

# Interfaith Reflections

Spring 2005

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## Interfaith Celebrates Its 20th Annual Evening of Jazz



**Bob Dressel interacts with the audience at the Evening of Jazz in 2000.**

Interfaith Campus Ministry's 20<sup>th</sup> Annual Evening of Jazz will be held April 21, 2005 from 6:30 to 10:45 p.m. in the Conference Center on the Kent Stark Campus. Musicians from northeast Ohio will join for a night of music, socializing and fun.

"The Evening of Jazz is special to Interfaith and the Campus Community," said Bob Dressel, member of the Interfaith Campus Ministry Board. "The musicians are talented professionals, the food is great and the event supports a great cause."

### How it all got started

As the Interfaith board met in 1984, Dressel shared his interest in jazz music. He thought a jazz concert would be a great way to bring people together while earning money for Interfaith's hunger program. Other board members agreed, and the Evening of Jazz was born.

### Gathering the talent

The first evening of jazz, held in 1986 as a hunger fundraiser, received abundant praise, leading it to become an annual event.

In the early years, Dressel attended local spots frequented by jazz artists. He asked them and they came. The Evening of Jazz was a hit and artists looked forward to playing each year.

"Many of the artists have played over and over again," said Tom Douce, Interfaith Campus Ministry director. "The musicians enjoy it just as much as the audience."

Dressel has gathered the talent over the years and is still responsible for securing musicians.

## Evening of Jazz over the years

1988



Frank Corbi

1989



Eddie Yancey & Ace Carter

1994



Jack Halkides

# Interfaith Reflections

## Tom Says...

As the 2004-05 year nears an end, I have many things for which to be thankful. God has seen fit to allow me to spend 36 years in ministry with Kent Stark & Stark State. I say "God" because I don't think any of you would have the patience to put up with me all this time without God's support!!

I am thankful for my colleague in ministry, Carol Nagi. Carol brings a spirit of inquiry to our Soups On... program, a spirit of compassion & discernment to the various needs of the students who come to her, a spirit of collegiality in her work with me, as well as the faculty and staff at SSCT. And her son, Zach, plays a mean set of drums!!

I am thankful for the support I have had this past year in my two student secretaries, Alissa Cockrill & Diana Wolf. They have brought a competent and friendly attitude to the Interfaith office, and made my job easier. They even listen, and laugh, at my jokes. Okay, they have no choice if they want to keep their jobs!!

I am thankful to the Board of Trustees of Interfaith. They have supported Carol and I as we carry out the programming of Interfaith in our daily work on the campus.

Mostly, I am thankful for the opportunity to work with you as we deal with the needs of our students, faculty and staff.

So, it is time to CELEBRATE!! No better place or time than Thursday, April 21 at our **20th Annual Evening of Jazz**. (Commercial Plug!!) Come and enjoy an evening of great music, good food, and the best of "soul" sharing! Students are admitted Free. Join us in this CELEBRATION!!!

Help us welcome Frank Corbi back to the Evening of Jazz. Frank's ensemble was the anchor of our jazz events for several years. He is still playing & recording CDs where he lives in North Carolina. His son, Chris, a local educator, will sit in with him on the drums.

As I said, I have much for which to be thankful!! Tom

## Calendar of Events

<b>April 4</b>	Wellness Series: The Ties That Bond, Attachment Issues In Foster Care and Adoption Main Hall Auditorium 7 - 9 p.m. <b>Free</b>
<b>April 11</b>	Soups On... Zoroastrianism, SSCT, Room B230 11a.m.-Noon, <b>Free</b>
<b>April 21</b>	20th Annual Evening of Jazz, Conference Center 6:30-10:45 p.m. <b>Free to KSC &amp; SSCT Students</b>
<b>April 25</b>	Soups On... Wicca, SSCT, Room G100 1-2:15 pm and SSCT, Room B110 2:15-3:15 p.m. <b>Free</b>
<b>April 25</b>	Wellness Series: Communication Skills Continued, Main Hall Auditorium 7 - 9 p.m. <b>Free</b>

