

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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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.

Will Rogers (1879-1935) was an American



vaudeville performer, actor, and humorous social commentator.

He was born as a citizen of the Cherokee Nation, in the Indian Territory, and was known as "Oklahoma's Favorite Son". Among his

sayings are these:

- After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him... The moral: When you're full of bull, keep your mouth shut.

- There are men running governments who shouldn't be allowed to play with matches.
- When I die, I want to die like my grandfather who died peacefully in his sleep. Not screaming like all the passengers in his car.
- The problem in America isn't so much what people don't know; the problem is what people think they know that just ain't so.
- If you want to be successful, it's just this simple. Know what you are doing. Love what you are doing. And believe in what you are doing.

Moves That Could Hurt You

Every day we are faced with chances to make small mistakes during very common movements that can lead to painful injuries. Here are four:

Lifting Heavy Objects:

People overestimate how much they can lift or underestimate an object's weight. Then they reach for it by bending over at the waist and attempt to lift it by simply straightening back up again. This leaves the lifting to the back muscles, which have evolved to hold the weight of your head and torso when you are standing up, not bent over. Instead, lift with your feet

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planted shoulder-width apart, squat halfway down until our thighs are parallel with the ground while keeping your torso relatively upright. Then try lifting the object.

Putting on a Jacket or Shirt:

The motions of putting on a coat, jacket or button-front shirt can trigger a rotator cuff injury. It is a collection of tendons and muscles that surround and protect each shoulder. When you put on the above items, you hold your arm up and out, often at an unnatural angle, which can strain a tendon in your rotator cuff. Instead, keep your arm below chest level and push your hand downward into the sleeve, using your other hand to pull the garment up.

Overusing Your Neck

If you wake up with a stiff or sore neck, you probably blame it on sleeping in an odd position. The more likely cause is overusing your neck muscle the previous day. Everyday activities such as gardening, using your cell phone, working on your computer and even spending too much time reading all require you to look down a lot, which taxes your neck and shoulder muscles.

Chin tucks are a safe and effective way to strengthen the neck and help prevent strain. Sit in a comfortable chair, looking straight ahead. Move your head backward, tucking your chin slowly and steadily toward your neck. Don't tilt your head. Hold the tuck for five seconds, return to

the starting position. Repeat five times, twice daily

Navigating Stairs

More than a million Americans hurt themselves on stairs every year. A common mistake is missing the last step or two. More injuries happen when descending, because gravity makes it more difficult to catch yourself.

Paying attention is one obvious solution, as is using the handrail. Avoid carrying objects that are heavy or bulky and can obscure your vision. Wear non-slip shoes and avoid overly long pants.

Jonathan L. Chang, MD in BottomLinePERSONAL

What Does the Q Stand For?



Q-Tips are staples of doctor's offices and medicine cabinets the whole world over. But what does the word mean? It's no mystery that people often ignore

the company's warnings and use them as implements of ear-cleaning, but what is a mystery is what the Q means.

The product name certainly rolls off the tongue better than generic "cotton swab." Its name means "Quality tips." Q-tips were first conceived by Leo Gerstenzang, who observed his wife stick bits of cotton to toothpicks. He decided that she had the right idea and decided to found the Leo Gerstenzang Infant Novelty Co. in 1923, which would manufacture ready-to-use

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cotton swabs. But the product wouldn't pick up its now famous name until 1926. For the first three years, the cotton swabs were called "Baby Gays," which the company modified to become "Q-tips® Baby Gays." Eventually, they dropped "Baby Gays" altogether and became just Q-tips.

Reader's Digest



Heart Health in the Spice Aisle

Participants in an American study of people with obesity and other risk factors for heart disease lowered their blood pressure by adding an average of 6.6 grams of dried herbs and spices to their meals every day. People with Type 2 diabetes who added ginger, cinnamon or turmeric to their diets lowered their cholesterol levels, another

study found. If you try this, check the labels of prepackaged herb and spice mixes, and avoid those with salt or sugar additives, which will have the opposite impact on your heart health. *Reader's Digest*

Foiled Again



Should we use the shiny or the dull side of aluminum foil when we cook? As it turns out,

there's no "correct" side of aluminum foil to use when cooking. According to the *Huffington Post*, they're both equally effective at heating your food—so just choose whatever side you prefer.

If there's no trick to it, then why does aluminum foil have a shiny and a dull side in the first place? Experts at Reynold's Kitchen say that the difference between the two sides is due to a manufacturing process called milling, during which heat and tension is applied to stretch and shape the foil. Two layers of foil are pressed together and milled at the same time, because otherwise, it would break.

"Where the foil is in contact with another layer, that's the 'dull' side," Reynold's explains. "The 'shiny' side is the side milled without being in contact with another sheet of metal. The performance of the foil is the same, whichever side you use."

Reader's Digest