

Chorus Chatter

News and Musings for Young at Heart Chorus Members

Issue #48...September 5, 2021

Editor: Ray Scroggins



Barbara Reed is our new pianist, who will share the accompanist's role with Fran Boldt. She first came to New Mexico for college, attending New Mexico

Institute of Mining and Technology in Socorro. Although a frequent visitor to the state, she made it her residence again in 2018 after returning from Africa, where she lived and worked in the foreign service supporting US government food assistance programs for fifteen years. Barbara began piano lessons at a relatively late age of 11 years. Soon she was playing hymns to accompany her church congregation in North Huntingdon, Pennsylvania. She joined the 7th grade chorus as an accompanist and continued accompanying her school choruses and soloists through high school graduation. If accompanying had been offered as a major in the 1970s, she may have made music a career. After high school Barbara continued as a church organist or pianist off and on -- Socorro; Tulsa, Oklahoma; and Harare, Zimbabwe. She also plays the recorder.

It takes 8 minutes and 19 seconds for light to travel from the Sun to Earth. During that time, the light travels 93 million miles. Traveling at 186,000 miles per second, the light from the Sun will take five-and-a-half hours to reach Pluto. *Natural Gas News*

The Three of Us



A vocal trio grew out of George's desire early in the pandemic to entertain at Good Samaritan Village while the chorus was out of action. In May, 2020, when he told me of his plan to sing outside the apartments, I said I'd come and take pictures for our newsletter and website. He said, "You could sing with me," so he ended up carrying our amplifier while I hauled some lighter gear as we moved to 11 different spots outside the buildings in 90-degree heat.

Fortunately, we were able to move inside the next month and perform in the much cooler auditorium, with the show sent to residents via CCTV. Singing a capella, we did the best we could to put on a good show every month through the end of 2020.

Starting in February, 2021, we were fortunate to be joined by Ginny May, an excellent pianist who has accompanied the Mesilla Valley Chorale and will again in September. She also has worked with Megan McQueen and is an accomplished vocalist and high-level tennis player.

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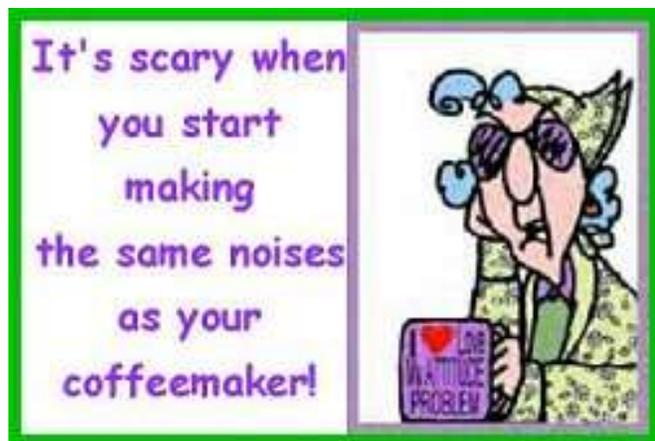
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Since then, we've put on a monthly program, but our run ended with our August performance. Ginny has many other commitments, and we have to work on putting things in place for our chorus to return to singing later this Fall. It's been great while it lasted, and I hope many of you were able to enjoy our programs. Thanks to Ginny for making us a trio and to all Young at Heart members for your patience as we look forward to singing together again.

Ray Scroggins

Unanswerable Questions

- Why is the third hand of a watch known as the second hand?
- If a word is misspelled in the dictionary, how would we ever know?
- If all the world is a stage, where is the audience sitting?
- Why is abbreviated such a long word?
- Why do "fat chance" and "slim chance" mean the same thing?



Check it Out

If you haven't visited the chorus website in a while, remember you can always check all the newsletter issues and find the latest chorus roster and index to all the music in our library. You'll also see pictures of our past activities. Just click on this link: <https://www.youngatheartlascruces.website/> You'll need to log into the Members Only section using YAHLC as a password. Then go back to Members Only at the top, and choose the section you want to visit. Let me know if you have any questions.

10 Ways to Boost Your Health

Little adjustments to your daily life can lead to big results. Here are 10 easy ways to improve your health:

Adjust your attitude. People who think positively live longer and healthier lives than those who don't.

Read nutrition labels. Compare nutrition just like you compare prices. And check the serving size, which may be just a fraction of the contents.

Talk and walk. A phone call is the perfect opportunity to get out of your chair. Prolonged sitting raises the risk of diabetes, cancer, heart disease and other things.

Ditch sugary drinks. Just say no to sodas, fruit juices and sports drinks. Sparkling water is a good substitute.

Re-dress salads. Instead of dousing a healthy salad with a high-calorie dressing laden with preservatives, make your own with extra-virgin olive oil, vinegar and spices.

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Meditate daily. Chronic stress is a killer. Meditating turns off the stress by engaging the parasympathetic nervous system.

Go to seed. Pumpkin, sunflower, sesame, chia, hemp and other seeds are packed with minerals, health fats, fiber and protein. Snack on them or sprinkle them on salads.

Add lemon to tea. Squeeze a lemon wedge into your hot or iced green tea. The acidity can boost antioxidant concentrations by up to 20 percent.

Drink up. Moderate alcohol consumption reduces the risk of chronic disease and improves longevity. That works out to no more than two drinks a day for men and one for women.

Enjoy coffee. People who drink coffee live longer than those who don't. And the more the better, but only up to four or five cups a day.

Newsmax Life 11/2020

A Well-Planned Retirement

Outside England's Bristol Zoo there is a parking lot for 150 cars and 8 buses. For 25 years, its parking fees were managed by a very pleasant attendant.... The fees for cars (\$1.40), for buses (about \$7).

Then, one day, after 25 solid years of never missing a day of work, he just didn't show up; so, the zoo management called the city council and asked it to send them another parking agent.

The council did some research and replied that the parking lot was the zoo's own responsibility. The zoo advised the council

that the attendant was a city employee. The city council responded that the lot attendant had never been on the city payroll.

Meanwhile, sitting in his villa somewhere on the coast of Spain, or France, or Italy, is a man who'd apparently had a ticket booth installed completely on his own and then had simply begun to show up every day, commencing to collect and keep the parking fees, estimated at about \$560 per day -- for 25 years. Assuming 7 days a week, this amounts to just over \$7 million dollarsand no one knows his name.

*From The London Times
(Submitted by Joan Kowalski)*

The word quarantine comes from the Italian words "quarante giorni," meaning forty days. This is the period that all ships were required to be isolated before passengers and crew could go ashore during the Black Death plague. *Natural Gas News*

