

music

STEMM

We got a behind the scenes interview with STEMM's lead singer, Joe Cafarella to find out what they have been up to, where they got their start and they got their music picked up for the UFC.

PP: Thanks Joe for taking the time to talk to us on the behalf of Stemm. The best place to start is at the beginning, so tell us a little about Stemm....did you guys all grow up together? How did you meet?

JC: No problem, basically it started with friendship and we have had the name for 11 years. There has been a few lineup changes along the way, but we are all good friends.

PP: So Stemm really came into the mainstream when the UFC picked up Face The Pain for their PPV.....how did that come about....how did they approach you guys?

JC: Another band that wasn't heavy enough for them, passed on our CD and it was used in test shows...it was 'As Real As It Gets', they were looking for a certain song to set the tone for the big fight, Tito Ortiz against Ken Shamrock...and about two months later 'Face The Pain' became the official song...it was a very fast and great lasting relationship that was built.

PP: Do you guys watch the UFC? PPV's?

JC: Yes, although we haven't been able to keep up as much lately, but Danny (Drummer) watches every fight

PP: Who is your favorite MMA fighter?

JC: Speaking just for myself, Chuck Liddell and Randy Couture.

PP: The PPV leads in with Optimus Bellum Domitor , then Face The Pain kicks in; do you guys ever wish you sampled Optimus first?

JC: They do! They use it in their live shows.

PP: We hear about some of the odd things artists put in their contract riders, so what's the one thing you really need in your backstage area?

JC: We don't get that crazy about it. We like to keep it simple with some beer (Bud Light or Corona) and water. If we got that, we're happy.

PP: What's the craziest thing that ever happened to you onstage?

JC: back in 2004, we shared the stage with Damageplan's Vinnie Paul and Dimebag Darrell (both from Pantera) in Buffalo, New York. They were such stand up guys. The venue we were playing in had lost their liquor license and they were throwing beer out to the



crowd. The day after that concert, Dimebag Darrell was murdered onstage in Columbus, Ohio during a concert. That has to be the craziest thing...we were shocked.

PP: Wow, that had of been so surreal...on a lighter note...what would you say is the most embarrassing?

JC: Well there really hasn't been anything too embarrassing (laughs)...hmmm, there was this one time when we played Rockstar Mayhem and were on the Jager Stage and baby powder was put on Danny's drums and snares by a member of another one of the groups as a joke and when he started playing there was this huge cloud of powder (laughs). Other than that, one time our bass player, Steve, fell through the stage when we were playing.

PP: Really? That's crazy! So tell me, what are some of your favorite bands?

JC: Pantera, Korn, Pearl Jam, Pink Floyd, Tool are a few, but there are so many.

PP: What is the worst song you've ever heard?

JC: It's funny you asked that, just the other day I was in the car and thought, "this is the worst song I ever heard", but I don't remember the song (laughs). I would have to say anything by System of a Down. Nothing against them, but that is probably what I would have to go with.

PP: What's in your DVD collection?

JC: Any kind of comedy, horror...I love all of Rob Zombie's movies including Halloween I & II, Dumb & Dumber, Spiderman, I like Country Western movies...my favorite movie is probably Wyatt Earp, I was actually watching that on tv about 3am last night.

PP: Sabres or Bills?

JC: Sabres!

PP: If you could be any athlete, who would you be and why?

JC: Hmm, now that is one that I would need to think about. I would say Wayne Gretzkey or Michael Jordan...actually scratch that (laughs)...Derek Jeter!

PP: So what's next for Stemm?

JC: Well we have played over 130 shows. Playing at a few festivals over the summer and writing for the next CD. Our main focus is expanding and working on our own label, Catch 22 Records. I also would like to throw in there that we have a song on the new Iron Man 2 video game.

PP: That's great, sounds very exciting...well Joe, thank you very much once again for taking time to speak with us. We would love to stay in touch with you and keep on top of the latest with you guys.

JC: Definitely...it's been a pleasure, anytime!

opening act



Very rarely do we get a message on MySpace that doesn't result in hitting the Delete Friend link. It's usually a wannabe Eminem under the pseudonym of "J Toker" or guys my Dad's age striving to become the next Steel Dragon cover band. So imagine our surprise when we hit play on the Park Lane media player and not only enjoyed it...but left us listening to the entire playlist, and wanting more. Better yet, Park Lane's founder and guitarist, Mike Keller is former NFL QB Jeff Garcia's cousin. Guess the talent pool runs deep in the Keller/Garcia family.

Check out our interview with Park Lane only at www.premierplayersmagazine.com