

ENTERTAINMENT

HAPPENINGS

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Grassroots News, N.W. - A sudden sadness was felt, as those who were his fans, heard or read the obituary. Because of cancer, Bob Marley, 36, gave up his permanent residency in this world.

He was a composer, musician and leader of the reggae group, "Bob Marley and The Wailers." His music was known as Reggae, whose penetrating rhythms and lyrics touched the soul of the world.



Bob Marley was first and foremost, a Rastafarian man. Rastafarians are those who dissented from the system in Jamaica. They offered spiritual and ideological alternatives to those who prevailed in the larger society. Their culture goes back to the seventeenth century, as they took to the hills to avoid the master-slave arrangement that grew out of colonialism and later, neo-colonialism of Jamaica.

Jamaica is beautiful suburban communities in the highlands which overlook miles of slum dwellings in various stages of decay. In these slum dwellings, hope is dispensed through Rastafarian music and ritual. In this music and ritual, emerged Bob Marley.

Reggae music is complete with lyrics that touched the lives and spirit of the common man. *Grassroot News, N.W.* asked the Northwest authority on Reggae, Pablo Innis, (also known as the Soul Rebel on KBOO-FM every Sunday night at 6 p.m.), if the social theme was characteristic of Reggae music. He explained: "Yes, the lyrics are a way of letting the heads of state know that we are conscious of what's going on. The music is our way of expressing it. It started out alone in Jamaica. Then it spread to other Caribbean countries and men like Bob Marley come out and addressed the world and Africa. It was a constant theme; Africa and me...Africa and you is the same."



BOB MARLEY

This theme is pure Pan-Africanism which was reflected in the life of Marcus Mosiah Garvey, who united those of African descent under the banner of "One God, One Arm, One Destiny!" for eventual repatriation to Africa. Garvey left an enormous legacy to the Black world. Since religion has always been the chief expression of what concerns the race most intimately, the fundamental teachings of Garvey found their principal. Survival in religion and the Rastafarians made a prominent place for him in their religion.

Ask Aunt Bea

Dear Aunt Bea:

I'd like to say a few things about the struggle of dieting and wanting to be thin. After countless efforts of trying to diet long enough to reach my desired weight, and trying innumerable diets and exercises, I finally decided that fat was beautiful, however, my decision was not convincing because deep down inside, I still wanted to be thin. So one day I sat down and thought over the whole process.

I discovered that I had a low self-image which caused me to do things that allowed weight gain; things like over eating, eating when nervous, depressed, lonely, angry or bored, stuffing my body with unhealthy fattening things, laying around feeling sorry for myself, and blaming others for what I was doing to myself.

So I took a look at myself and decided that I was my own worst enemy, using any ammunition I could think of to destroy my body and mind. So I changed my cooking and eating habits and passive ways of life, by eating less and consuming healthier, less fattening foods, (not eliminating those things I like, but reconstructing their preparation) and moments of exercises and

stretches to take the place of munching between meals, taking walks in place of T.V., just for the sake of watching or in place of coffee break. I worked extensively on improving my self image, even my hair do, make up and wardrobe.

After one month, I feel great! And look better too. 10 lbs lighter.

Better Image

Dear Aunt Bea:

There's this pleasant enough man who works for my husband (small business) whom I've only met over the phone taking or giving messages or instructions. Each time at the end of our conversation, he calls me "Dear." This is irritating but how do I get this over to him without being rude?

Irritated Dear"

Dear Irritated:

Merely inform him that you realize he doesn't mean to irritate you but his calling you dear does and that it would please you if he called you _____ (give him a name that pleases you.)

Aunt Bea

Send your problems to Aunt Bea at Box 3137, Portland, Oregon 97208.



BOB MARLEY

Music is the soul of Black people. It's through music that they express their joy, pain and suffering. The powerless sing in America and it is called the "Blues." In Jamaica, it's called Reggae. Rastafarian music emerged in the early days of the movement when Count Ossie introduced his ritual drumming. This ritual music has withstood all the new creations of the industry and has remained basically religious. In the late sixties, a new beat which was patterned after the ritualistic music of the Rastafarian, captured the soul of Jamaicans from slums to suburbs.

In the early seventies, many songs that hit the charts in America, were written by the high priest of Reggae, Bob Marley; songs like Johnny Nash's "Stir It Up," and Eric Clapton's "I Shot The Sheriff." The oneness of the culture of all people of African descent is summed up in that beat which is reflected in all forms of Black music; jazz, gospel, blues, R&B and Funk. Reggae is no exception.

