

Twister's Shag Club

Web Site: www.GoShagging.com

Email: TSC@Goshagging.com

24 Hour Hotline (704) 892-9044

PRESIDENT------(704-875-9608)-----Kathy Thompson

VICE-PRESIDENT-----Frankie Johnson

SECRETARY-----Sharon Abernathy

TREASURER-----Greta Moretz

Committee Chairpeople

Cyclone: Mike-Doug-Walter Photography: Sharon Malmberg

Social: Nancy Brody Membership: Frankie Johnson

Newsletter, Web Site & Club Correspondence:

Mike Rink (704-892-1114 or use club address on cover)

Our shag club is known as the "Fun Bunch", and it our goal to have fun, first and foremost. We try to include shag news, and party flyers from other clubs in this newsletter. All info must be received by the 15th of the preceding month to be included. We offer \$20 subscriptions to the TSC News for non-members.

Please Note: We do not include flyers and ads from commercial establishments unless they help support our publishing costs by advertising space.

You may re-use items in this publication if you credit TSC in your reprint, and you mail us a copy. (Use address on cover.)

Note: Statements in this publication are directed to members of our shag club, and should not be taken out of context by others. Opinions expressed by authors may not reflect TSC's!

Next TSC Meeting: Tuesday Sept 4th

The President's Letter

Hello Fun Bunch,

August was a busy month for our club, but many good things were accomplished. Dance lessons continued to have great support from our members. My sincere thanks to all of you wonderful people who come out to help beginners learn to shag. It's an advantage for a beginner to be able to dance with someone who has experience.

From what I have heard, and the pictures I've seen on our website, everyone had a super time at the Frozen Fantasy party. I was out of town, but I was trilled to see the great response from our members. Cecila and Tom were great hosts. A special thanks goes to both of them, and to Marvin and Betsy as Co-Chairs of the party.

We are moving full steam ahead toward Fall SOS. Twister's Shag Club has many new members this year that have never been to SOS. We need to prepare these folks by making sure they attend our SOS Kickoff Party on September 7 at the Havana Club. It's always a party not to miss. Let's make sure everyone attends.

TSC Members have succeeded again. You have already sold about 100 tickets for the big Fun Monday raffle. We still have about 40. Please plan to buy one before, or on meeting night. (We have to mail in the next day.) Even if you already bought one, get another! You can win cash prizes of \$250, \$500, \$1000, \$2000 or even \$7500. So, please help us get this last batch of tickets sold. Then, I hope at least one of you wins a prize.

A great big "thanks" go to Frances and Sharon for all they did, and continue to do to make the Fall Cyclone Signup process such a success. Getting everyone signed up to work different spots and times is a challenge, and probably the most thankless job there is. But, working the Cyclone is absolute fun. Everyone enjoys it.

Your board is still trying very hard to come up with different ways to make our club even better than it is... if that is possible. You know the old saying; "There is always room for improvement." Help us help you. See you on the dance floor!

Kathy

Five O'clock Means Party Time At SOS

You'll be on time for several significant events at SOS if you can just remember the 5:00pm. Here's a preview of what's in store! Events with dates and times shown in bold are hosted by our club.

Sat 9/15 at 5pm: TSC Long Island Iced Tea Party in the back room at Fat Harolds. Free for members, and only \$10 for guests. There will be free food for our party, too, so don't show up late.

Sun 9/16 from Noon-5pm: Fun Sunday hosted by SOS. The Band Of Oz and the Attractions Band will play.

Mon 9/17 from Noon-5pm. Fun Monday hosted by SOS. Delbert McClinton, the Coastline Band and Craig Woolard Band will play.

Mon 9/17 from 5-9pm. DJ Jam at the O.D Café featuring Mike Rink, Wilkie Whaley and Radio Rich (from PA). This event was created, in part, to draw folks from the Pittsburgh Area Jitterbug Club. But TSC members are invited. Come meet some of the folks that come to our Fall Cyclone party every year. (They host a fun party in PA, too.) Snacks will be served and it will be fun.

