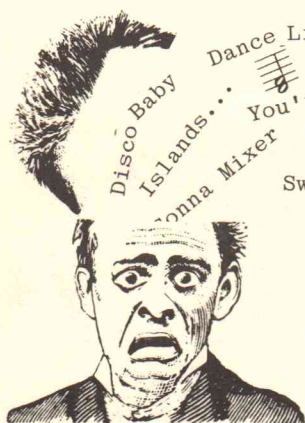


THE DOUBLE TOE TIMES

Vol. 2, No. 7

A Clogging Newsletter

July 1984



Disco Baby
Islands...
Dance Little Jean
You're The One ...
Kentucky Running Set
I'm Movin' On
Why Lady Why
Louisiana Saturday Night
Small Circle
Every Heart....
I'm Only in it for the Love
Sweet Country Music
There Ain't No Country Music
Thank God I'm a Country Girl
Orange Blossom Mixer
The Curly Shuffle
I Wish I was in Nashville
Big Circle
Say, Say, Say
Pickin' to Beat the Devil
Heartbroke
Bobby Sue

Florida State □ and O Dance Convention May 25-28, 1984

Attendance, as with the last few major Conventions, appeared to be down, but enthusiasm was high at the 31st State Square and Round Dance Convention, held in Lakeland, Florida, Memorial Day Weekend, May 25-27, 1984. Friday, Saturday and Sunday evenings schedule at Mirror Lake Hall had a nice mix of dancing and performances, some old hands and some first timers. **Southern Night Cloggers**, a group of handicapped individuals, after performing for the Square Dancers in the Main Arena, did a performance at Mirror Lake for the Cloggers and brought the entire house to its feet for a standing ovation!

The daytime clogging program, utilizing the additional Hibiscus Hall, had a full and varied program, with experienced Instructors teaching some old favorites, and new Instructors being critiqued on their own material. Doris Krevo, Chairman, and **The Fun Time Cloggers**, are to be congratulated on a **JOB WELL DONE!!!**

The annual meeting of the Florida Clogging Council was held Sunday morning, May 27, 1984, in Lakeland, Florida. The following officers were elected for the 1984/1985 term: Glenda Slenk, President; Rex Akridge, Vice President; Diana Allen, Treasurer; and Jane Grove, Recording Secretary. Tom Ingram is Chairman for the First Florida Clogging Council State Convention — "Thunder on Tampa Bay" to be held Memorial Day Weekend, 1985 at Curtis Hixon Hall, Tampa, Fl. Chris Rawls was appointed Liason FCC Member to the Florida State Square and Round Dance Convention Committee. Dues for Actives and Associates were payable by May 31, 1984. Dancer members are payable in September. Membership will be handled by Mary Milord and **Mary Jean Wright** to facilitate the mailing list for FOOTNOTES.

More Convention Photos on Page 16!



The Southern Night Cloggers, Orlando, Florida



Cynde Kichukoff meets the Oomie Goomie

THE DOUBLE TOE TIMES

PUBLISHER/EDITOR

Lindy Reyes & Bobbie Adams

A Clogging Newsletter

Club news, comments, and items of interest will be published without charge as space permits. We reserve the right to edit any items submitted. We reserve the right to reject any copy or ads not germane to the spirit of this Newsletter. Copy for ads and news must be received by the 10th of the month preceding next issue. All checks must be payable to:

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Longwood, Florida 32750

Lindy Reyes. . . .305/831-1063
Bobbie Adams. . .305/834-8255

CLUB DIRECTORY ADS

Club Directory Ads will be accepted for \$3.00 per issue. Limit — 30 typewritten spaces across and 5 lines down. Please use the following code:

B = Beginner I = Intermediate
A = Advanced P = Performance
Team Only

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Front and Center

In Search Of Fame & Glory

BY: Bobbie Adams

If any one groups "Performances" were lumped together in a final tabulation of actual minutes on stage, we'd guess it wouldn't amount to more than one 24 hour day every year.

The types of performances and audiences almost defy categorizing. Just for fun, we've attempted to make a list, but feel sure the readers can add to it.

1. General Public
2. Private Party
3. Convention-Peers
4. Competition-Peers-Judges

General Public are usually done for a non-clogging audience. Whether a sit down, or walk around type audience, the performing group never knows what the response will be. Some audiences really "get into it" and others "sit on their hands".

