

# Life Is a Symphony



*Meet Gabe Langfur...  
bass trombonist  
and aspiring writer*

Born in Berkeley, CA, Gabe was raised as a hippie – beads and all. With degrees in English and trombone performance from Oberlin and New England Conservatory, Gabe's secret ambition is to be a writer. The closest he's gotten so far is writing promotional copy as administrator of the Boston Early Music Festival.

Gabe and his flutist wife and pretty black cat Thea live in Boston, where their downstairs neighbor is VSO principal trombonist John Faieta.

**Favorite movie:** Crazy People

**Favorite vice:** Excellent beer

**Comfort food:** Egg salad

**Pet peeve:** Quotation marks used for emphasis

**Best advice he ever got:** "Always start with what you CAN do" (from Boston Symphony trombonist Norman Bolter)

**True confession:** "I waste way too much time on internet trombone forums." (Sorry, Gabe, we couldn't let this one "slide.")

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