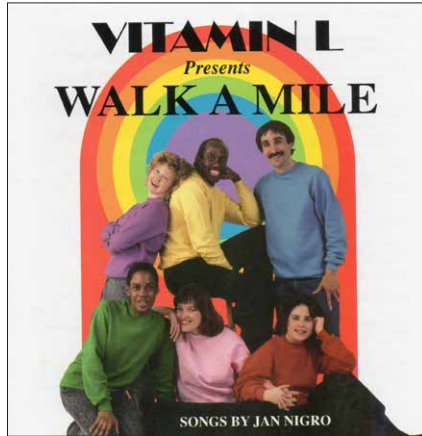


## So Long, Farewell from Vitamin L

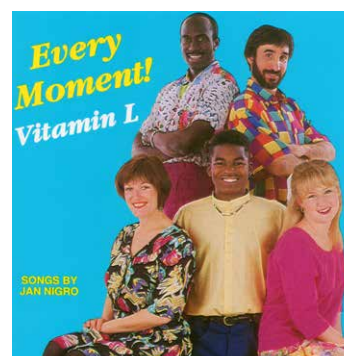
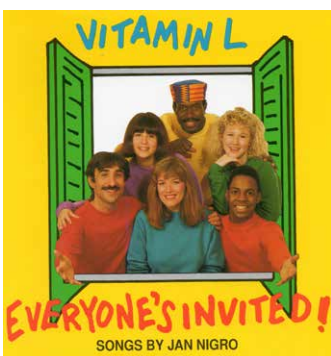
In 1989, we embarked on a magical journey and recorded our first album, "Walk a Mile," with Vitamin L songwriter and co-founder Jan Nigro and additional lead singers Cass Morgan, Curtis King, Kelli Crofton, Deborah Stoll, and Tremaine Jackson. Our team was rounded out by producer and arranger extraordinaire Jeff Waxman and our executive director and co-founder Janice Nigro (pictured in the middle left photo, page 6). Eleven Ithaca youth, pictured here, added their voices to the recording, which won the national Parents' Choice Gold Award.



Our first chorus members - 1989

Over the next 32 years, we released four more award-winning recordings of Jan's Vitamin L songs and evolved into an organization with a year-round performance group. Vitamin L performed 1,195 concerts at schools, festivals, community events, and conferences, reaching approximately 369,000 children and adults in central New York and beyond. Vitamin L's meaningful messages have touched the hearts of countless more children around the world through Vitamin L recordings and videos being used in schools and homes.

Thousands of additional children were reached via the inclusion of Vitamin L lyrics in school textbooks in Singapore, France, South Africa, and India. (Yep, it's true. On YouTube there are more than 350 videos from India featuring the lyrics to Jan Nigro's Vitamin L song "Teamwork." One of those videos has over 77,000 views. A LOT of elementary age kids in India have learned the words to this song! Go figure!)



Rebecca Green, an original chorus member pictured in the middle of the 2nd row in the 1989 chorus photo above, recently wrote:

*The values that we have as a family are so aligned with Vitamin L and I can't help but attribute the years I spent singing and being in Vitamin L as VERY positive and life changing.*

*Just the other day our son (grade 4) came home and was explaining a situation that sounded like peer pressure to us, and after a long conversation, we decided to listen to "Think for Yourself" and it was wonderful, and as he said "was fueling him up." So for several days we've been listening to all of the Vitamin L songs for positive reinforcement and strength (and of course I am singing along to all of them) and the kids are REALLY into it.*

*Thank you for the gift!!*

Love, Rebecca



**Now, after 32 wonderful years, Vitamin L as an active organization is coming to a close.** There are multiple reasons for this, all stemming from the current pandemic. The bottom line is that doing lots of performances in schools each year and having an active, trained chorus is just not viable at this time.

When the pandemic hit in March 2020, things changed for Vitamin L along with everyone else. Our concerts, rehearsals, and auditions had to be cancelled. We feel very fortunate that we've gotten to produce 13 music videos and 2 newly edited concert videos during the pandemic. We hope you will view them, enjoy them, and experience the love and goodwill we have endeavored to spread through Vitamin L's recordings, concerts, and music videos.

Thankfully, going forward our YouTube channel will remain online so youth, families, and educators still will be able to benefit from the Vitamin L themes and enjoy the music. The songs also will continue to be available on Spotify, iTunes, Songs for Teaching, etc. Our YouTube channel is at <https://www.youtube.com/c/vitaminlproject/videos>.

We feel very blessed to have been able to do work we believe in, using music to inspire youth with character-building ideas to grow on. There have been many highlights. Three have particularly deep meaning for me, as they tie into my family's work with Dr. Martin Luther King, Jr. and the civil rights movement in Atlanta when I was a child.

