

I.F.E.

May 2013

Music and Life

Scientific research reveals a potent link among music making, stress reduction, and general well-being that clearly demonstrates the many benefits of active music making¹.

Stress, in its many forms, is widespread in our society. The pace and pressure of life are constant causes of stress, and ongoing exposure to stress can cause a number of disorders. According to Newsweek (September 27, 2004), Experts claim that 60-90 percent of doctor visits involve stressrelated complaints. Stress can affect people of any age, and people do not necessarily react to stress in the same way, making dealing with stress a complex issue.

In a scientific study, recreational music making (for example what we do when we play music at home and in our Lowrey Magic classes), was shown to dramtically reduce stress levels on a very basic human level. The significance of the study is the fact that specific genomic markers² for stress were positively affected through music making activities. There were no therapeutic drugs or other medical therapies applied in the study. Furthermore, participants in the study were not experienced music makers and considered themselves to be 'non-musical.'

In addition to making music being a skill we desire to learn, and one in which many find enjoyment and satisfaction, active music making as a stress reduction strategy warrants further consideration as a healthy lifestyle choice.

Evolution of Musical Instruments Series

A. Cozzolino

During the Bronze Age metals became available, usually in alloy form for strength, especially pewter (tin and lead), brass (copper and zinc) and bronze (copper and tin). The alloys were developed for weapons and shields (the clamor of battles). Some noticed that hitting a bronze helmet with a bronze sword had one definite pitch when it was empty and a different sound when filled, which may have lead to the formation of church bells.



Corinthian helmet 500-490 BC.



Small Bell 500 B.C. - 300 A.D.

Modern Bell



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Slide Kelly Slide

by: Bil Curry

It's baseball season again and here's the chorus of a song about baseball great Mike "King" Kelly. Here's a quick run-down:

- 1. Baseball Hall of Fame inducted in 1945 (catcher, right-fielder, manager)
- 2. .308 career batting average
- 3. Had 1357 runs
- 4. Stole 368 bases

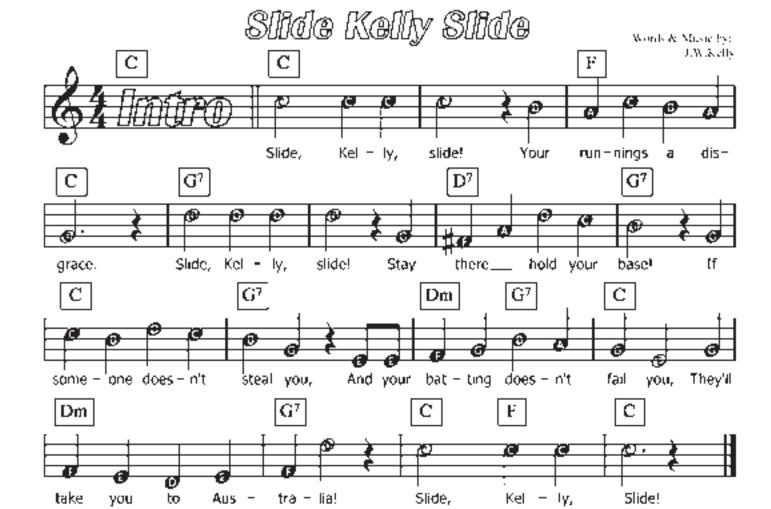
- 5. First to write a baseball autobiography "Play Ball"6. First to hook slide, cut bases, and foul-off pitches "on purpose"7. Inspired America's first "pop hit" recording, "Slide Kelly Slide"

His Baseball Hall of Fame plaque reads: MIKE J. (KING) KELLY COLORFUL PLAYER AND AUDACIOUS BASE-RUNNER. IN 1887 FOR BOSTON HE HIT .394 AND STOLE 84 BASES. HIS SALE FOR \$10,000 WAS ONE OF THE BIGGEST DEALS OF BASEBALL'S EARLY HISTORY.

Try the song with the following styles and use their Style Setups: "Honky Tonk" (in the Ragtime button)

"Ragtime Piano" (in the Pop button on the EZ series)

Makes me want to grow a handle-bar mustache...





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From Music and Life, cover-page 1.

1 Active music making, in comparison to passive music making, is the act of being involved in the making of music rather than just listening to music.

2 A genomic marker is a gene or DNA sequence with a known location on a chromosome that can be used to identify individuals or species. Genomics and Its Impact on Science and Society: The Human Genome Project and Beyond - a publication of the U.S.Department of Energy Human Genome Program - March 2003

Recreational music-making modulates the human stress response: a preliminary individualized gene expression strategy, Medical Science Monitor, Volume 11, Number 2, February 2005.

Sparks of L.I.F.E. in the News

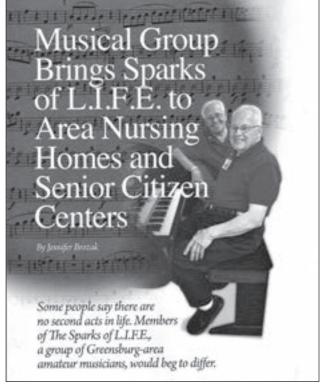
The Sparks of L.I.F.E. had a 2 page spread published in the 'iN Community Greensburg Salem-Spring Edition.'

The article begins:

'Musical Group Brings Sparks of L.I.F.E. to Area Nursing Homes and Senior Citizen Centers. Some people say there are no second acts in life. Members of the Sparks of L.I.F.E., a group of Greensburg area amateur musicians, would beg to differ.'

Because of positive publicity, requested return performances, and "word of mouth", the Sparks of L.I.F.E. are booked until December.





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