Private Party is usually a theme (Country-Western) or a party or business group and more than likely they've seen your group perform, or have secured your services through a booking agent. Again the audience response can vary, but the group for which you are performing is allied in some way, i.e. an Elks party, a Brown Family Reunion, a Businessman of the Year Awards Banquet, etc.

Convention and Competition are self explanatory, the first being to exhibition and show off your group, the second to compete for top trophy or be judged "The Best". (Theoretically!)

Some groups perform to advertise their clogging classes, some do the elementary school/nursing home circuit, some accept only well paid/large audience bookings. Most all wish to share their love of clogging with others.

There appear to be several types of groups who perform:

1. Exhibition Team - A select group, screened as being more adept cloggers.
2. Club Group - Open to all, based on desire to perform.
3. Individual or Duet - Usually for the purpose of competition.

The directors and individuals within each group also have a myriad of reasons for each performance, but the primary one we suspect, is simply to share clogging.

The following are some hard-won suggestions for any performance booking.

- * Be very courteous and businesslike in your dealings with the organizer of any event. If you are unable to accept a performance due to a previous booking, help them by suggesting other clogging groups.
- * Determine all pertinent information prior to accepting a booking.
 - ** Date
 - ** Time - Actual beginning time? (Have performers arrive 1/2 hour earlier!)
 - ** Length - Time slot allotted for your group?
 - ** Type & Size - Projected audience size? Audience participation desired? Liquor?
 - ** Floor - Concrete, terrazo, asphalt, wood, tile? Size - stage or main floor? (For the safety of your dancers you may wish to pre-check the dance area a day or so ahead of the performance.) Make employer aware you are not responsible for damaged or marked floor surfaces. (Get it in writing if necessary!!)
 - ** Fee - If any. Donation, set fee, free?
 - ** Sound - Yours or theirs? Records and/or tapes, live music?

(Continued on Page 18)

Skeester Dancin'

Onct they wuz these two brothers who, whilst they wuz a growin' up, lernt to Skeester Dance from their Paw who wuz raised up in the Big Piney. Now the Big Piney folk had a speshull way of flangin' their elbows when they Skeester Danced, and ever body who larnt Skeester Dancin' in the Big Piney flanged their elbows jest the same way. Why, a long time ago, they even started contests and them two boys' Daddy even won hissself one, for the best elbow flangin'.



Now these two boys grewed up, got theirselves married and a passel of youngun's, and each moved to a differnt town. Each one of 'em somehow got to teachin' other folks how to Skeester Dance. Well, they taut a feller who were right pert at Skeester Dancin', but he had such big hands that when he went to flangin' his elbows he danged near flew off!! So he began to prop them big ol' hands on his hip-bones, and lock his thumbs in his belt loops. Now this here feller moved hissself off to Californy to live, but he jest couldn't stop Skeester Dancin'. Purty soon ever body wanted to have him lern 'em and he did.

Well, a couple generashuns later on, a bunch of Skeester Dancers from Big Piney and a bunch of Skeester Dancers from Californy done got together and after theyud all done some Skeester Dancin' together a big ol' argymnt broke out. Seems as tho' all the Big Piney Folk were still elbow flangin', an all the Californy Folk had their hands on their hipbones with their thumbs in their belt loops. Now if they wuz to have a contest, which way wuz it gonna be? The ol' way with elbow flangin' - them Californy Folk said theyud never heard nor seed if afore. The new way with hip-bone-thumb-loop - the Big Piney Skeester Dancers jest flat claimed in warnt TRAYDEESHUNEL!!

Now Folks, we wuz gonna tell what happened next, when we got to scratchin' our heads and wonderun how other folks would have solved this here problem. Afore y'all read the way it rilly truly ended, jest kinda scribble yur slewshuns on a dad burned two penny posty card and send it off'n to the Bosses of this here paper. For the endin' of this here tru story and all yur ideas, y'all will jest have to wait til next month's isheew.

Now don't that beat all — the Boss sez a dad burned posty card costs 13¢ - Ah reckon I'll jest mosey on back to the Big Piney. We ain't got no Postal Station nor telyfones, if'n we want somebody to know sompin' we jest tell ol' Aunt Sadie.

(Name withheld by request of the Editor.)

