

# THE LEDGER

UNIVERSITY OF WASHINGTON TACOMA

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## Highlighting the diversity of US veterans

Honoring U.S. veterans of underrepresented communities is not a matter of political correctness, but a necessity of historical accuracy.



PHOTO BY ALEXA CHRISTIE

By **KATIE SCOTT**  
NEWS REPORTER

Representing historically underrepresented identities within the U.S. veteran community is a necessity that not only broadens the depth and breadth of U.S. history narratives, but brings benefit to all communities by recording history as it accurately occurred. With 14.1% of U.S. undergraduate students identifying as veterans, and UWT being home to 16% military-connected students, it is more important than ever to represent veterans in an accurate and authentic way.

According to the Council on Foreign Relations, “the racial and ethnic diversity of enlisted recruits varies considerably across the services and between genders.” The office of the Undersecretary of Defense reports female-identified enlistment has steadily increased in all branches of the U.S. military since 1970. However, there are still widespread disparities in the public recognition of veterans’ identities, particularly of historically underrepresented communities.

“I really want my sisters in arms to claim their place in history,” said Lisa Narciso, Washington State Women Veterans Coordinator and previous President & Senior Advisor for the National Association of State Women Veterans Coordinators.

A veteran herself, Narciso shares her insights about women veterans in the US.

In a conversation about being a U.S. veteran, Narciso describes her experience as one that often comes with her veteran identity being challenged, questioned, or in some cases, even denied. She attributes this to many identifiers, some of which include her being a woman, being born and raised in the Philippines and her self-identifying as having an accent.

“A lot of individuals in our community, and in the (Department of Veterans Affairs) itself, doesn’t give [veterans who are women] the benefit of the doubt,” Narciso said.

Narciso shared examples of the responses she has received from the public when disclosing that she is a veteran. From restaurant employees to Veteran Affairs medical staff, to her trying to obtain a fishing license, the common sentiment she hears is “you cannot use your husband’s veteran benefits.” Narciso said “it’s so ironic that joining the Army, we have to fight to be equal with our

men counterparts.”

She explains this is a dynamic even her husband, who is also a veteran, did not understand until he began having to regularly justify her veteran status at various businesses and service providers.

But women are just one demographic of underrepresented veterans in the U.S.

Antonio Solorio, Treasurer of the UWT Student Veteran Organization, VIBE website coordinator and a veteran himself, said “as far as underrepresented communities, definitely the LGBTQ community is one that’s underrepresented.”

The Washington Department of Veterans Affairs reports there are an estimated 30,626 LGBTQ+ Veterans in Wash. state. In 2021, Washington State implemented a LGBTQ+ Veterans outreach program through the Washington Department of Veterans Affairs.

Yet, the Council on Foreign Relations reports, “The military has also opened its ranks to openly gay individuals, but it has maintained broad prohibitions on those who are transgender.” Prohibitions specifically meaning policies that have historically banned LGBTQIA+ individuals from enlisting and/or serving openly in the military.

However, an executive order from the White House, dated January 25, 2021, declared “...it shall be the policy of the United States to ensure that all transgender individuals who wish to serve in the United States military and can meet the appropriate standards shall be able to do so openly and free from discrimination.”

Narciso and Solorio say the faces of the U.S. veteran community, in its entirety, are much more diverse than the typically presented stereotypes. Though those stereotypical identities certainly exist, the veterans assert that the predominantly represented examples of who a veteran is leaves out a vast array of actual veteran identities.

“Most people assume that veterans are conservative, gun-loving white guys with a beard... there is that guy, but that’s not most of us,” says Solorio.

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PHOTO BY REFUEL AGENCY

An American flag resting in a pair of military grade boots with dog tags hanging out.

Continued from  
COVER ►

Gesturing to the room, he said, “that’s not one person that is in here right now.”

Michael Maratas, UWT Military-Connected Career Development Specialist and U.S. veteran, adds “Two truths can exist at the same time. I myself participated in many anti-Iraq war demonstrations, and yet I still served... I even told people ‘look I don’t agree with this, but I’m here.’”

