

October 11, 2024
For Immediate Release

Verboten announces new album, *Life Expectancy*, out 11/10 on Rascal Records

Watch the video for lead single, [“Going Faster”](#)



Photo credit: Isabella Cuevas Pierson

Verboten, the band and musical outlet of songwriter **Foster Powell**, are releasing their debut album, ***Life Expectancy***, on **November 10th** via NYC-based imprint Rascal Records. *Life Expectancy* comprises a set of songs written during a period of creative breakthrough for Powell, which preceded a major life change in the form of relocating across the country from Vermont to Bellingham, Washington. Facing the titular “expectations” and disappointments of trying to make your way in your twenties, the album looks for answers in the endless branching of “life choices”: how from wherever you sit, the grass is always greener somewhere else, how the outcome of a chosen path is in constant flux and not possible to see clearly, and how not choosing is still a choice.

Powell’s whispery vocals and Beatles-inflected melodies have often invited comparisons to Elliott Smith and Belle and Sebastian; on *Life Expectancy*, his bedroom-recorded musical world gets a little bigger with key contributions from friends and collaborators. NYC-based drummer

Harry Zucker's punchy, explosive playing acts as the perfect foil for Powell's melodious pop songs, and Nashville-based songwriter **Wila Frank's** string arrangements elevate album centerpieces "Going Faster" and "Two Sides to Everything" into cathartic anthems that reflect on whether all this human yearning is worth anything at the end of the day: "Every time you try / a moment in the light / A lifetime employment / a minute's enjoyment."

Verboten began officially in 2021, when the band's original drummer Daniel O'Connor suggested the name—the borrowed word for "prohibited"—which felt like a tongue-in-cheek nod to how playing music in the modern era, an admittedly privileged pursuit, can still feel like an uphill battle. Relocating to Bellingham, Washington from Vermont in 2023, Verboten has changed bandmates over the years, most recently with the addition of guitarist Henry Locke and drummer Amanda Glover joining Powell and mainstay bassist/singer Amy Anders.

***Life Expectancy* Tracklist**

Cold Winds
Changing
Going Faster
Eveline
Falling Down
IDK
Sally
Heartless
In Your Sleep
Two Sides to Everything



LIFE EXPECTANCY

Life Expectancy Cover Artwork

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