Wed 9/19 at 5pm: Beer, Wine and Shooter Party in Ducks Too. Free for members, and only \$10 for guests. Mike Rink and Eddie Teeter will DJ. There will be free munchies and more just for us!

Thurs 9/20: Captain's Choice golf outing for men and women, members and guests. Location and price to be announced. Join us!

Sat 9/22 at 5pm: TSC Long Island Iced Tea Party at the O.D. Beach Club. Free for members, and only \$10 for guests. This is always our biggest party at the beach. There will plenty of great food, too. DJs will be Farrell Watts until 9, then Wilkie Whaley.

Sun 9/23 at 8pm: The Famous Bob Rea "I'm Not Leaving SOS And You Can't Make Me" Party at Fat Harolds. If you are still at the beach, don't miss this event. We expect a big crowd this time.

September Shag Club Meeting

Our September meeting will be at Fat Boys on Tuesday, September 4th. Music will start around 7pm. The meeting will be at 8pm, and we'll have more music and dancing afterwards.

The \$5.99 all-you-can-eat buffet is great. Take advantage of this offer. Enjoying their good food helps support the facility. And, it shows we appreciate having a great place to teach lessons, have meetings, etc. So, please eat if you can. You won't regret it!

Finally, Kathy Cavin won \$103 last month in the TSC Treasure Chest Drawing. You could be a big winner this month if you are there and your name is drawn. We hope to see you on Tuesday!

SOS Kickoff Party

Don't miss the food, the fun, and the fellowship on Friday night, September 7 at the Havana Social Club. Our SOS Kickoff Parties are always well attended, and this one could be bigger than ever.

Please invite all your friends and fellow shaggers to join us, too! If you help promote this event it can easily be bigger and better.

The DJ for the evening will be Clyde Waller. He'll be spinning all the best music. Cost will be a mere \$5 at the door. (The extra \$2 will help pay for all the great food you will enjoy that night).

Plan to have a lot of fun. More details to be announced soon.

Attention Social Committee Members: The party Chairperson is Teresa Flowers (tflowers@carolinatruckexperts.com or 704-895-4765). The following members are assigned to help at this party:

Al Brandon, Diane Brandon, Peggy Cavin, Susan Dahl, Jim Dalton, Sue Davidson, Jennifer Finney, John Finney, Doug Honeycutt, Pam Honeycutt, David Kelly, Laura Lemmond, Roger Lemmond, Jean Saunders and Nancy Williams.

Membership Information

Lynn Bullard, Donna Edwards, Bill Hackney, Michelle Halverson, Tami Middleton, Gene Sigmon and Donna Smith have submitted applications to join TSC. Each will need to be at our meeting to be voted on. Come out and meet these folks!

Havana's DJ Schedule

Sept 07: Pre-SOS Party with DJ Clyde Waller
Sept 14: Roger Holcomb
Sept 21: **NO SHAG DJ DUE TO FALL SOS**
Sept 28: Eddie Teeter

Fall Cyclone 17 Update

As we go to press (August 27) we have sold well over 500 tickets to our 17th Annual Fall Cyclone. That's a great start!

Anyone wanting up-to-date, detailed information about our party should visit our web site, www.goshagging.com. It even includes the number of rooms available at each participating motel.

TSC members, friends and guests need to get their tickets as soon as possible. This is one of the most anticipated events in the shag world, and you do not want to miss out on being there. We've got plenty of extra flyers. So, if you are going to another shag club's party or beach night, please take some to share. Thanks!

Our biggest remaining promotions for the Cyclone will come during Fall SOS. We've got an ad in the Carefree Times. We'll have radio ads running on 94.9FM The Surf. But we need you to help make sure flyers are distributed to everyone at the beach. When you go in the various lounges, make sure our Fall Cyclone Flyers are out in open view. Many times flyers from all the different clubs and all the different parties get mixed up. So, if you don't see Cyclone flyers, please take a moment to straighten the pile and put ours in clear view. Finally, Charles Munday has asked that some folks please take Cyclone flyers to pass out in the crowd during Fun Monday at SOS. If you can help, please let us know.

TSC At Denver Days Festival

"Denver Days, Inc. is a private, non-profit organization of community leaders and business owners who want to showcase the community so that people can see the great things the eastern region of Lincoln County has to offer!

