

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

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Twelve Commandments for Seniors

#1 - 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 and come out wrinkle-free and 3 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.

Thanks to Marty Campbell

New Driver

A teenage boy had just passed his driving test and asked his dad if he could start using the family car. The dad said he'd make a deal with his son, "You bring your grades up from a C to a B average, study your Bible a little and get your hair cut. Then we'll talk about the car." The boy thought about that for a moment, decided he'd settle for the offer and they agreed on it. After about six weeks, the dad said, "Son, you've brought your grades up and I've noticed that you have been studying your Bible, but I'm disappointed you haven't had your hair cut." The boy said, "You know, Dad, I've been thinking about that, and I've noticed in my studies of the Bible that Samson had long hair, John the Baptist had long hair, Moses had long hair, and there's even strong evidence that Jesus had long hair." His dad replied, "Did you also notice that they all walked everywhere they went?"

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As I get older and remember all the people I've lost along the way, I think to myself, "Maybe a career as a tour guide wasn't the right choice for me."

Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.

Mesilla Valley Chorale Concert

The Mesilla Valley Chorale will present its Holiday concert, "Swinging Through the Holidays," at 3:00 PM on Sunday, December 3rd in the Rio Grande Theatre. Tickets are now available on the Chorale's website, <https://www.mesillavalleychorale.org/tickets>, or see Ray if you prefer paper tickets. They are still only \$10.00 and also will be available at the door at 2:30 PM on the day of the concert.

The concert will include *Christmas Time is Here, Eight Days of Lights, Feliz Navidad, Go Tell It on the Mountain, O Holy Night. Swing into Christmas*, and many more,

A Face for Radio

For several years, I attended a week-long music camp for barbershop quartet singers. The first day in each class, we usually introduced ourselves. My voice has always had a lot of resonance, so when I introduced myself in one class, the instructor said, "Now there's a voice for radio." I wish I would have thought quicker and replied, "And a face for it too." Ray

Purple Power

For an extra boost of good health, reach for vegetables that are red or purple in color. Radishes, purple potatoes, red cabbages, purple carrots, red onions, purple cauliflowers, and eggplants all contain a type of antioxidant that helps lower blood pressure and may slow cancer growth. A new study from Finland shows these veggies also reduce the risk of type 2 diabetes in several ways. Reddish fruits such as blueberries, strawberries, and blackberries also contain this antioxidant, but the research shows the kind found in vegetables is particularly powerful. *Reader's Digest*

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I'm giving up eating chocolate for a month. Sorry, bad punctuation. I'm giving up. Eating chocolate for a month.

Should You Take Low-Dose Aspirin?

As effective as a daily low-dose aspirin can be for some heart issues, it's definitely not for every heart condition. According to a new study published in *Neurology*, low-dose daily aspirin does nothing to prevent dementia or slow cognitive decline either. Studies reaffirm that, for most people, the increased risk for internal bleeding outweighs the benefits of low-dose daily aspirin. Yet many who shouldn't take it still do. Daily aspirin is recommended only for preventing a second heart attack or stroke, so it is prescribed only following a heart attack, stroke, or diagnosis of peripheral arterial disease, which increases heart attack and stroke risk. A

family history of heart disease or high calcium scores on a coronary CT scan also appear to increase cardiovascular risk and may prompt more aggressive prevention measures, but statins, blood pressure control, smoking cessation and lifestyle changes such as improved diet and exercise are the best strategies to prevent a first heart attack or stroke. Aspirin may be useful for some individuals but generally is not part of a primary prevention strategy. If you are taking aspirin daily, ask your doctor about stopping it. If he/she recommends that you continue, be sure to be monitored for signs of bleeding. *Thomas M. Maddox, MD, in BottomLineHealth*

