



# 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>Krystal Meyers</b> "Anticonformity" (a great female rocker) rock
	<b>Dizmas</b> "Dance" (jump around + dance) rock
	<b>GabeReal</b> "All My People" (hip hop w/o bad words) hip hop
	<b>Plumb</b> "In My Arms (mix)" (chart-topping dance tune) dance
	<b>Jonezetta</b> "Get Ready (Hot Machete)" (modern disco dance rock) rock
	<b>MXPX</b> "You're on Fire" (great for snowboarders or skateboarders) punk rock
	<b>KJ52</b> "Do yo thang" (get the party going with this track) hip hop
	<b>Group Crew</b> "No Plan B (remix version)" (great dance tune) hip hop
	Full Length CD's
<b>Uberzone</b> <i>Ideology</i> (just plain funky + cool) electronica	
<b>U2</b> <i>All That You Can't Leave Behind</i> (DJ Kris Koch's desert island must-have) rock	
<b>Hip Hope 2008</b> <i>various artists</i> (great collection of positive hip hop with a few hard rock tracks) hip hop	
<b>P.O.D.</b> <i>Greatest Hits</i> (extreme rock at its finest) extreme rock	
<b>Toby Mac</b> <i>Portable Sounds</i> (hip hop, funk + rock) hip hop/rock	



*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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