

Metamorphosis

Terry Lee Nichols

pour le piano étendu



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All music was composed and performed by Terry Lee Nichols.

Melodic fragments contained within 'One Molecule Away From Madness' include:

'Yankee Doodle,' a traditional song and nursery rhyme, the early versions of which predate the Seven Years' War and American Revolution.

'I Wish I Was in Dixie' by Daniel D. Emmet, (1815-1904), a native of Ohio and son of an abolitionist. 'Dixie' was written and first performed in New York City in April 1859, as part of a minstrel show.

The Star Spangled Banner by John Stafford Smith, a British composer, church organist, and early musicologist. He composed the song in the late 1770s as the official song of London's 'Anacreon Society', a city gentleman's social club of which he was a member.

"The world of art is not a world of immortality but of metamorphosis."

-Andre Malraux



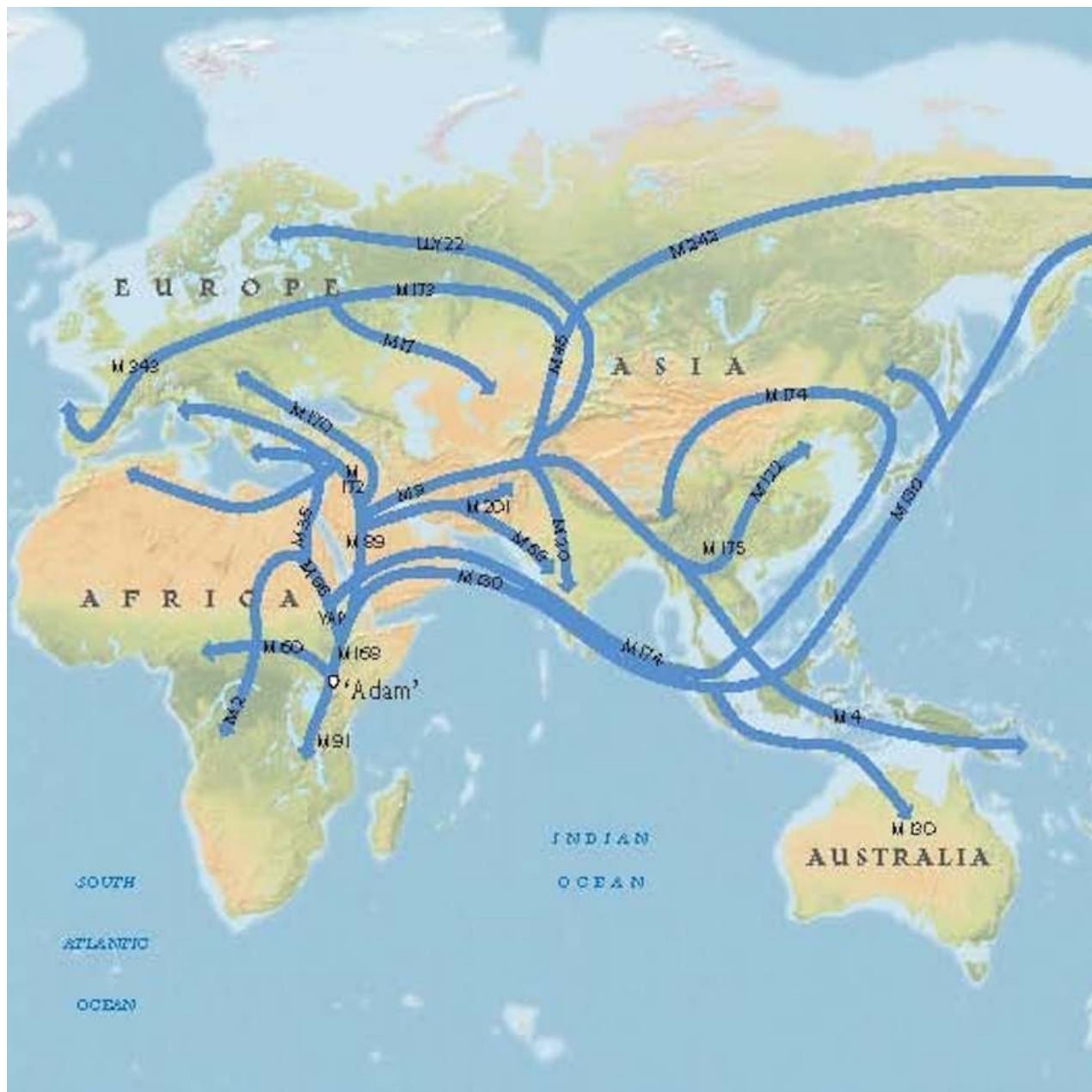
Metamorphosis

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How does one become a butterfly? You have to want to learn to fly so much that you are willing to give up being a caterpillar.

