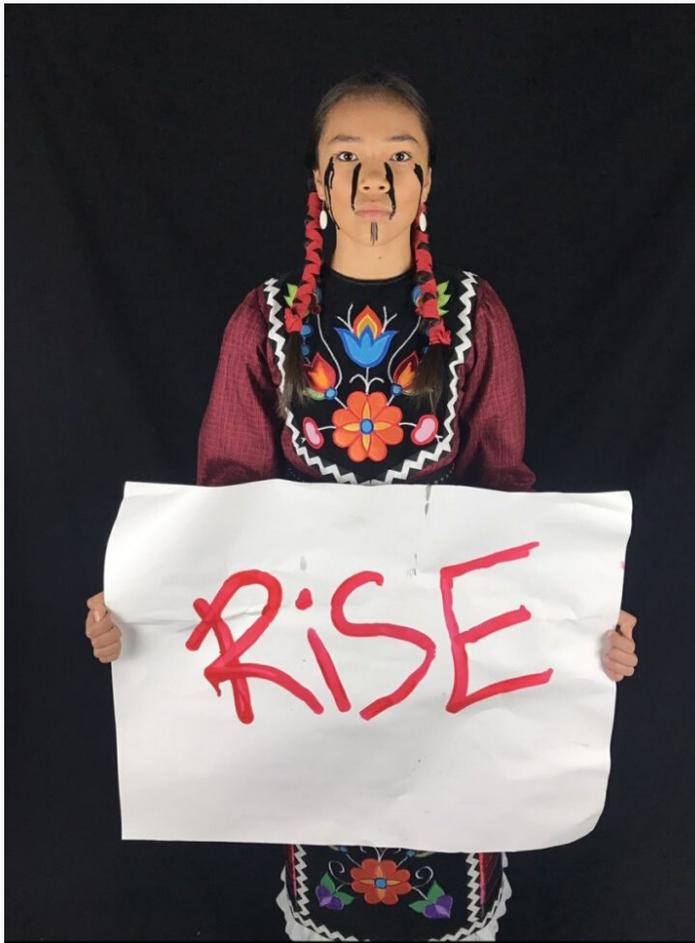




POLAR BEAR PRESS

ISSUE 03

October 14th, 2019



UN "Warrior Up" campaign, photography by Linda Roy

**"I've said it once, and I'll say it again:
we can't eat money or drink oil."**

-Autmn Peltier,

International Children's Peace Prize
nominee and activist from Wiikwemkoong
First Nation on Manitoulin Island in
northern Ontario.

See pages 2-3 for more on Climate Change Activism and the
recent Climate Strike

Check Out What's New!

**What in the World is
Happening?**

LGBTQ+ History Month

**National Hispanic Heritage
Month**



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Activist

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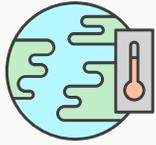
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What in the World is Happening?: Global Climate Strike



On September 20, 2019, an estimated 300,000 people, mostly students and young activists, participated in a strike throughout New York City, marching to demand action on climate change.

"More than 4,500 strikes were planned worldwide in over 120 countries, and more than 500 strikes are registered in the U.S. alone. [...] The New York protest culminated in a rally featuring speeches from several prominent climate leaders, including Greta Thunberg, the 16-year-old Swedish climate activist who launched the global Fridays for Future — which led to the climate strike — movements last year. In August of 2018, Thunberg began protesting in front of the Swedish parliament, rather than attending school, to demand action on climate change. Her actions soon sparked a movement and led young people around the world to start to "strike" from school on Fridays to demand action." (*New York Times*)* see sources on page 8



Photography by Jeff J Mitchell/Getty

“ Our house is on fire.

I am here to say, our house is on fire. [...] Adults keep saying: “We owe it to the young people to give them hope.” But I don’t want your hope. I don’t want you to be hopeful. **I want you to panic.** I want you to feel the fear I feel every day. **And then I want you to act.**"



NYC Climate Strike- Photography from Greta Thunberg's Twitter @GretaThunberg

"I want you to act as you would in a crisis. **I want you to act as if our house is on fire. Because it is.**"

-Greta Thunberg at the World Economic Forum (January 2019)



Greta Thunberg speaking at the NYC Climate Strike, Photography by Shutterstock

What can I do about climate change?