Bob Marley left us at age 36. This young age for departure has been typical of many Reggae greats, including Don Drummond, a trombonist of the group "Katalites" and J. Miller, a vocalist for the group, "Inner Circle."

The Soul Rebel says, "There will be many more to take Marley's place. Of course, none like Marley, but I think the Wailers will do good." Whenever you hear a Reggae song, you can expect to learn something. Just read the words from Marley's albums; Zimbabwe, Survival and Africa must unite! Many Anglo-Saxons with their guilt could not understand this truth that Marley sung about; they rejected it. According to the Soul Rebel, the Afro-American should have been the first to come to Reggae, instead, they were the last.

Marcus Garvey wrote: "The race needs men of character, and above all, men of honesty, and that's so hard to find." One of those men left us - Bob Marley died, May 11, 1981.

on the rocks

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STARS IN YOUR EYES

May - 1981 By D. Claudette Smith



ARIES (3/21 - 4/19)	Be careful of arguments with an associate over finances on or near the 18th but is generally favorable for financial dealings. Mending a breach in a relationship is never easy - especially if issues are complex, but be the first to say "I'm sorry." It will pay off. Progress days - 28, 29, 30.
TAURUS (4/20 - 5/20)	The new moon of the 4th in Taurus is most favorable for you this month so take advantage of it, especially your new surge of popularity. You also will be able to accomplish difficult tasks more quickly with more efficiency. Don't be swayed by a dreamer. Progress days - 28, 30, 31.
GEMINI (5/21 - 6/20)	Guard your reputation very carefully all month; see that actions are above reproach to prevent nasty gossip before it starts. Tales may be spread. Take care not to give wrong impression. Trouble or tensions even pressure near full moon of 18th. Progress days - 25, 29, 30.
CANCER (6/21 - 7/21)	The 12th and 14th hint at a secret romantic attraction which may come to nothing much. A promising encounter comes on the 21st. If you diet this year use only Dr.'s prescribed medicine. A witty Gemini recently met can make a good partner and be fun. Progress days - 27, 28, 31.
LEO (7/22 - 8/22)	You can become a different person this year - your course of life can change drastically (It's all up to you). Mature thinking is your friend while impulse is your enemy. Romantic attraction met near the 3rd or 5th may break up near the 10th or 18th. Was unreliable. Progress days - 20, 29, 30.
VIRGO (8/23 - 9/22)	Unexpected news or developments on the 18th may require you to re-schedule a trip or re-think a decision. The 21st could be an opportunity day. Your mind is usually perceptive now, even you will be surprised at your memory level. Speed is key word. Progress days - 12, 13, 14th.
LIBRA (9/23 - 10/22)	The 12th is intensely romantic (while the 18th is intense). Some ideals that you have entertained for a very long time are apt to be discarded. But new resolves appear to have a better chance of coming about in the future because of your mature viewpoint. Progress days - 14, 15, 16th.
SCORPIO (10/23 - 11/21)	Financial gains appear around 12, 14, 21, 24; So keep alert for ways to build your resources. Jupiter and Saturn bring insights into new paths you long to embark upon. Be receptive to these visions. Keep low profile around the 20th. Progress days - 17, 18, 19th.
SAGITTARIUS (11/22 - 12/21)	In general, all your friendly relationships should blossom now; and a new acquaintance may further a dream. Love also is deep now, if married why not take a second honeymoon. You've acquired an awakening - and feel your traveling through eons of fun. Progress days - 19, 20, 21st.
CAPRICORN (12/22 - 1/19)	An individual born under the sign of Leo (More quiet than one normally associated with that outgoing sign) can make an excellent - if controversial - partner in a business project. Progress days - 21, 22, 23rd.
AQUARIUS (1/20 - 2/18)	A romantic (if single) or domestic (if married) issue proceeds as your desire on the 12th, after a tense 10th. But don't make waves at work or home on the 18th. Other's reaction could be bombastic. Progress days - 24, 25, 26th.
PISCES (2/19 - 3/20)	Domestic interests claim your attention on the 10th, 12th, 14th and 21st. In the meantime tension in your love life may upset you on the 10th and 18th. (Beware) If you stay serene, things will proceed more smoothly. Progress days - 19, 24, 28th.

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