

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Scotland Names its Snow Plows



"Snowbegone Kenobi, reporting for duty." Imagine hearing that over a dispatch radio. It's a real name for a real snow plow in Scotland, which names its whole snow plow fleet. When social media picked up the fact that Scotland names its snow plows, a map of the currently active plows went viral. James Bond references are strong with the Scots, so names include "License to Chill" or "For Your Ice Only." At first glance, some of the names may not make sense to people in the US, but the Scots call these vehicles "gritters." So "Gritney Spears" and "Gritty Gritty Bang Bang" make much more sense there.

© Roadshow

Turns out, the Scots aren't alone! Minnesota's Department of Traffic asked residents to suggest names for its eight new snowplows and then vote for their favorites. The winner was ... "Plowy McPlowface". Suggestions also included "Flake Superior," "Lake SnowBeGone" and "Mary Tyler More Snow" ...only in Minnesota, where winters are long!

Reader's Digest

Don't Spill the Beans



Where did this phrase come from? And what about "knock on wood" or "dime a dozen?" They are all idioms; phrases or groups of words with a symbolic sense quite different from the literal meaning of the words that it contains.

"Spill the beans" means to reveal information that was meant to be kept private. In ancient Greece, people would use beans to vote anonymously: white beans for positive votes, and for negative votes, dark-colored beans. If someone knocked over the beans in the jar—whether by accident or intentionally—they "spilled the beans," revealing the results of the votes prematurely.

"Knock on Wood" comes from at least the 19th century, but the true origin remains unknown. Many believe it originated with pagan groups and cultures, such as the Celts, who worshipped and mythologized the trees. These groups believed the trees were home to their various gods and with the touch of wood, a spirit could bring protection.

"Dime a Dozen" came about after the dime was made in 1796, when people started advertising goods for "a dime a dozen." This meant you were getting a good

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deal on products, such as a dozen eggs. Over time, the idiom evolved to mean the opposite. Instead of something being a good deal, it became a phrase to describe something that's not valuable and easily available. If you're interested in learning more about other idioms and phrases, check out this site:

<https://www.phrases.org.uk/index.html>

Reader's Digest

"You are under no obligation to be the same person you were five minutes ago."

Philosopher Alan Watts

Marni Nixon-the Ghost Singer



If you've watched the movies *The King and I*, *West Side Story* or *My Fair Lady*, you've heard Marni Nixon, who sang the songs for Deborah Kerr, Natalie Wood and Audrey Hepburn in

those films and for the leading ladies in many others.

Born in 1930, Margaret Nixon McEathron was a child film actress who also played the violin and began singing at an early age. She adopted the stage name Marni Nixon in 1947, when she made her solo debut in *Carmina Burana* with the Los Angeles Philharmonic. Her film work began in 1948, when she provided Margaret O'Brien's singing voice in *Big City* and then in *The Secret Garden*. As with her later work, she was a "ghost singer" who never received public credit at the time.

While dubbing leading voices for many other films, including those mentioned above, Nixon also appeared in quite a few Broadway productions, operas and concerts, as well as in several minor film roles. Her first film appearance was in 1965 as Sister Sophia in *The Sound of Music*. Later, she taught music at two California academies and continued touring and singing in many types of musical and theatrical productions through 2009. She died of cancer at the age of 86 in 2016.

Wikipedia



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Breathe Away Stress

Feeling stressed out? Take a few minutes to breathe deeply. Focused breaths will quickly calm you down by engaging the relaxing parasympathetic nervous system. One popular technique is 4-7-8 breathing. Inhale through your nose for four seconds, hold your breath for seven seconds, and exhale through your mouth for eight seconds. Repeat for about two minutes, or until you feel relaxed. "Think of breathing in fresh, clean air and breathing out the waste," says Dr. Kenneth Bock, founding director of Bock Integrative Medicine in Red Hook, NY. Newsmax Maxlife



Health Myths Busted

Here are a few health myths we grew up believing that just aren't so.



Eating carrots helps you see in the dark. Carrots are loaded with many nutrients, including vitamin A, which is needed for good vision. But eating a ton of carrots won't improve vision, unless you

have a vitamin A deficiency. The night vision myth was part of a British propaganda campaign during World War II. To cover up the fact that newly invented radar was helping Royal Air Force pilots shoot down German planes at night, the British credited it to their pilots' carrot consumption.

We lose half of our body heat through our head. Although it's good to wear a hat in cold weather, under normal circumstances, you lose the same amount of heat through your head as any other part of your body. This myth started with military experiments in the 1950s, when researchers exposed bare-headed soldiers, who were otherwise clad in warm clothing, to frigid temperatures. It's no wonder they lost more body heat through their heads. Feed a cold, starve a fever. This adage dates back to medieval times, when it was thought that not eating would rob a fever of its fuel source. And since colds were believed to come from low temperatures, feeding provided fuel for the body's furnace. These days, doctors say you should feed both colds and fevers, because the nutrients in food support the immune system. And don't forget to hydrate to replace lost fluids and flush out the bad stuff. Newsmax Magazine

