



POLAR BEAR PRESS

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Beyond the Practice Room: Nicoletta Berry



"There's an indescribable feeling I get from both photography and singing when I successfully communicate what I intended to communicate.

If perfection exists, that's what it is."

-Nicoletta Berry

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Room**



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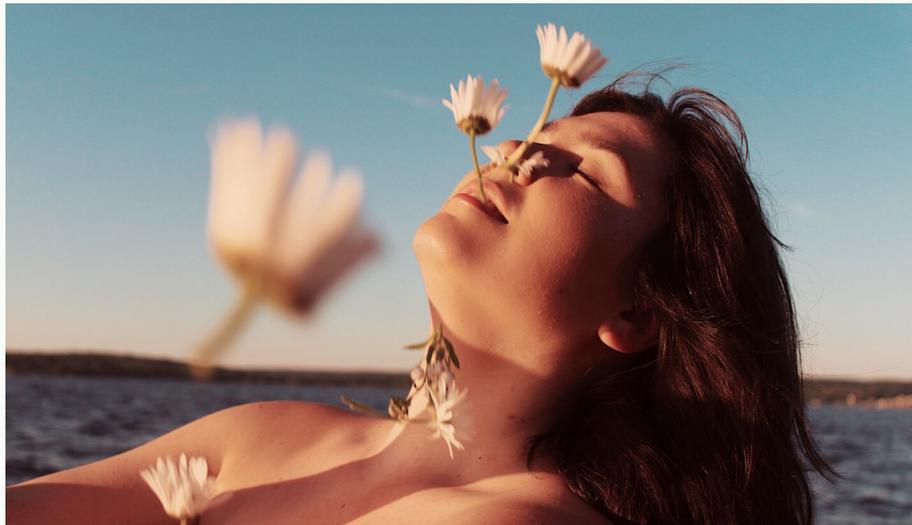
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BEYOND THE PRACTICE ROOM: NICOLETTA BERRY

In an effort to shine light on all of the different hobbies students enjoy in their free time, the Polar Bear Press is looking to feature students of MSM that have other interests besides their specific major. We are hoping that by displaying this in our publications, we will be able to feature the diversity in our student body's creative outlets, inspire students to think outside the box and embrace every facet of their creative being. This week, Alexis met with Nicoletta Berry to get an idea of what makes her feel inspired to delve into photography. Here is what she had to say...



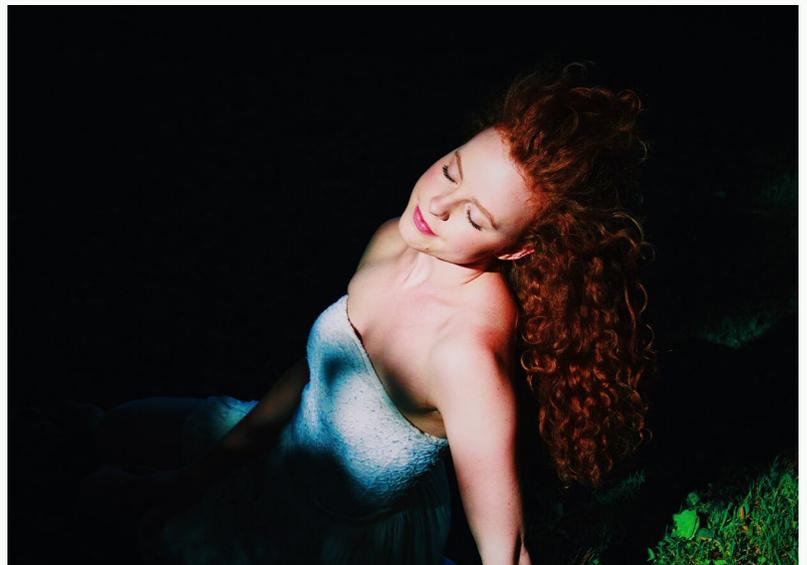
Alexis: What sparked your interest in photography?

Nicoletta: My interest in photography happened very organically. Beautiful pictures of sunsets, water, people, movement... all of it makes you feel something. The best photos for me give me a sense of nostalgia. I started taking pictures of my friends, and the rest is history!

*All featured photos were taken by Nicoletta Berry

Alexis: What things do you like to photograph?

Nicoletta: People, flowers, nature... anything that catches my eye. When I photograph people, I don't like picture perfect poses. I can do head shots, but I'd rather do something more organic and authentic. The best head shots come from those shoots anyway. I quickly found photographing people is another form of intimacy. It's easy with friends, but when it's with someone you don't know, it's important to do your homework. What's their aesthetic? Who are they? What makes them feel comfortable or uncomfortable? How can I capture the essence of who they are? It's not just about a nice picture; you want to get their personality in there. Flowers are easy, they just scream "PHOTOGRAPH ME."



