Stay

For Concert Band, Grade 2 By Randall D. Standridge (ASCAP)

Instrumentation

- 1 Full Score
- 8 Flute
- 2 Oboe
- 2 Bassoon
- 5 Bb Clarinet 1
- 5 Bb Clarinet 2
- 2 Bb Bass Clarinet
- 6 Eb Alto Saxophone
- 2 Bb Tenor Saxophone
- 2 Eb Baritone Saxophone

- 4 Bb Trumpet 1
- 4 Bb Trumpet 2
- 4 F Horn
- 4 Trombone 1
- 4 Trombone 2
- 4 Euphonium B.C.
- 2 Euphonium T.C.
- 4 Tuba

- 1 Piano (optional)
- 2 Mallets 1: Bells
- 2 Mallets 2: Vibraphone
- 2 Mallets 3: Crotales
- 2 Timpani
- 2 Percussion 1: Finger Cymbals (opt. Triangle)/Bass Drum
- 2 Percussion 2: Low/High Ride Cymbals/Crash Cymbals
- 2 Percussion 3: Suspended Cymbal/Tam-Tam

Full Set - \$75.00

Extra Conductor Score - \$12.00

Extra Part - \$4.00



Randall Standridge Music, LLC - 26 County Road 472 - Jonesboro, AR 72404 - phone: 870-558-5035

www.randallstandridge.com - randallstandridge@yahoo.com

Stay By Randall D. Standridge

Why I wrote Stay

On a trip in 2023, II read the following on the back of a T-shirt. "Hey, you, the one reading this. The world is better with you in it." It had a profound emotional impact on me, and I decided to put those feelings into music. The result is this work entitled Stay.

Part of the unBroken Project, this piece is intended to be an anthem of hope, love, and understanding for those who find it challenging to go on in the face of adversity and for those who sometimes feel that the weight of the world is too much to bear. The piece carries a paraphrase of that message at the top of the score and on all of the parts:

"Hey you. The one playing this. The world is better with you in it."

And now, a confession.

The whole point of the unBroken Project is to encourage discussion of mental and emotional health, and I do not feel I can continue to do that without being 100% honest.

As part of my particular mental disorder (Anxiety/Depression), I have very extreme swings in my emotional mood. These are due to chemical imbalances in my brain that come in waves. I have likened them before to clouds, but I more frequently refer to them as peaks and valleys. When I am at one of my peaks, I feel like nothing can stop me, and everything will be alright.

When I hit my valleys, though, things are very, very different.

They start with me feeling as if I have no energy left, and then it becomes more emotional as I experience symptoms of paranoia, depression, and fixation. As it deepens, I have panic attacks, shortness of breath, and moments of fugue state.

When I reach the deepest part of my valleys, I experience suicidal ideation.

So, in some ways, I've been writing these pieces to myself.

I have hinted at this many times but have held back stating it directly out of fear of what the general public would think of this, but I do not feel I can tiptoe around this issue any longer, out of hope that my experience might connect with others and assist them in taking positive steps.

Before anyone feels it necessary to try to "rescue me," I have already been rescued. Time and time again, as a matter of fact.

I have been rescued by the fact that I have the tools that I need to manage my conditions. I have medication. I have therapy. I have a wonderful support system of family and friends who understand my condition and offer support when needed. Because of this, I make it through the valleys every time.

Also, just being able to name and understand what happens to me during my depressive episodes has given me more power over it. Not total, mind you, but enough to weather the storms.

Others are not so lucky.

1 in 5 adults in the US experience mental health issues each year.

1 in 6 youths in the US experience mental health issues each year.

90% of suicides worldwide are attributable to mental illness.

Suicide is the 2nd leading cause of death in the United States.

I am not naive enough to believe that a simple statement at the top of a piece of music or that a performance of one of my works will be enough to pull someone back from the edge. That would be arrogant at best and actively harmful at worst. People who experience such things need professional help. My goal with the unBroken project is to tear down social taboos around discussing these issues, to ease a sense of isolation (you are NOT alone), and to educate and inform people so they will seek out the tools they need to lead happy and successful lives or assist others in seeking help.

To my friends and family who support me and walk me through the valley time and time again, thank you.

My world is better with YOU in it.

And to you.

The one reading this.

The world is better with YOU in it, too.

Stay.

Peace, Love, and Music

Rehearsal suggestions

-The ranges of this work have been severely limited to allow younger players to focus on expression, dynamics, style, and beauty of sound.

-Dynamics should be noticeable and taken to extremes for a hyper-dramatic quality.

-The piano part is optional but highly encouraged.

The unBroken Project began with the composition of my work, unBroken. The work was my first to deal with mental health struggles, and inspired by its reception, I have created a series of works for performers, conductors, and audiences to use as conversational starting points for these issues. As of this writing, there are 9 works in the series: unBroken (Grade 5), Choose Joy (Grade 3), (not) Alone (Grade 2.5), Stay (Grade 2), Blue Sky Horizon (Grade 2), Me (reAffirmation) (Grade 1.5), Scream (Grade 1.5), Fragile (Grade 1.5-2), and Ele(mental) (Grade .5-1)

Note that *unBroken* (the grade 5 work) is available as a free rental for university, professional, and community bands. Please message me for details.

WORKS IN "THE UNBROKEN PROJECT'

-unBroken (Grade 5) -Choose Joy (Grade 3) -(not) Alone (Grade 2.5) -Blue Sky Horizon (Grade 2) -Fragile (Grade 1.5-2) -Stay (Grade 2) -Scream (Grade 1.5) -Me (reAffirmation) (Grade 1.5) -Ele(mental) (Grade .5-1)

About the Composer



Randall Standridge (b.1976) received his Bachelor's of Music Education from Arkansas State University. During this time, he studied composition with Dr. Tom O'Connor before returning to Arkansas State University to earn his Master's in Music Composition, studying with Dr. Tom O'Connor and Dr. Tim Crist. In 2001, he began his tenure as Director of Bands at Harrisburg High School in Harrisburg, Arkansas. He left this post in 2013 to pursue a career as a full-time composer and marching arts designer.

