



## Jeff Houston Talks about the Obstacle He Overcame, the JProject Band and His Vision to Use Music for Change!

“The J Project Band” won’t be constricted to a genre but more so a feeling. “We play feel good songs, we’re just eclectic lovers of music” says’ co-founder and guitarist Jeffery Houston. Jeff, along with his brother and lead vocalist Mike Houston established the band in 1995.

As a youth you could catch Jeff walking the streets of Syracuse with his guitar. He was inspired by a couple of local hometown favorites Bobby Green and Marcus Curry. In 1991 Jeff was diagnosed with Hodgkin’s disease. The disease and effects of the treatment had rendered him unable to play for a while. It was at that time Jeff said, that he realized his deepest connection with music. In his own words he says: “Music heals the soul. The whole time I was sick all I wanted to do was get back to playing my guitar.” Jeff credits his love for music and the ability to play his instrument as an integral part of his recovery. Nineteen years later healed and inspired Jeff and his J Project band has become a large part of Syracuse’s live music scene. The JProject band covers songs by greats such as Maze featuring: Frankie Beverly, Marvin Gaye and Anthony Hamilton etc. Jeff also shared with me that in the 15 years of the JProject’s existence many of Syracuse’s professional musicians have “Jammed” with the band at one time or another. This is a fact that he cherishes.

Jeff is an advocate for the education of our youth and is “Saddened” by the excessive violence that is happening in the Syracuse community. Jeff would like to use the platform of music to establish seminars for our youth. He would like to show the connections between all genres of music and how music can bring people together. He feels that by teaching youth about the ways in which all people can be connected through music can reveal to them ways in which it can be used to motivate people in more positive directions.

Jeff also wants us to know that “Just Jammin” is what the “J” stands for in the JProject Band. For more information about Jeff Houston and the JProject band please call him at (315) 744-3344.

Written By: Victoria Coit,  
Evoke Change