

Silver Music Studios

May, 2009

AT-HOME LESSONS

Silver Music Studios now offers guitar, bass, piano and voice to come to your home. For a small travel fee, if your time does not allow getting you or your child to one of our locations, we have a staff of teachers ready and willing to travel to you. You may inquire thru calling us or by email to set it up. (Contact information at the bottom of this page)

The Science Behind "Choking"

references and quotes extracted from Scientific American Mind Feb./Mar. 2009

You've practiced for your big show till it was perfect. When it comes time to play, you freeze. What happened?

Did you forget your parts, get nervous, or both. Extensive research has been done on the subject of 'choking' under pressure. It is natural to blame it all on nerves. Further insight proves more.

The cerebral cortex (in the brain) stores 'learned tasks'. It controls 'high-order, conscious thought'. Now, the cerebellum (still the brain), 'orchestrates the lightning-fast motor activation to perform complex motor skills'. Motor skills are necessary for our hands, fingers, mouth, etc...to function as needed for performance. In short, we store the general purpose info in the cerebral cortex, but transfer that info to the cerebellum for execution.

The 'choking' arises under pressure scenarios. The cerebral cortex information is accessible at the conscious level. Unfortunately, the deftness and on-the-fly ability to perform, be it music, give a speech, play golf, relies on 'motor memory'. That is the job of the cerebellum. Under pressure, the cerebellum info is hindered or at least obscured. It is not 'consciously accessible'. Therein lies more reason why we 'choke'.

A good practice is to put yourself in better pressure situations whilst practicing. Do so in

SIXTH ANNUAL RECITAL!



Saturday, May 16 from 1 - 5 pm is Silver Music Studios' next big party. You are all invited. As always, no fee to attend. Collenbrook Church located at 5290 Township Line Rd. (RT. 1), Drexel Hill, PA 19026 will host our recital for the 4th time. Lovely room and stage. Refreshments will be on hand, but we have always appreciated some of you bringing your baked goods. Thank you for that.

If you have not already signed up, if interested in performing, please do so immediately. Not many slots remain. Even if you don't perform, we encourage you to attend, for however long you like. Support your family and friends. Let's make this another great Silver Music Studios recital.

front of friends, family, create distractions, so you are less likely diverted when performing for real. You will be better prepared for that big show. Relax, breathe and know it is not the end of the world. Happy playing.

Teacher Spotlight: Dylan



Dylan, a local boy and West Chester grad, fires on all cylinders. He has been a guitar slinger for over 20 years and headlines his own band, The Dylan McGuire Band. As articulate a singer as he is a player, Dylan exudes the heart of rock 'n roll, blues, country, folk and beyond. Silver Music Studios is proud to have this fine musician and teacher with us. Let Dylan help you ignite your inner prowess on Fridays in Drexel Hill.

Joke Corner

Q: How many lead guitarists does it take to change a light bulb?

A: None. They just steal somebody else's light.

Q: What do you call a successful musician?

A: One who's significant other has two jobs.

Q: How can you tell which kid on the playground is the trombone player.

A: He/she doesn't know how to work the slide, nor can they swing.

Silver Music Studios Family

Christie – Guitar/Bass

Christine – Piano

Dylan – Guitar/Bass

Erica – Voice/Beginner Piano

Chris – Guitar/Bass

Jessica - Voice

Jim – Website designer/Newsletter layout

Kat – Manager

Lou – Guitar/Bass

Matt – Guitar/Bass

Mike – Guitar/Banjo

Mitch – Piano

Nick – Asst. Manager/Guitar/Bass

Rich - Guitar

Rob – Bass

Sallie - Piano

Scot – Owner/Guitar/Bass

Top Ten Guilty Pleasure Songs (as chosen by our staff)

Scot's top ten

1. Relax - Frankie Goes to Hollywood
2. Tubthumping - Chumbawumba
3. Wait - White Lion
4. It takes two - Rob Base
5. Rock me Amadeus - Falco
6. Genie in a bottle - Christina Aguilera
7. In the air tonight - Phil Collins
8. Headed for a heartbreak - Winger
9. Let the music play - Shannon
10. anything by Neil Diamond

Matt's top ten

1. Cuppy Cakes - Amy Castle
2. Paradise by the Dashboard Lights - Meat Loaf
3. When I Kissed the Teacher - ABBA
4. A Little Respect - Erasure

5. Superstar - The Carpenters
6. Any Man of Mine - Shania Twain
7. Rock Me Gently - Andy Kim
8. Interjections - Schoolhouse Rock
9. Little Willy - Sweet
10. They Don't Know 'Bout Us - Tracy Ullman

Dylan's top ten

1. Incense & Peppermints - Strawberry Alarm Clock
2. (I'm Gonna Be) 500 Miles - The Proclaimers
3. She Blinded Me With Science - Thomas Dolby
4. Whip It - Devo (or just about anything else by Devo)
5. Jessie's Girl - Rick Springfield
6. Stayin' Alive - The Bee Gees
7. In A Big Country - Big Country

8. Shout At The Devil - Motley Cru
9. 867-5309 - Tommy Tutone
10. The Monkey Song - John Lasher (a local guy - look it up on Myspace. So bad it's good).

Jim's top ten

1. Shake Your Bon Bon - Ricky Martin
2. Oops! I Did it Again - Britney Spears
3. Let it Whip - The Dazz Band
4. The Safety Dance - Men Without Hats
5. Boomshackalak - Apache Indian
6. Walk Like an Egyptian- Bangles
7. I'm Too Sexy - Right Said Fred
8. Holding Out For a Hero - Bonnie Tyler
9. Too Funky - George Michael
10. Pull My Finger - DaVinci's Notebook