



## SoundBites Podcast Transcript

### Episode: What's the Best Sound Ever?

Dave Fabry: Hi, this is Dave Fabry, Chief Hearing Health Officer at Starkey and host of the Sound Bites podcast. I've had the privilege of talking to a lot of great guests since we started this podcast in late 2021. People like singer-songwriter Huey Lewis, Starkey founder Bill Austin, Dr. Timothy Shriver of Special Olympics, and our CEO, Brandon Sawalich, as well as many more. Our conversations are always informative, and enlightening, and entertaining, and each guest brings their specific subject matter expertise to their episode. But while all of our guests are subject matter experts and provide valuable insights that hearing professionals can use to help patients and better their practices, they're also first and foremost people, people who experience life in idiosyncratic ways and are touched and shaped by those experiences. Just as we all are. For this episode, we compiled a handful of their answers to three personal questions that didn't make the original podcast episodes.

Dave Fabry: Three questions that are, of course, about hearing, but questions that we can all relate to in our own way, and that lead perfectly into our best sound ever contest. What's our best sound ever contest is? I'm glad you asked. This May, all May, we've been pitting 16 of the best sounds in the world against each other to decide which sound wins the best sound ever title. Want to have a say in that decision? It is not too late. You and everyone can. Follow Starkey on LinkedIn, Facebook, Instagram, or X, formerly known as Twitter, and cast your votes. All better hearing month long, or now, I guess it's called National Speech-Language Hearing Month. Anyway, I digress. Let's get back to our regularly scheduled program and see what our guests had to say about hearing, which, in addition to connecting us to other people, also connects us to the emotions and the best sounds of life. With these questions, we really wanted to see what emotions are elicited by different sounds that people experience.

Dave Fabry: The first question I asked we're in the business of helping people hear better and convincing them why it's worth it to hear their best. We ask them, "What's a sound that you'd miss most if you couldn't hear your best?"

Gyl Kasewurm: Okay, now this may seem crazy, but it would be the sound of my heels clicking on tile.

Dave Fabry: Why?

Gyl Kasewurm: Because it makes me think of great shoes, which makes me think of my mother, and which makes me smile.

Dave Fabry: I love it. I love it.

Madison Levine: My children's laughter. That might sound, I'm sure everyone would say that, but I mean, there's nothing better than that.



Seth Dobrin: The sound of my family's voices.

Justin Osmond: It would be my dad, the lead singer of The Osmonds. That would be hard for me if I couldn't connect with my dad and my uncle, Donny, Marie. Coming from a musical family, that was my whole upbringing. And even today, just not being able to not just hear the music but to be able to truly understand, and connect with the lyrics, and the sound of the music. So I think that's what it would be. It would be the music of my family, the Osmond family.

Richard Gans: Well, it's kind of a cute story.

Dave Fabry: All right, let's hear it. We'll be the judges whether it's cute.

Richard Gans: I don't know if it really addresses. So even when my children were very young, I would take them, we'd go to sushi restaurants, and we'd always go to sushi restaurants. And it was about the time, this must be, oh my gosh, maybe it's 25 years ago. Andrea Bocelli was just coming out in the world. I think David Foster had released the first record, and we happened to be sitting in a sushi restaurant, a Japanese restaurant, and the owner starts to play Bocelli, and loved it immediately. And this is maybe six months later, I get the CD, and I'm in the car with the kids, and I put it on, and they go, "Dad, that's the guy."

Dave Fabry: Yep. And you talk about the link between audition and memory. I mean, olfaction gets all the credit where they say there's only one synapse between the sensory and the brain. But auditory can really connect to memories like that. And it's cool that one connected to your family.

Derek Johnson: I think the obvious cliché would be music, but the sound of water and rain, I think. Because it reminds me of not being in my room trying to go to sleep with a fan on drowning out. If I am hearing the water of the ocean or raining, it means I'm probably somewhere on vacation, somewhere unplugging, somewhere loving life. I think also, wind when I'm on a motorcycle.