BRINGING UP FATHER —

When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.

Mark Twain

Upcoming Events

- July 28-29** Appalachian Style Clogging Workshop & Dance
7:00 PM to 10:30 PM
Ocala, Florida
For information contact:
Judi Gordon - 904-629-5258
- July 28-29** 1st Annual Illinois Square and Round Dance Convention With Clogging Program
Peoria, Illinois
Hank Budde - 309-694-7030
RR 8, Ten Mile Creek Road
East Peoria, IL 61611
- Aug. 10-12** CENTRAL FLORIDA CLOGGING CELEBRATION - Expo Centre
Orlando, FL
For more information contact:
Jacky Egli - Director
2861 Buccaneer Drive
Winter Park, FL 32792
305-677-0169 or 305-898-5663
- Aug. 25** 1st Annual S.W. Florida Summertime Stomp
Punta Gorda, FL - 9 AM-11 PM
For more information contact:
Jan & Phil Bohley
813-639-1001
- Sept. 21-22** Georgia State Square Dance Convention - Macon, Georgia
Clogging workshops both days
Carole Hollis
5861 Zebulon Road
Macon, GA 31210
- Oct. 12-14** Fontana Universal Clogging Championships
Fontana Village, N.C.
- Oct. 12-13** Missouri Clogging Council Fall Workshop
Ozark, Missouri
For more information contact:
Brenda Martien - 417-334-6263
- Oct. 20** 6th Annual Iowa State Clogging Convention - Des Moines, Iowa
For more information contact:
Joey VanHorn - 515-262-8651
- Nov. 2-5** Cloggers Cruise
For more information contact:
Break Away Tours & Travel
305-339-2929 (See ad this issue)
- Nov. 23-24** NATIONAL CLOGGING CONVENTION
Mobile, Alabama
For more information contact:
JoAnn Gibbs - 404-934-1691
- Dec. 13** Sunshine Cloggers Christmas-New Year's Dance - 8-11 PM
Maitland Civic Center
Maitland, Florida
- Dec. 31** New Year's Dance
Featuring JoAnn Gibbs
For more information contact:
The Yellowrock Shoppe
6007 E. Turner Camp Road
Inverness, FL - 904-344-5956
(See ad this issue)

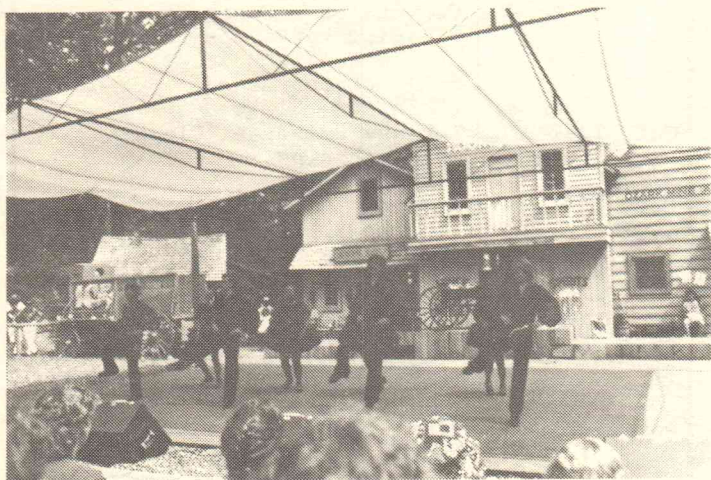
Over the Mountains Silver Dollar City

BY: Kim Lyons

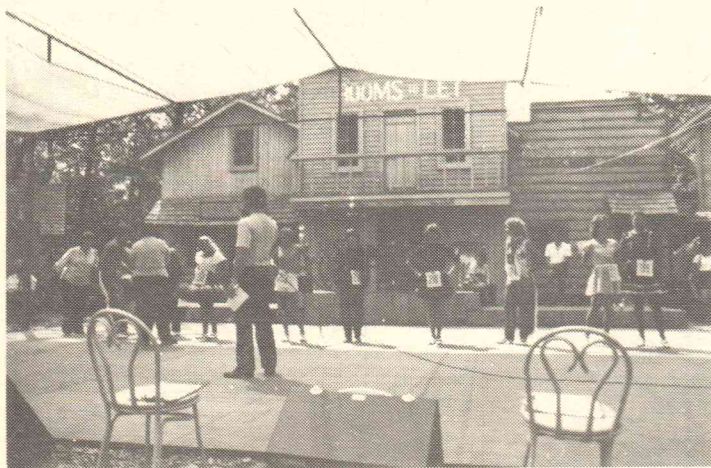
SILVER DOLLAR CITY!! What visions that brings to mind! Cowboys, Indians, and Gold Rush days! We were headed for Silver Dollar City, with all the things we needed (we hoped) and some things we didn't. After twenty-two tiring hours of travel, we finally arrived at our destination.

