

Holding It All Together

by Amy McCollom



A Happy Song
Hey, play me a song that will make me happy. Seriously. If you are under 40, you have a playlist full of songs from which to choose. If you are a little older, say my age, you probably still have CD's and maybe some records, and just maybe an Ipod or something like that from where you could find a great song. Or you can just pull something up on YouTube from your phone.

But what song will make me happy? Do songs really do that? I mean, not everyone likes the same kind of music, so how are we going to know what song would make someone happy? Honestly, John Denver singing doesn't affect everyone the same way. Neither does Lynyrd Skynyrd or Kiss, or Andrea Bocelli. But there is a science to music, believe it or not.

A researcher in cognitive neuroscience, Dr. Jacob Jolij, a neuroscientist at the University of Groningen in the Netherlands, has come up with a formula for a song's capacity to make you feel good based on certain criteria. The criteria that was judged were: the tempo, the positivity of the words, and if the song was in a major or minor key. Based on his studies, he came up with a list of his top 10 songs that should make you feel good while hearing them. Although they may be a little outdated, these are his picks:

Don't Stop Me Now (Queen)
Dancing Queen (ABBA)
Good Vibrations (The Beach Boys)
Uptown Girl (Billy Joel)
Eye Of The Tiger (Survivor)
I'm A Believer (The Monkeys)
Girls Just Wanna Have Fun

(Cyndi Lauper)

Livin' On A Prayer (Jon Bon Jovi)

I Will Survive (Gloria Gaynor)

Walking On Sunshine (Katrina And The Waves)

I can agree that some of these songs do make me feel good when listening to them. Some are really "Pump You Up" songs, like Eye Of The Tiger. That's one that my son used to listen to before he went to every basketball practice and game.

When my grand daughters were smaller and would come over more often, I would put YouTube on the television and we would play bucket drums to "Happy" by Pharrell Williams, only they have a Minions video version, which was our favorite. I think that song should be added to the top 10 list because you just can't listen to that song without tapping your feet and feeling something! If that song doesn't light your fire, your woods wet!

So the tempo, the first factor in Dr. Jolij's formula for a happy song, he says, has to be at least 140 - 150 beats per minute. Now, I play the drums, and THAT is a pretty fast rhythm right there. I could break a hip playing a song like that for too long.

The second factor is the song needs to be in a major key. I'm not a big fan of minor key songs anyways; they always sound a little "off" to me, so there's that. I think he got that one right on the nose.

And the third factor, the lyrics need to be positive and have a good uplifting message, or not make sense at all. A sad message will definitely kill the happiness factor. I agree, a song can be silly and still be happy. Ting tang walla

walla bing bang, right?

And although the songs on Dr. Jolij's Happy Song List are older songs, he didn't choose them that way on purpose. The songs from the 80's and before were just more feel good, he discovered. I guess when the 90's hit so did Emo, punk, and a lot of other genres that weren't that uplifting. The world changed and the music reflects that.

But wait, there's more. In another study done by the Montreal Neurological Institute and Hospital, it was discovered that listening to music released dopamine into the brain causing sensations noted as chills - with actual physical changes in heart rate, breathing, and temperature, due to listening to music. Music can be a powerful thing.

This research team found that 5 songs in particular produced a measurable dopamine release in the brain significant enough to cause chills, and also increased happiness. Trust me, you'll probably recognize these songs, as I did. Take a listen. See if they give you emotions.

"Clair de Lune" -- Debussy
"Adagio for Strings" -- Barber

"Piano Sonata No. 17 in D Minor ("The Tempest")" -- Beethoven

"First Breath After Coma" -- Explosions in the Sky

"Adagio for Strings" -- Tiesto

I have decided I need to make happy music a part of my day, every day. Who wouldn't want some good chills and happiness? So perhaps I need to set up a playlist; I'll have to recruit one of my kid's help for that. But I definitely need more music this year, for sure. I believe we could all use a happy song, don't you think? Stay on a high note, and next time someone asks, have a song ready to make somebody happy. Peace out.

Hook, Line and Sinker

With Tony Hooker

According to an article from the January 7, 2021 issue of Newscientist.com, genetics have proven that dogs split from their canine ancestors between 27 and 40 thousand years ago. The oldest known dog burial site is over 14,000 years old; clear evidence that dogs had been domesticated at that point.

It's believed that during the ice age, a surplus of available meat was available to the human hunter gatherers, and that wolves fed on the excess, thus becoming used to human company. It's also thought that during this time, humans adopted orphaned wolf pups as companions, and then began to utilize their skills as hunters for their mutual benefit.