Do you have a lamp in your room or apartment?

Change your lightbulbs to LEDs. Quality LED lightbulbs can last 25 times longer, are more durable, and use at least 75 percent less energy than other bulbs. In the United States, widespread use of LEDs over the next 10 years could save the equivalent annual electrical output of 44 large power plants (about 340 TWh) by unplugging electronic devices when they aren't in use.



Just because a device or appliance appears to be off doesn't mean it's not drawing power. About a quarter of all residential energy consumption is used on devices in idle power mode, which means "sleep mode" is costing upward of \$19 billion in electricity bills. Things like your dorm room lights, laptop, and even your speakers may be using almost as much power when they are off, but plugged in, as when they are on. Group appliances on power strips so you can turn them all off at the same time when you turn the power strip off. When you leave your room, turn your lights off, power strips off, and unplug appliances. Hang your clothes instead of using the dryer.



There are more than 90 million clothes dryers in the United States, and if all Americans line-dried for just half a year, it would save 3.3 percent of the country's total residential output of carbon dioxide.

Obsess over every drop of water you use.

Water management not only helps cities become more resilient in the faces of storms, droughts, and natural disasters, but also saves energy. Don't leave water running while brushing your teeth or washing your face.



Wash clothes in cold water.

Most Americans still wash their laundry in warm water, which costs more money and takes a toll on the environment. Approximately 75 percent of the total energy use and greenhouse-gas emissions produced by a single load of laundry come from warming the water used.



Bring your own shopping bags. Plastic bags are incredibly destructive to the environment: They take hundreds of years to break down, contaminate soil and waterways, and cause widespread marine animal deaths. To combat the problem, cities and states around the country have enacted plastic-bag bans or fees on single-use bags. Switch to reusable bags and start bringing reusable cutlery and food containers to restaurants (or delis like "Bahamas") and use them consistently where "throw-away" plastics are commonly used.

Page 8 for credits on this article



Photography by Lucas Jackson—Reuters

Sixteen year-old Swedish climate activist **Greta Thunberg (left)** speaks to a large crowd of demonstrators at the **Global Climate Strike in lower Manhattan in New York, U.S., September 20, 2019**

"You have stolen my dreams and my childhood with your empty words. And yet I'm one of the lucky ones. People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction, and all you can talk about is money and fairy tales of eternal economic growth. How dare you!"

-Greta Thunberg's Speech At The U.N. Climate Action Summit

Autumn Peltier (right) is the Chief Water Commissioner for Canada's Anishinabek Nation, and has been advocating for clean drinking water since she was about 8 years old.

"No one should have to worry if the water is clean or if they will run out of water. No child should grow up not knowing what clean water is or never know what running water is. One day I will be an ancestor, and I want my great-grand-children to know I tried hard to fight so they can have clean drinking water"

-Autumn Peltier



Autumn Peltier crying while addressing Prime Minister Trudeau, photography by Perry Bellegarde.

Isra Hirsi (left) is the co-founder of the **US Youth Climate strike** and daughter of Congresswoman **Ilhan Omar**

She recently said, "knowing that I have the power to inspire so many other young black girls and so many other like Muslim girls within the movement... gives me the motivation and the joy to keep doing the work that I do."

"When we talk about the climate crisis and we don't talk about these communities that are being affected, we create this circle of it becoming a white issue, or an issue that doesn't care about black and brown bodies," she continues. "And that allows for solutions that don't care about black and brown bodies."



Adam Iverson
Photography by Adam Iverson

"Revolution is on the horizon, and youth are rising with the oceans to lead the movements that will shape our future", says **Xiuhtezcatl Martinez, (his first name pronounced 'Shoe-Tez-Caht')**.

