

Chorus Chatter

News and Musings for Young at Heart Chorus Members
<https://www.youngatheartlascruces.website/>

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Editor: Ray Scroggins

The Blarney Stone



It's just a block of Carboniferous limestone¹ built into the old battlements of Blarney

Castle. The stone was set into a tower of the castle in 1446. The castle is a popular tourist site in Ireland, attracting visitors from all over the world to kiss the stone and tour the castle and its gardens.

You've heard it said that kissing the Blarney Stone will give you the "gift of gab." In a touch of the Blarney itself, the official site proclaims, "It is said kissing the Blarney Stone will render one eloquent."

The word *blarney* has come to mean "clever, flattering, or coaxing talk." Irish politician John O'Connor Power defined it this way: "Blarney is something more than mere flattery. It is flattery sweetened by humor and flavored by wit." *Wikipedia*

Oxymorons

In 1986, Professor Warren S. Blumenfeld published a booklet of *Oxymorons*; combinations of two contradicting words that are used together. The classic oxymoron is *Jumbo Shrimp*. Here are a few others, some familiar and some perhaps not:

- Military Intelligence
- Airline Food

- Working Vacation
- Light Opera
- Near Miss
- Open Secret
- Home Office
- Real Magic
- Pretty Ugly
- Old News
- Negative Income
- Ill Health
- Loose Tights
- Nondairy Creamer
- White Chocolate
- Dry Ice
- United Nations
- Rap Music



Sure'n it's an Irish Tree

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When Irish Eyes Are Smiling

is a lighthearted song in tribute to Ireland, and it will help set the theme for our March program. Its lyrics were written by Chauncey Olcott and George Graff, Jr., set to music composed by Ernest Ball, for Olcott's production of *The Isle O' Dreams*. Olcott sang the song himself in the show. It was first published in 1912, when songs in tribute to a romanticized Ireland were very numerous and popular, both in Britain and the United States.

The song continued to be a familiar standard for generations. Decades later, it was used as the opening song on the radio show *Duffy's Tavern*. The song has been recorded on over 200 singles and albums and by many famous singers, including Bing Crosby, Connie Francis, and Roger Whittaker.

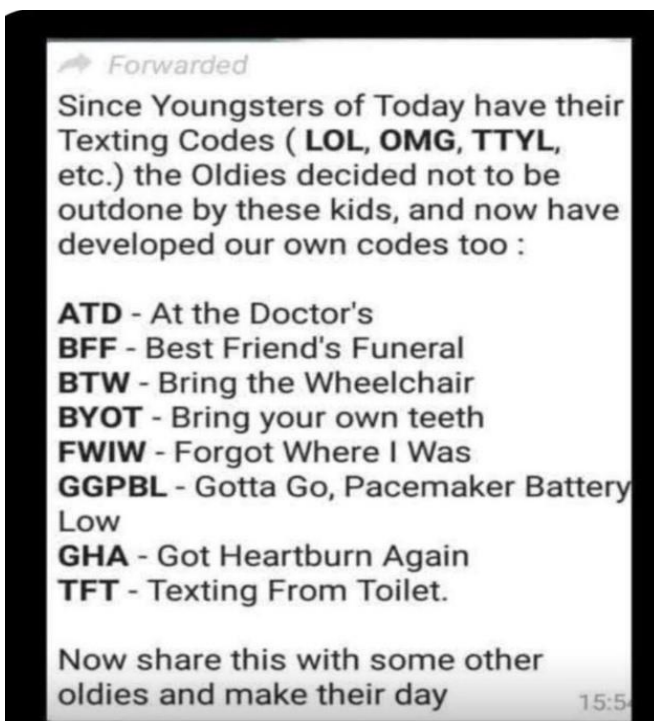
Wikipedia

Getting to Know You

In earlier issues of our chorus newsletter, we included a brief biography and photo of each of our members, a few at a time. With several new members joining us, we would like to include you in a future issue. This is strictly voluntary, but we'd love it if you'd participate. It's been a good way for us to get to know each other. Here are a few questions to make it easier. You can e-mail me the answers, or we can talk about them (either by phone or in person). Here is what I would like to cover:

1. What other musical background do you have (church choirs, other choral groups, playing any instruments, etc.)?
2. How long have you lived in Las Cruces, and where did you spend most of your life before that?
3. What kinds of work do you or did you do?
4. Anything you want to include about your family?
5. Anything else you want to mention about yourself, your background or other interests.
6. I need a "head shot" photo to go with the article. I can take a new one or you can send me something, either to my email or with a text message to my mobile phone 262-490-7968.

There are back copies of the newsletter with profiles of most current and past members on the chorus website for reference, as well as a listing of the issue in which issue each member is included. '

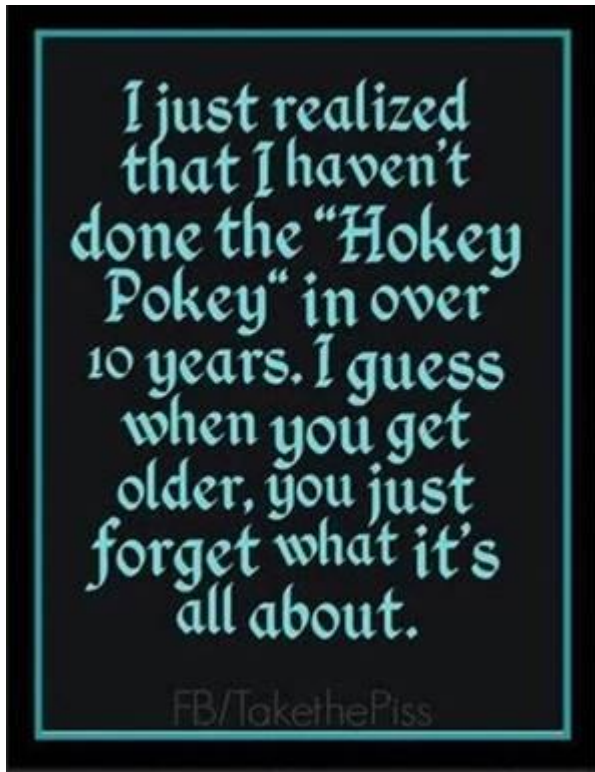


Submitted by Joan Kowalski

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Please get back to me if you have any questions. Thanks. Ray



Smart people learn from everything and everyone, average people from their experience, stupid people already have all the answers. Socrates (455 B.C.)

Save Your Heart, Save Your Brain

New research indicates that brain health could depend on the blood supply from the heart, says Dr. Chauncey Crandall, of the Palm Beach Cardiovascular Clinic. He says, "The more we learn about Alzheimer's disease, the more similarities we find to heart disease."

Atherosclerosis, which causes coronary heart disease, reduces the flow of blood

in the body, including the brain, and may also contribute to a condition called hypoxia. The brain uses 20 percent of the oxygen used by your body, so any dip because of lessened blood flow could result in thinking problems, according to Dr. Crandall. Brain hypoxia also can markedly increase the formation of plaques and tangles that are the hallmark of Alzheimer's.

Dr. Crandall recommends a three-way plan to keep your heart-brain connection sharp and healthy.

1. Follow a diet designed to lower blood pressure by eating mostly from 10 "brain-healthy" food groups: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil and wine. Avoid unhealthy food such as red meats, butter and stick margarine, cheese, pastries and sweets, and fried or fast foods.
2. Perform aerobic activity daily. Brisk exercise that promotes the flow of oxygen through the brain may slow shrinkage of the area of the brain dealing with memory.
3. Keep your blood pressure under control and maintain your target cholesterol levels.

Charlotte Libov in Newsmax Magazine

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