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November 01, 2006

Mariachi Vargas Fest approaches; vocal tips offered

(Ricky Martin interview below)

Anticipation is building for the 2006 annual Mariachi Vargas Extravaganza set for Dec. 2 at the Municipal Auditorium.

Recently, Guadalajara singer **Dulce Maria Castro** visited area middle and high schools to teach basics and help recruit students for the vocal

Ramiro Burr



Ramiro Burr is a San Antonio Express-News music reporter and regionally syndicated columnist.

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competitions in the 2006 Ford Motor Company's Mariachi Vargas Extravaganza. For more details: www.mariachimusic.com

The Mariachi Vargas



Dulce María Castro offered area students her top vocal tips. (Courtesy photo)

Extravaganza is also unfolding at the McAllen Civic Center this Saturday (Nov. 4), headlined by the **Mariachi Vargas de Tecalitlan**, considered the world's best.

The other performers in McAllen include the University of Texas Pan-American **Mariachi**, the 2005 best mariachi vocalist **Monique Alvarado**; **Mariachi Nueva Era**, Valley View High School; **Mariachi Cascabel**, Rio Grande City High School; and **Mariachi Halcon**, Zapata High School. McAllen Civic Center, McAllen. Nov. 4. Tickets: (956)-688-3400 or visit www.gettix.net.

For aspiring singers, here are Dulce María Castro's top vocal tips:

1. Warm-up and relax your muscles. These exercises will help relax your nerves and muscles in your neck and throat:
 - a) Rotate your head in circular movements. Begin by moving your head 10 times to the left and right then move your head up 10 times then down 10 times towards the floor.

Calentamiento y relajamiento muscular. Esto es para relejar los músculos y nervios que tenemos en el cuello y la garganta:

a) *Esto se hace con movimientos circulares del cuello; empezamos haciendo 10 repeticiones de izquierda a derecha y después 10*

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repeticiones de arriba hacia abajo y después 10 tiempos de arriba hacia abajo.

2. Make exaggerated faces by opening and closing your mouth as if you were yawning.

Hacer muecas con boca cerrada y abrirla lo más que se pueda como bestia de bostezo.

TECHNIQUES FOR BREATH CONTROL PARA ADMINISTRAR EL AIRE

1. Light a candle and put it in front of you; inhale, then steadily and slowly release the air to the point where the flame begins to slightly flicker. See how long you can do this without blowing out the candle's flame.

Encender una vela y ponerlo frente al uno, tomamos aire, y se va soltando poco a poco hacia la llama se tiene que mover la llama de la vela más no apagar y durar lo mas que se pueda.

2. Clench your teeth, open your lips like you are smiling and breathe in, hold your breath and exhale at the same time.

Sacar aire con la dentadura cerrada y labios abiertos (como sonriendo) tomar aire, aguantar la respiración al mismo tiempo y soltándola al mismo tiempo.

3. Make sounds with your mouth closed while vibrating your lips.

Emitir sonidos con la boca cerrada y vibrar los labios.

4. It is always a good idea to eat an apple one hour before singing; this will clean your throat and get rid of phlegm that might be in there.

Siempre es bueno comer una manzana una hora antes de cantar; esta limpia la garganta y elimina microbios o flemas, te desinflama.

5. It is best not to speak for at least five minutes after you sing.

Es mejor no hablar por cinco minutos, por lo menos, después de que cantas

Vocal tips Pt II coming up ...

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