"He is an indigenous climate activist, hip-hop artist, and powerful voice on the front lines of a global youth-led environmental movement. At the early age of six Xiuhtezcatl began speaking around the world, from the Rio+20 United Nations Summit in Rio de Janeiro, to addressing the General Assembly at the United Nations in New York City. He has worked locally to get pesticides out of parks, coal ash contained, and moratoriums on fracking in his state and is currently a lead plaintiff in a youth-led lawsuit against the federal government for their failure to protect the atmosphere for future generations."+



Photography by Xiuhtezcatl Martinez

LGBTQ+ HISTORY MONTH

1924	The first gay rights organization, The Society for Human Rights, is started by Henry Gerber in Chicago
1950	Harry Hay forms The Mattachine Society a gay rights group dedicated to promoting acceptance and protection for homosexuals
1952	The American Psychiatric Association's calls homosexuality a sociopathic personality disturbance
1953	Dwight D. Eisenhower bans homosexuals from working in the federal government claiming they are a security risk
1961	Illinois repeals its sodomy laws and decriminalizes homosexuality
1969	The Gay rights movement begins with a police raid on the Stonewall Inn in New York. The gay rights activist group Personal Rights in Defense and Education (PRIDE) founds The Advocate newspaper formerly The Los Angeles Advocate
1973	Lambda is formed to fight for the legal rights of gay and lesbian people. Maryland bans same-sex marriages. The American Psychiatric Association removes homosexuals from their list of mental disorders
1974	Kathy Kozachenko becomes the first openly LGBT woman to be elected to an official office as Michigan city council. Elaine Noble is the first openly LGBT woman to be elected to a state office on the Massachusetts State legislature
1975	The first gay right bill is proposed but not passed. Technical Sergeant Leonard P. Matlovich is discharged from the Air Force after confiding his sexual orientation to his commanding officer. The Court of Appeals later overrules the dismissal and orders reinstatement along with back pay
1976	Women's tennis player Renee Richards is banned from competing in the U.S. Open because of gender reassignment surgery. In 1977 Richards won in the Supreme Court and was allowed to play
1977-1981	Billy Crystal plays the first openly gay character on a TV show, "Soap."
1978	Harvey Milk is appointed city supervisor in San Francisco. He is later murdered for being openly gay. Gilbert Baker designs the LGBT flag, inspired by Harvey Milk's story
1979	The first National gay right march is held in Washington
1982	Wisconsin outlaws discrimination based on sexual orientation
1993	Bill Clinton prohibits openly gay individuals from joining military service but also prohibits harassment of "closeted" homosexual
1995	The Hate Crimes Sentencing Enhancement Act is enacted to further protect people from bullying and hate crimes based on sexual orientation
1996	Bill Clinton passes the Marriage Protection Act, banning the recognition of
1996	Hawaii becomes the first state to legalize same-sex marriage
1997	Ellen Degeneres comes out as being openly gay
2000	Vermont legalizes civil-union between same-sex couples
2003	The U.S. Supreme Court decriminalizes same-sex sexual behavior
2004	The first legal same-sex marriage takes place in Massachusetts
2009	President Obama signs into law the Matthew Shepard and James Byrd Jr. Hate Crimes Prevention Act
2011	The "Don't Ask, Don't Tell" law is repealed allowing openly gay men and women to serve in the military
2012	President Obama openly supports gay marriage
2015	The U.S. Supreme Court rules that state laws cannot ban same-sex marriage
2016	Eric Fanning is approved as the first openly gay secretary to the Army. The transgender ban on entering the military is lifted
2017	The 7th Circuit Court of Appeals, rules that the Civil Rights Act protects LGBT individuals against workplace discrimination. D.C. residents can choose a gender-neutral option on their driver's license. President Trump disallowed transgender people from joining the military via Twitter
2017	Federal judges overrule Trump's decision and transgender people are allowed to join the military
2018	The first transgender individual joins the military, and President Trump rescinds his previous policy

Letter from Queer PBS

October is LGBTQ+ history month in the United States, yet why aren't we talking about it? When I went online to try to find good graphics and standard information to celebrate our queer history, I found it more difficult than I thought it should be. People are familiar with Harvey Milk, one of the first openly gay people to be elected to public office. More people are coming to know Marsha P. Johnson, a crucial figurehead for the gay rights movement here in NYC, and one of the first to fight for the Trans community (as a Trans black woman herself). But there are so many others, so many important queer people who came before us and paved the way to freedom that are not being talked about. Bayard Rustin, Christine Jorgenson, Barbara Gittings, just to name a few.

