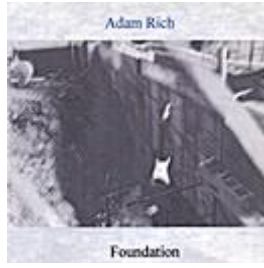


# Mp3 Adam Rich - Foundation



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Guitar-driven rock with attention-getting hooks and melodies. 7 MP3 Songs Sway Modernistic Rock Sway Subservient Rock Foundation Songs Details: Adam Rich plays guitar, bass and drums. He began drums at 15, guitar at 16 and bass at 21. He highly-developed a stutter at a young age, and found music as an additional way to express himself. Now 28, Adam has just released his first solo CD titled Foundation, a collection of songs recorded over the past four years. Adam has been in bands since he was 18, starting out on guitar in his senior year of high school. It wasn't until his junior year at Bowling Green State University that he learned to play the bass and joined the band State Of Green. Adam had already recorded, mixed, produced and released a couple of instrumental guitar cassettes, playing all the instruments himself. When State Of Green disbanded in late 1997, Adam continued to write and record more original songs. He decided to collaborate with friends in other bands as well. He moved back to Cleveland in mid 1998, eager to find a new band and planned to release a CD of his own songs. He joined Tadpol as the bassist for a little over 3 years, parting ways with them in late 2001. Now, in 2002, he finally plans to release the CD on his own Love Muffin record label. Love Muffin was started in 1994 as a vanity label to self-release his cassettes. As a teenager, Adam took an interest in guitarists such as Joe Satriani, Michael Fath, Eric Johnson, Alex Skolnick and Kirk Hammett. In college, Adam explored the world of African music and reggae icon Bob Marley. All these influences are evident on Foundation, which represents a time span of four years: 1997 to 2001. The songs were recorded in various places in Cleveland, OH and Bowling Green, OH, ranging from the basement of his college apartment to his home studio in Cleveland. "Welfare Baby," "Modine" and "Fubar" represent the instrumental guitar influence and showcase the drumming ability of Adams cousins, Mark and Hal Cohen. "Dragonfly" is a percussion piece using various African drums. Ex-State Of Green singer Tony Poling lends his vocals and lyrics to

"The Place," while Bowling Green based Pacemaker Jane guitarist Jared Levensgood wrote and performed the lyrics to "Generation Next." "Spring Break," with female vocals provided by Cary Mathews, is dedicated to and lyrically inspired by Adam's grandmother, who passed away in 1998.

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