

Life Is a Symphony



*Meet Shelagh Abate...
principal French horn
and yoga enthusiast*

Shelagh (pronounced "Sheila") is from Long Island but now lives in Jamaica Plain, MA, where she shares a house with three other musicians.

Her favorite movie is Monty Python's *Search for the Holy Grail*; her pet peeve is reality TV; her secret ambition is to be a wrestler for the WWE.

In her spare time she racks up cell phone minutes.

The best advice she ever got: "If you're going to be a bear, be a grizzly."

No wonder she loves Mahler.

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