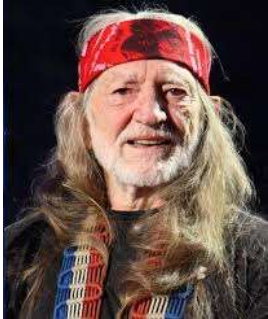


# Chorus Chatter

News and Musings for Young at Heart Chorus Members

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Editor: Ray Scroggins

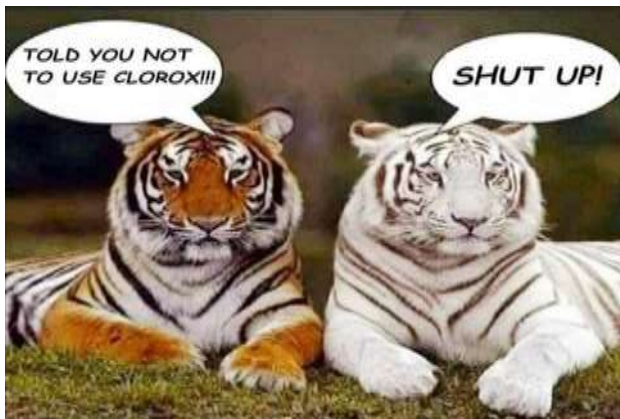


**Willie Nelson** is an American musician, actor and activist, and one of the most recognized artists in country music. Born in 1933 during the Great Depression and raised by his grandparents, Nelson wrote his first song at age seven and joined his first band at ten.

His career took him from Texas to Arkansas, Washington State, Nashville and back to Texas, but he also spent much of his time touring. Nelson was inducted into the Country Music Hall of Fame in 1993

He wrote several of the songs we have sung, including *On the Road Again*, *Georgia on My Mind*, *Pretty Paper*, and *Crazy*, which was made famous by Patsy Cline.

In addition to his career in music, Nelson has acted in over 30 films, co-authored several books, and has been involved in activism for the use of biofuels and the legalization of marijuana.



## Can You Stand One More Quiz?

Here's one more song quiz with a little different twist. See if you can pick the right answer. The correct answers are on the last page.

1. Which one of the following was NOT one of Al Jolson's songs?
  - Swanee
  - Sonny Boy
  - California Here I Come
  - Old Man River
2. "Rhapsody in Blue" made its first appearance in the 1920s. Who wrote it?
  - Cole Porter
  - Richard Rogers
  - Paul Whiteman
  - George Gershwin
3. Eddie Cantor made this song popular in 1928. It included the lyrics "Another bride, another June, Another sunny honeymoon..."
  - My Blue Heaven
  - Making Whoopee
  - Love and Marriage
  - What is This Thing Called Love?
4. This 1921 song was inspired by a movie starring Rudolph Valentino and included the lyrics "At night when you're asleep, into your tent I'll creep."
  - The Sheik of Araby
  - Margie
  - Ain't We Got Fun?
  - Song of India

(Continued on next page)

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5. By 1925, the 20s were roaring and flappers were in fashion, and also a song with these lyrics: "You can bring Pearl, she's a darn nice girl, but don't bring \_\_\_\_\_."

- Louise
- Lulu
- Rose
- Lydia

6. A song co-written by Fats Waller that became his theme song lamented, "No one to talk with, all by myself, No one to walk with, but I'm happy on the shelf"

- Am I Blue?
- Ain't Misbehavin'
- I Wanna Be Loved by You
- All Alone

### Proper Breathing Protects Your Lungs

The way you breath affects your lungs. Your nose was designed to warm, moisten and filter the air you breath. Mouth-breathing does none of these and can create added stress to your lung tissue.

To breathe through your nose, you need clear sinuses. Dr. John Parks Trowbridge says one way is to irrigate your nasal cavity with a salt-water solution delivered by a syringe. An even better option is to use a personal humidifier with a solution of 8 ounces of water and 2 teaspoons of hydrogen peroxide, which is a powerful anti-microbial. "Breathe in the cool vapor through your nose," says Dr. Trowbridge. "The peroxide gets deposited on the surfaces of the membranes in the nose and swirls around the sinuses. It's deadly to germs and also lubricates tissue to help flush things out."

Supplements also can help, because nutrients are vital in keeping lung cells functioning at their best.

"The lungs have very fragile tissues that respond well to immune-supporting nutrients, especially vitamins A, C and D, as well as zinc and selenium," says Dr. Trowbridge. *Newsmax magazine*

## Pepper ... And Salt

THE WALL STREET JOURNAL



*"Believe me, I'm still trying to get over eighth grade gym classes, myself."*

### Check This Out

George says that if you type into YouTube's search bar "Young at Heart Chorus Las Cruces" you'll find many previous chorus performances dating as far back as November, 2008 at the Rio Grande Theater. Should be fun to see and hear them again, and you could even sing along!

What is the only word in the English language that, when capitalized, is pronounced differently?

polish/Polish

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## 12 Commandments for Seniors

1. It's okay to talk to yourself. There are times you need expert advice.
2. "In style" are the clothes that still fit.
3. You don't need anger management. You just need people to stop pissing you off.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."
6. "On time" is when you get there.
7. Even duct tape can't fix stupid-but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Aging has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age and hope you never will.

## Vaccination

Pandemics have been around forever, but starting in 1721, the smallpox epidemic taught the Western world that humans could prevent pandemic diseases. That year, the hellfire Puritan minister Cotton Mather, better known for his role in the infamous witch trials, warned of the coming epidemic already besieging England. A student of science and medicine since childhood, Mather became aware of an inoculation practice originating in Africa, called variolation. It involved taking material from patients who had smallpox and injecting it into healthy individuals.

The medical community recoiled at the idea, although it proved effective in preventing the disease. In 1757, Edward Jenner, an eight-year-old boy in a small English town, underwent the procedure. When he later became a country doctor, he learned that dairies believed a livestock disease called cowpox might hold the key to preventing smallpox. In 1796, he inoculated another eight-year-old boy with material from a young woman infected with cowpox. It was the beginning of modern vaccination, a term coined from, *vacca*, the Latin word for cow.

*National Geographic*



## Answers to Name That Old Song

1. Ol' Man River
2. George Gershwin
3. Makin' Whoopee
4. The Sheik of Araby
5. Lulu
6. Ain't Misbehavin'