Some say Branson, Missouri, the main town before Silver Dollar City, is the Country Music Capital of the Nation. There are several Music Theaters on the main street. In years past, families in the area each built their own music halls. Country Music Shows are performed nightly and most include clogging in their acts.

Each category of competition at Silver Dollar City was broken up into age divisions; Elementary, Junior, Senior, Young Adult, and Adult. Each age division would be awarded First, Second and Third place trophies, and First place winners would then compete for Grand Champion Overall in



"The Clogging Machine"
Orlando, Florida



Individual Competitors



Scott Bilz, Orlando, FL

their categories. The categories were; Line, Buck & Wing, Open, Four Couple Precision, Four Couple Hoedown, Solo and Show. Cash prizes were awarded for the Grand Champion Overall winners - First place being \$250, Second place - \$100, Third place - \$75, and Fourth place - \$25. Show category received almost double that amount for each place winners. There were about forty clogging groups present, representing over eleven different states.

An Orlando, Florida group, "The Clogging Machine", under the direction of John and Alice PerMar won First place trophy in the Senior age division, Show category. They also took Second place in the Dance Off Grand Champion Show and were awarded \$250. This was their first time in any competition.

Scott Bilz, a young man also from the Orlando area, received a Third place trophy in the 15 to 17 year old age division, Solo. Scott has his own Buck Dancing team called the "Buckin' Mules". This was his first win in competition but it will probably not be his last.

The Steele Family Cloggers, B. Steele, Director, won quite a few trophies in the different age divisions and categories. They were also awarded the title of "Silver Dollar City Grand Champions" and received a trophy and \$500.

Discounting the distance and the heat it was a very rewarding experience. We met many wonderful people and saw a lot of talented cloggers. It reinforced our belief that most cloggers are fun loving, good people!!!!



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STEPWORK

Mountain Dancing

BY: Marti Graveley

Someone asked me the other day how I got into this — referring to mountain dance calling. It seemed to them that I surely must have been brought up on fried chicken, cornbread, back porch swings, and Friday night family get-togethers with the rumble of tapping feet beating out a rhythm to old fiddle tunes. The word "expert" floated out of their mouth as though referring to Webster's knowledge of the English language.

It is a beautiful picture, but I cannot claim it. Persistence and desire and the knowledge of a good many people "put me where I am today".

In 1978, when I had a group of fifth graders who wanted to learn to clog, I had to learn too, so I could teach them. My sister, Mary Ellen Bishop (now Mary Shelley), had been an original member (since she was ten years old) of the Orlando Recreation Department's Orlando Cloggers and Wade Driver's teen square dance group, the Sunshine Squares. She came after school to teach the kids and tutored me on the side. Our arrangement went something like this — she showed me the steps, then I broke them down into little sequences that I could understand. . . then we both presented them to the kids — she demonstrated, and I talked. At that time, we only did double basics and fontanas. The terminology of the FCC had not quite filtered down to us yet.

So with only these few basic steps, and a few others that we improvised, we started choreographing routines. . . and soon ran out of ideas other than western square dancing figures. At the first State Square and Round Dance Convention we attended in 1979, a square dance caller named Burt Summers introduced about three hundred of us cloggers to some "old timey mountain square dance patterns". We then had a few more figures to add to the routines.

More than just adding a few new figures, this little bit of knowledge triggered a desire to know much more. I began searching for information in libraries (found none), asking local square dance callers (Danny Robinson filled in the missing verbiage for "dive for the oyster". . .), and finally, pestered my husband into making a very-much-out-of-the-way detour while we were on vacation, to go to Fontana Village, "the Mecca of Mountain Dancing". What I garnered there were two records: "Don's Dolly" and "Hardy on the High Road"; both have instrumentals on one side by the Fontana Ramblers and Smoky Mountain Calls by Tex Brownlee on the other side. Along with the records came a single sheet of printed directions for four figures — Ocean Wave, Birdie-in-a-Cage, Cloverleaf, Georgia Rang-Tang. Adding these to the figures Burt Summers had offered in the convention syllabus, I now had about twelve calls with which to work.