-Unknown



Out of Eden

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The five year Genographic Project, which began in 2005, was sponsored by the National Geographic Society and the Waitt Institute for Historical Discovery, in cooperation with IBM. The project was dedicated to tracing human roots in deep time to a single origin. The goals of this ambitious global project are twofold: to capture a snapshot of human history locked within our DNA before it disappears forever, and to highlight the untold stories and uncertain future of indigenous peoples worldwide.

My ancestor's migration route is highlighted on the map using haplogroup R1B Y-chromosome markers, including M168, M89, M9, M45, M207, M173, and M343. The M168 marker indicates the earliest ancestor on the map and is associated with a man who lived approximately 50,000 years ago in what is now Ethiopia, Kenya, or Tanzania. This man's descendants were the only lineage to survive outside of Africa, making him the common ancestor to all non-African men alive today.

By following the migration route on the map, I can trace my ancestry to the M343 marker, which is associated with a man who lived around 30,000 years ago and was a direct descendant of the Cro-Magnon people. The Cro-Magnon were known for their dominance in human expansion into Europe and their impressive artistic abilities, as seen in the cave paintings found in southern France.

Today, the R1B ancestral clan accounts for around 70% of men in southern England, and in some parts of Spain and Ireland, the percentage of individuals with haplogroup R1B exceeds 90%.



