



POLAR BEAR PRESS

ISSUE 04

October 25th, 2019

Beyond the Practice Room: Ripley Lucas-Tagliani and Women in Music



"I wanted to have an event to shed light on the wonderful women trailblazers throughout history in music. The program is all women composers performed solely by women."

-Ripley Lucas-Tagliani BM '20



WOMEN Concert
October 25, 2019 at 7:30 pm
Greenfield Hall



Check Out What's New!

Get Involved at MSM

Recipe Corner

Domestic Violence Awareness Month



The "Domestic Violence Awareness Month" spread on pages 8-9 contains information about domestic violence and sexual assault, which may be triggering for some people.



THIS ISSUE

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BEYOND THE PRACTICE ROOM: RIPLEY LUCAS-TAGLIANI AND WOMEN IN MUSIC



Kaitlin Barron, mezzo soprano, singing a piece by Alma Mahler with Tongyao Li at the piano.

Why is it important that MSM allow students the opportunity to create student projects such as this one?

It is so important to have student projects because they allow for us to really dig into our own curiosity and creativity. When I was flipping through my binder, I had only one song by a woman composer, the rest were all men. It didn't seem like a good ratio. So I started doing research on women composers and I kept asking myself, why haven't I heard this before? It's such a magnificent piece! Sitting in the library with that idea was how WOMEN was born. Sometimes you hear about a composer or song in passing that really strikes you and you have to know more. Unfortunately, not every class has the time or syllabus flexibility to go into that great detail. That's why if you have a real passion for something and want to share it student projects are a great venue for it!

This interview was conducted by Lilly Cadow

For more student stories, visit msmnyc.edu/MSMspotlight

What was the impetus behind this project and what are your goals for the project?

The impetus behind this project is to celebrate women. I wanted to have an event to shed light on the wonderful women trailblazers throughout history in music. The program is all women composers performed solely by women. I felt that there needed to be a way to showcase some of these lesser-performed works. My goal is to show the plethora of amazing music out there and this program is a mix of both vocal and chamber instrumental works. MSM is filled with an extraordinary amount of talent and it is because of these strong women that we are able to thrive at conservatories such as MSM today.

What are you most looking forward to about this project?

I am looking forward to sharing these beautiful pieces and seeing how it all comes together. I have never worked with such a wonderful group of people who are so dedicated to giving justice to the music. This project is not mandatory or required so when I reached out to people it was all based on volunteering. It is thanks to these performers that my idea for WOMEN can come alive. I am very excited to see it take to stage!



Lumeng Yang, Yuna Jo, Doris Du, and Clara Cho playing a piece by Fanny Mendelssohn.

OCT 25 | FRI
MSM STUDENT PROJECT IN PERFORMANCE
Women
 A program celebrating women composers performed solely by women and curated by Ripley Lucas-Tagliani
 Works by AMY BEACH, FLORENCE PRICE, FANNY MENDELSSOHN, LOUISE FARRENC, ETHEL SMYTH, and more
 7:30 PM Greenfield Hall

MSMNYC.EDU

Twitter, Facebook, Instagram, YouTube icons

During the process of organizing the concert, what have you learned about the behind-the-scenes process of putting something together like this? Did anything surprise you?

Haha, yes I definitely learned it is no easy undertaking to manage 25 people’s schedules. Everybody has school, work, rehearsals, and a personal life, so to add an extra unrequired concert to their plate is a lot to ask. Finding mutual rehearsal times was a bit rough but luckily with the power of social media and patience we are doing it!

