The John F. Kennedy Center for the Performing Arts

FAMILY THEATER

Saturday June 3, 2017

The Kennedy Center and the National Institutes of Health, in association with the National Endowment for the Arts, present

**Music and the Mind**

11:00 a.m.

**Music and Childhood Development**
With Dr. Nina Kraus
Introduction by Renée Fleming, Dr. Frances Collins, and Deborah Rutter
Performance by D.C. Youth Orchestra

1:30 p.m.

**Breakthroughs with Music Therapy: Recovery, Resilience, & Quality of Life**
With Dr. Sheri Robb and Ben Folds
And panelists Tom Sweitzer, Wendy Magee, Forrest Allen, Deforia Lane, Blythe LaGasse, C.J. Shiloh, Jordon Cochran

5 p.m.

**Creative Aging**
With Dr. Aniruddh Patel
Performance by Mark G. Meadows & Movement and the Different Strokes for Different Folks

7:30 p.m.

**Jazz Creativity and the Brain**
With Dr. Charles Limb and Vijay Iyer

Support for Renee Fleming’s initiatives at the Kennedy Center is provided by Robert E. Meyerhoff and Rheda Becker and Patrick G. and Shirley W. Ryan.

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ABOUT THE NATIONAL INSTITUTES OF HEALTH

NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

ABOUT THE NATIONAL ENDOWMENT FOR THE ARTS

Established by Congress in 1965, the NEA is the independent federal agency whose funding and support gives Americans the opportunity to participate in the arts, exercise their imaginations, and develop their creative capacities. Through partnerships with state arts agencies, local leaders, other federal agencies, and the philanthropic sector, the NEA supports arts learning, affirms and celebrates America’s rich and diverse cultural heritage, and extends its work to promote equal access to the arts in every community across America. Please visit arts.gov.

ABOUT THE KENNEDY CENTER

The John F. Kennedy Center for the Performing Arts is America’s living memorial to President Kennedy. Under the guidance of Chairman David M. Rubenstein, and President Deborah F. Rutter, the nine theaters and stages of the nation’s busiest performing arts facility attract more than three million visitors to more than 2,000 performances each year, while center-related touring productions, television, and radio broadcasts reach 40 million more around the world.

The Center produces and presents performances of music, dance, comedy, and theater; supports artists in the creation of new work; and serves the nation as a leader in arts education. With its artistic affiliates, the National Symphony Orchestra and Washington National Opera, the Center has produced more than 300 theatrical productions, and dozens of new ballets, operas, and musical works, in addition to hosting numerous international cultural festivals. The Center’s Emmy- and Peabody Award-winning The Kennedy Center Honors is broadcast annually on CBS and the annual The Kennedy Center Mark Twain Prize for American Humor is broadcast on PBS.

The education programs of the Kennedy Center, including those of its affiliate VSA, the international organization on arts and disability, have become models for communities across the country and have unlocked the door to learning for millions of young people. Education at the Kennedy Center produces and presents age-appropriate performances and educational events, and fosters innovative programming, curriculum, and professional development for students, teachers, and families.

The Center and its affiliates stage more than 400 free performances by artists from throughout the world each year on the Center’s main stages, and every day of the year at 6 p.m. on its Millennium Stages, which are also streamed live, online. The Center also offers reduced and complimentary tickets to young people, active members of the military, and the underserved through its MyTix program and offers a Specially Priced Tickets program for students, seniors, persons with disabilities, and others with fixed low incomes.

To learn more about the Kennedy Center, please visit kennedy-center.org.
FAMILY THEATER

Saturday Morning, June 3, 2017, at 11:00

The Kennedy Center and the National Institutes of Health, in association with the National Endowment for the Arts present

Music and the Mind:
Music and Childhood Development

Introduction by Renée Fleming, Dr. Collins, and Deborah Rutter

With Dr. Nina Kraus

Performance by D.C. Youth Orchestra

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ABOUT THE PROGRAM

Basic principles of music and its connection to the brain are explained through demonstration, visuals and participation featuring rhythm skills and its relationship to pre-reading ability in toddlers, music and higher academic achievement, and music education and its relationship to enhanced memory, attentiveness, and creativity in its young students.