In speaking about veteran stereotypes, Maratas said “there’s no monopoly on what it means to be a vet, or look like a vet. It could be anyone.”

He explains being a veteran is not siloed to just those who served in combat, broadening the definition to any individual who has served in the armed forces as being a veteran. A definition that both Narciso and Solorio also expressed as true.

“There are pro-peace vets, middle of the road vets, and patriot vets,” Maratas said.

Maratas described his desire to have a more positive or inclusive portrayal of veterans.

“Not this ball cap wearing veteran in class that’s angry all the time. We’re just like you, same ages or older, wanting to get a good education, participate in school and move forward,” Maratas said.

According to Student Veterans of America, 3-4% of college students in the U.S. are veterans. Here at UW Tacoma, school reports show there were approximately 633 military affiliated students enrolled at UWT in Autumn quarter of 2021.

Though differences exist in opinions of the military, most individuals can relate to the intrinsic value of building stronger communities. Solorio, Maratas and Narciso all

shared sentiments of valuing the importance of people, and reaching across figurative lines to build stronger communities together.

Social justice is intersectional, encompassing all identities and narratives. Pursuing justice for all communities requires accurate representation of and within those communities, including U.S. veterans.

With the historical inaccuracies currently represented in much of U.S. recorded history, honoring veteran communities as they authentically are, sets the historical narrative on facts, rather than propaganda.

Speaking to the legacy that a full and accurate representation of veterans provides, Narciso expressed “I really appreciate the women veterans that came through for me. They paved the way, and we’re doing the same thing.”

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# Being Latinx on campus

The Latinx Student Union is creating an environment in which students of Latin ancestry are able to connect with one another.



PHOTO BY @LSUUWT ON INSTAGRAM

A candy skull (above) and table exhibit (below) from the Día de los Muertos event.



By **LESLIE CRUZ**  
NEWS REPORTER

Among the many clubs and student unions that take place on campus, the Latinx Student Union is one that focuses on building an inclusive and empowering community for Latino/a students on and off campus. Through this student union, students like Aneesa Campos are able to connect to their culture and learn about the Latinx experience.

Before being a student at UWT, Campos struggled to connect to her Latin roots because her high school did not have many inclusive clubs or programs. As a freshman at UWT, Campos has been able to meet more Hispanic/Latinx students that she is able to learn and connect with.

"I felt more in touch with my Hispanic side, being able to make friends of the same culture, speaking the same language, it felt really good," Campos said.

Aside from participating in Hispanic/Latinx activities, Campos also takes classes to learn about the history of Latin American countries.

"It's history that isn't taught at a high school level, it's crucial to know the role they play in history and in society, I feel more connected to my roots," Campos said.

Nov. 1 through the 2 is Día de los Muertos, or, Day of the Dead, a holiday in Mexican culture where individuals celebrate the lives of their loved ones that have passed away, and set up altars, or ofrendas, with pictures and food their deceased relatives once enjoyed.

"When I saw that the Latinx student union was hosting a Día de los Muertos event I couldn't believe it, it's the first time I have seen a school acknowledge one of my traditional holidays," Campos said, "Being on campus and seeing students and professors that look like me and sound like me is truly wonderful, it wasn't until my junior year in high school that I had a Hispanic teacher, my Spanish teacher, that looked like me."

For any students looking to feel closer or learn about Latinx culture, the Latinx Student Union holds bi-weekly meetings from 12:30 p.m. to 1:30 p.m.

PHOTO BY LATINX STUDENT UNION

The logo for the LSU.



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# DRS: Disability resources and what you need to know

Students with disabilities have always struggled, so do our disability services really help as much as they can?

By **ANDREW ANDERSON**  
WEB/LAYOUT MANAGER

Dr. Gregory House from “House M.D.” uses his cane wrong. It’s a small thing to get hung up on, but when I did research in order to buy and use my first cane at 28 years old, I couldn’t help but think back to House - to the representation of disabilities in the media at large. I asked myself if such a popular medical show got it wrong, then who else got it wrong?

