



# Great beats and great lyrics

by DJ Kris Koch

Whether you're working out, hanging out with friends, or trying to run some errands--your favorite high energy tunes are sure to get you moving.

If hip hop and extreme rock are your first choices for audio adrenaline, chances are you also get a lot of practice ignoring negative lyrics. Some songs might only contain a couple of four-letter-words, and some might disguise an all-out rant against the world with an infectious beat. Ever wish you could enjoy the beat **and** the lyrics at the same time?

Don't settle. Great hip hop and rock that skips violent, misogynistic, and depressing themes is out there. It offers hope instead of despair when reflecting on life's rough spots. Take a stand and support artists who are striving to make music and lyrics worth your respect.

Start a trend. With a collection full of positive alternatives you'll find that you won't have to worry about offending others who might overhear you rocking away. Discover a new favorite with a message that reflects your personal values? Sharing it with friends will likely turn up some more.

Be aware. Don't assume the edited version of a song is clean. Offensive words are scrubbed off, but the explicit themes nearly always remain.

It is possible to be cool without being offensive. Here are a few recommended selections to get you started. The singles on the list are all available from iTunes, and the CD's are widely available through most popular music stores and on-line retailers. Or log onto internet radio station [www.radiou.com](http://www.radiou.com).

## The DJ's List: Hip Hop and Rock

Single Tracks	<b>Ohmega Watts</b> "That Sound" hip hop (be sure to get the Quantic Soul Orchestra Mix)
	<b>Verbs</b> "Live to the Music" hip hop (hip hop with encouraging lyrics)
	<b>Hawk Nelson</b> "Bring Em Out" punk rock (great jump around punk rock tune)
	<b>Switchfoot</b> "Stars" modern rock (another tune from the modern rockers that brought you the hit "Dare You to Move")
	<b>Matsyahu</b> "King Without a Crown" reggae (teens are discovering roots reggae for the first time via Matsyahu)
	<b>MXPX</b> "Play It Loud" punk rock (skateboarding music)
	<b>Stellar Kart</b> "Spending Time" punk pop (more skateboarding music)
	<b>3 The God Way</b> "Klap Ya Hands" party hip hop (a dance tune to get the party started)
	<b>Ohmega Watts</b> <i>The Find</i> hip hop (inspired by old school hip hop)
Full Length CD's	<b>Toby Mac</b> <i>Welcome to Diverse City</i> hip hop/rock (a mix of hip hop, funk, & rock with guest funkster George Clinton)
	<b>DJ Maj Boogieroot</b> hip hop (great dance beats and lyrics to match)
	<b>L.A. Symphony</b> <i>Disappear Here</i> hip hop (California style hip hop)
	<b>U2</b> <i>All That You Can't Leave Behind</i> rock (DJ Kris Koch's stranded on a deserted island must have)
	<b>The Afters</b> <i>I Wish We All Could Win</i> modern rock (features the song "Beautiful Love" heard on MTV)
	<b>P.O.D.</b> <i>Satellite</i> extreme rock (destined to become a hard rock classic)



*DJ Kris Koch spins a huge variety of new and classic tracks for events in the Cleveland area. He can be reached at:*

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