



Calendar items

TBD



Acknowledgements

Dr. David Earle, Dean of College of Arts, Social Sciences, & Humanities

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Corey McKern, Director of the Dr. Grier Williams School of Music

Rachel Bettis, Administrative Specialist for Dr. Grier Williams School of Music

Jerre Brisky, Director of Center for Fine & Performing Arts

Christie Clark, Marketing & Community Engagement Coordinator

Dr. Sheila Dunn, Director of Voice

Dr. Sean Kelley, Director of Bands & Music Education

Hyunjoo Kim, Faculty Pianist

Corey McKern, Instructor of Voice

Blake Riley, Director of Collaborative Piano

Dr. Hedi Salanki-Rubardt, Director of Chamber Music & Piano Program

Brittany Shaffer, Instructor of Voice

Dr. Allanda Small, Instructor of Voice

Dr. Joseph Spaniola, Director of Jazz Studies & Music Theory

Dr. Peter Steenblik, Director of Choral Activities

Dr. Leonid Yanovskiy, Director of Strings

~

Larry Butler Memorial Choral Scholarship Fund

Argo Singing Scholars Foundation Anonymous Gift

La'Christa Knox Memorial Endowment



presents

Take A Breath
a concert on mental health

featuring the

UWF Singers & Concert Choir
Dr. Peter Steenblik, Director
Hyunjoo Kim & Jonathan McKinley, Collaborative Pianists

November 20, 2025
Rofls Music Hall
7:30 pm



Take a Breath

a concert on mental health

November 20, 2025, 7:30 pm – Rofls Music Hall

- Crowded Table (2019).....The Highwomen: Natalie Hemby, Lori McKenna
Brooklyn Timmons, viola & Brandi Carlile; arr. Andrea Ramsey
- Be Like the Bird (2009)..... Abbie Betinis
- Andante Cantabile (1871/c.1943)..... Pyotr Ilyich Tchaikovsky (1840-1893)
arr. Margaret Dryburgh (1890-1945) and Norah Chambers (1905-1989)
- Mashed Potato / Love Poem (2008)..... Paul Carey
- El Vito (19th c./ 2012)..... Andalusian folksong
Riley Hart, soprano arr. Joni Jensen

UWF Concert Choir

Dr. Peter Steenblik, director
Jonathan McKinley, collaborative pianist

- My Spirit Sang All Day (1937) Gerald Finzi (1901-1956)
- Joy (2016)..... Hans Bridger Heruth
Troy Harris & Hyunjoo Kim, piano

- Absalon fili mi (c. 1513-1520) Pierre de la Rue (c. 1452-1518)
or Josquin des Prez (c. 1450-1521)
- David's Lamentation (1778)..... William Billings (1746-1800)

- Standing Stone (2012).....Melanie DeMore
please sing with us as you are able

- from *Libeslieder Walzer, Op. 52* (1869)..... Johannes Brahms (1833-1897)
13. Voögelein durchrauscht die Luft
6. Ein Kleine, hübscher Vogel nahm den Flug
15. Nachtigall, sie singt so schön
11. Nein, es ist nicht auzukommen mit den Leuten
Noah Ruryk & Hyunjoo Kim, piano

- Time (2023) Jennifer Lucy Cook

- You Are Enough: A Mental Health Suite* (2019) Aron Accurso
1. Inside the Storm
2. A Thought Storm
3. You Are Enough

- MLK (1984/1996)..... U2: Bono, the Edge, Adam Clayton, & Larry Mullen, Jr.
arr. Bob Chilcott

UWF Singers

Dr. Peter Steenblik, director
Hyunjoo Kim, collaborative pianist

This concert is being recorded. Video recordings will be available for a limited time at
www.uwfsingers.com No additional audio or video recordings permitted.
We appreciate your cooperation.

