

11-14-2017

Concert: Music for the Mind: Mental Health Awareness Concert

Megan Jones

Voicestream

Ithaca College Choir

Janet Galván

ICUnbound

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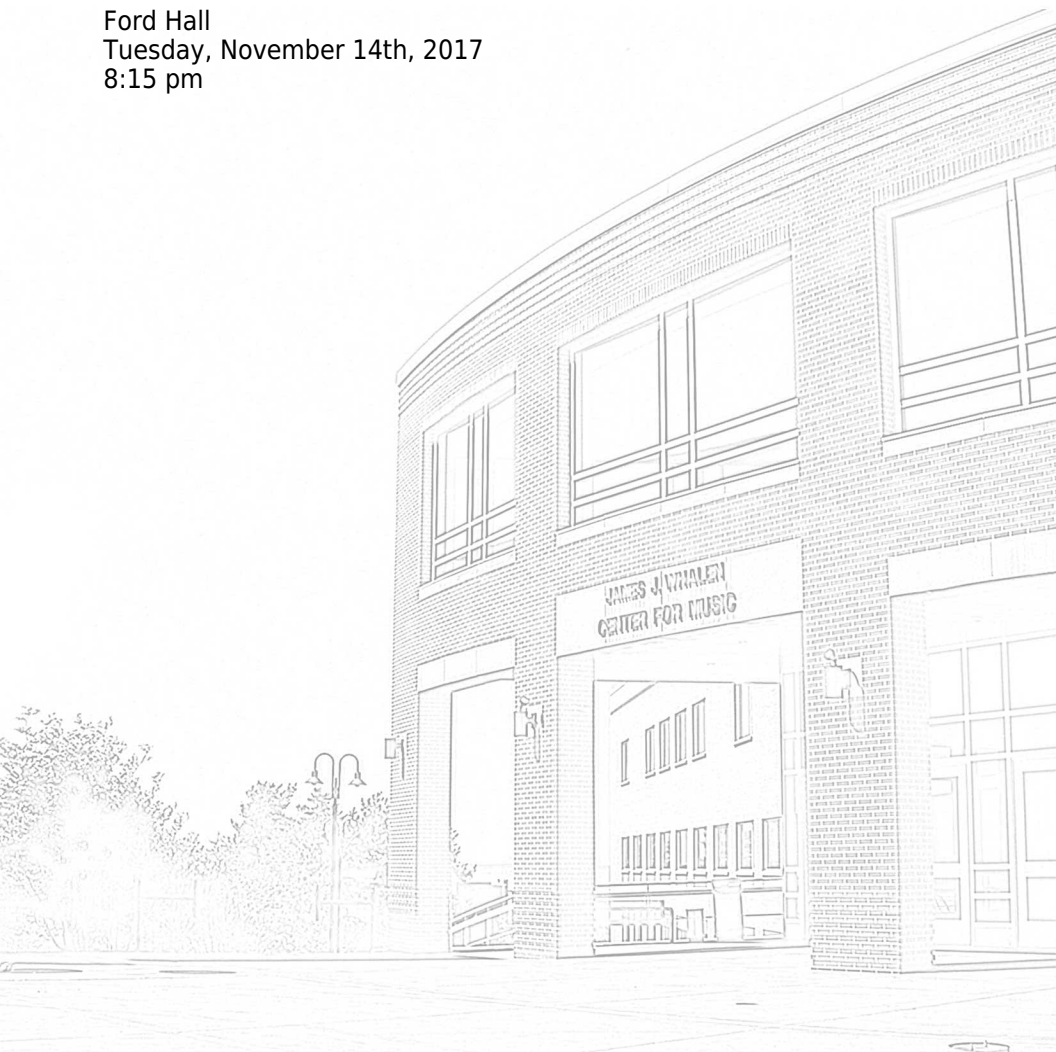
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Music for the Mind: Mental Health Awareness Concert