The purpose of the festival is to provide a fun, family oriented event that the entire community can enjoy, to enhance civic pride in the Denver area, and to raise funds to be used for recreational facilities and additional resources for the community.

Some of the profits from the Denver Days Fall Festival are immediately put back into the community through groups such as the local high school sports boosters. The remaining profits are held in the non-profit Denver Days, Inc. escrow account with the hope of someday developing a park where the community can continue to have events like the Denver Days Fall Festival."

The event is Wednesday through Saturday, with bands playing on the last two nights. On Friday, the band will be our friends the Fantastic Shakers. They will start at 8pm. We've been asked to dance and demonstrate the shag during their time on stage.

Denver Days will help us promote our shag club and attract some new people to our dance. So, we get to have fun, perpetuate our dance, and help our club prosper, too.

We'll have more details, soon. But you can also check out the September issue of Lake Norman Magazine, and other local publications for more details about the event.

Club members are asked to wear their red T-Shirts, or their red or white dress shirts to the event. Meet us up near the stage by 8pm, or as soon as possible. Parking is rather expensive (\$10 per vehicle) so carpooling is encouraged, at least when you get close to the event. Once the concert starts winding down, we can all head over to Havana for some more fun. See you there!

Do You Have Youth And Skill, Or... ?

Submitted By Margaret Hutson

A wealthy lady decides to go on a photo safari in Africa, taking her faithful aged poodle named Cuddles along for the company. One day the poodle starts chasing butterflies and before long, Cuddles discovers that he's lost. Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch.

The old poodle thinks, "Oh, oh! I'm in deep doo-doo now!" Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike. A look of terror comes over him. "Whew!", thinks the leopard, "That was close! That old poodle nearly had me!"

A monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!" The old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?" Instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old poodle says, "Where's that damn monkey? I sent him off an hour ago to bring me another leopard!"

The moral of this story is, "Don't mess with old farts. Age and treachery will always overcome youth and skill! Bullshit and brilliance only come with age and experience."

All About The Pivot

By Frances Smith and Iris Binder

Just in case you missed the recent shag lesson given by Holly and Jason Cagle at Fat Boys, we took some notes for you.

The next time we have guest instructors, maybe you can help out!

Improving the Pivot

- Posture is important. Stand upright, head over shoulders, shoulder over hips, hips over feet.
- On step "one", don't lean forward and look down as if you were stepping out in the Lindy. Stay up.
- Dig step guys. Don't step forward. Step back with your right foot crossed close behind your left
- Where your eyes are looking, your body will follow so... pick out an imaginary spot on your partner's left shoulder, and immediately turn your head to the right and keep your gaze on that spot while executing the turn.
- Men, let her come to you. Bring your hand straight back to left holster position and lock it in.
- Don't worry about how far around you get on step "one". That's an easy fix on the remaining steps.
- Hold your pivot box steady and allow some room to move and breathe. Men, don't pull her in too tightly.
- Ladies place your hand at a comfortable position on his right arm or shoulder, not draped around his neck. Gentlemen, place your hand at her waist or center of back
- Most mistakes happen on the first step. So fix that one and your whole pivot will improve.

What's Happening In The Shag World

GoShagging.com Has More Items And Details!

Note: Party flyers & club mail can be viewed at monthly meetings.

Aug 31, Sept 2: Boppers Battle Of The DJ's. Features 8 DJ's playing. Doors open at 5pm. Music starts at 8pm. Four winners play Sunday night in the "finals" for cash prizes.

Sept 1: Monthly Party hosted by York Shag Club. \$5. DJ Summie Davidson. 803-831-8817 or email marrshag@bellsouth.net.

Sept 4: TSC Monthly meeting and dance at Fat Boys.

Sept 6: Pre-SOS Party hosted by Charlotte Shag Club. 704-510-1743 or patti.miller@cms.k12.nc.us for info.

Sept 7: Pre-SOS Party hosted by Twister's Shag Club.

Sept 8: Pre-SOS Party hosted by Gaston Shaggers. \$6. DJ Gene Sistare. 704-827-1770 or patsyfuller@carolina.rr.com for info.

