

Chorus Chatter

News and Musings for Young at Heart Chorus Members
<https://www.youngatheartlascruces.website/>

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More Keys to Happiness

10. Nobody cares if you can't dance well. Just get up and dance.
11. Since it's the early worm that gets eaten by the bird, sleep late.
12. The second mouse gets the cheese.
13. When everything's coming your way, you're in the wrong lane.
14. Birthdays are good for you. The more you have, the longer you live.
15. Some mistakes are too much fun to make only once.
16. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
17. A truly happy person is one who can enjoy the scenery on a detour.
18. Save the earth..... It's the only planet with chocolate!



Oh, What a Beautiful Mornin'

is on our September program and is also the opening song from the musical *Oklahoma!*, which premiered on Broadway in 1943. It was written by composer Richard Rodgers and lyricist/librettist Oscar Hammerstein II. The leading male character in *Oklahoma!* Curly McLain, sings the song at the beginning of the first scene of the musical.

This was the first song of Rodgers and Hammerstein's musical collaboration to be heard by theatre audiences. It has become one of their most famous numbers and quickly became one of the most popular American songs to emerge from the wartime era. It also gained popularity away from Broadway, first on the radio and recordings, and then later on numerous television variety shows. Wikipedia

Reduce Cancer Risk with Mushrooms



Eating 18 grams of mushrooms (less than a quarter-cup) daily was associated in studies with a 45% lower risk for cancer, according to John Richie, PhD, a professor of public

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health sciences and pharmacology at Penn State Cancer Institute. Mushrooms are high in cell-protecting vitamins and antioxidants. While all mushrooms are high in these beneficial antioxidants, shitake, oyster and maltake contain the most.

BottomLine Personal



Beautiful piano we'll all enjoy at Solstice-donated by Virginia Crane

Mule for Sale

This fella decides it's time to sell his mule. In a farming community, mules are highly prized as a hard-working animal, able to help with many chores around the farm. A friend of his was visiting as he came up with a scheme to maximize the money he could get for his mule. This enterprising farmer decides to raffle off his mule and hold a drawing at the end of the month. He sells 100 tickets for \$20 each and realizes much more than the mule is worth.

Bad luck seems to follow him, as the mule dies just days before the end of the month. His friend comes back to visit him several

weeks after the end of the raffle and asks how it went. The farmer says, "Well, I sold \$2,000 worth of tickets for a mule that should sell for about \$500. But the mule died just before the raffle took place." His friend exclaims, "That's terrible. All that money lost." "Oh, I didn't give the money back. When the winner came to pick up the mule and found out it was dead, he was upset to say the least, so I just gave him his money back."



Where Did the Rx Symbol Come From?



You've seen the Rx symbol for a medical prescription on doctor's prescription pads and signs in pharmacies. According to most sources, it is derived from the Latin word "recipe," meaning "take." A few alternative theories believe that the Rx symbol evolved from the Eye of Horus, an ancient Egyptian symbol associated with healing powers.

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Either way, the practice of pharmacy, the preparation and dispensation of drugs, has been around for thousands of years. The world's first recorded prescriptions were etched on a clay tablet around 2100 B.C., in Mesopotamia.

America's earliest drugstores date to the 17th century, in places such as Boston and New York. Prior to the 1950s, most prescription medications in America were compounded by pharmacists, who custom-made each medication from raw ingredients to suit an individual patient's needs. After the mid-20th century, pharmacists filled most prescriptions with mass-produced products from drug companies. Today, the mortar and pestle, used by pharmacists for centuries to make medications, remains an industry symbol, often appearing on drugstore signs along with Rx

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times." 🤔😂😂

The Benefits of Music

Music has profound benefits for fighting stress, depression, anxiety and insomnia. In a *Psychology Today* article, Michael J. Breus, PhD, discussed the many ways music can help alleviate these maladies. He wrote of the calming effects of slower, more gentle music and the uplifting effects of faster-paced, louder and more vibrant music.

From relaxing music:

- Slower breathing
- Lower heart rate
- Lower blood pressure
- Quieting the nervous system
- Easing muscle tension
- Reducing stress and anxiety
- Triggering of sleep-inducing hormones
- Reducing stress-inducing hormones

From upbeat, stimulating music:

- Higher heart rate
- Greater stamina and endurance
- Increased creativity, attention and mental focus as well as better physical coordination

For better sleep, Breus suggests a "wind-down" period before bed, using slower, more calming and preferably lyric-free music. He says a few nights might not be enough, so give it more time, and be consistent. Avoid earbuds, he adds, because you don't want to fall asleep with them in your ears.

*I don't know how to act my age.
I've never been this old!*