I have played the cello for over sixty years. And, as I like to remind my grandkids, I still practice regularly. When I was in seventh grade my music teacher played a recording of “The Swan,” a beautiful cello solo by Camille Saint-Saens. That did it! I had to play the cello and I had to play that solo. Over the many years since then, I have performed in orchestras, chamber ensembles, and as a soloist. I still perform “The Swan.”

I had the pleasure of teaching strings for almost 30 years. My students and I both enjoyed the days I brought my cello to school to perform for them. I would tell them, “I hope you play your instruments until you are 85!” They laughed, of course, but I meant it. I wanted to impress on them how important participating in music is.

Now, there aren’t too many years before I will be eighty -five. Hopefully, I will still be playing my cello.