Here at Manhattan School of Music, Queer People for the Betterment of Society (QueerPBS) is committed to changing that. The Polar Bear Press has so kindly featured us during this important historical month and we would like to celebrate with you, the student body. Each Friday, in front of the cafeteria, we will be fundraising for various LGBTQ+ organizations and featuring bits of historical information. Please stop by, grab a treat, and learn something new from one of our representatives. Queer American History is for everybody, not just queer identifying individuals. We would love to share this special month with all of you and build a strong sense of queer identity here at MSM.

Looking forward to seeing and celebrating with all of you, our community.

Love is love is love,

Joseph Grosso
President of Queer PBS
MSM MT Class of 2020
He/Him/His



"Pride Flag Reboot" graphic art by Daniel Quasar

*Graphics on pages 4-5 from GLSEN, Inc





Queer PBS is a club on campus that strives to create a more inclusive and open space for MSM's LGBTQ+ students.



Group photos from Queer PBS



On page eight, you will find a detailed schedule of events they are holding and information on this monumental celebration of some of the most selfless and brave individuals throughout history. Enjoy!

Living Openly on Your Terms

("A Resource Guide to Coming Out," Human Rights Campaign Foundation, page 14)

- It's important to remember that the journey from "Coming Out" to "Living Openly" is ongoing and unfolds at your own pace.
- Living openly is something that becomes easier with time. Even after you've been open for years, it will often take a little energy when you tell someone new — but it gets exponentially easier with each person you tell.
- Living openly as a lesbian, gay, bisexual, transgender or supportive straight person can help to make it easier for young LGBT people who will follow this generation.
- Living openly can be a passive expression of who you are — such as displaying a rainbow or equality sticker or a loved one's photograph — or it can be a deliberate process involving a planned conversation or the decision to always be ready to affirm your sexual orientation or gender identity should a situation arise.
- Living openly doesn't mean that the sole, or even primary, aspect of your identity is being LGBT. It means making this part of your life a natural piece of you — just like your age, height, hair color or personality.
- Living openly lets other people know, especially those who are judgmental or biased, that their attitudes are theirs alone.
- On a daily basis, you will face decisions about where, when and how to come out — or where, when and why not to. Always remember, this is your journey. You get to decide how to take it.



HERITAGE MONTH

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By Diversity, Equity, and Inclusion Committee Leader: Vanessa Porras

In celebration of Hispanic Heritage month, we are honoring Venezuelan born musician, María Teresa Gertrudis de Jesús Carreño García, also known as Teresa Carreño. Primarily a piano virtuoso known as, "The Valkyrie of the Piano", Teresa Carreño also had much success in her career as a soprano, composer, and conductor.

Born in 1853 in Caracas, Venezuela, Carreño's father started giving her piano lessons at the age of six. At the age of nine, her family went into exile in the United States, where she continued her piano studies. From this early on in her life, it was evident that she was a piano prodigy, and went on to play for President Abraham Lincoln at the White House. Her career only continued to soar internationally from there.

She moved to Paris and quickly made her performance debut and connected with musicians such as Franz Liszt, Charles Gounod, and even Gioachino Rossini, who became her voice teacher.



Photo from El Periodico

Throughout her life, she played in world famous orchestras such as The Berlin Philharmonic, often under the baton of renowned conductors like Gustav Mahler, Edvard Grieg, and Theodore Thomas. She also composed over 75 pieces, one being the Venezuelan National Anthem.

Carreño died on June 17, 1918 in New York City, leaving behind a legacy that exalts her as an unforgettable force in the world of classical music.

BEYOND THE PRACTICE ROOM: MINDFULMSM



Anna Maria Vacca (left), and Katie Pound (right) are co-founders of MindfulMSM, a club that focuses on encouraging mindfulness, mental wellness, and sustainability within the student body. Photography by Nicoletta Berry

Nicoletta: Can you each tell me a little bit about where you're from, your major, and what started MindfulMSM?

Anna-Maria: I am originally from Providence, Rhode Island, and I am a sophomore classical voice major here at MSM. Katie and I were inclined create MindfulMSM to initiate likeminded friendships, make positive changes throughout the school, and most importantly, create a safe space where students can discuss how to generate a healthier happier lifestyle.

Katie: I'm from Erin, Ontario (a little town about an hour north of Toronto) and I'm a junior classical voice major. The idea behind MindfulMSM came from the need to escape our hectic lives as musicians while expanding our minds and bettering ourselves as people at the same time.

Nicoletta: Can you discuss what effects mindfulness has on mental wellness?