Sometime around 1980 or 1981, I attended a Clog College in Fontana Village where Bill Nichols called a few figures. Hurriedly, I grabbed my pencil and wrote down every maneuver in detail.

From these figures, Mary and I put together traditional mountain dance routines for the Kick 'em Up Kids (sometimes under protest). It had become important to me that in learning all the modern clogging we should not forget our rich heritage of mountain dancing and the need to share it with others.

I actually did not strike gold until around 1981 when I chanced to meet two most generous and skilled mountain dancers, Truitt and Debbie

Parker. Watching them, working with them, learning from them, and dancing with them was like having two completely devoted mentors. They really opened up the field. Not only did I suddenly find out that there were many more than the twenty or so calls I knew already, but I also learned about timing, costuming, presenting, patterns, style, judging, and a zillion other things I could never pinpoint, but could not do without.

Since then I have practiced on my own teams, taught at conventions and workshops, and continued to research the figures. The more I learn, the more I realize I'll never know it all. But there is one thing that does stick in my mind. Way back at my first State Convention, I went to an instructor workshop that Shelia Popwell did for new instructors. She referred to the common way of teaching clogging as the "you do it like this, see" method. Then she expounded on the virtues of using the eight basic movements to break down all the step combinations into teachable parts. Well, as I said, the one thing that I seem to have learned best is that it is a whole lot easier to learn mountain dance figures as you watch them, rather than try to decipher directions from a printed page. But even more than that, it is necessary to dance them to really get the right feel for timing and rhythm of the dance. In that respect, I would like to see more mountain dancing done in Florida. I'd like to dance some too!!!!



Friends, Fools and Family filled the Longwood Hall almost to capacity Friday, June 1st, with nearly 80 dancers present. Marti Graveley did several Mountain Style calls, Jim Glatt taught some basic One-Step and Two-Step Country Western dances and Scott Bilz, with the assistance of Foreman Heard and David Spencer from Mobile, Alabama, introduced everyone to Buck Dancin'. During the remainder of the evening favorite clogging requests were played. Everyone donated snacks and the refreshment table was varied and plentiful.

A brief un-meeting was held and it was decided that the next dance will be a **Black Cat Dance, Friday, July 13th, 1984, from 8:00 PM until ???** Three new Guest Instructors will present a variety of dancing, so make plans now to attend.



Marti Graveley



Scott Bilz



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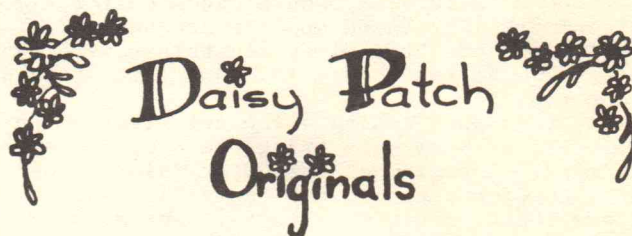
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THE FICKLE FINGER OF FATE



"OLD FICKLE"

"Old Fickle" is fascinated to find that folks have seen fit to form a Fickle Finger Fan Club. (The New York Times wants a regular column on The Florida Clogging Council political scene, and Time Magazine wants Old Fickle for a cover picture and expose on "What really happened in Cherokee!")

Old Fickle has foregone fame and fortune and will remain faithful to his followers! (He is however, demanding his own desk, and wants to be moved to Page 2 after his interview with Paul Harvey.)

We are thinking about wholesaling those old signs that read "In God We Trust, All Others Pay Cash!" Amazing how many people contract for things they haven't the ability or inclination to pay for!! Sure does wonders for their reputations. (The above is a generalized observation, covering three dozen specific instances over the last one year period. If it makes any one reader angry, then apparently the shoe fits.)

R.M. - Hiccups???????

Gloria - Thaaank You!! Persistence pays handsomely when the mailbox is stuffed!

