

CHRISTIAN

Senior Christian Stahl uses personal songwriting and performing with his band Paramount as a way to process life events as well as furthering his passion and talent in music

EXPLORING THE EP

Stats and information about Paramount's debut EP, "The Fear of Being Alone"



released Jan. 3, 2023

4 songs • 20 min. & 41 sec.

"THE FEAR OF BEING ALONE"



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MOMENTS IN MUSIC

Christian's musical progression

2020 FIRST SHOWS

📍 christian's mom's garage

"It's more of a jam than an [actual] show."

highlights: joke songs & jamming out

2021 BENEFIT CONCERT

📍 the truman

*joint charity show hosted by E3 to raise money for LGBTQ+ and homeless teens

highlights: playing with other bands & at a large venue

2023 RECORDING DEBUT RECORD

"It was kind of grungy, but a really fun experience since it was so different. We were just so used to hearing it from walls of the garage."

highlights: grunge and DIY-esque recording in producer's basement

WHAT ROLE DOES SONGWRITING AND MUSIC PLAY IN YOUR LIFE OUTSIDE OF THE BAND?

"**THERE WAS A CERTAIN** point in my life where my coping mechanism for sh-- that happens in my life was just to write about it, which turned into songwriting. That's just the way I deal with things now. If anything happens, I lock myself in a room with my guitar for like, four hours. I'd say that's the beauty of music — you can just kind of spill yourself over a few chords and some words."

WHAT DO YOU WRITE FIRST: LYRICS OR MUSIC?

"**MUSIC FIRST. ALWAYS.** I think vocals are just kind of a touch you can add to make it more diverse, but it's the riff that [makes] it. I think you can write the lyrics whenever but really only do you get the feeling and structure of the song from the emotion spilling [from] the guitar."

WHAT'S THE ATMOSPHERE LIKE AT YOUR GARAGE SHOWS?

"**SINCE IT'S ONLY US** we can do whatever we want. We don't like to take ourselves seriously. We play a lot of joke songs and pop covers. Recently, I got this auto-tune pedal, and I like to [recreate] the Travis Scott fall."

BAND-ING TOGETHER

Meet the members of Paramount

JOSH | BASS

•played for 2 years



•favorite song to play is "Forty Six & 2" by TOOL

ROCCO | DRUMS

•played for 6 years
•favorite song to perform is "Everlong" by Foo Fighters

