

JULY 1998

THE BARN OWL

THE BARN

3820 Minton Road

Melbourne, FL 32904

Otis & Linda Lutz - Editors

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WWW.DANCEWORLD.ORG

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"He sees all and gives a hoot"

**FOURTH of JULY PICNIC
and DANCE at
THE BARN
JULY 4th 6:00 - 10:00
COME HUNGRY**

eat 6 - 8

INSIDE THIS MONTH

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VOL. 5 NO 7

From the Loft



The 1998 State Convention is over. The 1999 State Convention has started. "Let the good times roll".

The '98 State Convention was great! All who attended, and there were a LOT of local dancers there, had a great time and had nothing but good comments! As stated elsewhere here in THE

BARN OWL, the kick-off went as planned and was received with a lot of applause. We did a video on the kickoff, SEW AND SAVE, final dance and a little of the after party. We have shown it at THE BARN and made about a dozen copies already. Jerry Reed was active taking pictures with his digital camera and we made a slide show of these pictures that we also show during the dances at THE BARN.

Now we get serious about the '99 State Convention. Come join in the fun. We want dancers to buy their ribbons early so you get the best deal on price and also the best deal on making the '99 a great success. All planning depends on money. The '99 chairman, Jim and Jan McConnaha, will be able to plan on a really big convention if the money is available during the planning stages. This is possible by getting your ribbons NOW. You save NOW and you make the '99 Convention BIG by buying NOW.

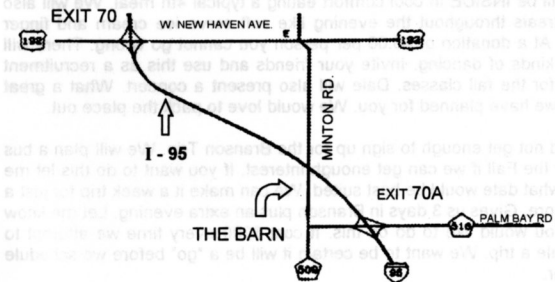
Linda and I have a lot of events planned for the Sew & Save Clinic. We have Roz Mestre heading up the Stamping area, Mel and Rita will help in the crafts for ear rings and such, and we have many seamstress's, including Phyllis Alcorn, Connie Plummer, Sue Johnson helping with the sewing. We will need the men to set up and remove the props we will be using. If you have a craft you would like to present at the '99 Sew & Save Clinic, please come forward.

We are only one of the many events in the '99. We plan to be an impressive part, but by no means the main part. Dancing and entertainment is what it is all about. The leaders who made the National in Orlando such a success are also working on the '99 State Convention. You will have a ball working on one of these committees. There are some of these folks that working with will be the best part of the convention for you. They are that enthusiastic! I know Linda and I really loved being associated with them. Two that were so lively were Carol Poole and Muriel Chabot. They were very active in bringing the Kickoff in San Antonio, TX to the unbelievable success it enjoyed. These two

(Continued on page 4)

SATURDAY AT THE BARN

June 27th	National Convention in North Carolina
July 4th	4th July cookout - ice cream and dance
	This dance can be an old fashioned 4th. Cook out, ice cream, concert and dance. Need feed back on who wants to come.
	All provided event for donation \$6.00 per person at the door.
July 11th	Contra Dance - Live Band - 7:00 - 10:30
July 18th	JERRY REED C1 Dance / Funshop 7:30 - 9:30
July 25th	Special Saturday night dance and social
	Tim Scholl
August 1st	JERRY REED C1 Dance / Funshop 7:30 - 9:30
August 8th	Contra Dance - Live Band - 7:00 - 10:30
August 15th	JERRY REED C1 Dance / Funshop 7:30 - 9:30
August 22nd	JERRY REED C1 Dance / Funshop 7:30 - 9:30
August 29th	Wayne Guise Round Dance
Sept. 5th	JERRY REED C1 Dance / Funshop 7:30 - 9:30
Sept. 12th	Contra Dance - Live Band - 7:00 - 10:30
Sept. 19th	JERRY REED C1 Dance / Funshop 7:30 - 9:30
Sept. 26th	JERRY REED C1 Dance / Funshop 7:30 - 9:30



(Continued from page 2)

had all other committees really hyped up. You can not go wrong working with these folks.

We have started selling the Raffle Tickets for the brand new Singer sewing machine to be given away at the '99 State Convention. At the installation of officers for the Central Florida Association on May 30th in Wildwood, FL, we sold all but one attendee at the CFA meeting a ticket. Not couples, but all but one person! We know, based on the support we received selling the "mail box" raffle tickets for the '98 convention that we can count on the same support for our own convention. By the way, we were very happy that one of our own dancers from Barefoot Bay won the mail box! We will be offering these tickets soon at a dance near you! Remember, the more we raise the earlier, the more we have to spend to make the '99 more enjoyable to you. Don't wait to help! A special thank you to Mort and Helen Lee who bought 10 of the raffle tickets. We have had nearly 100 percent success in dancers buying the raffle tickets. It will help make the '99 convention a really BIG show.

Summer is here! We are on our own! Our support from the north is gone! We can help each other by really supporting the Banner Raids and Retrievals. We have to help to keep our clubs alive. Let's do our part by making each and every dance an exciting event to be at. We have the soft ice cream machine ready to make it fun to stay until after the dance and have a snack. Maybe you can ask your friends to join you at a dance. Clubs really need your support at this time of the year. Every dance we say bye to more folks - SOME are locals that are leaving for vacations further depleting our dancing population.

July Fourth Dale McClary and Otis are sponsoring an "Old Fashioned Picnic and Dance". We will have special guests there for Contra Dancing and Line Dancing, as well as a cuer for Rounds. It all starts at 6:00 in the evening of the 4th with a cookout. Dale and I will be out cooking hotdogs. You will be INSIDE in cool comfort eating a typical 4th meal. We will also have treats throughout the evening like soft serve ice cream and finger foods. At a donation of \$6.00 per person you cannot go wrong. There will be all kinds of dancing. Invite your friends and use this as a recruitment event for the fall classes. Dale will also present a concert. What a great event we have planned for you. We would love to pack the place out.

We did not get enough to sign up for the Branson Trip. We will plan a bus trip for the Fall if we can get enough interest. If you want to do this let me know what date would be best suited. We can make it a week trip for just a little more. Gives us 3 days in Branson plus an extra evening. Let me know what you would like to do on this. It cost \$200 every time we attempt to schedule a trip. We want to be certain it will be a "go" before we schedule another.

