

# MUSIC NOTES

## Noteworthy Events from the Lecky-Springer Music Studio

### Announcements

- ◆ Our Summer Schedule has officially begun. Please login to My Studio Website and look at the calendar for your lesson times.
- ◆ The week of June 9 you will notice some work being done on the house (mainly painting). I will work to keep disruptions to a minimum, but be aware that parking may be a bit hectic. Please feel free to park in the grass on my property if needed.

### Friendly Reminders

- The **Referral Program** is in full swing. If you refer a friend to my studio and they sign up for a month's worth of lessons, you receive a **FREE** lesson.
- There are **5 Mondays** in June
- Please plan to arrive no earlier than 5 minutes to your lesson to ease congestion issues.
- I must keep lessons running on time- late arrivals will still end at scheduled time.

### Spring Recital Recap



What a MARVELOUS afternoon of music-making! I was thrilled beyond words as to how well all the students performed at the Lecky-Springer Music Studio's first Voice Recital on May 17th. Everyone sang with such expression, poise, professionalism and accuracy.

My heart is full of love for all of my students and you should take pride in knowing that I was beaming with happiness for everyone's success that afternoon. Each one of my students have their own vocal 'struggles' which they are working to improve upon. It was a joy to see you share with others the vocal growth I have witnessed all year long in our lessons.

Your feedback is always appreciated; if you have any comments regarding our first Recital, please feel free to email me any suggestions.

I am already looking forward to our next recital in the fall. Keep an eye out for the date in the near future. CONGRATULATIONS!!!





## Congratulations!

The Lecky-Springer Music Studio would like to congratulate the following students for their achievements this past month:

- **Buffy Adamski, Lizzie Black, Liza Cramé, Jade Ferrell, Janet Leavens, Reva Stover, Sean Tormey, Hannah Warner, & Katie Weaver** for their participation in our Spring Voice Recital
- **Reva Stover** for graduating from Colonial High School
- **Lizzie Black** for her solo performance of "For Good" at South Seminole's Choir Concert.

## Upcoming Events

- ♦ **May 27th-August 1:** Summer semester
- ♦ **August 4th:** Fall 2014 Semester begins!

# Don't Keep up with the Kardashians—Talking like them Could Fry Your Vocal Cords

by *Eric Bandin*



Kardashian followers are hurting their, like, vocal cords.

The guttural "[vocal fry](#)" sounds could prove dangerous for those who parrot the vocal style of some celebrities.

Stars like Kim Kardashian and Britney Spears, who are known to speak with the low pitch "uhhh" sound along with words such as "like" that exemplify vocal fry, inspire many people to pick up the potentially detrimental habit.

"If you do it enough you can create a lot of tiredness in your voice," said Judith Wingate, clinical associate professor and speech-language pathologist at UF. "It can lead you to squeeze the muscles in the throat and cause problems."

She continued: "Essentially what's happening is the vocal folds are closed longer than they're open as you speak, so you get this creaky popping sound."

Vocal frying can cause wear on vocal cords, and can be heard in everyday speech.

"We hear vocal fry in young ladies who are trying to sound more mature, and young men who are trying to sound more macho," said Ronald Burrichter, professor of music at UF.

Professional football players typically end their careers by 35 due to the abuse on their bodies — and the same reasoning applies to celebrities who use vocal fry as a type of style, Burrichter said.

"In order to be a more effective communicator, you need to take the time to figure out how to properly articulate your thoughts to others," said Danielle Espino, a 20-year-old linguistics junior at UF.

There are certain measures that can be taken to avoid the negative effects of vocal fry. "Vary your pitch, and make sure you're using sufficient air when you speak," said Wingate. "To be on the safe side, I wouldn't recommend people do (vocal fry) for more than a couple of minutes a day."

Burrichter said celebrities who are frying their voices are more concerned about making money than they are about the health of their voices.

"The voice is a finite instrument, it is not indestructible," Burrichter said. "Once it is injured, it is never quite the same."