Sept 14-23: SOS Fall Migration in North Myrtle Beach.

Sept 28: Denver Days Celebration featuring the Fantastic Shakers. Wear a TSC shirt. More details in this newsletter.

Sept 29: Gaston County Hospice Benefit Shag Contest hosted by Gaston Shaggers. \$10. DJ Tommy Samole. Limited to 225 guests and 15 couples. 704-813-4783 or moon117@charter.net for info.

Oct 6: GTSC - Meet the Area Clubs Party in Greensboro. 336-299-6859 or mmadrin@hotmail.com or www.greatertriadshagclub.org

Oct 13: TSC Cruise and party on the lake. Details TBA.

Oct 19-20: Fall Bash hosted by Mountain Empire Shag Society. \$35. DJs Kyle Beam and Larry Calhoun. 423-914-0523 or bogy00005@gmail.com for info.

Oct 19-21: GeeChee Blast hosted by Charleston Shag Club. \$50. DJs Gary Gibson, Dick Hamrick, Betty Brown, Walter Upchurch. 843-971-6730 or dancepollydance@hotmail.com for info.

Oct 20: Sandy Beach Shag Club Shag Contest at the Elks Lodge. 7:30-11pm. \$50-\$250 prizes. No pro dancers. DJ Ed Timberlake. rsmorley55@hotmail.com or 828-438-8906 for more info.

Oct 25: Halloween Party hosted by Charlotte Shag Club. 704-510-1743 or patti.miller@cms.k12.nc.us for info.

Oct 27: Shag-O-Ween Costume Party in North Wilkesboro, NC. Hosted by Brushy Mountain Shag Club. \$6. DJ Roy Childress. Costume contest. 336-921-4205 or roosta_nc@charter.net for info.

Nov 10: Re-Up Party hosted by Gaston Shaggers. \$6. DJ Norman Mills. 704-827-1770 or patsyfuller@carolina.rr.com for info.

Nov 10: Sandy Beach Shag Club Monthly Party at the Elks Lodge. 7:30-11pm. DJ Larry Calhoun. acoley@charter.net for more info.

Nov 17: The Turkey Strut in Wilkesboro, NC. Hosted by Brushy Mountain Shag Club. \$6. DJ Mac Mast. 336-921-4205 or roosta_nc@charter.net for info.

Dec 1: York Shag Club Monthly Party. \$5 guests. DJ Roger Holcomb. 1-803-831-8817 or marrshag@bellsouth.net for info.

Dec. 8: Christmas Party hosted by Gaston Shaggers. \$6. DJ Gene Hensley. 704-827-1770 or patsyfuller@carolina.rr.com for info.

Dec 8: Christmas Party hosted by Charlotte Shag Club. 704-510-1743 or patti.miller@cms.k12.nc.us for info.

Dec 8: Sandy Beach Shag Club Monthly Party at the Elks Lodge. 7:30-11pm. DJ Kyle Beam. acoley@charter.net for more info.

Dec 15: Christmas Dinner and Dance in Wilkesboro, NC. Hosted by Brushy Mountain Shag Club. \$6. DJ Gene Hensley. 336-921-4205 or roosta_nc@charter.net for info.

Nov 2-4: Fall Cyclone hosted by Twister's Shag Club. Party details and a flyer can be found now on www.goshagging.com

Dec 31: New Year's Eve Party hosted by Twister's Shag Club. More details are available on www.goshagging.com.

Feb 8: Valentine's Day Party hosted by Twister's Shag Club. More details to be announced.

