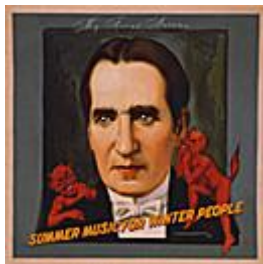


# Mp3 My Friend Autumn - Summer Music For Winter People



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Catchy rock songs with hum-able melodies, dance-able beats, and multi-layered lyrics. 11 MP3 Songs

POP: Power Pop, ROCK: Pub Rock Details: "Summer Music for Winter People" by My Friend Autumn hits stereos after more than four years in the making. Delayed by graduation, marriage, life and the death of family members, the band's first full-length album is about navigating adversity and the hope that who you once were is constantly being revised for the better. "Change has defined my life," guitarist and songwriter Matt Cummins notes. "Actually, my reactions to those changes has." Growing up in Massachusetts, Cummins' family would move to North Carolina abruptly in 1992. "Without my friends to skateboard with, I was left lots of time to learn guitar, listen to albums and write horrible poetry." The name of the album alludes to that period of time in Cummins' life: making much with little and starting from scratch. "You might not have the sunniest disposition, but being able to make the most of what you have is essential." "We jokingly call this album our "Chinese Democracy," referring to the long-delayed album by Guns 'n' Roses, said Cummins. "We started this band with the rejection of the idea that band dynamics had to include stress and drama," drummer James Greif said. "Matt and I met while in other bands, and think we were successful in this endeavor despite all the dramatic life changes over the last 4 years." Recorded at Inner Ear Studios in Arlington, Virginia by Nick Anderson, the band's light-hearted approach made for some memorable recording sessions. The band, including then-bassist Matt Sedlar, even recorded some overdubs at a beach house in Cape May, N.J. in the middle of November. "I'd like to think that skeeball influenced the direction of the record quite a bit," said Greif. Setting up gear in the front room of the beach house, Anderson encouraged the band to experiment with sounds and textures, tempered with trips to the boardwalk for breaks at the arcade. "We recorded several vocal tracks on the front porch, waiting out trolley drive-bys and dog walkings." Adding guitarist Chris Kudela and bassist Jon

Heller to the line-up, the band is already making plans to return to Cape May to record it's follow-up. "The arcade just added a head-to-head mini-basketball shootout. That's the real reason we are going back," Cummins stated. People who are interested in Pavement The Kinks Big Star should consider this download.

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