How these barely domesticated apex predators devolved into the coddled lap dogs of today is one of nature's true wonders, at least to me. One thing is certain, there are a lot of doggies being kept as pets/companions in the US. According to the American Veterinary Medical Association, as of 2017, there were 76 million dogs in households across the US.

To celebrate this union, this week, I've decided to interview Noodles Lee Hooker, one of two pampered pups in the Hook, Line and Sinker household.

Noodles, how did you come to live with your humans?

I was just a pup, so the details are blurry, but apparently my mom human and girl human were shown a picture of me by my dad human's cousin, Easy Rider when they visited deer camp about 10 years ago. They adopted me and the rest is history.

What is one of your pet peeves?

There seems to be some sort of twisted notion that I'm not smart. Let me tell you, I can take a leak wherever I want,

my humans are mad for about 5 minutes and then all is forgiven. I never have to jump on the couch under my own power because all I have to do is back up and mom human picks me up. Early in the pandemic, when dad human was working from home, I played him like a fiddle, earning a meat treat each time I went outside and "did my business". Does that sound 'stupid' to you? Problem was, he would usually have a bite of hot dog every time he gave me one, and we both swelled up like ticks and got put on a diet by girl human.

Do you have any siblings?

Yes, I have stepbrother named Zeus. He's without a doubt the most neurotic creature I've ever met. I don't mean to brag, but he idolizes me so much that all I have to do is bark at nothing and he gets all riled up and runs to the door, even when I'm just messing with him.

What are some of your favorite hobbies?

I like to lay beside my mom human on the love seat. Sometimes I pass gas that's so

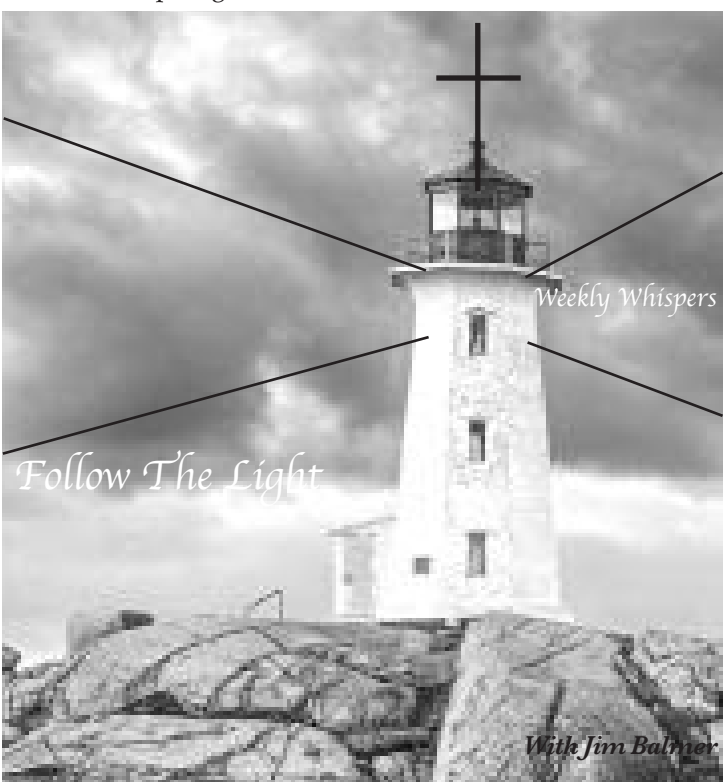
noxious my girl-human has to run out of the room. That's always good for a chuckle for Zeus and me. Speaking of Zeus, that crazy boy likes to be completely covered in blankets, even in summer. I sometimes wonder if oxygen starvation affected his cognitive abilities, because his elevator doesn't go all the way to the top floor, if you know what I mean.

Did you make any new year's resolutions this year?

I did. I am determined not to snuffle around the kitchen like an anteater, looking for scraps of people food. It will be hard, because dad human is kind of sloppy when he cooks, and for over a year he shared all those meaty morsels with me but I'm going to try my hardest while I still have a shred of canine dignity. I'm also going to continue to love my humans unconditionally, just as they love me.

Is there anything you would like to add?

I just want to wish everyone a happy new year, from our pack to yours.



PSALM 122
In Praise of Jerusalem

1 I was glad when they said to me,

"Let us go to the Lord's house."

2 And now we are here, standing inside the gates of Jerusalem!

3 Jerusalem is a city restored in beautiful order and harmony.

4 This is where the tribes come, the tribes of Israel, to give thanks to the Lord according to his command.

5 Here the kings of Israel sat to judge their people.

6 Pray for the peace of Jerusalem:

"May those who love you prosper."

