

Photos From Recent Special Dances

The  
**MODERN  
SQUARE**



*October 2024*

E-Editions are released on the Sunday, after the last Saturday of the month, prior to the month of issue. You can download the e-Edition (full or compact) at the ASSDF website, located at <https://www.arkansassquaredance.com/the-modern-square>

The Club Special Dance photos will be in a separate file each month, as will photos from recent **ASSDF Fall Festivals**.

## *Club Special Dances In The Last Month*

Please email these [assdfmodernsquare@gmail.com](mailto:assdfmodernsquare@gmail.com) – please let me know who took the photos, as I want to give them credit, especially if they come from the club Facebook groups.

Due to **space limitations, photo quality, or page formatting, I can't** use all of them sent in, or from Facebook); but you can view them (and videos, where available) on the club Facebook pages (including the **ASSDF** page, the **Fall Festival** page, and the **Square Dance Events** group). Also, note that **not everyone** is on Facebook.

**The Special Dance Photos** during **September 2024**, downloadable at <https://www.arkansassquaredance.com/the-modern-square>, were from the emails, Facebook pages, and special dances from the **NEOSDA Square Dance Grapevine, NORTEX, River City Squares, Twirling Lariats, Twirling Funtimers, and the Maverick Mixers**.

Thanks to Elaine Cox, Jody King, Carolyn Birdsong, Mike Lewis, Tom and Kim Fox, plus Daryl Stout for the photos.

First, our own Ted and Tonia Hofmeister have been busy as Secretary and Past President of the **ASSDF**, but they're also the General Chairpersons of the **74<sup>th</sup> National Square Dance Convention (NSDC)** in June, 2025, in Shreveport, Louisiana. And, at times they will do "light square dance duty", as evidenced by the photo on the next page, and info in the Twirling Lariats Club Report.



Next, several photos from the River City Squares Aug. 27, dance. Jody King notes “her camera had been on vacation”, and they were too late to make the deadline for the September 2024 issue. Please see their club report for more news.















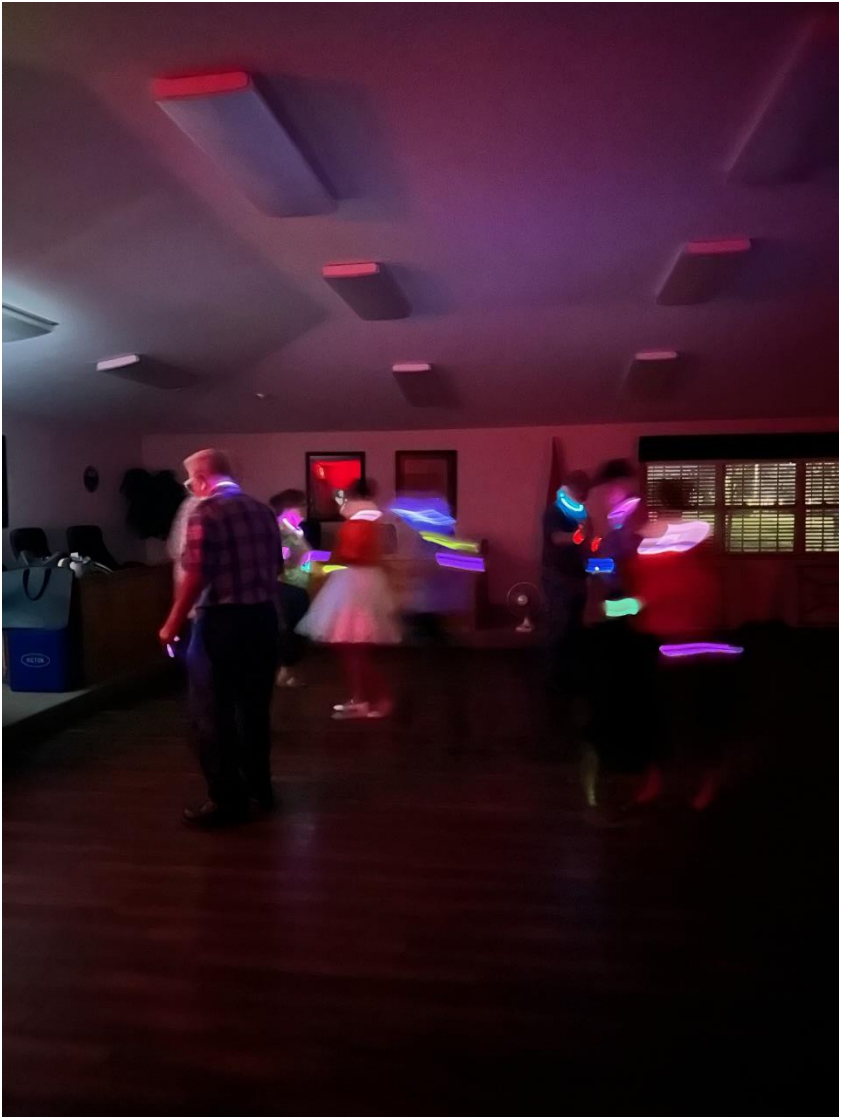




Next, five photos from the Twirling Funtimers Glo Graduation.











