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## **Down and Out - Program Note**

*Down and Out* is inspired by the concept of one's mind-body relationship and addressing that relationship with an impairment such as a physical disability. Therefore for me personally, reconciling this relationship involved changing my perception of something that I thought was never going to change, namely my physically-impaired left hand. For most of my life since the car accident that injured it it had felt like something attached to my body rather than my body itself, however more recently I feel that I have been able become "one" again with my mind-body relationship through adjusting how I personally perceive my left hand and its inclusion in my body.

And thus I had to allow those altered perceptions in my mind to travel "down and out" of my full body in order to feel one again. I feel that this phrase, while traditionally of a more negative connotation, can also be of a positive connotation in that it can allow for one to free themselves of past burdens, and this is reflected musically with the piano part gradually descending while the violin part virtually does not change until the very end, so at the completion of the piece both parts have changed.

*Down and Out* was written in the fall and winter of 2016 in New Haven, CT, and was commissioned as part of The Response Project's "On Behalf" commissioning series. The work is dedicated to pianist Brianna Matzke and violinist Hajnal Pivnick.