

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

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DIRECTOR'S VOICE

Welcome back Chorus Members! We are singing again! I hope you all enjoyed our summer break. Our practices start on Monday, August 19 @ 2:00 pm at Good Samaritan.

Everyone should have gotten the Newsletter from Ray. He also sent out the calendars for the rest of the year. I will bring some copies to the first practice for those who could not print it.

Please note the guidelines for SOLOS and SPECIALS that the Board agreed on. These guidelines are meant to make sure we are giving our audiences a performance we can be proud of. Sing with enthusiasm, smile, make eye contact with the audience. It brings us and the audience together for a fun time. Watch The Director. We can't sing together if we are not all on the same note. See you all in a few weeks.



DENNIS

Classical Music Alters the Brain

In a study published in the 1990s in the journal Nature, three

groups of participants were instructed to either sit in silence, listen to a relaxation tape, or listen to Mozart's Sonata for Two Pianos in D major (K448). Ten minutes later, the group who listened to Mozart's music showed a significant improvement in spatial IQ score—nearly 10 points higher than the other two groups. Since then, scientists have used Mozart and other classical music in various experiments on animals and humans, confirming similar results: Listening to classical music or learning to play an instrument leads to higher school grades and stronger spatial reasoning skills, reduces the risk of brain atrophy, and slows cognitive decline.

The "Mozart effect" truly exists, said Kiminobu Sugaya, who has a doctorate in pharmacology and is a professor of medicine at the University of Central Florida College of Medicine and head of neuroscience at the Burnett School of Biomedical Sciences, during an interview with The Epoch Times. In experiments with local community residents, he found that when this

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type of classical music was played, "we saw a 50 percent increase in brain function." Read the whole story from, *The Epoch Times*, [here](#)

Can't Open the Links?

If you can't open the links I've included in some articles, the easiest way is to Right Click and then select Open Hyperlink. That should work.



.Unmarked

We're trying to improve our music library, and there's an easy way you can help. Just mark any notes about the songs we are singing on the program sheet, NOT on the music itself. When music or word sheets are marked up, they can't be used on another program, since performance details may change. That means they have to be discarded and new sheets printed, which is costly, wasteful and

time consuming. Thanks for your cooperation!



HEALTH ALERT

Xylitol & erythritol, low-cal sugar alcohol sweeteners may be linked to nearly twice the risk of heart attacks, stroke and death in people who consume the highest levels. They are used in many reduced-sugar foods and consumer products such as gum & toothpaste ...often prescribed as a sugar substitute for patients with obesity, diabetes or prediabetes to improve glycemic control, KETO diets, etc. "Sugar alcohols," ARE NOT REQUIRED TO BE LISTED ON NUTRITION FACTS LABELS. As sweet as sugar with less than half the calories [& cheaper to produce], xylitol is often used in sugarless gum, breath

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mints, toothpaste, mouthwash, cough syrup and chewable vitamins. It is frequently added in larger quantities to candy, baked goods, cake mixes, barbecue sauces, ketchup, peanut butter, puddings, pancake syrup and more.

Erythritol is the predominant ingredient by weight in many stevia and monkfruit products. "There's a receptor on our platelets, which we as yet don't understand, that is recognizing a particular molecule [in at least some sugar alcohols] & signaling to the platelet to be more prone to clot," per Dr. Hazen [see below] Research has shown some artificial sweeteners may create a backlash in the metabolic system, triggering the body to expect more calories, thus making weight loss more difficult. The World Health Organization warned consumers in 2023 to avoid artificial sweeteners for weight loss, and has called for additional research on the long-term toxicity of low- and no-calorie sweeteners, the study said. Senior study author Dr. Stanley Hazen, quoted in the article, is director of the Center for Cardiovascular Diagnostics and Prevention at the Cleveland Clinic Lerner Research Institute.

My Travel Plans - fulfilled and unfulfilled

I have been to a lot of places, but I've never been in Cahoots.

Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips, thanks to my friends and family.

I would like to go to Conclusions, but you have to jump! At my age, I am doing good to walk. *Marty Campbell*