**\* In 2004**, the late Yolanda King, daughter of Dr. King, had a talk and a question/answer session with Vitamin L chorus members after seeing a Vitamin L concert earlier in the week. She shared joyful childhood memories of her father, and spoke about self-knowledge and global awareness. She was like a bright light, full of positive energy and obvious concern for all people. This was a memorable experience for all who attended, and a very meaningful moment in Vitamin L's history.



**\* In 2012**, after receiving support from many individual donors and the Park Foundation, and working with our singers, arranger Jeff Waxman, and sound engineer Doug Robinson, we released our 5th Vitamin L recording, "Sing for Dr. King! Vitamin L Songs for a Beloved Community," which included 2 new songs Jan Nigro wrote honoring Dr. King, and a song honoring the Freedom Riders of 1961. It also included a new song with an important topic, "Step Up, Speak Out!" I experienced the completion and release of that recording to be a highlight of my life.

**\* In 2013**, we produced a "Concert Celebrating Community and the Milestone of 1,000 Vitamin L Concerts" at the State Theatre, which included the release of our first professional music video, "Step Up, Speak Out." 1,000 "Sing for Dr. King" CDs were gifted to area 3rd graders at this time, and those children were invited to attend the free concert and join Vitamin L onstage for the song "Walk a Mile." The late civil rights leader Dorothy Cotton spoke to the audience of close to 1,000 people about the importance of music in building community. Special guests, The Dorothy Cotton Jubilee Singers, joined Vitamin L onstage for a few rousing songs. This was a very memorable event for me! (Concert videos of 3 of these songs can be viewed on our YouTube Channel at <https://www.youtube.com/c/vitaminlproject/videos>).

- Janice





**The foundation of Vitamin L's work** has always been the beloved songs written by Jan Nigro about empathy, compassion, friendship, solving conflicts, clear communication, gratitude, and more.



**Parting words from Vitamin L songwriter and co-founder Jan Nigro:**

When we started Vitamin L back in 1989 I was still in my 30's (I am 71 now) and we didn't know that we would have the opportunity to do this work for many years to come ...and here we are in 2021! What a glorious 32 years it has been! We had the honor of performing at the United Nations. We performed with American folk singer and social activist Pete Seeger, and we've had great adventures along the way.

To have used whatever skill I have as a songwriter for Vitamin L's mission was deeply satisfying to me not only creatively but emotionally and spiritually as well. I feel so fortunate to have had, what is for me, a dream job as a songwriter.

One of the most wonderful aspects for Janice and I has been working with young singers and watching them grow as both performers and as people. The first batch of Vitamins are now in their 40's and some still keep in touch.

Vitamin L has had a beautiful life and touched a lot of people. Now the music will live on through educators who use the songs in their classrooms, through parents who grew up with Vitamin L songs and are sharing them with their children, and through our recordings and videos.

I am deeply grateful to have been a part of it as co-founder, songwriter, and performer and consider it one of the greatest blessings ever in my life. It has been creative, fun, and pure-hearted. The spirit of Vitamin L is one of real beauty to me. I have had the privilege to share this with my wife Janice, whose work on Vitamin L has been stellar.

I am deeply grateful to the many individuals and organizations who supported us financially and to all of you who have been a part of the Vitamin L family in any way.

– Jan



**All of Vitamin L's work was for this purpose:**

The purpose of The Vitamin L Project is to spread love and goodwill, and to encourage positive character development through music, by inspiring young people with messages that are meaningful in their daily lives. Our goal is that young listeners absorb the lessons of tolerance, respect, cooperation, kindness, perseverance, and confidence presented in the songs, and integrate these concepts into their characters in ways that help them make positive choices and have healthy relationships with their families, their friends, and the world around them. Our goal is to reach and positively influence as many children as possible.

This past October chorus members, alumni, and their families were notified of the upcoming end of Vitamin L as an active organization. Some of them shared their thoughts about this, and a few are included here, with permission. Vitamin L donors, board members, and volunteers through the years, please note that your support helped Vitamin L carry on and has had a positive impact on a lot of people.

