

APRIL 29, 2026

YOU ARE THE SONG

YOU ARE THE SONG
is Created By
Stephanie Schneiderman
stephanieschneiderman.com

Hosted by the Youth
Outreach Program at
Lakewood Center
lakewood-center.org

Featuring the Songs
of Students From
Harmony Academy
harmonyacademyrhs.org



TURNING LIFE INTO LYRICS

About the program:


YOU ARE THE SONG is a 10-week "songwriting experience," created by award-winning songwriter, multi-instrumentalist, producer and activist, Stephanie Schneiderman, that leads participants step by step through the intuitive process of gut-to-lyric and speech-to-melody composition to create, perform and record an original song. Designed to be accessible to non-musicians and musicians alike, this program expands courage and self-expression, empowering students to discover and trust their creative authority as lyricists and songwriters.

About Lakewood Center's Youth Outreach Programs:

Inspiring a lifelong love of the arts starts with removing the barriers to entry. Lakewood's Youth Outreach Program has evolved from a Festival of the Arts initiative into a year-round catalyst for creativity across the greater Portland area. We bridge the gap for underserved youth by dismantling geographic and socio-economic barriers, ensuring that every young person has the opportunity to engage with the arts as both visionary artists and inspired audiences.

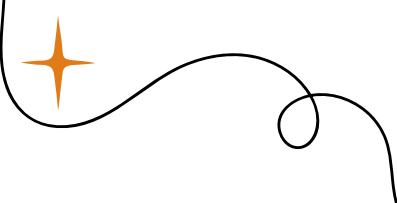
About Harmony Academy

Harmony Academy provides a "gold standard" education within a safe, sober, and supportive environment designed specifically for youth in recovery. By moving students away from the environments that trigger relapse and into a community focused on individualized growth, Harmony empowers them to uncover the hidden strengths and passions necessary for personal, academic, and vocational success. Here, recovery and education go hand-in-hand, providing the tools and stability needed for students to move beyond their past and confidently rewrite the next chapter of their lives.



What's Next for YOU ARE THE SONG?

Stephanie is expanding YOU ARE THE SONG to serve at-risk and marginalized communities throughout Oregon and beyond. She is currently partnering with Portland State University, working with women at Coffee Creek Correctional Facility.





SETTING THE TONE: OUR PARTNERS AND PEERS

Teaching Artists

STEPHANIE SCHNEIDERMAN

NATHAN TRUEB

ANNA GREER

Recording Engineer/Producer

MATT GRECO

Songs Recorded at

RYE ROOM

Filming & Documentary

NOVA KNUDSEN

BRANDON RUSSELL

Lakewood Youth Outreach Coordinator

ANGIE STAMBUK

Harmony Academy Founding Principal & Executive Director

SHARON DURSI MARTIN

Lakewood Performance Lighting & Sound

DEMETRI PAVLATOS

THANK YOU TO OUR SPONSORS!

CLARE HAMILL

LAKWOOD CENTER ASSOCIATES

LAKWOOD CENTER FOR THE ARTS



**In the spring of 2026,
eight students from
Harmony Academy
rooted for themselves
and each other
throughout this 10-week
class. They showed up
with courage and
vulnerability and wrote
fiery, heartfelt songs
about their lives.**



THEIR SONGS
THEIR STORIES
THEIR STAGE

Workshop Participants & Song Titles

ANAYA RICE

Running Around

IZAYA WRIGHT*

Rich Man

LEX HALE

The USA (Unheard Screams of Adolescent)

KADE MAHAN

27

JEREMIAH ROOKS

Long Game

BRIANNA NOYOLA

Hush Don't Speak

CAIDEN VILLANNUEVA*

Untitled

MAVERICK IBARRA-THOMPSON*

Rich Man

* Not performing.



PERFORMANCE ORDER SUBJECT TO CHANGE.

RUNNING AROUND ANAYA RICE

Always being told that's not who you are
Always being told to be yourself
How can I be can I be myself
If I don't know
Who I am

Running around in circles
Trying to find
Who I am
Running around in circle
Trying to find
Who I am

I'm always being told that's not who you are
I'm always being told to be yourself
But how can I be can I be myself
If I don't know
Who I am

Running around in circles
Trying to find
Who I am
Running around in circle
Trying to find
Who I am

THE USA (UNHEARD SCREAMS OF ADOLESCENT) LEX HALE

The water in my bottle is it filled
with lead
Do I exist on the spectrum in and
out of my head
You will never reach heaven never
see the light
Destroying all the margins only safe
if you're white

They burnt down all the houses put
a suburb on the prairie
You only close your eyes cause you
know the world is scary
No amount of magic dust will bring
back all the Shari's
So flip your fucking lid and stop
acting like a fairy, fairy

I can't say that I hate the USA
But I hate what it's becoming
I can't say that they feel all of our
pain
So fuck who's governin

Open your eyes and take a look at
this place
Feel the air as it's stinging your face
C S Gas got you in a daze
Just because you were a different
race

What will you do when there's no
funds in the spring
What will you do when there's no
water in the sink

Your throat is so dry but you can't
get a drink
This is what it's like to live on the
brink, brink