NATURAL ALTERNATIVES TO OVER THE COUNTER AND PRESCRIPTION DRUGS

IMPORTANT: PLEASE READ

The information in this article is intended to increase your knowledge about natural remedies and by no means is intended to diagnose or treat an individual's health problems or ailments. The information given is not medical advice nor is it presented as a course of personalized treatment. There may be risks involved in connection with some of the natural remedies suggested in these articles, just as there may be risks involved in connection with prescription drugs. Therefore, before starting any type of natural remedy or medical treatment, or before discontinuing any course of medical treatment you may now be undergoing, you should consult your own health-care practitioner.

THINK ABOUT WHAT YOU EAT!

Do not read this if you are thinking about eating meat! What you are about to read is true! It is not pleasant and it should start you thinking about what your body is being subjected to. There are places to get good food. Normally it is NOT at your grocer. Good organic food does exist. There are many Health Food stores that insist that the food they carry be healthful for you.

The hottest medical news story lately has been about the deadly new strains of antibiotic-resistant viruses... about the growing number of global hot-zones of incurable tuberculosis... the recent outbreaks of Ebola that dropped more than 150 people into pools of their own blood and dissolved organs... and flesh-eating bacteria that can kill you after no more than a nick while shaving. Terrifying as all this might be, the above will seem like diaper rash compared to what's next...

Imagine a disease that combines the worst of all these new and baffling plagues. This new "bug" can't be detected by your immune system. It hides in your food. It can infect virtually any species. It can survive temperatures of 700 degrees for over 30 minutes -- and freezing for over two months. And it replicates itself by hijacking your vital proteins to crank out wave after wave of mutate molecules...

Here's the scary part: This disease already exists.

You can have it for 5 or 15 years and not know it.

But 6 months after it kicks in, your brain quickly turns into pulpy mush. You drool. You go catatonic. And then you drop dead. Say hello to our next epidemic. The first wave of this killer is headed our way fast. And, believe it or not, it may have started with a chicken....

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RECRUITING NEW MEMBERS

(More Information)

Jerry & Del Reed
(Rockledge, Florida)



**Jerry & Del
Reed**

Last month we discussed the importance of recruiting new dancers. As you know, this is how our activity grows. If we all do our part, we CAN get new members. This month we thought we would provide some interesting information about the benefits of square dancing. You can use this information to let friends know some of the many benefits of this wonderful activity.

This information is reprinted from a recent press release from CALLERLAB, the International Association of Square Dance Callers. It contains some very interesting facts from the Mayo Clinic in Rochester, MN.

The following was reprinted from a January 1994 Mayo Clinic Health letter, with permission of Mayo

Foundation for Medical Education and Research, Rochester, Minnesota 55905.

SOCIAL DANCING

Jazz up your fitness routine with a regular dose of dance.

Ellen resolved that in 1994 she'd exercise regularly. But it's only the beginning of the new year and she's already bored with her new stationary bike. The rowing machine and treadmill at the YWCA also hold little appeal. When a friend coaxed her to go along for an evening of free dance lessons, she realized exercise doesn't have to be a chore.

It's true. whether you're swirling across the floor to a Strauss waltz or doing do-si-dos to the commands of a square dance caller, you're getting exercise -- and probably having fun too.

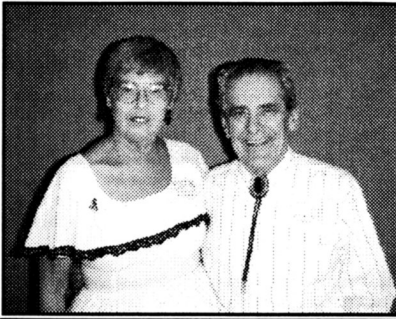
Dancing pairs you up with more than a partner.

From burning calories to socializing with friends, dancing offers these health benefits:

Calories - Dancing can burn as many calories as walking, swimming or riding a bicycle. During a half hour of sustained dancing you can burn between 200 and 400 calories. One factor that determines how many calories you'll expend is distance. In one study, researchers attached pedometers to square dancers and found each person covered nearly five miles in a single evening.

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JUNE GRAND SQUARES



Colin & Peggy
WALTON

For the summer season the Grand Squares will be meeting at 7.30 PM to 9.30pm at The Barn and the program will feature emphasis on all the movements in the Plus category.

We welcome all dancers who may need to "brush up" on Plus as well as those who would like to learn and practice this part of the square dance program.

We are hoping that many local dancers will come out to dance on the Barn float in the Fourth of July

parade in Melbourne. Remembering the scorching day we had last year, the City has scheduled this event for the evening of July 3rd after dark so the floats will be illuminated and all of us will be cooler (hopefully!) both participants and watchers. Please call us at 254-8139 if you can ride the float and dance along with us - we'll keep the dancing level in the easy on the eye and relaxing to the mind frame of reference.

We wish a Happy Anniversary to George and Carolyn McCullough on July 7th and Happy Birthday to Jean Marshall on July 14th. Many of our members will be off travelling until after Labor Day so we hope they all have a great time wherever they are and all drive safely so that we can hear all about their adventures when they get back.

Colin and Peggy will be travelling to Oshkosh, Wisconsin early in August for the 36th O.S.D.A. (Overseas Dancers Association) Reunion, but we won't be missing any club nights. We hope the extreme weather will give us a break soon and provide some much-needed rain - as a former resident of England I never thought I'd look forward to RAIN!

Stock up on chilled watermelon and stay in the shade or next to the A/C and hopefully this too will pass. Enjoy the Fourth and the fireworks!

KICK-OFF WAS A F-U-N THING

Sunday Night of the Florida State Convention in Lakeland, a preview (Kick-Off) of the 1999, 45th State Convention, was presented to the Florida Dancers. The Central Florida Association introduced a theme of 'MARDI GRAS TIME IN '99'. While there was a Basin Street Parade, a Funeral Procession, Clowns, Dancers, Beads, Bobbies, Dangles, Masks, Doubloons, and a 'miniature version' of New Orleans at Madri Gras Time, the presentation by the Dancers, under the direction of John Saunders and John Barrett stole the "Show". "Folks, this is just the beginning", said the General Chairman Jim and Jan McConnaha. Plans will be unfolding of the 'fun time' in store for the Dancers of Florida, during the 45th Florida State Square and Round Dance Convention in Lakeland on May 28th, 29th and 30th of 1999. A large group did purchase their 'ribbons' during the 44th, but if you are one who did not obtain yours, don't miss out on the 'low price' now available! See 'ya in May of '99 at Mardi Gras Time!

