

Quarries

ENZIE GREENE



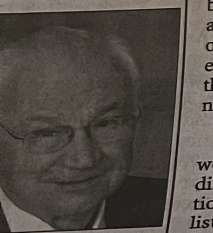
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Alvarado stuns with new EP Lately

An Album Cultivated for Mental Health Month

Jennifer Alvarado's latest EP, *Lately*, doesn't seek comfort in metaphor or nostalgia — it confronts, questions, and reveals. Across five uncompromising tracks, Alvarado strips away the protective layers that often shield pain from public view. This project moves beyond the reflective nature of her past releases and directly engages with the present, where emotional weight still lingers and healing is ongoing.

With a sonic palette rooted in '90s country and Americana, *Lately* balances warmth and grit. But it's the lyrical content that sets this EP apart. The title track is not a retrospective — it's a present-tense confession of living with depression. Alvarado is clear: this isn't just about what was, but what is. "The pills aren't working / And I feel kinda hollow / I can't find peace at the bottom of a bottle," she sings, unflinchingly, addressing the internal battles that too often remain hidden behind silence.

"Wake Up Alice" takes an equally hard look at mental illness, specifically disordered eating and distorted self-image. Lines like, "Looking in the mirror / They all say you're getting thinner / So why can't you see it / Guess you'll never know," underscore the dissonance between perception and reality — and the loneliness that breeds in between. These aren't romanticized portraits of struggle — they are deliberate exposures of pain with the intent to break silence, not hearts.

"Dear Ana" continues this work, naming the eating disorder many avoid mentioning and challenging the listener to sit with its uncomfortable truths. Alvarado's decision to confront these topics head-on reflects both artistic bravery and personal integrity. Raised in an environment where these issues were known but unspoken, she now uses her platform to break that generational pattern of silence.

Then there's "Jesus In A Bar" — a song designed to provoke. And it should. With this track, Alvarado offers a sobering reflection on judgment, compassion, and the role human behavior plays in spiritual harm. It's not about shock value — it's about accountability. The song asks an essential question: are we pushing people away when we claim to represent love?

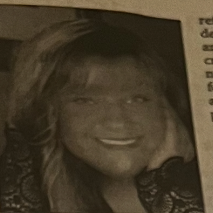
Throughout *Lately*, Alvarado rejects euphemism in favor of truth. The project functions not just as a musical release, but as a statement — a refusal to be quiet about subjects long deemed too uncomfortable. In doing so, she contributes meaningfully to the evolving conversation around mental health in

This is not a polished narrative of survival. It's a lived-in, ongoing reckoning with fragility, faith, and emotional fatigue. And in that rawness lies its strength. *Lately* doesn't offer resolution — it offers recognition. For many, that's far more powerful.

Jennifer Alvarado is redefining what it means to be a country artist in today's music scene. With a sound that fuses the heartfelt storytelling of '90s country with the raw, unfiltered honesty of alternative rock, her music has been described as "Deana Carter meets Alanis Morissette." But Jennifer isn't just another artist blending genres — she's a truth-teller, a voice for those who have ever felt out of place. Her songs are unflinchingly personal, yet universally relatable, tackling love, loss, trauma, and redemption with a fearless honesty that sets her apart.

Born and raised in Hickory, North Carolina, Alvarado's love for music was sparked at the age of four when her grandfather first placed a guitar in her hands. Growing up, she found her voice singing in church and school performances, but a devastating loss and relentless bullying in middle school silenced her for years. While others saw her talent, she struggled with crippling performance anxiety, choosing instead to write in secret. It wasn't until her mid-teens, when she picked up the guitar again and began leading worship, that she slowly reclaimed her confidence.

Alvarado's path to music wasn't a straight shot. Despite earning a music scholarship, she ultimately pursued a degree in Political Science and Family Ministries, preparing for a future in law and ministry. She worked as an Intellectual Property Paralegal, led worship at two churches, and taught guitar and ukulele on the side. But music never stopped calling. In 2020, facing a crossroads, she decided to take a chance — submitting her music to Indie Star Radio. The response was immediate



and overwhelming, leading to her being named Country Artist of the Year in 2021. From that moment, there was no turning back.

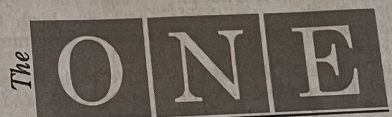
Since then, Jennifer has become one of the most relentless independent artists in country music, performing over 200 shows a year across the country. She's played legendary venues like The Viper Room, intimate clubs on the California coast, and countless stages across NC, TN, GA, VA, SC, CT, KY, and TX. Her goal? To play all 50 states and bring her music to international audiences. While she's been told she's "not redneck enough" for country music and "too old" to chase a dream, she

refuses to let the industry define her. Instead, she writes and sings on her own terms, creating music that resonates with those searching for something deeper than another whiskey-soaked party anthem.

Beyond the music, Jennifer is deeply passionate about using her platform to make a difference. She is actively involved in Celebrate Recovery, prison ministry, and organizations supporting women overcoming addiction and homelessness. She volunteers at the Asbury Resource Center, Safe Harbor, and Meals on Wheels and is helping launch Breaking the Darkness, a Christian music festival designed to reach those who may not feel welcomed in traditional church spaces.

Alvarado is more than a musician — she is a storyteller, an advocate, and proof that resilience and faith can carve out a space where none seemed to exist. She isn't chasing fame or fortune. She's chasing meaning, moments, and the chance to remind others that their voice, their dreams, and their stories matter.

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