A person is standing on a dark rock in the foreground, looking out over a vast mountain range. The sun is low on the horizon, creating a warm, golden glow and long shadows. The mountains are layered, with the closest ones in sharp focus and the distant ones fading into the haze. The sky is a clear, pale blue.

*March 2022*

# *BYU SCHOOL OF MUSIC*

*Journal*

Sharing the Light

# LET YOUR LIGHT SHINE!



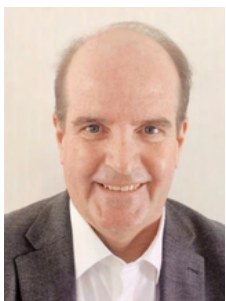
“Let your light so shine before men, that they may see your good works,  
and glorify your Father which is in heaven.” (Matthew 5:16)

Have you ever been moved by a beautiful melody, a simple hymn tune, or a glorious opera aria? Has your heart been stretched by a tender poem, or the end of a beautifully written story? Have you looked upon a painting or drawing that evoked strong emotions of joy or happiness?

Using our gifts and talents, whatever they may be, to share the light of the gospel is an important and meaningful way to fulfill this charge from the Savior. And we ALL have gifts and talents we can use to share the light!

The students, faculty, and alumni of the BYU School of Music have been busy creating, performing, and sharing their light! The pages of this Issue of the School of Music Journal are their offering to YOU!

As you turn each page of the journal, we invite you to bask in the light of all who have worked so diligently and selflessly to share their light and good works with you. We hope the light you find here brightens your day and brings joy and warmth to your soul. Perhaps you will find something here to inspire you to more fully let your own unique light shine for others to see, and thereby glorify our Father in heaven.



Dr. Mark Ammons  
Assistant Director  
Brigham Young University School of Music



FEBURARY 2022

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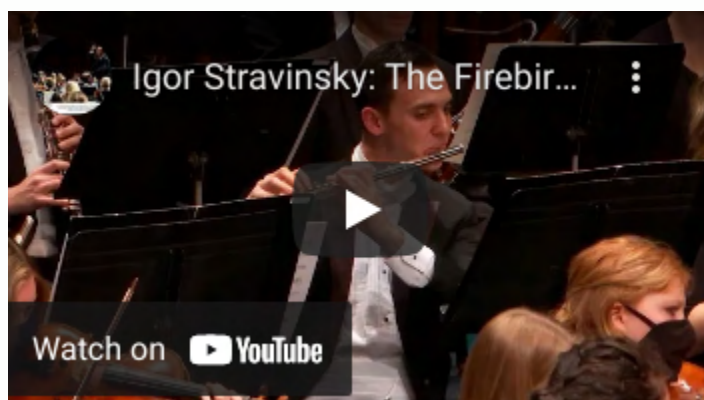
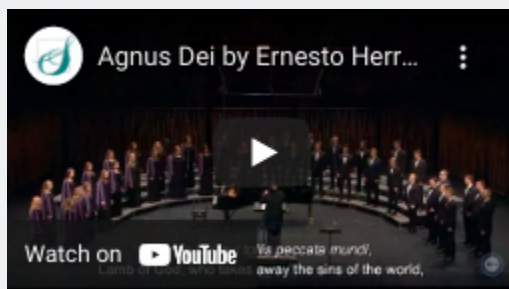


# CURRENT

## BYU CHOIRFEST SUCCESS

Wednesday, February 2nd, all the choirs in the School of Music joined together in the "Winter Choirfest" performing different pieces from a variety of selections as well as excerpts from "The Lamb of God" by Rob Gardner.