Over 400 '99 convention tickets were sold during the '98 event. This is nearly double what was sold during the same time at the '96 convention. Let's all get our convention tickets NOW so that the '99 will be the biggest and best state convention! There are lots of committees you can join to experience the fun!



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CANAVERAL SQUARES



**Iver & Mary
Duedall**

Rockledge...Hello everyone! Our early summer activities have brought us delightful dancing even though we were surprised to find McLarty Park Recreation Center undergoing a floor renovation on April 24, May 1st, 8th, 14th, and 22nd. You know us square and round dancers can't stop dancing just because of a little impediment so we made use of the time to visit other clubs. We still got to dance to our caller, Skip Cleland when he was guest caller, May 2nd for an Allemander raid; we also got rounds in with their cuer and ours, Vince Furtado.

Our appreciation and thanks go out to two fine committees who have worked hard for us all and we are eagerly anticipating the 45th after we enjoyed the 44th so much. The 44th State Convention committee presented fine callers, cuers, entertainment, etc. for our enjoyment. Sunday evening, the 45th State Convention committee took over the helm presenting a fabulous show of synchronization—let's see that "many more times, please"! They serendipided us into wishing: "Take me to the Florida Convention in '99".

The Space Trackers brought along new plus graduates on the banner raid May 29th. A great new group of graduates we hope to see again. This dance took the sting out of not dancing to our caller and cuer for five whole weeks! It wasn't easy, Skip and Vince. Of course, Skip and Jennifer sang us some great songs at the 44th and our team of Skip Cleland and Vince Furtado were in Satellite Beach when we raided the Allemanders, May 2nd—thanks guys and Jennifer!

By the time you read this, our Father's Day and Pie Dance, June 19th will be a great pie, dance, pie memory. Our good friends, the Allemanders, didn't let us keep their banner very long since they stopped by for a sampling of pie and dance also. We always enjoy their company! Our July 3rd Firecracker Dance and Hot Dog social was enjoyed by all. The practicing now begins for the Watermelon Roll competition!

Keep those prayers coming: Ruth Cotsmire is giving her hand a rest but doing well after surgery, Marvel Jenkins is working towards a complete recovery and regaining her strength and Asa Clark who requires a little more rest after the County-wide picnic activities, convention, etc. We saw Jim Hart with his wife Jane at the 44th Florida State Convention and Jean reports Cecil is back to work.

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COMPUTERS

You can use your computer to do a LOT of things. The screen display presents you with information of every kind. Eventually though, you will want a hard copy of something! What we mean by a 'hard copy' is a printout. It may be a letter, card, tax form, picture, card or any other printed material. For windows to give you a printout, you must have a printer connected to your computer.

Printers come in all types and shapes. Today printers come in high resolution color output. We have dot matrix, ink jet, bubble jet, impact and laser printers. Today, impact printers have gone the way of the dinosaurs. These were the printers that were referred to as 'letter quality' and used print wheels to form the characters. You would change the print wheel to go to a different font or pitch. The printers were very expensive and the print wheels would wear out very rapidly. A high quality, high speed (60 characters per second) letter quality printer would cost over \$2500.00! I just recently bought a color printer, a Lexmark 5700, for \$249.00! It is faster and quieter than the old impact printers. As with all of today's electronics, printers are a real good buy.

To install a printer on your computer you must know what make and model you have. An example would be - Epson 600 ink jet printer. This is a very popular and good color printer. Once you know what you have you can begin the installation process.

Today's printers come with a printer driver for Windows 95 and a very powerful package that allows you to do a wide variety of colorful print tasks. The drivers are generally on a CD ROM as the amount of information can not fit on a floppy. With the supplied software and information on the printer in hand, you are ready to install your printer.

Nearly every printer you purchase will be attached to your parallel port on your computer. This is also referred to as LPT1. The LPT port is set up in your computer BIOS (remember Binary Input Output System, discussed in an earlier article). It is assigned an I/O (input / output) address and an interrupt.) This tells every program where to send the data that will produce the beautiful documents you have created or received on your computer. Normally the address for your printer is 378 - 37F with an interrupt of 7. Again you do not need to worry with this information. There are some printers installed on the serial ports too. More information on your computer will be required to install a printer on a serial port. There are very few printers for home use that use serial printers. For our discussion we will not consider serial printers. (With the advent of the USB and Windows 98, this will

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YELLOW ROCKERS MAY REPORT



**Bob & Janet
Boorom**

On Monday, June 1st, the Yellow Rockers were pleased to graduate the following from Jerry Reed's class:

Vinnie Dallmann, Jeff Johnson, Dossy Law, Marilyn & Chuck Leatherberry, Candice Klein, John & Mary Lou Riker, Fred & Joan Weinert, Jim & Loretta Winston and Fiona Wright. Congratulations to all our new graduates. We look forward to dancing with you all at our Monday night dances. Please take advantage of

our banner raids so you can dance with new folks at other clubs and dance with new callers too.

We are very happy to have all the guests come and dance with us. We have been having 8 to 10 squares! Jerry Reed is careful to give all our guests (and members too) a great big welcome. Jerry closes each dance night with his famous "hot hash", which is enjoyed by all. He closes each dance in a great big circle where each and every dancer is thanked for staying for the last tip. The circle is GREAT BIG as we have nearly all the dancers staying for the last tip. As Jerry says, "we know not everyone can stay for the last tip, but for each of you that did, we thank you".