Ithaca College faculty, students, and ensembles

Organized by Megan Jones

Ford Hall
Tuesday, November 14th, 2017
8:15 pm



ITHACA COLLEGE

School of Music

Program

- "Make Someone Happy"
from *Do Re Mi*
*Megan Jones, Marc Webster, and
Christopher Zemliauskas*
Jule Styne
(1905-1994)
arr. Jacob Kerzner
- Somewhere over the Rainbow
Marc Webster and Christopher Zemliauskas
Harold Arlen
(1905-1986)
arr. Eva Cassidy
- Rise Up
Laurel Albinder and Voicestream
Andra Day
(b. 1984)
arr. Taylor Smith
- Lascia ch'io pianga
Ivy Walz
Quartet: Kathryn Drake, Daniel McCaffrey, Craig Mehler, Michelle Metty
Dancers: D'Laney Bowry, Lilia Farris, Delaney Stephens
Choreographed by Jeanne Goddard; Painting: Peter Walz
George Frideric Handel
(1685-1759)
- My Oh My (2006)
Jonah Bobo, John Bourdelais, Tom Brody, Marybeth MacKay, Nicky Young
The Punch Brothers
- Please Stay
Ithaca College Choir, conducted by Janet Galván
Jake Runestad
(b. 1986)
- Finding Hope
ICUnbound, choreographed by Martha Murphy
Ava Maria Safai
(b. 1987)
- You'll Never Walk Alone
Patrice Pastore and Christopher Zemliauskas
Richard Rodgers
(1902-1979)
Oscar Hammerstein
(1895-1960)
- "You Will Be Found"
from *Dear Evan Hansen*
Ithaca College students
Benj Pasek
Justin Paul
(b. 1985)

Translations

Lascia ch'io pianga

Lascia ch'io pianga
Mia cruda sorte
E che sospiri
La libertà.

Let me weep
My cruel fate,
And that I
should have freedom.

Il duolo infranga
Queste ritorte,
De' miei martiri
Sol per pietà

The duel infringes
within these twisted places,
in my sufferings
I pray for mercy.

Program Notes

Very few things in this world have the power to bring people together like music. The possibilities are endless when it comes to putting a program together with a powerful message. This concert, "Music for the Mind" is exactly that; a program designed not for a required grade or a flawlessly technical performance. It is designed to inspire, comfort, motivate, reflect, and send a message of love and support to anyone listening. Mental health is complicated, but it is not a scary unstoppable monster inevitably destined to conquer our world. People many times have a hard time facing fears. Whether it be fears of spiders and the dark, or a fear of the unknown, it is important to address and reflect upon them.

"Please Stay" was written by Jake Runestad, an American composer of highly imaginative and stirring and uplifting musical works. He wrote it as an anthem for hope and to help destigmatize mental illness and challenge all of us to support those who are battling depression and thoughts of suicide. The piece is emotion-provoking, but powerful and inspiring to say the least. "You Will Be Found" from *Dear Evan Hansen* is taken out of the musical's context and put into the context of our message of support and inspiration. The song emphasizes the fact that nobody has to be alone. Sometimes, it just takes one person to show that they care. Mental health does not deserve the stigma surrounding it, and we have the power to change that.

Each song will affect everyone differently, so let this music speak to you in whatever way you need it to.

Thank You

This evening would not have been possible without these wonderful people!

Jonah Bobo
John Bourdelais
D'Laney Bowry
Tom Brody
Magdalyn Chauby
Juliana Joy Child
President Collado
Kathryn Drake
Brian Dozoretz and Crew
Lilia Farris
Ford Hall Stage Crew
Janet Galván
Sean Gatta
Izzy Goldberger
Jeanne Goddard
Deborah Harper
Doreen Hettich-Atkins
Ithaca College Choir
David and Holly Jones
Jacob Kerzer
Erik Kibelsbeck
Minni Lauzon
Daniel McCaffrey
Marybeth MacKay
Craig Mehler
Michelle Metty
Martha Murphy and
ICUnbound

Lola Ida Oretade
Sheila Ossit
Patrice Pastore
Dean Paulnack
Charles Siegener
Delaney Stephens
Voicestream
Ivy Walz
Peter Walz
Marc Webster
Nicky Young
You Will Be Found singers
Christopher Zemliauskas

Active Minds
Center for Counseling and
Psychological Services
Ithaca College Futures Club
Mental Health Association
Mental Health for Musicians
Suicide Prevention and Crisis
Service
The Sophie Fund

If you would like to donate
to support mental health
initiative aiding people in the
Ithaca area, simply follow the
instructions after entering
this link:

www.thesophiefund.org