What stigmas are there about women in music, particularly classical music, and what should we do about them

There are so many stigmas that have attached themselves to women in classical music. One stigma is for a woman composer’s work to be taken seriously. As soon as a piece is composed by a woman it is immediately under scrutiny. It’s worth and value is questioned and then it may not be considered a serious piece of music. There have only been two operas in the Metropolitan Opera’s history to be performed that were composed by women. This says something very strongly about how we are still making progress to be held in equal footing. For a lot of these composers, their music was not represented at their own time just by the simple fact that they were women. Many of them had their works published under pseudonyms or were published under their husbands so they received no credit. For the fortunate wealthy women that did receive some sort of formal musical education their works were still not held on the same level as male composers. Alma Mahler had to stop composing as a condition when she married Gustav Mahler, because "From now on you have only one profession: to make me happy!... You must surrender yourself to me unconditionally."* Can you imagine how many pieces she could have written if she hadn’t been married or was taken just as seriously as her husband? That is why we have to perform their works and promote new works by women!



Sohee Hwang playing a piece by Amy Beach.

Continued on page 4

*From a letter from G. Mahler to A. Mahler in December 1901

BEYOND THE PRACTICE ROOM CONTINUED

Right: Emily Frederick, piano, and Francesca Abusamra, violin, playing a piece by Croatian composer Dora Pejačević.

How can the classical musician today bring more light to the musical works of women, from the past and present?

I think that the most important way to bring light to them is by being curious and using the technology at our fingertips. It is more than likely you will hear Brahms and Mozart at Carnegie Hall, the New York Philharmonic, or the Metropolitan Opera rather than the works of Florence Price or Fanny Mendelssohn. WOMEN is a sampling of works by women composers. There is so much more out there, you just have to be inquisitive and find them.



Get Involved at MSM

Manhattan School of Music has a large number of student clubs and organizations. Here are just a few of them! Check out how you can get involved with the school community in the upcoming weeks.

Student Council

General Meetings: Open to all students

Every Sunday at 7:00 pm

A401/402 Conference Rooms

Email msmstuco@gmail.com to find out more about how you can be involved!

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.



INTERESTED? EMAIL DOGOOD.MSM@GMAIL.COM

SUNDAY, NOVEMBER 10, 2019
1:00 PM - 2:00 PM
WASHINGTON HEIGHTS

BSU

Manhattan School of Music's Black Student Union (BSU) is composed of jazz voice, jazz instrumentalists, classical voice, classical instrumentalists, composers, musical theatre and pianists. We as a community have decided to take a different approach to leadership this year. I am overjoyed to announce this year's executive board as well as our two advisors!

With our executive board meetings occurring every Thursday and general meetings every other Sunday, there is a continuous deliberation of ideas and growth as an organization. As many of you know, we put up an annual Black History Month performance every year in February. Due to the overwhelming amount of support from students, staff, alumni, and supporters, on February 19, 2020, our performance will be held in Neidorff-Karpati Hall. On top of our annual show, we will have many events leading up to Black History Month and afterwards. Make sure to stop by when we're tabling and do not hesitate to bring forth any ideas, questions, or support. To keep up to date with Black student life and the preparation for our concert, please follow our official Instagram [@bsu_msm!](https://www.instagram.com/bsu_msm/)

~Rayna Campell, President

BSU Executive Board:

Rayna Campbell, President, Imani Williams, Vice-President, Chira Bell, Secretary, Tabitha Johnson, Treasurer, Celine Walker, Staff/Faculty Advisor, Alexa Smith, Staff/Faculty Advisor

BSU Exec Board Meeting

Thursday, October 24th at 4:00 in the 4th floor lounge

Music for a Better World

Volunteer for Cancer Research!

MBW is organizing volunteers for the Leukemia & Lymphoma Society's "Light The Night" event in Queens. LLS is the foremost organization fighting blood cancers in America, and Light The Night is their largest fundraiser of the year. Please email mfbwMSM@gmail.com to sign up! Saturday, October 26th. 12:30pm-4:30pm, or 4:00pm-9:00pm

