

Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

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Monthly Themes for Our Performances

You may have wondered how or why we pick the songs we do each month. Here are the themes we use to select them from the songs for which we have music in our library:

February: Love Songs

March: Irish & Other Cultures

April: Names and Places

May: Potpourri (anything goes)

Off in June, July & August

September: Broadway Shows & Movies

October: Americana (Country/Folk/etc.)

November: Armed Forces & Patriotic

December: Christmas & Holidays



Rehearsing for our May program.

Eat Fruit and Be Happy



A recent study of 428 adults at the Aston University, Birmingham, UK found that people who ate fruit most

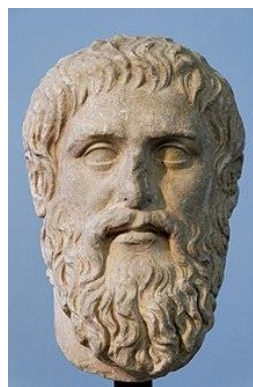
often scored highest for mental well-being and had the lowest scores for

depression. But the more frequently people ate savory snack foods such as chips, which are low in nutrients, the more they reported low mental well-being and frequent everyday mental lapses.

The benefits of eating fruit were related to frequency, not quantity, and to fruit, not vegetables. While the nutrients in vegetables also are known to benefit mood and cognition, they are often lost in cooking, while fruits are usually eaten raw.

BottomLinePersonal

Plato was an Athenian philosopher during the



Classical period in Ancient Greece. He is widely considered a pivotal figure in the history of Ancient Greek and Western philosophy, along with his teacher, Socrates, and his most famous student, Aristotle. Here are some of his thoughts:

- A wise man speaks because he has something to say; a fool because he has to say something.
- The right question is usually more important than the right answer.
- The first and the best victory is to conquer self.
- False words are not only evil in themselves, but they infect the soul with evil.

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- To begin is the most important part of any quest and by far the most courageous.
- He who does not desire power is fit to hold it.
- The greatest wealth is to live content with little. *Wikipedia*

My grandmother always said...

- Don't go where you're not invited.
- Don't talk about what you don't know
 - Don't interfere with things that are none of your business
 - Do not open the fridge in someone else's house
 - Don't call after 10pm
- Don't go see someone at lunchtime
- Don't enter other people's bedrooms without permission

They were the rules of good manners and they still are, because manners never go out of fashion!

Only in America

- Drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes up front.
- We leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.
- We have drive-up ATM machines with Braille lettering.
- Why don't you ever see the headline 'Psychic Wins Lottery'?
- Why is the time of day with the slowest traffic called rush hour?

More Words That Don't Mean What You Think

Here are a few more words that are often misused.

Disinterested: The original meaning of "disinterested" refers to a lack of bias or being fair and impartial: "We needed a disinterested judge to decide this case." Although today, the dictionary does list another definition for "disinterested" as "no longer interested," to indicate that you're indifferent about something, you should use the word "uninterested."

Entitled: While most people know that "entitled" refers to the rights that a person has (sometimes with a negative connotation, like "entitled brat"), others use it to describe the actual title of a book or movie, which is not standard English. To use the term properly, you would say, "After his great uncle died, he learned that he was entitled to half of the estate," and only use the term "titled" to refer to movies, books, and the like.

Irony: This word isn't a synonym for coincidence. Some people think that it refers to a situational randomness— such as, "Isn't it ironic that we're both here on the same day?" Ironic (and irony) actually refers to the opposite of what you expect to happen. "You know what's ironic? Our pilot has a fear of heights!"

Dilemma: While most people understand that the word "dilemma" involves making a difficult choice, the standard definition is to make a choice between two unfavorable options. Therefore, saying something like, "I have a dilemma: Do I want to eat the

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donut or the pie?" is incorrect. The proper use of the word has a much more negative connotation: "The prisoner was faced with a tough dilemma: should he accept the jail time, or turn in his friends?"

Fewer/Less: The words "fewer" and "less" are often used interchangeably, but they have separate meanings. The term "fewer" refers to an actual amount you can count, such as, "The little girl received two fewer pieces of candy than her brother." If you can't count the items in question, then use the word "less": "That glass holds less water than that pitcher."

Reader's Digest



Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.

The Same 12 Notes

Bach, Beethoven, Bo Diddley, it's all the same 12 notes. That's all we have, and it's up to each of us to create our own unique sound. *Quincy Jones, Musician*

What Does Wi-Fi Stand for?

You know that Wi-Fi uses radio frequency signals to connect wirelessly to the internet and send messages between devices such as your phone, laptop, tablets, and printers. But the term doesn't stand for "wireless fidelity." In 1997, a committee of industry leaders approved a common Wi-Fi standard, and the designation is a trademarked term based on the Institute of Electrical and Electronics Engineers (IEEE) wireless communication standard 802.11. That's a mouthful, so the Wi-Fi Alliance hired a marketing company that came up with another name: Wi-Fi. Some Alliance members felt consumers would want an explanation for the name. So, the Alliance added a tagline: The Standard for Wireless Fidelity. That's why so many people assume Wi-Fi stands for "wireless fidelity," but the tagline came after the name.

Although the Alliance later removed the tag, the confusion it brought still lives on today.

Reader's Digest



I've always wondered if songbirds get mad at hummingbirds for not knowing the words.