

Vitamin L News

Spring 2018

Honestly!

"That's the Truth" is a Vitamin L song about honesty written by Jan Nigro.

Honesty: the quality of being truthful, trustworthy; a refraining from lying, cheating, or stealing; freedom from deceit or fraud; fairness and straightforwardness of conduct; adherence to the facts.

Honesty is not a completely straightforward subject. There are multiple aspects of honesty to think about. First is the aspect of being honest in our relationships and in our day-to-day transactions:

"Honesty is the best policy."—attributed to both Ben Franklin (1706-1790) and to Aesop long before that (620-560 BC)

"The best thing about telling the truth is...you don't have to remember what you said!"
—unknown

"Rather fail with honor than succeed by fraud."—attributed to Sophocles (about 497 BC- 406 BC)

A second aspect of honesty that is about being true to yourself—to your personal values.

"This above all; to thine own self be true."—William Shakespeare (1564-1616)

"I thought that I could get away with it, but I should never have tried. 'Cause though nobody else found out, well, I still knew I lied!"—Jan Nigro, from "That's the Truth" 1987

"Keep conscience clear, then never fear."—attributed to Ben Franklin (1706-1790)

"A clear conscience makes a soft pillow."—said to be an African proverb and a German proverb

Being truthful in speech is another aspect of honesty. The following advice exists in many versions from many countries through time:

"Before you speak, let your words pass through three gates: At the first gate ask yourself 'Is it true?' At the second gate ask, 'Is it necessary?' At the third gate ask, 'Is it kind?'"—attributed to Rumi (1207-1273) or said to be a Sufi saying

Another version adds a 4th gate: *"Before you speak ask yourself: 'Is it kind?' 'Is it necessary?' 'Is it true?' 'Does it improve upon the silence?'"* Yet another version includes *"Is it spoken at the right time?"*

And here's a monkey wrench: there are times when lying serves to protect someone's life, such as when people hid Jews from Nazis in World War II and when people aided runaway slaves in the Underground Railroad.

A "Science of Honesty" study conducted by Professor Anita Kelly at the University of Notre Dame concluded that when people reduced their lies over the 10 week study, their physical and mental health improved.

The song "That's the Truth" can be used in classrooms and in homes as a starting point for discussions on the many aspects of honesty and why it is important.

You can hear the song on Vitamin L's YouTube channel at:

<https://www.youtube.com/watch?v=pQm8Dmi9Yc4>

(or search That's the Truth YouTube Vitamin L).

THAT'S THE TRUTH

by Jan Nigro

©1987 Janimation Music BMI

I'm not gonna tell you any more lies,
'Cause I've had quite a fright!
You see, I told you a lie just yesterday,
And I, I couldn't sleep all night!
It felt just like a monster,
I created in my own mind.
All I said was no
when I should've said yes...
Then no peace could I find!

CHORUS:

Honesty, you're a good friend,
And I want you back again.
Cause it feels so good inside,
Every time I've tried honesty!

I felt this feeling coming over me,
And for the very first time,
I couldn't look you in the eye,
I felt like I'd committed a crime!
Why didn't I just tell the truth?
It would've been so much easier on me.
If I knew then what I know now...
I would've tried honesty!

CHORUS

I thought that I could get away with it,
But I should never have tried.
'Cause though nobody else found out,
Well I still knew I lied!
Some folks call it clever,
And some folks call it smooth,
But no matter what you call a lie,
It's a lie and THAT'S THE TRUTH!

CHORUS (twice)



Last year Gina Miller, an alumna mom, wrote the note below about her daughter Jasmine. Jasmine's update follows.

I have to share a quick story...

