

American Music Festival

By Linda Seale

There are three concerts left in the 2016-2017 American Music Festival season. Enjoy classical chamber music with big city names at small town prices in an intimate space, up close and personal—and prepare to be inspired.

- **January 28—Israeli American cellist Amit Peled: Hommage à Pablo Casals.** Mr. Peled is praised as one of the most exciting performers on the international stage today. The widow of Maestro Pablo Casals, Marta Casals Istomin, was so moved by Peled's playing that she personally presented him with the 1733 Gofriller cello that belonged to her husband. Peled will play the exact concert Casals played 100 years ago on the same cello. Bach, Fauré, Beethoven and a few Hungarian Rhapsodies will be played. This is a program not to be missed.
- **February 18—Horszowski Piano Trio** will perform Beethoven's Trio Op. 70, #2, Rebecca Clarke's Trio and Mendelssohn's virtuosic C minor Trio. Featured will be renowned concert pianist Rieko Aizawa, Grammy-nominated violinist Jesse Mills and cellist Raman Ramakrishnan. The Horszowski Piano Trio is based at Columbia University and the Longy School of Music, Bard College. The concert is dedicated to the memory of Nan Cullman, a long-time supporter of AMF.
- **April 22—The Jasper Quartet** from Temple University closes the season with Schubert's Death and the Maiden and Meditation from American composer Aaron Jay Kernis' Musica Celestis. The string quartet has won top prizes in many competitions, completed a residency at Oberlin Conservatory, and is currently at Temple University.

All concerts are at 8 p.m. at the History Museum of Carteret County in Morehead City. Tickets are available at the door, online at americanmusicfestival.eventbrite.com or by calling 728-6152.

For Our Longer Lives

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This reduces the level of water vapor and carbon dioxide in the lungs and, in so doing, reduces the risk of pulmonary infections.

So, everyone, take a deep breath. Try to exhale even more than you inhaled to make room for more oxygen. I have heard that a good pattern is: inhale for a count of four, hold for three and exhale for seven. Suppose you don't feel like laughing. Our culture filters limit adult laughter. It is a skill we must relearn. Laughter yoga teaches to "fake it 'til you make it." The body's physiological response is the same with forced laughter as with fake. I asked whether a chuckle or smile counts and Ms. Mercer assured me there is some benefit, maybe just not as much.

If all those studies haven't convinced you to lighten up and not be afraid to have a good belly laugh frequently, here is one more thought: it appears people who laugh live longer. Isn't that one of the goals we share? So pop in that old Lucille Ball or Bob Hope movie and be prepared to have a heart-healthy laugh.

If you missed our forum and want to hear more about the healing benefits of laughter, and perhaps participate in one of Ms. Mercer's sessions, she has regular laughter yoga sessions at Momentum Yoga Studio in Morehead City.

The Age-Friendly Advisory Committee is grateful for the many knowledgeable speakers who have given generously of their time and talent to bring topics of timely importance to our forums and our citizens. As always, we are searching for topics of particular interest to our citizens for future forums and welcome your suggestions as we continue making our age-friendly community a health-friendly community growing healthier, smarter and safer together.

Suggestions for future forums may be submitted to Sarah Williams at town hall at SWilliams@townofpk.com or 247-4353, ext. 13.



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