MEET THE PANELISTS

Nina Kraus, is professor of communication sciences, neurobiology, otolaryngology and Hugh Knowles Chair at Northwestern University. She is a scientist, inventor, and amateur musician who studies the biology of auditory learning. Through a series of innovative studies involving thousands of research participants from birth to age 90, her research has found that our lives in sound, for better (musicians, bilinguals) or worse (language disorders, aging, hearing loss), shape how we hear. Using the principles of neuroscience to improve human communication, she advocates for best practices in education, health, and social policy. www.brainvolts.northwestern.edu

Renée Fleming is one of the most acclaimed singers of our time. In 2016 she was named artistic advisor at large for the John F. Kennedy Center for the Performing Arts, where she participates in a variety of projects. In 2013 President Obama awarded her America’s highest honor for an artist, the National Medal of Arts. She brought her voice to a vast new audience in 2014, as the first classical artist ever to sing the National Anthem at the Super Bowl. Winner of the 2013 Grammy Award for Best Classical Vocal Solo, she has sung for momentous occasions from the Nobel Peace Prize ceremony to the Diamond Jubilee Concert for Queen Elizabeth II at Buckingham Palace. An earlier distinction came in 2008 when she became the first woman in the 125-year history of the Metropolitan Opera to solo headline an opening night gala.

Fleming’s 2017 tour schedule includes concerts in New York, London, Vienna, Paris, Tokyo, and Beijing. This spring she appeared at the Metropolitan Opera as the Marschallin in a new production of Strauss’s Der Rosenkavalier, having premiered this production in December at the Royal Opera, Covent Garden. She is soon to be heard as the singing voice of Roxane, played by Julianne Moore, in the film of Ann Patchett’s best-seller Bel Canto.

Decca released Fleming’s most recent album Distant Light in January. Recipient of 14 Grammy nominations to date, she has recorded everything from complete operas and song recitals to indie rock, jazz, and the movie soundtrack of The Lord of the Rings: The Return of the King.

Among her awards are the Fulbright Lifetime Achievement Medal, Germany’s Cross of the Order of Merit, France’s Chevalier de la Légion d’Honneur, and honorary doctorates from Harvard University, the University of Pennsylvania, Duke University, Carnegie Mellon University, the Eastman School of Music, and The Juilliard School. www.reneefleming.com.

Francis S. Collins, M.D., Ph.D., was appointed the 16th director of the National Institutes of Health (NIH) by President Barack Obama and was sworn in on August 17, 2009. In this role he oversees the work of the largest supporter of biomedical research in the world, spanning the spectrum from basic to clinical research.

Collins is a physician-geneticist noted for his landmark discoveries of disease genes and
MEET THE PANELISTS

his leadership of the international Human Genome Project, which culminated in April 2003 with the completion of a finished sequence of the human DNA instruction book. He served as director of the National Human Genome Research Institute at NIH from 1993–2008.

Before coming to NIH, Collins was a Howard Hughes Medical Institute investigator at the University of Michigan. He is an elected member of the Institute of Medicine and the National Academy of Sciences, was awarded the Presidential Medal of Freedom in November 2007, and received the National Medal of Science in 2009.

