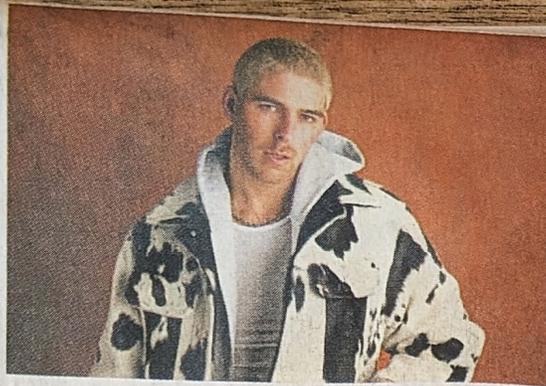


Checking out keeps Gunnar motivated

By Jae-Ha Kim
Tribune Content Agency



Musician Gunnar said that given the choice, he will always opt for a warm beach vacation. **YOUNG ASTRONAUTS**

Ahead of his tour this fall — which kicks off in Chicago — alternative rocker Gunnar is promoting his new album, “Sun Faded.” Full of contemplative lyrics set to taut, guitar-based melodies, the LA-based artist reveals his fears and hopes on songs just as “Upside Down.”

“I’m really proud of this record,” the musician, 24, said. “I feel like it’s a perfect representation of who I am today and the things I’ve gotten through to get to this point.”

This interview with Gunnar has been edited for clarity and length.

Q: What do you remember about your first professional gig?

A: This is an incredible question. I remember feeling like I was going to have a full-blown heart attack. I was white as a ghost, trying to hold my stomach from coming up and shaking with nerves (and) adrenaline.

Q: What is your bucket-list venue that you have yet to perform in?

A: I really want to play Radio City Music Hall.

Q: Have you written any songs while you were on the road?

A: Yes! I wrote part of “Bitter” while I was on tour with Maroon 5 in Europe.

Q: Does the music you hear in a particular city or country inspire your own work?

A: Of course. I actually get a ton of inspiration from

classic Americana music. Timeless, storytelling, anthemic music.

Q: Do you have any upcoming trips planned?

A: I am actually going to Italy this summer with a small group of friends, and then tour in October across the United States.

Q: What is your worst vacation memory?

A: My worst vacation memory was definitely almost going to jail in Barcelona. When we were on tour, there was a small mishap that could have landed me in a cell for a long weekend, which (would’ve) included me missing shows. Thankfully, everything got sorted because of my fluent Spanish-speaking manager David.

Q: Have you visited places for work that were so nice that you traveled back there later for a personal trip?

A: One hundred percent. Amsterdam was a city that stood out to me that I absolutely loved and want to go back to. I also want to travel back to Budapest. I think so much of the attraction for me is the dynamics in culture. It’s so different from here in the States and I really enjoy it.

Q: What is your favorite vacation destination?

A: I’m a total beach, warm weather guy. I want to play some golf, sit on the beach and relax. My friends always give me

grief because they’re all avid skiers and want me to come, but when I can get time off, I want to be somewhere warm.

Q: Where are your favorite weekend getaways?

A: I love driving out to Palm Springs. It’s an easy two-hour drive from Los Angeles, but it feels like you’re away enough to disconnect.

Q: How do you separate work from vacation trips?

A: I used to really, really struggle with this. I never was able to turn my work mode off. I’ve really tried to learn how to take time and just relax. Every time I get proper time away, I come back more motivated and excited to dive back in, so being able to check out for a few days has become a necessary healthy part of my life.

Q: What untapped destination should people know about?

A: Costa Rica! I just was in Costa Rica (recently) for the first time and it blew me away. The people, culture, weather and energy was so special. The surf was incredible.

Q: Where would you like to go that you have never been to before?

A: I really want to go to Australia and Tokyo. I’ve never been to either and would love to experience both.

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