**Watch more from the choirs at BYU below!**

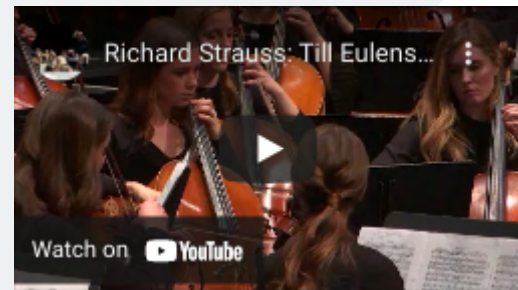
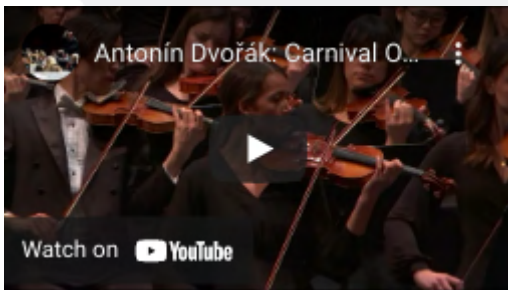


## THE PHIL

The Philharmonic released a new video of Stravinsky's The Firebird Suite on YouTube. Click on the video to the left to watch it.

The Phil also performed Bartok's Concerto for Orchestra, The Noon Witch by Dvorak, and Pygmalion by Machado on February 16.

# WATCH MORE OF THE PHIL AT BYU BELOW!



## OPERA SCENES

Shea Owens directed Opera Scenes, which ran February 16th-19th. The cast performed a series of scenes taken from various operas. Some of the selected scenes were: Hansel and Gretel, Witches' Chorus, Così fan tutte, Le Comte Ory, and The Merry Widow.





# STORIES OF OUR TIME

This event was a collaboration between the piano studio of Professor Jihea Hong-Park and the BYU composition seminar.

The groundbreaking event, Stories of Our Time Concert was held on February 3rd. It featured recent compositions about our day and age.



# PERFECTIONISM FORUM AND RESOURCES

Dr. Erin Bailey

People often ask, "Is there such a thing as healthy perfectionism or is it all bad?"

Stoltz and Ashby (2007) and other researchers distinguish between adaptive and maladaptive (or "neurotic") perfectionism. Adaptive perfectionism or "healthy striving" is characterized as a normal, advantageous type of perfectionism and is defined by obtaining satisfaction from achievements gained through intense effort with acceptance of imperfections and without resorting to negative self-criticism. Maladaptive perfectionism is defined by holding high, rigid personal performance standards and tendencies to be extremely self-critical in self-evaluations.

Maladaptive perfectionism tends to be associated with low self-esteem, depression, anxiety, and even suicide.

Dr. Elizabeth Scott lists 10 traits of maladaptive perfectionists (2022):

1. All or Nothing Thinking- Even a job well done is not good enough. Less than perfect is not acceptable for perfectionists.
2. Being highly critical of self or others
3. Feeling motivated by fear of failure or disappointing others, rather than feeling pulled to achieve new things
4. Setting unrealistic or unsustainable goals or standards
5. Focused only on results, rather than progress, growth, or development
6. Feeling depressed by unmet goals
7. Fear of failure
8. Procrastination- Fear of failure paralyzes them from getting started on important projects
9. Defensiveness, specifically to criticism or feedback
10. Low self-esteem