C. Harker - Had a nice call from B. Metz who said there is a new Clogging group and classes in your area! Hint! Hint!

Julie Brooks - signs off her letters by stating "May you have health, happiness and air-conditioned exhibitions!" Love it!! You KNOW that gal lives in the South!!!!

Old Fickle and Elvira are NOT related. Old Fickle pre-read the interview in this month's issue and declared "She's not a peach, she's the pits!" "Why I'll bet all she has is 14 shares of Lionel and a crush on Roy Cohn."

M.P. - New nickname - Giggles!

J.G. - New theme song - "Half Moon Over Lakeland". Why was the lampshade floating in the pool???

Hats off to D.M. - learned a difficult routine in one week to replace injured dancer!!

H.F. - The "I TRIED" Award!!

DUE PROCESS - refers to certain fundamental, (we generally think of them as constitutional), rights which guarantee an accused individual notice and the opportunity to be heard and defend in an orderly proceeding. If an accusation is presumed against an individual, this is not due process. There are, of course, those who, historically, ignored due process for a higher ideology: Hitler, Stalin, Castro, Pilate. . . .

FLOOBEYDUST - A contemporary term derived from the archaic Latin misellaneus, whose disputed history probably springs from Greek origins (influenced, of course, by Egyptian linguists) - meaning here "a mixed bag". We think it applies nicely to Elvira, the one to whom American Express says "LEAVE home without it!"

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You can be fit as a fiddle, neat as a pin, smart as a whip and the nicest person around. But if you've got bad breath, you've got problems.

A silly, modern-day hangup of ours? History doesn't seem to think so.

The King of Wales decreed in the 10th century that any woman who left home within the first seven years of marriage could make no claims on her husband's property unless at least one of her reasons for leaving was a good one. Impotence and halitosis were considered two good reasons.

And when King Henry VII several centuries later sent envoys to assess the suitability of the widowed Queen of Naples as a marriage partner, he instructed them to "mark her breasts . . . whether they be big or small," and "to approach as near to her mouth as they honestly may to the intent of feeling its condition."

Bad breath is — and always has been — high on our list of turnoffs.

What causes it?

A number of things: unhealthy gums, dirty teeth, poor digestion, a pasty tongue, a dry mouth, savory spices, alcohol, tobacco, and — believe it or not — mouthwash. Let's look at the most common of these culprits first.

Unhealthy gums

Michael Lerner, D.M.D., a dentist in Lexington, Ky., says that inflamed or infected gums affect about 95 percent of us, which translates into varying degrees of halitosis for 95 percent of us, too, because, after all, we're "blowing air over something that doesn't smell good."

He reminds us that gum inflammation develops when bacteria accumulate on the teeth and produce toxic waste products that irritate and weaken gum tissue. These sites of inflammation are not always visible to the eye, he warns, but if your gums bleed when you brush your teeth, it means you've got them.

The problem in most cases, though, is easy to correct. Two or three days of proper brushing and flossing, Dr. Lerner says, will "disrupt the bacteria and increase tissue resistance." He also recommends taking "good levels" of vitamins A and C, and getting plenty of bioflavonoids (prevalent in the pulps and rinds of fruits).

Dirty teeth

Whether or not there are, as 17th-century scientist Anton van Leeuwenhoek maintained, "more animals living in the scum on a man's teeth than there are men in a whole kingdom," teeth can get bacterially busy. Brushing after every meal (with or without toothpaste) or swishing the mouth well with water (if brushing is awkward) can remove food debris on which these bacteria feed.

Filmy tongue

Inflamed gums may be the most popular cause of bad breath, but according to an experiment done recently by Joseph Tonzevitch, Pd.D., a professor in the School of Dentistry at the University of British Columbia, a foul tongue may be the most potent.

Dr. Tonzevitch asked eight victims of "morning



ILLUSTRATION / BILL WITSBERGER

mouth" to use one of three methods to allay this common affliction: brushing the teeth, brushing the tongue, or brushing both. Before and after each of these scrubblings, he measured the amount of odor (in the form of sulphur-containing gases) expelled in some sample exhalations. His findings:

Brushing just the teeth reduced odor by 25 percent.

Brushing just the tongue reduced odor by 75 percent.

Brushing both brought about a reduction in oral stench of 85 percent.