Mr. Standridge's music is performed internationally. He has had numerous works selected for the J.W. Pepper's editor's choice. His compositions Snake Charmer, Gently Blows the Summer Wind, and Angelic Celebrations have been included in the "Teaching Music Through Performance in Band" series. He has had numerous works performed at the prestigious Midwest Clinic in Chicago, Illinois. The Arkansas State University Wind Ensemble premiered his work Art(isms) at the 2010 CBDNA conference in Las Cruces, New Mexico, and his work Stonewall: 1969 was premiered at the National LGBA conference in 2019. His Symphony no.1: A Ghost Story was premiered in 2023. In addition, Mr. Standridge's "unBroken Project," a musical initiative about mental health, has received widespread acclaim for its musical content and for providing opportunities to normalize discussions about mental health for music students and audiences.

In addition to his career as a composer, Mr. Standridge is the owner and editor of Randall Standridge Music, LLC and Grand Mesa Marching. He is in demand as an arranger/designer for the marching arts. He lives in Jonesboro, Arkansas, with his husband, Steven, and their very, very spoiled pets.

For more information about Mr. Standridge, visit his website at: <u>www.randallstandridge.com</u>



26 COUNTY ROAD 472 - JONESBORO, AR 72404 870-558-5035 - randallstandridgemusic@gmail.com

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Concert work: Stay (Standard edition, RSM C076)

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The Stay/Scream Consortium I cannot thank the following group of schools and organizations enough. Thank you for supporting this work: A. Vito Martinez Middle School Band, (Romeoville, IL), Lisa Garza, Director Alhambra High School Concert Band, (Martinez, CA), Sara C. Stafford, Director Anadarko High School Band, (Anadarko, Oklahoma), Jessica Stone, Director Ashford School Symphony Band, (Ashford, CT), Amy Capozziello, Director Athens High School Symphonic Band, (The Plains, OH), Whitney Cope, Director Audrey Morales (OK) Bay City Central Bands, (Bay City, MI), Kristy Keenan, Director Bedichek Bobcat Wind Ensemble, (Austin, TX), Andria Hyden and David Waters, Directors Bellbrook Middle School Bands, (Bellbrook, OH), Andy Soloman, Barbara Siler, Cameron Halls, Directors Bennington Jr./Sr. High Band, (Bennington, KS), Bailey Schell, Director Bernotas Middle School Bands, (Crystal Lake, IL), Kristina Wooden and Rick LoPresto, Directors Berta Cabaza Middle School Wind Ensemble, (San Benito, TX), James Ryan Spence, Director Bishop McNamara Bands, (Kankakee, IL), Amy Shinabarger, Director Black River Symphonic Band, (Sullivan, OH), Liam Sleggs, Director Bowman Wind Ensemble, (Plano, TX), Mark Caspersen & Andrew McCraw, Directors Bristol Schools - Elem Honor Band, (Bristol, CT), Ken Bagley, Director Brooklin High School Winds, (Brooklin, Ontario), A Barber & M Warner, Directors Brookville Symphonic Band, (Lynchburg, VA), Josh Detwiler, Director Bryan Middle School Band, (St. Charles, MO), Dr. Ginger Herin and Mr. John Evans, Directors Buchanan Bands, (Buchanan, MI), Marc Hartman, Jordan Lynch, Director Bullard High School Bands, (Fresno, CA), Jacob Cardona, Joseph Cargill, Directors C.E. McCall 7th/8th Grade Band, (Montoursville, PA), Christopher Morgan, Director Campus Middle School Bands, (Greenwood Village, CO), John Kempsell, Director Cass City High School Symphony Band, (Cass City, MI), Laura J. Curtis, Director Central DeWitt Middle & High School Bands, (DeWitt, IA), Brittany Wedeking (MS) & Josh Greubel (HS), Directors Central High School Symphonic Band, (La Crosse, WI), Josh Beron, Director Central Middle School Bands, (San Carlos, CA), Sarah Green, Director Central Regional HS Symphonic Band, (Bayville, NJ), Austin Barney, Director Chadwick-Milledgeville Junior High and High School Bands, (Milledgeville, IL), Cheryl Neumann, Director Chancellor High School Band, (Fredericksburg, VA), Nanda Belby, Director Chesapeake High School Concert Band, (Pasadena, MD), Gilbert Rupp, Director Chula Vista High School Symphonic Band, (Chula Vista, California), Patrick Doerr, Director Churchlands Wind Ensemble, (Churchlands, WA), Caron Walker, Director Clackamas High School Symphonic Band, (Clackamas, OR), Caleb Ross, Director Clinton High School Concert Band, (Clinton, TN), Matt Bimstein, Director CMS Symphonic Band, (Fremont, CA), Amberle Mitchell, Director Columbia Middle School Band, (Grovetown, GA), Luke Howell Yelton, Director Concert Band, (South Riding, VA), Jonathan Schiffler and Keith Taylor, Directors Creative Connections Arts Academy, (North Highlands, CA), Tom Seaton, Director Croswell-Lexington Bands, (Croswell, MI), Kevin R. Czarnik, Director

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Commissioned by a group of enthusiastic conductors, ensembles, and patrons (see program notes for complete list) (Part of "The unBroken Project", a music initiative about mental and emotional health)



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Stay - Score

