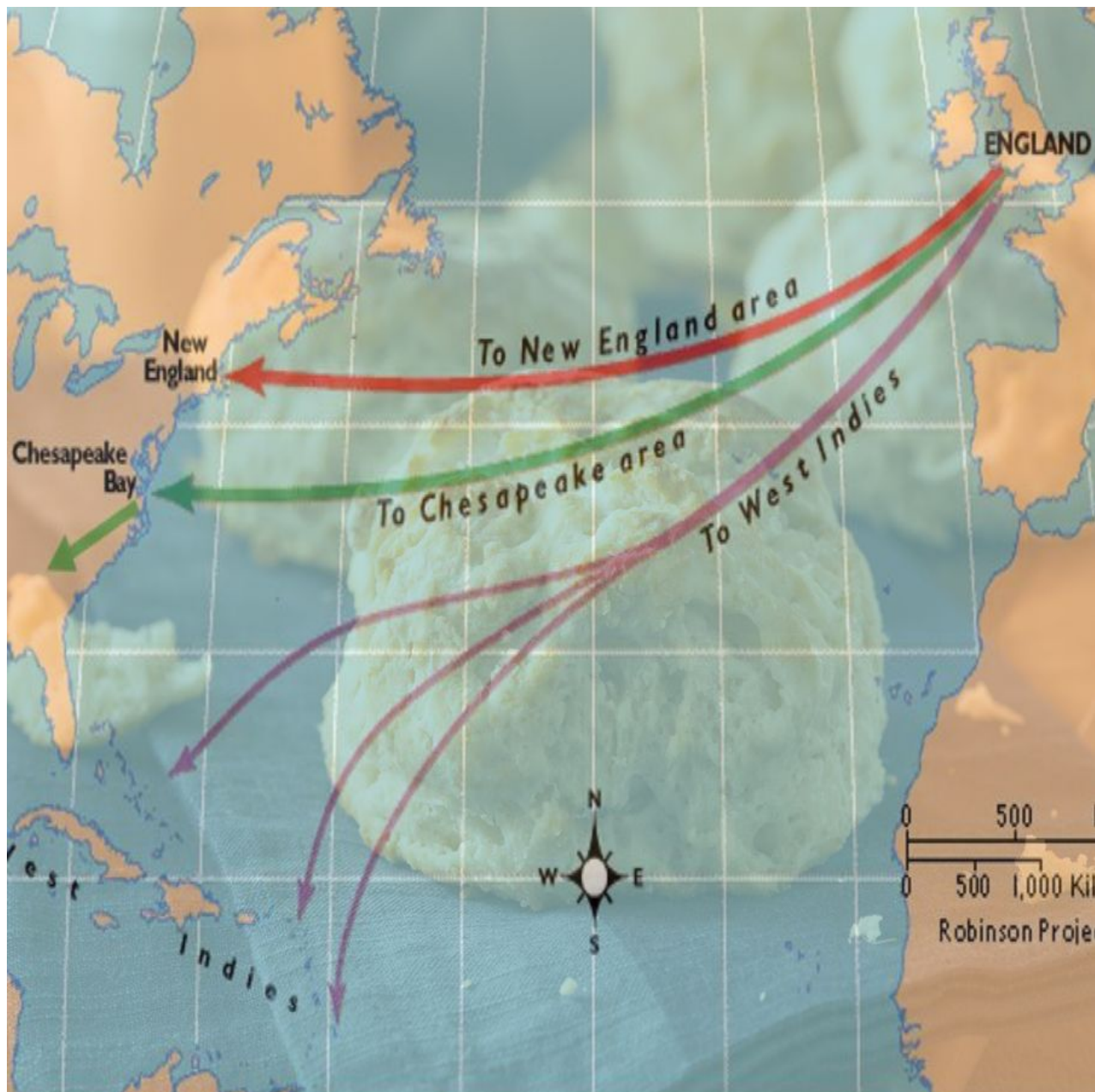
Let Us Rest Beside the Cool Waters

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The migration from mainland Europe to the British Isles unveils a hidden past beneath the surface. Despite appearing as an expanse of ocean water between mainland Europe and the eastern coast of Great Britain, the area was vastly different around 12,000 years ago. As the last ice age was drawing to a close, the area was a diverse landscape of gently sloping hills, marshlands, heavily wooded valleys, and swampy lagoons known as Doggerland.

Doggerland was home to Mesolithic people who were primarily hunter-gatherers that migrated with the changing seasons, relying on fishing, hunting, and foraging for sustenance such as hazelnuts and berries. However, over time, rising sea levels gradually inundated their hunting grounds, and the Doggerlanders were forced to move to higher ground. The melting of glaciers and ice sheets released water, which drowned Doggerland, ultimately leading to the migration of the Mesolithic people to regions such as Britain and the Netherlands around 6,000 years ago.



Grandma's Good Ol' Homemade Buttermilk Biscuits

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The migration to the Americas began in the 16th century, with early attempts at colonization made by the English at Roanoke. Although the colony failed, it paved the way for successful colonies such as Jamestown in the early 17th century. Migration from England to America continued throughout the 17th century for various reasons. The Pilgrim Fathers migrated for religious reasons, while others saw the opportunity for riches in a new world. Economic pressures in England also led to early colonization as push factors forced people to migrate.

As the English established their hold on the Eastern seaboard of North America, not all migrants were rich prospectors. Many were escaping from their wretched life and opted for indentured agreements to escape the economic conditions in England. These contracts offered free passage to America in return for a fixed period of time working for the master or company paying for transportation. Roughly 80% of English migrants to America before 1700 were transported under such contracts, which typically tied them to their master for 5 to 7 years.

Grandma's great-great grandfather emigrated from Wales to the Colony of Virginia in 1721.



A Day in the Life of a Cocktail Pianist

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The term “cocktail piano music” conjures up a lot of images that are generally associated with high society from that bygone era of “class,” the period from the 1920s through the early 1950s. One envisions an elegant social setting in a fine restaurant or hotel bar or at a private party with a formally attired gentleman or lady, seated at an elegant grand piano, softly playing popular Broadway and jazz standards from that era. The music was blended into the backdrop, enhancing the ambience of the environment but never disturbing conversation or dining.

Sadly, that era is gone (along with the grand pianos that were everywhere in clubs and restaurants), but nevertheless cocktail piano still remains relevant. Cocktail piano is really a style of playing, a technique rather than a compilation of music from that bygone era. Cocktail piano music is simply tasteful music, played in a pleasant and unobtrusive manner while people are relaxing and making conversation in a social setting anywhere. This could be in a hotel lobby, restaurant, corner bar, cocktail lounge, private party, wedding, company event or at any gathering of people.

During my college years, I often enjoyed working as a cocktail pianist.



Once Upon a Time

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“If I know what love is, it is because of you.”

- Hermann Hesse



Bedtime Stories

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“Dads are most ordinary men turned by love into heroes,
adventures, story-tellers, and singers of songs.”

– Pam Brown



This Was Once a Love Poem

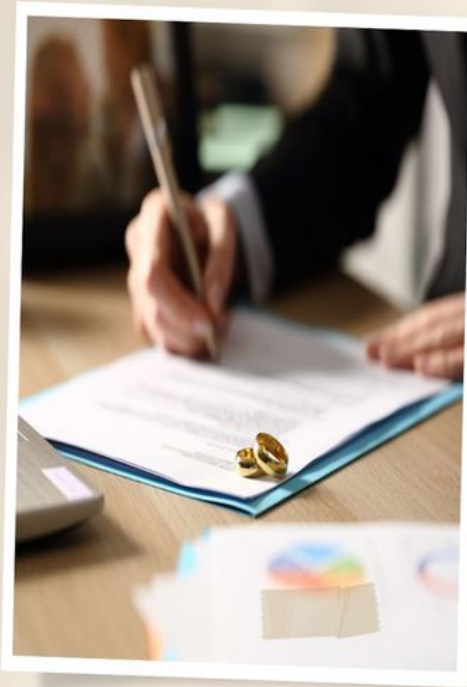
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“Ever has it been that love knows not its own depth
until the hour of separation.”