JULY BIRTHDAYS

July 3 Bob Pritchard	July 9 Phil Couey
July 15 Jim Hart	July 15 Charles Moore
July 20 Bob Hoe	July 23 Donna Dossett
July 25 Mort Lee	

JULY ANNIVERSARIES

July 10 John & Lynn Butler	July 13 Ben & Myrtle Colgan
July 12 John & Mary Lou Riker	July 27 Stuart & June Sale

Janet and Bob Boorom
Club Reporters

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JERRY REED

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FUN DANCING
-- Pick Your Program --
All Dancing At

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3820 Minton Road

PLUS
with the
YELLOW ROCKERS
EVERY MONDAY
- class -
6:30 - 8:00 PM
- Plus Dancing with Rounds -
8:00 - 10:00 PM

EVERY FRIDAY
- A2 Funshop -
7:30 - 9:30 PM

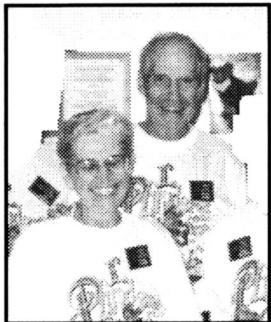
SUNDAY
2:30 - 4:30 PM
C1 Funshop

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WAGON WHEEL SQUARES



**Carol & Royce
Arter**

St. Cloud - Conventions are over for another year. Your secretaries attended the State and had a wonderful time. So nice to see some of the people you only see a few times a year. Congratulations to the four callers who passed all the criteria and were judged by their peers and are now full white badge callers, and Royce was among those attaining this status I know they have all worked hard for this distinction.

Wagon Wheels has been busy lately. We raided Space Trackers in Rockledge and Buckles and Bows in Kissimmee, and were visited by Garden Patch from Winter Haven. John Swindle from Melbourne took the reins for our own Dale McClary on June 26, and we all enjoyed that. We will be joining the festivities lakeside in

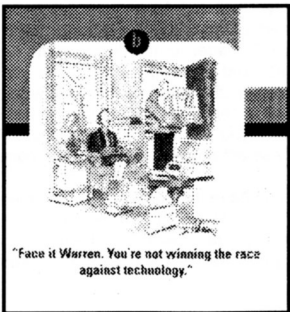
St. Cloud on July 4, and hope to do some dancing there. In September we will be putting on a demo at the Osceola Mall in preparation for classes which will begin on Sept. 11. Bringing in new dancers is what keeps square dancing alive.

Our special dance in June was a hot dog feast, with all the trimmings. I know they say square dancing burns calories, but some how we all manage to put in as many as we burn off, don't we? July 3 starts off with an ice cream social, and we are looking forward to a pizza night September 4. Do come join us for some good eating, besides the good dancing.

Summer schedule is: Workshop 7 - 7:45 p.m., Rounds 7:45 - 8:00 p.m. Plus dance 8 - 10:30 p.m. We welcome all visitors to dance with Dale McClary on the squares and Pete and Jan Shankle on rounds.

Royce and Carol Arter, Secretaries

Cartoon from Window Magazine



(Continued from page 10)
certainly change).

To begin the installation process, you will go to **START** and up to **SETTINGS** and select **PRINTERS**. Once you have made this selection you will be presented with the **PRINTER "BOX"**. From here you can add a printer, delete a printer, select which printer will be your default printer, and even see print jobs and printer cue. (Cue is not round dance cueing. Cue is to line up print jobs as there are more jobs yet to be printed.) It also will allow you to view the print status of any job being printed.

To add a printer simply select the "add Printer" icon by double clicking with the left mouse button. The "ADD PRINT WIZARD" will be displayed and guide you through the installation process. Remember, the **WINDOWS 95 HELP** available. It will also guide you through the installation process. If you have the items we discussed above, you will have no trouble installing your printer.

Before you start, make sure that you have the correct printer cable, that power is supplied to your printer. The cable should be connected to the printer and the computer. The Printer connection on the back of your computer will be a **FEMALE 25 pin connector**. The printer cable will be a **25 pin MALE connector** on one end and a **centronics connector** on the other. The centronics connector is plugged into the printer. The **MALE 25 pin plug** is plugged into the **FEMALE computer connector**. You will also want to make certain that you have read the printer manual on installing the ink cartridges or ribbon, depending on which printer you purchased. The directions are perfectly clear once you have done it. Take your time and follow the instructions in the manual.

The system will now ask you to select the type printer you have (left side of screen) and then to select the model. You can be sure that printers change models more often that the operating system is updated. This means that **Windows** will not have your printer and model listed. You will not be deterred as there is a box labeled "have disk"! You will place your **CD ROM** in the **CD reader**, or the **floppy** in the **floppy drive**, depending on the media you received with your printer. After you insert the media in the appropriate device, select "have disk". A new window will appear (install for disk) and you can accept if the correct drive letter is there. **A** is the floppy diskette and normally you will have **D** for the **CD ROM**. If the selection is incorrect, simply select **browse** and select the correct drive letter.

After you have the correct selection you can proceed. The system will install your new printer. You will be asked if you want a test print. Select **YES**. If the page prints correctly you have done a good job of installing your printer. During the installation you will be asked what port to install the printer on.

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**DALE McCLARY'S
1998 CALLING SCHEDULE**

Barefoot Bay:

Monday 7:00 - 9:00 PM Plus Workshop

Thursday 12:45 - 2:45 - Spinners

THE BARN:

**THURSDAYS 8 PM PROMENADERS -- ROUNDS
WITH WAYNE GUICE**

**DALE ALSO INVITES YOU TO ENJOY DANCING
with him at the**

**WAGON WHEELS ST.CLOUD Fridays -- Cuers Pete
and Jan Shankle**

For additional information

Ask or Phone Dale 407-242-8490

(Continued from page 9)

LOOKING AHEAD-SPECIAL DANCES: June 19th, Father's Day and Pie Night Dance; it will be a double treat of dancing and sampling great pies. Our July 3rd, Firecracker Dance, will have us all celebrating and enjoying a Hot Dog social. On August 7th, our Watermelon Roll Dance we'll see who can roll or wobble those watermelons down the way. Tickets for the Thanks-giving Dinner Dance, November 13th will be ready by August.

LOOKING AHEAD-CLASSES: Round 'em up and get 'em out to our lessons on time to enjoy the first two lessons in September (the 4th and 11th) FREE to beginners. Our class coordinators, Jim & Jane Hart 407-632-4295, are anxious to receive word of anyone interested in learning basic square dancing techniques. Let's add to our great collection of graduation pictures and make our class of '98-'99 another memorable exercise in "Angeling". "Work it", as Skip would say.

Our evenings of dancing to our cuer, Vince Furtado and to the delightful harmony intertwined in the melodies sung by Skip and Jennifer are delightful musical experiences we carry away with us Friday evenings. Come and join us.