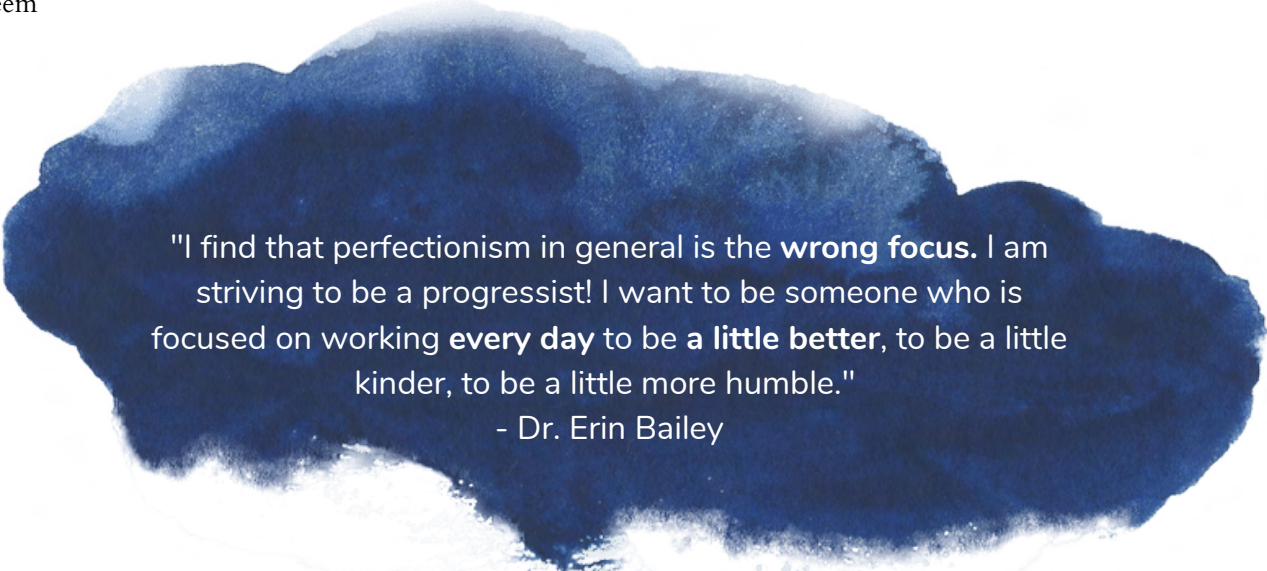
Personally, I've struggled with perfectionism on and off throughout my life. In some way, we're all here at BYU because of a drive and goal of "perfecting" our craft. The standards to get into BYU are very high, and even higher in the School of Music. I find that perfectionism in general is the wrong focus. I am striving to be a progressist! I want to be someone who is focused on working every day to be a little better, to be a little kinder, to be a little more humble. This lifestyle choice should permeate my work. I want to be a little more expressive when I play the piano today, a little more confident in my passaggio, a little more wary of parallel fifths! If your perfectionism drives you to happily strive for your personal best with energy and joy, you're probably more in the adaptive zone. If your need to be perfect causes sleep deprivation, anxiety, and steals your joy, that perfectionism is not healthy, nor is it what the Lord would want for you. Men are that they might have joy! Not straight A's at the expense of your mental health, not perfect performances, not panic attacks! Find joy in your working and striving.

Scott, E. (Jan 5, 2022). 10 Signs You May Be a Perfectionist. Very Well Mind. Retrieved from <https://www.verywellmind.com/signs-you-may-be-a-perfectionist-3145233>

Stoltz, K., & Ashby, J. S. (2007). Perfectionism and lifestyle: Personality differences among adaptive perfectionists, maladaptive perfectionists, and nonperfectionists. *Journal of Individual Psychology*, 63(4).

Read more from Dr. Erin Bailey at:

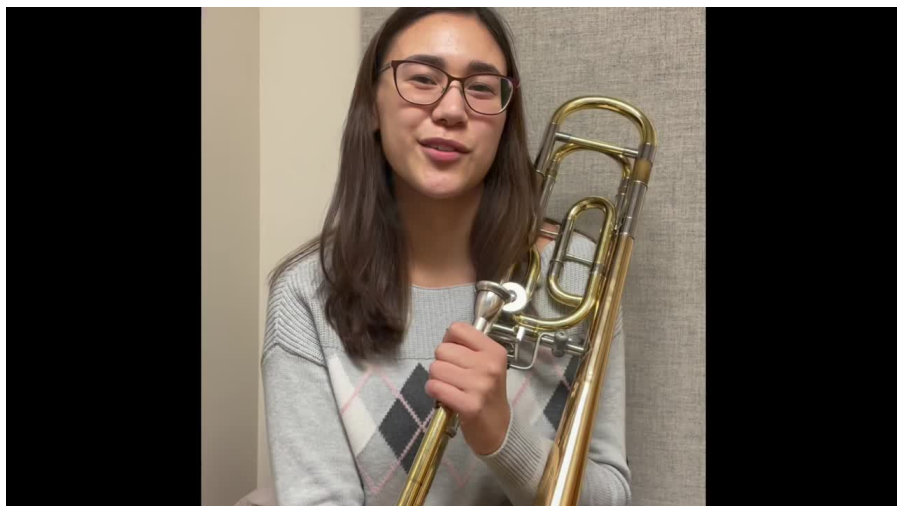
<https://music.byu.edu/questions/perfectionism/healthy-perfectionism/erin-bailey/adaptive-vs-maladaptive-perfectionism/>