Jeff Geigel: I grew up in a family of severe to profound hearing loss. My dad has severe to profound hearing loss and seeing the analog to digital transformation into products. And I remember when my dad got his first digital hearing aid, and he put them on, and my mom was in the kitchen talking to my sister, and my dad said, "Well, that's not true." And my mom just said, "You heard that?" And it was a very transformative moment at that time because he was able to get the power that he needed to get that speech and noise. It was a memorable moment. It stuck with me for the rest of my life. Because I remember it, and where it changed the family dynamics where my dad was a little more involved in conversations. That was a long time ago, but still, I remember it vividly.

Dave Fabry: What sound would you miss if you couldn't hear your best? I know for me, within the last year, that has changed as I've been blessed with a granddaughter, and all of the different sounds that she's made in her first year of life, from crying, laughing, learning how to walk, and navigate the world, comes with a cacophony of sounds that I wouldn't



want to miss a single one. And I'm fortunate that they live close, so I get to experience them. Now, for question number two, I asked if people could think or remember a memorable moment or event where sound was key, or at least played a very important part in making it memorable.

Gyl Kasewurm: I started my career in vocal performance, and so I remember the first musical I was ever in, and doing that song, and being on the stage. And if I couldn't have heard that, it would've been devastating. And music is such a part of my life that if I couldn't hear that I would really not have as good of a life.

Madison Levine: Growing up, hearing the train go by right near my house, it was right at the end of our block, was such a comforting sound. And I would listen for it every night. And it was like, I knew what time it was time to go to sleep because the train had just gone by.

Justin Osmond: So, I go camping a lot with my brothers and my family, and we go up in the Rocky Mountains of Utah. And there's a sound that my brothers always point out, and I can never hear it. And they always tell me how beautiful it sound, and it's the bugling of an elk, and it's a high pitch, high frequency sound. But I got to tell you, recently, we went camping, and we were camping, and we get up early in the morning to go on a nice little [inaudible 00:07:47]. And then, we overlook that canyon, and we do [inaudible 00:07:50] to try to find a wildlife, and just to enjoy Mother Nature. But Dave, my brothers say, "Hey, did you hear that? You hear that?" And I had to just kind of focus in a little bit more, but I was able to hear it. The beautiful, beautiful sound of elk. I can't say it on here, but that'll be a very memorable moment for me to be able to hear something that wildlife, the sounds of wildlife, and also crickets.

Dave Fabry: Really high-pitched.

Justin Osmond: I've been able to hear cricket, but now, I wish I didn't have to hear the crickets.

Richard Gans: Probably the slot machines in Vegas.

Dave Fabry: Why is that?

Richard Gans: I'm just kidding. I don't play the slot machines. No, it would have to be music. I do love music.

Dave Fabry: But what music? Bocelli or the Bee Gees-

Richard Gans: Oh, I love, yes. It would be-

Dave Fabry: ... or Celine Dion, or-

Richard Gans: Yeah, Bocelli, Sting. Yeah.

Dave Fabry: Bocelli and Sting. Those don't often... I mean, you just roll them off as if they're very common linked. But I don't think of Bocelli and Sting as being linked.

Richard Gans: No.

Dave Fabry: But that shows your diversity.

Jeff Geigel: I got to tell you, when I'm at home, my morning coffee's out in my gazebo. Reading my paper is one of the things that I really enjoy the most when I'm at home. And I just love hearing the birds. I love hearing the birds. Because it's a sign of life, right? It's the sound of morning, it's the sound of life, it's the sound of things coming alive. And just hearing those birds saying chirp, boy, missing those would mean a lot to me.

K. Renee Horton: I actually loved music. And so for the longest, I could hear the beat or feel the beat, and that kind of thing. And then, a friend of mine was actually singing, and I actually understood the words. And so it was one of those moments where I was sitting there like, "That's what that song is about." And it was just like a whole other revelation on what that song was.

Dave Fabry: Yeah, I imagine with your cookie bite loss, you probably misheard some songs. You probably have some funny lyrics that you were hearing in your head before you heard the correct-

K. Renee Horton: My daughter said, one day, "Mama, that's not what that song says." I said, "Yes, it is. I've been singing that like that for three or four years." She said, "Mama, it's not." She says, "You can pull up the lyrics now." And I pulled up the lyrics, and I was like, "What the world? I don't want to listen to." She was like, "Stop playing the song, mama. Don't play that song no more." I was like, "I'm not. I am just not." Oh, there have been interesting with songs. I always now check the lyrics of new songs to make sure I heard what they said, and that I want to be singing this out loud.