I can't say that I hate the USA
But I hate what it's becoming
I can't say that they feel all of our
pain
So fuck who's governin
I can't say that I hate the USA
But I hate what it's becoming
I can't say that they feel all of our
pain
So fuck who's governin

Defund ICE defund the police
We fight their wars they don't make
money off peace
Get the hell out of Gaza stop
bombing Iran
You sound like Hitler with this final
plan, final plan

I can't say that I hate the USA
But I hate what it's becoming
I can't say that they feel all of our
pain
So fuck who's governin
I can't say that I hate the USA
But I hate what it's becoming
I can't say that they feel all of our
pain
So fuck who's governin

So fuck who's governin

27

KADE MAHAN

Said she fell in love with the light that was
in my eyes
Now I'm weary eyed with some teary eyes
Trying to be all right but it's hard cause'
there's so much pain in my heart and a lot
on my mind Just trying to survive, yeah
I'm just trying to survive when my brother
didn't, yeah, his life wasn't finished 13
I saw him dead and it took me by surprise
and it changed me
Street life raised me Momma couldn't save
me
Got into the pills too early
I was more reckless lost too many friends
to this shit and it got me stressing
Now I don't wanna die young no 27
I'm gonna try to make my Momma proud
and give her heaven
Living life too fast watch the years go by
before I'm gone
I just want to fly yeah, I just want to fly
yeah, I just want to fly yeah
Watch my homie die in my arms the last
thing I saw was his teary eyes
I was standing there there was fake love
everywhere ain't nobody care and it was
clear
We was just some kids with some heavy
pain
Trying to find peace but we stuck in the
rain still young but my soul feel old
When we're locked up we'll be coming
home soon
One day at a time, yeah, that's how I move
Even at my lowest point I wasn't alone
He stood by my side and treated me like
his own
He always said keep your head up and
don't lose sight yeah
So now I'm locked in trying to do life right
If I go early have my voice let my story live
through the noise
I just want to sing my truth out loud
Earn my own wings and soar above the
clouds

She hate when I get too high B
Knowing that I'm flying all these memories
that are crowding my mind every night
So I gotta get high just to ground my mind
yeah
Trying to make it past my prime just know I
tried yeah I tried yeah
Even though he gone I still wear his
necklace
Now I gotta do life right see a new way of
life I gotta stop being reckless
Now I don't wanna die young at 27
I'm gonna try make my Momma proud and
give her heaven
Living life too fast before watching the years
go by before I'm gone
I just wanna fly yeah, I just wanna fly yeah
When it comes to my story I ain't never lie
Got to my homie too early now I'm smoking
at night good buzz
Just trying to curb the pain in my life god
damn
This bud made me swirly now I gotta
persevere
Yeah I gotta persevere even with the pain in
my chest
I gotta push through
You say you love me then switched up then
fuck you
Yeah I know people from my block that died
before they grew
But yeah that was before I knew but I know
the path I'm on
I can talk about my past I can go on and on
I'm a hood kid with a good heart yeah
It's a phenomenon
All I know is if I die young I'm a pass on my
life and feel
Not sick with the pills I was chasing thrills
hung out with the wrong crowd
Now I'm lost in the clouds in that good shit
that's outloud
And if I die young I hope I made my
Momma proud Momma proud yeah
That's it

LONG GAME

JEREMIAH ROOKS

She said don't you dare fall in love
I said don't you put a spell on me
She said don't you dare make me
I said that we gonna see

You make me feel brand new
I spend my days with you
The little things that you do
Only if only knew

You said wait for you
Patience ain't my strong suit
I love the games we play
Your smile stops the rain

Every step I took it led to you

You make me feel brand new
I spend my days with you
The little things that you do
Only if only knew

Every step I took it led to you

You make me feel brand new
I spend my days with you
The little things that you do
Only if only knew

HUSH DON'T SPEAK

BRIANNA NOYOLA

All on my own all on my own
Really just doin this shit all alone
Hush don't speak
Hush don't speak
This was supposed to remain in
secrecy

And everyone lets out a cry
But who was there when it came
to mine
No one wanted to hear my whine
So I turned to rhyme
They the only ones worth my
time

All on my own
All on my own
Really just doin this shit all alone
Silence is the key
Hush don't speak
This was supposed to remain in
secrecy

Everyone lets out a cry
But who was there when it came
to mine
No one wanted to hear my whine
So I turned to rhyme
They the only ones worth my
time

I comfort those who don't got a
purpose
Forgive those that don't deserve it
And care for one that don't give a
damn about me
See these are the keys that destroy
me
And never allow me to heal fully
I love to hard but I hate just as
equally

Hush don't speak
Hush don't speak
This was supposed to remain in
secrecy

And everyone lets out a cry
But who was there when it came
to mine
No one wanted to hear my whine
So I turned to rhyme
They the only ones worth my time
They the only ones worth my time
Hush don't speak
Hush don't speak
This was supposed to remain in
secrecy



To listen to the recordings of all of the songs- and past YOU ARE THE SONG workshop recordings, please scan the QR code to visit the YOU ARE THE SONG Sound Cloud account.



Scan the QR code to learn more about Lakewood's Community Impact. After tonight's performance, you can find images and more!



LAKEWOOD
CENTER FOR THE ARTS

IN LAKE OSWEGO, OREGON ~ THE CITY OF ARTS

lakewood-center.org