



Empowering



...for the Bredren



Diane "Livonn" Adamm

by Don Carlos

The Bible says it all. If you refer to the Bible you will get all you need to keep peace and love in your life.

The Word is to put Jah in front. For example: if you have a child and if that child let you feel joy, and you want to give that child love and care, refer back to Jah when in doubt

how to give the child what you want to. Jah will make everything good happen. You will have everything. Trust in Him.

The beginning of knowledge is learning. School is really where you learn how to get information. Learn well how to get as much information as you can. Listen and learn from your teachers, elders and other people more experienced than you. I learn a lot from listening to the people. In your career choices I say, once you decide, practice! Practice makes perfect. When you get good at anything, people will respond to goodness – and that equals a career!

Love is mystical. You can't put a time or an age on it. I first fell in love in my teens. The main thing is to focus on Jah in your living, then you gain all the knowledge to get through this earth so when you see the real thing you will know it. Marriage is a commitment between two people that doesn't need to be documented; no one has nothing to do with it but the two people – if they have love and will always be true to each other.

Don't go looking for love, you will get hurt that way. Love take time. Turn to Him, live your life, be yourself. People love me because of the consciousness I put out. You don't go out looking for love – once you deserve it, you get it. Trust in Him.

To show love, you hope your queen brings out what is in her, and to have her own life. You encourage your queen in whatever she does; that it's right. Treat her nice, with respect, and see her personality.

A woman and a man are like night and day. Different yet connected. The dark night and the day's light make up a complete whole day. Man and woman are made to

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...for the Sistren



Lee Abel

by Della Grant

It helps to have a support group, family and true friends. But not everyone is so fortunate. In that case, you have to rely on Self. Always remember the basics you were taught. I believe there is certain intrinsic behavior, that once learned, we never forget. If there was

no one to teach you, then trust your instincts. Go with your vibe. As a mother, I tried to instill in my children a strong sense of right and wrong, as I was taught. There were consequences for the bad and rewards for the good. I was a teenage mother and sometimes felt alone, with the weight of the world on my shoulders. But just remember that God's greatest blessing is a child – and that includes you. It is frightening to find yourself in a situation that is foreign to you. This is true even for adults, so one can only imagine what a young woman is feeling!

Additionally, you now have another person depending upon you for his or her survival. I got on-the-job training for my role as a mother and had to rely on what I saw, remembered and was taught growing up, as my Bible.

Have faith – both in God and yourself – and patience. Those are the most important words anyone could ever impart to another.

The world today is much different than when I was a teenager, but the same basics apply. I know you are scared, but don't be afraid to ask questions and seek help. The system does offer programs today that were not available to me as a young mother. At age 18, I left home and sometimes regretted that move. But, I was blessed there were people who cared about me and offered assistance. I was unprepared for what was out there, but I learned many hard lessons and benefited from them. I made mistakes, but tried hard not to repeat them. I cannot say there was no pain, because there was plenty. But sometimes God gives us trials in order to make us stronger. He will not give you more than

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Words

...for the Youth



Wendy Russell

by Prince Rastan

At times in my life when things are hard, I listen to music, (mostly reggae and R&B), or I go out and play basketball. This gets my mind off the dramas and things, rather than worrying. I better my skills and hang out with friends and this puts better thoughts in my head.

Friends are there to help you, to have your back and make you feel better. Sometimes friends might be taking a bad road and you can talk to them – later they might thank you.

I am in high school. I'm involved in a couple different things. I play American football and basketball and enjoy playing them very much. To me it's some of the many things that I do to keep myself out of trouble – along with doing homework daily, training for a sport, studying, creating my music and listening to my Dad. By keeping yourself busy doing positive things, you will keep yourself out of trouble. People that have too much time on their hands get into trouble because trouble is always looking for something to do. So if any of you out there want to keep yourselves out of trouble, keeping yourself busy doing positive things is a great way how to.

Don't waste time with fighting – one 30-second fight can destroy your whole future. To walk away might not seem that easy, but you are proving you have the mental strength to walk away from a punk like that.

As for my grades, I usually have a 3.0 GPA (mostly Bs and As). Getting good grades is the first step to having a successful life. Without your education you wouldn't know what's going on half the time. And by a successful life, I mean going to college, graduating, getting a degree and getting a good job. When you do this, it guarantees a better life for you and your family, so that should probably be the first thing on a young person's mind. Playing all the time is great, but you have to know how to balance work and play; if you have one heavier than the other, you are going to cause yourself stress in the long run.