In an article done by the Washington Post, Scott Lissner, the public policy committee chair at the Association on Higher Education and Disability, was quoted as saying that experts estimate that 1 in 8 U.S. college students have at least one disability. The problem, however, is that not every college student will tell their college that they’re disabled.

According to a press release in April of 2022 on the National Center for Education Statistics website, titled “A Majority of College Students with Disabilities Do Not Inform School, New NCEES Data Show,” about one-third of students who did have a disability while attending college informed their college. That means that two-thirds of the students didn’t tell their college. Why?

Back in 2017, “The Hechinger Report,” which covers innovation and inequality in education, released an opinion piece stating that college students with disabilities don’t seek accommodation in fear they will be seen as “lazy” or “unintelligent.” Another fear, from an article titled “Disabilities, Opportunities, Internetworking, and Technology,” claims that some students shared they didn’t want to be judged for their invisible disabilities.

Whether invisible or newly addressed, students with disabilities can feel as if they are being judged by others around them. This was certainly my case the first day I used my cane and stressed myself out thinking I was being judged.

With that said, why should students tell their colleges they’re disabled? In the case of our campus here at University of Washington Tacoma, the Disability Resources for Students (DRS) provides accommodations for those with documented disabilities. This can range from providing certain chairs in classrooms for those with physical disabilities to helping students with their World Language credit requirements if they have a learning disability or have impaired hearing or speech functions.

Even if a student does not have a documented disability, DRS is still a worthwhile place to contact to get more information about steps to take to get disabilities documented.

It’s true that in the year of our return to campus following the wake of the COVID-19 pandemic, DRS was overwhelmed with emails, calls and requests for aid and services. Wait times for a re-

sponse could be anywhere from days to weeks. With this the year of our recovery from the pandemic, I decided to see what might have changed for DRS since then.

I was able to speak with M. Mayo, a fellow disabled student on campus, and ask about his experiences on campus. There was a great deal of talk about navigating campus and how easy he found it - or the lack of ease.

“Although with all the construction [getting around campus] has been much harder lately. Even with using ramps and elevators, there aren’t many places to stop and rest. The entire west part of campus is pretty hard to navigate lately. The UW is doing their best but big challenges remain.” he said.

While construction remains a huge challenge for physically disabled students traversing campus, it seems DRS remains in peak form. One of the questions I asked Mayo was how quick DRS was to respond to messages and how helpful they were.

“The DRS on campus is awesome,” Mayo said, “They have always quickly responded to me, and they have always had a great attitude.” When further prompted on how the Tacoma campus treats disabilities and disabled students he had more to say.

“For the most part, UWT has dealt with me in a very compassionate and straightforward manner while simultaneously balancing my accommodations and self-reliance.”

One major problem he confessed to having, however, was the trouble between online and in-person learning. He talked of how some classes would be listed as in-person, but then the professor would switch back to online on some days, which severely ruined the way he learned and how he accessed the class, he said.

While disabled students still struggle on a class-by-class basis, DRS has proven to be a remarkable source in helping students on campus. So while I still have the question of who else got it wrong, I can be assured that UWT got it right.

**DRS is in office from Monday to Friday from 8:30 a.m. to 5 p.m. and can be reached by email at [drs@uw.edu](mailto:drs@uw.edu) or by phone at 253-692-4508.**

**Students wanting more information on disability at a college level can find more at: <https://www.ahead.org/home>**

**Students can find more about DRS at: <https://www.tacoma.uw.edu/drs>**



ILLUSTRATION BY STEVIE ESTEBAN

Disabled students fear being seen in a negative light. What can be done to help stop that?

# Commuter students deserve a safe space to nap

A designated napping location would make it easier for commuter students to stay on campus longer.

By RUTH OGDEN  
OPINION WRITER

One thing that most college students can agree on is that we don't get enough sleep. Between work, academics, family, friends and extracurriculars, getting the recommended 7 hours of sleep a night is rare. Sometimes, I wish that there was a place on campus where I could lay down and catch some shut eye between classes.