UWF Singers

Courtney Benaquis ~@	Junior	BA Music / BSBA Business	Navarre, FL
Lana Bradley ~	Sophomore	BME Music Education (choral)	Belton, MO
Gabriel Brown	Freshman	BFA Design & Technology	Tallahassee, FL
Ashlin Chambers @	Sophomore	BSBA General Business	Navarre, FL
Maria Mercedes Concepcion-Jacinto @	Freshm	BM Vocal Performance	Pensacola, FL
Melia Coulter	Senior	BME Music Education (instr.)	Milton, FL
Ashley Decker *	Junior	BM Vocal Performance	Niceville, FL
Dylan Fischer *	Senior	BA Music / BA Arts Administration	Pensacola, FL
Logan Fischer ~	Senior	BA Music / BA Arts Administration	Pensacola, FL
Erin Flanagan	Sophomore	BA Music / BA Arts Administration	Navarre, FL
Emma-Grace Gonyaw ~@	Freshman	BME Music Education (choral)	Lakeland, FL
Christian Gutshall	Junior	BS Computer Science	Gulf Breeze, FL
Avery Hale	Freshman	BS Psychology	Pensacola, FL
Ali Hampton	Sophomore	BS Psychology	Defuniak Springs, FL
Brianna Harris @	Sophomore	BSBA Finance	Pensacola, FL
Troy Harris, Jr. ^	Senior	BME Music Education (piano)	Pensacola, FL
Riley Hart ^	Sophomore	BM Vocal Performance	Pensacola, FL
Brooke Haytack ~@	Freshman	BME Music Education (choral)	Navarre, FL
Bird Hinze * @	Sophomore	BM Vocal Performance	Destin, FL
Kate Holloway ~@	Sophomore	BME Music Education (choral)	Pace, FL
Kaylah Holton ~	Senior	BM Vocal Performance	Pensacola, FL
Jack Huhn	Freshman	AA General Studies (PSC)	Pace, FL
Jacob Hyer ~	Senior	BME Music Education (choral)	Venice, FL
Kyndall Jefferson ^	Junior	BME Music Education (choral) / BM Vocal P	Gulf Breeze, FL
Chloe Josselyn	Sophomore	BME Music Education (choral)	Lakeland, FL
Adam Knight	Freshman	BS Psychology	Tallahassee, FL
Jada Landrum ~@	Sophomore	BS Global Hospitality & Tourism	Pensacola, FL
Elyse Mallory ~@	Sophomore	BA Music / BA Education	Niceville, FL
Antha McClure ~	Senior	BA Music / BS Marine Biology	Atlanta, GA
Morgan Merrell ~ * @	Senior	BME Music Education (choral)	Arlington, TX
Jasmine Mhoon	Freshman	BME Vocal Performance	Navarre, FL
Eanna Moralde @	Freshman	BS Nursing	Davao City, Philippines
Gracie Mullen +	Freshman	BS Biomedical Sciences	Milton, FL
Kayla Neely * @	Junior	BME Music Education (choral)	Pace, FL
Angela Ozduran +	Freshman	BM Vocal Performance	Navarre, FL
Madison Parker	Freshman	BME Music Education (choral)	Clearwater, FL
Angie Perez ~	Senior	BM Vocal Performance	Pensacola, FL
Helena Perez +	Freshman	BME Music Education (choral)	Lakeland, FL
Henry Peyton	Junior	AA Cybersecurity (PSC)	Pensacola, FL
Leigh Proctor ~	Senior	BA Music / BA Arts Administration	Midland, TX
Philip Robas @	Sophomore	BS Mechanical Engineering	Navarre, FL
Jordan Svendsen * @	Graduate	BM Vocal Performance	Fairhope, AL
Nolan Syverson	Senior	BS Biology	Pensacola, FL
Brooklyn Timmons	Junior	BME Music Education (instr.)	Pensacola, FL
Brooklyn Wilcox	Junior	BGS General Studies	Pensacola, FL
Vivienne Wolfe	Sophomore	BA Advertising	Niceville, FL
Veronica Zaldana ~@	Senior	BA Music / BS Psychology	Pensacola, FL
Hyunjoo Kim (piano)	Graduate	DMA Organ Performance (FSU)	Seoul, Korea

^ presidency * section leaders ~ choir officers
+ 2025-2026 Larry Butler Memorial Choral Scholars
@ 2025-2026 Argo Singing Scholars

La'Christa C. Knox Memorial Scholarship Recipient – www.uwfsingers.com/knox

In our mental health exploration, we extend special thanks to:
Dr. Carla Bradley & Donna St. Sauver: UWF Counseling & Psychological Services
Dr. Mike Campbell, Dr. Erin King, & Dr. Ashley Toland: UWF Social Work Dept.
Dr. Merry Beth Low: UWF World Languages Coordinator
Callie Freeman & Stephany Rosas-Bernardino: UWF chapter of Psi Chi
International Psychology Honors Society
Allison Plantz, Uru Yoga