Anna-Maria: Practicing mindfulness can have extreme benefits if you decide to commit to striving to being healthy and happy mentally. Being aware of your mental state and wellness is so important, especially in this industry. Beginning to become mindful of who you surround yourself with, what you choose to feed your body with, and choosing to see the world as what you believe in, is the first step to bettering you and your mental wellness.

Katie: Mindfulness affects the body in countless ways. Research has shown that mindfulness allows people to cope with anxiety, depression, pain and stress in a healthy way. It also has great effect on the quality of attention, interpersonal behavior, and helps provide a greater sense of empathy and compassion. *Beyond the Practice Room: Continued on page 7*

Live life Creatively: A New Vision of Mental Health

When most people think of mental health, they picture someone struggling with problems. They don't see an opportunity to learn how to live more creatively. And of course, why should they? It's the problems that are so often in the foreground of our experience, we don't even realize that there could be anything more.

I take a different approach. I see mental health as a way of learning how to embrace the dissonances of life, how to read the chord changes, expand our range, and ultimately, to make more interesting music together.

But wait, that applies to my musical life, how does it make sense for my personal life?

That's the great misconception. We tend to think of creativity as reserved primarily for art and not for life itself. We forget that a working knowledge of the psyche enables us to be in touch with our fullest collection of selves and provides the energy and motivation we need to be happy and fulfilled, and oh yeah, to make that art too.

Many artists mistakenly believe that working on oneself psychologically takes away the fuel needed to being creative. In fact, the opposite is true. Psychological work nurtures and strengthens the full development of your artistic voice alongside your personal voice. It's creates the synergy you need to be more expressive in your personal and musical life, removes the blockages that keep you from getting into the practice room, opens up a deeper sense of confidence and self-connection, and enhances your relationships.

So, the next time someone talks to you about mental health awareness, just remember there's a whole new way of looking at it here at MSM, one that supports your full development as an artist and as a person.

By: Michael Alcee,
MSM Mental Health Educator



Alumni Council Corner

Fun Fact!

Did you know that after you have completed two semesters at MSM, you are considered alumni?

~Dr. Justin Bischof, Alumni Council Vice-Chair

On behalf of the MSM Alumni Council, I would like to thank Justin Bischof, Vice Chair, for establishing this space in the Polar Bear Press for alumni contributions. In ancient times when I did an MM degree, 1979, the School was a completely different place. Without much of a campus, there were very limited opportunities for us to socialize with each other. I am so delighted to see the incredible progress the School has made over the past few decades and the considerable advances the students have made towards creating a strong MSM community. Congratulations to all of you!

~Louis Alexander, MM '79, Alumni Council Chair

BEYOND THE PRACTICE ROOM CONTINUED

Nicoletta: What started your journey with mindfulness? Can you remember a pivotal moment when you decided you wanted to continue this lifestyle?



For updates and future events, follow MindfulMSM's Instagram page: @mindfulMSM.

Anna-Maria: Since moving to New York, I became surrounded by different cultures, personalities, and lifestyles all coming together to achieve their dreams. That in itself was inspiring enough for me to just try and learn how to better myself and my lifestyle. When Katie and I decided to create MindfulMSM it was because we wanted to find other people who were likeminded in that way, and build a community that will push one another to go out of our comfort zones and learn more about ourselves.

Katie: My journey began my sophomore year when I was feeling extremely overwhelmed with academics, practicing and still trying to find time for myself. As a student I am one who expects 100% from myself all the time so giving every aspect of my life equal attention was incredibly difficult. Ultimately, I was having difficulty sleeping and I found an incredible youtube channel that had "deep sleep yoga", I began to do this every night before going to bed and I found my sleep to be deeper and I felt well rested when I woke up. I then began to research yoga in depth and discovered that meditation is something that benefits the mind as well, so I began to practice meditation in the morning, before my lessons, before exams and found that I was more present with each task I was doing and eventually more successful.



Nicoletta: What are some goals for MindfulMSM you'd like to achieve?

Katie and Anna-Maria: Some goals we have for MindfulMSM are maintaining a healthy lifestyle group that will flourish throughout the years, creating a safe environment for students to discuss problems and figure out a way to deal with them in the most mindful way possible, and making the school a more eco-friendly environment

Nicoletta: How has mindfulness helped in the practice room and beyond?