Earlier in the semester, Jasmine was struggling with some personal stress and anxiety as she was preparing for her senior college recital. This began to show in her classroom performances, as she was seemingly unable to smile. We talked it through, and I suggested she use a piece of music that she knew well and that she automatically smiled while performing - something that she didn't have to think about. Obviously, Vitamin L was a huge influence for her, and so she used a song or two from the repertoire for her next class. This was the catalyst she needed to pull her out of an uncomfortable situation. Vitamin L got her back on track quickly. So I just want to thank you for that. Clearly the program does so much for the area youth in the messages it brings, but I wanted to shine a light on one of the amazing things it does to change the lives of the performers as well. - Gina

Inspiring Update from an Alumna

My name is Jasmine. I am 20 years old, and I began my journey with Vitamin L in 2011, just before my freshman year of high school. I continued to perform with the Vitamin L Chorus for four years, working to maintain a presence within the organization until starting college at the University of Minnesota in 2015. Vitamin L has been present for most of my life, as I grew up experiencing their concerts in elementary school, and again at summer camp when I was slightly older. I remember being fascinated as a child by their high-energy performances given by musicians in colorful shirts! Even better, the messages that Vitamin L shared were relatable, age-appropriate, and presented in a non-threatening way.

Music has been an integral part of my life since I was young – my father is a musician, as is my older brother, both of whom I idolized. In my household, being engaged musically was required. We were involved in private piano lessons from a young age, and were only allowed to cease those lessons if we took up another instrument. For me, that instrument was the flute, as well as voice. I loved to sing, played the flute, was involved in my high school drama program, and performed with multiple community music organizations.

Although I loved being a musician, I never enjoyed performing; I would get butterflies in my stomach, my face would turn bright red, and I would end up making mistakes in my performance. Performing was just another hurdle to jump in order for me to share my passion for music with others. Vitamin L helped me flourish as a performer and become more confident in myself by allowing me to surround myself with other musicians my age and to share my love for music with children (who are relatively non-threatening). Vitamin L also helped me to realize that although I had a true love for music, spending time with children and sharing in their milestones was equally important to me. Vitamin L was the first opportunity I had to combine my passions and embrace the power that music has on young, developing minds. Vitamin L was the catalyst that jump-started my career as a Board-Certified Music Therapist.



You may not know what music therapy is, as it's an evolving field with minimal recognition. Music therapy is the holistic, evidence-based practice of using music and music interventions to accomplish non-musical goals that have been discussed between the music therapist, clients, and their care specialists. Music therapists work in a variety of "womb to tomb" settings including hospitals, the neonatal intensive care unit, educational facilities, memory care units, rehabilitation centers, correctional facilities, private home settings, and hospice facilities.

I am a Board-Certified Music Therapist and Certified Grief Counselor choosing to specialize in pediatric hospice and palliative care. I use music therapy with both the patients and their family members to alleviate pain, provide procedural support, decrease anxiety due to a terminal diagnosis, and provide comfort and support to the family throughout their journey.

What does this mean? One of the children that I was blessed to work with in our hospice program was a ten-month-old baby boy with a neuro-degenerative disease. During my time with him, I was able to use his preferred music (lullabies) to slow his heart and respiratory rate during the session, which decreased his seizures and therefore his pain. I also was able to provide music therapy services during routine blood work, which helped to lower his pain threshold and provide distraction.

I also was lucky enough to work with his entire family, using music technology to record his heartbeat and place it under a recording of their favorite song. We also used art and music together, making clay hand-casts of the entire family, turning his handprints into a reindeer painting for the holiday season, and re-writing his favorite song (Head, Shoulders, Knees and Toes) to allow his parents to share the things they loved most about him (Blue Eyes and Tiny Nose).

Save the Date!
Chipotle Vitamin L Fundraiser
Sunday April 22 4:00- 8:00

Get a meal during that time on April 22 and 50% of your purchase goes to Vitamin L if you just mention this to the cashier.
Hope to see you there!

CAUSE AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support The Vitamin L Project Of The Center For Transformative Action. Come in to the Chipotle at **740 S Meadow St Ste 100** in Ithaca on **Sunday, April 22nd** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to The Vitamin L Project Of The Center For Transformative Action.



Online orders will not be included in the fundraiser total. To ensure your purchase is eligible in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count toward total donated sales, but purchases made with an existing gift card will count.

Alumna Update continued...

Unfortunately this beautiful baby boy is no longer with us, but his family has memories with him that will last a lifetime and I am honored to have learned from them and shared my music with them.