UWF Concert Choir

Lana Bradley	Sophomore	BME Music Education (choral)	Belton, MO
Hanna Cline	Junior	BS Mechanical Engineering	Ponte Vedra, FL
Kendall Falana	Sophomore	BFA Acting	Orlando, FL
Erin Flanagan	Junior	BA Music / BA Arts Administration	Albuquerque, NM
Alaina Hanan	Junior	BME Music Education (instr.)	Crestview, FL
Riley Hart	Sophomore	BM Vocal Performance	Croydon, PA
Kaylah Holton	Senior	BM Vocal Performance	Pensacola, FL
Kyndall Jefferson	Junior	BME Music Education (choral) / BM Vocal Perf.	Gulf Breeze, FL
Georgia Johns	Senior	BA History	Weeki Wachee, FL
Maria Labuya	Sophomore	BS Mechanical Engineering	Milton, FL
Ella Ladd	Freshman	BA Psychology / minor Music	Niceville, FL
Morgan Merrell	Senior	BME Music Education (choral)	Arlington, TX
Rose Oberholtzer	Junior	BS Biology & Environmental Science	Crestview, FL
Stephanie Quiceno Alarcon	Freshman	BM Vocal Performance	Bogota, Colombia
Evie Pulkamp	Junior	BS Exercise Science	Pace, FL
Rory Pulkamp	Sophomore	BS Chemistry	Pensacola, FL
Megan Robinson	Junior	BS Biology	Peoria, AZ
Alannis Soto-Vega	Senior	BA Psychology	Niceville, FL
Jonathan McKinley (piano)	Junior	BM Piano Performance	Lakeland, FL

Texts and Translations

Crowded Table – HIWOMEN: Natalie Hemby, Lori McKenna & Brandi Carlile

You can hold my hand when you need to let go.
I can be a mountain when you're feeling valley low.
I can be a street light showing you the way home,
if you can hold my hand when you need to let go.
I want a house with a crowded table,
and a place by the fire for everyone.
Let us take on the world while we're young and able,
and bring us back together when the day is done.
If we want a garden, we're gonna have to sow the seed,
plant a little happiness, let the roots run deep.
If it's love that we give, then it's love that we reap.
If we want a garden, we're gonna have to sow the seeds.
I want a house with a crowded table...
The door is always open, your picture's on my wall,
Ev'ryone's a little broken, and ev'ryone belongs.
I want a house with a crowded table...

Be Like the Bird – Victor Hugo (1802-1885)

Be like the bird that, pausing in her flight awhile on boughs too slight,
feels them give way beneath her, and sings knowing she hath wings.

Mashed Potato / Love Poem – attr. Joseph Brackett (1797-1882)

If I ever had to choose between you and a third helping of mashed potato,
whipp'd lightly with a fork, not whisked, and a little pool of butter melting in the middle,
I think I'd choose the mashed potato, but I'd choose you next.

El Vito – traditional Spanish text

Con el vito vito vito
con el vito vito va.
Yo no quiero que me miren
que me pongo colorá.
Las casadas son de oro
las casadas son de plata.
Las viuditas son de cobre
y las Viejas de hojalata.
No me mires a la cara
que me pongo colorá
Yo no quiero que me mires
que me vas a enamorar.
Una malagueña fue a
Sevilla a ver los toros.
Y en la mitad del camino
la cautivaron los moros.

With the vito, vito, vito,
with the vito, vito, it goes.
I don't want them to look at me
for I blush.
Single ladies are of gold
married ladies are of silver.
The widows are of copper
and the old ones are of tin.
Don't look straight at my face
for I blush.
I don't want you to look at me
for I am going to fall in love.
A Malaguean lady went to
Sevilla to see the bulls.
And in the middle of the way
the Moors captured her.

My Spirit Sang All Day – Robert Bridges (1844-1930)

My spirit sang all day O my joy.
Nothing my tongue could say, Only My joy!
My heart an echo caught O my joy
And spake, Tell me thy thought,
Hide not thy joy.
My eyes can peer around, O my joy
What beauty hast thou found?
Shew us thy joy.

My jealous ears grew whist; O my joy
Music from heaven is't, Sent for our joy?
She also came and heard; O my joy,
What, said she, is this word? What is thy joy?
And I replied, O see, O my joy,
'Tis thee, I cried, 'tis thee:
Thou art my joy.

Joy – Sara Teasdale (1884-1933)

I am wild, I will sing to the trees,
I will sing to the stars in the sky,
I love, I am loved, he is mine,
Now at last I can die!

I am sandaled with wind and with flame,
I have heart-fire and singing to give,
I can tread on the grass or the stars,
Now at last I can live!

Absalom fili mi – text adapted from 2 Samuel 18:33

Absalom, fili mi, fili mi, Absalom!	Absalom, my son, my son, Absalom!
Quis det ut moriar pro te,	Who grants that I might die for you?
fili mi Absalom,	O my son, Absalom,
Non vivam ultra,	That I might live no longer,
sed descendam in infernum plorans.	but go down into hell weeping.

David's Lamentation – text adapted from 2 Samuel 18:33

David, the king, was grieved and moved,
He went to his chamber and wept:
And as he went, he wept and said: "O my son, O my son,
Would to god I had died for thee, O Absalom, my son, my son!"

Standing Stone – Melanie DeMore

I will be your standing stone.
I will stand by you.

Liebeslieder Walzer – Georg Friedrich Daumer (1800-1875)

13.

