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SINGER ALANA ADAMSON WRITES OPEN LETTER TO TEENAGE GIRLS

After a troubled childhood full of bullying, a broken family and financial problems, award-winning singer and songwriter Alana Adamson opens up to girls for inspiration.

Self-confidence, courage and freedom of expression are just a few of the issues that teenage girls constantly face during their most fragile years. Bullying, both physical and cyber, has gotten way out of hand. Beautiful young women are falling prey to anorexia, bulimia and lifelong trauma caused by their peers. Even worse, sometimes their families contribute to the excruciating pain. I would know; I was one of them.

If you asked any of my friends or family members four years ago about my potential, they would have laughed in your face. I grew up in the projects, in a very shady neighborhood in the city known for its high crime rates. My



mother engaged in illicit activities to make ends meet, while my father had left us the day he knew my mother was pregnant. Growing up, I remember wearing the same pair of shoes to school until they tore. Three years. Every single day. I would steal school books from the store because we couldn't afford to buy

them. My only escape from the nightmare I was living was music. The very first time I opened up to myself and started singing in the mirror was like a breath of air after being in a coma. I stared at the cracked mirror and sang my heart out, pouring all of the pain I had kept inside for so long. Tears

were streaming down my face as I released all of the emotions I kept inside of me. It felt like divine intervention, and it changed my life irrevocably. Now, as I look into the eyes of my fans at concerts, I see the pain from my childhood. However, I also see their undying hope.