Deborah F. Rutter began her tenure as president of the John F. Kennedy Center for the Performing Arts on September 1, 2014. Known for emphasizing collaboration, innovation, and community engagement, she is considered one of the most influential arts administrators in the nation. As president of the Kennedy Center, Rutter is the artistic and administrative director of the world’s busiest performing arts center, managing all facets of the facility, including expansive theater, contemporary dance, ballet, chamber music, jazz, comedy, and hip-hop seasons as well as its resident affiliates the National Symphony Orchestra and Washington National Opera. The Center encompasses one of the nation’s largest arts education programs, reaching 11 million people of all ages each year, and includes VSA, the international organization on arts and disability. From August 2003 through June 2014 Rutter served as president of the Chicago Symphony Orchestra Association (CSOA), employing her dynamic influence to further enhance the Chicago Symphony Orchestra’s reputation as one of the world’s most highly acclaimed orchestras. As CSOA president, Rutter oversaw the operations of the Chicago Symphony Orchestra (CSO), Symphony Center Presents, the Institute for Learning, Access, and Training (including the Civic Orchestra of Chicago), and the Chicago Symphony Chorus. The management of the renowned Symphony Center facility, and its extensive presentations of chamber music, jazz, and eclectic performances from around the world, was also under her direction. Prior to her position in Chicago, she has served as executive director of the Seattle Symphony, executive director of the Los Angeles Chamber Orchestra, and the orchestra manager of the Los Angeles Philharmonic.

Since 1960 the DC Youth Orchestra Program (DCYOP) has been an integral part of the Washington community fostering the musical development of more than 50,000 youth. The first youth orchestra to perform at the Kennedy Center, DCYOP has toured 22 countries, played for U.S. presidents and diplomats, and worked with esteemed musicians Copland, Maazel, Rostropovich, and most recently, Gustavo Dudamel and Yo-Yo Ma. The program has received the National Arts and Humanities Youth Program Award and the Mayor’s Award for Outstanding Contributions to Arts Education. DCYOP provides group lessons and ensemble opportunities to youth ages 4–18. DCYOP is proud to be an inclusive program and welcomes all students with a desire to learn, regardless of background, socioeconomic status, or ability. Our 600 students represent 200 different schools and 100 unique zip codes. For more information visit www.dcyop.org.
Music and the Mind: Breakthroughs with Music Therapy: Recovery, Resilience, & Quality of Life

With Dr. Sheri Robb and Ben Folds

and panelists
Tom Sweitzer, Wendy Magee, Forrest Allen, Deforia Lane, Blythe Lagasse, C.J. Shiloh, Jordon Cochran

Support for Renée Fleming’s initiatives at the Kennedy Center is provided by Robert E. Meyerhoff and Rheda Becker and Patrick G. and Shirley W. Ryan.

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Curated by Dr. Sheri Robb, MT-BC, “Breakthroughs with Music Therapy: Recovery, Resilience & Quality of Life” showcases poignant stories and evidence-based research findings, highlighting the power and meaning of clinical music therapy in three segments. Singer-songwriter and music therapy advocate, Ben Folds weaves music throughout the program to illustrate scientific concepts. The first segment focuses on recovery for those with acquired brain injuries. Tom Sweitzer, M.A., MT-BC, Forrest Allen, a client whose recovery flourished through music therapy, and Dr. Wendy Magee, professor of music therapy, discuss music therapy during recovery and scientific evidence that explains how and why these interventions work. The Resilience segment focuses on cancer care for adolescents and adults, and features Drs. Deforia Lane, MT-BC, and Sheri Robb, MT-BC, who discuss their research and how music therapy addresses the needs of patients and families during their cancer treatment journey. The final segment focuses on enhancing quality of life for those on the autism spectrum. Music therapist, CJ Shiloh and parent Jordon Cochran discuss music therapy for individuals with autism spectrum disorder, with Dr. Blythe LaGasse sharing the science that informs these interventions.

ABOUT THE PROGRAM

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MEET THE PARTICIPANTS

Sheri L. Robb, PhD, MT-BC, (Associate Professor, Indiana University, School of Nursing) is internationally recognized for three decades of work in pediatric music therapy. Dr. Robb’s program of research focuses on development and testing of music therapy interventions to manage distress and improve positive health outcomes in children and adolescents with cancer and their parents. Dr. Robb serves as editor-in-chief for the Journal of Music Therapy and is an associate professor at the Indiana University School of Nursing, Indianapolis, Indiana. Her research has received funding from the National Institutes of Health (National Cancer Institute, National Institute of Nursing Research), Children’s Oncology Group (the world’s largest childhood/adolescent cancer clinical trials group, supported by the National Cancer Institute), and the National Association for Recording Arts & Sciences. She enjoys mentoring young authors and research scientists through her roles as journal editor, and director of the undergraduate nursing honors program and the Indiana Clinical and Translational Sciences Institute KL2 Young Investigators Program. Through collaborative team science research, and work with the American Music Therapy Association and other partners, Dr. Robb aims to increase access to high quality, evidence-based music therapy services.