*Vögelein durchrauscht die Luft,
sucht nach einem Aste;
Und das Herz, ein Herz begehrt's,
wo es selig raste.*

A little bird rushes through the air
looking for a branch;
And the heart—it yearns for a heart
where it may blissfully rest.

6.

*Ein Kleiner, hübscher Vogel nahm den Flug
zum Garten hin, da gab es Obst genug.
Wenn ich ein hübscher, Kleiner Vogel wär',
ich säumte nicht, ich täte so wie der.
Leimruten-Arglist lauert' an dem Ort;
der arme Vogel konnte nicht mehr fort.
Wenn ich ein hübscher, kleiner Vogel wär',
ich säumte doch ich täte nicht wie der.
Der Vogel kam in eine schöne Hand,
da tat es ihm, dem Glücklichen, nicht and.
Wenn ich ein hübscher, kleiner Vogel wär',
ich säumte nicht, ich täte doch wie der.*

A pretty, little bird flew
to the garden where fruit was plentiful.
If I were a pretty, little bird,
I'd not delay; I'd do just as he did.
Treacherous, sticky sap lies in ambush;
the poor bird could not escape.
If I were a pretty, little bird,
I'd definitely delay; I'd not do as he did.
The bird was freed by a lovely hand;
no harm came to the happy, little bird.
If I were a pretty, little bird,
I'd not delay; I'd certainly do as he did.

15.

*Nachtigall, sie singt so schön,
wenn die Sterne funkeln.
Liebe mich, geliebtes Herz,
küsse mich im Dunkeln!*

The nightingale sings so beautifully
when the stars twinkle.
Love me, dear heart;
kiss me in the darkness!

11.

*Nein, es ist nicht auszukommen
mit den Leuten;
Alles wissen sie so giftig
auszudeuten.
Bin ich heiter, hegen soll ich
lose Triebe;
Bin ich still, so heißt's, ich wäre
irr aus Liebe.*

No, it is impossible to get along
with such people;
They know how to interpret everything
so maliciously!
If I'm merry, I'm said to have
frivolous desires;
If I'm silent, then supposedly I'm
mad with love.

Time – Jennifer Lucy Cook

Time You can spend it When you spend it
Then you're running out of Time
You can save it But to save it is to take a little
Time In a minute When you're in it
Can you feel the passing
Time Is an illusion There's confusion
When they tell you now it's Time To get older

Time To work and
Time to waste and there's no Time
Left to hold her Time To tell him how you feel
While there's still Time Three two one, eleven
thirty Two AM, then dinner Time Now to kill
I said I will, and still It flies and flies, oh,
Time

Mental Health Suite: 1. Inside the Storm – text by Aron Accurso

If thoughts come like rain, and wind knocks you down,
You feel lost at sea, all alone;
Too tired to swim, afraid you might drown,
You don't have to fight on your own.
I'll ride the current beside you.
I've been there before.
An ocean of fear that goes on and on,
But trust me, there is shore.

When thoughts flood your mind, the tide pulls you in,
And waves break, but you can't break through,

I'll stay with you inside the storm,
I'll stay with you.

We don't have to smile and say there's sun.
We don't have to lie and say it's warm.
We'll find our way through fog and freezing rain;
We'll make it through the storm.

If you're overwhelmed by water and wind
And hope is a world out of view,
I'll stay with you inside the storm,
I'll stay with you.

A Thought Storm – text by Aron Accurso & UWF Singers

You are – “*I'm not _____ enough.*”
You are – “*I'm a _____.*”
You are strong – “*I'm weak. I'm _____.*”
You are brave – “*I'm _____.*”
You are – [various exclamations]
You are – “*I'm not good enough.*”
You are worthy. “*I'm the only one. I'm alone.*”
You are not alone. “*I never will.*”
You will – [various exclamations]
Let it go. Breathe, just breathe.
You are brave. You are worthy.
You are strong. You are loved.
You're okay.

You Are Enough – text by Sierra Boggess, Susan Batson, and Rachel Griffin Accurso

You've carried words that aren't true so long:
The labels they put on you.
You've gotten lost in these storms of thoughts,
And forgotten the way to break through.
Erase them one by one, you're not who they decide.

You are enough. You're so enough.
It's unbelievable how enough you are.

You've let them write who you are, so far,
They're wrong, you are up to you.
You've gone adrift in a sea of doubt
And forgotten the love that you knew.
Write your life in bold, there's no reason to hide.

You are enough. You're so enough.
It's unbelievable how enough you are.

Let the light come in and find a home in you.
Let the light multiply with everything you do.

You are enough. You're so enough.
It's unbelievable how enough you are,
You are, you are! You are enough!

MLK – U2: Bono, the Edge, Adam Clayton, & Larry Mullen, Jr.

Sleep, sleep tonight, and may your dreams be realized.
If the thunder cloud passes rain, so let it rain, rain down on him.
So let it be.