His conclusion: "Tongue brushing is the single most effective method of decreasing breath odor." (The Romans did it, and Mohammed, the founder of Islam, is reported to have encouraged his followers to obey the practice, too.) Use a soft-bristle toothbrush, go lightly, and don't feel as though you have to use toothpaste.

Inadequate digestion

Brushing our teeth and our tongues, then, can reduce breath odors by 85 percent. Where's the rest coming from?

From inside our bodies, says Dr. Tonzevitch: "Chemicals produced by the metabolic activities of the body, such as digestion, are picked up in the blood and eliminated through the lungs via the mouth."

Can these foul winds from within be freshened?

Maybe. If your problem is a storage of digestive enzymes (which is preventing food in your stomach from being completely digested), you are not in as much luck as folks who are simply overindulging in the wrong foods: white flour, refined sugar, and caffeine, says Bruce Pacetti, D.D.S., director of nutritional research at the Florida Holistic Medical Center in Clearwater. "These foods can upset human biochemistry, which can result in either the fermentation of carbohydrates or the putrefaction of proteins in the digestive tract."

Tobacco

One British health publication has likened smoker's breath to "the musty smell that lingers

(Continued on next page.)

FUN BARS

BLACK CAT DANCE - May be held anytime, but preferably on Friday the 13th. Ladders, broken mirrors, and black cats are the order of the day. Costumes optional. Any superstitions may be observed or dispelled. Try clogging only on the cracks in the floor - "step on a crack. . ." Spilled salt? Must take a pinch in the right hand to toss over the left shoulder. Two people say the same word at the same time? Lock right little fingers - "salt/pepper; pins/needles; cream/sugar; what goes up the chimney/smoke; what comes down the chimney/Santa" - then pull. The one who comes away with little finger still crooked, does not have bad luck befall!!!!!! (Friends, Fools and Family have a BLACK CAT DANCE planned Friday, July 13th, 1984 at 8 P.M. See article this issue.)

NOTICE: "Oomie Goomie" had a marvelous time at Lakeland meeting soooo many new friends!!! David Crowe was one of his favorites. Anyone wanting to purchase an official "Oomie Goomie" bar, may do so by writing The Double Toe Times; Bars at \$1.25 each - please enclose a self-addressed, STAMPED envelope!!

NOTE: P & H Engravers do the official Florida State Convention dangles each year. If you did not get yours, or if you are missing any for past years, they still have plenty. They are 35¢ each, plus postage (or a self addressed stamped envelope would be nice I'm sure). Send your orders to:

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Helen and Bob Hadley of P & H Engravers put out a really nice FUN BADGE booklet and there's talk that they might consider one just for Cloggers!!

Your Best Friends - (Cont'd from page 10)

in the damp basements of secondhand bookstores." (If you are sufficiently well-read to recognize that as being true, congratulations.)

Dampness, however, is just the opposite of a smoker's problem; dryness is what's forcing his breath afoul, in addition to the smell of tobacco. "Runner's breath" (a result of thirst after a hard workout) and "cotton mouth" (a result of thirst after a hard night) are two other instances of breath's dropping below par because of dehydration.

Alcohol

Alcohol may sweeten breath initially, but by robbing the body of water, its ultimate contributions are not aromatic.

Mouthwash

Like alcohol, mouthwashes may tidy things up for a while (several hours at best), but the end result of repeated dousings with astringents is bad. "Mouthwash is terrible," says Philip Parsons, D.D.S., a dentist from Keystone Heights, Fla. "It lowers bacteria for an hour or two, but more grow back than before."

What's more, if the alcohol in mouthwash (Astring-O-Sol, for example, measures 140 proof) is used daily, it can begin to damage tissue in the mouth and throat — causing the very sort of inflammations your breath would be better off without.

So what's the owner of a foul mouth to do? Brush the teeth — and tongue — at least twice a day.

Avoid excess sugar, white flour and caffeine. Go easy on alcohol.

And regard smoking as a one-way ticket to loneliness.

Porter Shimer is the author of Fitness Through Pleasure, from which this is excerpted; Copyright 1984 Rodale Press. Distributed by the Los Angeles Times Syndicate.



