

Study shows vocal results of singing genres

OLD GOLD AND BLACK STAFF REPORT

Hard rock is hard work for the voice, said a professor at Bowman Gray Baptist Hospital Medical Center. Dr. James Koufman, professor of otolaryngology and director of the Center for Voice Disorders, teamed with university voice coach Teresa Radomski, an associate professor in the department of music, to analyze the effects of eight different singing styles on the vocal cords and throat muscles of 100 professional and amateur vocalists.

The conclusion, announced Sept. 18 at the annual meeting of the American Academy of Otolaryngology, Head & Neck Surgery, is that rock and gospel stress the voice the most, with bluegrass and country close behind.

Easiest on the voice are choral music and all classical styles.

"From what we saw in our study, Mick Jagger and Mahalia Jackson aren't singing the same tune, but are both working their voices to the limit," Koufman said.

"What you see in the larynx when you look at a rock singer or gospel singer is a lot of tension. That doesn't necessarily mean 'bad,' just that it takes more work than singing, say, in the high school chorus when the goal is blending in," Koufman said.

Koufman said, "If you consistently push your voice to those limits for prolonged periods of time, you're much more likely to develop voice problems."

Koufman and Radomski said that the study represents a first step toward applying the same analysis Olympic athletes use to maximize performance so that singers perform their best and avoid vocal injury.

To observe the singing voice at

work, Koufman and Radomski used a computer-assisted laryngoscope to see the position of the vocal cords and other muscles of the larynx during singing and to record the images on optical disk. Each singer sang the last line of the "Star Spangled Banner," a similarly-timed passage from the singer's own type of music and passages well above and below the singer's normal vocal range.

An assistant who was not told the singing style scanned each study and tallied the percentage of "vocal tension" recorded in the frames.

All the singing styles put some stress on the voice, but choral music produced the least stress. Rock and gospel produced 139 percent more stress than choral singing; bluegrass and country western, 112 percent more stress; and musical theater, 80 percent more stress.

The other singing styles, art song,

opera, barbershop and popular and jazz, produced more stress than choral singing, but the vocal tension scores were not statistically significant.

"There were very few surprises to me," Radomski said. "But being able to see the general precepts of voice teaching validated—good breathing technique is important to support the voice, better breath support equals better function—has improved my ability as a teacher and performer."

In addition to identifying signs of vocal abuse and vocal health, Radomski said the study also found that a history of formal voice training and warming up before singing reduces tension.

No correlation was found between vocal tension and tobacco or alcohol use, a singer's gender, a singer's reports of neck tension experienced during singing, regular exercise or weekly performance hours.

Judicial

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still available at every step of the process. Christopher Leonard, the coordinator of student counselors, does not envision a problem with the new policy.

"I think we're all trying to accomplish the same goal, and that's to reduce abusive alcohol use on this campus," he said.

According to Leonard, alcohol abuse cases were very rarely overturned or changed by the Judicial Board. Furthermore, Holmes said that cases that fall into this category represent only a small percentage of cases heard by the Judicial Board.

"This year I've had one so far. Admittedly, I've got a few cases coming up, but the majority are not in that category," he said.

The office of the dean of student services defines alcohol abuse in a statement that was prepared with input from Residence Life and Housing, the Counseling Center and Student Health Services among others.

The statement states that alcohol abuse is the "use of alcohol which leads to medical consequences ..., use of alcohol in association with inappropriate behavior ..., recurring episodes of intoxication ..., or a single episode of intoxication in which the dean of student services believes that the level of intoxication posed a risk to the student's health or well being."

According to Holmes, the new case flow for alcohol abuse cases is part of the implementation of a policy set forth by President Thomas K. Hearns Jr. in a memo that went out to all new students in August.

Other mailings that also address the general alcohol policy have been sent to students by Ken Zick, the vice president of student life and instructional resources.

Key Card

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temptation on campus. My son hasn't complained, so he must like it, too," said Fran Yeazel, mother of junior Brian Yeazel. Roberta Gilsonan, mother of sophomore Kerry Gilsonan, said "I feel a lot safer about my daughter being there. It's good that strange people won't be careening through the dorms."

Junior Vicki Ho said of the lockdown, "It makes me feel like I'm at Duke (University)."

Duke has had universal ID cards for about eight years. Students there have one financial account, from which they can purchase sodas, eat in the Duke dining facilities, purchase books, do laundry, shop in nearby stores, gain access to buildings, make copies, enter athletic events and check out library books. They can also withdraw cash at will. Wake Forest students have three separate financial accounts, and can transfer money between only two of them. Students cannot make cash withdrawals.

Senior Chris Potocky, who has been a residential student both here and at Duke, said that he likes not having to carry around so many cards, and that he liked having inflexible accounts because of the security they provide.



A student adds money to the vending account on her ID card.

Brian Higgins

Shorty's

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proposal) can only enhance what we're trying to do," Stone said.

Although the new Shorty's will be removed from central campus, SG officers said they believe it can still serve as a gathering place for both faculty and students.

"It may be a little more difficult to draw people out there, but if we make it an enticing-enough place, we shouldn't have any problems," said senior Evan Peverley, the SG president.

Zick recognized the fact that faculty members may be less inclined to go to a Shorty's located further from classroom buildings and central campus.

"I don't know if the site will draw faculty, but I hope it does," he said.

He also suggested that at some point a bookstore be added to the building as an added incentive for faculty members to go there.

"You have to have an attraction for faculty," Zick said.

SG officers described the new Shorty's as a combination of a coffeehouse and pub. It is also intended to commemorate university history, with Wake Forest memorabilia on the walls.

"There's not really one thing you can label it, because it will serve multiple functions," Stone said. "It will provide additional food choices; it will provide

evening entertainment; it will be a new social outlet; it will be a place where faculty and students can interact."

ARAMARK will provide food and beverage services for the building.

A design committee has been established to oversee the design and planning stages, which are expected to continue through the end of next semester.

Buck Bayliff, the director of Telecom, will chair the committee, which also includes Schippers, Mary Gerardy, the assistant vice president for student life; a representative from Residence Life and Housing and two to three students appointed by SG.

Construction on the new building will probably begin at the end of this summer and the new Shorty's is scheduled to open in the fall of 1997, Zick said.

The architectural firm of Walter, Robbs, Callahan and Pierce is expected to work on the project.

A parking lot with 160 spaces will also be built next to Shorty's.

Long-range plans include the addition of several more buildings in the area, creating a third quad.

Official cost estimates will not be created or publicized until the committee on planning has finalized design specifications.

Though no official plans have been made, both the SG officers and Zick said the current Shorty's will still undergo some limited renovations, to expand seating in the food court and provide organized space for luncheons and dinners.

SG

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Sophomore Will Ashworth, the committee chairman, said that he feels that the impending future of Greek organizations will be a major

concern to students this year and many students will probably become involved in protecting the current system.

Sophomore Ryan Soave, the chairman of the Campus Life Committee, said his committee discussed improving the quality of campus life through the installation of snack machines in all dorms, additional library orientations and the availability of nutritional information for the food in the Pit.

The ideas that the Campus Life Committee reviewed reflect student concerns that have been raised this semester.

In instances where committees must deal with various organizations—such as ARAMARK—and the faculty and administration, the public relations director will serve as a liaison between SG and the other party. Mackay said she hopes her job will improve relations between both student and government and student and faculty.

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