

The Music Score, LLC

Where you'll find Music, Lessons & a whole lot more!

www.themusicscorellc.com



JUNE

What's New?

It's June again which means we are just about ready to end the school year and begin our Summer Semester!

What this means for students and parents is that it's time to come to the office so we can coordinate you and your teacher's availability for summer lessons. Since students and instructors have vacation plans, summer sessions are based on a per-lesson rate.

Going away for the summer and want to guarantee your time slot for autumn?

We highly recommend pre-registering for September. Not only does this guarantee you'll have your desired time and day for lessons, but if you pay by the end of June you get 5% off September tuition!

See the office for details!

Congratulations to all of our amazing students!

Everyone did fabulously in the recital this year and everyone at The Music Score is very proud of you!

We look forward to improving our recital for next year and will be taking everyone's feedback into consideration. The pictures Bob took of everyone at the recital are now on display on the bulletin board in the hallway. Be sure to take a look and see your picture! Ask Aubrey in the office if you'd like a copy of any recital pictures.

To those who did not perform, we are equally proud of you and your accomplishments! We hope to see everyone perform for us all in May 2012!

Newsletter



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Article of The Month

Childhood Music Lessons May Provide Lifelong Boost in Brain Functioning

Research explores possible link between early musical study and cognitive benefits

WASHINGTON—Those childhood music lessons could pay off decades later - even for those who no longer play an instrument – by keeping the mind sharper as people age, according to a preliminary study published by the American Psychological Association.

The study recruited 70 healthy adults age 60 to 83 who were divided into groups based on their levels of musical experience. The musicians performed better on several cognitive tests than individuals who had never studied an instrument or learned how to read music. The research findings were published online in the APA journal *Neuropsychology*.

“Musical activity throughout life may serve as a challenging cognitive exercise, making your brain fitter and more capable of accommodating the challenges of aging,” said lead researcher Brenda Hanna-Pladdy, PhD. “Since studying an instrument requires years of practice and learning, it may create alternate connections in the brain that could compensate for cognitive declines as we get older.”

While much research has been done on the cognitive benefits of musical activity by children, this is the first study to examine whether those benefits can extend across a lifetime, said Hanna-Pladdy, a clinical neuropsychologist who conducted the study with cognitive psychologist Alicia MacKay, PhD, at the University of Kansas Medical Center.

The three groups of study participants included individuals with no musical training; with one to nine years of musical study; or with at least 10 years of musical training. All of the participants had similar levels of education and fitness and didn’t show any evidence of Alzheimer’s disease.

All of the musicians were amateurs who began playing an instrument at about 10 years of age. More than half played the piano while approximately a quarter had studied woodwind instruments such as the flute or clarinet. Smaller numbers performed with stringed instruments, percussion or brass instruments.

The high-level musicians who had studied the longest performed the best on the cognitive tests, followed by the low-level musicians and non-musicians, revealing a trend relating to years of musical practice. The high-level musicians had statistically significant higher scores than the non-musicians on cognitive tests relating to visuospatial memory, naming objects and cognitive flexibility, or the brain’s ability to adapt to new information.

Childhood Music Lessons May Provide Lifelong Boost in Brain Functioning (continued).

The brain functions measured by the tests typically decline as the body ages and more dramatically deteriorate in neurodegenerative conditions such as Alzheimer's disease. The results "suggest a strong predictive effect of high musical activity throughout the lifespan on preserved cognitive functioning in advanced age," the study stated. Half of the high-level musicians still played an instrument at the time of the study, but they didn't perform better on the cognitive tests than the other advanced musicians who had stopped playing years earlier. This suggests that the duration of musical study was more important than whether musicians continued playing at an advanced age, Hanna-Pladdy says.

"Based on previous research and our study results, we believe that both the years of musical participation and the age of acquisition are critical," Hanna-Pladdy says. "There are crucial periods in brain plasticity that enhance learning, which may make it easier to learn a musical instrument before a certain age and thus may have a larger impact on brain development."

The preliminary study was correlational, meaning that the higher cognitive performance of the musicians couldn't be conclusively linked to their years of musical study. Hanna-Pladdy, who has conducted additional studies on the subject, says more research is needed to explore that possible link.

At the time of the study, Hanna-Pladdy was an assistant professor in psychiatry at the University of Kansas Medical Center and a research faculty member of the Landon Center on Aging. She is now an assistant professor in neurology at Emory University School of Medicine. MacKay, a former research assistant at the University of Kansas Medical Center, is now an assistant professor of psychology at Tulsa Community College.

The American Psychological Association, in Washington, D.C., is the largest scientific and professional organization representing psychology in the United States and is the world's largest association of psychologists. APA's membership includes more than 154,000 researchers, educators, clinicians, consultants and students. Through its divisions in 54 subfields of psychology and affiliations with 60 state, territorial and Canadian provincial associations, APA works to advance psychology as a science, as a profession and as a means of promoting health, education and human welfare.

"Childhood Music Lessons May Provide Lifelong Boost in Brain Functioning." American Psychological Association (APA). Web. June 2011. <<http://www.apa.org/news/press/releases/2011/04/music-lessons.aspx>

Meet our New Teacher!

Not to worry, John Crand isn't leaving The Music Score, but to keep up with violin lesson demand we've put Christa Muller on our schedule.



Christa L. Muller began studying the piano at age 7 and the violin at age 11. A native of Miami, Christa holds a Bachelor's degree in Violin Performance (cum laude) from the University of Miami's Frost School of Music, and is currently completing a Master's degree in Violin Performance with an emphasis in Suzuki Pedagogy at The Hartt School in Hartford, CT. Find out more about Christa at www.christalmuller.com

Summer Piano Sale!



This Restored 1957 Baldwin R 5'8" Artist Grand Piano is new to our shop. Come check it and other fully restored used and new pianos in our piano shop!

Final Friday

June 24th @7:00 is our next open mic event! This month Featuring John Lomartra! After John's performance we'll open the floor for others to entertain.

Come join us in the piano shop as either a listener or performer. As always, we'll provide free refreshments. Click on the Open Mic link of our website for videos and info on future Final Fridays!



Tips from Bob

People are always asking me what they can do to help their child succeed in studying the piano. I give them these simple rules:

- Proper ear training begins by playing a tuned piano.
- Proper technique begins by playing a well regulated (mechanically adjusted) piano.
- Combine the two and you get a successful student!