Students who live nearby or in Court 17 have the luxury of going back home to nap between classes. But what about students who commute to campus?

University of Washington Tacoma is known for being a commuter school, meaning that many students live outside Tacoma and have to commute just to attend classes. Just this quarter, I have classmates who commute daily from Bonney Lake, Puyallup, Olympia, Orting, Federal Way, and Gig Harbor. The high price of gas means that driving to campus is a significant financial investment, and students who use transit devote a large amount of time to sitting on buses or trains. Either way, it's not really a viable option to go back home in between classes. What are tired students supposed to do?

Some University of Washington Tacoma students, like Holly Wetzell, have tried to nap in their

cars. Holly is a junior majoring in Psychology and drives up from Olympia.

She said she often feels really tired in between her morning and evening class and has considered napping in her car before but said "it doesn't feel safe."

Other students end up guzzling caffeine just to stay awake. Cesar Martinez, a senior, said that he spends a lot of money on coffee and energy drinks.

"Between class and family stuff, it's hard to stay alert sometimes," he said.

I think that having an authorized nap spot on campus would be a great solution to commuter students' fatigue.

Other colleges, like University of Akron in Ohio have set up "nap pods" around their campus as part of a campaign to boost student mental health. The nap pods are lounge-style recliners with a covered visor for privacy and have a bluetooth connection option so students can play quiet music to help fall asleep.

I personally really like the idea of nap pods at University of Washington Tacoma. We could put them in the library or other places that are quiet, like the upper floors of the Mattress Factory (MAT) or in the downstairs alcoves of Tacoma Paper and Stationary (TPS).

Would you feel comfortable napping on campus?



Nap pods would be one way to address student sleep deprivation.

ILLUSTRATION BY STEVIE ESTEBAN



College students tend to suffer with lack of sleep.

ILLUSTRATION BY STEVIE ESTEBAN

## College Students vs Sleep

How is a lack of sleep impacting college students?

By CELIA WILLIAMS  
OPINION EDITOR

Let's be honest, you reading this right now have probably spent nights working without end on homework. You probably look at the clock and every time it seems to get later and later and later. First it's 10 p.m., then it's somehow 3 a.m.

College students are notorious for going about their day after getting a whopping four hours of sleep. Obviously, that

is not enough for someone to function successfully. A constant lack of sleep can also affect other aspects of a college student's life, including mental and physical health.

In "Association of Stress, General Health, and Alcohol Use with Poor Sleep Quality among U.S. College Students," an article published in the American Journal of Health Education, 20-60% of students reported getting poor sleep. This pattern in turn can lead to increased substance

use, mental health issues and even physical health issues.

As a senior here at University of Washington Tacoma, I can say I'm definitely guilty of staying up late after procrastinating all day, or even all week. It's a horrible habit, but it is true. Ideally though, according to the Center for Disease Control, college students like myself should be getting seven or more hours of sleep a night.

