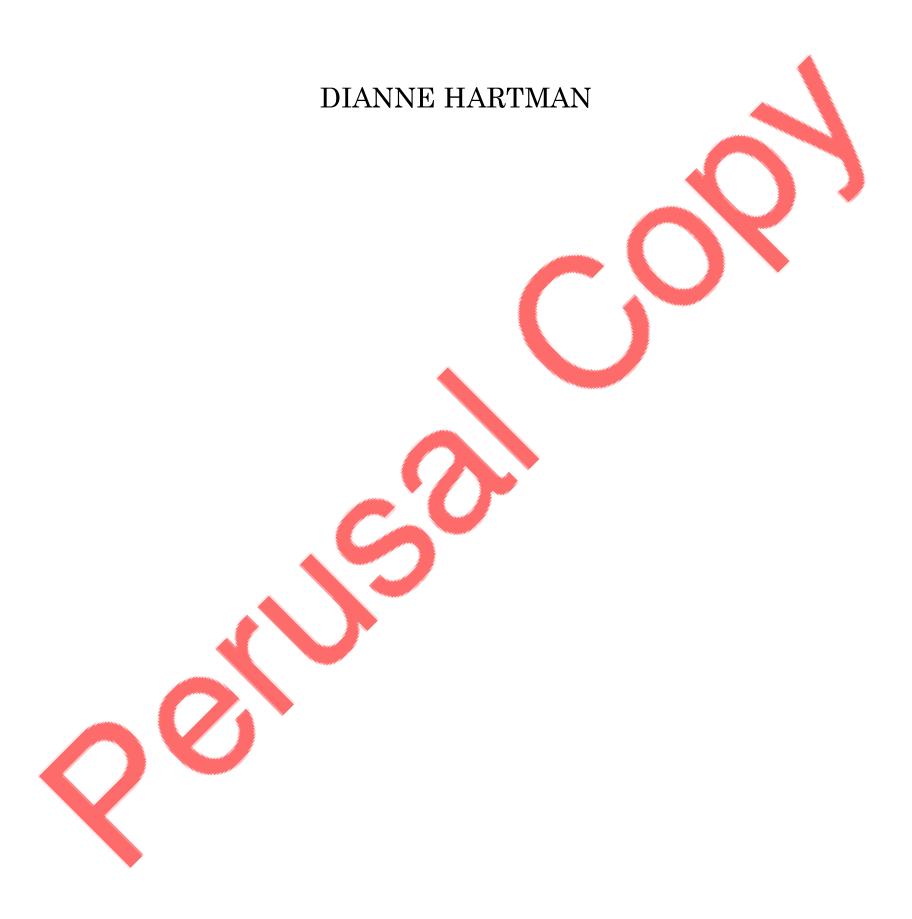
OPPOSED TO SILENCE



3 eriusal

Instrumentation

Flute1, 2

Oboe 1, 2

Clarinet 1, 2

Bassoon 1, 2

French Horn 1, 2

Trumpet 1, 2

Trombone 1, 2

Tuba

Percussion

Violin 1

Violin 2

Viola

Violoncello

Double Bass

Percussion List:

Timpani Snare Drum

Drum Set

Bass Drum

Marimba

duration: ca. 3:30

Transposed Score

PROGRAM NOTES - OPPOSED TO SILENCE

As a behavioral health practitioner of over 30 years, I have observed how often intelligent, responsible, talented, and good people who have been diagnosed with a mental illness are grossly misunderstood by others who have little to no knowledge of those illnesses. The struggle against the stigma of mental illness has been going on for years. As a composder, I have chosen music as another process by which to spread understanding and compassion, since music speaks to the heart.

The composition, *Opposed to Silence, tweaks* the "fight, flight, or freeze" explanation when anxiety strikes, and illustrates the use of hyperverbalization as a soothing mechanism. Have you ever known a person who talks nonstop? You think to yourself that the person has to stop for air at some point, but as soon as you think they are about to stop, they don't, and go on to another topic. Many individuals will complain about being on the phone with a person like this and remark, "I can put the phone down and come back minutes later and this person is still talking." The orchestra changes styles of music to mimic the person's topic changes. You will think the orchestra is coming to an end but suddenly a brass fanfare sounds and the music continues. Finally, as one becomes frustrated listening as it builds in volume and speed, picture yourself at the end saying, "Stop!" And the music finally stops. With people, it is not that easy but perhaps with compassion and the right approach one might understand the need for help.

ACKNOWLEDGEMENTS

I would like to acknowledge the many patients that have had the courage to face their fears and work hard to change old unhealthy ways of living. We all have things to improve and it takes a strong person to admit to a flaw and agree to walk the road to change for the better.

OPPOSED TO SILENCE