Despite the expected sadness associated with working in pediatric hospice, part of my job as a clinician requires that I present an uplifting demeanor whenever possible. I find that my experience with Vitamin L helps me to maintain this positive image while engaging family members during their most difficult moments. Although there are many such moments, there are just as many moments of joy and milestones to be reached in the time they do have left. Few people would want to "Walk a Mile" in the shoes of these families, but I am honored to join them on their journey.

- Jasmine Allegra Miller, MT-BC, GC-C

From a Vitamin L Board Member

"When you add a little love to your own little space, you add to the love of the whole human race. And that is a mighty power!" – from "That is a Mighty Power" by Jan Nigro

When things looked bleak in November '16, it was this line that lifted me out of the doldrums. I found myself actually singing it over and over. The challenges facing our country felt, and still feel, overwhelming. But I could be a better friend, offer a helping hand more often, "add a little love" here in my hometown...knowing that if each of us does this, there is indeed hope for the future.

Tears still come to my eyes when I hear our young people sing out their messages of hope, peace and love. I first heard them when I moved to Ithaca years ago, and made a special effort to hear them when opportunities arose. Five years ago Janice sent out a call for new Board members, and I've been lending whatever help I can ever since. Janice is a remarkable leader. It is a pleasure and privilege to work with her, as she sustains and enlivens the vision that she and Jan gifted to the world more than 28 years ago.

Our Board is small, lively and fun. Come for a visit and see whether you'd like to add your voice to supporting Vitamin L in a more active way. At the least, think about adding that little bit of love in your everyday life. It does make a difference!
- Patricia Gooding,
Vitamin L Board Member
For info about joining the Vitamin L Advisory Board contact Patricia at levelgreen2010@gmail.com.



Spring Cleaning? Decluttering? Downsizing? Donate your unwanted stuff to our Yard Sale Fundraiser

Vitamin L is accepting donations for a large, multi-family yard sale to raise funds toward a matching grant. Though the sale is not until Sat. Sept. 1, we are already storing donated items in a barn on Slaterville Rd. (Route 79).

So if you are clearing out basements, closets, and garages or simply downsizing and simplifying life, please consider donating things you don't need or use anymore to Vitamin L for this sale! To drop off donations, contact board member Patricia Gooding at levelgreen2010@gmail.com.

Multi-Family Yard



Center for Transformative Action
The Vitamin L Project
Anabel Taylor Hall
Cornell University
Ithaca, NY 14853
(607) 273-4175
vitaminLproject@hotmail.com

Non-Profit Organization
U.S. Postage

PAID

Ithaca, NY 14850
Permit No. 780

Inspiring children since 1989!

Vitamin L
sings at the
Ithaca Festival
Sunday, June 3
1:00 - 1:45
Ithaca Commons Bernie
Milton Stage

For concert schedule and more info: www.vitaminL.org

The Vitamin L Project is a Project of The Center for Transformative Action

THE GRATITUDE REPORT

In the last several months The Vitamin L Project has been very grateful to receive contributions from numerous individuals and groups, including The Park Foundation, The John Ben Snow Memorial Trust, The Triad Foundation, Alice Saltonstall via The Middlecott Foundation, Cayuga Sound, and the Vector Magnetics Fund of the Community Foundation of Tompkins County.

The Savage Club of Ithaca, Howard Hannah Realty, Alternatives Federal Credit Union and several individuals contributed to a matching grant opportunity from The John Ben Snow Memorial Trust that raised funds to provide partial scholarships for Vitamin L concerts at financially challenged schools.

**A HEARTFELT THANK YOU TO
ALL OF OUR SUPPORTERS AND VOLUNTEERS!**

It's audition time for youth
currently in
5th - 10th grades.

For more info call 273-4175
or contact us at

vitaminLproject@hotmail.com.



**Please support Vitamin L's
outreach, service, and leadership work**
with a tax-deductible donation online at
<https://www.vitaminL.org> or to:

The Vitamin L Project 105 King St., Ithaca, NY 14850
THANK YOU!