

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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10 More Ways to Boost Your Health

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

Hydrate. A lot of people are chronically dehydrated. Experts suggest drinking at least a half-gallon of filtered water a day.

Don't smoke. Cigarettes are arguably the worst elective health risk. And vaping has its own health issues. So, find a way to quit puffing.

Breathe deeply. Pause to take five deep breaths a few times a day. It relieves anxiety and can even reduce blood pressure and improve your circulation.

Eat more fish. Experts recommend at least two servings a week because fish are rich in omega-3 fatty acids. Among the best choices are wild-caught salmon, sardines and trout.

Go for after-dinner walks. Your leg muscles really gobble up the glucose you dumped into your bloodstream at dinner, which helps normalize blood sugar levels.

Try a vinegar aperitif. A spoonful of apple cider vinegar can help prevent blood sugar spikes. A compound in the vinegar disables an enzyme that digests certain carbohydrates. Mix one tablespoon in a glass of water and drink it before you eat.

Get a pet. The bond between people and their pets can increase fitness, lower stress and bring happiness to their owners. Dogs are a good choice because they like to walk, so you both get some exercise.

Do a good deed. Helping others helps you. Acts of kindness Spark release of the hormone oxytocin, which is good for heart health, and you'll also get a psychological boost.

Eat whole grains. These fiber-rich carbs are healthier than refined grains, and they have more flavor.

Get comprehensive blood tests. Many Americans are deficient in essential nutrients, such as vitamin D, magnesium, potassium, iodine and omega-3 fatty acids. Blood tests that go beyond the standard panel can identify deficiencies, and supplements to replenish them are cheap and effective. *Newsmax Life 11/2020*



Chocolate is God's way of telling us he likes us a little bit chubby.

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How the Days Got Their Names

In naming the seven days of the week as checkpoints in time, the ancient Romans choose seven celestial bodies that could be seen with the naked eye: the Sun, the Moon, Mars, Mercury, Venus, Jupiter, and Saturn. For example,



"Sunday" is the Sun's Day and "Monday" is the Moon's Day.

Our English names also reflect the influence of the Anglo-Saxons (and other Germanic peoples). For example, "Wednesday" comes from Woden, the Anglo-Saxon king of the gods; in Saxon, the name is "Wodnesdaeg." (Now you know why Wednesday is spelled that way!) Some of the names we use also come from other cultures. Tuesday comes from *Tiwesdaeg*, after Tiw, the Anglo-Saxon god of war. Thursday was *Thursdaeg*, named after Thor, a Norse god of thunder, lightning and storms. Friday was *Frigedaeg*, for Frigga, a Norse goddess of home, marriage and fidelity. Saturday was "Saturn's Day," after an ancient Roman god of fun and feasting.

Old Farmer's Almanac

The devil whispered to me, "I'm coming for you!" I whispered back, "Bring pizza."

Our November Program

In order to get things started, we've put together a program for November based on a couple of past November programs. We hope to do December's program with a song selection committee and return with solos as we did before.

Here's what we have planned for November:

- Happy Days Are Here Again
- Lili Marlene
- Sentimental Journey
- How You Gonna Keep 'em Down on the Farm
- White Cliffs of Dover (women)
- Mademoiselle from Armentieres (men)
- It's a Long Way to Tipperary
- Somewhere Over the Rainbow
- It's a Good Day
- Blue Skies
- When Johnny Comes Marching Home Again
- Pack Up Your Troubles in Your Old Kit Bag
- Till We Meet Again
- Over There/It's a Grand Old Flag
- Battle Hymn of the Republic
- **Patriotic:** Service Medley



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Bird Are Musicians Too



Antonio Vivaldi wrote a flute concerto inspired by the song of the goldfinch. You can hear the songs of many different birds on the website of Cornell University's Ornithology Laboratory. Here's a link to start:

<https://www.allaboutbirds.org/news/how-to-learn-bird-songs-and-calls/>

Bird songs have many different musical characteristics, such as:

Rhythm- Marsh Wrens sing in a hurry, while White-throated Sparrows are much more leisurely.

Pitch- Birds sing in a characteristic range, with smaller birds having higher voices and larger birds having deeper voices. Many birds also change pitch as they sing.

Repetition - Some birds repeat syllables or phrases several times before moving on to a new sound.

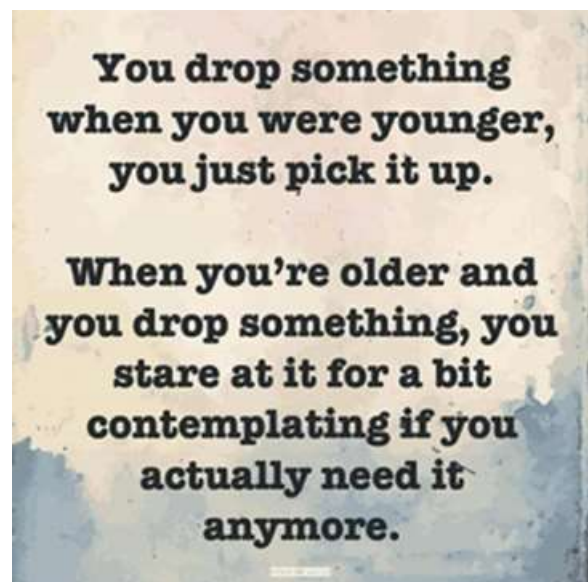
Tone -The tone of a bird's song can be very distinctive, whether it's a clear whistle, harsh or scratchy, fluid and flute-like or a clear trill.

In case you're interested and have the time to listen, here is a link to the Vivaldi "Goldfinch" concerto. You can skip the ad at the beginning. [Vivaldi Flute Concerto](#)

When I was a kid, I wanted to be older...this is not what I expected!

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?*



The jaws of the Nile Crocodile can apply 5,000 pounds of pressure per square inch! It is the strongest bite in the animal world. The Nile crocodile's bite is even stronger than that of a Great White Shark, which measures 4000 PSI.

Natural Gas News