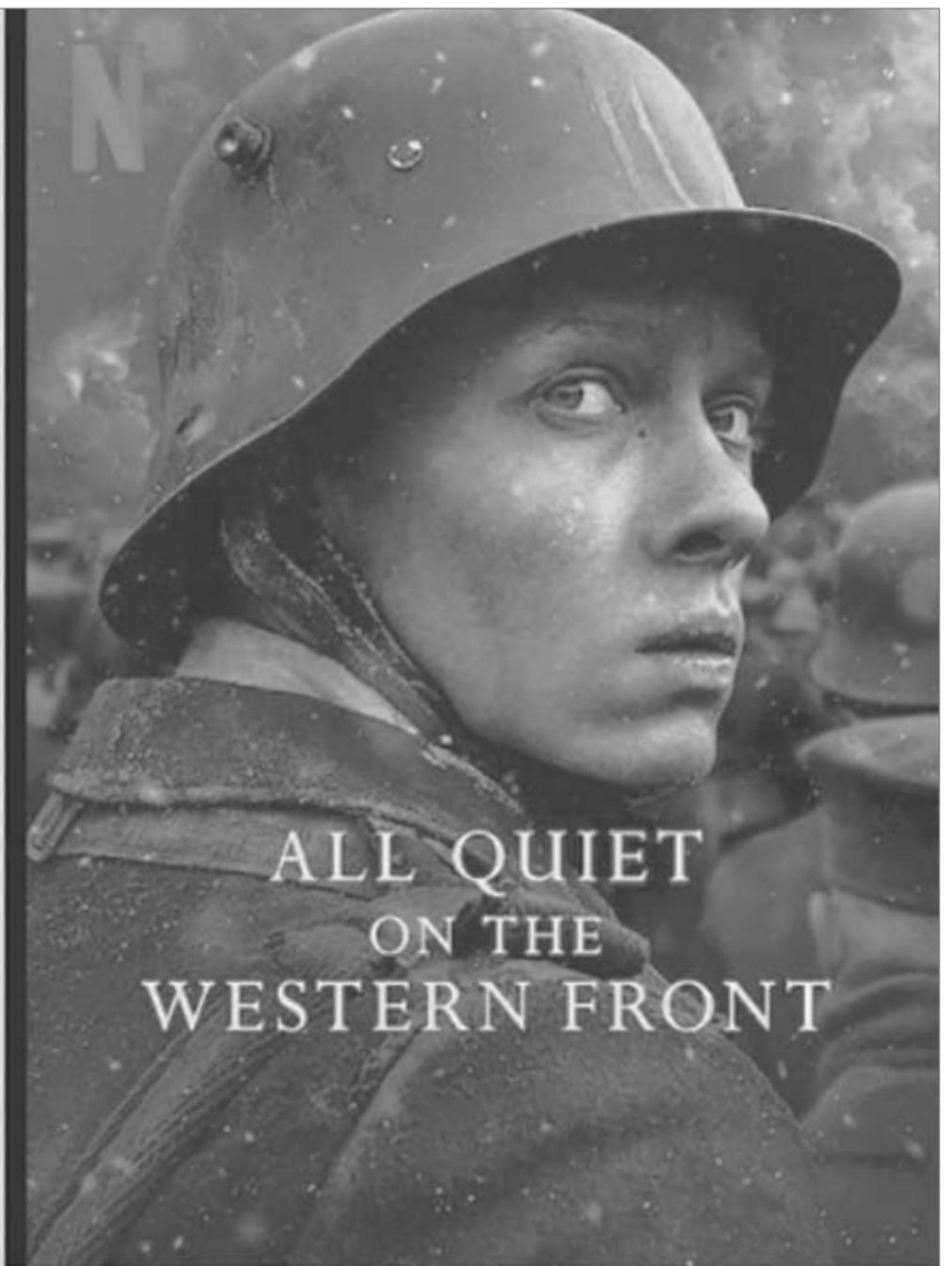
Other students here at University of Washington Tacoma

are also dealing with adjusting to a school routine again. Jayana Estacio, a sophomore computer science student, says she can definitely say that as a college student she doesn't get enough sleep. She also said that when she doesn't get enough sleep it impacts her focus and ability to perform well in class and extracurriculars.

It's very evident that getting enough sleep is a big part of taking care of yourself, so it's important that we do get enough.

Here are some helpful ways to help you get more sleep, especially with finals in only four weeks.

1. Turning off all electronics an hour before you plan to go to bed.
2. Doing your homework in a separate space from where you sleep.
3. Taking a shower and getting in some comfy PJ's.
4. Incorporating lavender aromatherapy in your living space.



1930 and 2022 posters for the films

PHOTO DISTRIBUTED BY UNIVERSAL STUDIOS (LEFT) AND BY NETFLIX (RIGHT)

## ‘All Quiet on the Western Front’ is traumatic in any rendition— as it should be

Though it differs from the original novel, Netflix’s German film adapts it with competence and strength to match the 1930 version.