MS Memes

COMIC AND MEME CONTEST

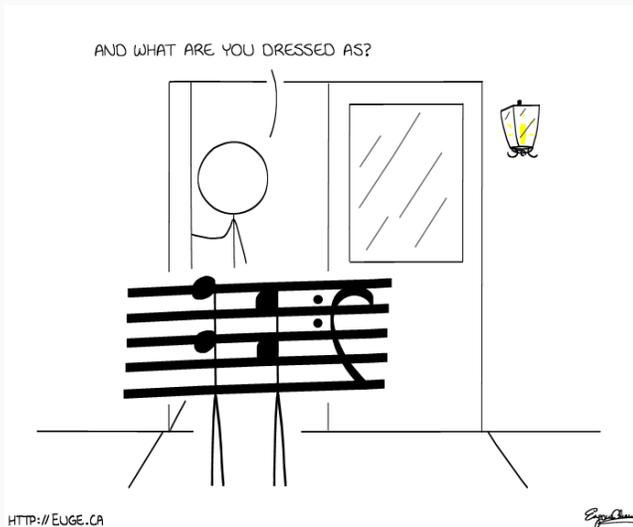
Submit original comics and memes to
newspaper@msmny.com

or

DM us on instagram! @polarbearpress

Finalists will be posted in Issue 05 and students
 can vote for the winner!

Submission Deadline: Friday, November 1st



S U D O K U

Difficulty: Easy

See solutions, pg. 9

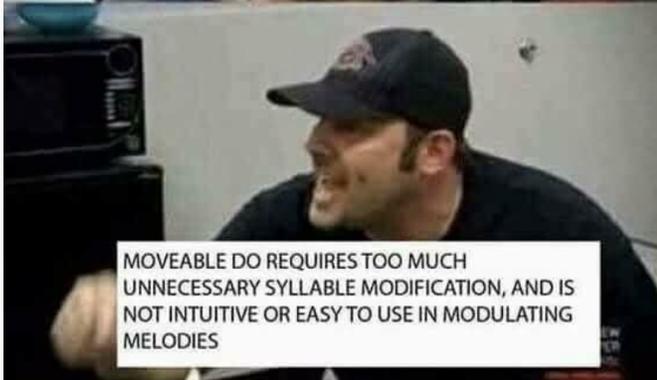
Difficulty: Medium

9				8	5		7	
		1					5	
7	8			1		9		
								6
	1		2	3	9		4	
3								
		8		7			6	5
	3					1		
	7		1	4				9

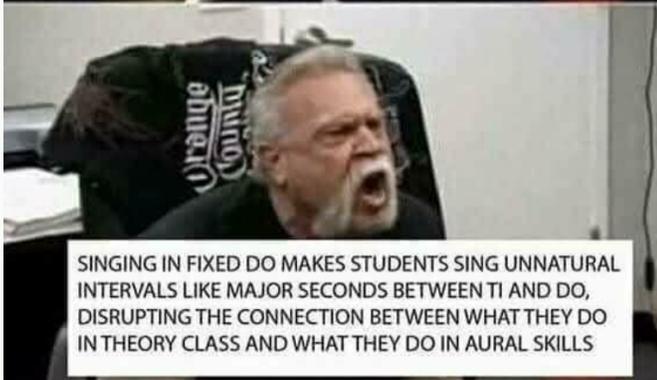
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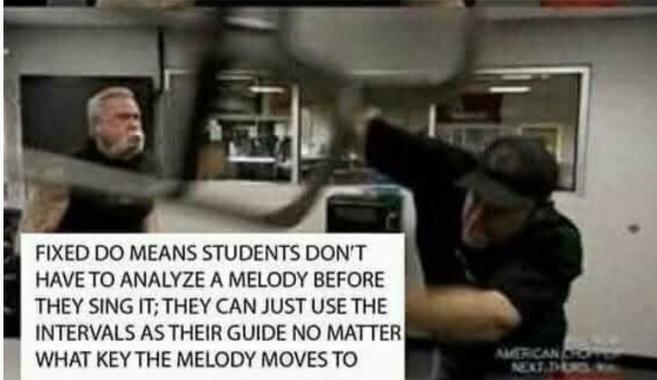
MOVEABLE DO HAS A MORE SOLID THEORETICAL BASIS AND ALLOWS STUDENTS TO HEAR DIATONIC RELATIONSHIPS MORE EASILY THAN FIXED DO