Iver and Mary Duedall, Secretary Team

WHERE TO SQUARE, ROUND A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><u>TITUSVILLE</u></p> <p>PARTNERS IN PROGRESS Sandrift Rec Center 6:00-8:30 C1 Dance & WS Skip Smith, Caller Information 267-8910 CLOSED FOR SUMMER</p> <p><u>MELBOURNE</u></p> <p>C-1 Dixie Diamonds THE BARN 3820 Minton Road 2:30 - 4:30 PM Jerry Reed instructor 633-1306</p> <p>CAMPFIRE DANCERS Chapter 082 4th weekend (STARTS ON A FRIDAY EVENING)</p> <p>LINE DANCING The Dance Center 7:30-10:30 PM Glenda Ortiz Inst./DJ Information 253-1564</p> <p>THE BARN Class Rounds 6:30 - 8:00 PM Phyllis Williams</p>	<p><u>BAREFOOT BAY</u></p> <p>BAREFOOT BAY TWIRLERS 7:15-7:45 Early Rounds 8:00-10:00 Plus Dance Dale McClary, Caller Lynn Runnels, Cuer Information 254-0150</p> <p><u>ROCKLEDGE</u></p> <p>SPACE TRACKERS McLarty Rec. Center Barton Blvd. 7:30 - 10:00 Class Whit Brown, Caller Information 452-2679</p> <p><u>MELBOURNE</u></p> <p>YELLOW ROCKERS "THE BARN" 3820 Minton Road 7:00 - 8:00 PM workshop 8:00 - 10:00 Plus Dance Jerry Reed, Caller Vince Furtado, Cuer Information 722-1664</p> <p>LINE DANCING GPBSC 9:45-11:15 AM Glenda Ortiz, Instructor Information 253-1564</p>	<p><u>MERRITT ISLAND</u></p> <p>PARTNERS IN PROGRESS Presbyterian Church Cone Road 7:30 - 9:30 PM Skip Smith, Caller Information 267-8910</p> <p><u>ROCKLEDGE</u></p> <p>McLarty Rec. Center 7:30 - 9:30 PM Phyllis Williams, Instructor Information 267-5236</p> <p><u>MELBOURNE</u></p> <p>SILVER SQUARES 1300 S. Airport Blvd. 7:30 - 10:00 Plus Dance Jerry Reed, Caller Otis Lutz, Caller Vince Furtado, Cuer Information 768-2217</p> <p>"THE BARN"</p> <p>Line Dancing 10:00 - 11:30 AM Glenda Ortiz</p> <p>GRAND SQUARES 7:30-9:300 All level through Plus Dance Colin Walton, caller Information 254-8139</p>	<p><u>MELBOURNE</u></p> <p>"THE BARN" Line Dancing 10:00 - 11:30 AM Glenda Ortiz Information 253-1564</p> <p>"THE BARN"</p> <p>PLUS Dance/A 6:30 - 8:00 PM Dale McClary Information 253-1564</p> <p>THE BARN Round Dance Wayne Guice 8:00 - 10:00 PM PH II - III with t</p>

New square dance lessons start every 10 weeks on Tuesday at 7:00 PM.

AND LINE DANCE IN BREVARD

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>BURNE</u></p> <p>0:00-11:30</p> <p>2-1664</p> <p>WORKSHOP SUMMER</p> <p>4-0150</p> <p>Cuer M each</p>	<p><u>BAREFOOT BAY</u></p> <p>BAREFOOT BAY SPINNERS Community Center 12:45 - 2:45 Mainstream Dale McClary, Caller Information 254-0150</p> <p><u>ROCKLEDGE</u></p> <p>Canaveral Squares McLarty Rec. Center Barton Blvd. Round Dance Class 7:00 - 9:00 PM Vera Smith, Cuer</p> <p><u>MELBOURNE</u></p> <p>PALM BAY PROMENADERS "THE BARN" 3820 Minton Road 7:30 - 8:00 early rounds 8:00 - 10:00 Plus Dance Dale McClary, Caller Wayne Guice, Cuer Information 722-1664</p> <p>C/W LINE DANCING "THE BARN" 10:00 - 11:30 PM Glenn Ortiz, Instructor Information 253-1564</p> <p>"THE BARN" Round Dance Lesson Wayne Guice 3:00 - 5:00 PM</p>	<p><u>ROCKLEDGE</u></p> <p>CANAVERAL SQUARES McLarty Rec. Center 790 Barton Blvd. Plus Dance/Rounds 8:00 - 10:00 Plus/Rounds Callers Skip Cleland, Jennifer harmonizing Vince Furtado, Cuer Information 635-8125</p> <p><u>MELBOURNE</u></p> <p>"THE BARN" 3820 Minton Road A2 FUNSHOP/DANCE 7:30 - 9:30 PM Jerry Reed, Caller Information 633-1306</p>	<p><u>ROCKLEDGE</u></p> <p>SPACE TRACKERS McLarty Rec. Center Barton Blvd. 7:30 - 8:00 Rounds 8:00 - 10:00 Plus Vince Brown, Caller (1st & 3rd Sat) Guest Caller 2nd & 4th Information 452-2679</p> <p><u>SATELLITE BEACH</u></p> <p>ALLEMANDERS Satellite Beach Civic Center 8:00 - 10:30 Plus 1, 2 & 3rd Saturdays John Saunders, Caller Vince Furtado, Cuer Information 676-5741</p> <p><u>MELBOURNE</u></p> <p>SATURDAY NITE LIVE Special as set up by callers/cuers Call for Information 722-1664 See page 3</p>

(Continued from page 6)

Cardiovascular conditioning - Regular exercise can lead to a slower heart rate, lower blood pressure and an improved cholesterol profile.

Experts typically recommend 30 to 40 minutes of continuous activity three to four times a week. Dancing may not provide all the conditioning you need, but it can help. The degree of cardiovascular conditioning depends on how vigorously you dance, how long you dance continuously and how regularly you do it.

Strong bones - The side to side movements of many dances strengthen your weight bearing bones (tibia, fibula and femur) and can help prevent or slow loss of bone mass (osteoporosis).

Rehabilitation - If you're recovering from heart or knee surgery, movement may be part of your rehabilitation. Dancing is a positive alternative to aerobic dance or jogging.

Sociability - Dancing contains a social component that solitary fitness endeavors don't. It gives you an opportunity to develop strong social ties which contribute to self-esteem and a positive outlook.

Would you like to dance?

Tomorrow night when you consider settling down for a little television, turn on the music instead. After a few spins around the living room, you'll have so much fun you may forget you're exercising.

LIVE TEN YEARS LONGER!