By **EMILIA BELL**  
FILM CRITIC

“All Quiet on the Western Front,” was released on October 28 of this year on Netflix, and is based on the novel published in 1929 by German author Erich Maria Remarque. The book is firmly anti-war and provides insight into the extreme trauma soldiers face. The story follows Paul Bäumer, a young German soldier during World War I.

The book is effective in portraying the horrors of war as well as the emotional complications that come with it, contrasting scenes of comradeship with horrific death. A story told from the losing side is more powerful as the death and destruction feel even more pointless.

Before the 2022 film interpretation, there was another very successful adaptation in 1930, which won the Academy Award for Best Picture. This picture was a huge accomplishment for its time, with an incredible scale and visuals. The first battle in the trenches has impressive explosions and backgrounds. It adapts the book very faithfully, aside from telling Paul’s tale in a more linear way than the book—with some dialogue lifted directly from the English translation.

It does a good job of establishing a sense of comradeship between the characters and then breaking them down by displaying the shocking tragedies as time goes on. This interpretation seems to be the best for building the character’s friendships first and providing contrast for later on. While watching this film through a modern lens, the acting can feel a bit old-fashioned and somewhat stiff. But it does show a surprising amount of violence and graphic scenes.

Most might not think of old films as being violent; this film is more realistic due to the fact that it was released pre-Hays Code, which meant that at the time Hollywood was not overly censored as it was between 1934 and 1968 (when the code was in effect), and could show these things. It fairly represents Remarque’s anti-war message and is truly epic.

The film released in 2022 differs significantly from the book and the 1930s adaptation. However, this is not a bad thing. It is a new perspective, and it would seem pointless to remake if the new one simply replayed each plot point in the same way.

An important difference with the 2022 version is that it is in German. Unlike the 1930s

version, which is in English; This allows the film to feel more authentic, which sets it apart from the other adaptations.

Lead actor Felix Kammerer, who plays Paul, puts in a tear-jerking performance. While director and writer Edward Berger changed a lot of elements of the plot from the novel, he does so without losing its spirit. It does well showing the vicious cycle that war can bring, with the beginning of the movie following the uniform of a dead soldier as it is assigned to a new person; this shows how many soldiers die only to be replaced by thousands more. This installment also introduces a new plotline that follows Daniel Brühl’s character as he attempts to negotiate a peace treaty with the enemy.

While it is not necessary, this addition to the story did provide more context and showed how selfish men are willing to send innocent children out to die for their cause.

Netflix’s version is extremely difficult to watch and does not hold back by starting the film in the trenches, showing countless gruesome and devastating deaths. By today’s standards, the 1930s version is less upsetting—but all iterations of Paul’s story

are brutal, with unrelenting violence and heartbreaking scenes. In a lot of ways, the book remains the most despairing of them all. But due to Remarque’s real experiences and his perspective, it’s unlikely anything could top it, though 2022’s visuals are enough to turn one’s stomach.

Something that the book and films do well is showing the progression of the bright-eyed eager children who want to fight for their country as they are turned into beaten-down and traumatized soldiers who feel they have no place in society.

In the 1930 version, as in the book, Paul goes on leave to find that he does not fit in with regular people in his town. This character development is instrumental in demonstrating one of the many faults of war—the 1930s version in particular exemplifies this, while the 2022 film leaves it out.

Despite the atrocities depicted, both the 1930 and 2022 features have beautiful imagery.

In the Netflix film, cinematographer James Friend was able to capture spectacular beauty despite the horrific events; each shot was a masterpiece. Peaceful landscape shots were interspersed throughout, and the lighting and contrast in the bat-

tle sequences was awe-inspiring. 1930s cinematographers Arthur Edson and Karl Freund accomplished a stunning sense of scale with the battle sequences.

Remarque began his novel with a disclaimer:

“This book is to be neither an accusation nor a confession, and least of all an adventure, for death is not an adventure to those who stand face to face with it. It will try simply to tell of a generation of men who, even though they may have escaped its shells, were destroyed by the war.”

