

Street Swing Partner Dance

Intro to Street Swing
together and apart, 'round and 'round, and away we go

The Play Circle – Why (Purpose), What (Principles), How (Practice)*
Connecting dance and daily life, swing and the street.

Why Purpose
Engage life as play.
Play is defined as **imaginative interaction**.
Play is an attitude rather than an activity.
Emphasize process over performance.

What Principles
Swing In the midst of life filled with multiple options, discover **connections**.
For dance, **incorporate** different styles.
Street In the midst of life defined by change increasing exponentially, look beyond technical solutions to **adaptive** solutions.
For dance, employ **improvisation**.
Partner In the midst of life characterized by changing roles, recognize **interdependence** and influence the interaction.
For dance, engage in greater **mutuality**.
Dance In the midst of life bombarded with competing messages, tune into the rhythms of life and **interpret** accordingly.
For dance, let the music **guide** you on what to do.

How Practice
Arthur Murray meets Contra Folk in the Google Age.
Arthur Murray – Stride and glide through life centered and collected.
Contra Folk – Embrace natural rhythms of life.
Yin and Yang
Circle of existence
Life as a journey
Google Age – Intuitive
Live your life with imagination and improvisation.
Recapture the spirit of Jazz Dance in the Ragtime Era for the Google Age.
*Adaptation of [Simon Sinek - The Golden Circle - TedTalks 2009 - YouTube](#)

Prose Poetry 17

Health

Health - Wikipedia

Health is the level of functional or **metabolic** efficiency of a living organism. In **humans**, it is the general condition of a **person's** mind and body, usually meaning to be free from **illness**, **injury** or **pain** (as in "*good health*" or "*healthy*").^[1] The **World Health Organization** (WHO) defined health in its broader sense in 1946 as "a state of complete physical, mental, and social **well-being** and not merely the absence of disease or infirmity."^{[2][3]}

<http://en.wikipedia.org/wiki/Health>

[Images for health images](#)

who needs the ymca?

Whenever I finish a vigorous
afternoon or evening of dancing,
I remind myself that I won't
have to go to the YMCA.

Eau Claire, Wisconsin YMCA

Our Mission: We Build Strong Kids, Strong Families, Strong Communities
Our Vision: To be the Premier Family and Youth Activity Center for the Greater Eau Claire Area
Our Culture: We are a charitable, community centered association dedicated to building a healthy spirit, mind, and body where Christian values are promoted while maintaining an emphasis on youth

<http://www.eauclaireymca.org/>

[Images for Eau Claire, Wisconsin YMCA](#)

Village People - YMCA (Original Promo) (1978) (HD) - YouTube

https://www.youtube.com/watch?v=fVOa1_7cQrI

[Images for Village People - YMCA - YouTube](#)

get a grip

Few things are more frustrating than the notorious limp fish handhold. For that reason, I keep hand exercisers around the house, in the car, and at the office for mini-workouts.

Grip Strength Exercises - The Art of Manliness

What is Grip Strength?

Grip strength is often thought of as simply hand strength, and while hand strength is definitely included, there are actually many other things to consider when thinking of grip. First off, grip involves everything from the musculature near the elbow down to the fingertips. It has to be thought of this way because many of the forearm and hand flexor muscles actually originate above the elbow, and anytime a muscle crosses a joint, it will in some way influence it. As we move downward, the gripping muscles pass through the forearms, the wrists, and into the hands, fingers, and thumbs – and not only through the front of the forearms, but also the back of forearms. This is important to remember. When we look at grip in this manner, we start to see that there are MANY movement patterns that are realized by the lower arm musculature. As we train the lower arms, we must then remember to train all of these movement patterns in order to maintain a suitable balance between the antagonistic muscle groups, such as the flexors and extensors. In fact, many cases of inflammation-related forearm pain such as tendonitis, tendinosis, and epicondylitis can arise due to improper training of the forearm muscles or simply neglecting certain muscle groups or movement patterns.

<http://www.artofmanliness.com/2011/11/10/molding-a-mighty-grip-strength/>
Images for Grip Strength Exercises - The Art of Manliness

Top 5 Hand Grip Exercises for Strength and Endurance

Below you will find out five good exercises to help build up the strength in your forearms and hands to be able to improve your gripping ability.

<http://www.healthambition.com/top-5-hand-grip-exercises/>
Images for Hand Grip Exercises for Strength and Endurance

Hand Gripper Exercises - YouTube

<https://www.youtube.com/watch?v=jeiJv-zhCjM>
Images for Hand Gripper Exercises - YouTube



isometrics

Contract. Expand.
Contract. Expand.
I older I get
the harder it is
to keep firm, and
the harder I have
to work at it.
I wouldn't want
the follows to feel
I'm getting
soft in the middle.

Isometric abdominal training: Men's Health

Washboard abdominals without ever moving a muscle
What is it?

Our fascination with rock-hard and chiselled abdominals goes right back to the ancient Greeks and their gods of Olympia who showed us what a cast iron stomach is all about.

Isometric abdominal training (IAT) involves a series of abdominal contractions performed in a static position and free from changes in joint angles. The muscles are activated and held at a constant length as opposed to being allowed to flex or extend. In other words, the abdominals are tensed and kept in the same position with the levels tensed and held constant.

<http://www.menshealth.co.uk/building-muscle/abs-workout/isometric-abdominal-training-219304>
Images for Isometric abdominal training: Men's Health



dance quote

I never wanted to be a dancer. It's true! I wanted to be a shortstop for the Pittsburgh Pirates.

[Gene Kelly - Quotes - IMDb](#)

<http://m.imdb.com/name/nm0000037/quotes>

Images for I never wanted to be a dancer. It's true! I wanted to be a shortstop for the Pittsburgh Pirates.



Gene Kelly

up, up and away

I see no need for
alcohol, drugs, or
other mood altering
substances.

I prefer to get high
on dance.

[Up, Up, and Away - YouTube](#)

Lyrics

Would you like to ride in my beautiful balloon

Would you like to ride in my beautiful balloon

We could float among the stars together, you and I

For we can fly we can fly

Up, up and away

My beautiful, my beautiful balloon

<http://www.youtube.com/watch?v=5akEgsZSfhg>

[Images for Up, Up, and Away - YouTube](#)

whatever you do!

When I was growing up,

I was told,

"Don't drink,

don't smoke,

don't dance,

don't chew, and,

whatever you do,

don't go out with girls

who do!"

I still think that

four out of the five

admonitions are good advice.

Health Risks of Alcohol: 12 Health Problems Associated with Chronic Heavy Drinking - Web

It's no secret that alcohol consumption can cause major health problems, including cirrhosis of the liver and injuries sustained in automobile accidents. But if you think liver disease and car crashes are the only health risks posed by drinking, think again: Researchers have linked alcohol consumption to more than 60 diseases.

