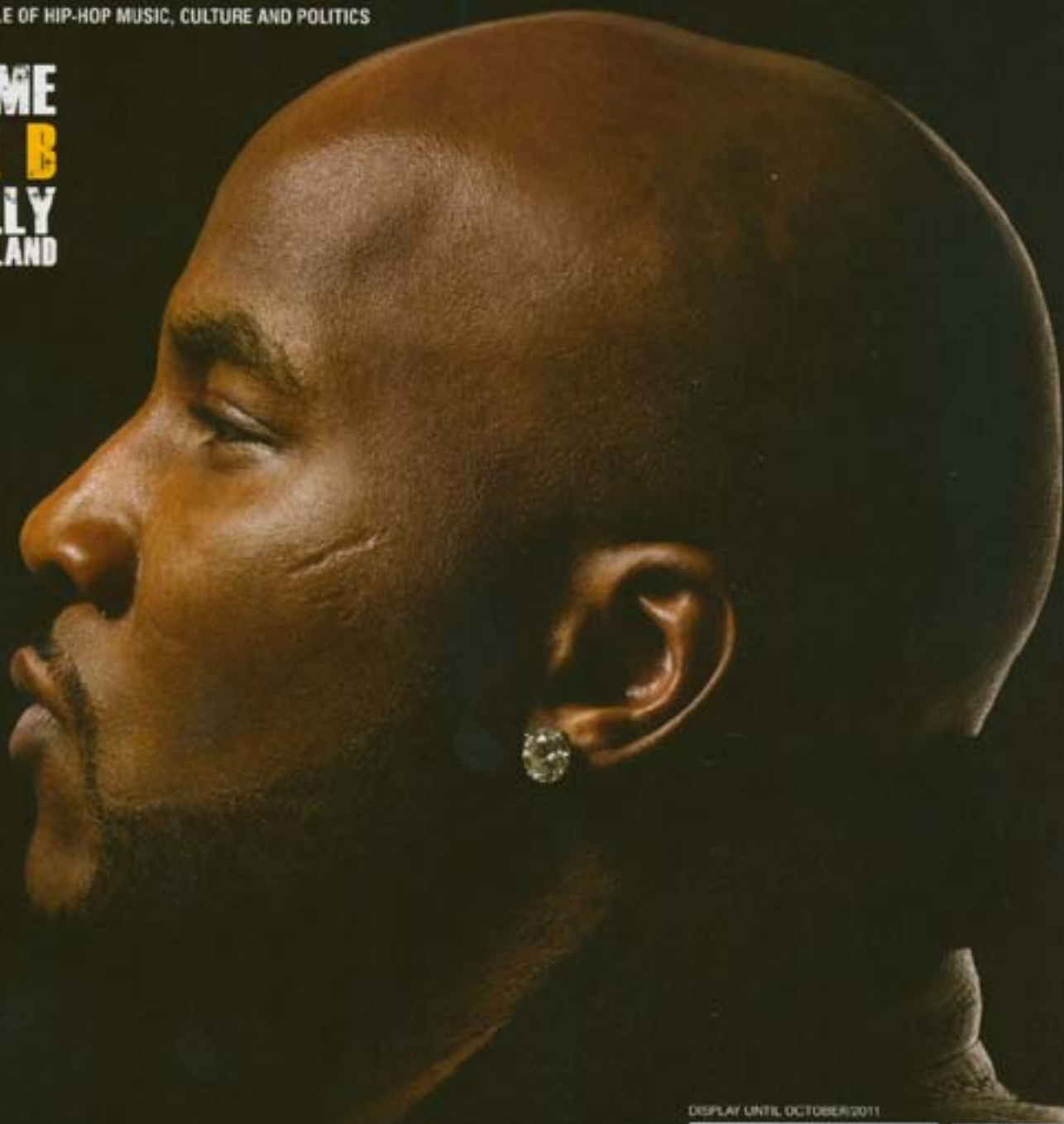


THE MISEDUCATION OF AMERICAN YOUTH **PG.58**

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**YOUNG JEEZY**



## BLACK ICE

The world's first African-American-owned diamond mine.

**Based**

in Baltimore, MD, and Freetown, Sierra Leone, Gaia

Minerals is a newly launched concern that offers opportunities to invest in gold, diamonds, and other precious minerals from Africa. But as the first diamond mine wholly owned and operated by an African-American company, Gaia aims to do more than peddle bling.

Gaia has committed itself to a country that for years was defined by a civil war that slaughtered thousands. That violence led to a boycott of "blood diamonds" after it was learned that Sierra Leone's diamond trade funded the rebel armies. Although the West African nation has been at peace for several years, the perception remains that it's teeming with machete-wielding child soldiers. It's a perception that Gaia's president, 32-year-old Casey Charles, aims to change. "I want to help educate the rest of world," Charles says. "Most of what we know is not really a fair take on what happened."

It's also an opportunity for a business model focused on environmental awareness. "Africa is an empty canvas, in terms of environmental issues, so we have the opportunity to build a green society and infrastructure in respect to the land as opposed to bulldozing the land over. We want to be a part of the structure in West Africa without building on the backs of the people." —Amy Linden

# DROP ON YOU

When **Fat Joe** surprised fans by sporting a slimmer frame in his "Drop a Body" video, he joined a legion of Hip-Hop heavyweights who've shed pounds. Here's how rap's biggest found fitness.



**DAVID BANNER**

**Pounds lost: 55**

**How he lost it:** Running, swimming, and biking.

**Hardest sacrifice:** "Macaroni and cheese."

**Greatest reward:** "I've influenced a lot of people. All we've got to do is make it cool to be healthy and these kids will do it."

**PAUL WALL**

**Pounds lost: 150**

**How he lost it:** Gastric-sleeve weight-loss surgery, weight training, and kickboxing.

**Hardest sacrifice:** "I stopped popping pills, partying all the time, drinking codene every day, eating dinner at two o'clock in the morning."

**Greatest reward:** "My doctor told me if you are 50 pounds overweight then that takes 15 years off of your life. Being that I had two children and a wife, I want to be around for them."

**N.O.R.E.**

**Pounds lost: 84**

**How he lost it:** Running five miles a day, doing push-ups and pull-ups, and changing his diet to include fresh juices and a lot of water.

**Hardest sacrifice:** "I'm Black and Puerto Rican so giving up fried chicken was hard like a motherfucker. It's like the national plate for both of my races."

**Greatest reward:** "People's reaction when they see me, people telling me that I look younger, (that) they're proud of me." — Sherri Williams

**"IF THE WEALTHIEST AMONG US—AND I INCLUDE MYSELF IN THIS CATEGORY—ARE WILLING TO GIVE UP A LITTLE MORE [IN TAXED INCOME], THEN WE CAN SOLVE THIS [DEFICIT] PROBLEM."**

—President Barack Obama