Each film does this justice with the theme clear throughout. The 2022 film is more impactful today, but the original adaptation should not be ignored. The 2022 movie is available to stream on Netflix and is playing in select theaters, while the 1930s version is available to rent on most digital platforms such as Amazon Prime, Google Play, and YouTube. Both are worth viewing and well-deserving of the praise they have received. The book is an amazing (albeit depressing) read as well; there is a reason it has been adapted more than once.

# Find Emotional Healing in 'Always Love' by Lauren Jauregui

Going through the four stages of grief and finding your way out with acceptance.

By **KIARRA BLAKELY-RUSSELL**  
A&E EDITOR

Work 8:00pm-

Soothing sounds, methodical harmonies and passionate raspy vocals. On October 28, Lauren Jauregui released her new single, "Always Love" which is a song that's built for healing. By reminiscing on her public breakup with singer Ty Dolla \$ign, Jauregui tethers with the love that's still lingering and the heartbreak that had come from it.

Lauren Jauregui is a Cuban American, R&B and soul singer/songwriter. She is most known for her role in the former girl group, Fifth Harmony, but has now made a name for herself with one album and a few singles that showcase her own talents.

She has recently finished touring on the Serpentina tour with BANKS. Her main influences in her music come from her upbringing of listening to '90s R&B, alternative rock, Latin music and soul.

"Always Love" showcases the influence that soul and alternative rock has had on her music and writing. The song begins quietly with the strings of an electric guitar playing in a lullaby tempo—that is slow but calming. This is a perfect start to the journey the listener will be taken on; the vulnerable side of her longing.

"It's kinda hard waking up in the morning without you. / When I reach over and realize it's over, I just/ let the memories wash over me through me, and out of me but they're still on the sheets and they stay there, so I lay there with you," Lauren sings.

With raspy vocals, her tone is able to convey the pain she is feeling as she longs for the company of her past lover through every word. As she slowly enters the chorus, an electric guitar again introduces her soft but powerful vocals.

"Even though we didn't work it's always love, always love/ Even though we hurt each other more than once it was love, always love," Lauren belts, "For all those times we locked eyes/ When I was yours and you were mine/ It's always love, always love."

The song's sound has found its footing with its stripped-down focus on her vocals and two chords on an electric guitar as she jumps

right into verse two.

"Nobody talks about walking away when there's still love. / Feeling so far after being so close is a mind-f\*\*k./ You helped me grow into me so I couldn't help but change/ But changing meant seeing some things that, I just couldn't change," Lauren sings.

As she ends the second verse, the listener will be able to hear the more vulnerable parts of Lauren fall out. She then repeats the chorus, but in a softer tone that's filled with sadness; a more melodic sound, as her voice beautifully rises and falls delicately. This is as if the listener has the journey again with her.

Instead of filling in the song with words throughout the bridge, as conventional songs do, Lauren fills it with her vocals which sound like exhaling breaths with added layers of harmonies that can tickle the listener's ears. This provides relief through the tragedy, and bitter-sweetness that this song has brought thus far.

During the final chorus, the listener hears a softer vocal, almost a whisper, which allows a more accepting feeling. We get to immerse in Lauren's alto range during this.

"Even though we didn't work it's always love, always love. / Even though we hurt each other more than once it's always love. / All those times we locked eyes, when I was yours and you were mine/ It's always love, oh it's always love," Lauren sings.

The sound of her soft voice slowly grows into her final sense of realization as she sings for the final time, "It's always love, always love."

In an interview with Rolling Stone, Lauren explained "It was important for me to put this song into the world for the same reason every song is: it tells my story and it is an honest expression of a moment that allowed me to heal," adding, "The hope is always that the song finds someone it can do the same for."

You can listen to "Always Love" on streaming platforms such as Apple Music and Spotify. She has also put out a music video on YouTube, so you can enjoy the visualization of this story.



Lauren Jauregui "Always Love" Single Artwork.

PHOTO BY @LMJTODAY ON TWITTER



Lauren Jauregui

PHOTO BY @LMJTODAY ON TWITTER