Square Dancing will add ten years to your life, a surprising new study shows. Dr. Arron Blackburn states, "It's clear that square dancing is the perfect exercise. It combines all the positive aspects of intense physical activity with none of the negative elements."

The study was based on their physical examinations which indicated that both female and male square dancers could expect to live well into their "80's.

The square dance movements raise the heart rate like any good aerobic exercise should. All the quick changes of direction loosen and tone up the muscles - but not so severely as to cause injury. In square dancing, when you're not moving, you're clapping hands or tapping feet, which all contributes to long term fitness.

Remember, it is not too early to start talking up our open house nights right now. It will take time for the new people to become interested and to plan to be able to attend a couple of nights. This information is helpful to you. Let us know what you think.

Keep dancing' and SMILE!!!!

(Continued from page 14)

LPT1 will be the default and should be used. If you are installing a serial printer, consult your computer expert or call me. I will help you select the correct port, baud rate and other important parameters. You can now select if you want this to be the default printer. If it is your only printer, select yes. This enables Windows 95 to send all print output from all your software packages to this printer.

Normally you will never have to look at the PRINTER selection again. It is nice to know that you can install a new printer when you purchase it. If you are like the rest of us computer users, you will be upgrading from time to time. What looks great today will look like trash tomorrow. That is the nature of the computer business.

From time to time, manufacturers will upgrade their drivers to include better and faster printing, along with more features. All of these upgrades are available to you from the internet. You can call up your printer manufacturer by typing <http://www.EPSON.com>, where EPSON is the name of the manufacturer of your printer. You will find that the "Home Page" of the manufacturer will have an option "drivers". Select this and you can see if a new 'updated' driver is available for your printer. You can download this driver for free. Make sure you know where the driver is being stored on your disk. Copy the name down exactly so you can use FIND to locate this driver on your hard disk. In order to install this driver you will need to REMOVE the current printer and re-install.

To remove a printer simply go to START, SETTINGS and PRINTERS. Highlight the printer you have the new driver for and select FILE. Bring the cursor down to delete and select DELETE. This will remove the printer from your computer. You then re-install the printer by following the directions given above. Make sure you select TEST PRINT to make sure all is well. You can always re-install the old drivers that came with your printer.

Next month we will talk about the internet, servers and browsers. If you have a particular question that you would like to have answered, please send it to:

THE BARN OWL
3820 Minton Road
Melbourne, FL 32904
E-Mail to danceworld@net4u.net

Until next month have fun surfing the web and using your computers for all kinds of fun and productive things.

Otis P. Lutz
BSEE, MSIE

FROM THE BARN KITCHEN

MOUNT DIABLO

2 mashed ripe avocados

1 pint sour Cream

1 package Taco mix

1 green pepper

1 tomato

1 bunch scallions

Shredded cheddar Cheese

Spread mashed avocados on plate. Mix taco mix with sour cream and spread over avocado. Dice pepper, tomato and scallions; spread over sour cream mixture. Top with shredded cheese.

Submitted by:

Helen Lee

Send recipes to
THE BARN
3820 Minton Road Melbourne, FL 32904
E-MAIL danceworld@net4u.net
FAX (407) 727-7374



Linda and I are the Sew and Save chairman for the 1999 State Convention and we are looking for folks to help on this project. We need all sort of talent. We need greeters, decorators, models, demonstrators and stuff I don't even know about. If you would like to be part of the 99 convention, please contact Linda Lutz. We need a good number of workers for this project. We hope that many of you will find time to help us. The SEW & SAVE clinic will have a complete hall for us to utilize.

BANNER RAID CONTACTS

Allemanders	Bob & Carol Aumen	407-773-7388
Barefoot Bay Spinners	Tom & Pat Prior	407-664-5562
Barefoot Bay Twirlers	Tom & Pat Prior	407-664-5562
Buckles & Bows	Jean Gaskins	407-892-6420
Canaveral Squares	Asa Clark/Rosalie Turner	407-633-4447
Grand Squares	Colin & Peggy Walton	407-254-8139
Kiss-A-Me Squares	Paul & Thelma Marx	407-933-4787
Palm Bay Promenaders	Hilda Taylor	407-254-2544
Pirates (Apopka)	Tony Brownell	407-568-6254
Saturday Night Steppers	Steve Ekin	561-567-2803
Silver Squares	Charles & Doris Boyer	407-951-2431
Space Trackers	Andy & Esther Folley	407-631-3820
Sunshine Strollers	George Springer	561-466-7923
Treas. Coast Squares	Charles & Joyce Sweeny	407-664-5221
Wagon Wheels	Bill & BettyLee Talmadge	407-239-6765
Yellow Rockers	Charlie Taylor & Conway Huie	407-724-5379

RECYCLE

The following dancers have called to inform us that they have items for sale. We do not know what the items are or the sizes.

Jenny Dole	724-6746
Roberta Kinsolving	254-5884
Theresa Frechette	757-9445
Eula Carson	561-664-0780
Edna Dickinson	254-7119
Eileen Noren	723-8824

I couldn't believe it! I got a letter from Australia and in it were 3 traveling banner certificates! I thought the banner was lost and gone forever! Yet, here was a letter dated this month stating that they had the banner. I sent a reply asking if they could return the banner for a visit. Maybe we will see it soon!



Kentucky-fried future: How cannibalistic chickens may have cooked your goose

Machine-age thinking was behind a lot of bad ideas in the 20th century. One of them was "no waste" farming... designed to get the maximum amount of livestock product while keeping in line with overbearing FDA and USDA laws.

In "no waste" farming... when a chicken dies from some sickness that makes it too unhealthy to eat, it's ground up. Then it's fed, believe it or not, to other chickens... millions of factory-farmed birds forced to eat their own kind. And it gets even stranger...

These chickens are kept on nesting racks, where their droppings fall through grates and are mixed in with pig slop. The pig waste in turn goes, in part, back into chicken and pig slop. It also goes into the fields as fertilizer, for wheat and corn that we eat... and for hay that's fed to beef cattle. What doesn't stay in the fields... drifts into nearby streams as runoff. The result? A sickening soup of bacteria... super-viruses, microorganism... and badly mutated strains of DNA... that have all recently been linked to all kinds of lethal and frightening diseases... (and not just the "Asian bird flu", either!)

For instance, Pfiesteria... the bizarre "cell from hell" that's killed hundreds of millions of fish and nearly bankrupted the fishing and tourism industries in Maryland and North Carolina this past summer.