Seth Dobrin: I mean, aside from concerts where you go to concert, that's an obvious one. I think I talk about this one a lot, which is the day I got hearing aids. I was at a dinner party with a dozen people sitting in the middle of the table, and I could literally hear every individual talking. I could hear what they were saying, and I don't think I've ever been able to do that. And that was like completely blew my mind. So I think even though it wasn't an important part of my life, it was from the most memorable sounds. That's got to be it.

Dave Fabry: Were you thinking about what your answer would be while you were listening to our guests? I hope so. For me, an event where sound really helped make it memorable was the sound of my heart beating a number of years ago, almost a decade when I was fortunate enough to interview then former President Bush at the Starkey Expo, and I was sitting on stage meeting him for the first time. I was contemplating that I had to do a one-hour live interview with them, and the sound of my heart was bursting through my chest. Okay. And finally, question number three, not all sounds are pleasant or worth hearing. What's your worst nails on a chalkboard sound?



Gyl Kasewurm: People brushing their teeth. I hate that sound.

Dave Fabry: With any kind of toothbrush-

Gyl Kasewurm: Oh, with any kind of-

Dave Fabry: ... or the electronic toothbrush.

Gyl Kasewurm: Well, it's this kind of toothbrush. So David thinks I'm absolutely nuts, but that's one thing I'm like, do not come in the bathroom, and brush your teeth in front of me because I hate the sound.

Dave Fabry: That's hilarious. I've never heard anyone say that one before.

Gyl Kasewurm: Really?

Dave Fabry: Never.

Gyl Kasewurm: Oh, it's just so-

Dave Fabry: It is. Now that I think about it's-

Gyl Kasewurm: See, now it's going to bother you.

Dave Fabry: And now it's going to bother me.

Madison Levine: Well, my three-year-old, my sweet, sweet three-year-old, has this shriek he's been doing recently, just recently. And he thinks it's hilarious, and he does it at the most surprising times. And that has been really hard.

Richard Gans: Yeah, the crazy thing is, I'm highly impervious to sounds. My wife, on the other hand, I mean, she's got probably a laundry list of sounds she doesn't like, I would say, a high-pitched dog barking. A small dog, high-pitched. I don't even mind babies crying. Babies crying don't bother me at all. How's your grand baby?

Dave Fabry: He's great. Yeah.

Richard Gans: I got to show you mine. I'm teaching her Spanish and Italian.

Derek Johnson: My dog, Louis, bark. It's the worst bark ever.

Dave Fabry: And is he a barker?

Derek Johnson: He is.

Dave Fabry: Okay.



Derek Johnson: Yes. Yeah, he invented the bark, actually. Yeah. It is the worst. My other dogs, they don't really bark quite as much, so when they bark, I'm like, "Oh, well, someone outside. What's going on?" When he barks, I'm like, "A leaf blew across the yard, calm down, Louis."

Jeff Geigel: When a dish breaks, it's that sudden, high-pitched breaks. It always shocks me, "Ah, that really scratched my ear."

Dave Fabry: So you're thinking about it from an acoustic event rather than, "Oh no, I got to replace that dish."

Seth Dobrin: The wheel screeching on the subway.

K. Renee Horton: I'm going to say it's the toilet flushing in the other room. I didn't hear that before, so I didn't know how much people were coming or going or doing whatever in another room. But now it is almost like, it sounds like it's amplified. A couple of times I've yelled, "Do you have the bathroom door closed?" And they're like, "Yes. Yes, we do." So that new hearing ability after being fitted in July of knowing every time someone flushes the toilet in the house.

Dave Fabry: I can think of several sounds that drive me crazy, including nails on a blackboard. But one of my least favorite sounds is when I've been in public places, and people actually bring out nail clippers, and clip their nails. It drives me up a wall when they do. Okay. That's it for this episode of Starkey Sound Bites. Thanks for listening and remember to vote in our best sound ever contest. All May long to vote. Just follow any of our social platforms, and to keep track of the voting bracket, visit [starkey.com/bestsoundever](http://starkey.com/bestsoundever). The winner will be announced on May 31st. I can't wait to hear what it is. And until then, keep listening.