

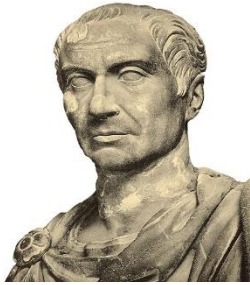
Chorus Chatter

News and Musings for Young at Heart Chorus Members

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July Honors Julius Caesar



(100 BC-44 B.C), the Roman dictator who developed the Julian calendar with the help of Sosigenes. It's the precursor of the Gregorian calendar we use today. In the

United States, we observe July 4th in honor of the adoption of the Declaration of Independence by delegates from the 13 colonies on July 4, 1776. Only two men actually signed the document on that date, John Hancock, president of the congress, and Charles Thompson, secretary of the congress. Most signers did so on August 2, 1776. The Fourth of July was not declared a federal holiday until 1938! Old Farmer's Almanac



Q: Do they have a fourth of July in Canada?

A: Of course. There and everywhere else, it's simply the fourth day of July.

A Great Lesson on Stress

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?' She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on.

As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time."

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must. (E-mailed by a friend)

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How Dogs Got Those Cute “Puppy



Dog” Eyes

When your dog looks at you with that curled brow and doleful stare, it's hard not to give it a loving scratch or a treat. It's something both we and our

furry friends have been conditioned for by thousands of years of evolution.

Biological anthropologist Anne Burrows and her team at Duquesne University in Pittsburgh have been investigating the ways dogs have evolved to express themselves and earn the title of “man's best friend.”

The timing and exact way this happened are uncertain, but some 15,000 to 35,000 years ago, early *Homo sapiens* in parts of Europe and Siberia began to change their relationship with the local wolf population. Whether a few bolder wolves cooperated to hunt with people for larger game or dined on remains of animals left behind by nomads is uncertain. It's likely that it somehow involved food, however.

The scientists found that a large range of dog breeds had defined musculature around the eye that lifts the brow up. The wolves that they studied did not have this attribute. That suggests that, as humans domesticated wolves, they selected those with friendlier behavior and traits, such as a persuasive brow raise or smaller teeth and snouts.

Burrows says, “Our evolutionary history of becoming human is intimately tied to the

process of dog domestication. When we look at a dog today, we see what was important to Upper Paleolithic people 30,000 -plus years ago. Dogs just 'get us' in a way that no other animal does.”

Popular Science

Two things to make your day better:

- Do not watch the news.
- Stay off the bathroom scales.



Bastille Day and French History

Bastille Day is a holiday celebrating the storming of the Bastille—a military fortress and prison—on July 14, 1789, in a violent uprising that helped usher in the French Revolution.

Part of the lore of the French revolution is the supposed quote from Marie Antoinette, “Let them eat cake” in response to the comment that the peasants had no bread. Upon being informed that the citizens of France had no bread to eat, Marie

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Antoinette, Queenconsort of Louis XVI of France, is said to have exclaimed "let them eat cake", or "Qu'ils mangent de la brioche". This cemented her position as a vain, airheaded woman who didn't care for the common people of France, or understand their position, and is why she was executed in the French Revolution. She didn't utter the words at all. Critics of the Queen claimed she had said the regretful words in order to make her look insensitive and undermine her position. The words had actually been used, if not actually said, a few decades earlier to also attack the character of a different noble.

I'M AT THAT DELUSIONAL
AGE WHERE I THINK
EVERYONE MY AGE LOOKS
WAY OLDER THAN I DO

Keep Your Hope Up

Hope is crucial to our physical and mental health. It protects against anxiety and despair and guards us from stress. Research shows that people with higher levels of hope have better coping skills and bounce back from setbacks faster. They're better at problem-solving and have lower

levels of burnout. They have stronger relationships, because they communicate better and are more trusting.

Psychologists define hope as a yearning for something possible but not certain— such as a better future—and a belief that you have some power to make it happen. And they believe it has two crucial components: The motivation to achieve the desired goal, and a strategy, or pathway to do that. This is how it differs from optimism, which is the belief the future will work out no matter what you do.

Anthony Scioli is a professor of psychology at Keene State College in Keene, N.H., and co-author of "Hope in the Age of Anxiety" and "The Power of Hope." He believes hopeful people draw on four main resources: Attachment is a sense of continued trust and connection to another person. Mastery, or empowerment, is a feeling of being strong and capable—and of having people you admire and people who validate your strengths. Survival has two features—a belief that you aren't trapped in a bad situation, and an ability to hold on to positive thoughts and feelings even while processing something negative. Spirituality is a belief in something larger than yourself. *Wall Street Journal*

**I went down to
the paint store
to get thinner.
It didn't work.**