



September 2009



Laurie Richards
Associate Simply Music Teacher

Laurie's Music Studio
10804 Prairie Hills Drive
Omaha Ne 68144

phone 402 397 7310

email lauriesmusicstudio@yahoo.com

web omahapiano.com

Calendar

September is National Piano Month.

Sep. 7 No lessons - Labor Day
Sep. 25 Meet & Greet with Neil Moore - details below

Sep Makeup session

Fri. Oct 2, 5:00 - 5:45
Please sign up in advance.

September Birthdays:

11 Daphne Fossler
25 Aidan Flairy
25 Olivia Glock
28 Emma Boever

Coming Up:

Oct. 12-14 (M-W) No lessons for Laurie's students - vacation week
NOTE: This is a change from my original Oct. vacation days.

Oct. 14 Buy the Big O Show at the Qwest Center. Come and visit the Simply Music booth!

Need a good laugh?

Go to <http://www.youtube.com/watch?v=W8R0ZwYvXpg> and watch Victor Borge play Liszt's Hungarian Rhapsody No. 2 with another (unidentified) pianist. He is very talented, and hilarious.

Practice Tips and Suggestions

It's easy to get into a rut with practicing. Sometimes just a little variety can help. Here are some ideas - try some!

First, a few general "rules" I'd like you to follow:

- Practice at the same time every day - it helps your brain organize itself for practice time, which aids your learning
- Don't play the songs in the same order every time!
- Play with the CD regularly to check your speed, style and accuracy
- If you are in the reading program, spend a few minutes each day on the reading assignment - consistency is the key

Add some variety to your routine:

- Use popsicle sticks like we do in class - pull one, play it, and put it in a different container (if you weren't able to play the song, it needs to be reviewed)
- Have someone else - a friend or family member - call out songs from your playlist in random order
- Highlight the box on the playlist for each song that should be played each day - that way you can make sure everything gets played
- Record yourself playing some songs (or an entire level); then listen to it and see if you enjoy the way you played
- If you are working on a small section, play tic-tac-toe with someone: keep playing the same section - if you play perfectly, you get a turn on the tic-tac-toe board; if you make any mistakes, your opponent gets a turn
- Play every other song on the playlist; the next day play all the remaining songs (or do every 3rd song)
- Come up with your own ideas!

Meet Neil Moore!

Don't miss this chance to meet the founder and creator of Simply Music in person. Neil will be here for a few days for a regional Simply Music teacher training that the Omaha teachers are hosting. Tickets are available through Sep. 15 from your teacher for a **Meet & Greet** with Neil:

Date: Friday, Sep. 25

Time: 6:30 - 9:30 p.m.

Place: Embassy Suites Old Market (555 S. 10th St.)

Price: \$10 per family (includes immediate family)

PLEASE NOTE: The Meet & Greet is limited to family members aged **6 and older**, unless a child younger than 6 is a student. Nursing infants are also welcomed.

There will be hors d'oeuvres and a piano for those who wish to play. We were lucky enough to have a similar event in 2006 - lots of fun, and Neil is an amazing person. I'd like as many of you as possible to meet him!

FEATURED ARTICLE

Here's a timely article, as the swine flu makes its appearance again. . . .

Music can boost your immune system

Listening to music can give your immune system a boost and may help fight off disease, researchers have discovered.

By Richard Gray, Science Correspondent

from telegraph.co.uk

Scientists found that after listening to just 50 minutes of uplifting dance music, the levels of antibodies in volunteers' bodies increased.

They also found that stress hormone levels, which can weaken the immune system, decreased after being exposed to the music.

Volunteers who played a percussion instrument along with the music also benefited from the immune boost.

The researchers, from Sussex University and the Max Planck Institute in Leipzig, Germany, say their findings demonstrate how music could be used to help aid patients' recovery while in hospital.

In a separate, unpublished, study they also found that playing music while a patient was under anaesthetic during an operation also helped to lower the levels of harmful stress hormones.

Dr Ronny Enk, a neurocognition expert at the Max Planck Institute, who led the research, said: "We think the pleasant state that can be induced by music leads to special physiological changes which eventually lead to stress reduction or direct immune enhancement. Stress reduction probably plays an important role, but the stress reducing effect seems to be different for various types of music."

The researchers tested 300 people, asking them to listen to 50 minutes of happy, joyful dance

music or to a random collection of tones. They found that levels of cortisol, the stress hormone, decreased significantly in those listening to the dance music compared to the control group. After listening, the levels of the antibody immunoglobulin A, the immune system's first line of defence, were heightened.

The researchers did not test whether different types of music would have different affects, but other studies have shown that personal preference for music can also influence the stress reducing impact it can have.

Dr Enk added: "We'd expect that different kinds of music might show different physiological and immunological effects. Not only the music itself is important but probably the personal appraisal of the listener will also be important. We did not use relaxing music, but rather exciting music that were joyful dance tunes from different centuries.

"Listening to music in hospitals might show benefits for patients and may for example lead to shorter recovery times, but we are still to test this ourselves."



"Music is God's best gift to man, the only art of heaven given to earth, and the only art of earth that we can take to heaven."

~Charles Landon