Ben Folds is widely regarded as one of the major music influencers of our generation. He’s spent more than a decade sharing the stage with some of the world’s greatest symphony orchestras—from Sydney, Australia, to the Kennedy Center, performing his pop hits and his critically acclaimed concerto for Piano and Orchestra.

For five seasons he was a judge on the popular NBC series The Sing Off, which catapulted the art of a cappella into the national spotlight, and helped launch the careers of numerous a cappella groups.

Throughout his career Folds has created an enormous body of genre-bending musical art that includes pop albums as the front man for Ben Folds Five, multiple solo rock albums, as well as unique collaborative records with artists from Sara Bareilles and Regina Spektor, to Weird Al and William Shatner. His most recent album is a blend of pop and classical original works, in part...
MEET THE PARTICIPANTS

recorded with the revered classical sextet yMusic that soared to #1 on both the Billboard classical and classical crossover charts.

Throughout 2017 Folds will continue to pound pianos with cross-country solo touring reminiscent of his earliest solo tour, where he defied skeptics by delivering a high energy rock performance using the intimacy of just a piano. His tour schedule will also include a series of orchestral performances where he will showcase his piano concerto and pop hits.

In addition to his self-described love of performing and making music “for humans,” Folds is also an avid photographer, and is a member of the distinguished Sony Artisans of Imagery.

Folds is also an advocate for music education and music therapy as a member of Artist Committee of the Americans For The Arts, and he serves as a member of the board of directors of the Nashville Symphony.

Tom Sweitzer is co-founder and co-director at A Place To Be where he is head of music therapy. Sweitzer holds a degree in music theater and a master’s in music therapy. He has composed several musicals, most recently his rock musical, A Will To Survive, created to shine a light on suicide prevention and mental health for teenagers, has seen more than 20,000 students within the last year and will be presented at the Shakespeare Theater this fall. Sweitzer’s mission is to help the world better understand the endless potential of music therapy in the lives of people in need of healing.

Forrest Allen – Hold space

As resident director of art and music therapy at University Hospitals Cleveland Medical Center, Dr. Deforia Lane combines her gift of music with the science of music therapy. Her research focuses on the application of music therapy in the medical/surgical arena with oncology and neurology patients. She is an international consultant and presenter.

Blythe LaGasse, Ph.D., MT-BC, is associate professor and coordinator of music therapy at Colorado State University. Dr. LaGasse’s program of research focuses on the impact of music therapy for children on the autism spectrum. She is currently completing research projects with grant funding from American Music Therapy Association and the GRAMMY Foundation.

C.J. Shiloh, MT-BC, is founder of Annapolis Music Therapy Services, which serves people throughout Central Maryland by providing goal-oriented and relationship-based music therapy services across the lifespan. She is also director of The Musical Autist, a nonprofit, a disability rights organization which advocates for equal access to the fine arts and creates platforms for self-advocacy through Sensory Friendly Concerts and other community outreach programs.

Jordon Cochran, active duty Air Force officer, is the parent of Joshua, who is now 11 years old and received an autism diagnosis at age two and a half. Music therapy has been instrumental in Joshua’s overall development from both neurodevelopmental and occupational therapy perspectives.
FAMILY THEATER

Saturday Evening, June 3, 2017, at 5:00

The Kennedy Center and the National Institutes of Health, in association with the National Endowment for the Arts present

Music and the Mind:
Creative Aging

With Dr. Aniruddh Patel

Performance by Mark G. Meadows & Movement and the Different Strokes for Different Folks

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ABOUT THE PROGRAM

As we grow older did you know that interacting with music does more than just engage our emotions? It also facilitates movement, activates our memories, and improves language function. In this fascinating interactive presentation, neuroscience is used to explain how the mind and body respond to the act of creating music—above and beyond the notion of simply listening to it! We’ll also talk through creative strategies for how audience members in the golden years of their lives can become more active music-makers themselves by joining a singing group, taking up an instrument or dance, or a myriad of other activities!

