



L.I.F.E. *Style*

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 stress-related 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 dramatically 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

**L.I.F.E. Chapter phone
number & email
630.607.5207
chapterpres@lowrey.com**

Direct other L.I.F.E. inquiries to
Jacqueline Mavros.
Email: jacquelinem@lowrey.com
Phone: 708-352-3388 x 230



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...



Visit dennisawe.com for a schedule of events
 and to view pictures of the

HOS Vegas
Suncoast Hotel & Casino
 Book Online at
dennisawe.com

or call us at
407.810.8443

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.

Slide Kelly Slide

Words & Music by:
 J.W. Kelly

Slide, Kel - ly, slide! Your run - nings a dis -
 grace. Slide, Kel - ly, slide! Stay there — hold your base! If
 some - one does - n't steal you, And your bat - ting does - n't fail you, They'll
 take you to Aus - tra - lia! Slide, Kel - ly, Slide!

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.



Musical Group Brings Sparks of L.I.F.E. to Area Nursing Homes and Senior Citizen Centers

By Jennifer Borsak

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.

Member's Only Discounts! EZ Play Song books

May 2013

More Songs Of The 1940s

Regular Price \$14.99

Members Receive a 25% Discount

E-Z Play Today
Volume 369

Over 60 songs, including: *Bali Ha'i* • *Be Careful, It's My Heart* • *Five Guys Named Moe* • *Is You Is, Or Is You Ain't (Ma' Baby)* • *The Last Time I Saw Paris* • *Old Devil Moon* • *San Antonio Rose* • *Some Enchanted Evening* • *Steppin' Out With My Baby* • *Too Darn Hot* • and more.



Use L.I.F.E. code: LL05

Hal Leonard song book code: 102294

June 2013

Essential Songs - The 1950's

Regular Price \$17.95

Members Receive a 25% Discount

E-Z Play Today
Volume 51

Over 100 of the very best songs of the '50s, including: *All Shook Up* • *Autumn Leaves* • *Blueberry Hill* • *Don't Be Cruel* • *Earth Angel* • *Fever* • *Kansas City* • *Love and Marriage* • *Mister Sandman* • *Rock Around the Clock* • *Smoke Gets in Your Eyes* • *Wonderful! Wonderful!* • and more.



Use L.I.F.E. code: LL06

Hal Leonard song book code: 100208

To order: visit www.musicdispatch.com, or call 1-800-637-2852 Please note, there is a shipping and handling charge.

NEW L.I.F.E. MEMBERS - Use Member #37300 for Member Only Song book Discounts