Alexis: How does taking photos make you feel?

Nicoletta: There's an indescribable feeling I get from both photography and singing when I successfully communicate what I intended to communicate. If perfection exists, that's what it is.

Alexis: Do you find it important to have many interests besides music? Explain.

Nicoletta: Yes. As I said before, one inspires the other and vice versa. Remaining open and unjaded toward other disciplines and walks of life helps in the long run. I'm pursuing what I love with all my heart and strength, and whenever things get tough, knowing I have another method of creative output, even just as a hobby, is comforting, and healthier than pizza and a bucket of ice cream after a rejection or hard day. I'll still order Domino's, though.



Alexis: How does photography correlate with your major at MSM?

Nicoletta: I'm a classical voice major. I think this pertains to both photography and singing, you want to communicate something with your art. It can be the smallest thing, in photography, a water droplet on a flower, a glint in a person's eye. In performing, a change of color in the voice when you reach a vulnerable part in a song or opera. Both have nuance, and each artist in any discipline has just that. Nuance is the new perfection. Nuance is what makes a performance or photograph tangible.

Alexis: Recount a moment in your life of value that involved photography.

Nicoletta: I recently found a photo of my favorite childhood memory, and it brought back all of the feelings I felt in that moment as a little girl. I remember the flavor popsicle I was eating, the smells, the sun, the smiles, the trees. The simplicity of the memory brought tears to my eyes.

SEPTEMBER IS National Suicide Prevention Month

The Most Difficult Question Michael Alcee, Mental Health Educator at MSM

To be or not to be. We all know the question that tortured Hamlet, and yet, many fail to see how much this plagues our friends right here and now. Recent surveys show that more than 40% of college students felt so depressed that they couldn't function and that one in five reported being so stressed they contemplated suicide. Not so surprising when you consider a chart-topping pop song in 2018 was simply the one eight-hundred number for the National Suicide Prevention Lifeline.

The good news is there's so much we can do to help each other 'suffer the slings and arrows of outrageous fortune' with compassion and thoughtfulness. In honor of Suicide Prevention Month, here are a few tips the next time you or a friend is in need.

First Things First

When you've been in a crisis yourself, what do you prefer? Somebody who listens deeply, gives you problem-solving tips, relates with empathy, or clarifies contradictions without judgment. Everybody has their own special mix of what helps them best. Unfortunately, we don't get a score; we have to rely on emotional improvisation to find what really connects.

Pay attention to what resonates most for the friend you're supporting. Help them to feel less shame to talk about what's bothering them.

Most students feeling suicidal are ambivalent about it and just want to find some way to get out of their immense pain. Many show warning signs inviting our support. Your presence goes a long way in helping them begin to tell the story that needs to be told.

Gently Remind Your Friend Depression Is Like A Storm

When we're in a storm, it's hard to imagine that the sun will come out again or that we'll find our compass points. Although it feels permanent, like a black cloud following your friend everywhere, this is just the nature of the storm. It can shift dramatically, and yet, with the right support, they can ride it out.

You Are Not Alone

The counseling services staff is always available to talk to you or your friend in need. You can come in to our office in Rooms 104 and 106, email us, or if it's a crisis, you can always connect with our on-call counselor at (917) 493-4000.

When in doubt, be honest: "You are in a lot of pain. Can we call the RA and I will stay with you while they locate a professional who knows more about how to help than I do?"

It Doesn't Hurt to Ask

Asking about suicide will not encourage it. Research shows it only helps; it allows somebody to talk about and recognize their deepest pain.

Find Support Out of the Undertow

You don't need to be a superhero. You're noticing if your friend is caught in a dangerous undertow, and helping them to begin to see it too.

You're helping get them to the support to pull them out. That could be a counselor, a Dean, a trusted teacher, an RA, or a combination of these.

Counseling at MSM

The Manhattan School of Music Counseling Center offers each student 8-10 free sessions of short-term, confidential counseling. If longer term treatment would be helpful or is necessary, the psychologist working with the student will provide a recommendation.

To set up an appointment, send an email directly to one of the counselors. Find a list of counselors on the MSM website at "<https://www.msmnyc.edu/campus/student-affairs/health-wellness/>".



