

to be most itself by Alissa Voth

PERFORMANCE NOTES

INSTRUMENTS

12 oz, half pint mason jar
coffee tin, large enough to fit over top of mason jar
pan
hardcover book
fork
spoon

NOTEHEADS

regular - hit (assume fingers unless directed otherwise x - scrape (assume fingernails unless directed otherwise)
long x - scrape in one continuous motion
diamond - place on top of (moving down) or open (as in book cover)
headless - picking up (moving upwards) or shut (as in book cover)
square - hit with fists
triangle - hit with palms

OTHER

tremelo - scrape back and forth quickly

SUGGESTED SETUP

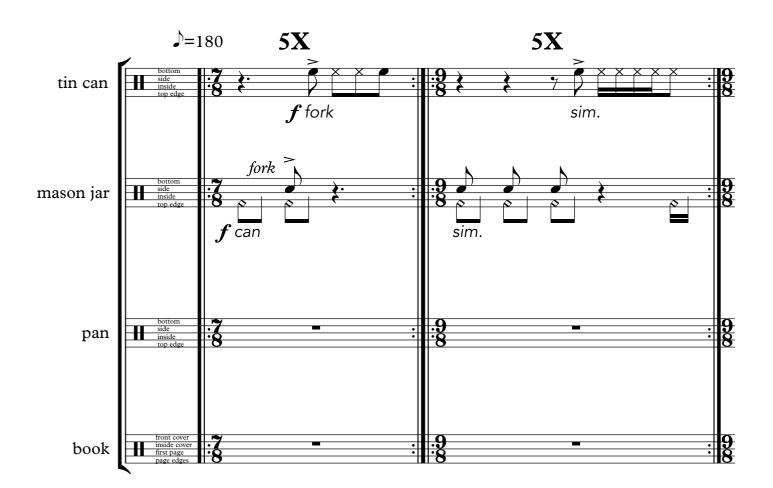


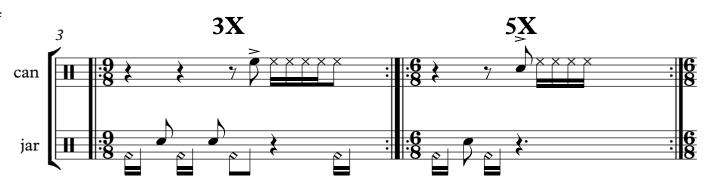
to be most itself

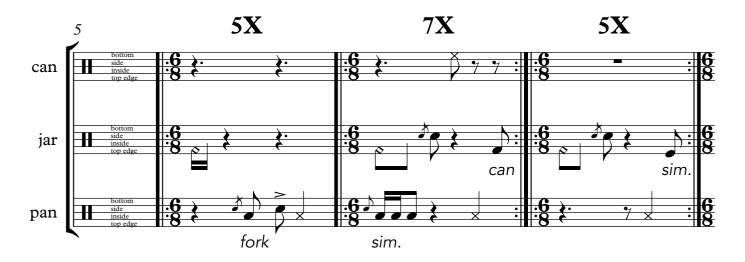
by Alissa Voth, for Euphina Yap
Text by Tamar Adler, from *An Everlasting Meal*

Spoken freely:

The noodle or the tender spring pea would be narcissistic to imagine that it already contained within its cell walls all the perfection it would ever need. We seem, too, to fear that we are failures at being tender and springy if we need to be seasoned. It's not so: it doesn't reflect badly on pea or person that either needs help to be most itself.







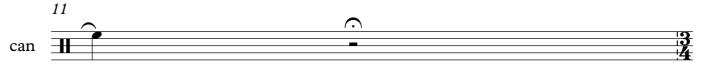
slowly dimin. with each repetition





Spoken freely, moving the tin on and off of the mouth to mute periodically:

The noodle or the tender spring pea would be narcissistic to imagine that it already contained within its cell walls all the perfection it would ever need.