"I find that perfectionism in general is the **wrong focus**. I am striving to be a progressist! I want to be someone who is focused on working **every day** to be a **little better**, to be a little kinder, to be a little more humble."

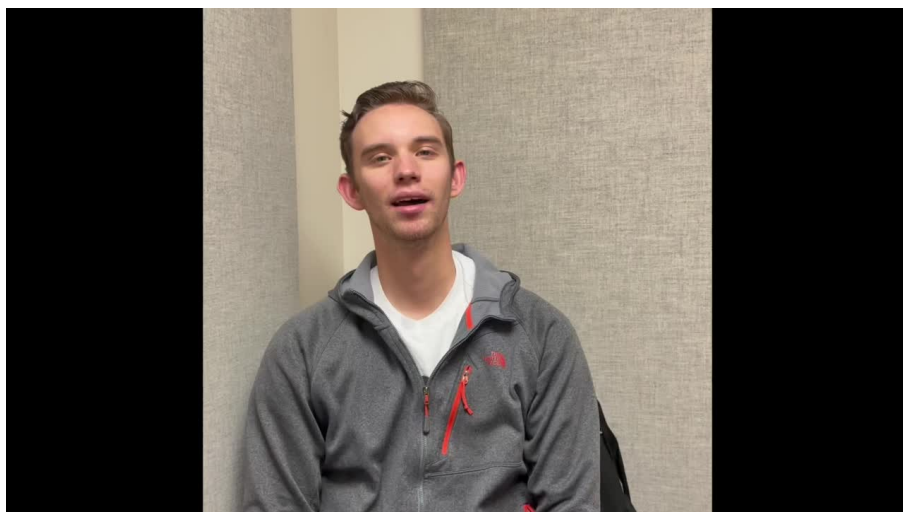
- Dr. Erin Bailey

# MEET SOME OF OUR STUDENTS



**ASHLEY  
RANDS**  
Trombone Performance

**OSWALD  
MACHADO**  
Masters in Composition

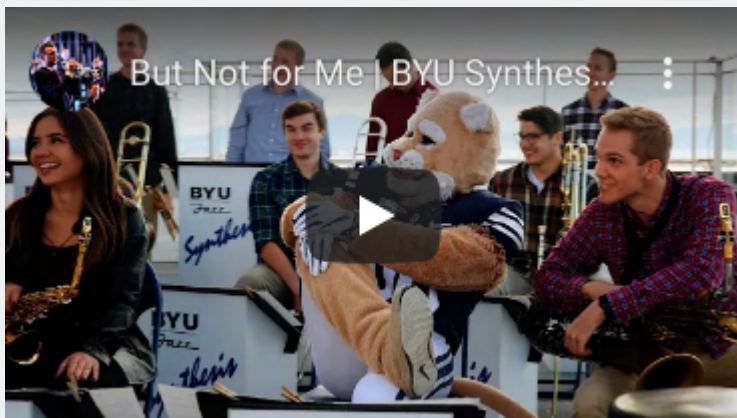


**BRYSON  
VANDERWEL**  
Saxophone Performance



# BYU ESSENTIALLY ELLINGTON JAZZ FESTIVAL

On February 19th, Synthesis collaborated with world-renowned jazz flutist, Néstor Torres who is from Mayaguez, Puerto Rico and drummer, Steve Fidyk. **Check out the videos below** of Synthesis on the Kimball Tower and performing in the Caribbean with Torres on a recent tour.