7 May there be peace inside your walls and safety in your palaces."

8 For the sake of my relatives and friends

I say to Jerusalem, "Peace be with you!"

9For the sake of the house of the Lord our God

I pray for your prosperity.

Southern Champaign County Today

A combination of the
Sidney Times
Broadlands News

Philo Booster
A product of
BETTER NEWSPAPERS, INC.

For Editorial or Advertising:

E-mail: jamie@thetuscolajournal.com

Call or Text Ph.: (217) 369-1398

For Questions on Legals or Classified Page to Place a
Legal Notice or Classified Page Ad:

Call: 217-543-2151

Greg Hoskins, publisher
Jamie Morse, Advertising/Editorial
jamie@thetuscolajournal.com

Published every Wednesday

Distributed free to the communities of Sidney, Philo,
Broadlands, Homer, Allerton, Longview
Pesotum and Tolono



East Central Illinois
Christian School

TOWN HALL MEETING

Please join East Central Illinois Christian School
for a town hall meeting.

Sunday, January 16, 2022 • 3:00 p.m.
at the Newman Community Building

There will be a brief presentation
and a question/answer period.

Everyone is welcome!

Business and Professional

DIRECTORY

The following Business and Professional People
are ready to serve you. Call for their services.

VETERINARY SERVICES

Four Counties Mobile Veterinary Services

Kathleen M. Mcmanamon, DVM

House and Farm Calls
Small Animal and Equine

Hours:

Monday-Friday, Noon-8 p.m.

Saturday, By Appointment

Phone: (217) 834-3472

EYE CARE

CHITTICK FAMILY EYE CARE

- Adult & Pediatric Eye Care
- Contact Lenses
- Custom Vision Correction
- Digital Retinal Exam
- Glaucoma detection & management

10 West Adams

Villa Grove, IL 61956

Office: 832-2111

Hours: Mon - Fri 8 - 5

Medicare assignments accepted/Health Alliance Provider

This Could Be Your Ad!
Advertise In The SCC Today,
The Journal Newspaper &
More!

Text Jamie: 217-369-1398

or Email:

jamie@thetuscolajournal.com

For more information on

AFFORDABLE ADVERTISING

Area Church Services

IMMANUEL LUTHERAN CHURCH

390 CR 2400E, Broadlands
(217) 834-3289

Pastor Rev. John Sharp
Sunday Schedule Service - 9 a.m.

Sunday school and
Bible classes - 10:15 a.m.
(Aug. - June)

Adult Bible Study

Wednesdays - 9 a.m. (Aug. - June)

Men's Bible Breakfast - 7:30 a.m.

Second and Fourth Saturdays
(Lincoln Street Lounge)

- Youth Group • Sewing Circle •
- Men's Club •

Call the church office
for more information.

FIRST CHRISTIAN CHURCH

"Come Rejoice With Us"

701 N. Sycamore Street

Villa Grove, Illinois

Phone (217) 832-5231

Fax (217) 832-9348

website: www.fccvg.com

e-mail: fccvg@frontier.com

Minister—Mike Zylstra

e-mail: fccvgmin@frontier.com

Morning Worship—9:30 a.m.

Sunday Morning Celebration

9:30 a.m.

Age 4-5th Grade

Sunday Morning

Celebration Leaders:

Cecile Cassida & Seth Shunk

Sunday School—10:45 a.m.

Junior High Youth Group

(Grades 6-8)

1st & 3rd Sunday 5-6pm

High School Youth Group

(Grades 9-12)

1st & 3rd Sundays, 6-7:30pm

Youth Group Leader: Brenda Logan

Nursery care at all services.

Open Communion offered each

Sunday

TOLONO UNITED METHODIST CHURCH

301 N. Bourne St. Tolono

Pastor Catherine Thomas

Office phone: 217-485-3610

e-mail: tolonomethodist@msn.com

Sunday Service 10:30am

Sunday School: Jr-Sr High 9:30am

COUNTRYSIDE UNITED METHODIST CHURCH

1807 County Road 1000N

Between Sidney and Philo

Rev. Jeff Stahl

E-mail: cumc.office99@gmail.com

www.countrysidemethodist.org

Worship

Coffee Hour- 8:30 a.m.

Worship-9:00 a.m.

Sunday School- 10:15 a.m. (for all

ages)

Nursery Available during worship

Wednesday

Special 6:15 a.m. Bible study

various support, fellowship and

study groups. Please contact the

church office for times.

To Add Your Church to the directory email:

jamie@thetuscolajournal.com