

The Blue Ridge Music Center

700 Foothills Road
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Milepost 213, Blue Ridge Parkway

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FOR IMMEDIATE RELEASE
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Blue Ridge Music Center Presents:

Film - Throw Down Your Heart: A Documentary by Sascha Paladino
Galax, VA - The airing of this new film is the second event in the Fall Heritage Series at the Blue Ridge Music Center. Showtime is Sunday, September 27 at 2pm. Admission: \$5

“Throw Down Your Heart” follows American banjo virtuoso Béla Fleck on his journey to Africa to explore the little known African roots of the banjo and record an album. It’s a boundary-breaking musical adventure that celebrates the beauty and complexity of Africa - an Africa that is very different from what is often seen in the media today.

At first glance, it might seem odd that the banjo is the catalyst for this journey. But in fact, the banjo is originally an African instrument. And Béla Fleck’s passion for the banjo runs deep. In his trailblazing 30-year career, Béla has brought the instrument into jazz, pop, classical, and world music settings, and won eight Grammys along the way (not to mention the 20 nominations, in more distinct categories than anyone else, ever).

“Throw Down Your Heart” is a feature documentary that follows Béla’s musical adventures through four African countries: Uganda, Tanzania, The Gambia, and Mali. Along the way, he works with a wide array of musicians - from local villagers who play a twelve-foot xylophone, to a family that makes and plays the akonting (thought by many to be the original banjo), to international superstars such as the Malian diva Oumou Sangare.

As Béla travels across Africa, he forges both musical and personal connections. Using his banjo, he transcends barriers of language and culture, finding common ground with musicians from very different backgrounds and creating some of the most meaningful music of his career.

The Blue Ridge Music Center (which is located at milepost 213 on the Blue Ridge Parkway). Fall showcases and films take place in the music center's indoor theater which seats 90 people. Admission is only \$5 and phone or email reservations are recommended. Drop-ins are welcome to remaining seats available.

Upcoming fall events at the music center include:

Sunday, October 4. 2pm-3pm

Showcase: Old-time music of Grayson County featuring Kilby Spencer & The Crooked Road Ramblers. Free.

Sunday, October 11. 2pm Film.

"From Wood to Singing Guitar"

An Appalshop documentary film showcasing Wayne C. Henderson, master musician and guitar maker from the small town of Rugby, Virginia.

Admission: \$5

Sunday, October 18. 2pm-3pm

Showcase: Round Peak - A musical phenomenon in the Blue Ridge and around the world. Paul Brown and friends. Free.

Mid-day mountain music also continues at the Blue Ridge Music Center with volunteer, resident musicians performing traditional music there most days in the breezeway of the visitor center. Performance times vary so call (276) 236-5309 for info. Admission to mid-day mountain music is free.