

Kings

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bum in 12 years! What have you been up to? What took so long?

Bøe: Many, many different reasons. We both have busy lives. I have three kids. We've toured a lot. So we have been active. We spent a lot of time making the album, that's for sure. We spent almost five years recording this.

Øye: It's a bit like, you know, when you talk about dog years and cat years, like one Kings of Convenience year is four years. Because me and Eirik, we never spend more than three months of a year together, so to speak, and that's something that comes very natural in order to keep the band going because if we would have to be in a band 12 months of the year, we probably would start arguing a lot more. And then maybe we would be we will be in a big fight and maybe the band will be over. We figured out that if we do about three months every year of the band, then we can keep on going for a very long time.

AP: Why did you pick "Rocky Trail" from the album as a pre-released single?

Bøe: It sounds like a very representative song. That's a very familiar sound, I think, to people who know our old songs. So when you choose songs for a single, they have to be songs that both appeal to people who already love your music, but they should also appeal to people who've never heard your music before and "Rocky Trail" seemed to be a song of that kind.

AP: Apart from Kings of Convenience, you were in the band The Whitest Boy Alive. The tunes and vibes of the two groups are very different. How would you define yourself between those two personas?

Øye: The Whitest Boy Alive was created in Berlin. And it was a period of my life when I was going out a lot to nightclubs. So a lot of the songs from The Whitest Boy Alive was created while sitting in a club, hearing a loud boom, boom, boom, boom, boom, and singing on top of it while Kings of Convenience music was mainly made a lot in Bergen basically playing acoustic guitar, so it came from a very, very different atmosphere.

AP: Which atmosphere are you more comfortable with?

Øye: Well, I mean, now I have an incredible problem with my ears. I have



Norwegian indie duo Kings of Convenience – Eirik Glambek Bøe, right, and Erlend Øye – at the medieval castle of Palazzolo Acreide in Sicily, Italy, in September 2020. Largely quiet since the release of their last album, the band recently broke their silence with "Peace Or Love," Erlend Øye and Eirik Glambek Bøe's first album together in 12 years.

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this thing called tinnitus, so for me, now, I sit every day in my house here in Italy and I play acoustic guitar and it's something that my ears still enjoy very much while dance music is very difficult for me to enjoy. So, for that reason, The Whitest Boy Alive is a band that has become a smaller and smaller part of my life because it doesn't represent my life anymore. I mean, I still love that music we made, and I still love to play with those guys. But with again, with Kings of Convenience, we have more longevity because the project is more friendly to the body.

AP: You guys have been really successful ever since your debut. Do you ever feel pressure about that?

Øye: If we want to release something, we don't want it to be a disappointment. So then you have to make sure that it's as good or better than what you put out before. And maybe that is the main reason why it's taken such a long time to put out this album because we don't know, and we feel very often unsure in the moment when we are recording, because when you listen to a song fifty times, maybe you don't hear the essence anymore of it. You hear a lot of details that could annoy you or frustrate you. But if you take a long break, you can have more of a perspective.

I mean, nobody wants to listen to music that sounds complicated and frustrating to play. You want to listen to

someone who is just, you know, very in tune with their own fingers and voice and is just very comfortable singing.

AP: What you just said about being comfortable is interesting because every cafe here plays "Cayman Islands" from your previous album.

Bøe: It's funny how we actually thought about this in the very beginning. We thought 'let's make music that can be played in cafes.' So we'll make it without drums and percussion because that's usually what gets loud and annoying when you're in a cafe or a restaurant. So we made music without drums and percussion so it could be played in cafes. And here we are.

BLUE ZONES PROJECT - SOUTHWEST FLORIDA



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Healthy choices are on the menu at Blue Zones Project restaurants

By Robin F. DeMattia

When you can get a veggie burger or meat-alternative breakfast sandwich at most drive-throughs, you know a movement is underway.

There is a growing trend (pun intended) for more plant-based items on restaurant menus.

