

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Care to Try a Few More Old Songs?

- If you aren't yet tired of these quizzes, here are some more lyrics from songs we have sung, along with the names of possible titles. See if you can pick which song the phrase is from. Answers are on the last page. *No Peeking!*

1. Just remember that sunshine always follows the rain...

- When You're Smiling...
- Wrap Your Troubles in Dreams
- Keep Your Sunny Side Up
- Look for the Silver Lining

2. I saw a man, he danced with his wife...

- The Band Played On
- Kentucky Waltz
- Chicago
- Dance with a Dolly

3. Swanee shore, I miss you more and more...

- Down Yonder
- Blue Hawaii
- Swanee
- California Here I Come

4. Gray skies are gonna clear up...

- Blue Skies
- Put on a Happy Face
- Pennies from Heaven
- Keep Your Sunny Side Up

5. And Jimmy will go to sleep in his own little room again

- Beyond the Blue Horizon
- Nature Boy
- A Nightingale Sang in Berkeley Square
- White Cliffs of Dover



Johnny Mercer was an American lyricist, songwriter and singer as well as a music industry executive and co-founder of Capitol Records. Although best known as a Tin Pan Alley lyricist, he also composed music. From the mid-1930s to the mid-1950s, he was a popular singer as well, performing songs he wrote and songs written by others. In his career, he worked with many of the greats, including Hoagy Carmichael, Bing Crosby, Benny Goodman, Jerome Kern, Paul Weston, Henry Mancini and many others.

Born in Savannah, Georgia in 1909, Mercer was active in the music world from 1930 to 1976, when he died in Hollywood. He wrote the lyrics to more than 1,500 songs, including many compositions for movies and Broadway shows. Among them are songs we have sung, such as *I'm an Old Cowhand from the Rio Grande*, *Goody Goody*, *Jeepers Creepers*, and *You Must Have Been a Beautiful Baby*. Other familiar Mercer songs that we've heard on our programs include *Lazy Bones*, *Skylark*, *Glow Worm*, *Moon River*, and *In the Cool, Cool, Cool of the Evening*.



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Music Typewriter



Better known as The Keaton Music Typewriter, this instrument was first patented in 1936 by Robert H. Keaton from San Francisco, California. The typewriter was promoted in the 1950s and sold for around \$225. The machine made it easier to produce music copies in large quantities for publishers, educators, and other musicians. The distinct circular look of the typewriter made it very popular in its time.

Yankee Doodle Dandy

Back in the 1760s, macaroni was slang for the stylish young men who frequented a fashionable English hangout, the Macaroni Club. It was named after a popular food that had just made its way there from Italy. When Yankee Doodle stuck a feather in his cap and called it macaroni, he was identifying himself as a bit of a dandy—really a hipster of his time. *Reader's Digest*

Covid-19 and the Chorus

We're all wondering when we can get back to singing together, which is still a question without an answer. Evidence continues to identify the "aerosol" spray of tiny droplets spread by activities such as singing as the main way the virus is transmitted.

A recent online *Readers Digest* article noted, "If an entire choir is singing for minutes at a time, the threat of being infected by aerosolized droplets can be extremely likely," adding that the danger is worse when combined with a number of people who are asymptomatic carriers. The World Health Organization says that nearly half of all coronavirus transmissions might come from individuals who have yet to show symptoms and don't know they are sick. Some researchers say that the recommended six-foot separation between people may not be enough.

Experts are looking at something they call "herd immunity," which is the level where enough people have either survived the virus or been vaccinated against it to contain the disease and prevent it from infecting others. Some people are still susceptible, but they are surrounded by immune individuals who serve as a barrier that prevents the microbes from reaching them. Scientists disagree on what this exact level would be, but until we get to a point where this seems to be happening, it appears that group singing, along with several other activities, will continue to be dangerous. We can only hope this ends sooner rather than later.

Good Advice

Don't tell other people your problems. 90% of them don't care, and the other 10% are glad you have them. *Lou Holtz, Notre Dame Coach*

Are You dehydrated?

You may be dehydrated and not know it. Dehydration can occur in a matter of hours. Left unchecked, it can lead to serious problems—from an increased risk for stroke, kidney stones or impaired cognitive function to kidney failure and even death. Dehydration is particularly common in seniors. One of the main reasons is

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their diminished thirst sensation. Plus, as people get older, the kidneys lose their ability to conserve as much water.

The problem is that many people don't realize that thirst is not the first (or only) sign of dehydration. You may not feel thirsty even though you need water. Some, but not all, of the early warning signs of mild dehydration include: Feeling tired or lethargic...having a slight headache...experiencing mild muscle cramps...feeling a little foggy, light-headed or woozy when getting up from a chair...urine color that's darker than your normal.

As dehydration worsens, you may experience greater light-headedness...a heart rate that feels fast or pulsing at rest as your heart pumps harder to get fluid to your organs...thirst...dry skin...a decrease in skin turgor—meaning if you pinch your skin it stays up for a few seconds. To reverse moderate dehydration, drink a cup of water or a sports drink with electrolytes every 20 minutes for an hour—you should start to feel better within a few minutes.

To prevent dehydration, make sure you take in enough fluids. Divide your weight in half and drink that number of ounces every day. Tip: 20% of your hydration comes from fresh fruits and veggies. Those highest in water content are celery, cucumber, lettuce and watermelon.

Bottom Line

More About Water

Paul Salopek is a former war correspondent with ties to New Mexico. For the past seven years, he has been walking on a 21,000-mile, 10-year journey sponsored by *National Geographic*, to trace the path of civilization's development from northern Africa through the Middle East and

eventually to the Americas. Currently, he is in Myanmar (formerly Burma). Here's an excerpt from his most recent report, as he sees the world's need for water. You can follow his trip online at: <https://www.nationalgeographic.org/projects/out-of-eden-walk/>

Human beings are mobile wells of mildly salty water. As every schoolchild knows, our bodies contain roughly the same percentage of water that covers the Earth's surface. Such harmonies are no mystery. We are water animals born onto a water planet. Water is everywhere and nowhere. It is a restless element—unstill, on the move, always shifting its physical state from gas to liquid to solid and back again. One oxygen atom. Two atoms of hydrogen.

Water molecules are bent like an arrow tip. Like an elbow. This helps give water a certain polarity, an infinitesimal charge on each end. This is how it collectively shapes our reality. It is the enchanted solvent and glue of our tangible world. It is the compound that both dissolves and binds our brain cells, mountain ranges, the steam wafting from our morning tea, and tectonic plates.

And yet there is so little to drink! The salty oceans hold roughly 97 percent of all the water on the globe. The poles and glaciers, though melting under the effects of climate change, lock up about 2 percent. Only an absurdly small droplet of the world's total supply, less than one percent, is available for human survival: liquid fresh water.

- Answers to Name That Old Song**
1. Wrap Your Troubles in Dreams
 2. Chicago
 3. Down Yonder
 4. Put on a Happy Face
 5. White Cliffs of Dover