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complement and comfort each other. A man can not live without a woman and a woman can not live without a man.

When I start my family I didn't plan it – Jah plan it! I am glad He did! Don't run from it. Jah said go out and multiply – but some youth just go out and don't own up to it (the resulting child), but when a child comes from you, you should always be connected to the child. Children live what they learn, so make sure you always treat them gently. Treat the child properly, teach them right; they will grow up and treat others the way you treated them. Every child I get from Jah, I get luckier! I am their caretaker. I live upright by my family and Jah provides. I get to manage what Jah provides for them.

Do not hurt people or react to violence. Jah gave the right to defend oneself, but we are to avoid wicked thoughts, and fighting is a wicked thought.

Survival is the game – it's not really what you eat that defile your body, but mainly your words and actions. I do encourage people more to 'the natural' because it benefits everything. Again, the best thing is to focus on Jah, because once you are clean inside, you are clean outside too. Jah will tell you what to eat: herbs, veggies, greens, fruit... No man is perfect, no man without sin or sinful works, and so even though I do not eat meat, I do not tell others not to. You account to Jah only and sometimes,

someplace, you can't eat right.

I do not drink. The Bible says wine is a mocker. I say strong drink is raging – it makes you crazy. Drugs are man-made but herb is natural. Herb is made by Jah and Jah says to use the herbs of the field because it's the healing of the nations. Herb bring people together like nothing else; you share the spliff but no one shares their beer cup. Jah runs my life – Babylon don't – but the Bible says to "honor those that sit over you," so we must respect the authorities still.

In all things Jah is my main inspiration; Jah, the Bible and day-to-day living. I encourage you to listen to Him, too – and to listen only to consciousness and to conscious sounds, because that's more of righteousness. In Jah I am well pleased. My voice, my vocals are not even me – its Jah! Jah do everything, only through me. He is my life and salvation for real, you know? ♡

Don Carlos (Don Mc Carlos) was born in Kingston, Jamaica and still lives there with his wife and two youngest boys, ages nine and ten. He has other grown children also. Don Carlos has been performing since he was 13 and has over 20 albums and CDs. When not touring, he enjoys time with his sons, sports, bicycling and improving and assisting other people's lives. His main goal is to write a song for the whole world to sing, a song of love and positivity for the people. He wants nothing else but to find that song! Look for Don Carlos on tour in the U.S. this summer where he will be at Sierra Nevada World Music Festival and Reggae on the River. His current CD is Elevated Roots. For bookings contact: 310/861-1180. Email: waziwaz@hotmail.com or www.doncarlosinternational.com

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you can bear even though sometimes it seems like He does not care at all. I am not telling you what someone told me, I am telling you what I know.

If you are a young mother or mother-to-be, your child should be the joy of your life. If the father is not around, that's okay too. You can be both Mother and Father. Please do not use your child as a pawn. If the father is around and wants to be a part of his child's life, let him! Let the thought of your child be your motivation. You can accomplish anything you set your mind to.

One thing I ask women of all ages is to love God, your family and yourself. Never disrespect yourself. Get educated because once you have that, no one can take it away. Young minds are fertile places, so let positive seeds take root. I know that sometimes peer pressure can be tremendous. Don't let that deter you – you'll be surprised to see that people will respect you and "like" you for simply holding strong to what you truly believe is the right thing to do.

If you are married, the same principles apply. I have been married for 21 years and I can tell you it is not always an easy road. (A soft voice turneth away wrath.) The first thing you must learn is to compromise and be willing to bend a little for the sake of harmony. Marriage is made of compromises. It helps

if you and your husband have common interests. My husband and I share our music, for one. We do not fight. That is not to say we have never had arguments, because we have and I am sure we will again. If you are constantly fighting with someone, then you are probably with the wrong person. That kind of lividity is not healthy for anyone. If you have children, it is even worse; it can be damaging. You have to exercise a great deal of self control at those times. Try not to do things that you know will create an unpleasant situation. Try simply not saying anything (I know that will be hard) and just count to ten. You will be amazed at how well that works. If necessary, one of you should perhaps leave until cooler heads prevail. If you are married to a man of a different culture, you will both have to learn each other. Just consider it a grand adventure. Marriage is just like a job, if you want it to succeed, you must work at it. The rewards are well worth it.

My husband and I each brought children to our marriage, what is now termed "blended family." I recently saw a prime-time show on blended families with some good advice. I thought their suggestion that each parent disciplines their own children was a good point. Remember that children are people too (just smaller versions of adults) with thoughts and feelings. Listen to them. Sometimes the most wisdom can come from a child.