# RECENT STUDENT ACCOMPLISHMENTS

## CJ MADSEN

MM Choral Conducting student C.J. Madsen was accepted into the doctoral program in Choral Conducting at the University of Arizona.



## CHARLIE JARVIS

Sophomore cellist Charlie Jarvis won the Brimhall cello competition first-place prize for the senior division at Dixie State University in St. George. It was a regional competition with students from Utah, Arizona, and Idaho.

## SAM SPEER

Sam Speer (MM Choral Conducting) has been accepted into the DMA program in Choral Conducting for Fall 2022 at the University of Wisconsin-Madison. He has also been offered the one fully-funded assistantship position that the program awards each year.







## NATHAN WINTERS

Nathan was appointed a member of the University Student Committee for the Percussive Arts Society.

## ANNA JUDD

Anna was awarded a Percussive Arts Society International Convention 2021 Scholarship.



## HYRUM KOHLER

Hyrum was selected from a national pool of applicants to serve on the Youth Advisory Council for the American Viola Society.





## BYU HONORS QUARTET

The BYU Honors Quartet won  
2nd prize in the Utah ASTA  
chamber music competition:

Anna Pronk, violin

Parker Gardner, violin

Micaela West, viola

Miriam Henderson, cello

## MICHELLE HOWARD

Michelle released two singles  
— a BTS cover Save Me ft.  
Yahosh Bonner. As well as,  
Country Road ft. Dan  
Ankenman on guitar, a song  
that was licensed by Amazon  
for the original series James  
May: Our Man In Japan.



## PETER BLACKHAM

Peter was awarded 1st Place in the  
collegiate division at the 2022  
UMTA Piano Concerto Competition.

He is a graduate student In the  
School of Music and studies with  
Dr. Stephen Beus.

## BROOKE BALLARD

Brooke received an Honorable Mention Award In the collegiate division at the 2022 UMTA Piano Concerto Competition. She studies with Dr. Scott Holden.



## SUNNY WHITING GRACE

Sunny released a new single and music video at the end January called Astronomy. Click the video on the left to watch.

WOULD YOU LIKE TO BE  
FEATURED?  
DO YOU KNOW SOMEONE WHO  
SHOULD BE FEATURED?

Email us at [musicevents@byu.edu](mailto:musicevents@byu.edu)

So we can help your  
*light shine!*

# RECENT FACULTY ACCOMPLISHMENTS

## SAM TSUGAWA



Sam Tsugawa was nominated and chosen to receive the award for Outstanding Music Educator of the Year for the 2020-2021 school year at the Utah Music Educators Association (UMEA) Professional Development Conference at the Dixie Center in St. George on February 4, 2022. This recognition is the top state award endowed for an outstanding music educator's long-term, meritorious service, assistance, and inspiration to students, to the state, and to music teachers. Having demonstrated an enduring commitment to music education excellence, and based on the nominations from Sam's peers in the state, we feel that he truly exemplifies these standards.

## DR. ANDREW CRANE

Dr. Andrew Crane will sing tenor with the Grammy-nominated professional choir Seraphic Fire in a series of concerts in South Florida on March 20-27.

Conducted by Dr. James K. Bass, the concert titled "Biebl: Ave Maria—Music for Men's Chorus" will be performed in Miami, Naples, Coral Gables, Fort Lauderdale, and Miami Beach.







## DR. JASON BERGMAN

Dr. Jason Bergman performed with his former high school, the Cypress Springs High School Brass Choir at the Texas Music Educators Association Music Showcase on February 10th at this year's TMEA convention.