*Words cannot express the impact that you two and the Vitamin L project have had and continue to have on my life. Looking back on my time performing with Vitamin L in High School, I thank you for some of my dearest memories and friendships, and for giving me an environment to develop confidence, articulate values and share a vision that grows more and more profound in its breadth and simplicity as I age.*

*I am inspired by Vitamin L's vision, it impacts the work I do now, and the way I do it. You have left an indelible mark on the world with this work and I am so excited to see where this purpose takes you both next.  
Infinite thanks, Fatima Sowe*

*I am so sad to hear this news!! Vitamin L not only helped me gain confidence in myself as a singer and performer, but I believe it is one of the driving reasons why I'm a teacher today. I loved being able to tie in my love of music with my love of education and helping to train the new members. Vitamin L will always have a special place in my heart! Wynter LaTorre-Ovaska*

*What a bittersweet moment. I am so eternally grateful for the 7 wonderful years that I spent working with Vitamin L as a singer, rehearsal leader, and youth board member. I gained invaluable performance, organization and leadership skills, as well as building lifelong connections and truly feeling like I was able to make a difference in the lives of others — and myself.*

*Thank you again for your mentorship through the years and the countless opportunities afforded to me through Vitamin L. I am saddened by this decision but I know it is necessary for you and Jan.  
With much love and gratitude, Sophie Field*

*This breaks my heart but I'm so honored that I got to be a part of the magic! We sing "I Want to Know" every single day in my kindergarten class and they absolutely love it! We also sing others quite frequently. I'm looking forward to playing and singing these songs for years to come. Thank you for all you do and have done. It's made a difference for so many of us.  
Love, Hannah (Cassie) Burkhauser*

*As I read your email my heart sunk a little and I found myself holding back my tears and emotions. Vitamin L has been a part of my life in many different ways since I was in elementary school at Belle Sherman. I have been so honored to be a part as a student, a chorus mom and a supporter. I'm grateful to have had the opportunity to experience Vitamin L in its different facets and along with my daughters I'll be able to remind people of the messages Vitamin L holds and provided even 32 years from now. Aside from Vitamin L it has been an honor and joy to get to know you and Jan over the years that my daughters have been involved with Vitamin L. You both have had an impact in my daughters lives that have helped them way beyond Vitamin L. The music, concerts, songs and empowerment are what makes Vitamin L and for that I want to say a very heartfelt thank you.  
Many Thanks, Tiffany Flowers*

*Vitamin L was such a formative element of what made me who I am today. I remember listening to the music obsessively when I was little, unpacking the meaning of the songs with my parents, and then using the words and concepts I learned in the songs as a source I could draw from when navigating life as a young person (which I did on multiple occasions -- sometimes even quoting songs directly!). I can still remember the JOY and EXCITEMENT when I got to go to a Vitamin L concert when my sister Kaitlin was performing before I joined! It was like scoring tickets to the Beatles in my world.*

*And then when I got to join, Vitamin L provided me with a community of friends from the greater area (with different stories, backgrounds and perspectives) that I never would've had access to in my school alone! I built friendships, built my confidence, got to explore and lean into music as an art form, and act on my (forming) values all at once! What a gift!*

*And what's WILD is that I know this is a similar story for the hundreds of other Vitamin L alumni, not to mention the tens of thousands of young people who got to see Vitamin L perform live or were lucky enough to have Vitamin L CDs in their childhood! I have no doubt that Vitamin L has had profound cascading impacts across the world when you think about all the young people who were impacted by the music and how it helped to shape their values and trajectories. And I know the music will live onto future generations, as people like me share this music with our (future) kids and beyond.  
Sending so much love your way. - Brian Stilwell*



*In preparing for the closure of Vitamin L, I've gone through 32 years' worth of files and boxes of Vitamin L clippings, photos, etc. This experience flooded me with waves of love and gratitude. I saw evidence of person after person who contributed their time, energy, talent, kindness, and in some cases financial support to our work. It was truly beautiful. Through this project, Jan and I have met so many wonderful people!*

- Janice



Some chorus members of recent years

Vitamin L founders Jan and Janice Nigro give heartfelt special thanks to:

- Jeff Waxman, Vitamin L's producer/arranger extraordinaire
- The singers on all of the Vitamin L recordings
- 400 chorus members and their families. Perhaps you will recognize some of them in the photos in this newsletter. Their talent, energy, and courage have been inspiring. We couldn't include everyone's photo, but we appreciate and send love to every single singer we've worked with!
- Every Vitamin L Advisory Board Member for their commitment, encouragement, help, and a tremendous amount of important work behind the scenes that helped Vitamin L carry on and reach today. You know who you are! Thank you!
- Anke Wessels and The Center for Transformative Action's dedicated, hard-working staff for all their help since 2003. (CTA served as the fiscal agent for The Vitamin L Project and does this for several other dynamic organizations).
- The Park Foundation, The John Ben Snow Memorial Trust, The Triad Foundation, Alice Saltonstall, Susan McGuirk and Matthew Blank, The Savage Club, Dr. Ira Kamp, D.D.S., and The Vector Magnetics Fund of The Community Foundation of Tompkins County, for vital support through the years.
- John Lloyd, our concert sound engineer of 23 years, and his wife Roxanna.
- Jeff Hodges for videography and Doug Robinson for sound engineering on our music videos.
- Our audiences.
- Every one of our individual, group, and foundation supporters over the years whose generosity made it possible for Vitamin L to have 32 years of spreading love and goodwill, and encouraging positive character development through music!