<http://www.webmd.com/mental-health/alcohol-abuse/features/12-health-risks-of-chronic-heavy-drinking>

Images for Health Risks of Alcohol

Smoking: Do you really know the risks? - American Heart Association

You probably know about the relationship between smoking and lung cancer, but did you know smoking is also linked to heart disease, stroke and other chronic lung diseases? Smoking can also increase your risk for cancer of the bladder, throat and mouth, kidneys, cervix and pancreas. Thinking about quitting? Look at the facts!

http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingSmoking/Smoking-Do-you-really-know-the-risks_UCM_322718_Article.jsp

Images for Smoking: Do you really know the risks? - American Heart Association



Gretchen Wilson Can Chew Tobacco and Drink Coffee at the Same Time

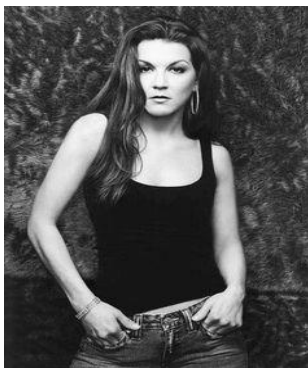
Gretchen Wilson may be a self-proclaimed redneck woman, but that doesn't mean she's not brimming with talent. Aside from her obvious musical skills, the singer revealed one of her hidden talents on Taste of Country nights: chewing tobacco and drinking coffee at the same time.

"I drink coffee with a dip in my mouth," she says, naming one of her favorite 'redneck habits.' "That's probably kind of weird and gross, but I can almost, like, eat with the chew in. I can find a little chipmunk spot to put it away."

<https://tasteofcountry.com/gretchen-wilson-tobacco-coffee-redneck-habits/>

<https://www.k923orlando.com/entertainment/music/gretchen-wilson-can-chew-tobacco-and-drink-coffee-the-same-time/CbNv4aB729Bav32avWoZ6I/>

Images for Gretchen Wilson Can Chew Tobacco



what a relief

Places that I would have shied away
from in the past
I can now go in without worrying
about a cloud of smoke.

[PDF]Wisconsin's Statewide Smoke-Free Air Law – Wisconsin's Better Smoke-Free

State Statute 101.123, Wisconsin Act 12

Definitions:

Place of Employment: any indoor place that employees enter carrying out their work duties such as office, work area, employee lounge, restroom, conference room, meeting room, classroom, elevator, stairway, lobby, common area, common area, vehicle, cafeteria, meeting room, or hallway.

Public Place: any place open to the public or where the public may be invited

Enclosed Place: a structure or area that has a roof and more than two substantial walls

Substantial Wall: a wall with no opening or with an opening that either does not allow air in from the outside or is less

than 25 percent (25%) of the wall's surface area

Smoking: a cigar, cigarette, pipe or other lighted smoking equipment (Note: E-cigarettes are not included.)

Enforcement & Fine Structure:

Department of Justice is authorized to enforce the smoke-free law. An individual in violation of the law will be fined \$100 to \$250.

Person in charge provisions: A person in charge can't provide matches or ashtrays, must post adequate signage, ask any person violating the law to stop smoking, ask any person violating the law to leave, refuse service to any person violating the law in the case of restaurants, bars, and private clubs, and notify law enforcement if the person refuses to comply. Any person in charge who violates the law will be fined \$100. The first violation requires a warning* and the maximum daily fine is \$100 regardless of the number of violations.

http://www.wibetttersmokefree.com/resources/fact_sheet.pdf

Images for Wisconsin's Statewide Smoke-Free Air Law

Smokefree Lists, Maps, and Data - no-smoke.org

We have tracked, collected, and analyzed tobacco control laws around the country since the early 1980s, and the lists below represent only a small percentage of the data. Learn more about our comprehensive collection of state and local laws, covering:

- clean air
 - restrictions on youth access to tobacco
 - tobacco advertising and promotion restrictions
 - tobacco excise taxes, and
 - conditional use permits
- by viewing this document [U.S. Tobacco Control Laws Database®](#) (PDF Format), and then [contacting us](#) for more information!

<http://www.no-smoke.org/goingsmokefree.php?id=519>

Images for Smokefree Lists, Maps, and Data – no-smoke.org



feeling out of place

So many others believe
they need alcohol
to feel better, while
she makes life fun
without alcohol.

50 WAYS TO HAVE FUN with your friends, roommate, significant other or self... WITHOUT DRINKING ALOCOHOL
- Creighton University

39. Go dancing

<http://www.creighton.edu/studentlife/officeoftheasstdeanofstudents/alcoholdrugeducation/alcoholbasics/50waystohavefun/index.php>

Images for HAVE FUN WITHOUT DRINKING ALCOHOL go dancing

a third place

What would it be like
to have an alternative
to the barroom and
the ballroom to dance?

A place that is
alcohol free,
open to all ages, and
continuous music
played at a moderate level.

[Alcohol-free club opens in Crystal Lake – Chicago Tribune](#)

The crowd danced to music provided by DJs and a live band, sipped on water, lemonade and energy drinks. Others played video games or shot pool. Ashley Zyks, 21, a volunteer bartender, said she overheard people say they forgot they could have fun without alcohol. "A lot of people were talking, saying this is so cool, amazing, good experience," Zyks said.

http://articles.chicagotribune.com/2013-05-08/news/ct-tl-sober-nightclub-opens-20130509_1_alcohol-free-club-new-club-safe-place

[Images for Alcohol-free club opens in Crystal Lake](#)

[Students try for alcohol-free dance club - The Daily Iowan](#)

After the 21-ordinance was upheld last November, underage University of Iowa students Corey Collins and Evan Ivory weren't ready to give up Iowa City's downtown scene completely. Collins, a freshman, remembered nonalcoholic dance clubs he went to in high school and decided he wanted to bring that option to underage students in Iowa City. And with Ivory's help, Collins organized the event Party at the Old Brick — an 18-and-older, nonalcoholic dance party.

<http://www.dailyiowan.com/2011/01/17/Metro/20676.html>

[Images for Students try for alcohol-free dance club - The Daily Iowan](#)

roller rink

The owner and his wife,
together with their daughter,
take tickets, hand out skates,
sell concessions, spin the records,
announce the activities,
skate the floor, and give pointers.
It gave me cause to think
what it might be like
to offer a dance center
for all ages...

[Skate City Rice Lake Wisconsin](#)

Thank you for visiting the Skate City website. Four years have flown by, as we have been working hard to make Skate City the very best place for you to have fun. We moved here to serve you after losing our skating rink in Cedar Falls, Iowa during the 2008 floods. It was a tragedy, but where there is a flood, you look for a rainbow. Ours was God leading us to Rice Lake.

We are so grateful to have found such a great area in which to live and do what we do. We are happy to be skating with you; providing fun and memories for all the friends and families who call NW Wisconsin home.

Please continue to check our website for updated information, and if you have any questions at all, please feel free to call or email us. Hope to see you soon.

Your friends,
Steve, Sarah, and Meredith Miller

<http://www.sk8city.com/>

[Images for Skate City Rice Lake Wisconsin](#)

[Roller Skating Limbo - YouTube](#)

We started Gator Skating University this week at Cal Skate. All four children got to skate. I was feeling to nostalgic when we got to the rink, it was like stepping back into my childhood and the roller rink in my home town. Limbo while skating is one of those fun past times, I remember all too well going under the limbo stick.

<https://www.youtube.com/watch?v=v2LhAgmDt7k>

[Images for Roller Skating Limbo - YouTube](#)

[How to Start a Roller Skating Rink | Chron.com](#)

Roller skating rinks are a quiet business that continue to meet the needs of their communities. Along with skating, rinks often offer additional services such as party planning and party venue to bring in additional income. Starting up a skating rink can be costly. It is essential that you do plenty of research and planning before initiating this venture.