## DR. JIHEA HONG-PARK

Dr. Jihea Hong-Park, Associate Professor of piano, recently co-presented a lecture-recital at the University of North Texas on Finding Our Unique Voices and Career Paths in Music.

UNIVERSITY OF NORTH TEXAS  
**COLLEGE OF MUSIC**

**WE ARE HERE:**  
 Finding Our Unique Voices and  
 Career Paths in Music



**JUNG CHOI**  
*Assistant Professor of Oboe at  
University of North Texas*



**JIHEA PARK-HONG**  
*Associate Professor of Piano  
Brigham Young University*

**Monday, February 21, 2022, 7:30 p.m.**

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FEATURED?

DO YOU KNOW SOMEONE  
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FEATURED?

EMAIL US AT  
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SO WE CAN HELP YOUR  
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# RECENT ALUMNI ACCOMPLISHMENTS

## ISSAC SANABRIA

Isaac Sanabria graduated from BYU in August 2021 with a degree in bassoon performance.

With a full tuition scholarship, Sanabria was accepted into the Butler School of Music at the University of Texas--Austin, to pursue a Master's degree in bassoon performance.

Recently, Sanabria won a position with the U.S. Air Force concert band. As the premier Air Force band in the country, this is a prestigious post. He was the first place prize winner of the 2021 Utah Music Teachers Association Instrumental Concerto Competition.

He was also the first prize winner in the 2021 National Federation of Music Clubs Double Reed Competition, which included a \$1250 prize.



## TYREE HASTINGS

Tyree Hastings graduated from BYU with a Masters of Music in Percussion Performance.

Hastings was recently hired as percussion director at University of Texas Tyler.



## MARY HOSKINS

Mary Hoskins, alumna of the vocal program at BYU, won the regional Metropolitan Opera competition in Denver. She now goes to New York for the semifinals.



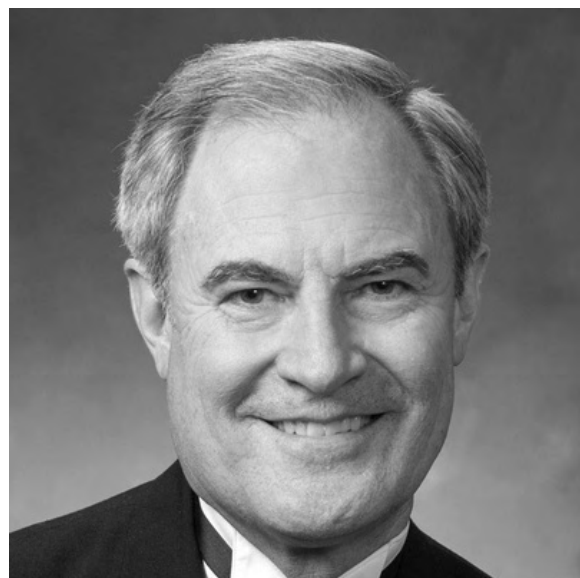
## KIRT SAVILLE

Dr. Kirt Saville, former Director of the BYU School of Music, was recently inducted into the Utah Music Educators Association's Hall of Fame for his dedicated and decorated 40 year career in music education.



## DON PETERSON

Dr. Don Peterson, former and long-time Director of Bands, was recently inducted into the Utah Music Educators Association's Hall of Fame for his illustrative 40+ year career in music education in Utah.





## ANDREW MAXFIELD

Andrew Maxfield has made it to the semifinals in the Worldvision Composers Contest. He already won the regional and national stages of the contest. If he wins this competition, his piece will be performed by the Orchestra NOW! in Vienna.

## RACHEL WILLIS-SØRENSEN

Rachel Willis-Sørensen, a regular guest at leading opera houses around the world, recently signed a multi-record deal with Sony Classical. Her debut album will be released on April 8, 2022.



Click [HERE](#) to listen to an excerpt from her debut album.

## JOSEPH FACER

Commercial Music alumni Joseph Facer has started a backline company in Utah Valley. If you need musical instruments or equipment for an event, click [HERE](#) to check out his website.



