

Connecting, Restoring and Comforting Through Music

The mission of Allegro is not only to provide news about the LSO, but also to offer interesting and pertinent information related to different aspects of music. Throughout the year, Allegro will recognize individuals with special talents and abilities that make the Lynchburg area a great place to live.

Music is a constant in life - not just formal music through instruments and singing, but the daily rhythms and chords that surround us. The hum of motors, the click-clack of a train on the rails, and the simple tunes from early childhood all have meaning and cause us to reminisce decades after we first hear them. It is those elements that provide the foundation for the field of music therapy.

"Music therapy uses music interventions to accomplish individualized goals within a therapeutic relationship," said Jennifer Capone, a board certified music therapist, and founder and owner of Blue Ridge Music Therapy.

Growing up, Capone was interested in going into physical therapy. She first heard about music therapy after her mother gave her a Reader's Digest with an article about that field. "It was my aha moment," said Capone. An interest in physical therapy, plus playing in bands growing up made the field an excellent fit. Working in this field also means learning new approaches to music therapy. For sample, Capone recently finished certification through the Bonny Method of Guided Imagery and Music.



Therapy can include improvisation, playing instruments with the patient, songwriting, and lyric analysis. "It can be completely original or a lyric rewrite to the song for the person," Capone said. "Music meaning changes over time. Those are the kinds of things I help people understand." However, she said music therapy is more than the music. "A very important element is the relationship developed between the patient and therapist."

Over nearly 20 years after completing her degree in music therapy, Capone has used music to help people with diverse challenges in their lives. "Much of my work through hospice involves patients and their families who face end-of-life situations and bereavement," she said. This includes helping people cope with symptom management, such as pain, and the emotional and spiritual aspects that happen at end of life. "Music therapy is not just for the patient," Capone said. "Including the family is an important part of what we do."

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August 17, 2018, is National Nonprofit Day!

Generous donors have made it possible for the LSO to contribute to the arts and culture in Lynchburg for 35 years! And, as we begin season 36, "Going Home" to the Academy Center of the Arts Historic Theatre, your donation is important, as well as your attendance!

Thank you, Lynchburg, for your support through the years, and for your continued support in this exciting time. Spread the word and make a donation. If you are already a supporter, please consider increasing your gift, and if you are a first time donor, we thank you and we promise to do our best to provide excellent programming with your gift.

Linda Edwards,
President



SPONSOR *Spotlight* **Bank of The James**

Lynchburg enjoys a rich heritage that reaches back more than 250 years. Today, the downtown area is a testament to a city bursting with new energy as Lynchburg experiences a rebirth through renovation. It is the same vision that typifies Bank of the James.

In less than 20 years of existence, Bank of the James has already established a legacy that is making a mark in its hometown. Vice President and Community Relations Director Vickie Spencer said the company's success is due to three attributes. "First we have a talented group of bankers who truly care about the bank and their customers," Spencer said. "Secondly, the bank is locally-owned and managed, which enables us to be active in the communities we serve." The third attribute is customer service. "It is a level of service that is given to each customer, every time, every day."

Bank of the James opened its home office in Lynchburg in July

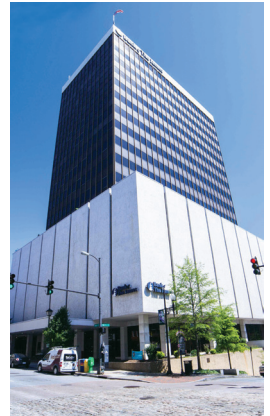
1999 with 12 employees and 10 directors. Today, the bank has more than 140 employees, a 13 member Board of Directors, and over 40 business and community leaders who comprise its regional advisory boards. The bank serves the Region 2000 community, as well as Appomattox, Charlottesville, Harrisonburg and Roanoke. During the past two decades, the bank has expanded to 13 full service locations, three limited service locations, two loan production offices, and an investment/insurance division.

Even with its rapid growth, Spencer said Bank of the James has not forgotten that its customers are the bank's reason for existence. "It's about taking ownership, following up and delivering to our customers what we have promised them, each and every day," she said. Spencer also said the same perspective relates to its investors. "Our mission is to provide our shareholders long-term growth and an attractive return on their investment with our bank."

