



LOCAL NEWS • News

Long Beach's Gregg Young has another musical message



Musician Gregg Young has written a short song about getting vaccinated. (Courtesy Gregg Young)

By [GARY METZKER](#) | gary.metzker@gmail.com | PUBLISHED: October 5, 2021 at 9:33 a.m. | UPDATED: October 5, 2021 at 9:34 a.m.

Good things come in threes for musician Gregg Young.

The Long Beach resident's Grammy-nominated song, "Together (HK)," was released in three versions. And after recording "Spreading (Covid 19 Guidelines)," Young released his third socially-conscious song, "Vax," on Friday, Oct. 1.

"I'm a conduit for music," Young said. "Things just come to me."

"Spreading" and "Vax" aren't full-length songs. Rather, Young categorizes both as public service announcements.

"Spreading" is a 30-second PSA that has been streamed more than 11,000 times and to me, that is just stunning," he said. "On top of that, it has received radio airplay as well."

"Vax," which is only 72 seconds long, came to him in his sleep.

"I know COVID-19 is not so good, but other things are getting better," he said. "I can feel this positive turn."

Young, who has sent the song to the Long Beach Department of Health, said that if the song only helps one person, that is still a good thing.

"We are just trying getting the word out to everyone we can that it is important to get vaccinated," he said.

The trilogy of songs started in November 2016, when the first version of "Together" was released. Young said it was written to be a positive response to some negative things that were happening at the time.

"The first time I did 'Together,' it was just me with a guitar," Young said. "The next version — 'Together (A)' — was an acoustic version and then the third version '(HK)'; I added horns and keyboards."

Young, whose band, Gregg Young and the Second Street Band, perform all around Southern California, said there might even be a fourth version that adds a gospel choir and a youth choir.

Young said he keeps his phone by his side because he never knows when a phrase or a tune will pop into his head.

"I have no control over it," he said. "When a song or a lyric comes to me, whatever time of day it is, I use the voice memo button on my phone. It can happen when I'm driving or just walking down the street. When it comes, it comes."

RELATED ARTICLES

[UN endorses world's 1st malaria vaccine as 'historic moment'](#)

[Vaccinated or not, everyone is likely to get COVID-19 at some point, many experts say](#)

[Coronavirus: L.A. County is 69% fully vaccinated with 1,147 new cases and 29 new deaths, Sept. 28](#)

"Together (HK)" is being considered in the Grammy category of Best Remixed Recording. Young likens the song to an anthem.

"Three verses in that song that really stick out to me are," he said, "We are in this together. You and me family, American family. We are in this together."

"We are part and party to what is going on," Young added. "It's been a very strange time. I've never been in anything like this."

[Sign up](#) for The Localist, our daily email newsletter with handpicked stories relevant to where you live. [Subscribe here.](#)



Get the latest news delivered daily!

[SUBSCRIBE](#)

Follow Us

[f](#) [t](#) [r](#)

MOST POPULAR

- 1 ['Nightmare' scenario unfolds for Disneyland passholders as reservations are snapped up](#)
- 2 [VOTE: Southern California Boys Athlete of the Week, October 8](#)
- 3 [Long Beach Unified fires safety officer who shot, killed 18-year-old woman in moving car](#)
- 4 [Long Beach's Freedom Writers 20 years later - where are they?](#)
- 5 [Woman shot by Long Beach school safety officer dies after being taken off of life support](#)
- 6 [Man killed in Long Beach hit-and-run on 710 Freeway](#)
- 7 [Press-Telegram Boys Athlete of the Week: Myles Jackson, Millikan](#)
- 8 [COVID-19 rate falling in LA County, so will indoor mask mandate go away?](#)
- 9 [Armed murder suspect killed at interchange of I-710 and I-105 freeways](#)
- 10 [Long Beach's Daisy Lane Parade to wind through Wrigley neighborhood](#)

[Newsroom Guidelines](#) [News Tips](#) [Contact Us](#) [Report an Error](#)



Tags: [Grunion Arts](#), [Top Stories LBPT](#), [vaccinations](#)

Gary Metzker | Correspondent

Gary Metzker has been a full time lecturer at Long Beach State since 2008 and an adjunct professor at East Los Angeles College, Long Beach City College, Orange Coast College, Coastline Community College, Golden West College, El Camino College, Mt San Antonio College and Chapman University. Metzker is design adviser for Long Beach State's Pacemaker and Pinnacle Award-winning Daily 49er and Dig Magazine. He received his Bachelor of Journalism degree in 1976 from the University of Missouri and his master's in Communications in 2013 from California State University Fullerton. For almost 25 years, he worked at the Los Angeles Times in positions ranging from sports news editor, metro news editor, A1 editor and Senior Editor. During that time, Metzker was a member of four Pulitzer Prize-winning staff awards for breaking and spot news. Metzker has also won 10 Los Angeles Press Club awards and two Medals of Excellence from the Society for News Design.

gary.metzker@gmail.com [Follow Gary Metzker @GaryMetzker](#)

[VIEW COMMENTS](#)

Join the Conversation

We invite you to use our commenting platform to engage in insightful conversations about issues in our community. Although we do not pre-screen comments, we reserve the right at all times to remove any information or materials that are unlawful, threatening, abusive, libelous, defamatory, obscene, vulgar, pornographic, profane, indecent or otherwise objectionable to us, and to disclose any information necessary to satisfy the law, regulation, or government request. We might permanently block any user who abuses these conditions.

If you see comments that you find offensive, please use the "Flag as Inappropriate" feature by hovering over the right side of the post, and pulling down on the arrow that appears. Or, contact our editors by emailing moderator@scng.com.

You May Also Like



Murphy Beds For Cheap
Beds | Search Ads | Sponsored

Senior Apartments in Long Beach (Take A Look At The Prices)
Senior Living | Search Ads | Sponsored

Top Hair Experts: Do This at Home If You Have Thinning Hair
Dinvlocks.com | Sponsored

I Shop At Costco Every Week And I Know To Never Buy These Foods
BETTER-BI | Sponsored

[Photos] Meet The Wives Of The Richest Men Alive
Born Voyaged | Sponsored

Fitness Legend Stays Fit at 63 Thanks to 4 Unique Nutrition Tips
PowerLife by Tony Horton | Sponsored

MORE IN LOCAL NEWS

[Majestic Princess cruises from Port of LA for first time](#)

[Sign up for our daily headlines email newsletter, The Localist](#)

[LAUSD participates in Walk to School and Clean Air Day events](#)

[Long Beach's Daisy Lane Parade to wind through Wrigley neighborhood](#)