<http://smallbusiness.chron.com/start-roller-skating-rink-12726.html>

[Images for How to Start a Roller Skating Rink](#)

direct and to the point

"Do you hop?" she asked me when
I asked her for a polka.
"I do the shuffle," I replied.
"Good. Because I'm recovering
from ankle surgery," she said,
"Doesn't keep you down?" I asked.
"Nope!" she replied.

[Osseo Palladium dance and event hall - Home | Facebook](#)

<https://www.facebook.com/OsseoPalladium/>

[Images for Osseo Palladium dance and event hall](#)

The Rhythm Playboys - Home

The Rhythm Playboys – old time variety, western swing
“Celebrating Over 50 Years of Entertaining”

<http://www.rhythmplayboys.com/>

Images for Rhythm Playboys

<http://www.youtube.com/watch?v=RuoiPeGMBmc> Rhythm Playboys.Osseo,Wis - YouTube

<http://www.youtube.com/watch?v=9WYDZN23XYg> Rhythm Playboys – YouTube

<http://www.youtube.com/watch?v=KT-h4gSTbq4> Rhythm Playboys - YouTube

http://www.youtube.com/watch?v=3J_lpNpPV_c The Rhythm Playboys Band. – YouTube

<http://www.youtube.com/watch?v=uiDq2-3tkSs> Ellsworth WI Polkafest July 13 2008 Rhythm Playboys Band – YouTube

<http://www.youtube.com/watch?v=QrnA-blRtO0> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube

<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube

<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube

<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube

<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu> black mountain rag – YouTube

<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube

Images for Rhythm Playboys - YouTube

Operative Techniques in Foot and Ankle Surgery by Mark E. Easley MN (Author), Sam W. Wiesel MD (Editor)

Operative Techniques in Foot and Ankle Surgery provides full-color, step-by-step explanations of all operative procedures in podiatry. It contains the chapters on the foot and ankle from Sam W. Wiesel's *Operative Techniques in Orthopedic Surgery*. Written by experts from leading institutions around the world, this superbly illustrated volume focuses on *mastery of operative techniques* and also provides a thorough understanding of how to select the best procedure, how to avoid complications, and what outcomes to expect.

The user-friendly format is ideal for quick preoperative review of the steps of a procedure. Each procedure is broken down step by step, with full-color intraoperative photographs and drawings that demonstrate how to perform each technique. Extensive use of bulleted points and tables allows quick and easy reference.

Each clinical problem is discussed in the same format: definition, anatomy, physical exams, pathogenesis, natural history, physical findings, imaging and diagnostic studies, differential diagnosis, non-operative management, surgical management, pearls and pitfalls, postoperative care, outcomes, and complications. To ensure that the material fully meets residents' needs, the text was reviewed by a Residency Advisory Board.

<http://www.amazon.com/Operative-Techniques-Foot-Ankle-Surgery/dp/1608319040>

Images for Operative Techniques in Foot and Ankle Surgery

discovery

What I have learned
in the last several years
is that dance can have
a salutary affect
on body, mind, and spirit.

Dance - health benefits | Better Health Channel

Dancing can be a way to stay fit for people of all ages, shapes, and sizes. It has a wide range of physical and mental benefits including:

- Improved condition of your heart and lungs
- Increase muscular strength, endurance, and motor fitness
- Increased aerobic fitness
- Improved muscle tone and strength
- Weight management
- Stronger bones and reduced risk of osteoporosis
- Better coordination, agility, and flexibility
- Improved balance and spatial awareness
- Increased physical confidence
- Improved mental functioning
- Improved general and psychological well-being
- Greater self-confidence and self-esteem
- Better social skills

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Dance_health_benefits

Images for Dance - health benefits

The Benefits of Dance | Fred Astaire Dance Studios

Ballroom dancing is that perfect combination of physical activity, social interaction, and mental stimulation, and it can bring so much to your life. It's a great workout; has documented physical and mental health benefits; can enhance your social life and self-confidence; reduces stress and depression; promotes relaxation; is a wonderful outlet for self-expression and creativity; and it's FUN!! With all these reasons to start dancing – we challenge you to find a good reason NOT to.

<https://www.fredastaire.com/plymouth/benefits-of-dance/>

dance quotes

Dance as though no one is watching.
Love as though you've never been hurt.
Sing as though no one can hear you.
Live as though heaven is on earth.

TOP 25 QUOTES BY JOHN PHILIP SOUSA | A-Z Quotes
https://www.azquotes.com/author/13896-John_Philip_Sousa
Images for Dance as though no one is watching.

bump a rump

Do you suppose God
had dance in mind when
God designed soft padding
for the inevitable rear end
collisions on the dance floor?



laughter quote

Laughter is God's blessing.
Joseph Prince Quotes - BrainyQuote
http://www.brainyquote.com/quotes/authors/j/joseph_prince.html
Images for Laughter is God's blessing.

watch out

He holds his dance partner
twenty years his senior
with the inside of his right forearm
close to his rib cage.
His right hand is suspended
in mid-air behind her back.
His left arm moves up and down
like the handle on an old
outdoor water pump.
He dances backwards and
doesn't look where he's going.

Rick's Half Way Bar - Facebook
<https://www.facebook.com/pages/Ricks-Half-Way-Bar/176572432365798>
Images for Rick's Halfway Hall and Sports Bar Cadott, WI

accidents happen

For those who are risk averse,
the dance floor may not be
the place to be.
No pain. No gain.

Ballroom Dance Quickstep Disaster - YouTube
<http://www.mydanceshoes.com> | Ballroom dancing is difficult for some people to learn. This video might give them an
excuse to skip the Quickstep.
<https://www.youtube.com/watch?v=YmklnFJtKFs>
Images for Ballroom Dance Quickstep Disaster - YouTube

Dancing Accidents - YouTube

Accidents can happen when people dance

Category Comedy

<https://www.youtube.com/watch?v=6AKBF-D5olk>

Images for Dancing Accidents - YouTube



save the shoulders

Having had surgery
to remove a spur
on my shoulder,
I wince whenever
I witness a couple -
arms fully extended
and legs flying in
every direction -
yanking on each
other's shoulders.

[PDF]Rehabilitation of Dance Injuries to the Shoulder, Lumbar Spine, Pelvis and Hip

Using the relationship between alignment and injury, the physical therapist can take advantage of the inclination toward learning to rehabilitate the injured dancer and to work to prevent future dance injuries, whether recurrent or now.

http://www.performingartspt.com/downloads/ortho_clinics_dance_pt_3.pdf



sustainability

Let the hop polka dancers
and the Lindy Hoppers
hop around all they want.
I'm going to glide and slide
in order to save my knees and
to keep my elbows bent
in order to save my shoulders.
If it looks like I'm shuffling
like an old man, so be it.

How to Save Your Knees - MensJournal.com – Men's Journal

Whatever your injury history, "leg-muscle strength is extremely important," Hart says. The muscles in the upper and lower leg stabilize the knee joint and absorb some of the stress that otherwise reverberates through cartilage. The requisite protective muscles include not only the big, obvious quadriceps, hamstring, and gluteus muscles, but also the seemingly insignificant psoas (which wraps around your abdomen to connect your spine and thigh bone) and other often-overlooked

muscles like the hip flexors that attach to the hip and, indirectly, to the knee. Recent studies have found that weak hip stabilizers can cause runner's knee, for instance.

