



For Immediate Release
Oct 24, 2023

Sunny Jim releases new album *Changing Tides*

Project inspired by recent tough times and personal experiences.

Osprey, FL, Oct 24, 2023 — James “Sunny Jim”

White has released a new CD/album, *Changing Tides*, through Lane Productions, Inc., the parent company of Sunny Jim Music. The record, his 11th self-published studio project, includes 13 original songs that reflect the highs and lows he has experienced during the past couple of years. The loss of both his beloved father and his best friend, and the isolation of the Covid lockdown inspired “Waiting for the Tide.”

Sunny Jim made the best of the lockdown by broadcasting weekly livestream shows from his home studio in Osprey, FL with friend and steel drum player John Patti, to keep working and stay connected with fans. The shows gained a great local and international following, and the studio became known as the “Cantina Jaime del Sol.” James was motivated to write the song “Cantina Jaime del Sol” which became a signature welcome for viewers.

Time spent at home with family and pets during Covid inspired “Home is Where the Palm Trees Grow.” After things got back to normal and he once again performed for live audiences filled with fans and friends, Sunny Jim co-wrote the song “Friendships” with Austin songwriter Dan Sullivan.

“The CD as a whole – the complete creative process of making it – has been an uplifting experience,” said James White. “The pure joy of creation; writing the music, collaborating with others, and then recording it, is what makes me happy.”



CD Reviews

“Each song is different in its styling, arrangement, and theme. *Changing Tides* will take you on a musical journey through Key West, Cuba, Mexico, the South Pacific, and even Ireland,” said Radio Troprock’s Eric Babin. “The songs vary, from the expected trop rock beachy songs to inspirational love songs and even into Irish toasts and Cuban beats. The CD should come packaged with a warning: “Don’t push play unless you are prepared to listen beginning to end. It’s difficult to push ‘stop’ once you start.”

“Sunny Jim’s new album covers the essence of why we love living in Florida,” said fan and new Florida resident Steve Van Horn. “Songs like “Home is where the Palm Trees Grow,” “Floral Prints and Flip Flops,” “Last Call at the Big Bamboo Lounge,” “Cantina Jaime Del Sol,” “I Can’t Afford Key West” and “King of the Beach” will put a huge smile on your face, and they hit home for all us trop-rock fans; especially here in his Sunshine State.”

CD Availability

Changing Tides is available online at www.sunnyjim.com as both a physical CD to be shipped and a digital download. The album is distributed by CD Baby and available on all music streaming services including Apple Music, Spotify, Amazon Music, YouTube Music, iHeart Radio and Pandora.

Founded in 2000, Laidback Lane Productions, Inc., through Sunny Jim Music, offers a wide range of music and marketing services, merchandise products, exclusive fan trips and live music events.

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For more information and a free download (Press Only) contact:

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