As a big thank you and goodbye, please take a moment and view our final music video of "I Want to Say Thanks" at <https://www.youtube.com/watch?v=Gw5UKiUYQMA>. It is a burst of love, goodwill, and gratitude. We offer this final video and all the videos on our Youtube channel to you with love, gratitude, and best wishes always. We want to say thanks, oh yeah!

- Janice and Jan Nigro, co-founders, The Vitamin L Project



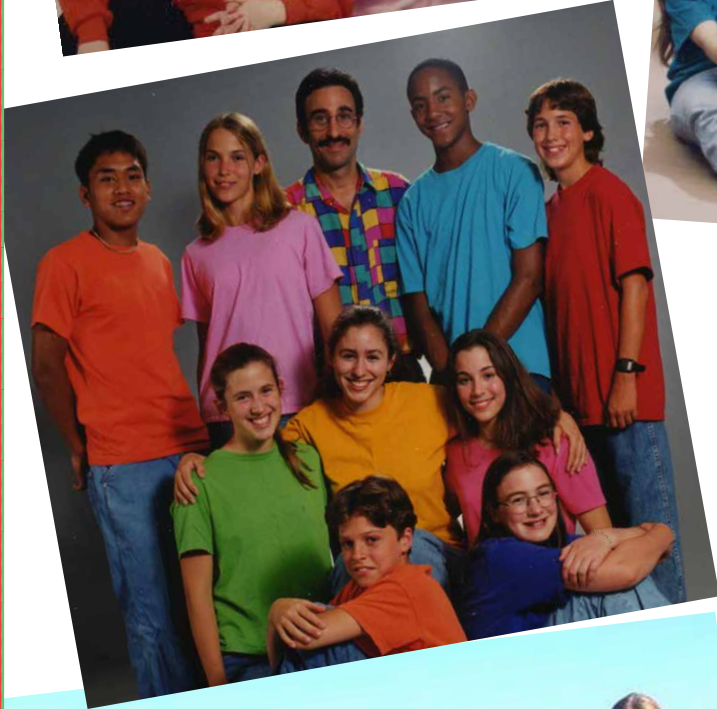
# Vitamin L

1989 - 2021





# Vitamin L







*Vitamin L's 15th Anniversary Concert  
& Celebration - August 7, 2004*

*If you bring a smile to just one face, that is a mighty power!  
Because you've brought the world to a brighter place,  
That is a mighty power!  
If you add a little love to your own little space,  
You add to the love of the whole human race.  
And that is a mighty power; that is a mighty power!*  
from **THAT IS A MIGHTY POWER**  
by Jan Nigro

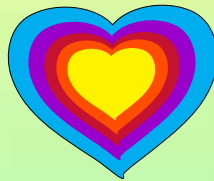
Tell me oh...oh what do you see,  
When you look at me?  
Look a little deeper with your heart,  
Look a little deeper with your mind,  
Look a little deeper, you may find  
A piece of yourself in me.  
from **LOOK A LITTLE DEEPER**  
by Jan Nigro

And what could be more lovely than a rainbow?  
Life is a rainbow, so beautiful to see!  
People are a rainbow, that's how it's meant to be!  
Life that's not a rainbow, that would be a shame.  
I'm so glad that we're not all the same!  
from **PEOPLE ARE A RAINBOW**  
by Jan Nigro

We come in different shapes.  
We come in different sizes.  
No two are quite the same.  
Why should I be told I don't fit the mold?  
Oh, I'm a work of art in my very own frame.  
from **MY VERY OWN FRAME**  
by Jan Nigro

I want to walk a mile in your shoes,  
I want to walk a mile in your shoes.  
I want to know what you think and what you feel,  
So I really want to walk a mile in your shoes!  
from **WALK A MILE**  
by Jan Nigro







# Vitamin L



*20th Birthday Celebration*

*Hangar Theatre 8/8/09*







*Ithaca Festival 2009*



*Ithaca Festival 2010*





*Ithaca Festival 2011*



*Ithaca Festival 2012*



# Vitamin L



25th  
Birthday  
Concert  
2014







*Ithaca Festival 2013*



*Ithaca Festival 2014*



*Ithaca Festival 2015*



*Visuals from some Vitamin L Music Videos*

2020-2021



*Best Wishes Always  
from Vitamin L!*