So squat and lunge, Hart says. You don't need equipment for these exercises and might, in fact, be better off avoiding weight machines. "It's good to work on balance as well as strength, which doesn't happen when you use machines," he says. You also want symmetrical muscle strength: Imbalances between legs put undue stress on one knee or the other. To check your symmetry, place two bathroom scales side by side. Stand with one leg on each and squat. The subsequent weight reading should be the same on each scale. If not, concentrate on building strength on your weaker side. Try the scale test, too, after any leg workout. "Fatigue creates its own imbalances" and adds to injury risk, says Hart. If you are asymmetrical when tired, work on building your endurance, as well as leg strength.

<http://www.mensjournal.com/magazine/how-to-save-your-knees-20121206>

Images for How to Save Your Knees

6 Ways to Cause Knee Damage and Ruin Your Knees - WebMD

Expert tips on how to avoid damaging your knees

Whether you're a seasoned athlete, a weekend warrior, or totally laid-back when it comes to exercise, knowing how to protect your knees from damage can mean the difference between a fulfilling lifestyle and long term, strained mobility.

<https://www.webmd.com/osteoarthritis/features/6-ways-to-ruin-your-knees#1>

Images for Ways to Ruin Your Knees



street dances

It's summer, and
that means street dances.
As much as
I like dancing,
you won't see me
pounding my feet
on the pavement
at street dances just like
you won't see me
in a speedo suit
jogging down the street
on the pavement.
My knee and ankle joints
are more important
than any momentary
musical experience.

Best Ways to Ease Knee Pain: 5 Tips from a Physical - Gaiam Life

To relieve and prevent knee pain and its causes, try these recommendations from physical therapist Chantal Donnelly, a faculty member for the Doctor of Physical Therapy program at Mount Saint Mary's College, a certified Pilates instructor in L.A., and author of the [Strong Knees therapeutic exercise DVD](#) from Gaiam.

<http://life.gaiam.com/article/best-ways-ease-knee-pain-5-tips-physical-therapist>

Images for Ways to Ease Knee Pain

8 Ways to Protect Your Knees - US News Health - US News & World Report

Nearly half the adults in America will develop osteoarthritis by the time they're 85, and obesity will be the main culprit. You can protect your knees by staying active and strengthening the right muscles—at any age—but take these precautions:

<http://health.usnews.com/health-news/family-health/articles/2008/09/10/8-ways-to-protect-your-knees>

Images for Ways to Protect Your Knees

Patient Money - Caring for Hips and Knees to Avoid Artificial Joints

Go low impact. Although no definitive link has been found between osteoarthritis of the knees and running (or any other sport) sports medicine doctors discourage their patients from running on hard pavement, playing tennis on concrete, or activities like skiing over lots of moguls.

http://www.nytimes.com/2010/04/24/health/24patient.html?_r=0
Images for Caring for Hips and Knees



new floor

I remember the dance floor as being wooden parquets with metal ribbing on top of the concrete floor and so I brought an older pair of dance shoes in case I lost a heel only to discover that the old dance floor had been replaced by a new dance floor of tiles with boundary tiles of a different color.

St. Croix Casino Turtle Lake - Margaritaville

Got those end of summer blues? Are you dreading another winter coming on? Well, leave your blues behind and head on out to Margaritaville.

<http://turtlelake.stcroixcasino.com/entertainment/info.php?id=437&bn=Margaritaville>
Images for St. Croix Casino Turtle Lake - Margaritaville

euphemism

"Men perspire," she explained, while "women glisten."

Drink Up | Dance Teacher magazine | Practical. Nurturing

Students will dance more safely and productively in class if their hydration needs are met, but other factors, such as maintaining classroom decorum and expensive flooring, often pose a challenge. Trips to the water fountain can feel like a time-wasting distraction. And liquids spilled on expensive marley floors may cause damage. At Virginia Ballet, Cordova and her teachers encourage students to use closed-top water bottles and leave them just outside the classroom door, so they are always at arm's reach but don't spill on the floors. "It is all part of the training process," says Cordova. "You need to help students be aware of what their bodies need."

<http://www.dance-teacher.com/2011/07/drink-up/>
Images for Drink Up | Dance Teacher magazine | Practical. Nurturing

Heatstroke | DanceSafe.Org

We're basically trying to keep from overheating while balancing what we sweat out with what we take in. If we don't drink enough water we get dehydrated, and if we drink too much water too fast we cause something called hyponatremia, when the water and electrolytes in our bodies get out of whack. A good rule of thumb is to drink about a pint of water (2-4 cups) every hour even if you don't feel thirsty. That's about a regular-sized water bottle.

1. Drink a bottle of water an hour, and eat some salty snacks.
2. Start drinking water a few hours before dancing.
3. Stay in good physical shape.
4. Wear loose-fitting or athletic clothes that wick away moisture.
5. Protect yourself from the sun with a hat, sunglasses, lotion and lip balm.
6. Take breaks from dancing and allow your body to cool down. Chill out areas are perfect for this.
7. Electrolyte drinks like Gatorade are good but kinda too strong. Dilute them in half with water if you can.

<http://dancesafe.org/health-and-safety/heatstroke>
Images for keep from overheating

How Much Water Should You Drink When You Exercise? - WebMD

Water Tips for Efficient Exercise

Whether you're an elite athlete or a weekend warrior, drinking water during **exercise** is essential if you want to get the most out of your workout and feel good while you're doing it.

<http://www.webmd.com/fitness-exercise/features/water-for-exercise-fitness>
Images for drinking water during exercise



drink water

While enduring the discomfort of trying to pass a kidney stone, I researched possible causes and discovered dehydration to be one possible one. From then on, I made it a point to remain hydrated while sweating to the music.

Kidney Stones - What Increases Your Risk - WebMD

Several risk factors (things that put you at risk) for kidney stones make it more likely that you will get them. Some of these things you can control, and others you cannot.

Risk factors you can control

Things you can control include:

How much fluid you drink. The most common cause of kidney stones is not drinking enough water. Try to drink enough water to keep your urine light yellow or clear like water (about 8 to 10 glasses of water a day).

<http://www.webmd.com/kidney-stones/kidney-stones-what-increases-your-risk>

Images for common cause of kidney stones is not drinking enough water



looking out for me

I ordered a pitcher of water to go with a bottle of beer. The bartender said, "You are my dancer, and I want you to stay hydrated." At the end of the night, she asked, "Do you want water for the road?"

Paradise Shores 4

<https://www.paradiseshores4.com/events>

Images for paradise shores 4

Bona Fide Band - Facebook

Country Classics, Blue Grass, Blues, & Classic Rock.

<https://www.facebook.com/events/paradise-shores-4/bona-fide-band/1880155855635805/>

Images for Bona Fide Band - Country Classics, Blue Grass, Blues, & Classic Rock

<https://www.youtube.com/watch?v=TdEwzFTEknE> Bona Fide – YouTube

<https://www.youtube.com/watch?v=22Bu2Jfm7V0> Bona Fide – Sultans of Swing - YouTube

do not insert

My packet of pillow soft,

silicone putty earplugs
was decreasing, so that
I divided each into
smaller parts only to
discover that on the
way back I had a
harder time taking
them out of my ears.
When I returned home,
I gently used cotton swabs
to pry them out. Relieved
it wasn't more complicated,
I bought three more
6 pair value packs
to make sure
I didn't run out
any time soon.

