

WINTHROP UNIVERSITY

COLLEGE OF VISUAL AND PERFORMING ARTS
DEPARTMENT OF MUSIC

**AMERICAN MUSIC RECITAL
LOVE, COMMUNITY, AND MENTAL HEALTH**

MUSIC DIRECTORS:

MICHAEL NGUYEN, HARRISON HAWKINS, FAITH NYBERG

BRIAN MCFADDEN, PIANIST

THURSDAY, OCTOBER 05, 2023 – 7:30P.M. – BARNES RECITAL HALL

STUDENT SERIES

PROGRAM

Hail Sinfonia (1914, 1923)

**Adapted from Sir Arthur Sullivan
Arranged by Louis Victor Saar**

Please Stay (2016)

**Jake Runestad
(b. 1986)**

**Mental Health Suite (2020)
*III. You Are Enough***

**Aron Accurso
(b. 1979)**

Brothers of Phi Mu Alpha Sinfonia

Anthem

**Ivan Trevino
(b. 1983)**

Caleb Smith, Marimba

Song for Miriam (2017)

**Elaine Hagenberg
(b. 1979)**

Sisters of Sigma Alpha Iota

Found/Tonight (2018, 2020)

**Lin-Manuel Miranda, Justin Paul, Benj Pasek
Arranged by Jacob Narverud**

Fly To Paradise (2013)

**Eric Whitacre
(b. 1970)**

Phi Mu Alpha Sinfonia & Sigma Alpha Iota

Sinfonia Parting Song (1908, 1948)

**Ralph Howard Pendleton
Arranged by Rudolph R. Williams**

Brothers of Phi Mu Alpha Sinfonia

WINTHROP UNIVERSITY

COLLEGE OF VISUAL AND PERFORMING ARTS
DEPARTMENT OF MUSIC

PROGRAM NOTES:

Please Stay:

In 2013, suicide took the lives of 41,149 people in the U.S.A alone. Depression affects about 20 million people in the U.S.A., 350 million worldwide. Mental health disorders are serious issues in our culture and it is important that we have open conversations about their existence and that we show support to those who are battling them.

To Write Love On Her Arms is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. Their 2016 campaign for World Suicide Prevention Day was titled, “And So I Kept Living.” Using the hashtag #IKeptLiving, thousands of individuals who battle depression shared their stories on Twitter as to why they chose life over death. Jake Runestad read through and collected hundreds of tweets and used them to inspire the text of this work.

“Please Stay” is an anthem for hope – an attempt to destigmatize mental illness and challenge all of us to support those who are battling depression and thoughts of suicide. You are not alone. We can make a difference. We can be the support system that saves a life.

Mental Health Suite:

You are enough as you are.

One in five U.S. adults experience mental illness, and we all have negative thoughts that creep into our consciousness from time to time. Sometimes those thoughts overwhelm us like a storm. Yet, when others are struggling, we don't necessarily have to pretend things are okay or actually do anything – we can “just be” with someone – inside the storm.

Aron Accurso's hope in this choral suite will make conversations about mental health occur more easily, while helping people feel less alone and know that they are loved and supported, know that they are enough no matter what they are struggling with, and that they can indeed weather the storm.

You Are Brave – You Are Worthy – You Are Strong – You Are Loved – You're Okay – You Are Enough!

Song of Miriam

Inspired by the empowering poem by Rabbi Ruth Sohn, this piece describes the journey of a young woman who finds bravery amid uncertainty and fear. Middle Eastern harmonies paint an expansive desert landscape, while the voices search for faith and risk taking the first step, ultimately conquering fear to find the “song in my heart.”

Found/Tonight

This piece is a mash-up work of two popular Broadway songs from *Hamilton* and *Dear Evan Hansen*. Music and lyrics were borrowed from “The Story of Tonight” from *Hamilton*, and “You Will Be Found” from *Dear Evan Hansen*. Originally performed by Ben Platt, the original actor for the role of Evan Hansen and Lin-Manuel Miranda, who created and starred as Alexander Hamilton. Portions of the proceeds from the original version went towards and dedicated to the March for Our Lives initiative which was founded in early 2018 in the wake of the Stoneman Douglas High School shooting.

Miranda praised the youth-led aspect of the movement stating, “In the midst of their grief, the movement mobilized the youth of our nation and created a movement [...] this song is my way of helping to raise funds and awareness for their efforts, and to say thank you, and that we are with you, so let's keep fighting, together.” Platt added, “I hope that this song can play some small part in bringing about real change.”

WINTHROP UNIVERSITY

COLLEGE OF VISUAL AND PERFORMING ARTS
DEPARTMENT OF MUSIC

Fly to Paradise

Fly to Paradise was originally from Eric Whitacre's musical, Paradise Lost. The piece from the musical was later adapted for his fourth Virtual Choir which garnered 5,905 singers from 101 countries, from 8,409 video submissions. In terms of the ages of singers who participated in this choir ranged from as young as six years old to as old as 98. Fly to Paradise was released on July 11, 2013.

The texts of this work describes the mental processes of the mind wanting freedom from whatever a person may be going through, seeking the sky, flying to their paradise. Through the hardship and the suffering of the world, always seek out your paradise. Do not let anything in this world keep you from happiness, love, family, friends, and your community.