Next, several photos from the Heber Springs Sep. 27 Hillbilly Dance.



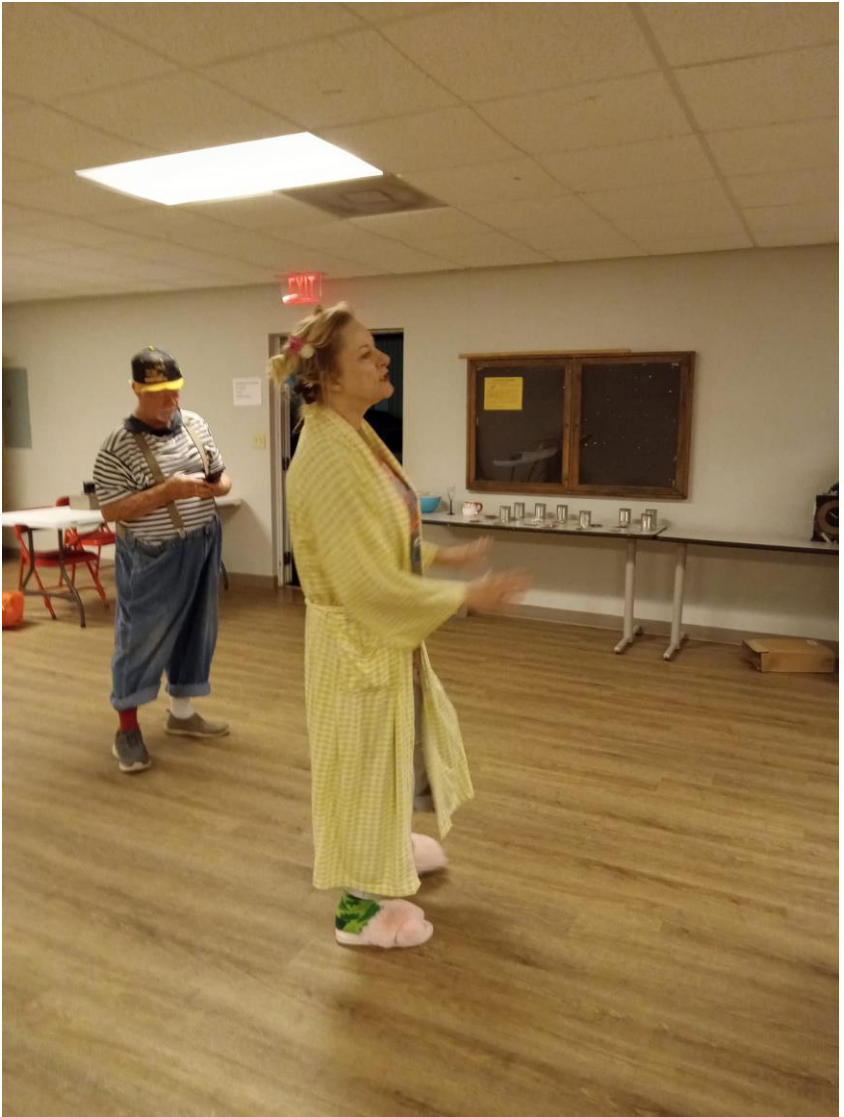






















Next, several pictures from the Maverick Mixers Sep. 28 dance.













Next, several pictures from the Twirling Lariats Sep. 20 dance.































































Next, Rosemary Underwood, a fellow square dancer, was a contestant on a recent “Wheel Of Fortune” episode...see the River City Squares club report for details.



The next 2 photos are from Elaine Cox...about square dancing, and how to make your day better.



**MOST PEOPLE WILL  
ONLY LOVE YOU IF YOU  
FIT INTO THEIR BOX.**

**EVERYONE WILL LOVE YOU WHEN  
YOU JOIN THEIR SQUARE.**



**DANCE**



**Two things to make  
your day better:**

**1. Do not watch  
the news.**

**2. Stay off the  
bathroom  
scales.**

Lastly, some good info from the **NORTEX** Facebook page.

## DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against dementia is frequent dancing.

- Reading - 35% reduced risk of dementia
  - Bicycling and swimming - 0%
  - Doing crossword puzzles at least four days a week - 47%
    - Playing golf - 0%
    - Dancing frequently - 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.

We hope to see many of you at the **ASSDF Fall Festival** in White Hall this month, with the **Trail-End Dance** featuring **The Three Amigos** on Oct. 10 (meal with grilled hamburgers & hotdogs, chips, soft drink, cookie/brownie beforehand...reserve your dinners by Oct. 4), then the **Main Festival** Oct. 11-12, with Arkansas' callers and cuers joined by National Callers Ken Burke and Tim Tyl.

The **ASSDF Fall Delegates Meeting** will be held on Saturday morning, Oct. 12, 2024. **Please send 2 delegates from your club** to attend this very important meeting. Please see the flyers in the full e-Edition, and on the **ASSDF website** under **Upcoming Events** for more info.

*Daryl Stout, Editor, Webmaster, Circulation Chairman, ASSDF*