This Month's Birthdays

Robert Cothran	09/02
Sharon Dalton	09/02
Susan Godfrey	09/02
Ralph Gettings	09/03
Mike Felts	09/05
Brian Holt	09/06
Terry Johnson	09/07
John Finney	09/08
Rhonda Hill	09/08
Leigh Ann Holt	09/08
Edie Kello	09/09

Shelia Frederiksen	09/11
Dean Hajnos	09/14
Mike Rink	09/16
Ann Horton	09/17
Randy Godfrey	09/19
Bill Randall	09/20
Donna Smith	09/21
Kathy Thompson	09/24
Alan Keir	09/27
Diane Brandon	09/28
Sharon Malmberg	09/30

Next Month's Birthdays

Claude McKinney	10/07
Jo Murphy	10/09
Sharon Carter	10/10
B.J. Tarle	10/13
Ramona Hawley	10/14

Carole White	10/16
Kerrie Cauthen	10/22
Kathy Kerr	10/25
Rhonda Alexander	10/27
Ava Hurd	10/28

Happy Birthday Mike!
Love, Marcia

Birthday Riddle

By Robin Nantz

What do all the following descriptions have in common?

grandmaw
realtor
short person
loud-mouth
firecracker
SOS Icon

They all describe our wonderful Club President, Kathy Thompson.

Happy Birthday, Kathy!

Frozen Fantasy Party

By Betsy Chapman

The TSC Frozen Fantasy Party was really “cool” with over 72 attendees. Partygoers enjoyed a relaxing Lake Norman setting; the perfect place to chill on a warm summer day. A very special thanks goes out to Celia and Mike for sharing their beautiful home, and for being such wonderful hosts.

Everyone seemed to enjoy the water, music, food, and “fantasy” entries along with some lively conversation. In fact, many guests did not want to leave, especially after the party moved “off shore” atop Celia and Mike’s magnificent boat dock.

The “Frozen Fantasy” judges recognized the huge responsibility associated with their appointment to the “Bar.” They took to their task with great enthusiasm and careful attention to detail (so much, in fact, that several entries were “judged” a second and third time). As the sampling of entries progressed, it was evident the responsibilities of decision-making were taking a heavy toll on each judge. Undaunted, the judges pressed on to determine the following “Frozen Fantasy” winners:

Best Overall: Sharon Carter’s Pina Colada Passion

Best Frozen Drink: Ramona Hawley’s Sum Dum Rum Delight

Best Cake: Cindy Rea’s Orange Rum Cake

Best Jell-O Shooter: Peggy Cavin’s Purple Passion

Best Other Dessert: Gwen Weddington’s Frozen Margarita Dessert

Thanks to all the judges for making the “Frozen Fantasy” contest so much fun.

I would like to thank all the committee members who helped put on this event. They demonstrated an extraordinary commitment to their assigned tasks and then looked for ways to provide extra help. It is a pleasure to “work” when everyone pitches in as they did.

Note: There have been numerous requests for the recipes for all the contest entries. Please, if you submitted an entry to the contest, send the recipe in for publication in the Twisters Newsletter. Those “fantasies” are too good to go unshared!

Frozen Fantasy 2007

By Peggy Cavin

I do not know any word in the English language that could best describe our Frozen Fantasy, but I know that it is one of our best parties of the whole year. We had over 70 people to attend this one. If you were one of them, you were not disappointed in anything that went on that day. It seemed like it was nearly 100 degrees when we got there around 1 o'clock. The host, hostess, and party chairs were finishing up on last minute details. The sun was beating down on everyone and we *thought* it was almost entirely too hot to party. But we were wrong!

As I helped Celia hang pint-size baggies of water from the upper deck, I didn't want to appear stupid and ask, "What the heck are we doing?" But, secretly, I wondered. I found out that this little ritual was supposed to keep the flies from carrying off our food. Flies gravitate toward the water and away from food. Yea, right. Someone in this crowd must be stupid to think I'm falling for that one. Thank goodness I wasn't the only one who asked that question before the night ended. But, hey it worked! Right?

Bill Edwards played some great music, and Fat Boys catered some terrific food. We also had a game room just inside that had a pool table, shuffleboard, and a Pac Man video game. There was even a volleyball net set up outside for the few brave ones among us.

Our Frozen Fantasy contest went off without a hitch. If the flies had actually carried *us* off, we wouldn't have noticed. Even the heat was bearable at that point... or was it just that we didn't notice or care? We were all having too much fun!

It was hard to just *watch* the judges partake of the entries. But we all knew that we would get a turn after the judges. As soon as the judges retired to an office inside the house to make their selections, we all scrambled to the table to sample the goodies.