Key Facts and Figures*

- Suicide is the 10th leading cause of death in the United States and the 2nd leading cause of death for people ages 15 to 25.
- Nearly 800,000 people die by suicide in the world each year, which is roughly one death every 40 seconds.
- For every death by suicide, there is an estimated 25 attempts.
- About 50% of people in the U.S. know someone who has died by suicide in their lifetime.
- Lesbian, Gay, bisexual, and questioning youth are almost 5 times more likely to attempt suicide compared to heterosexual youth.
 - "thetrevorproject.org" is also a wonderful resource if you need help!
- Women are three times more likely than men to attempt suicide. Men are 3.5 times more likely to have a fatal outcome when attempting suicide.
- The highest suicide rates in the U.S. are among Whites, American Indians, and Alaska Natives.
- Firearms are the most common method of death by suicide, accounting for roughly half (50.57%) of all suicide deaths.
- *Keep in mind: while this data is the most accurate available, its likely that many of the numbers and statistics are actually higher. Stigma surrounding suicide and mental illness often leads to underreporting.*

Change your language around suicide

Instead of saying: "Committed suicide"

SAY: "Died by suicide"

Instead of saying: "Successful suicide"

SAY: "Died by suicide"

Instead of saying: "Failed suicide attempt" or "unsuccessful suicide attempt"

SAY: "attempted suicide" or "suicide attempt survivor" or "non-fatal suicide attempt"

Instead of saying: "I would rather kill myself"

SAY: "I would rather do anything else"

This page was curated by Nicoletta Berry using information from Narratives of Hope, a nonprofit organization empowering young people to share experiences with mental health, mental illness, and suicide.

**Data on suicide taken from the American Foundation for Suicide Prevention (AFSP), Suicide Awareness Voices of Education (SAVE), the Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO).*

Do you know the warning signs of suicide?

Talk

Person may talk about killing themselves, feeling hopeless, having no reason to live, being a burden to others, feeling trapped, unbearable pain.

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change: increased use of alcohol or drugs, looking for a way to end their lives, such as searching online for methods, withdrawing from activities, isolating from family and friends, sleeping too much or too little, citing or calling people to say goodbye, giving away prized possessions, aggression, fatigue.

Mood

People who are considering suicide often display one or more of these moods: depression, anxiety, loss of interest, irritability, humiliation, shame, agitation, anger, relief, sudden improvement.

Keep in mind: Not all people who are contemplating suicide will show these warnings signs.

What to do

Have an honest conversation. Assume you are the only one who will reach out. Talk to them in private. Tell them you care about them. Ask directly if they are thinking about suicide. Encourage them to seek treatment or to contact their doctor or therapist. Avoid debating the value of life, minimizing their problem, or giving them advice.

24/7 support

Crisis text line: Text "talk" to 741741 from anywhere in the U.S. to text with a trained crisis counselor.

National Suicide Prevention Lifeline, call 1-800-273-8255 for free, confidential support.

"While Suicide prevention is so much more than simply knowing facts and statistics, it's still important to keep this information in mind. Research and data help tell us what to look out for, the areas that greater advocacy needs to take place, and where we need to be investing energy, care, and resources."

-Narratives of Hope

Student Submission

Saturday Sense Written by: Jin Jin Zhou

The low murmur of conversation and pleasant laughter seeped through the wooden door of the bedroom. Faint taps on the wooden floor boards.

Tap, tap, tap.

She's awake. She strides to the bedframe, and sticks her snout over the edge. Wake up idiot, she seemed to say. He stretched and looked at her. Gazed into brown eyes, slightly lighter than his. Jealous. Concerned. She hasn't had any breakfast yet, has she?

Tap, tap, tap.

Restlessness was the remedy for the dead. She was hungry – probably thirsty too. He cursed, a low growl that resembled the atrocity of last night. He helped himself up and blindly let his toes search for the slippers astray upon the bedroom floor as he rummaged for his jacket in the cold, still air.

The groans of the floor, the clicking of slippers, the child in the living room.

Flashes.

The greasy handle of a pan, the sterile stench of the fridge, the low murmur of conversation.

He held the transparent container. Chicken broth, from last night. Cold. He looked at the carcass, floating within. Beckoning. He bit his lip in reply. A jolt of laughter – the fruit of pleasant conversation amongst a handful of intimate friends. Indeed, a pleasant sound to behold. He wondered whether the sounds of his movements would render him guilty of disturbing the pleasant air. His fingers found the nob and turned. A faint tang of gas – toxic. The foreplay that gave birth to the flames that followed. He leaned against the wood, smiling. Perhaps it wasn't all too bad, if it might add some amusement to the dryness of laughter.