1995



Ethel Boswell

1996



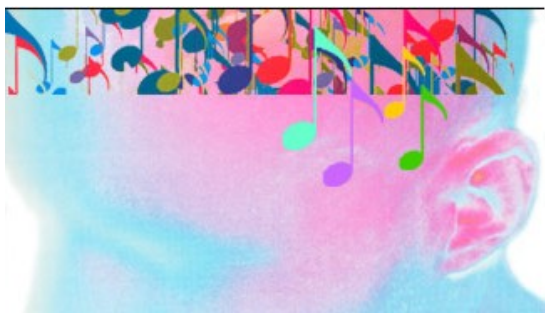
Barry Fikes

2000



Kent Stark Jazz Society

## Give Your Brain a Tune-up and De-stress With Music



**S**top and listen. Melodies can be heard in rain slapping against a window, the murmur of hushed conversation, slamming car doors and the steady tapping of feet. Music surrounds us. It connects history, tradition and heritage. It awakens memories and emotions. Music's ability to shape culture makes it a dominant social force. "Music is the universal language of mankind," said Longfellow.

Music is even more than a social force. Whether it is the syncopated rhythms of hip-hop, the smooth flow of jazz or the heavy accented beat of rock, music has a healing quality that cannot be duplicated.

### **Stressed? Turn up the tunes.**

Studies show that music can help ease depression, calm anxiety and aid recovery from illness.

"Whereas we use words to communicate facts, we use music to communicate and evoke emotions," said Dr. Mike Lewis of University College Northampton in a *Saga Magazine* article.

Lewis suggests music can stimulate moments of intense clarity and euphoria. He attributes these "peak experiences" to music's ability to unite the left and right sides of our brains. According to the article, music can lift a bad mood, provide a distraction from pain and regulate a body's natural rhythm.

A study, conducted by Dartmouth College,

### **Words to Live By**

Music washes away from the soul the dust of everyday life.  
~ Red Auerbach

After silence that which comes nearest to expressing the inexpressible is music.  
~ Aldous Huxley

monitored the brains of people listening to classical scales and key progressions in Western music.

The brain circuits, which process the harmonic relationship of musical notes, lit up like a Christmas tree as people listened to the music. The study shows that the harmonic relationships of music are inscribed on the human cortex. In short, the pattern of music becomes a pattern in the brain.

"We think it might explain why when you hear a piece of music one time, it might move you to dance," said Petr Janata, who led the international research team. "When you hear it another time, you might instead remember the party or the feelings you had there."

### **Hum along to your favorite song.**

According to Don Campbell, founder of the Institute of Music, Health and Education, humming can improve your mood and memory. Campbell also believes that singing along to a favorite song can "tone" the brain, by balancing brain waves, deepening breath, reducing heart rate and imparting a general sense of wellbeing.

Next time you're feeling down, let music soothe your mood. While additional research is being conducted to better understand the relationship between music and moods, studies prove that music has healing power.



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**Interfaith Campus Ministry**, founded in 1967, serves the spiritual needs of the students, faculty, staff and administration of the Kent State University Stark campus and Stark State College of Technology. Promoting acceptance of diverse faiths, traditions and cultures, Interfaith provides a faith-based atmosphere where people can explore and grow in their beliefs while developing an appreciation for the beliefs of others. For more information about Interfaith Campus Ministry, visit [www.stark.kent.edu/interfaith](http://www.stark.kent.edu/interfaith).

## 20TH ANNUAL EVENING OF JAZZ

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**When:** April 21, 2005, 6:30 to 10:45 p.m.

**Where:** Kent State Stark Conference Center

Live entertainment by:

- **The Kent Stark Jazz Society**
- **Guest artists Frank & Chris Corbi**
- **NE Ohio Ensembles**
- **Jack Halkides, Bev Blass, & Dick Schermesser**

**Kent Stark & Stark State Students:** FREE

**Adults:** \$20

**Senior Citizens (60+):** \$18

**Other Students:** \$5

Children 6th grade & under Free with an adult admission

Beverages & hors d'oeuvres

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### Suggestions or Comments?

This is the 2nd edition of our newsletter sent via email & posted on our Web site. The design, articles and format are the work of **Alissa Cockrill**. She graduates this summer. We will miss her, but wish her the best.

Tom

**We appreciate your feedback.**

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### Interfaith Board of Trustees:

- |                                  |                |
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**Interfaith Reflections**  
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