

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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FIFTH ANNIVERSARY ISSUE

Can you believe this simple publication, started to help us get to know each other better, has been going on for five years? The original idea was to do something more useful than name tags that would help members connect with each other. Over the years, I hope it has done that and more, sharing information and sometimes a little humor. Who knows what the next years will bring?

Moon River

"Moon River" is a song we'll be singing on our September program. It was composed by Henry Mancini with lyrics by Johnny Mercer. The song was originally performed by Audrey Hepburn in the 1961 movie *Breakfast at Tiffany's*, winning an Academy Award for Best Original Song. The song also won the 1962 Grammy Awards for Record of the Year and Song of the Year. *Wikipedia*

On the Road Again

another of our September songs, was written and made famous by the American country music singer Willie Nelson. The song, about life on tour, came about when the executive producer of the film *Honeysuckle Rose* approached Nelson about writing a song for the film's soundtrack. "On the Road Again" became Nelson's 9th Country & Western No. 1 hit overall (6th as a solo recording act) in

November 1980, and became one of Nelson's most recognizable tunes. It went on to win many other awards.

The film for which it was written, *Honeysuckle Rose* (also known as *On the Road Again*) is a 1980 American romantic drama film starring Willie Nelson, Dyan Cannon, and Amy Irving. It is a loose remake of the 1936 Swedish film *Intermezzo*. *Wikipedia*

September comes from the Latin word *septem* (seven), because it had been the seventh month of the early Roman calendar.

The Old Farmer's Almanac



My 70-year kindergarten reunion is coming up soon, and I'm worried about the 175 pounds I've gained since then.

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Acronyms You Should Know

Sometimes we have a lot to say but little time to say it. That's where acronyms help speed things up. An acronym is a word composed of the first initials of the other words, which is then pronounced as its own word. Here are a few examples:

RADAR: Radio Detecting and Ranging

SCUBA: Self-Contained Underwater Breathing Apparatus

VIN: Vehicle Identification Number

WD-40: Water Displacement-40th formula

ZIP: Zone Improvement Plan

CAPTCHA: Completely Automated Public Turing Test to Tell Computers and Humans Apart

JPEG: Joint Photographic Experts Group

PNG: Portable Network Graphics

HIPPA: Health Insurance Portability and Accountability Act

SWAT: Special Weapons and Tactics

CPAP: Continuous Positive Airway Pressure

AFLAC: American Family Life Assurance Company

GEICO: Government Employees Insurance Company



Handbook for Life

Health

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants, and eat less foods manufactured in plants.
4. Live with the 3Es—Energy, Enthusiasm and Empathy.
5. Make time to pray.
6. Play more games.
7. Read more books than last year.
8. Sit in silence for at least 10 minutes each day.
9. Sleep for 7 hours.
10. Take 10 to 30-minute walks daily. And while you walk, smile.

Personality

1. Don't compare your life to others. You have no idea what their journey is about.
2. Don't have negative thoughts about things you can't control. Instead, invest your energy in the positive present moment.
3. Don't over-do. Keep your limits.
4. Don't take yourself seriously. No one else does.
5. Don't waste your precious energy on gossip.
6. Dream more while you are awake.
7. Envy is a waste of time. You already have all you need.

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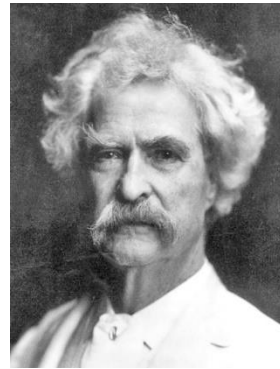
8. Forget issues of the past. They will ruin your present happiness.
9. Life is too short to waste time hating anyone.
10. Make peace with your past so it won't spoil the present.
11. No one is in charge of your happiness except you.
12. Realize that life is a school, and you are here to learn. Problems appear and fade away, but the lessons you learn will last a lifetime.
13. Smile and laugh more.
14. You don't have to win every argument. Agree to disagree

Society

1. Call your family often.
2. Each day, give something good to others.
3. Forgive everyone for everything.
4. Spend time with people over the age of 70 and under the age of 6.
5. Try to make at least three people smile each day.
6. What other people think of you is none of your business.



Mark Twain was an American writer,



humorist, entrepreneur, publisher, and lecturer. Born Samuel Langhorne Clemens, He lived from 1835 to 1910. Here are just a few of his many sayings:

- Never argue with stupid people, they will drag you down to their level and then beat you with experience.
- Worrying is like paying a debt you don't owe.
- If we were meant to talk more than listen, we would have two mouths and one ear.
- Some people bring joy wherever they go, and some people bring joy whenever they go.
- Good judgement is the result of experience and experience the result of bad judgement.
- Eat a live frog first thing in the morning and nothing worse will happen to you the rest of the day.
- If ignorance is bliss, why isn't the world happier? *Wikipedia*

The Birth of VISA

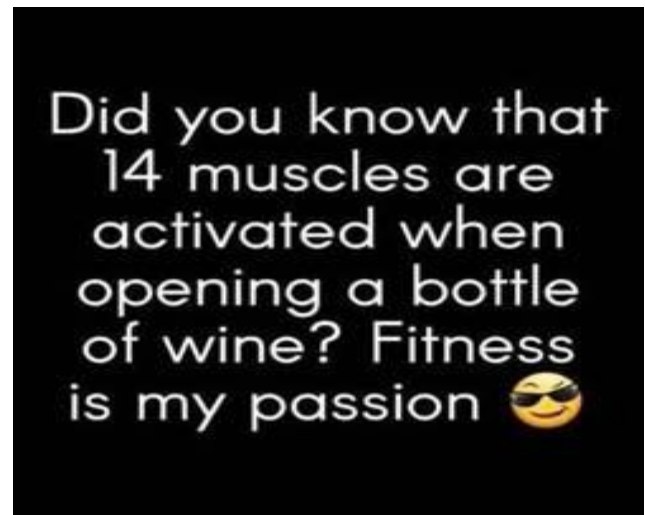
In 1968, Bank of America mailed 60,000 unsolicited credit cards, each with a \$500 credit limit, to residents of Fresno, California. Bank of America chose Fresno to ensure that, if the plan failed, the damage

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to its reputation would be minimal. The program was widely successful and marked the birth of VISA. *Natural Gas News*

trailblazer, as the word irony has come to be applied to events that are merely curious or coincidental. *Reader's Digest*



That's Ironic

...or maybe not. According to the editors at *Dictionary.com*, "ironic" may be the most misused word in the English language.

That's because, technically, it does not mean "unfortunate," "interesting," or "coincidental," despite those terms often being used interchangeably.

Instead, the *Oxford English Dictionary* defines it as "a state of affairs or an event...that seems deliberately contrary to what one expects and is often wryly amusing as a result." So, encountering a traffic jam when you are already late is merely an undesirable coincidence. If you were heading to meet with the city council about the new traffic light control system that caused the traffic jam, it would be ironic.

However, if you've been using "ironic" to mean "coincidental," you actually may be a

Pecan Health Benefits

Participants at risk for cardiovascular disease who ate 2.4 ounces of pecans (about 470 calories) daily for eight weeks lowered their total cholesterol by an average of 5%. They also lowered their LDL cholesterol between 6% and 9%, whether they added the nuts to their diet or substituted them for other calories. Pecans are high in healthy fatty acids and fiber, which are linked with lowering cholesterol. The results were reported by Liana L. Guarneiri, PhD candidate at the University of Georgia-Athens, author of a study published in *The Journal of Nutrition*.

If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.