



STEVE PALMER BAND PLANS RELEASE OF COUNTRY CD IN 2012

The Steve Palmer Band and their indie label **Arythmia Records** hope to release country-rock CD “**Stuck In A U’Haul**” in 2012. New music, a fan opinion poll about a new song and release dates will follow.

"I saw crossovers from **Rascal Flatts**, **Zach Brown** to **Taylor Swift** and **Lady Antebellum**, and thought this was a time to promote music for music's sake and not worry about fitting into a ‘segment’ or ‘format’," says Palmer.



SPB FINISHES RE-RECORDING “STUCK IN A U’HAUL” LEAD TRACKS

Steve, **Bryan**, **Josh** and **Brandon** rolled into Wright Way studios in Baltimore on August 25 to re-record a few lead rhythm tracks from their new soon-to-be released country CD “**Stuck In A U’Haul**”.

The band recorded tracks together as a four piece. In the final track lineup, Executive Producer Steve Palmer decided to keep a few tracks from the Blackbird/Downtown Battery/Sterling recording sessions, and he selected a track from a '08 recording at Cue in Virginia with Eric Scott, Andy Hamburger and Mike Ault. The band also picked a Rolling Stones production headed by Niko Bolas from a Blackbird/Omega recording session.



“I picked the best tracks from our efforts over the last three years. Unfortunately, a lot of our resources have been drained by a whole cast of characters, many of whom did nothing. What we need now is help from good people in the industry. There’s no doubt about it.”

The band will also move “**No Words To Say**” to the country CD because the promoters Steve hired never really promoted it on **Hot AC** and **Top 40**. “I am just happy that we have this almost ready to go. And we are talking to industry promoters. So, there is hope for our music.”

BAND BEGAN RECORDING NEW ROCK CD "MIRRORS IN YOUR MIND"

SPB lead guitarist, musical director and engineering ace **Bryan Ewald** continued tracking the band's second rock CD, "**Mirrors In Your Mind**", in Annapolis and Baltimore. After finishing some tracks at TMC in February, the band recorded four more in May at Wright Way.



"I remember hearing **Johnnie Popper's** engineer say that Blues Traveler's first CD didn't do well, that everyone must 'struggle' to make it in the business. Well, I think that smells funny. If the industry actually promotes great music then people will respond. Artists' shouldn't have to constantly struggle," comments Palmer. "So when I get help I'll release '**Apparition**' in earnest or "**Mirrors In Your Mind**."

Palmer adds, "**Mirrors**' will feature a more minimalist four-piece sound on some tracks and will be tracked with Bryan and ultimately mixed and mastered at **Wright Way Studios** in 2012. The title song is about how timeless music reflects the best in people."

(PHOTO INSIGHT: The snapshot above was taken before the band's performance in Nashville right off Broadway. "We had a show there because I really like Nashville and the way it respects the art community as a whole, and as a kid I always went to shows on Broadway in New York. Sept. 11th was a tragic event for everyone but they are bouncing back.")