

Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

Issue #70...July 5, 2023

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Some Keys to Happiness

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully... It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

Cool as a Cucumber



Beyond cucumber salads, this amazing vegetable has at least a dozen benefits you've probably never heard of.

1. They contain most of the vitamins you need every day. One cucumber contains Vitamins B1, B2, B3, B5, B6 and C, plus Folic Acid, Iron, Calcium, Magnesium, Zinc, Potassium and Phosphorus.

2. Cucumbers are good sources of B vitamins and carbo-hydrates, which provide a quick energy boost that can last for hours.
3. Try rubbing a slice of cucumber on your bathroom mirror to eliminate fog and provide a soothing, spa-like fragrance.
4. Place a few slices in a small pie tin to rid your garden of slugs and grubs. Chemicals in the cucumber react with the aluminum and give off a scent that drives garden pests crazy.
5. Phytochemicals in cucumber cause your skin to tighten, firming the outer layer and reducing the visibility of cellulite. Just rub a slice or two on your problem areas for a few minutes. Works great on wrinkles too.
6. Avoid a hangover or terrible headache by eating a few cucumber slices before going to bed. They contain enough sugar, B vitamins and electrolytes to replenish essential nutrients, and you'll wake up refreshed and headache-free.
7. Eat a cucumber to fight off that afternoon or evening snacking binge.
8. Need a shoe shine in a hurry? Rub a freshly cut cucumber slice over your shoes. It's chemicals give a quick and durable shine that looks great and also repels water.

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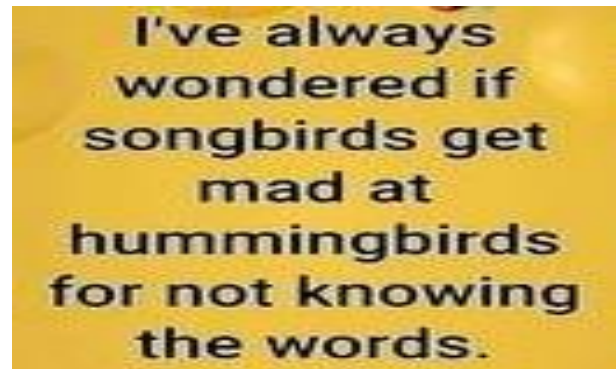
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9. Out of WD-40? Rub a slice of cucumber along a squeaking hinge to solve the problem.
10. Beat stress by cutting up an entire cucumber and placing it in a pot of boiling water. As its chemicals and nutrients react with the boiling water, they'll be released in the steam to create a soothing, relaxing aroma.
11. Eliminate bad breath by pressing a slice of cucumber to the roof of your mouth with your tongue for 30 seconds. Its phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
12. Rub a slice of cucumber on your taps, sinks or stainless steel to remove tarnish and bring back the shine without harming your fingers and fingernails while you clean. *Reader's Digest*

Worth His Salt

This phrase refers to a person who is deemed of good stock and fine, upstanding character. Early Roman soldiers earned an allowance of salt for their efforts, and a soldier who was "worth his salt" was one whose performance was up to snuff. The Latin word for this allowance is *salarium*, from which we derive the word *salary*.

How Stuff Works



Help a Young Singer

A local singer and actress, Brianna Horvath, is heading to Florence, Italy next month to continue her vocal studies. You may have seen her a few years ago as the lead in *Legally Blonde* or heard her sing at DH Lescombes or elsewhere in town. She and her friends are presenting an evening of classical art songs, arias and musical theater in preparation for her trip. Featured performers joining her will be Peyton Womble, Alyssa Gose and Ethan Trujillo. It will be at the First Christian Church, 1890 El Paseo Road, across from Las Cruces High School, at 7:00 on Thursday evening, July 27th. Suggested donation is \$20.00, with those 16 and under free.

Do You Know Your Hymns?

Dentist's Hymn . . .	Crown Him with Many Crowns.
Weatherman's Hymn . . .	There Shall Be Showers of Blessings.
Contractor's Hymn . . .	The Church's One Foundation.
Tailor's Hymn . . .	Holy, Holy, Holy.
Golfer's Hymn . . .	There's a Green Hill Far Away.
Politician's Hymn . . .	Standing on the Promises!
Optometrist's Hymn. . .	Open My Eyes That I Might See.
IRS Agent's Hymn . . .	I Surrender All.
Gossip's Hymn . . .	Pass It On.
Electrician's Hymn . . .	Send The Light..
Shopper's Hymn . . .	Sweet Bye and Bye.
Realtor's Hymn . . .	I've Got a Mansion, Just Over the Hilltop.
Massage Therapist's Hymn.	He Touched Me.

AND for those who speed on the highway - a few hymns:

55 mph . . .	God Will Take Care of You
75 mph . . .	Nearer My God To Thee
85 mph . . .	This World Is Not My Home
95 mph . . .	Lord, I'm Coming Home
100 mph . . .	Precious Memories

Give me a sense of humor, Lord, Give me the grace to see a joke,
To get some humor out of life, And pass it on to other folks.

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Hillbilly Wisdom-Part 1

Your fences need to be horse-high, pig-tight and bull-strong.

Keep skunks, bankers, and politicians at a distance.

Life is simpler when you plow around the stump.

A bumble bee is considerably faster than a John Deere tractor.

Words that soak into your ears are whispered, not yelled.

The best sermons are lived, not preached.

If you don't take the time to do it right, you'll find the time to do it twice.

Don't corner something that is meaner than you.

Don't pick a fight with an old man. If he is too old to fight, he'll just kill you.

It don't take a very big person to carry a grudge.

You cannot unsay a cruel word.

Every path has a few puddles.

When you wallow with pigs, expect to get dirty.

Don't be banging your shin on a stool that's not in the way.

Borrowing trouble from the future doesn't deplete the supply.

Most of the stuff people worry about ain't never gonna happen anyway.

Don't judge folks by their relatives.

Silence is sometimes the best answer.

Don't interfere with somethin' that ain't botherin' you none. *To be continued...*

Turtles Talk

Although we always thought they were silent, probably because we can't hear them when they are under water, turtles actually communicate with each other using a variety of sounds that include coos, squeaks, clicks and croaks. Researchers at the University of Zurich, in Switzerland, studied more than 50 species of turtles in their research. *BottomLine Personal*

