



Newsletter

The Monthly Newsletter of *Hunterdon Academy of the Arts*

January 2018

Get Ready for a Different Kind of New Year’s Resolution

It’s 2018, Everyone! I hope you are excited about all the new possibilities the New Year brings.

I wanted to draw your attention to an interesting article we recently published on our website blog: “Now is the Time! Music Lessons for Adults in Flemington, NJ.” (<http://www.hunterdonacademyofthearts.com/music-and-art-for-all/music-lessons-for-adults>) It was written by one of the long-time HAA parents, Jenny Gouse. In this wonderful blog article, Jenny - whose daughter Emily is enrolled in multiple HAA programs - talks about her new resolution: taking music lessons herself! Since writing the article, much has happened on Jenny’s musical journey. It’s a fascinating story, which she is sharing with us on [Page 3](#) of this Newsletter.



So, what happened to our 2017 resolutions? Did they last? Several of my personal 2017 resolutions became permanent healthy lifestyle choices and did not disappear when Spring rolled around. I changed my diet and exercise habits and am proud to say that I no longer eat meat. This has nothing to do with music--other than the fact that dietary and lifestyle changes also tend to improve our well being (just as music does).

Why did I stop eating meat? By accident! My husband became a vegetarian three years ago and he’s been raving about how great he feels. We both love animals, but hard as tried to stay avoid meat, my body always ended up craving “real protein.” A few months ago, it just happened that we didn’t have any meat in the house and we were too busy to go grocery shopping. At the end of that week, what became very apparent to me is that I felt less stressed out and I was sleeping like a baby. Hmmm, I thought, how can this be? It’s actually a stressful week...and then it clicked: it was the meat--or the lack thereof. Of course, I had to test my theory, so a few pieces of bacon had to be sacrificed that day. I woke up at 3am and could not fall back asleep. The test was repeated a few days later: one slice of ham resulted in the same insomnia episode. What the...? From thereon it was a no-brainer decision: no more meat in my diet! Bonus #1: after a few weeks of this new lifestyle, everything started tasting really good. Nuances in various foods became more prominent and I actually said to my husband “THAT’S why you always say this bland vegetarian dish tastes amazing!” Bonus #2: my face looks less puffy. Lol!

Another resolution for 2018: helping raise awareness about saving animals and animal adoptions. We started moving in this direction with our Holiday Gift to Tabby’s Place last month. Don’t be surprised if you see us launching similar initiatives and HAA events dedicated to this cause in 2018.

In the meantime, take a look Jenny’s story on [Page 3](#). Perhaps you’ll recognize yourself in it.

Have a Healthy and Prosperous 2018!

Highlights

January Referral Shoutouts (2)

January Student Birthdays (2)

Rock+ and Acting Specials (2)

Jenny Gouse Guest Article (3)

Winter Referral Contest: Cinemood Portable Smart Projector (4)

Thank You for Your Referrals!

A BIG THANK YOU to several individuals, for referring their friends to Hunterdon Academy of the Arts! It's wonderful to have such strong supporters who spread the word about HAA in the Hunterdon community! We'd like to give a special shout out to Maria LaVecchia and Heidi Miller! THANK YOU!

January Student Birthdays

Isabelle Baker, Richard Chen, Aniket Ghan, Alyssa Graziano, Aleksander Lipinski, Tomas Ruiz, Benjamin Bigdelle, Noah Engelhardt, Riya Garg, Hallie Koches, Bethany Torsiello, Lisa Ellis, Zachary Liebman, Alexandra Duncan, Kate Patrick, Alexa Harwelik, Emma Levine, Diana Moran, Annabelle Allentoff, Benjamin Brown, Luke Cirne, Patrick Giordano, Sarah Nerwinski, Zak Lindia, Meredith Harmon, Daniel Medeiros, Warren Cheng, Barbara Myers, Jimmy Wiegand, Abigail Hoffa, Carolo Pascale, Bobby Reuter, Oliver Galdo, Kayo Odusote, Robyn Wasserman, Thomas Benke, Aj Berry, Libby Dominczyk, Christopher Solimine, Annemiek DeWaele, Matthew Woodward, Cate Croland, Annie Westgate, Kevin Zhang, Alan Guerrero, Alexander Sliva, and a special shout out to Olivia Gall who had a birthday in December! HAPPY BIRTHDAY!

Save the Date!

