

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Back in Action at Last!

After a long two-year break, we are finally getting back to singing together. As before, we will rehearse the two Mondays before the first Thursday of a month. For our April program, we added a third one on March 21st. All will be at 2:15 PM in the Good Samaritan Creative Arts room. We're performing at 2:00 at The Aristocrat on April 7th, Solstice on April 14th, Northrise Morningside on April 21st and Good Samaritan auditorium on April 28th.

While we can sing without masks, we may need them for going in and out of some facilities. We also need to be vaccinated, and shouldn't visit with the residents. And please stay home if you aren't feeling well. Check with George or Ray if you have any questions.



Age 70 might be the new 40, but 9:00 is the new midnight.

How to Relieve Muscular Pain Points

Often you can reduce muscle pain by self-messaging the affected area. No matter what self-massage tool you use, the general principles for releasing trigger points are the same. Apply pressure directly to areas of pain-the trigger points- one at a time. This pressure will feel painful at first, but when you remove the pressure, the pain will start to subside.

How long you maintain the pressure is unique to you. It can be a matter of seconds or up to a few minutes. Sometimes, it's simply the amount of time you can tolerate. You can rest and then reapply the pressure. Just keep in mind that a total of 10 to 15 minutes per spot per session is the limit, just as it is when applying ice or heat. You won't achieve more relief by doing it for any longer.

William G. Oswald, DPT in Bottomline PERSONAL

Ever Heard of Bilberry?



Bilberries are said to help improve night vision. Legend has it that British pilots during World War II found their night vision improved when they ate bilberry jam on their toast. While this benefit has never

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been proven, they still provide health benefits because of their antioxidant properties.

The bilberry, a relative of the cranberry, huckleberry, and American blueberry, is a plant with bright green leaves and bell-shaped flowers that grows wild, primarily in northern Europe. The bilberry looks very much like a blueberry, but its flesh is darker -- somewhere between deep purple and crimson -- and its flavor is tarter, says Steve Foster, a plant photographer who has written or co-written 17 field and reference guides on medicinal plants and herbs.

Mesilla Valley Chorale's 50th Anniversary

The Mesilla Valley Chorale will celebrate its 50th Anniversary with a concert on Sunday, May 8th at 3:00 PM in the Rio Grande Theatre. The concert's theme is "Our Golden Memories" and will feature such songs as *Fascinating Rhythm*, *Sing, Sing, Sing*, *The Music's Always There with You*, and many more. Tickets still are only \$10.00 and can be purchased through the Chorale website: <https://www.mesillavalleychorale.org/> or from any Chorale member.



Idioms Explained-Part 1

A SHOT OF WHISKEY - In the old west a .45 cartridge for a six-gun cost 12 cents, as did a glass of whiskey. If a cowhand was low on cash, he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

BUYING THE FARM - This is synonymous with dying. During WW1 soldiers were given life insurance policies worth \$5,000. This was about the price of an average farm so if you died you "bought the farm" for your survivors.

IRON-CLAD CONTRACT - This came about from the ironclad ships of the Civil War. It meant something so strong it could not be broken.

RIFF RAFF - The Mississippi River was the main way of traveling from north to south. Riverboats carried passengers and freight but they were expensive, so most people used rafts. Everything had the right of way over rafts which were considered cheap. The steering oar on the rafts was called a "riff" and this transposed into riff-raft, meaning low class.

STATE ROOMS - Traveling by steamboat was considered the height of comfort. Passenger cabins on the boats were not numbered. Instead, they were named after states. To this day, cabins on ships are called staterooms.

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COBWEB - The Old English word for "spider" was "cob".

SLEEP TIGHT- Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.



And she lived to almost 100!

McDonald's Visit

I know I shouldn't have done this, but I am 83 years old, and I was in the McDonald's drive-through this morning when the young lady behind me leaned on her horn and started mouthing something because I was taking too long to place my order. So, when

I got to the first window, I paid for her order along with my own. The cashier must have told her what I'd done, because as we moved up, she leaned out her window and waved to me and mouthed "Thank you.", obviously embarrassed that I had repaid her rudeness with kindness. When I got to the second window, I showed them both receipts and took her food too. Now she has to go back to the end of the queue and start all over again. Don't blow your horn at old people. They have been around a long time. *Author unknown (submitted by George Rushing)*

Warner Communications paid 28 million dollars for the copyright to the song Happy Birthday, which was written in 1935.

The military salute evolved from medieval times, when knights in armor raised their visors to reveal their identity.

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. Guarneri, PhD candidate at the University of Georgia-Athens, author of a study published in *The Journal of Nutrition*.