Spencer said the bank's employees are another distinguishing characteristic. "They are proud to work for our organization, and take great pride in their jobs and enjoy working with each other," she said. "We offer a rewarding work experience, training, and numerous growth opportunities to all of our employees."

Bank of the James also recognizes the importance in giving back to the communities it serves. "We believe our strong support of civic and charitable activities makes a difference," said Spencer. "The bank sets aside a dedicated budget each year for donations and sponsorships." In 2017, the company contributed to over 200 non-profits and organizations, including those related to health and human services, entities that provide educational opportunities, and organizations that add a cultural and artistic layer to their communities.

The Lynchburg Symphony Orchestra is one of the arts organizations that has benefited from the bank's generous financial support for several years. "Our community is proud to have our own symphony," said Spencer. In addition to attendees enjoying concerts, Spencer also noted that the LSO is an attractive feature for businesses recruiting future employees to live here. "We give to the LSO because we want to keep the music going."



FOR INSTRUMENTS

August is National Back to School Month, and the Lynchburg Symphony Orchestra wants to ensure children in bands and orchestras are ready for the first day of classes.

This month, the LSO is launching *Reprise for Instruments*, and you can be an essential part of this campaign.

Do you have a gently used brass, woodwind, percussion or string instrument you no longer use? If so, contact the LSO to find out how you can give that instrument new life through the musical talents of a child.

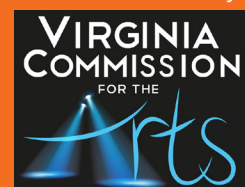
Even if you do not have an instrument to donate, you can participate in this campaign by giving cash to help with instrument repairs and to purchase new instruments for young people.

Thank you for partnering with us to create a legacy of musical excellence that we all enjoy.

Phone: (434) 845-6604
Email: LSO@ntelos.net

LSO Receives VCA Grant

The LSO has received a general operating grant from the Virginia Commission of the Arts for season 36. Funding from the VCA helps us to realize our goals for presenting high-quality music programs and fostering music appreciation through outreach to public schools. The grant also lends credibility, helps to legitimize our work, and affirms our identity as part of the



broader arts community across our state and the entire U.S.

National Company Awards Grant to the LSO

The Lynchburg Symphony Orchestra recently announced that it has been awarded a substantial grant by the Pacific Life Foundation. The grant, in the amount of \$10,000, is part of Pacific Life's commitment to arts and culture.

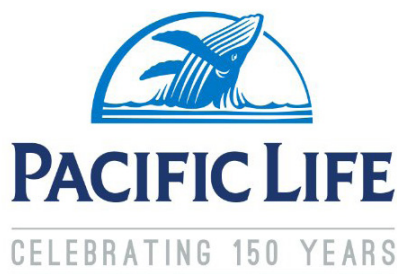
"The LSO is a vibrant contributor to the arts community in Lynchburg," said Tina Garrett-Ragland, assistant vice president of human resources at Pacific Life, and a member of the LSO board of directors. "Financial support through grants is one way the company shows its support for communities in which Pacific Life has a presence."

"The LSO is very glad to have Tina serving on our board of directors," said LSO board president Linda Edwards. "She brings a passion for the arts, as well as expertise

in the corporate community." Garrett-Ragland serves on the LSO's Governance and Personnel committee.

"The grant from the Pacific Life Foundation will help to make our exciting new season the best it can be," said Edwards. "Corporate support is critical to our success and we are thankful for this generous grant."

The grant will go into effect in January 2019.



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Capone and therapists at her company also work with at-risk youth through a Lynchburg residential facility. "These young people have a lot of emotions to deal with," said Capone. She said they use instruments such as drums to give the youth a positive, emotional release and expression. "Kids will participate and be in control, active and instructive," she said. "Teachers have told us how much the music has helped these children."

Even through it is difficult for families whose loved one is facing the end of life, there are rewards. Capone said she was working with a woman who had cancer and was bed-bound. On one visit to the home, Capone arrived to find members of family there and asked if they wanted her to come back later. "They are here because of you," she was told. "We had this great family sing-along. It was amazing," Capone

said. "Every time I went back, all the family was there. They hadn't connected that way in a long time."