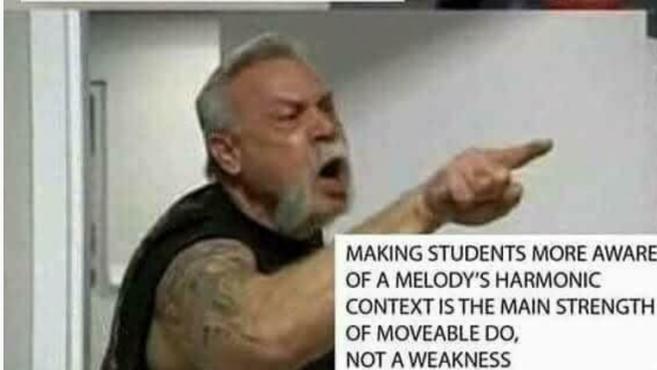
MOVEABLE DO REQUIRES TOO MUCH UNNECESSARY SYLLABLE MODIFICATION, AND IS NOT INTUITIVE OR EASY TO USE IN MODULATING MELODIES



SINGING IN FIXED DO MAKES STUDENTS SING UNNATURAL INTERVALS LIKE MAJOR SECONDS BETWEEN TI AND DO, DISRUPTING THE CONNECTION BETWEEN WHAT THEY DO IN THEORY CLASS AND WHAT THEY DO IN AURAL SKILLS



FIXED DO MEANS STUDENTS DON'T HAVE TO ANALYZE A MELODY BEFORE THEY SING IT; THEY CAN JUST USE THE INTERVALS AS THEIR GUIDE NO MATTER WHAT KEY THE MELODY MOVES TO



MAKING STUDENTS MORE AWARE OF A MELODY'S HARMONIC CONTEXT IS THE MAIN STRENGTH OF MOVEABLE DO, NOT A WEAKNESS



Mahler



Smahler

Conductor's Tempi

Dress Rehearsal:

Performance:



Music major? But you get to do what you love for a living!

Me:





RECIPE CORNER



VEGAN BROWNIES

These vegan brownies are fudgy, chewy, and uber chocolatey. Plus they're quick and easy, and made with everyday ingredients!

TOTAL TIME: 30 MINS PREP TIME: 10 MINS COOK TIME: 20 MINS

INGREDIENTS:

1/4 cup pureed or well-mashed avocado

1/4 cup avocado oil or extra-virgin olive oil

1 cup white whole wheat flour (or all-purpose flour)

1/2 cup unsweetened cocoa powder

3/4 cup cane sugar (or granulated sugar)

1 teaspoon baking soda

1/2 teaspoon salt

3/4 cup water (I like to instead use 1/2 cup brewed coffee + 1/4 cup water)

1 1/2 cups vegan chocolate chips

Preheat oven/toaster oven to 350 degrees F (180 degrees F). Grease an 8-inch square pan with cooking spray.

In a large mixing bowl, whisk together the pureed avocado and olive oil until smooth. Add in the flour, cocoa powder, sugar, baking soda, salt, and water (or coffee + water). Stir until smooth. Fold in 1 cup of the chocolate chips.

Pour into the prepared pan and spread the batter evenly throughout the pan. Sprinkle with an additional 1/2 cup of dark chocolate chips on top.

Bake for 15-20 minutes, or until a toothpick inserted into the center comes out mostly clean (there may be some melted chocolate chips in there).

If you overbake, the brownies will have a cake-like texture.

Remove and let the brownies sit out for at least 20 minutes before serving.

Cut and serve, or cover and store for up to 3 days.

From gimmesomeoven.com/vegan-brownies/



Microwave Egg Wraps

Spray a microwave-safe bowl with cooking spray.

Beat the eggs in the bowl, pop into microwave and cook for about 90 seconds, until eggs are done. (For best results, stir the eggs after every 30 seconds).

Cut the cooked egg patty in half. Place a piece of egg and a slice of cheese on each tortilla.