MEET THE PARTICIPANTS

Aniruddh “Ani” Patel, Ph.D, is a professor in the department of psychology at Tufts University. He received a Ph.D. in organismic and evolutionary biology from Harvard University, and a B.A. in biology from The University of Virginia. Before joining Tufts University he was a senior fellow at The Neurosciences Institute in San Diego, a private research institute led by the late Nobel laureate Gerald M. Edelman. Patel conducts basic research on the cognitive neuroscience of music. His interests include the neural bases of rhythmic processing, the influence of musical training on language processing, and the evolutionary foundations of music cognition. He has used a range of methods in his research, including human brain imaging, theoretical analyses, acoustic research, and comparative work with other species. Patel has served as president of the Society for Music Perception and Cognition and has published more than 80 research articles and a scholarly book, *Music, Language and the Brain* (2008, Oxford University Press), which won an ASCAP Deems Taylor award. He frequently communicates music cognition research to general audience, including a recent set of 18 lectures titled *Music and the Brain*, produced by The Great Courses (released in 2015). In 2009 he received the Music Has Power Award from the Institute for Music and Neurologic Function in New York City, and in 2016 he was appointed a senior fellow in the Canadian Institute for Advanced Research (CIFAR) Azrieli Program in Brain, Mind, and Consciousness.

Acclaimed jazz composer, pianist, vocalist, collaborator, recording artist, teacher—and now actor—Mark G. Meadows is a man on a mission: to create a unifying sound that breaks through social barriers. There’s something for everyone in his music, which harmonizes pop, gospel, R&B, hip-hop, funk, and jazz. With his lyrics, suffused with meaning, and his velvet voice, Meadows cuts through the noise to speak to all. Debonair on the stage, he is also an entertainer of the highest caliber.

The son of a gospel and jazz vocalist, Meadows—who released his third studio album, *To The People*, in 2016—began his musical odyssey at the age of three with the gift of a toy keyboard. At age five he started formal piano lessons under the tutelage of renowned Russian classical pianist and pedagogue Rosalie LeVant. Then, at age 13 he expanded his training to include jazz piano with the equally renowned Julie Bonk. Meadows’s formative years were short, beginning to draw attention for his artistry while still a teenager. *DownBeat* magazine twice awarded Meadows honors for his work, first in 2007, dubbing his song “Groovalicious” the “Second Best Pop Rock Composition in North America.” In 2008 *DownBeat* named his performance of “In the Groove” the “Best Pop Rock Solo in North America.”

After graduating from the famed Booker T. Washington High School for the Performing Arts, Meadows moved on to fall in love with the writing life. His band, Farms, was born. Meadows has covered his fair share ofkoncerts and festivals, among them Coachella and the Monterey Jazz Festival, and has performed with the likes of Ray Charles, Smokey Robinson, and Donny Hathaway. His music has been covered by bestselling authors, and has appeared in major motion pictures and television shows, including *The Wire* and *The Sopranos*. He is the author of the critically acclaimed bestseller *The Gospel According to Boogie*. Meadows resides in New York City with his wife, the musician and educator Loretta Williams, and their daughter, Zaya.
and Visual Arts in Dallas, Meadows went on to earn two bachelor's degrees in psychology and jazz piano from Johns Hopkins University. Afterwards he decided to focus on music for the first time, and went on to earn a master's degree in jazz piano from the prestigious Peabody Conservatory in Baltimore.