I don't know which is more fun... making an entry, judging the entries or just enjoying tasting all of them.

The party lasted until midnight with, of course, Bob Rea being the last to leave. He wanted to make sure everyone had a good time. Bob is always our "second-in-command host" everywhere we go.

If you didn't come to this party, you missed it folks. And like Las Vegas, most of what happens at the Fantasy party, stays there. Of course, there are some photos on our web site! Check them out.

Thanks to our gracious hosts Celia Hunter and Mike Turbeville, and chairs Marvin and Betsy Chapman for all their hard work. I think you each deserve an A++ for this one.

As we got in our cars to go home, I heard Celia say that she'd host it again next year. I'd vote for that and I'm sure I can get a second!

The Frozen Fantasy Party

By Ramona Hawley

What a fun party. It was hot, but no one seemed to mind. The music was great, the food was great, and the company just could not be beat. Many thanks to Celia and Mike for hosting our party.

The first Twisters party I ever attended was the Frozen Fantasy party three years ago. Being a new member, I didn't know what to expect. But I quickly found out that "the Fun Bunch" was really fun. I was asked to be a judge and it took me three days to come back to the land of the living.

After I recovered I decided that I would concoct one of those frozen delights and never be a judge again. It is unbelievable that I have won first place the last two years, and you can bet I will be trying for win number three next year.

Recipe: Start with 1 package of Crystal Light Strawberry Daiquiri mix, add 1-3/4 cups of cold water and shake well to mix. Now add 1-3/4 cups each of Pineapple Juice, Ocean Spray Cranberry Juice and rum. (Then slosh in just a bit more rum.) Shake well and freeze. I like to put the frozen slush in a blender and serve in a Martini glass along with a straw for sipping.

Pina Colada Passion Dessert

Created by Sharon Carter

What a fun time we had at this get-together. However, it is not a smart idea to put a frozen dessert into a hot cooler that was stored in an extremely hot garage. Nonetheless, with encouragement from my dear friend Dean, I entered my dessert in the contest. The sides were falling off and my delicate Butter Cream Stars was slowly melting off the sides and top. Still, it was a big hit and all the judges enjoyed it. But if you're going to make it, remember my tip about the heat. Enjoy yourself and have a blast.

Prepare dessert in stages as listed below. Read through the recipe to be familiar with ingredients and the prep time needed to make your Frozen Fantasy Dessert.

Crust

2 cups Honey Maid Graham Cracker Crumbs
¼ cup sugar, divided
1/3 cup unsalted butter, melted
¼ cup Original Bailey's Irish Cream
Mix crumbs, ¼ cup sugar with the butter and Bailey's Cream; press firmly onto bottom of 12 inch spring-form pan or 13x9-inch dish. Freeze at least 30 minutes or over night if needed.

Please note crumbs should adhere together when pressed between fingers. If too dry/crumblly add more liquid in small amounts.

Filling

After set – spread over graham cracker crust
2 packages (4 oz) French Vanilla Pudding
1 ½ cups cold milk
½ cup Original Bailey's Irish Cream
[1 cup Cool Whip Whipped Topping thawed]
Gently mix first three ingredients together at low speed. Cover and let set in refrigerator until firm (thick pudding consistency). Fold in 1 cup whipped topping after set.

Top over pudding in single layer
16 oz Fresh Pineapple cut into thin slices
Cover fruit faintly with liquor and soak at least 12 hours in combination of Vodkas to add flavor of choice (straight, coconut, pineapple etc.)

Dollop over fruit
12 oz coarsely chopped walnuts
¼ cup Honey
2 tablespoons Original Bailey's Irish Cream
Mix ingredients refrigerate at least 4 hours

Butter Cream Icing

Use to decorate dessert to your liking (pipe, spread over filling)
½ cup solid shortening (Crisco is best)
½ cup butter (unsalted butter)
1 teaspoon Vodka (may be flavored)
4 cups sifted confectioner's sugar (approx. 1 lb.)
2 tablespoons Coconut flavored Rum
1 cup Cool Whip Whipped Topping

In large bowl, cream shortening and butter with electric mixer. Add Vodka. Gradually add sugar, one cup at a time, beating well on low speed. Scrape sides and bottom of bowl often. When all sugar has been mixed in, icing will appear dry. Add Coconut flavored Rum and beat at medium speed until light and fluffy. Fold in 1 cup Cool Whip Whipped topping. For best results, keep icing bowl in refrigerator until ready for use. Icing should be piped onto dessert with large flower or star tip of your choice or spread in a swirling motion. Freeze dessert at least three hours prior to serving. Top with Rum Flavored Maraschino Cherries, Serve and Enjoy!

