

# OPPOSED TO SILENCE

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## Instrumentation

Flute 1, 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 composer, 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 hypervocalization 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.



5

Fl. 1  
*mf*

Fl. 2  
*mf*

Ob. 1  
*mf*

Ob. 2  
*mf*

Cl. in B $\flat$  1  
*mf*

Cl. in B $\flat$  2  
*mf*

Bsn 1  
*mf*

Bsn 2  
*mf*

F. Hn in F 1  
*mf*

F. Hn in F 2  
*mf*

Tpt in B $\flat$  1  
*mf*

Tpt in B $\flat$  2  
*mf*

Tbn. 1  
*mf*

Tbn. 2  
*mf*

Tba  
*mf*

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.  
*mf*

Vln 1  
*mf* pizz. arco

Vln 2  
*mf* pizz. arco

Vla  
*mf* pizz. *f*

Vc.  
*mf* *mf* *f*

D. B.  
*mf* *f*

A

10

Fl. 1  
*f*

Fl. 2  
*f*

Ob. 1  
*f*

Ob. 2  
*f*

Cl. in B♭ 1  
*f*

Cl. in B♭ 2  
*f*

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in B♭ 1

Tpt in B♭ 2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1  
*mf*

Dr.  
*mf*

B. Dr.

Mar.  
*f*

Vln 1  
*f* pizz.

Vln 2  
*f* pizz.

Vla

Vc.

D. B.

15

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Cl. in Bb 1

Cl. in Bb 2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in Bb 1

Tpt in Bb 2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.

Vln 1

Vln 2

Vla

Vc.

D. B.

*pp*

*mp*

*f*



20

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Cl. in B $\flat$  1

Cl. in B $\flat$  2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in B $\flat$  1

Tpt in B $\flat$  2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.

Vln 1

Vln 2

Vla

Vc.

D. B.

*mp*

*f*







C

Musical score for Flow 1, page 13, rehearsal mark C. The score includes parts for Flutes (Fl. 1, Fl. 2), Oboes (Ob. 1, Ob. 2), Clarinets (Cl. in Bb 1, Cl. in Bb 2), Bassoons (Bsn 1, Bsn 2), Horns (F. Hn in F 1, F. Hn in F 2), Trumpets (Tpt in Bb 1, Tpt in Bb 2), Trombones (Tbn. 1, Tbn. 2), Tuba (Tba), Timpani (Timp.), Snare Drum (Sn. Dr. 1), Cymbal (Dr.), Bass Drum (B. Dr.), Maracas (Mar.), Violins (Vln 1, Vln 2), Viola (Vla), Violoncello (Vc.), and Double Bass (D. B.). The score features dynamic markings such as *ff* and *f*, and includes a large red 'COPY' watermark.



51

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Cl. in Bb 1

Cl. in Bb 2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in Bb 1

Tpt in Bb 2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.

Vln 1

Vln 2

Vla

Vc.

D. B.

*f*

*mp*

*sfz*

57

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Cl. in Bb 1

Cl. in Bb 2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in Bb 1

Tpt in Bb 2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.

Vln 1

Vln 2

Vla

Vc.

D. B.

*mp*

*f*

*pizz.*

*sfz*

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66

Fl. 1

Fl. 2

Ob. 1

Ob. 2

Cl. in Bb 1

Cl. in Bb 2

Bsn 1

Bsn 2

F. Hn in F 1

F. Hn in F 2

Tpt in Bb 1

Tpt in Bb 2

Tbn. 1

Tbn. 2

Tba

Timp.

Sn. Dr. 1

Dr.

B. Dr.

Mar.

Vln 1

Vln 2

Vla

Vc.

D. B.



77

Fl. 1 *p* *mp*

Fl. 2 *p* *mp*

Ob. 1 *p* *mp*

Ob. 2 *p* *mp*

Cl. in Bb 1 *p* *mp*

Cl. in Bb 2 *p* *mp*

Bsn 1 *mp*

Bsn 2 *mp*

F. Hn in F 1 *mp* *mf*

F. Hn in F 2 *mp* *mf*

Tpt in Bb 1 *mp*

Tpt in Bb 2 *mp*

Tbn. 1 *mp*

Tbn. 2 *mp*

Tba *mp*

Timp.

Sn. Dr. 1 *mf*

Dr. *mf*

B. Dr. *p* *mf*

Mar. *mp* *mf*

Vln 1 *mp* *mf*

Vln 2 *mp* *mf*

Vla *mp* *arco* *mf*

Vc. *p* *mf*

D. B. *p* *mp*







Musical score for Flow 1, measures 96-97. The score is arranged in a standard orchestral format with multiple staves for each instrument family. The instruments listed on the left are: Fl. 1, Fl. 2, Ob. 1, Ob. 2, Cl. in Bb 1, Cl. in Bb 2, Bsn 1, Bsn 2, F. Hn in F 1, F. Hn in F 2, Tpt in Bb 1, Tpt in Bb 2, Tbn. 1, Tbn. 2, Tba, Timp., Sn. Dr. 1, Dr., B. Dr., Mar., Vln 1, Vln 2, Vla, Vc., and D. B. The score includes various musical notations such as treble and bass clefs, time signatures, and dynamic markings. A large red watermark reading "DELETED COPY" is overlaid diagonally across the page.