[Lee's Liquor Lounge](#)

<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

[Trailer Trash - Home | Facebook](#)

Trailer Trash – classic country, honky-tonk

<https://www.facebook.com/trailertrashmusic/>

<http://www.youtube.com/watch?v=T8d3439r8d0> Trailer Trash - YouTube

<http://www.youtube.com/watch?v=K9F6rEYrlc> Trailer Trash, "Ring Of Fire" - YouTube

<http://www.youtube.com/watch?v=6B6KJ1dXPe0> Trailer Trash – "I've Shopped Everywhere" - YouTube

<https://www.youtube.com/watch?v=Nzx3TiYpklg> Trailer Trash: The Walk Away From You – YouTube

[Images for Trailer Trash country band](#)

[Pillow Soft Silicone Ear Plugs – Mack's Earplugs](#)

The ultimate in earplug comfort, Mack's silicone putty molds to the unique contours of any ear.

Doctor recommended to:

- Seal out water
- Help prevent swimmer's ear infections
- Provide protection after surgeries
- Help relieve flying discomfort
- **Protect hearing from loud noises**
- Provide non-toxic, non-allergenic protection
- Provide a better, more comfortable fit and seal than custom ear plugs
- Get a good night's sleep when sleeping with a snoring spouse

Carrying case included

<http://www.macksearplugs.com/details/sleeping-earplugs/pillow-soft-earplugs-6-pair-value>

[Images for Pillow Soft Silicone Ear Plugs](#)



you, too?

She came over to my table
between sets and told me
about her ailments, so
I told her about the rude
awakening I received when
I decided to go to a
chiropractor and was told

I needed spinal adjustments
most likely from leaning
towards the computer
all those years.
She shared that
she went to a chiropractor
for the same reason and
related to me what
I could expect. Then,
I told her I use a
breathing machine
at night because of
sleep apnea, and
she said she did, too.

[Lee's Liquor Lounge](http://www.leesliquorlounge.com/)
<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

[Stucky Chiropractic Center Eau Claire WI | Chiropractor | Massage](#)

Regardless of Where it Hurts, It Can Be Traced to Poor Postural Patterns

Gravity pulls your body downward—you know that. But gravity is also all around your body, so every kind of movement you make—centered or un-centered—gravity is involved. Modern technology has shifted the way we work to where most everything we attend to is now right in front of us, on one screen or another. As a result of this, most people sit (and walk around) with a heavy head in a forward-tilted position, this is not a good thing.

<http://www.stuckychiropractic.com/new-and-revised-foundation-training-exercises-add-even-greater-health-benefits/>
[Images for Stucky Chiropractic Center Eau Claire WI | Chiropractor | Massage](#)

[22 Things Good Dancers Do Differently | Dance World Takeover](#)

Dancers get good by doing lots of things differently. Read on to find out 22 uncommon actions they take and why you should too.

11. Take aches and pains seriously. Our world is full of promising dancers who ignored their injuries and failed to excel. It's never too late to start treating your body right.

<http://rebeccabrightly.com/good-dancers-differently/>
[Images for Take aches and pains seriously.](#)

sore knees

She asked, "How are you doing?"
I replied, "My knees are sore. They don't seem to get better."
She stated, "Welcome to life like the rest of us. Arthritis sets in."
A retired nurse she recommended, "Try ibuprofen before dancing."
I asked her, "Did you hear about the older woman who confided
to a woman friend she had two new boyfriends - Art Ritis and Ben Gay?"

[Minneapolis Eagles #34](#)
Eagles #34 Minneapolis, MN – live music
<http://www.minneapolis eagles34.org/live%20music.html>
[Images for Minneapolis Eagles #34](#)

[Buffaloaf Official - Home | Facebook](#)
Classic Country
<https://www.facebook.com/Buffaloaf-Official-298818617136042/>
<https://www.facebook.com/Buffaloaf/>
<https://www.podipto.com/dan-lund>
<https://ourstage.com/os/event/647585-country-dance-night-with-dan-lund-and-buffaloaf>
[Images for Dan Lund and Buffaloaf](#)

[BENGAY Relieves Minor Aches and Pains Tied to Arthritis](#)

Ultra Strength BENGAY Cream contains three active ingredients—methyl salicylate 30 percent, Menthol 10 percent, and Camphor 4 percent. It is considered the strongest BENGAY formulation and used to treat backaches, arthritis, sprains, strains, and bruises.

<https://www.verywellhealth.com/bengay-what-you-need-to-know-190516>
[Images for BENGAY Relieves Minor Aches and Pains Tied to Arthritis](#)

beyond blue

She liked old movies and
told of an Audrey Hepburn
film where the star describes
how the character goes

beyond blue
to describe her lows.
She related that for her
the middle of January
had gone beyond blue.
I thanked her for writing
to say she was going
to be there and
wished her an early
Happy Valentine's.

[Lee's Liquor Lounge](#)
<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

[Beyond Blue: Support for anxiety, depression and suicide prevention](#)
beyondblue is working to reduce the impact of depression and anxiety in the community by raising awareness and understanding, empowering people to seek help, and supporting recovery, management and resilience.
<http://www.beyondblue.org.au/>
<https://www.facebook.com/beyondblue>

take it easy

She explained that she had fallen
on the ice and hit her head.
Also, she had caught an elbow
to the side of the head while dancing.
Because of these two blows,
she became dizzy if
she did too many turns.

[Lee's Liquor Lounge](#)
<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

[7 Cats/Stray Cats - BBB Jazz Orchestra](#)

The 7 Cats Swing entertains audiences with the Best Jazz and Swing Standards from the 30's to the 80's playing familiar charts from George Gershwin, Glen Miller, Duke Ellington, & Miles Davis, to name a few, and include traditional jazz, swing, Latin and blues.

<http://lavallejazz.com/cats/cats.html>
[Images for 7 Cats/Stray Cats - BBB Jazz Orchestra](#)

[Concussion - Symptoms and causes - Mayo Clinic](#)

A concussion is a traumatic brain injury that affects your brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination. Concussions are usually caused by a blow to the head.

<https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>
[Images for Concussion - Symptoms and causes - Mayo Clinic](#)

thankful

She asked me how things were going, and
I told her of a recent visit to the chiropractor.
She said she did not have any neck, back,
hip, knee, or ankle problems, and that
she recently turned 90. I told her that
she didn't look her age, and that
she could be very thankful.
She said, "I thank the Lord every day!"

[Osseo Palladium dance and event hall - Home | Facebook](#)
<https://www.facebook.com/OsseoPalladium/>
[Images for Osseo Palladium dance and event hall](#)

[The Rhythm Playboys - Home](#)

The Rhythm Playboys – old time variety, western swing
“Celebrating Over 50 Years of Entertaining”

<http://www.rhythmplayboys.com/>
[Images for Rhythm Playboys](#)
<http://www.youtube.com/watch?v=RuoiPeGMBmc> Rhythm Playboys.Osseo,Wis - YouTube
<http://www.youtube.com/watch?v=9WYDZN23XYg> Rhythm Playboys – YouTube

<http://www.youtube.com/watch?v=KT-h4gSTbq4> Rhythm Playboys - YouTube
http://www.youtube.com/watch?v=3J_lpNpPV_c The Rhythm Playboys Band. – YouTube
<http://www.youtube.com/watch?v=uiDq2-3tkSs> Ellsworth WI Polkafest July 13 2008 Rhythm Playboys Band – YouTube
<http://www.youtube.com/watch?v=QrnA-blRtO0> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube
<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube
<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube
<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube
<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu.be> black mountain rag – YouTube
<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube
[Images for Rhythm Playboys - YouTube](#)



back in the swing of it

The previous Sunday afternoon
I spent in the hospital urgent care
being diagnosed for a kidney stone, so
it felt good to be out on the dance floor again.

