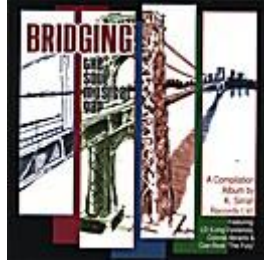


# Mp3 Long Dystance, Colonel Abrams, Cee-rock - Bridging The Soul Musical Gap



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R&B with a touch of house/dance and small flavor of hip hop 9 MP3 Songs EASY LISTENING:

Crooners/Vocals, URBAN/R&B: Rhythm Blues Details: LONG DYSTANCE is composed of Kirk Harris, Ben James and Syd Bradshaw. The group call themselves Long Dystance because of the extensive Dystance they have to travel to rehearse and perform together and signifies the long Dystance they have come in the industry and the Dystance they are prepared to go to make it happen. The members of Long Dystance were previously members of Magnetic Touch and Inevitable. J. Kirk Harris Born and raised in Brooklyn, New York, Kirk is a former original member of the vocal group "The Dubs," a group that has sold millions of records. Kirk is presently Chief Executive Officer of K. Sirrah Records, Ltd. Kirk is not only a valuable asset to the K. Sirrah Family, but also to the music industry. As a member of Long Dystance, Kirk feels that as a whole, they are the best thing that has ever happened to each other, as well as one of the best things to happen to the music industry. Together, Long Dystance and K. Sirrah Records Ltd. are right on time for the new millennium and beyond. Benjamin (Ben) James Ben was born into a musical family. His career began early in church. Ben plays several musical instruments, excelling in keyboard. During his education in the city of New York, Ben participated in the Brooklyn Borough-Wide and All City Choruses, under the direction of Messrs. Theod and Motley respectively. It was through those venues that he won a scholarship for voice and theory to the Brooklyn Music School. Ben attended the high school of Music and Arts. While there, he formed his own group. Ben recently performed with Reign With Him, a Gospel group, and can be heard on their current album of the same name. Ben's long association with Kirk Harris led him to become a part of Long Dystance in continuing to thrill audience after audience. Sydney W. Bradshaw Syd started singing early in life at the age of seven. Most of his inspiration comes

from groups such as The Moments, Smokey The Miracles, The Delphonics, just to name a few. He contributes most of his success to never giving up and believing in history. Sydney's ambition is to follow his dream and to make everyone proud of him, sharing his talent with all.

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