

## **“The Maggie Linton Show”**

SiriusXM Urban View Channel 126 “The Maggie Linton Show” with Maggie Linton

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*On-air host Maggie Linton Show weekday talk show 10am – Noon on Channel 126. Guests include New York Times bestselling authors, stars of sports, entertainment and politics. We enlighten, inform, and stay positive.*

<https://www.maggielinton.com/about>

Maggie Linton: Barbara J. Simon is a singing teacher and coach. Her book is *Singing - Body and Soul: A Medley of Fresh Ideas about Musical Theater*. Welcome Barbara.

BJS: Hello Maggie, good morning.

ML: Well, good morning to you, too. Barbara, let’s talk about how just adding a little music can do such a wonderful thing for your acceptance into colleges.

BJS: Well, a lot of universities these days will welcome a music demo as an arts supplement to a student’s academic credits. It’s not because you are going to be a Music Major – I’m not talking about that kind of a demo. But sometimes the school just wants to get a better feel for who the person is and how they spent their time outside of school.

You know, families spend so much money on music education at various different points in a student’s life. And if the student has really taken to a certain instrument, you can brush up on those lessons and make a music demo that you would include in the college applications. And it can kind sort of boost you ahead, and make you stand out - which is great when you are applying for colleges.

ML: You know, when you think about how many parents are pushing their kids to “be the star singer,” there are some things that they need to know about steering their kids in the right direction, which sometimes is missing.

BJS: Yes, it’s true. There is a lot of psychological development that happens when someone is learning to sing. Most people have their first desire to sing when they hit puberty because the hormones that will turn a child into a teenager are the same hormones that activate the voice so that it becomes more three dimensional and more expressive, and their desire to move around the world as adults starts to ride on the sound, and you can hear it. It’s a little awkward at first. It takes about until age 25 for the voice to really settle in completely.

ML: When boys go through changes with their voices too, that’s another whole bally wick isn’t it?

BJS: It is. Actually girls go through changes as well, but we notice it more with a boy's voice. I think for a couple of reasons. One, because the depth of a voice – if a voice is really deep, it has to do with the vocal cords being longer. And so for a boy's voice to go from a child's voice to a man's voice there is a larger difference actually in the size of the vocal cords. It's like a huge sort of gearshift and it can happen in an awkward way.

When I'm working with girls singing, and I'm separating the different parts of the voice, I can hear that their voices are changing, because they don't have quite so far to go from a child's voice to a woman's voice, it's not as long a distance, literally, physically in the body, the cords don't get as long. It's not quite so arresting or so jarring, and consequently it's not so embarrassing.

But I've had some amazing junior high and early high school guys come in for lessons who were just fearless. And they'd say, "I don't care what it sounds like, just tell me how to do this. I want to be able to do this!"

And I'd think, "Man, you don't worry what it sounds like. You just let me guide you, let me teach you and we will take your body where it's going to go together, and it will be good."