GEAR HEAD  
BACKLINE



## RICHARD WILLIAMS

Rich Williams recorded an original piece, "Requiem to the Fallen" at Fox Studios with the Hollywood Studio Symphony during the Los Angeles Film Conducting Intensive.

Click [HERE](#) to listen to the composition.



# MENS CHORUS ALUMNI VIDEO



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# *NEW WEBSITE*

- Easy access to news, concert live streaming, and information about the School of Music degree programs.
- Faster loading on the site
- Collection of the School of Music Journals
- Updates on the happenings in the SOM



<https://music.byu.edu>

*TAKE A LOOK  
AROUND*





# SOM STREAMING

**We've been working hard to make our broadcasts more uniform, professional, and stable.**

**Stream Now**

## **Features**

- Improved load times
- Website stability
- Streaming quality
- NEW calendar feature that shows all our upcoming events.
  - We had over 12,000 unique viewers last semester alone.

## **For the Future**

We are preparing to expand what we do with BYU Music Streaming in anticipation of the new building. Going forward, not only will we be able to stream out of 7 different spaces (compared to 2 currently), but we'll be able to do so with an intimacy and variety our current setup doesn't permit.



### **BYU School of Music Concert Live Stream**

Streaming live from Brigham Young University School of Music in Provo, Utah.

# NEW SOCIAL MEDIA PLATFORMS

Come like and follow us on our  
NEW social media platforms. Stay  
in the loop and never miss an  
event!



[https://www.instagram.com  
/livebyumusic/](https://www.instagram.com/livebyumusic/)

[https://www.facebook.com  
/livebyumusic/](https://www.facebook.com/livebyumusic/)



[https://www.linkedin.com/compan  
y/brigham-young-university-  
school-of-music/](https://www.linkedin.com/company/brigham-young-university-school-of-music/)



# NEW SOM BUILDING UPDATES

Projected to be completed: Jan 2023



Click [here](#) to watch the current  
up-to-the-minute progress .



# SHARING THE LIGHT

Wow! A school of music interested in sharing light? That's really different! In fact, that may even seem a little odd - at least until you get to know us better! Here's why we feel so strongly about sharing light.



On a gently sloping hillside overlooking the Sea of Galilee, Jesus Christ spoke beautifully, but plainly, to his newly called apostles and other disciples. He was teaching and preparing them for the missionary service they would soon commence. He told them they were “the light of the world” and compared them to “a city that is set on an hill” that “cannot be hid.”

Then, to leave no doubt of His meaning, Jesus gave them this charge:

“Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” (Matthew 5:16)

This soul-stirring charge applies equally to all His disciples today! As members of the Church of Jesus Christ of Latter-day Saints, we are committed to following Him and His teachings.

There are so many ways we can “let our light shine” in the world around us! As students, faculty, and alumni of the BYU School of Music, we earnestly strive to share our light and our good works throughout the world with hope that others, seeing them, may be drawn toward the light of the gospel of Jesus Christ.

As you continue to explore the BYU School of Music, we invite you to take time to listen to the many recordings and view the videos available to you in various locations throughout the website. Visit our plentiful and upbeat social media pages on Facebook, Instagram, LinkedIn, and YouTube. Be sure to check our regular live streaming schedule for concerts, recitals, and other performances. We hope you will want to be a part of the BYU School of Music!

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# Thank you for considering a gift to the School of Music.

We recognize that donated funds are precious and sacred. We strive to use these funds appropriately by carefully determine the strategic priorities for the college which are approved by BYU's President's Council and the Board of Trustees.

[CLICK HERE](#) or the link below to give on our secure online gift form.

Select the fund - "School of Music - BYU"

<https://donate.churchofjesuschrist.org/donations/byu/fine-arts-communications.html>

You can also call (801) 422-8611 if you have questions, if you would like more giving options, or if you would like to give your information over the phone.