Fold or **roll** up the tortillas to make burritos. Microwave for 20 seconds to melt the cheese.

Enjoy with salsa if desired.

From "Mr. Breakfast Collections" website

FOOOD!!!



Trigger Warning: Contains information about domestic violence and sexual assault, which may be triggering for some people.

Domestic Violence Awareness and Resources at MSM

Carol Matos, Title IX Coordinator

Melanie Dorsey, Deputy Title IX Coordinator

October is **Domestic Violence Awareness Month**. This event was originally created by the National Coalition Against Domestic Violence in October 1981 to connect advocates for survivors of abuse across the nation who were working to end violence against women and their children.

Domestic violence is a term which includes intimate partner violence and/or dating violence. It is defined as the intentional use of abusive tactics or physical force to obtain and maintain power and control over an intimate partner. There are many different forms of abuse which can be physical, sexual, emotional, economic, or psychological actions or threats that negatively affect another person.

Manhattan School of Music is committed to addressing and eliminating all forms of intimate partner violence in our community. The School's Title IX team promotes student awareness and protection, and provides access to remedies. You can read MSM's Title IX Sexual Misconduct Policy on the School's website: <https://www.msmnyc.edu/msm-title-ix-sexual-misconduct-policy/>. The Title IX team investigates instances of intimate partner violence among students and takes care to support and protect victims through counseling, sheltering, and sharing resources.

We recognize that college students of all gender identities and sexual orientations may experience relationship violence; we provide services to all survivors of intimate partner violence or sexual assault regardless of gender identity or sexual orientation.

Continued on page 9



RESOURCES FOR SURVIVORS OF DATING AND DOMESTIC VIOLENCE



CAMPUS HEALTH NURSE & COUNSELORS

The Campus Health Nurse and counseling staff at MSM are available to provide confidential assistance, and they can provide someone to accompany you to get medical treatment or to file a police report if you so choose. They are located in rooms 104, 105, 105 in the main building.



TITLE IX COORDINATOR

Carol Matos is MSM's Title IX Coordinator. Her office is located in room A-427. She can be reached by email at cmatos@msmny.edu and by phone at 917.493.4450.



DEAN OF STUDENTS & RESIDENCE LIFE STAFF

MSM strongly encourages students to report domestic violence, dating violence, stalking, or sexual assault to School officials. The Student Affairs staff will be able to offer support and resources to anyone who seeks help.



NYC POLICE DEPARTMENT

Anyone who reports an assault to police may have a member of the Special Victims Squad speak with them. Reports of criminal sexual misconduct can also be made by calling the NYPD's sex crimes hotline at (212) 267-RAPE or the Manhattan District Attorney's hotline at (212) 335-9373.



SUNY SAVR WEBSITE RESPONSE.SUNY.EDU

This Sexual Assault & Violence Response (SUNY SAVR) Resources Website provides you with information you can use to seek resources and support. Information is available in 120 languages.



NATIONAL DOMESTIC VIOLENCE HOTLINE

Both the hotline and the organization website provide information and assistance to both survivors and friends and family of survivors. The hotline number is 1-800-799-7233. The website is thehotline.org



A bystander acting in good faith that discloses any incident of domestic violence, dating violence, stalking or sexual assault to MSM's officials or law enforcement will not be subject to MSM's code of conduct action for violations of alcohol and/or drug use policies occurring at or near the time of the commission of the domestic violence, dating violence, stalking, or sexual assault.



Trigger Warning: Contains information about domestic violence and sexual assault, which may be triggering for some people.

Domestic Violence Awareness and Resources at MSM cont.

We understand that college students may face obstacles in reaching out to our services. Some students may feel trapped by social networks in our close campus environment. Other students may not be sure whether they can define their experience as abusive, or they may feel fearful of their assailant. While reporting an incident may feel scary and overwhelming, reaching out for help is the first step and we are here to help.

