

SAMA MONTHLY

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Student
of the
Month



SARAH S.

Sarah goes above and beyond learning numerous songs each semester and takes the time to find places in her music to be expressive. Sarah's voice instructor, Scott Flanagan, says, "How refreshing it is to work with Sarah, someone who wants to improve and is receptive to new ideas. She has a warm disposition and laughs frequently in the studio." Sarah loves to sing and practices often. Her dedication to lessons shows in her weekly lessons and in performances. Congratulations, Sarah! Keep up the great work.

INSTRUCTOR CORNER

Pain in progress is not a badge to be worn. But unfortunately, a necessary evil. After all, a boat cannot sail without the resistance of the wave against the oar.

As a kid I would sit practicing my guitar for hours on end, often forgetting my bedtime, only to be reminded by my dad waking up at 2 in the morning. During this time, I was passionate and learned a great deal. Other times, practice did not come so easy and was a s-l-o-w moving process. At times I've had a great disinterest in pieces I was working on for school. Knowing their difficulty would make me a better player did not help this fact.

Emotions play a great deal in our decision making process and are often the cause of actions our future self would not be proud of. Understand that through difficulty and loss of interest, your goals CAN STILL be reached. Creating daily habits that you do, no matter what the circumstances are, is critical. Emotions are fickle and not always to be trusted. When you don't feel like practicing, relying on daily habits can help you weather the storm. Sometimes it's okay to "go through the motions" until your next spark of interest. Trust me - your future self will thank you for it.
-Roland Guerrero

**SAMA WILL BE
CLOSED
3/09/14 -
3/16/14
ENJOY YOUR
SPRING BREAK!
DON'T FORGET
TO PRACTICE.**