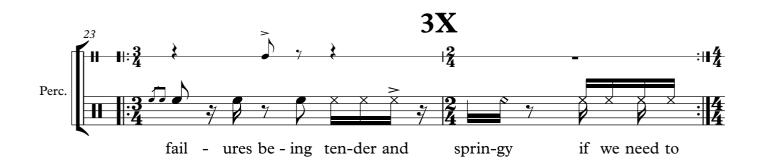


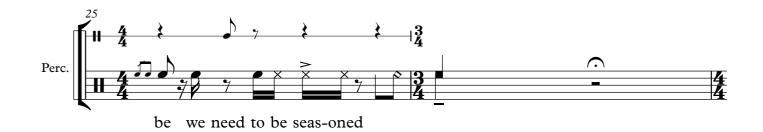


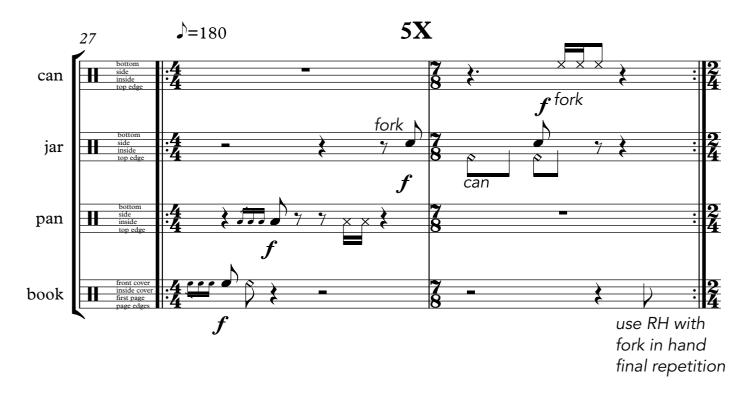


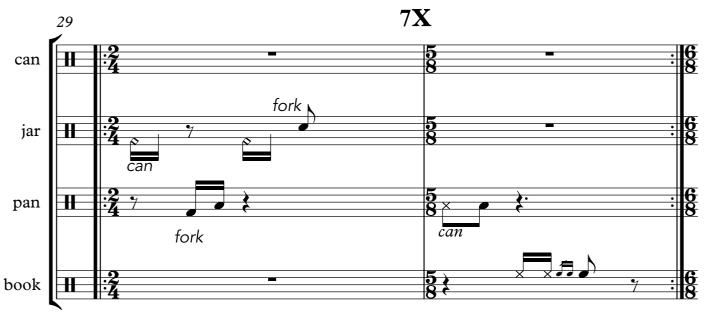


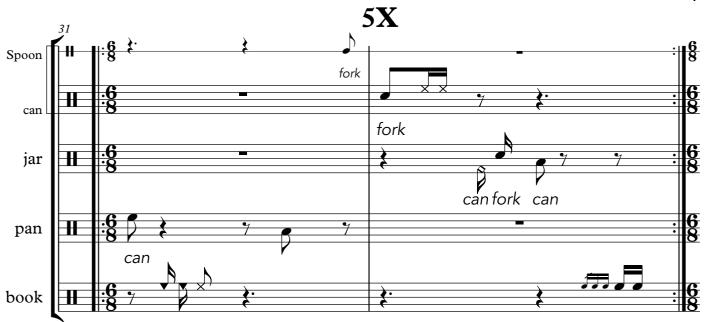


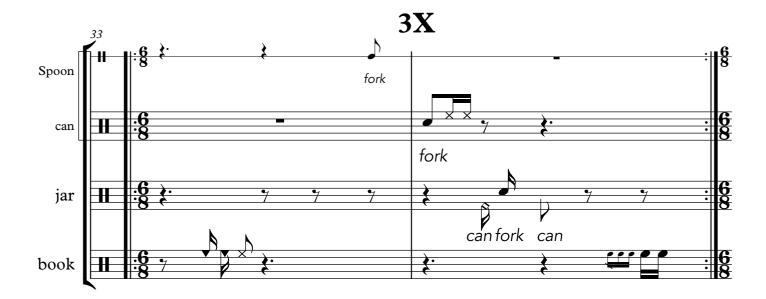


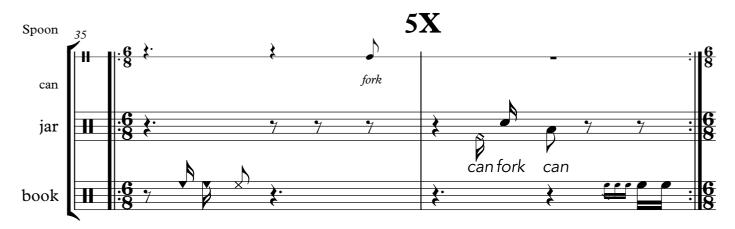












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