The Pfiesteria organism kills by producing a poison 1,000 times more potent than cyanide... and then dissolving its stunned victim right down to the bone.

As a fish-killer, Pfiesteria is already scary. But in the lab, Pfiesteria has already shown a thirst for human blood. North Carolina fishermen and lab technicians who've come in contact with it are now suffering the same memory loss as Alzheimer's patients... crippling muscle weakness like multiple sclerosis and the extreme weight loss and wasted look of AIDS patients.

A Pfiesteria outbreak in drinking and bathing water supplies could be devastating. But that's not even the worst product of "no-waste" farming.

Remember England's outbreak of "Mad Cow Disease"?

(Continued on page 29)

DR. PAUL C. DURNEY

Fellow American College of Foot & Ankle Surgeons
Diplomate American Board of Podiatric Surgery
Board Certified in Foot & Ankle Surgery



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(Does not include X-RAY or treatment)

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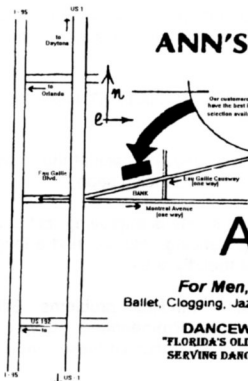
ligament which provides the relief!

(Offer expires 12/31/98)

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VONA BROWN

HAPPY JULY 4th EVERYONE! The Summer has started out hot, hot, hot and very dry. Oh, how we long for those summer afternoon showers to bring us some relief from this intense heat and make my lawn green once more. This is that time of year when we all want to escape to the north for a while. But one thing we have that our Northern friends do not have is our beautiful cool Hall here at the Barn. So many clubs up north close during the summer because they aren't as fortunate as we are with a cool place to dance. Thanks again Otis and Linda.

CONGRATULATIONS to OTIS LUTZ on becoming a full fledged Caller. We knew that you could do it Otis.

Mark your calendars Promenaders -- Special Dance July 9th - PATRIOTIC DANCE WITH WATERMELON. Wear your Patriotic colors.

Remember to support our Banner Chairmen on any upcoming Raids. We especially need to keep these Raids going through the summer months. This benefits all clubs.

Our deepest Sympathy to DALE & CAROLYN McCLARY in the loss of Dale's sister.

It was wonderful seeing ED & DOROTHY BRASKI back at the Promenaders. Ed looks just great. They expect to be back dancing soon.

VIC MOSS is still having Back problems. He is improving, but still not able to do things he enjoys doing, such as dancing. He has had a long siege of this. We miss Vic & Barbara and their friendly smiles.

BILL STRAYER is still under the weather with Heart problems. Bill & Jackie have always been faithful supporters of the Promenaders. Give them a call and let them know they are missed. Remember all these shut-ins in your prayers.

(Continued on page 25)

(Continued from page 24)

GEORGE WOODRUFF continues to do well. He had a seizure recently, but that was due to changes in his medication, but that was corrected. I keep in touch with Hannalore weekly.

The Promenaders dance each Thursday. Early Rounds 7:30-8~, Plus dancing 8-10. CALLER - DALE McCLARY - CUER - WAYNE GUICE.

Remember WAYNE'S Round Dance classes held on Wed. Phase 111 from 8-10 here at the Barn.

BIRTHDAYS FOR JULY

July 12 - Dick Grannel July 21 - Dale McClary

ANNIVERSARIES FOR JULY

NONE (What happened to July)?

"EVERY DAY IS A GIFT. THAT'S WHY WE CALL IT THE PRESENT."

That's about it for this time. I'm still waiting for your news.

VONA BROWN 723-9467

BANNER RAIDS

The Allemanders will come to the Promenaders to steal the banner on July 2, 1998.

The Promenaders will go to the Space Trackers to steal their banner on July 11, 1998.

Squarely yours,

Hilda, Banner Raid Chairwoman

Time to get new dancers lined up for the fall classes. Without new dancers clubs die! Do your part. Bring someone to the new class scheduled to begin in September. Don't meet them here - BRING them. They will be thankful you did. Give square dancing a try. We will teach a class if it is only one couple if we get the club to supply angels. We need new members.

Too poor for Blue Cross? Too rich for Red Cross?

Let other Christians share burdens
with you—in a biblical way.

(Genesis 4:2)



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SPACE TRACKERS JULY REPORT

Hi,

Eugene and I are taking over the publicity for the Space Trackers

The Space Trackers blasted off into summer by welcoming about twenty new members. The Graduation Ball was held in June to welcome the new dancers.

Eugene and I are among the "newbies" and we certainly enjoyed the festivities. Many of the new members received special dangles for their accomplishments. A group of students attended the convention in Lakeland and managed to steal Whit Brown's boots while he called in the mainstream hall. Some of them also participated in mummifying Whit at one of the workshops. All of the newbies agreed Whit was the finest teacher and gave him a special gift in return for his patience with their antics and the fine job he did. Thanks Whit!

The Monday night workshops will continue through the summer at 7:30 for anyone who wishes to polish up their square dance moves. We'll be looking forward to the new class to startup in September also.

Special thanks to all the Space Trackers who worked so hard to make the kick-off a roaring success at the convention. The show received great approval from the audience. They also found the time to present the Sheets family at the Gong Show Saturday night and the Great Capinni made an appearance too.

Of course the Space Tracker Thieves are always out there looking to steal some banners. They were successful in stealing the Canaveral Squares' banner and had a great time in the process. The hot weather doesn't slow these folks down so be on the lookout for them!

Happy Dancing! Sarah Rollins & Eugene Benoit

Please send your picture to:

THE BARN OWL
3820 Minton Road
Melbourne, FL 32904

We would love to have our "GIVE - A - HOOT" articles printed again. Please send YOUR stories to the above address. Lots of folks would love to know more about you.

BREVARD COUNTY CLUB PRESIDENTS

Club	President	Telephone
Allemanders	Ed & Laverne Miller	
Barefoot Bay Spinners	Fred & Joan Clement	561-664-4705
Barefoot Bay Twirlers	Gies Dubois	
Canaveral Squares	Jean & Cecil Faulk	407-635-8125
Chain Reactors	Dale & Carolyn McClary	407-254-0150
Dixie Diamonds	Jerry & Del Reed	407-633-1306
Grand Squares	Colin & Peggy Walton	407-254-8139
Orange Blossom Sq	Betty Weckerle	407-562-5966
Palm Bay Promenaders	George & DeLoris Gaffney	407-728-8516
Silver Squares	Charles and Doris Boyer	407-951-2431
Space Trackers	Giff & Shirley Crippen	407-752-5701
Yellow Rockers	Ben and Sue Johnson	407-452-4176

Please help us keep this information correct. When you change officers, or have a change for the summer, please call us with the information. We will gladly make the changes.

