

# Pras Blogs On GlobalGrind.com: Counting my days until I go back to Somalia...

Counting my days until I go back to Somalia and to be honest I'm not sure how or what I feel. I was just there, as some of you might know, and I just barely dodged the bullet. So why do I go back and succumb to the mouth of hell? Why subject myself to such psychological, spiritual and physical torture? Am I a glutton for internal misery that would ultimately destroy every cell in my cerebral?

What I've come to realize while out there is that I think I found a voice through my twittering. How people really were concerned for my well being. I realize that I have this affinity with discovering something when I'm not quite sure what it is I'm searching for, besides a bunch of pirates. It's the embrace of being massaged or being welcomed into the arms of death. It's the unknown that isn't quite tangible, but yet just within grasp, almost like trying to capture sand through one's fingers.

I like dancing with the idea of being on the borderline of sanity and insanity; the idea that I think I know it all, but I'm so uncertain about my fate and what I am truly trying to accomplish. How dare I put myself in harms way with no regard to the ones who love and care for me? Am I so selfish and self-centered that I am blinded by my own egoistic, self-indulgent, self-promoting, self-conscious, empathetic mortal being? Do I really believe that I am destined to liberate the pirates by exposing their endless plight for a free world much less like the United States of America or will I be cursed by

the Gods for such binding audacity? Be as it may, I leave in a couple of days for the concrete inferno, the abyss of disparity. The uncertainty that lies before this journey is the driving force that makes me want to conquer immortality.

Memoirs of Pras Michel

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# Foxy Brown Weighs In On Globalgrind.com: 23 Hours A Day Lockdown And Freedom

<http://globalgrind.com/content/519469/Freedom-Is-A-State-Of-Mind/>

## 23 HOURS A DAY LOCKDOWN AND FREEDOM

15 years old. Brooklyn. Infatuated with gangsters and hustlers, going to the projects everyday...but coming home to a brownstone, like the f\*ckin' Huxtable's...insecure, dark skin, saw nothing like me on tv, trailblazin', thought I could take this sh\*t over, if just given the chance...so, young inga, young shawn, brooklyn's bonnie and clyde, d&d studios, graffiti on the wall, finally felt like hip-hop for real. No surreal life, this was my life...still running away from the brownstones, hoping to run into the arms of a motherf\*cker who wouldn't care about the darkness of my skin or the sass of my attitude. One take. 36 bars. Only chick in the crew...even n\*ggas couldn't spit how I do. The sun came up and I was still awake...and I didn't even have a rap name...but that night I created a f\*ckin' hip-hop classic...Ain't No n\*gga! And finally I got my name. The one and only Foxy Brown. Bad girl of rap...misunderstood. Been

crucified, criticized, but still I rise...I got a beep...the record's #1 in the streets and the godfather of rap wanted to meet me. Could it be? So holla'd at Jay-Z...no more Shawn Carter...we goin' to see the Godfather. And that's where the saga begins...

Fast forward the tape a number of years...I'll fill in the details in another diary entry, or entries, because my life has been crazy! I guess this is what they call Rock and Roll. Puffy said "mo' money, mo' problems." And there I was. Falsely accused. On Riker's Island. Looking at an eight-month bid. Since Shyne got 9, hip-hop's been on trial. Hip-Hop police were a joke on the streets, but that year long sentences were real...and nothing sweet. I fear no one but GOD. But, then I recognized that life catches up to you and catches you hard. Sitting alone in a jail cell, having to ask c.o.'s permission...just to use the bathroom and kitchen. A 5min phone call, 3min shower, the food is atrocious, strip searched every hour. But divine intervention is power...and my faith in GOD got me thru every SECOND...every HOUR. Makes you forget the lifestyle of a "famous" rapper. 23 hours a day in a cell. 23 f\*ckin hours a day!!! But, it was during those 23 hours, EVERYDAY, that I looked long and hard at myself. Who I was...from young Inga to Foxy Brown to a number on a docket. I had become just a number. Not the number of records I sold, but a Riker's Island jail number. And believe it or not, it was during those 23 hours that I finally allowed myself to feel free. I realized that freedom is not about where you are, but it's a state of mind. And I learned to be grateful...grateful to be given another chance. And now I just got to show and prove...not to the world, but to myself.

-Foxy Brown

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# Russell Simmons & GlobalGrind.com Host "Salute To Grammy Award Nominees" Night's Hottest Party Shuts Down Beverly Hills

With a 2-mile check point that extended from Tower Road to Sunset, the sheer number of celebrities and guests that descended upon Russell Simmons™ and GlobalGrind.com™s "Salute To Grammy Award Nominees" party last night took the local police by surprise. The secret address to the event was somehow leaked 3-hours prior and caused a frenzy as a mass of cars, confused police, and tons of celebrities such as Jessica Alba, Mila Jovovich, Paris Hilton, Snoop Dogg, Lil Wayne, T-Pain, Lil Jon and others braved the rain but never gained access. Those lucky enough to be inside such as Whitney Houston, Quincy Jones, Queen Latifah, Cyndi Lauper, Slash formerly of Guns N Roses, Kim Kardashian + Reggie Bush and Taraji P. Henson partied with Simmons and executives from his buzzing online hip-hop destination, GlobalGrind.com.

Simmons presented T.I. with an award acknowledging his outstanding community service.

Music icons Quincy Jones and Whitney Houston held court upstairs as revelers partied to the music of DJ D-Nice into the wee hours of the morning.

The exclusive magazine sponsor for the event was US Weekly.

Net proceeds from the event go to the Hip-Hop Summit Action Network.

A complete list of those that showed:

Whitney Houston  
Queen Latifah  
Quincy Jones  
Taraji P. Henson  
Cyndi Lauper  
Kim Kardashian  
Reggie Bush  
T.I.  
Slash formerly of Guns N Roses  
Raven Simone  
Brian Bell of Weezer  
Keyshia Cole  
Suzanne de Passe  
Debra Lee  
Warren G  
DJ Quik  
Ray J  
Letoya Lockett  
Eva Marcell & Lance Gross  
Bridget Marquardt  
Chudney Ross  
Shaun Robinson  
Elise Neal  
D. Woods  
Dawn Richards  
Lamar Odom  
Tasha Smith  
Rochelle Aytes  
Tatyana Ali  
Teyana Taylor  
Kwame  
Twista  
Brian Bell from Weezer  
Omar Epps & Keisha  
Kevin Liles

Bai Ling

New York

Mashonda

La La Vasquez

Anthony Hamilton – Grammy winner

Claudia Jordan

Chris Lighty

Danja (Super producer – Madonna, Justin Timberlake)