Capone said creating music with someone creates a connection. "I still feel connected with the families of patients," she said. Capone said she still plays music she made with patients and their families. "I clearly remember them and have those memories with me."

For Capone, live music does something that recorded music cannot accomplish. "It's the environment, watching the performers, and the energy of the room," she said. Capone said it reminds her being in a school band growing up and wind ensemble in college, and having music surround her while playing it.

What does Capone suggest when listening to music? "Be purposeful and put yourself in a space to receive all the music has to give."

Lynchburg Symphony To Hold Auditions in August

The LSO will hold auditions for prospective members on Saturday, August 25 at 12:00 noon. The location is Court Street United Methodist Church, Guild Room on the second floor.

All strings and percussion players are especially encouraged to audition. However, auditions are open to musicians who play any category of orchestra instrument.

Musicians planning to audition should send a one-page resume to Angie Hales, Music Coordinator, at dnahales@juno.com.



Allegro is a monthly publication of the Lynchburg Symphony Orchestra and sent via email to subscribers.

To be added to the **Allegro** email list, contact the LSO office through one of the means listed below.

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Lynchburg, VA 24504

Phone:

(434) 845-6604

Email:

Iso@ntelos.net

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Behind the Scenes at the Lynchburg Symphony

Attending an LSO concert is a great way to get acquainted with musicians, directors, board members, volunteers, and even the varied performance repertoire.

A lot goes on behind the scenes, such as purchasing and renting music, donor relations, ticket sales, accounting, and other business activities. That requires skilled professionals who keep the organization running smoothly. In this edition of *Allegro*, we introduce three of our team members. The next time you call the LSO office, be sure to thank them for their work.



Angie Hales

Evangeline Hales (Angie) serves as the LSO's Music Coordinator. She and her husband, Douglas, have lived in Lynchburg for about 25 years. They have two adult children.

Angie started singing on stage at age three, and then later studied piano, and finally violin in elementary school. While a music education student at Liberty University, she sang in vocal ensembles and played in the university orchestra.

Angie has been a part of the LSO for more than 20 years, not only as a member of the 2nd violin section, but also as a Musician Representative for four years.



Charlene Scruggs

Charlene is one of the LSO's office administrators and handles accounting for the organization.

Born and raised in Dillwyn, VA, she holds an associates degree in accounting, a bachelor's in religious studies, and a master's degree in organizational management.

Charlene enjoys Gospel music, as well as oldies but goodies out of the '70s, such as Lionel Richie and Luther Vandross. Her hobbies include fishing, dancing, traveling, and hosting family gatherings.



Georgia Greer

Georgia is new to the LSO and serves as an office administrator. She hails from California, where she received a bachelor's degree in accounting. More recently, Georgia earned a bachelor's in instrumental music. She also has played harp for the LSO.

She enjoys reading, knitting, walking, and going on coffee dates with her husband.

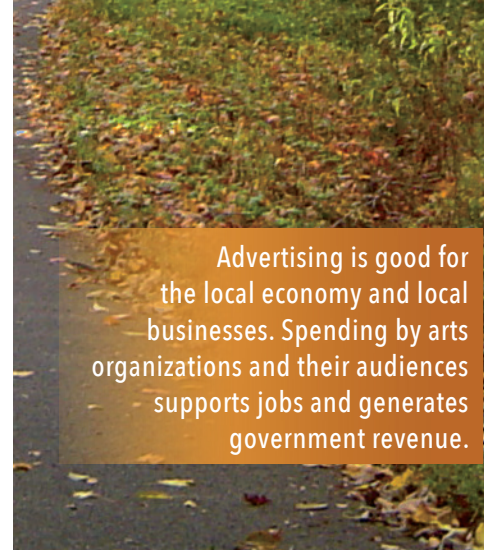
Advertising Space Now Available for the LSO Season 36 Program Book



Advertising with the LSO is an excellent way for businesses to support hometown music, arts and culture.

Reach 500-525* Lynchburg area residents on average per concert. Appear in five LSO program books for one price.

*2016-2017 season



Advertising is good for the local economy and local businesses. Spending by arts organizations and their audiences supports jobs and generates government revenue.

**Ad reservation deadline:
September 20, 2018**

For an advertising rate card or more information, call the LSO office at (434) 845-6604