Garnish

Position onto Butter Cream Icing to your desire
12 oz jar Maraschino Cherries with stems (thoroughly drained)
Make sure to soak in Coconut Rum for at least 12 hours before using as a garnish.

Queenie's Medical Moment

By Pam Siege

Do you have trouble sleeping?

This problem affects millions of people every night. There are times when I wish I worked night shift. I'm always tired and can't wait to go to sleep... and then I get into bed and I am wide awake! So out comes the book or turn the TV on. Then there are times when I get to sleep only to wake up about 2 or 3 hours later. That is when I get up early and go on into work. I get a lot done there, but about 1 or 2 pm I start dragging! All I want to do then is sleep. By that time I don't know whether to... (in Dolly Parton's words) "wind my butt or scratch my watch"!

Good sleep is so important to our health... just as much as diet and exercise are.

What causes sleeplessness or interrupted sleep?

- stress at home
- stress at work
- no exercise
- worry
- money
- children
- worry over when you are going to the beach next... well maybe not!
- traveling

Here are some ways to improve your sleep:

- Don't consume any caffeine after 2 or 3 pm
- Don't change your sleep times, like sleeping late on weekends
- Don't eat too much before going to bed
- Eliminate too much stimulation before bedtime... let me make myself clear on this one... bright lights, TVs on, uncomfortable bedding or clothing, noisy clocks or people, etc.

- If you haven't fallen asleep in a small amount of time, get out of bed and do something until you get sleepy... have you ever found yourself closing your eyes so tight they hurt while trying to fall asleep?
- If all this fails, talk to your doctor. Sometimes it just takes a small amount of medicine to get back into a routine. Sleeping pills aren't meant to be taken forever. They are for getting you past a hard time or back into a routine again.

You can always keep a sleep diary to see what you are doing right before you go to bed. This can help track what is causing you to either not go to sleep or to wake you up in the middle of the night.

Remember, the week of SOS doesn't count!

I know I usually talk about Geoff (Mr. Pitiful... they wrote this song about him), but I think I'll let him sleep this one out!

So here's to our health and always remember... laughter is the best medicine!

Bless our hearts,
Queenie

Yellow Snow Recipe

By Betsy Chapman

- 1 large can frozen lemonade
- 1 large can frozen limeade
- 1 small can frozen orange juice
- 1 ½ cups sugar
- 1 fifth vodka
- 3 quarts water

Mix the above together and freeze. Fill glass 2/3 full and add 7-up or any lemon-lime drink.

Various "Types" Of Shag Music

Submitted By Al Brandon

The following listing represents one person's view of some of the different types of shag music and examples of each. Do you agree?

Bubblegum Beach

39-21-46 - - - Showman
Be Young, Be Foolish, Be Happy - - - The Tams
Carolina Girls - - - Gen. Johnson & The Chairman of The Board
I Love Beach Music - - - The Embers
Miss Grace - - - The Tymes
My Little Red Book - - - The Drifters
Rainy Day Bells - - - The Globetrotters
Stay - - - Maurice Williams
Under The Boardwalk - - - The Drifters

Oldies But Goodies

Green Eyes - - - The Ravens
Honky Tonk - - - Bill Doggett
I Use To Cry Mercy, Mercy - - - The Lamplighters
Lovey Dovey - - - The Clovers
Monkey Hips & Rice - - - The Five Royales
Nip Sip - - - The Clovers
Six to Eight - - - Sticks McGhee
Thank You John - - - Willie Tea
Zing! Went The Strings of My Heart - - - The Coasters