Mostly, you just learn as you go and use common sense. Don't do anything to someone else that you would not want

someone to do to you. When you count to ten, hopefully in that time you will think of how you would feel if you were in the other person's shoes. Value and practice fidelity. Expect it. Don't let it be the exception, rather the rule.

I have my music to comfort and relax me. I have my faith (which never waivers) to get me through the rough times. My musical career was something I always wanted. I have been singing all my life and it is just a natural progression. If there is something you want to do, pursue that dream. It will be difficult

at times, but nothing worth having comes easy. Be blessed and be a blessing. ♡

Della Grant currently lives in California's Bay Area with her husband, Ralston Grant of the Twinkle Brothers. She began singing in the choir when only six years old. When not touring, recording or working at a law firm, Della enjoys taking care of her family, cooking and reading. Della's 8th CD, Precious Memories is available at twinklemusic.com, your local stores and Ernie B's. Her next CD will be released in 2007. For bookings contact 510/918-0354 or dellagrants@twinklemusic.com

Empowering Words for the Youth

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I do homework right after I come home. One of my teachers told me for every hour in class you should study at home for 30 minutes. My Dad always asks me, "Did you finish your homework?" He says, "A fool is a male without education."

Eating healthy is another thing that is very important in life. Just like work and play, there has to be a balance. You can't just eat a whole bunch of junk food and call it a day. I eat junk food about 3-4 times a week but I also work out in the gym, ride my bike everywhere I go and run all the time. That right there is a balance between junk food and exercise. I also eat very good Jamaican food about every night. Not so much strictly vegan health food but I still do eat some, along with vitamins. If I was to just eat junk food all the time and didn't exercise, take vitamins or eat any real food, then I would be out of shape.

When it comes to girls and stuff, don't pretend. Just be yourself, because if you pretend, soon you will have to reveal your real self. If they don't like you for being 'you' then go on – just move on – there's way too many girls in the world! When young, marriage and babies should not even be on your mind – that's something to come later on – after college – when you can support four or five.

My future is hopefully going to be everything that I want it to be. To me, the biggest thing I want to accomplish is to be successful in the music business with a good job and a college degree in computers. And with a lot of hard work I can do it. Anybody can do it as long as you have a dream,

a goal and you are willing to work for them. It's not going to be the easiest thing you'll do, but when you finally reach it, you'll feel like you are on top of the world. You should also have someone that you look up to – your role model or hero. To me, my role model and hero is my Dad, Tito Caletto Campbell. He raised me and my brother Ahiah all by himself as a single parent, and I think that's incredible. So if you keep yourself up with the positivity, avoid those people who will get you in trouble, get an education, stay in shape, listen to – and respect – your elders, you can do anything! ♡

Prince Rastan, (Rastan M. Campbell), was born in Oakland, CA, June 15, 1990 and now lives in Santa Cruz, CA. His parents were both born and raised in Jamaica. He has five brothers and three sisters. He has been performing for 11 years, getting his start at the annual Ragga Muffins Festival in CA. In 2004, Rastan was awarded the Bob Marley Award for Lifetime Achievement for being the only artist ever to perform 10 years in a row at Ragga Muffins - from age four to 14! He has performed at many other festivals, concerts and clubs, including Reggae on the River, SNWWMF, MBRF, Dreadstock and the Peter Tosh Anniversary. His favorite rap artist and song is the late Tupac Shakur's "Do for Love." His favorite reggae artist and song is Bob Marley's "Guiltiness Remix." His own style is dancehall reggae with a little blend of rap and hip hop in it. Past CDs are Father and Son and RMC. Look for his next CD, Wave Your Napkin in Fall 2006. For bookings: 831/423-1912, 831/431-0052 or rastancampbell@yahoo.com

Photo Match Up

ANSWERS from Pages 36-37

- | | |
|-----------------------------|-----------------------------|
| Clue #..Photo/Artist's Name | Clue #..Photo/Artist's Name |
| 1.G / Gyptian | 8.D / Junior Kelly |
| 2.I / Taurus Riley | 9.L / Freddie McGregor |
| 3.A / Lutan Fyah | 10.M / Lady G |
| 4.K / DYCR | 11.J / Zema |
| 5.E / Chezidek | 12.C / Lorna Bennett |
| 6.H / Queen Ifrica | 13.B / Richie Spice |
| 7.F / Joseph Hill | |

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