[Osseo Palladium dance and event hall - Home | Facebook](#)

<https://www.facebook.com/OsseoPalladium/>

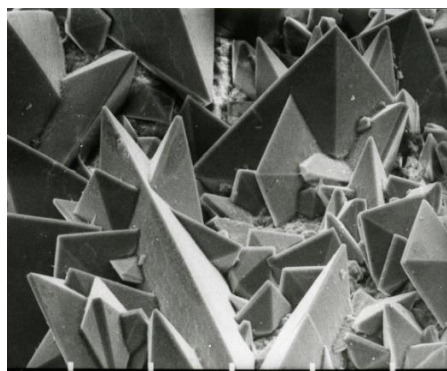
[Images for Osseo Palladium dance and event hall](#)

[Kidney stones - NetDoctor.co.uk](#)

Kidney stone attacks can be so painful they cause great distress to the sufferer. The pain is often accompanied by nausea and vomiting.

<http://www.netdoctor.co.uk/diseases/facts/kidneystone.htm>

[Images for kidney stone attacks](#)



commonality

A woman at a singles dance asked me how I was doing. I replied, "Other than having a kidney stone removed yesterday afternoon, I'm doing alright." She said, "Oh, I know what you went through," and then went on to describe in considerable detail her ordeal with the same condition.

Spring Fling

May 3, 2014 at the Brick House (Labor Temple). Dance lesson at 7pm, dance starts at 8pm featuring Forty Fingers. Open to the public. \$10 for non-members and the \$5.00 for members. Includes snacks. Good time for all.

[Singles Connection of Eau Claire. Events for Eau Claire Singles Connection](#)

<http://singlesconnectionec.com/events/>

40 Fingers: HOME

<http://www.40fingersband.com/>

Images for 40 Fingers Band of Eau Claire, Wisconsin

<http://www.youtube.com/watch?v=3D9qOD5kjGk> 40 Fingers - Roll Over Beethoven - YouTube

<http://www.youtube.com/watch?v=2T89sfNOWA> 40 FINGERS - When Will I Be Loved - YouTube

<http://www.youtube.com/watch?v=bZkc2gMIGVY> 40 FINGERS, China Grove - YouTube

warm embrace

She gave an extended hug to
several people throughout the evening.
When another woman came around
with a card to sign for this woman
battling cancer, I understood why.

Spring Fling

May 3, 2014 at the Brick House (Labor Temple). Dance lesson at 7pm, dance starts at 8pm featuring Forty Fingers. Open to the public. \$10 for non-members and the \$5.00 for members. Includes snacks. Good time for all.

Singles Connection of Eau Claire. Events for Eau Claire Singles Connection

<http://singlesconnectionec.com/events/>

<http://singlesconnectionec.com/photo-gallery/>

Images for Spring Fling. Events for Eau Claire Singles Connection.

Cancer Quotes - BrainyQuote

Cancer is messy and scary. You throw everything at it, but don't forget to throw love at it. It turns out that might be the best weapon of all.

Regina Brett

<http://www.brainyquote.com/quotes/keywords/cancer.html>

Images for Cancer is messy and scary.

yahoo, mountain dew

He came to listen but
was in no shape to dance,
and I could see why as
he drank not one or two, but
four cans of the green soda.

Allison's Steakhouse - Abbotsford Wisconsin - Club | Facebook

The Hayes Boys will be here Sunday Nov 3rd!! Polka! Polka! Polka!

<https://www.facebook.com/pages/Allisons-Steakhouse/318034644911>

Images for Allison's Steakhouse - Abbotsford Wisconsin - Club

The Hayes Boys Orchestra - Home

The Hayes Boys' music library consists of polkas, waltzes, schottisches, big band and modern music.

<http://www.hayesboysorchestra.com/index.html>

<http://www.wisconsinpolkamusic.com/hayesboys.html>

Images for Wisconsin Polka Music - Hayes Boys

<https://www.youtube.com/watch?v=mU3LPSjFdJ4>

<https://www.youtube.com/watch?v=3KXkX2j89d4>

<https://www.youtube.com/watch?v=eQJINibH5dA>

THE HAYES BOYS ORCHESTRA - BARN SWALLOW POLKA - YouTube

THE HAYES BOYS ORCHESTRA - "ROMY'S LANDLER" - YouTube

JUMPING JIMMY POLKA - THE HAYES BOYS ORCHESTRA - YouTube

How Much Sugar in Sodas and Beverages? - Sugar Stacks

Mountain Dew

20 oz (590 ml) Bottle

Sugars, total: 77g

Calories, total: 290

Calories from sugar: 290

1 L (34 oz) Bottle

Sugars, total: 124g

Calories, total: 440

Calories from sugar: 440

<http://www.sugarstacks.com/beverages.htm>

Images for Mountain Dew 20 oz (590 ml) Bottle Sugars, total: 77g



time flies...

If I were to go down to my basement,
and try to exercise for four hours,
I would be overcome with boredom,
but, when I dance for four hours,...

The Basement Barbell Workout - The Art of Manliness

You don't need to belong to a fancy gym to get a good workout. With a simple barbell set, you can get a great workout in your basement.

<http://www.artofmanliness.com/2011/02/18/the-basement-barbell-workout/>

Images for Basement Barbell Workout - The Art of Manliness

infirmary

One woman said she broke
two toes and couldn't dance.
Another said she was
recovering from knee surgery.
Still another said she
needed knee surgery.
A few agreed to dance, but
only on the condition that
we take it real slow.

Sammy's Lovers Stories | Sammy's Pizza

Sammy's Pizza and Restaurant

What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>

Images for Sammy's Lovers Stories | Sammy's Pizza

Thundermen

The Midwest's Original Rock 'n' Roll Band

<http://www.thundermen.com/>

<https://www.facebook.com/pages/The-Thundermen/170937716351967>

Images for Thunderman The Midwest's Original Rock 'n' Roll Band



seasonal affective disorder

The band sang about
those summertime blues, but
those I talked to that March evening
were complaining about the
long, hard, cold winter.

Sammy's Lovers Stories | Sammy's Pizza

Sammy's Pizza and Restaurant

What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>

[Images for Sammy's Lovers Stories | Sammy's Pizza](#)

Eddie Cochran-Summertime Blues - YouTube

<https://www.youtube.com/watch?v=VKgFwX-bpa4>

[Images for Summertime Blues- Eddie Cochran - YouTube](#)

U.S. Dec/Jan Temperatures 3rd Coldest in 30 Years | Watts Up With That?

The winter months of December 2013 and January 2014 averaged over the contiguous 48 United States were the 3rd coldest Dec/Jan in the last 30 years.

