



WELLNESS FOR LIFE  
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## AND THE BEAT GOES ON

Some of you who are familiar with earlier contributions of my © *Wellness For Life* column, will notice that I have a tendency, from time to time, to weave some form of music into my columns.

Music has a way of making a connection with living entities on various levels of life. This 'Beat' will continue to do its best entertaining, tickling your humor bone and or perhaps, sharing a few new tidbits of knowledge.

It has been brought to our attention that recently humanity has been the undesired recipient of left jabs and right hook blows of the triple emergent: Flu, COVID and RSV. To put it more simply - 'The Triple Whammy'.

So, this time, I am returning to my reliable support of music to assist in comforting and enlightening us as we embark on this adventure.

It is grounded by definition in music as "Some process, pursuit, activity, etc., that will continue into the future, especially in the face of difficulties or setbacks."  
[idioms.thefreedictionary.com](http://idioms.thefreedictionary.com) › the+beat+goes+on

Time to go back to yesterday's music, with all our faculties actively engaged and without any impairments, noting in particular, Sonny Bono's 1967 version of "*AND THE BEAT GOES ON*". The song's lyrics indicate the aspects of life move on. "The main message it carries is that life, just like a rhythm keeps moving along with all its challenges, and does not necessarily stop for anyone." [*"The Beat Goes On" (1967) by Sonny & Cher - by Amanda London August 12, 2020*]

I made an interesting discovery while delving deeper into the title. There is support of this from a medley of sources including books, movies and other music genre like *Rock, Soul, Blues*: Steve Winwood (1996) "Running On" by Jackie Edwards; *Country* George Strait (2001) "Good Time Charleys" by Jerry Chesnut; *Hip Hop* Tru (1999) "The Tank Goes On" by O'dell Vickers, V. Miller, C. Miller, P. Miller, W. Shelby, S. Shockley, C. Stephens, L. Sylvers, K. Watkins, "So uh when that bus come You better jump up on it Just like the beat goes on life goes on". SOURCE: The Beat Goes On: From Hippie Phrase to Common Idiom by Cher Zines - Social Media ]

Let's take a moment off the beaten path into an uplifting realm that can be referred to as oddities, trivia, curiosity and the like. We will take a brief odyssey into the month of February.

To begin, we come across "*Spunky Old Broads Day*" celebrated on February 1st. What can I say? It is seen as a day to recognize their importance and celebrate themselves and their accomplishments. Taking it a step further, it gives insight to young ladies as an opportunity to begin planning and preparing to become a S.O.B. someday. It was created by Dr. Gayle Carson in 2002 as she was proudly describing herself.

Moving right along, "*National Gumdrops Day*" celebrated on February 15th. Its origin is not clearly known. It is possible it came from a fertile candy maker's mind as she / he creatively dabbled with fruit or spiced flavored gelatin-based, sugar coated candy. Today these shaped candies are more commonly known as "Gummi". There are both vegan and non-vegan varieties. Something might be tugging at you now as you may be having flashes of Gumdrops. As you begin to tweak them, you may find yourself going down memory lane visiting those childhood days of playing that colorful, fun, 'mind tasting' sensation board game of Candyland. Ahh to reminisce or even better - take out the game and play! [Source for the above: [holidayinsights.com](http://holidayinsights.com)]

At this time, I'd like to bestow a few words of wisdom, "I can take control over me. A survivor I will be."

In the words of Rudolf Dreikurs, "There are no absolutes. Everything is how we see it."

As to Valentine's Day, February 14th:  
Have a Flubba Dubba De  
Flubba Dubba Da Day!

Until we meet again, stay well and hydrated.

Warm Fuzzies