The creamy moisture was kept in the company of herbal spices. He sucked in a breath, and narrowed his eyes, feigning somewhat a resemblance of concentration. He was far from it. The numbness of fulfilment, he thought. The dirty dishes on the desk, the enticing smell of the bed, the tightness in his thighs. Silent. The clock that was nowhere to be seen. The familiar smell of dust and cold, the torque of bone against bone. Oh, how he relished in such indulgences as he imagined his palms against the disturbing smoothness of the grand piano. Slick. Slickness that kindled his remembrance of the silken blue smoke that caressed his lips and stung his eyes. He missed it, missed the soft burn that glowed wholeheartedly, unfailingly with every breath he drew. He missed her. The bareness of skin, the warmth of blood, the arch of muscle, and the curl of tendons. The vulnerable, tender joint between thigh and calf. He winced. Nostalgic.

Another burst of laughter. Dry, dull. He poured the liquid into the glass until it oozed over the brim of the container. A sip would do, as it always does.

Tap, tap, tap.

She circled twice in satisfaction and settled down in a cozy, warm pile of fur. Fed, at last. He leaned back into the chair and savored the burn of liquor in the back of his throat. Another burst of laughter sounded, and he tentatively began to relish in its dryness.

He smiled.

Alumni Council Corner

A warm greeting to all the current MSM students from your Alumni Council! A special welcome to all the incoming Freshman - you are now part of the amazing musical community that is the Manhattan School of Music. On behalf of Chair Louis Alexander, Lauren Frankovich Associate Director for Alumni Engagement and the entire Council, we wish you a fantastic, fun and productive year of inspired learning and music making with your fellow MSMers.

Watch this space for regular articles from alum about their MSM experiences and life after MSM. Happy studies!

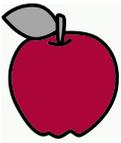
Dr. Justin Bischof Vice-Chair 1998

Secondhand September

It's Secondhand September, so use the following tips to help reduce waste!



Images taken from Petra Holländer's Instagram @homovirido



SCHOOL IMPROVEMENTS

Student Survey from Spring 2019

Data collection

The survey options were created from compiling issues that Student Council frequently heard from students.

Two issues that were omitted from the survey were cafeteria food quality and elevator service, as Student Council addressed those issues with the appropriate offices prior to this survey.

The data were collected outside of the cafeteria from student participants who stopped by to give their opinion.

Each student selected up to four issues important to them and also had the option to indicate which issue was their top priority.

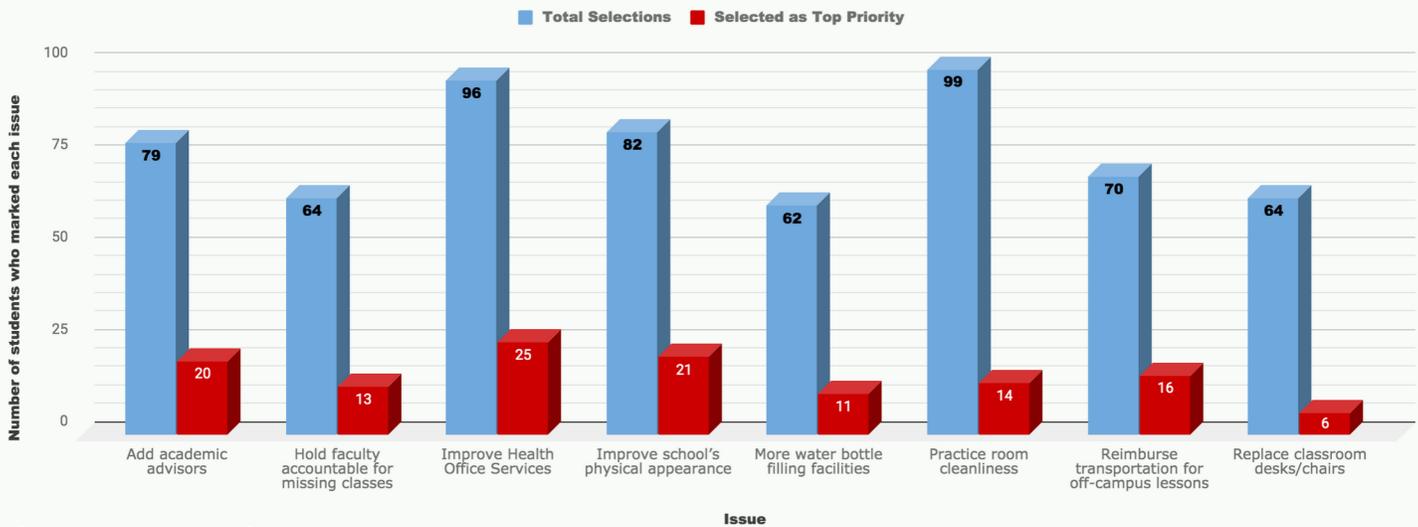
Results

176 students participated in the survey, 18% of the MSM student body.