<http://wattsupwiththat.com/2014/02/03/u-s-decjan-temperatures-3rd-coldest-in-30-years/>

[Images for U.S. Dec/Jan Temperatures 3rd Coldest in 30 Years | Watts Up With That?](#)

Seasonal affective disorder - Wikipedia

Seasonal affective disorder (SAD), also known as winter depression, winter blues, summer depression, summer blues, or seasonal depression, was considered a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or summer.^[1]

http://en.wikipedia.org/wiki/Seasonal_affective_disorder

<https://www.shutterstock.com/search/seasonal+affective+disorder>

it can happen

The two looked so happy
dancing with each other
at many of the polka dances, so
it was sad to hear
that he sunk into depression,
and they broke up,
leaving her to go dancing
on her own.

Pines Ballroom and Bar - 9690 County Highway SS - Foursquare

<https://foursquare.com/v/pines-ballroom-and-bar/4c4b93b3f7cc1b8d11d70c40>

<https://www.facebook.com/pages/Pines-Ballroom/133934083322686>

<http://www.chippepedia.org/The+Pines+Ballroom>

<https://www.facebook.com/Pines-Ballroom-441285912696842/>

[Images for Pines Ballroom and Bar - Bloomer, WI](#)

The Rhythm Playboys - Home

The Rhythm Playboys – old time variety, western swing

“Celebrating Over 50 Years of Entertaining”

<http://www.rhythmplayboys.com/>

[Images for Rhythm Playboys](#)

<http://www.youtube.com/watch?v=RuoiPeGMBmc> Rhythm Playboys.Osseo,Wis - YouTube

<http://www.youtube.com/watch?v=9WYDZN23XYg> Rhythm Playboys – YouTube

<http://www.youtube.com/watch?v=KT-h4gSTbq4> Rhythm Playboys - YouTube

http://www.youtube.com/watch?v=3J_lpNpPV_c The Rhythm Playboys Band. – YouTube

<http://www.youtube.com/watch?v=uiDg2-3tkSs> Ellsworth WI Polkafest July 13 2008 Rhythm Playboys Band – YouTube

<http://www.youtube.com/watch?v=QrnA-blRtO0> Rhythm Playboys at Ellsworth WI Polkafest July 2008 #4 - YouTube

<http://www.youtube.com/watch?v=AUJWspH2fOI> Rhythm Playboys at Ellsworth WI PF July 08 #6 - YouTube

<http://www.youtube.com/watch?v=pCDun345B5U> Rhythm Playboys at Ellsworth WI Polkafest July 08 #7 - YouTube

<http://www.youtube.com/watch?v=9HIUOeO4d24> Ellsworth WI Polkafest Act 2 Rhythm Playboys July 13 2008 - YouTube

<http://www.youtube.com/watch?v=6FHRkIOHB34&feature=youtu.be> black mountain rag – YouTube

<http://www.youtube.com/watch?v=PnCZz8GsSo8> From the Southwest Polka Party to Laughlin Nevada – YouTube

[Images for Rhythm Playboys - YouTube](#)

Depression in Men: Symptoms and Physical Effects - WebMD

There are several reasons why the symptoms of clinical depression in men are not commonly recognized. For example, men tend to deny having problems because they are supposed to "be strong." And American culture suggests that expressing emotion is largely a feminine trait. As a result, men who are depressed are more likely to talk about the physical symptoms of their depression -- such as feeling tired --- rather than symptoms related to emotions.

<https://www.webmd.com/depression/depression-men#1>

<https://www.shutterstock.com/search/depressed+man>



resilience

He battled the debilitating effects of a tickborne illness much of his adult life, but you wouldn't know it watching him dance as vigorously as anybody else on the floor and wearing a big smile on his face.

Lyme Disease - Arthritis Foundation

Lyme disease is an infection caused by bacterium carried by deer ticks. If caught early, it is easily treated with antibiotics. If left untreated, the infection can spread to the joints, heart, and nervous system, causing a complex debilitating disorder that is more difficult to treat.

<https://www.arthritis.org/about-arthritis/types/lyme-disease/>
Images for Lyme Disease - Arthritis Foundation

Moose Lodge - Volume One Magazine

http://volumeone.org/bars/eau_claire-wi/61/2361_Moose_Lodge_bar
Images for moose lodge eau claire wi

Oktoberfest Chippewa Falls - Visit Chippewa Falls

<http://www.visitchippewafallswi.com/oktoberfest>
Images for Oktoberfest Chippewa Falls

O'Leary's Pub - Volume One Magazine

http://volumeone.org/bars/eau_claire/60/2360_OLearys_bar
Images for o'leary's pub eau claire

Sammy's Lovers Stories | Sammy's Pizza

Sammy's Pizza and Restaurant
What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>
Images for Sammy's Lovers Stories | Sammy's Pizza



hospital hall

The hospital had expanded so that there were two fourth floor units. I didn't know that when

I looked for room #4367
in order to visit a patient.
Fortunately for me
a friendly nurse
volunteered to lead
me over to the other unit, and
I agreed to follow.
She walked quickly so that
I had to keep moving
in order to keep up.
I remarked, "You must
do a lot of walking in these halls."
She replied, "Walking around
beats sitting down."

[Eau Claire hospital and clinics - Mayo Clinic Health System](#)

Your health care needs always come first at Mayo Clinic Health System in Eau Claire, whether that means primary care or specialty care services.

<http://mayoclinichealthsystem.org/locations/eau-claire>

Images for Eau Claire - Mayo Clinic Health System

[John Michael Montgomery - Life's A Dance - YouTube](#)

Lyrics

Life's a dance you learn as you go

Sometimes you lead, sometimes you follow

Don't worry about what you don't know

Life's a dance you learn as you go

<https://www.youtube.com/watch?v=bLrnwnNycoQ>

Images for John Michael Montgomery - Life's A Dance - YouTube



home healthcare at 80

She told me that her two brothers died
within the past six months, but, as
we glided around the floor,
she said she was determined to continue
to do home health care
even if she was 80 years of age.

[Concordia Ballroom | La Crosse, WI Banquet Hall and Reception Facility](#)

<https://www.concordiaballroom.com/>

Images for Concordia Ballroom | La Crosse, WI [Banquet Hall and Reception Facility](#)

[Barefoot Becky](#)

German-style polka, Czech music, country, big band

<http://www.barefootbecky.com/>

Images for barefoot becky

<https://www.pbs.org/video/barefoot-becky-the-ivanhoe-dutchmen-vttdb/>

<https://www.youtube.com/watch?v=1ZJ5dMCiJmQ> Barefoot Becky & The Ivanhoe Dutchmen – YouTube

https://www.youtube.com/watch?v=gl_Ea7cYnHY Barefoot Becky & the Ivanhoe Dutchmen-Humboldt, Iowa – YouTube

<https://www.youtube.com/watch?v=YVXT7kyMS0c> Barefoot Becky & Ivanhoe Dutchmen-Humboldt 2016 – YouTube

https://www.youtube.com/watch?v=kQ7JvVsCF_Y Why Polka-Barefoot Becky & the Ivanhoe Dutchmen – YouTube

https://www.youtube.com/watch?v=N-P_ycfWfBk In The Mood-Barefoot Becky & The Ivanhoe Dutchmen – YouTube

<https://www.youtube.com/watch?v=Du3aHrRZlqc> Barefoot Becky plays Red Raven Polka 1-22-2012 Golden CO – YouTube

https://www.youtube.com/watch?v=_P93uSCh51w Barefoot Becky plays Out Behind the Barn at Polka Lover's Club Golden CO 1-20-2013 - YouTube
[Images for Barefoot Becky - YouTube](#)

you and me

Macular degeneration had robbed him of his eyesight for the past 17 years, and he depended upon his wife to help him around. That didn't keep them from dancing to the music they loved. The band played, "you and me together through life's journey" at their request. At the end of the afternoon, she sat on his lap and smiled.