Increasingly in demand around the globe, Meadows has performed alongside world-renowned artists, including Bobby McFerrin, Kendrick Lamar, Nicholas Payton, Kurt Elling, and Warren Wolf. He has headlined at premier venues, including Jazz at Lincoln Center and Small's Jazz Club in New York City; Blues Alley, Bohemian Caverns, The Warner Theatre, and The John F. Kennedy Center for the Performing Arts in Washington, D.C.; and the Music Center at Strathmore in North Bethesda, Maryland.

Meadows is also an adjunct instructor at the Duke Ellington School of the Arts in Washington, D.C., where he directs and arranges for the Mellow Tones, a student jazz vocal ensemble featured on To The People. Meadows and the Mellow Tones in 2016 opened up for Kendrick Lamar and the National Symphony Orchestra at the Kennedy Center, and also opened for acclaimed jazz musician Kurt Elling at The Hamilton Live.

In August 2016 Meadows made his acting debut as the titular role in the Washington, D.C., premiere of the hit Broadway musical Jelly’s Last Jam at the Signature Theatre.

Different Strokes for Different Folks Choir is made up of approximately 20 stroke survivors who meet weekly in music therapy rehearsal. Led by A Place to Be Music Therapy, which is the INOVA Hospital Music Therapy Company, this group uses music clinically and therapeutically to regain speech, build vocal and communication ability, and to create a social environment built on strength, empathy, understanding, and love.
The John F. Kennedy Center for the Performing Arts

FAMILY THEATER

Saturday Evening, June 3, 2017, at 7:30

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**Music and the Mind:**

Jazz Creativity and the Brain

With Dr. Charles Limb and Vijay Iyer

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Neuroscientists have recently begun to examine the elusive nature of human creativity. By examining improvisational art forms such as jazz and freestyle rap, a rudimentary model for how creativity is implemented in the human brain is starting to emerge. Join Dr. Charles Limb and jazz pianist Vijay Iyer as they discuss the fascinating new science of musical creativity.

ABOUT THE PROGRAM

MEET THE ARTISTS

Dr. Charles Limb is the Francis A. Sooy Professor of Otolaryngology-Head and Neck Surgery and the chief of the division of otology, neurotology, and skull base surgery at UC San Francisco. He is also the director of the Douglas Grant Cochlear Implant Center at UCSF and holds a joint appointment in the department of neurosurgery. Dr. Limb received his undergraduate degree at Harvard University and medical degree at Yale University, followed by surgical residency at Johns Hopkins Hospital and research training at the National Institutes of Health. He was a faculty member at Johns Hopkins Hospital and the Peabody Conservatory of Music until 2015, when he joined the UCSF Department of Otolaryngology-Head and Neck Surgery. Dr. Limb’s current areas of research focus on the study of the neural basis of musical creativity as well as the study of music perception in deaf individuals with cochlear implants. His work has received international attention and has been featured by National Public Radio, TED, National Geographic, the New York Times, PBS, CNN, Scientific American, the British Broadcasting Company, the Smithsonian Institute, the Library of Congress, the Sundance Film Festival, Canadian Broadcasting Company, Baltimore Symphony Orchestra, and the American Museum of Natural History.

Composer-pianist Vijay Iyer was named Downbeat Magazine’s Jazz Artist of the Year for 2012, 2015, and 2016. He received a 2013 MacArthur Fellowship, a 2012 Doris Duke Performing Artist Award, and a 2011 Grammy nomination. He has released 21 albums, including A Cosmic Rhythm with Each Stroke (ECM, 2016) in duo with legendary composer-trumpeter Wadada Leo Smith, named “Best New Music” by Pitchfork; Break Stuff (ECM, 2015) with the Vijay Iyer Trio, winner of the German Record Critics’ Award for Album of the Year; the live score to the film Radhe Radhe: Rites of Holi (ECM, 2014) by filmmaker Prashant Bhargava; and Holding it Down: The Veterans’ Dreams Project (Pi Recordings, 2013), his third politically searing collaboration with poet-performer Mike Ladd, named Album of the Year in the Los Angeles Times. Iyer is the Franklin D. and Florence Rosenblatt Professor of the Arts at Harvard University, and the director of the Banff International Workshop in Jazz and Creative Music.