Contact Information:

If you or someone you know is a student experiencing abuse, contact Title IX Coordinator, Carol Matos at 917.493.4450 or Deputy Title IX Coordinator, Melanie Dorsey at 917.493.4588

We can help you explore remedies available to you or your friend. You may also make a report anonymously through our website at:

<https://www.msmnyc.edu/sexual-misconduct-report-form/>.



Sudoku Solutions

See puzzles, pg. 5

Difficulty: Easy

9	2	3	4	8	5	6	7	1
4	6	1	9	2	7	8	5	3
7	8	5	6	1	3	9	2	4
8	4	2	7	5	1	3	9	6
6	1	7	2	3	9	5	4	8
3	5	9	8	6	4	7	1	2
1	9	8	3	7	2	4	6	5
2	3	4	5	9	6	1	8	7
5	7	6	1	4	8	2	3	9

Difficulty: Medium

9	5	1	3	4	7	6	2	8
7	3	6	5	2	8	9	4	1
8	4	2	6	1	9	3	7	5
1	6	7	8	5	4	2	3	9
4	8	3	9	7	2	1	5	6
2	9	5	1	3	6	4	8	7
3	1	4	7	6	5	8	9	2
5	2	8	4	9	1	7	6	3
6	7	9	2	8	3	5	1	4

Message from

IT STOPS HERE

It Stops Here spreads the message of sexual harassment awareness to the MSM community.

In October, in observance of Domestic Violence Awareness month, we are encouraging conversations around this chronically sensitive topic to help the community at large feel like they have a place of sanctuary and understanding.

As always, ISH provides information on safety, up-to-date definitions on sexual assault and harassment claims, and provide a safe space for discussions.

We are aiming to have an event in April for Sexual Assault Awareness month. Please keep an eye out for posters around the school with future meeting times!

For more information, please email itstopshereism@gmail.com or contact Elizabeth Baxley or Catiana Tron.

For more information
on student
organizations at MSM,
see page 4

Upcoming Wellness Events at MSM



Tuesday, October 29

Lunch & Learn: Mindful Practice
12:00 pm - 1:00 pm
Room A402

Thursday, November 7

Flu Clinic
11:00 am - 3:00 pm
Nurse's Office (Room 105)



Thursday, November 14

Stress Relief (Wellness RA Event)
12:30 pm - 2:00 pm
Main Building Student Lounge

Tuesday, November 19

Lunch & Learn: Sleep Hygiene
1:00 pm - 2:00 pm
Room TBD



Want to see your event featured here?

Email newspaper@msmnyc.edu!



Meme Contest

Submit original comics and memes to newspaper@msmnyc.edu or DM us on Instagram! @polarbearpress
Finalists will be posted in Issue 05 and students can vote for the winner!
Submission Deadline: Friday, November 1st

Polar Bear Press Team

Alexis Seminario

Editor in Chief

Lilly Cadow

Managing Editor

Mindy Holthe

Managing Editor

Nicoletta Berry

Contributing Editor



Upcoming Concert Attendance

October 25

Student Projects in Performance:
Ripley Lucas-Tagliani, Voice - "Women"
7:30 pm, Greenfield Hall

October 25

MSM Chamber Sinfonia - Bernard Labadie, Conductor
7:30 pm, Neidorff-Karpati Hall

November 3

Singers' and Pianists' Seminar Concert
2:30 pm, Greenfield Hall

November 4

Student Composers' Concert
7:30 pm, Greenfield Hall

November 7

Faculty Recital: Kim Laskowski, Bassoon
7:30 pm, Miller Hall

November 8 & 9

Sweeney Todd
7:30 pm, Neidorff-Karpati Hall

November 10

Sweeney Todd
2:30 pm, Neidorff-Karpati Hall

November 10

Percussion Ensemble
7:30 pm, Ades Performance Space

November 11

Faculty Composers' Concert
7:30 pm, Greenfield Hall

November 12

MSM Chamber Choir: Look at the Stars
7:30 pm, Greenfield Hall

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or to read an older issue,
visit us at
msmnyc.edu/polarbearpress

Follow us on Instagram!
@polarbearpress