[Age-Related Macular Degeneration - A Complete Guide](#)

Age-related macular degeneration, often called AMD or ARMD, is the leading cause of vision loss and blindness among Americans who are age 65 and older.

www.allaboutvision.com/conditions/amd.htm
[Images for Age-Related Macular Degeneration](#)

[Moose Lodge 606 / WOTM Chapter 795](#)

Sunday, September 6, 2015
HENDERSHOTS DANCE 2:00 PM – 5:00 PM

<http://lodge606.moosepages.org/>
<http://lodge606.moosepages.org/Calendar/>
<https://www.facebook.com/pg/Moose-Lodge-606-WOTM-Chapter-795-1656593407988535/posts/>

out on her own

She sat alone and listened to the music. The ticket taker related that her husband was dying of Lou Gehrig's Disease. Half way through the afternoon, she told the ticket taker, "I have to go feed my hubbie."

[Living and Dying with Lou Gehrig's Disease - LiveScience](#)

ALS is a progressive neurodegenerative disease in which motor neurons, the cells that carry signals from the brain to the muscles, deteriorate and die. Patients lose voluntary muscle control, resulting in paralysis, loss of speech, and ultimately death. [\[The Top 10 Worst Hereditary Conditions\]](#)

<http://www.livescience.com/39417-mans-battle-lou-gehrigs-disease.html>
[Images for Living and Dying with Lou Gehrig's Disease](#)

[Moose Lodge 606 / WOTM Chapter 795](#)

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<https://www.facebook.com/pg/Moose-Lodge-606-WOTM-Chapter-795-1656593407988535/posts/>

too much excitement

The band played Johnny B Goode followed by a Whole Lot of Shakin' Going On. Then, the accordion player said they would have to play something slower, or else he would have to take a nitro.

[Chuck Berry - Johnny B. Goode \(Live 1958\) - YouTube](#)

<https://www.youtube.com/watch?v=6ROwVrF0Ceg>
[Images for Chuck Berry - Johnny B. Goode - YouTube](#)

[Jerry Lee Lewis -Whole Lotta Shakin Going On \(Live 1964\) - YouTube](#)

www.youtube.com/watch?v=1dC0DseCyYE
[Images for Jerry Lee Lewis -Whole Lotta Shakin Going On \(Live 1964\) - YouTube](#)

Take nitroglycerin to ease-and avoid-a common heart disease

If your heart's arteries are choked with cholesterol-filled plaque, a sudden increase in the heart's demand for oxygen-rich blood from physical exertion or emotional stress can trigger the chest pain known as angina. But a tiny tablet of nitroglycerin often relieves the pain within minutes.

<http://www.health.harvard.edu/heart-health/take-nitroglycerin-to-ease-and-avoid-a-common-heart-disease-symptom>
[Images for nitroglycerin heart disease](#)



Moose Lodge 606 / WOTM Chapter 795

Sunday, September 6, 2015
HENDERSHOTS DANCE 2:00 PM – 5:00 PM

<http://lodge606.moosepages.org/>
<http://lodge606.moosepages.org/Calendar/>
<https://www.facebook.com/pg/Moose-Lodge-606-WOTM-Chapter-795-1656593407988535/posts/>

decibels

I didn't think I would need
ear protection for music
generated from a laptop but
24 hours later, when
my ears were still ringing,
I realized I did need it.

Protect your ears - Live Well - NHS Choices

Spending too long listening to loud music can cause permanent damage to your ears, resulting in problems such as [tinnitus](#) and hearing loss.

<http://www.nhs.uk/Livewell/Festivalhealth/Pages/Protectyourears.aspx>
[Images for Protect your ears - Live Well](#)

Let's Dance in the Twin Ports of Duluth, MN and Superior, WI

Keith's Thursday of the Month Dance @ Duluth American Legion

<http://www.twinportsdance.com/>
[Images for Let's Dance in the Twin Ports of Duluth, MN and Superior, WI](#)

husqvarna

Even with ear protection,
the music sounded loud, which
makes me shudder thinking
of all those times
without ear protection.

Hearing protection - Husqvarna

Lightweight, flexible padded headband with pressure adjustment. For use without a hard hat.



<https://www.husqvarna.com/us/accessories/hearing-protection/>
[Images for Hearing protection - Husqvarna](#)

Black Bear Casino Resort Cobalt Nightclub & Cabaret

November 5-7 [Shelby's Voyage](#) Variety

<http://www.blackbearcasinoresort.com/november.html>
[Images for Black Bear Casino Resort Cobalt Nightclub & Cabaret](#)

feedback

The sound equipment made rumbling noises to add to the already high decibels. I looked at the sound board, and the sound technician was not to be seen. When he did ramble in, I yelled, "Too loud," but he ignored me and went to the sound board. Then he walked on stage to see what was wrong. Meanwhile I concluded, "If the sound is painful even with ear protection, it's too loud," and I walked out. The band was scheduled for Friday and Saturday, but in checking the website the next morning, their name had been removed from the events calendar.

[Entertainment | Turtle Lake - St. Croix Casino](#)

January 1, 2016 Urban Myth at 8:00pm

<http://turtlelake.stcroixcasino.com/events-info/>

[Images for Entertainment | Turtle Lake - St. Croix Casino](#)

hardest part

I danced each number of every set and the first 25-minute break in between sets without sitting down only occasionally drinking water from the table next to the floor as hard as each woman was willing, but after the music ended for the night when I tried to bend over to take off my white dance shoes and put on my black street shoes and tie the laces...

[Sammy's Lovers Stories | Sammy's Pizza](#)

Sammy's Pizza and Restaurant

What's Your Sammy's Story?

<http://mysammys.com/sammys-stories/>

[Images for Sammy's Lovers Stories | Sammy's Pizza](#)

[Thundermen](#)

The Thundermen – '50s-'60s rock 'n' roll

The Midwest's Original Rock 'n' Roll Band

<http://www.thundermen.com/>

<https://www.facebook.com/pages/The-Thundermen/170937716351967>

[Images for Thundermen – '50s-'60s rock 'n' roll](#)

[How to Recover from Workout Soreness: 8 Steps \(with Pictures\)](#)

Feeling pain or soreness after a strenuous workout is usually enough to deter people from another workout session. Muscle soreness that happens 24 to 48 hours after a workout is called "delayed onset muscle soreness" (DOMS). It happens because while working out, small tears form in the muscles, which cause damage to muscle fibers. When the muscles are torn then there is inflammation, and experts believe that it is the combination of the tears and inflammation that causes soreness. This, however, is not a bad thing. As the muscles heal they are strengthened, which causes the muscles to become larger and stronger. Recovering from workout soreness is facilitated by implementing a few post-workout strategies. Here's how to recover from workout soreness.

<http://www.wikihow.com/Recover-from-Workout-Soreness>

[Images for Recover from Workout Soreness](#)

<https://www.wikihow.com/Ease-Sore-Muscles-After-a-Hard-Workout>

[Images for Ease-Sore-Muscles-After-a-Hard-Workout](#)