The most important issues to students according to the survey were:

- Practice Room Cleanliness
- Improving Health Office Services

See the chart below with all of the data from the survey. The blue bar represents how many total students selected the issue as important. The red bar represents how many students selected the issue as their top priority.



Changes MSM Has Made

Improving Health Office Services

This year, one of the Student Engagement interns has a special mission to support wellness programming at MSM, and two of the RAs have been designated as Wellness RAs.

The MSM clinical team (the nurse and counselors) has lots they want to teach about, but they are so often behind closed doors treating students. MSM hopes that this extra support will help Student Affairs take wellness programming to new heights this year.

This year Dr. Eduardo Pereira will be working as a physical therapist at MSM one day per week. Musicians are particularly prone to musculoskeletal injuries, so having Dr. Pereira here will help educate the community about musculoskeletal health and treat injuries, hopefully before they become severe.

Information provided by Dean Monica Coen Christensen

Stay tuned for the most recent student feedback collected by Student Council!

Practice Room Cleanliness

In Spring 2019, Luis Plaza, former director of facilities and campus safety, informed the Executive Board of Student Council that his department has developed task lists of each location/floor of Andersen Hall and the Main Building for our staff and cleaning contractor to follow to reinforce effective cleanliness.

If there is insufficient improvement, the Office of Facilities and Campus Safety will entertain changing cleaning contractors. To allow for more community feedback regarding maintenance needs, the Office of Facilities and Campus Safety has launched the Main Building Report Form — similar to the one which has existed in Andersen Hall for several years. Both forms can be found on the MSM website, under "Andersen Hall Resident Self Service".

Information from the 2018-2019 Student Council and Provost Council Collaboration

Calendar of Events

Monday, September 23 - Friday, September 27

MSM Awesome Week

Friday, September 27

Bagels with the President

10:00 am - 11:00 am

Student Council Donut Day

11:00 AM - 3:00 am, 1st Floor Student Lounge

Stop by to buy a Krispy Kreme donut for \$1 each!



Sunday, September 29

Student Council Meeting

7:00 pm - 8:00 pm, A-401/A402 Conference Rooms

Sunday, October 6

Do Good Senior Center Performance

1:15 pm, YM & YWHA of Washington Heights and Inwood

Donate a performance to local seniors. Sign up by Friday, September 27 at 5:00 pm.

Email dogood.msm@gmail.com if interested.

Open Forum (1 of 2)

3:30 pm - 4:30 pm, Andersen Hall

Students are invited to attend and discuss what changes and improvements they would like to see at MSM. Food will be provided. Sponsored by MSM Student Council.

Student Council Meeting

7:00 pm - 8:00 pm, A-401/A-402 Conference Rooms

Tuesday, October 8

Open Forum (2 of 2)

4:30 pm - 6:00 PM, A-401/A-402 Conference Rooms

Students are invited to attend and discuss what changes and improvements they would like to see at MSM. Food will be provided. Sponsored by MSM Student Council.

Want to see your event featured here?

Email newspaper@msmny.edu!

Polar Bear Press Team

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MManhattan
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CAMPUS STORE

**Flash Sale
Mondays in
September!**



Every Monday of September check out different deals for 1 day only!

Upcoming Concert Attendance

Monday, September 23

Faculty Recital: Paolo Marchettini and Reiko Feuting,
Composition

7:30 pm, Greenfield Hall

Wednesday, September 25

Rev. 23 Opera Project

7:00 pm, Ades Performance Space

Friday, October 4

MSM Chamber Sinfonia - George Manahan, Conductor

7:30 pm, Neidorff-Karpati Hall

Thursday, October 10

Brass Ensemble - Kyle Ritenauer, Conductor

7:30 pm, Greenfield Hall

Friday, October 11

American String Quartet

7:30 pm, Greenfield Hall

DONATE A PERFORMANCE!

JOIN MSM DO GOOD ON A TRIP TO A LOCAL SENIOR CENTER.

DONATE TIME & MUSIC TO A COMMUNITY THAT LOVES HEARING YOU PERFORM.



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SUNDAY, OCTOBER 6, 2019

1:15 PM - 2:15 PM

WASHINGTON HEIGHTS