This started even before the pandemic took root as people focused on eating healthier and became concerned about diseases transmitted through animals.

Market-research firm Technavio projects that the plant-based protein market will grow by \$5.67 billion between 2019 and 2023.

"There are more and more restaurants becoming aware that plant-based alternatives are a significant portion of their business," said David Longfield-Smith, Restaurant & Retail Food Lead at Blue Zones Project Southwest Florida. "We work to increase a restaurant's traffic and sales by helping restaurants make healthier choices easier for their customers."

Plant-based foods appeal not only to diners who are vegetarian (don't eat animals) or vegan (don't eat any animal products, including dairy and eggs). Flexitarians are people who are motivated by health reasons to eat more plant-based foods but on occasion eat red meat, chicken, fish or poultry.

"Blue Zones Project promotes plant-based dishes," Longfield-Smith said, "because you can get all the nutrition you need and reduce the calories, costs and consequences. I've never eaten a vegetable and felt bad about it."

He added that restaurants doing well should be mindful that the vegetarian or vegan in a group dining out often has the veto if a menu doesn't offer enough options for them.

Laura Owen, general manager of CJ's on the Bay in Marco Island, said the restaurant signed up with Blue Zones Project several years ago to expand its vegan and vegetarian options.

"It was a really good fit for us because we were already doing a lot of what they expected of us," Owen said. "We try to have our menu be really well rounded. We were aware that we have a lot of plant-based diners."

One of the restaurant's most popular dishes is a salad with red and yellow beets, goat cheese, candied pecans, mandarin oranges, mixed greens, and orange poppy seed dressing.

They also sell a lot of their Charred Veggie Stack, which features portabella mushroom, zucchini, tomato, onion, jalapeño, red wine vinaigrette, roasted red pepper coulis, and a veggie-infused polenta cake.

Blue Zones-inspired dishes are highlighted in blue on the CJ's on the Bay menu.

Old 41 Restaurant owner Tony Backos admitted that people think of his Bonita restaurant as a "stick-to-your-ribs food place." He said he partnered with Blue Zones Project to offer healthier choices to his customers and to inspire their well-being by helping them understand how food impacts health and aging gracefully.



His best-selling Blue Zones Project dish is a Greek Breakfast Wrap with one egg, feta cheese, spinach, onion and Kalamata olives in a whole wheat tortilla. "It's phenomenal," he enthused.

He also sells a similar Grilled Veggie Wrap with green bell peppers, mushrooms, Kalamata olives, and feta cheese in a whole wheat wrap.

One key to amending his menu to add Blue Zones Project dishes, Backos shared, is that "I tried to use ingredients that we already have."

Jeri Holecek, who owns LuLu B's Diner in Naples, said Blue Zones Project "does a good thing for the community" and she wanted to support that.

Her restaurant's Blue Zones Project items include a Power Scramble with one egg, broccoli, and mushrooms served with grilled tomatoes and sourdough toast.

She also has a California Bowl with quinoa, tomatoes, onions, cucumber, spinach, black olives, avocado and a lemon vinaigrette as well as a Santa Fe Bowl with quinoa, black beans, tomatoes, onions, corn, cilantro, guacamole and salsa.

Holecek also encourages kids to eat healthy, with items such as peanut butter and jelly on whole wheat bread with a side of fruit.

"More people are interested in eating healthy," she said. "We want to offer variety and have something that everybody wants."

How Blue Zones Project supports restaurants

- All services are free.
- Locally-owned restaurants in Collier County, Bonita Springs and Estero can participate.
- Sample recipes are available.
- Existing menu items can be modified to fit Blue Zones Project nutrition guidelines.
- Blue Zones Project menus can be designed and printed free of charge.
- Restaurants are promoted to almost 1 million people connected to Blue Zones Project-SWFL.

To see what's on the menu at all participating Blue Zones Restaurants in Southwest Florida, visit, swfl.bluezonesproject.com/onthemenu.

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information, visit southwestflorida.bluezonesproject.com.