Hard Core R & B

Aligator Walk - - - Mojo Blues Band with A.C. Reed
Baby What You Want Me To Do - - - Etta James
Caldonia - - - Muddy Waters
Footprints on the Ceiling - - - Ruby Andrews - - -
I Ain't Drunk - - - Albert Collins
Lil' Brown Eyes - - - Theodis Ealey

Meet Me With Your Black Drawers On - - - Gloria Hardeman
Something You Got - - - Luther Johnson

Motown

Do You Love Me - - - The Contours
Release This Love - - - Edwin Starr
Saturday Night, Sunday Morning - - - Thelma Houston
Sexual Healing - - - Marvin Gaye
Stoned Love - - - The Supremes
Stop Her On Sight (S.O.S.) - - - Edwin Starr
Take Me In Your Arms - - - Kim Weston
This Old Heart of Mine - - - The Isley Brothers
When She Was My Girl - - - The Four Tops

Smoothies - - -

60 Seconds - - - The Mills Brothers
Flamingo - - - Earl Bostic
Lady Soul - - - The Temptations
Lazy River - - - Bobby Darin
Misty - - - Lloyd Price
Moonlight Lady - - - Julio Iglesias
September In The Rain - - - Dinah Washington
Slow Boat To China - - - Ronnie Dove
Some Enchanted Evening - - - The Temptations
Wind Beneath My Wings - - - Lou Rawls
Witchcraft - - - Frank Sinatra & Anita Baker

Gospel

Blowing In The Wind - - - Etta James
Great Gosh A'Mighty - - - Little Richard
Jesus Is Your Ticket - - - The Tams
King's Highway - - - Louise Davis
Operator - - - Manhattan Transfer
Rough Side of The Mountain - - - F.C. Barnes & Janice Brown
Sisters & Brothers - - - Maria & Shaw
Take Me To The River - - - Al Green

Dancing in Oregon

By Janice Musgrove

I'm sorry we missed the first signup meeting for the Fall Cyclone. I couldn't believe we would have been second! But, we'll be at the party and can't wait to see all of you. We have been doing lots of traveling this year. The first of August we were visiting friends in Seattle and traveling with them through Oregon. Since this was a state that none of us had visited, we had lots to see. My advice is go visit in August when there is great weather there, but the weather is hot and uncomfortable here.

We tried to represent our area of the country well. You wouldn't believe the number of times people asked me questions just to hear me talk "southern"! On our first day south of Portland we stopped at a winery. It just happened to be their anniversary celebration. We enjoyed the wine tasting but the best part was listening to the band and having a chance to shag! They weren't playing real shag music but the beat was right and we don't turn down a chance to show off our favorite dance. We tried to do you proud.

Now, it's just a few weeks until Fall SOS! We hope all of you will be there at some point during the week. We miss you!

If your name is shown here, we need an article from you next month. The deadline is Sept 25. (Tuesday after SOS.)

Sharon Abernethy, Joyce Anderson, Charles Binder, Iris Binder, Bill Blanton, Irby Bouknight, Pat Bouknight, Al Brandon, Rees Brody, Beverly Carroll, Edward Carter, Sharon Carter, Kathy Cavin, Lee Cavin, Peggy Cavin, Robert Cothran, Tim Davis, Ross Eason, Sherry Eason, Jennifer Finney, Dorance Greer, Dianne Harrington, Richard Harrington, Arnold Hatley, Brenda Hatley, Sabra Heagle, Buzz Holshouser, Jackie Holshouser, Margaret Honeycutt, Pam Honeycutt, Milly Humphrey, Ava Hurd, Jim Hutson, Margaret Hutson, Glenda James, Terry Johnson, David Kelly, Sharon Malmberg, Sharon McGraw, Claude McKinney, Dean Melton, Pat Metcalf, Beverly Munday, Charles Munday, Dan Musgrove, Janice Musgrove, Robin Nantz, Jane Parsons, Kim Riley, Pete Riley, Geoff Siege, Pam Siege, Joanne Sloop, Frances Smith, Walter Smith, James Thorndyke, Roger Trexler, Terry Turbyfill, Deborah Weise, Carole White, Nancy Williams, and Sandra Williams.