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(Continued from page 22)

Mad Cow Disease was finally traced to tiny strands of protein that hide in animal tissue, only to "wake up" inside your body so they can replicate. These predatory strands are called "prions" -- and they're virtually undetectable to your immune system. But in the process of replicating, they create a kind of "brain glue" that will turn you into a quivering, jerking pile of brainless jello inside of six months.

Taipan predicts that these first-phase "no-waste" farming diseases are just the beginning. The next phase will be a new, polymorphic "Death Bug" that is a strain of disease that combines the worst of these killer viruses and protein strands.

You'll witness evolution at its finest. A virus that can survive any attack. That can spread like AIDS through blood and saliva contact... like prions or botulism in your food... like E.coli in the water supply, even like influenza, spreading by air.

This new "Death Bug" will have plenty of ways to kill, too. It will be able to produce toxins to kill quickly... or might lie dormant for years, waiting to hijack your cells to reproduce. "Drug cocktails" will be defenseless against it... because like every potent virus, it will learn to mutate fast. Perhaps as often as once every 5 minutes (4 times faster than HIV or Ebola).

This off the Internet:

PFIESTERLA PISCICIDA INFESTATION

OK, this one is NOT LOCAL, since the organism seems to require warm water to survive, but it is a daunting indication of the power of toxic algae:

The marine alga, *Pfiesteria piscicida*, was first recorded about four years ago, in connection with a massive fish kill in Chesapeake Bay, on the southeastern coast of the USA. These algae lie dormant in muddy coastal estuaries, until- incredibly- they chemically detect the presence of mullet & other finned fishes, whereupon they metamorphose into an active amoebic state, and attack the fish. Within hours, they paralyze and digest their prey, reproduce, and return to their dormant state.

As if this isn't scary enough, fishers in Chesapeake Bay during this algae bloom, as well as researchers studying it, suffered neurological damage such as memory loss and mood alterations from breathing, on a long-term basis, the fumes released by the algae.

Be careful what you eat. You are what you eat!

WORD STUDY OF THE WORD

We certainly are living in "changing times". The weather is changing, the financial markets are changing, the moral standards are changing, family life is changing and even the very structure of the economy is changing. Many of us have lived to see the world go from a farming society to an industrial society and now we are entering the information age. What changes we have witnessed. We have gone from a moral society where social ostracism was the controlling force of society to a nation where so many laws have been written that we are all a nation of law breakers. This has led to an amoral society where individuals do what is "proper in their own sight".

We have gone from the farming society where over 90% of the population worked for themselves to the present world where 90% work for a "boss". We have removed ourselves from the immediate consequences of our own actions to the present attitude where "it is somebody else's responsibility".

I believe Isaiah has a lot to say to today's problems. I think most people have a fearful heart. They do not know what is coming next. We react to events. We accept behavior that is against all rational thought. Today we have kids killing kids at an alarming rate. When they have been exposed to the widespread killing of innocent babies can we expect them to hold life precious? People have learned and adapted to the times by being very tolerant. Our eyes and ears are closed to truth and fundamental right and wrong. Where are the standards? What is right and wrong. We write laws that are supposed to set some kind of limits on human behavior. Then we write more laws that circumvent the very justice that the laws were meant to uphold. We say those that commit crimes (break the law) are to be punished. Then we write laws saying that these very people have rights that prohibit the application of the laws that were to provide justice.

Just as today we are experiencing a great drought in Florida, our nation is experiencing a great drought in moral leadership. Yes, more than leadership, we have a drought within our very fiber of society. It is now wrong to speak out against wrongs as the wrong doers have rights that prohibit us from righting the wrongs. There is no social ostracism. There is no righting of wrongs. But a time is coming when this will surely change.

ISAIAH 35 4-10

4 Say to those who are of a fearful heart, Be strong, fear not; behold, your God will come with vengeance, even God, with a recompense; he will come and save you.

5 Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.

6 Then shall the lame man leap as an hart, and the tongue of the dumb sing; for in the wilderness shall waters break out, and streams in the desert.

7 And the parched ground shall become a pool, and the thirsty land springs of water; in the habitation of jackals, where each lay, shall be grass with reeds and rushes.

8 And an highway shall be there, and a way, and it shall be called The way of holiness; the "unclean shall not pass over it, but it shall be for those; the wayfaring men, though fools, shall not err therein.

9 No lion shall be there, nor any ravenous beast shall go up thereon; it shall not be found there, but the redeemed shall walk there.

10 And the ransomed of the LORD shall return, and come to Zion with songs and everlasting joy upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

The eyes and ears of the people shall be opened to the wrongs that are so prevalent today. We will see the errors of our ways and will hear the cries of the victims of the criminals. People once again will rise up to address the wrongs and say we will not sit idly by and witness any more the injustices of society. We will again speak out against wrong.

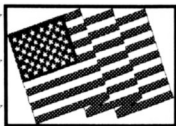
Our land is a parched and dry place. It is so because of the deaf and blind who can no longer see truth, who can no longer be counted on to be a standard bearer. The change will come because God will cause it to happen. Events that He brings about will bring about change.

Today the US and world is condemning China on her birth control policy. If the government sees or learns of a woman being pregnant and this pregnancy would result in more than her allotted number of children, she is taken in and given an abortion! We are, rightfully so, outraged at such action. An innocent baby has been murdered. But, I ask you, is there a different outcome if the woman decides to have an abortion? Isn't the baby just as dead? Why is it easier to hold standards to another than to apply the same standard to ourselves?

But, things will change. Isaiah goes on to reveal to us that a better time is coming. A time when the dry land will become a pool. A time is coming when the criminals will be replaced with the righteous. A time when the highway to peace and prosperity will again be opened. A time when the wrong doers will not be able to pass over this highway.

So we can see that the drought of righteousness is a temporary thing. That the time is coming when we will again return to the truth that God has revealed to us not only in His Word but in nature herself. A time is coming when "sorrow and sighing shall flee away".

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