Anna-Maria: I've found my practicing has become much more consistent because I have become more present and in touch with my inner self. Everyone has stressful and non productive practicing days, but I feel as though my voice and confidence has grown immensely because my focus is so sharp in what I want to achieve. This is because I allowed myself time to reflect and truly understand and appreciate why I am here, pursuing what I love.

Katie: Mindfulness has allowed me to be more present both in the practice room and out. I have also noticed that I become more creative when my head isn't full of noise. It allows my imagination to run free without roadblocks. One of the key aspects I have found in practicing is that I am more patient with the process, it is okay to be where you are today and while it is great to have goals and expectations, it is also okay to not attain them sometimes; keep trying.

This interview was conducted by Nicoletta Berry. For more student stories, visit msmnyc.edu/MSMSpotlight



Student Council

During the week of September 16th, Student Council collected Comment Cards from students. This week's Student Council column features quotes from students' cards regarding common concerns among the student body.

- Registrar
- "Do placement exams during auditions so that registrar is able to make class schedules well in advance"
- "Be able to add/drop online"
- "Offer more sections for classes (i.e. diction)"
- Cafeteria
- "I need to eat on the weekends too."
- "We don't get our unspent meal

These comments are not the personal opinions of the Polar Bear Press editors or of the Student Council.

Other

- "I feel that students who need financial assistance are not prioritized in scholarship determination."
- "I would like there to be some recognition of days, such as 9/11, in the school"
- "Please offer free printing"
- "Have the required course grid on departmental handbooks"
- "Handicap and large instrument basement access for commuters?"
- Advertise main building request form
- "Getting reimbursement checks/loan money back in October is too late."
- "Please consider providing funds for off campus lessons. \$5.50 a week becomes a lot for a broke college student. Sometimes I have to choose to eat or pay for a subway

Queer PBS Calendar

Schedule of Events for Queer PBS Fall 2019

Thursday, October 11th

National Coming Out Day

Friday, October 18th

Trans and Gender Awareness

Friday, October 25th

Intersex Awareness

Sunday, October 20th

"Paris is Burning" Movie Screening with President Gandre

7:00 PM - 9:30 PM, Miller Hall

Tuesday, November 12th

Queerducation- Queerness and Religion

Tuesday, November 19th

Queer PBS Talks: Being Queer in the Work Place

7:00 PM - 8:30 PM, Miller Hall

Sunday, December 8th

Queer Historical Outing

Wednesday, December 18th

Finals Week De-Stress Cookie Decorating



Want to see your event featured here?

Email newspaper@msmnyc.edu!

Follow us on Instagram!
@polarbearpress



Polar Bear Press Team

Alexis Seminario
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Managing Editor

Nicoletta Berry
Contributing Editor



**To read this issue online,
or to read an older issue,
visit us at
msmnyc.edu/polarbearpress**

Upcoming Concert Attendance

October 14

Tactus Concert: Contemporary Chamber Music
7:30 pm, Ades Performance Space

October 17

Jazz Art Blakey Tribute Jazz Orchestra
Performance & Louis Armstrong Foundation
Continuum Performance
7:30 pm, Neidorff Karpati Hall

October 18

MSM Symphony - Leonard Slatkin, Conductor
7:30 pm, Neidorff Karpati Hall

October 21

Student Composers' Concert 1
7:30 pm, Ades Performance Space

October 22

CPP Magdeburg Concert
7:30 pm, Ades Performance Space

October 24

Lives of the Piano
7:30 pm, Greenfield Hall



Thursday, October 17th

Women in Music Class Performance

2:30 PM - 3:20 PM, Carla Bossi-Comelli Studio

**Stop by to hear students perform works by
solely female composers!**

Article Credits:

- *Carlise, Madeleine. "'This Is an Emergency. Our House Is on Fire.' Greta Thunberg Addresses New York's Climate Strike." *New York Times* 20 September 2019 *Time U.S Web*. 6 October 2019.
- **Sisson, Patrick. Barber, Megan. Walker, Alissa. "101 Ways to Fight Climate Change". *Curbed, Web*. 19 Sept. 2019
- +"Xiuhtezcatl Martinez". *Earth Guardians* 6 October 2019