

Arlington School of Music

Arlington's Institute of
Music Since 1936



www.arlingtonschoolofmusic.com

847.253.5050

NEWSLETTER *Winter 2011-2012*

RECITAL DATE ANNOUNCED!

The date for our semi-annual student recital will be.....

Saturday, January 28th 2012! The recital will be held promptly at **2:00pm** in the architecturally beautiful and acoustically stunning sanctuary of Our Saviour's Lutheran Church, 1234 N. Arlington Heights Road, in Arlington Heights, IL 60004. Come cheer on our hard-working students as they perform pieces in styles from Baroque to Broadway, from Piano favorites to Pop, and from Classical to Classic Rock on guitar, piano, voice, woodwinds, brass, and percussion instruments of all kinds. See you there!

NOTES FROM OUR DIRECTOR:

Here Nico Angel will put interesting and pithy things about what's been going on at the Arlington School of Music. Might I suggest things like the new look to the website, the addition of any new faculty, the success of the new percussion clinics? Maybe even some of the challenges you've faced, like the water in the basement and other weather-related challenges? Perhaps even an explanation of the different styles of guitar playing and how they differ? Or even a great (family-appropriate!) story of your days on the road as a flamenco star! You're the boss, so you can make it as long as you like, but it needs to fill at least this much space!!! -Nico Angel



OUR STUDENTS IN THE COMMUNITY



Here we can put some pictures and stories of our students doing musical things in the community. For instance, playing in Marching Band, singing or playing in the orchestra pit for the school musical, a gig that a student's rock band may have had, especially like at a Starbuck's or

Border's open mic night. And doesn't that picture I took from the website look great with the shadowing I added to it????!!! Oops, I hurt my arm patting myself on the back again, damn.

FEATURE ARTICLE

Here we could put a feature article of interest about different aspects of music. Some ideas are: tips on successful practicing strategies, performance anxiety tips, how music helps academic performance and social skills, "science" of music articles, tips for buying a guitar or piano, how to find different types of music both online and off, importance of music theory skills, etc.

FACULTY NEWS

A little bit about percussionist / drummer Michael Tooles. During my high school years I had the privilege of performing in the All West Tennessee honor bands as well as the Memphis Youth Symphony. From high school I went on to the University of Memphis and studied percussion under Dr. Frank Schaffer and drum set with Brian Fullen. While at the University of Memphis I had the great chop building experience of marching with the Mighty Sound of the South, the University of Memphis marching band. From there I started playing and recording around Memphis. Somewhere around 1994 I started playing with Seven Four Slide, which brought me to Chicago in 1998, but not before recording our first full-length CD.....



Read the second part of Michael's fascinating story in our next Newsletter or visit our newly designed website: <http://arlingtonschoolofmusic.com/instructors.html/>

5 STEPS TO GETTING HEALTHY

1 Sleep, sleep and more sleep! Your body does most of its "repair work" while you sleep. This is the most important factor in a quick recovery. Be a rebel and dare to get the rest and sleep your body needs to heal.

2 Good nutrition. Your body needs vitamins and especially minerals to restore itself. Make certain you try and eat healthy, well-balanced meals at this time. If you don't take a multi-vitamin supplement, now might be a good time to start! (Talk with your parents about any possible medical reasons why not, but most people can take them without any side effects.)

3 Water. Drink lots of water (soda, iced tea, coffee, power drinks, etc, don't count). At least 8 glasses a day. Muscles need to be hydrated to function properly, and musicians use lots of muscles!

4 Vocal rest -or- texting only! Any type of swelling of the vocal folds can cause their improper functioning, and even result in damage. Always err on the side of caution! In milder cases, your voice teacher can help you determine whether or not it is a good idea to sing at a particular time.

5 Treat your symptoms If you have post-nasal drip or are congested, try the mildest dose of a generic decongestant. You might also try some nasal wash, warm herbal tea, and cough drops. If you have allergies, try the mildest dose of a generic anti-histamine. Always check with your parents, or even your doctor, before taking any medicine you have never taken before! Remember, a cold usually lasts about 5 - 8 days, showing significant improvement towards the end of that time. If you're not feeling better after that amount of time, see your doctor a.s.a.p. to obtain a professional diagnosis!