— Kahlil Gibran

A courtroom dance for 7 pianists performing the parts of husband, wife, 2 attorneys, judge, stenographer, and wife's sister.



"All endings are also beginnings. We just don't know it at the time."

Quote by Mitch Albom

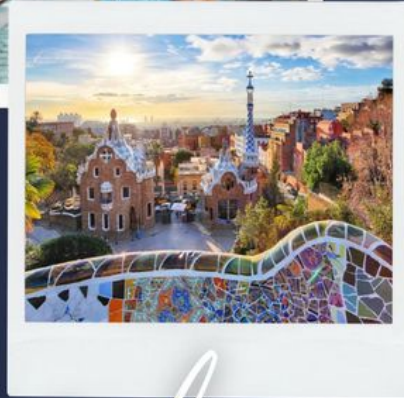
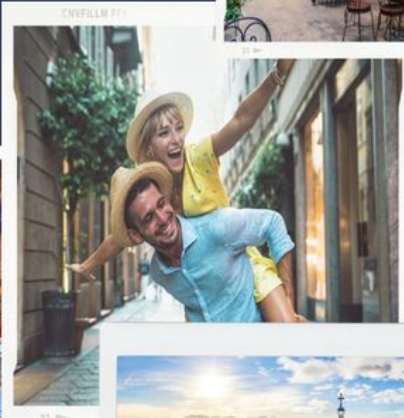
The Dangling Conversation

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"..And so rock bottom became the solid foundation on which I rebuilt my life,"

-J.K. ROWLING



Greetings from *Barcelona*

Barcelona

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“In the middle of the journey of our life I found myself in a dark woods where the straight way had been lost sight of. How hard it is to say what it was like in the thick of thickets, in a wood so dense and gnarled the very thought of it renews my panic. It is bitter almost as death itself is bitter. But to rehearse the good it also brought be I will speak about the other things I saw there. How I got there I cannot clearly say, for I was moving like a sleepwalker the moment I stepped out of the right way.”

-Dante



Mom, which picture will you use for me?

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"Firearms are now the number one cause of death for children in the United States."

— Kaiser Family Foundation, July 8, 2022

"If more guns and fewer gun laws were the answer, we'd be the safest country in the world."

— Shannon Watts - Americans Who Tell the Truth

"When the Second Amendment was written, guns fired 1 round a minute. Now they can fire over 100. Guns have evolved over the years. So should our gun laws."

— Shane Claiborne



Thinking Back

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"Enjoy the little things, for one day you may look back and realize they were the big things."

-Robert Breault



One Molecule Away from Madness

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“Democratic and aristocratic states are not in their own nature free. Political liberty is to be found only in moderate governments; and even in these it is not always found. It is there only when there is no abuse of power. But constant experience shows us that every man invested with power is apt to abuse it, and to carry his authority as far as it will go.”
— Montesquieu, *The Spirit of the Laws*



The Long Goodbye

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If there is any immortality to be had among us human beings, it is certainly only in the love that we leave behind. Fathers like mine don't ever die.

Performance Information

Piano performances include solos, duets, a septet, and multi-part ensembles employing standard and extended performance techniques.

Extended techniques performed on the piano strings include strumming, muting, plucking, scraping, picking, bowing, dragging, and rubbing.

Studio effects include delay, reverb, equalization, and spatial imaging.

Genetic Research Credits

The Genographic Project was conceived and directed by American population geneticist Spencer Wells and was overseen by the National Geographic Society and by International Business Machines Corporation (IBM), which, along with the Waitt Family Foundation, provided funding for the research.

CRI Genetics (Cellular Research Institute, Genetics Department) is led by Alexei Fedorov Ph.D., a molecular geneticist with over 35 years of experience studying DNA. A former apprentice to Nobel Prize winning scientist Walter Gilbert, Alexei has created a proprietary DNA analysis algorithm using the latest breakthroughs in genetic science. His lifetime goal has been to advance mankind's understanding of the human genome into new frontiers.

Ancestry.com

Ancestry Publishing was founded in 1983 and eventually grew into a genealogy service, allowing customers to sort through historical records to fill out family histories. AncestryDNA was launched as a service in 2012.

Ancestry.com uses data collected from customers in genetic research with their consent.