mix tape of Christmas songs. Some of the songs were mainstream and others were not-so-well-known *gems*. While this song has become more popular over the years, it was pretty eclectic in the 80's. It has remained my absolute favorite Christmas song and is now my son's favorite as well. Why can't every day be like Christmas, when we can put our differences aside (war and what-not) and wish each other *Merry Christmas* and refer to each other as *friends*? Idealism aside, I just love this song and thank Mr. Lewis for introducing me to it. Unfortunately, he recently passed away. Sometimes people never know the impact little things they do in life have on other people, but Mr. Lewis opened my eyes to so much music and for that I will always be grateful.

50. Bing Crosby & David Bowie – Little Drummer Boy

I love the marriage of old and new, and how they make this work...but it's even better than 'work'...they make this remarkable. We can all come together to make something great become legendary, even if at first it doesn't seem to make much sense. Separately, Bing & Bowie are great, but with a little Christmas magic, some old-school record industry pixie dust and a little harmonic synergy, they are UNMATCHED.

BEST ALL-AROUND ALBUM OF ALL TIME

It's a TIE...Shocker...I can't pick JUST ONE!

1. The Pretenders – The Isle of View

Chrissie Hynde just rocks. I love this entire album. Need I say more?

2. Fleetwood Mac – Rumours

Lindsey Buckingham can STILL 'bring it' after all of these years; he is UNREAL on the guitar. Stevie Nicks is STILL the queen of Rock, followed by the Wilson sisters of Heart. I still get lost in Fleetwood Mac's music. After a long, crazy day of work in the restaurant business back in the summer of 1993, I used to come home to my lonely apartment at 2AM after I closed up. I would lie down on my dad's old black leather couch in my college townhouse and just get lost in their music in the dark to calm down and center myself. It still has that same effect on me.

3. Alice in Chains – Jar of Flies

Light a candle, pour a beverage, get in the tub with your lover...whatever it is that makes you happy, just get lost in this music. At the core of me, I love metal and grunge...but this has ethereal soul too. Unfortunately, the lead singer, Layne Staley lost his life to drug addiction in April 2002. I remember I was at my neighbor's house that Friday night, pregnant as all get-up, when it was announced on the news. I don't know if the baby kicked or if I took a shot to the gut, but I knew we lost an amazing talent that day.

4. Carole King – Tapestry

Brilliant. Brilliant. Brilliant. (As long as you skip *Smackwater Jack*...who should have used the "shotgun in his hand" to kill his own Track...#10. But, "YES," the rest is BRILLIANT).

5. George Winston – December

Contrary to the opinions of my aunts and parents, I was tortured by piano lessons as a child; however, I continue to adore this album and still play it to relax, get centered and reflect. I will never tire of Winston's talent and inspirational solo arrangements. Don't let the name fool you. This is not a seasonal album, but one that should be enjoyed year round.