## Mp3 L&j - Holding The Lights On



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The perfect Christmas gift for your parents or middle-aged friends. Sultry vocals blend Americana, Contemporary Folk, and Country with Pop. Music for that drive across Nebraska, or your daily commute. 10 MP3 Songs FOLK: Folk Pop, COUNTRY: Country Folk Details: Is L&J square? No, but their music resonates most consistantly with 'older' adults and their friends' parents. Maybe this is because they tend to like acoustic guitar, or cleanly recorded vocals where you can understand the lyrics. Frankly L&J doesn't care why they like it, they just love the fact that parents and co-workers are spreading their cds around offices throughout the midwest. Holding the lights on was a starting point for L&J. They took the equipment they had and maxed it out trying to get the cleanest recording sound they could. They took chances with vocals and experimented with clothespins (the wet rag sound on Simple Times). They recorded songs without being afraid of the dark, but always tried to keep the light on. So that's what the title's about. Keeping the light on while looking into the darkness. J's Larrive guitar, L's dark upright bass, their combined efforts as vocalists really shine in this cd because they keep it simple. HTLO's focus was to maintain the intimacy of a duo while using modern production enhancements. Stay tuned to landjmusic.com/news for their current and future exploits. Their style is a blend of Americana, Contemporary Folk, and Country with a touch of Pop. Coined "hypnotic folk" by Stuart Davis, their songwriting touches on the realities of life: joy, loss, hope and healing. They have been featured on WMSE radio (Milwaukee) and were featured artists at JazzKlub Kromeriz, Czech Republic. The duo performed regularly at Uncommon Ground in Chicago. Lyrically, holding the lights on explores grief, change and the ties that bind our minds and hearts to the past. Although an introspective debut, the vocals and arrangements glimmer with hope, pleading the listener to hold on for tomorrow. L&J's mission is simple: to create music people can believe in. L&J History: Back in '99, L&J met in a roots/rock band in

lowa City, Iowa. Throughout that year they played the Iowa City scene as Cold Water Flat. But soon dark times fell; the drummer joined the army, aliens abducted the keyboardist, the guitarist drank himself into an alt-country band, and the lead singer moved to New York in search of an Indian princess. So L&J (Elizabeth Hopp and Justin Kennedy) went back to basics. With L on acoustic bass, and J on guitar, they moved to Chicago and began playing at acoustic music venues. L&J Bios: Elizabeth began playing bass in 1991 and later earned a degree from the University of Iowa in music under the careful direction of Diana Gannett. In Iowa City she began exploring songwriting and music outside the realm of classical halls. In 1998 Liz became a member of the hippie-rock band QuingShi with vocalist Katie Roach. That experience made her hungry for the interactive audiences found in bars and clubs. After meeting Brad Brummett in an ethnomusicology course, she was introduced to the Randy's, Jake and Justin, at a crazy Stuart Davis show. She soon began playing with their band (eventually called Cold Water Flat) and writing songs. After her graduation, Liz performed in a touring production of "Swingtime Canteen" as Jeanie Peilmeyer (a W.A.C. bassist). This was followed by a 5-month study in Kromeriz, Czech Republic with virtuoso Miloslav Gajdos. Currently, Liz is performing with the Waterloo/Cedar Falls Symphony Orchestra and raising Zella Mae, a future lawyer/doctor (let's hope). Justin began playing on his mother's Conrad guitar in 1989 in his hometown of Bedford, Iowa. There he met Brad Brummett and Randy Davis who would become his musical partners for the next ten years. During this time he developed his vocal and songwriting abilities, played guitar, bass, and percussion. Upon his move to Iowa City he formed various bands with Brad and Randy and found two new musical compatriots in Randy Henderson and Jakob Tentinger. He honed his acoustic and solo skills at The Mill Restaurant 'Open Mics'. This led Justin to an opportunity to host a weekly acoustic jam at the Green Room. Throughout his musical explorations Justin developed a love affair for recording original songs and performances. The culmination of his recording exploits resulted in taking on the task of engineering L&J's debut album. Currently he is recording and engineering local artists in Iowa City, IA after receiving his B.A. in Audio Arts and Acoustics from Columbia College, Chicago.

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