Friday 1/5, Jam Session
7:15-8:15pm

Friday 1/12, Choir Concerts

Friday 1/19, Acting Out!
7:15-8:15pm

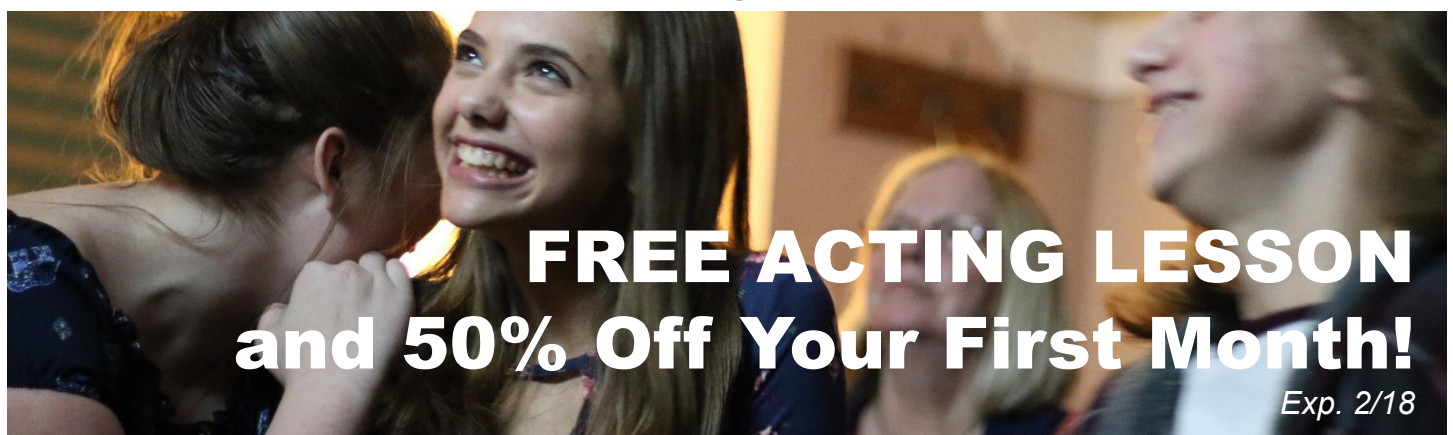
Saturday 1/20, Recitals
All Day

Saturday 1/27, Recitals
All Day

Ever Want to Play in a Rock Band?



Ever Want to See Yourself on the Big Screen?



Seventeen Violin Lessons, by Jenny Gouse

My daughter Emily has been attending Hunterdon Academy of the Arts in Flemington since 2011. She started in [Musikgarten's toddler classes](#) and later added [Actingarten](#). After aging out of both programs, Emily enrolled in [Piano Lessons](#), [Showkids Choir](#), and [Acting Classes](#). She just can't seem to get enough of HAA!

Over the past six years, I've been proudly watching Emily develop her music and acting skills. As she has achieved performance milestones at HAA, I have recalled activities I attempted and failed at in childhood. So I proactively pledged to try something



new or revisit a past failure each year going forward. I observe so many parents sitting in waiting rooms while their children live life, explore interests and learn new things. Why can't adults do the same? Why not stand up from the waiting room chair and take a class or two!

One day while Emily was in Show Kids Choir, I approached Ruthie and asked if adults take music lessons at HAA. She assured me they do and immediately encouraged me to take a trial class because "you won't know unless you try." While I was initially hoping to sign up for piano, Darryl, a violin teacher, had availability that worked for me. Violin...the instrument I have always loved and revered, but played rather unsuccessfully as a child. However, the idea of working Darryl was very appealing. I was impressed by his skill as a musician and his calm, friendly personality so I decided to give violin a second chance.

I would love to say that I was excited and confident in the week leading up to my trial, but I was plagued with nerves. All I could think about was how poorly I played as a child. At my trial I explained my apprehension to Darryl. He immediately put me at ease. Over the next few weeks, he assessed my musical inclinations and suggested that I switch to the Viola.

A month later, the piano teacher I had initially wanted to work became available during a slot that worked for me. During my trial with Mr. David, I was greatly impressed by his customized and gentle approach to teaching. He placed me in a manageable, accepting and exciting learning environment. Like Darryl, David is encouraging, patient and fun to work with. Having teachers like them enables me to discover and explore music and techniques I could not discover on my own.

Attending weekly music lessons is an investment of time and money, but I know it will be of value on many levels. I have established a daily practice regimen and find it physically, intellectually and artistically stimulating. Taking lessons also enhances my daughter's musical experience. Hearing me practice encourages her to practice. She was so excited the first time she heard me playing scales that she applauded heartily!

I believe it's important to embrace our interests in spite of past failures or current apprehension. Along the way, we will inspire others by sharing the various contours of our journey. HAA unlocks the beauty and potential of each student in a non-competitive, accepting environment regardless of age. They achieve this by consistently hiring responsive, innovative and skilled teachers. Activities like music lessons are so important in a society that is rapidly devaluing the arts. I cannot imagine a landscape without musicians, actors, dancers, artists, poets... creative people who add limitless layers of beauty through perfecting and sharing their crafts. And in order to keep this happening, we must put aside fears or past failures, get off our seats in waiting rooms, pick up something new (or old) and believe that learning is a lifelong journey.

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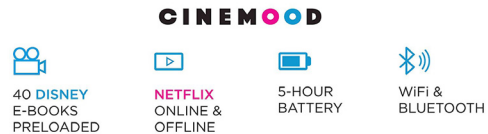
Award-winning Hunterdon Academy of the Arts has campus locations in Flemington (NJ) and Lebanon (NJ). Founded in 1981, we are the largest performing arts school in Hunterdon, serving students of all ages and levels of ability. The school is particularly well known for its high-quality Music lessons and classes, but has more recently added Acting instruction to its services.



Winter Referral Contest: Win a CINEMOOD Portable Smart Projector

Create Your Own Movie Theatre Wherever You Want to Go!

- Projects images over 12-feet, from HD 1080p resolution - no computer or wall outlet needed
- Kid friendly - comes pre-loaded with over 120 hours of kid's entertainment
- Access Netflix, Youtube, or Youtube Kids directly from the Cinemood menu screen



A Value of \$299!

**Referrals Are a Win-Win,
Each and Every Time**

To enter the Fall Raffle for this amazing prize, just refer your friends to HAA! It's easy! As a sign of our appreciation, we are rewarding **both you and your friend with a \$25 check** when s/he enrolls in our programs! Refer as many friends as you like!

www.HunterdonAcademyOfTheArts.com/Referrals