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YOUNG AUTHOR'S LOVE OF MUSIC PROMPTS NEW BOOK



Sylvan fifth grade student **Adam Elfadl**, 10, has recently released his second book, "A Trip Through Time, The Great Composers of Piano."

Elfadl has been taking piano lessons since he was 4-years-old from **Melanie Zientek** at **Forté School of Music**. Through the years, he often wondered about the lives of the composers of the music he was learning. "I wanted to know how the composers felt when they were writing their music and how they lived," he said. "I looked for books about

those composers whose music I love but could not find any so I decided to write this book."

Elfadl chose 51 composers to include, spanning from the 17th century, with the 1685 birth of Johann Sebastian Bach, to the more modern day composers of the twentieth century. He learned about their struggles and how they persevered. "It is inspirational to see the rough conditions in which they lived and what they had to go through, but still they continued on," Adam said.

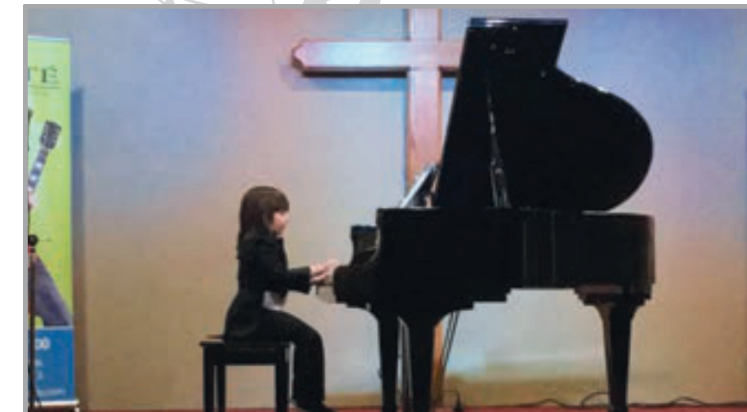
According to the young author, he started writing the book last summer. He was able to learn about the Romantic Period and why it is the most notable in music history. "I also want to help other kids who are studying music learn about these composers. Just knowing the back story brings the music more alive and interesting. I just know how important music is to me and I want to share that with others. I also want children to be encouraged by seeing how everyday people in the past overcame hurdles to achieve their dreams."

Wise beyond his years, Elfadl appreciates how music helps with brain development, including the ability to focus. "Music helps relieve stress and helps to express emotion and improve confidence. Music sparks creativity. Music is for everyone, young and old. Music brings peace and happiness. It is the universal language and never has to be translated," he stated.

Inspired by his research about composers, Elfadl created his first composition in time to be included in his book. Titled "The Parthenon," it reflects another of Elfadl's interests in Greek mythology. "Music always surrounded The Parthenon and it seemed a fitting name for my first composition," he said.

Elfadl showcased his musical skill on Dec. 10 at the Wildwood Metropark's Manor House where he was one of two Forté students chosen to perform for guests attending the 48th annual Holidays at the Manor House. In addition to an array of Christmas music, Elfadl debuted "The Parthenon" for the audience.

Elfadl's first book "Earth's Resources," was published in 2022. This was the result of the then 9-year-old's curiosity



Adam Elfadl began his musical journey at age 4. He performed in concert in March 2017.

about his family's kitchen countertop. He was fascinated that a big rock could be transformed into the smooth surface needed in the kitchen. This research led to his discovering information about gems, minerals, rocks, fossils, and plants. "My reason for publishing this book is to inspire kids that any dream can be reached by working toward it," he related.

"Since starting piano lessons at Forté Music School in 2017, Adam's musical journey has been a joy to witness. Guided by the exceptional mentorship of his piano teacher Melanie and surrounded by the steadfast encouragement of his loving family, Adam has flourished. The harmonious blend of quality guidance and familial support has not only enriched his education but has also inspired him to share his passion through his newly authored book. Adam's story is a testament to the transformative power of music and the profound impact of a nurturing environment on one's creative pursuits," offered **Virgil Lupu**, director of Forté Music School.