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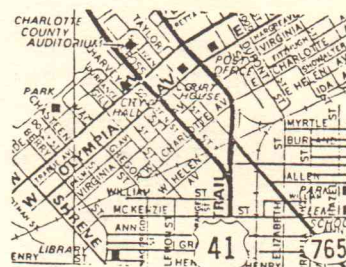


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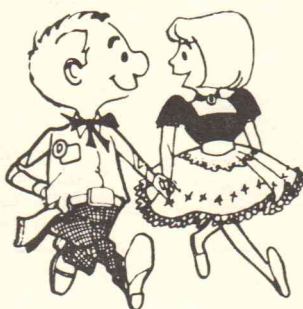
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Ask Elvira

EXCLUSIVE
INTERVIEW WITH
"ELVIRA"

EDITORS NOTE: Due to repeated requests for information, the Editors of this paper present the following expose' on our columnist, advisor Elvira. It should be emphasized that the information contained here was provided by Elvira and has not been verified for accuracy. It should also be noted that we have never been personally introduced to Elvira and thus cannot confirm or deny her existence. All correspondence from her is received by mail postmarked Orlando, and our inquiries to her are placed in a lime green, one-quart, Tupperware container, and left behind a viburnum bush in the McDonald's drive-thru on Highway 17-92 in Longwood, Florida. How or when (or why) she picks them up is a mystery.

ELVIRA'S STORY

It was the best of times. It was the worst of times. It was The Savannah Times-Union that first announced my birth on April 18, 1953. A Georgia peach, born one frosty morning down in Dixie.

My first seventeen years were spent much like any other normal child, nursery school, Brownies, Girl Scouts, chasing boys, Saturday's at the beach, tennis, chasing boys, horseback riding, high school dances, chasing boys, drama classes, drill team practice, senior class valedictorian, chasing boys.

After high school I spent two years as a Special Services Volunteer entertaining the troops with the Bob Hope Show. It was my influence on clothing styles that began the fad of

tie-dye army fatigues, that became so popular. My time with the army firmly instilled in me two things which have carried over into my life today. Those are, never wear green and always begin with the left foot.

My mom insisted that I needed a real education and had me enroll in college. The first two years were spent at Western Carolina College in the heart of the Appalachian Mountains. On week-end excursions to County Fairs, I received my first exposure to the dance form known as "Clogging". A fiddler would play and people would dance. I cannot recall ever once seeing anyone dance to a song by The Rolling Stones. My college career ended with my graduation from the University of North Carolina with a degree in Social Insignificance.

Being unsure as to how to earn a living, I was in a state of depression until my Aunt Lillian deeded to me 20,000 acres of peach orchards near Fort Valley, Georgia. My depression quickly faded.

Income from my peaches and a modest trust fund established by my parents, as well as my investments in IBM, Coca Cola, and National Semi-Conductor allow me all the free time I need to pursue my favorite hobbies, clogging and chasing men - (some things you just never out grow.)

I am thrilled to be sharing my wealth of knowledge with all my millions of loyal readers around the country. Due to the demands of my column, and the need to remain unrecognizable by the general public (not to mention threats of physical violence), I regret that I am unable to fulfill requests for pictures of myself. But keep your cards and letters coming in, especially the one's with little gifts attached expressing your appreciation. And just remember, I may not know the answers to everything, but I can fake it like crazy.

Elvira



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IT'S YOURS IN MISSISSIPPI

If you visited Iowa in this column last month, just go to the right side of Iowa, and start paddlin' south on that ole Mississippi River. Mississippi is Algonquin MISISIPI for "big river", and pretty soon you'll come to the state named for that river, Mississippi. Now if you are paddlin' South on that river, Mississippi will be on your left. If you are a Rand-McNally traveler the state is on the right of the River.

Mississippi is one of the East South-Central states and has a moist, semi-tropical climate with hot summers and mild winters, though most years a little measurable (miserable?) sleet or snow falls. The topography of Mississippi is categorized into four regions; the first, in the South and Southwest is the low marshland, the second, to the East, is rolling prairie, the third, in the Northeast, is moderate hills, and the Western Delta region, 158 miles long consisting of 7,000 square miles of fertile bottom lands, is the fourth region. The 1970 census placed the population at approximately 2,220,000 with an extremely diversified economy. Cotton and rice are widely grown, and manufacturing of apparel and textile products are among the major industries. Jackson, Mississippi is the largest city and the capital. Mississippi has one Indian Reservation set aside for the Choctaw tribe. The state is rich in historical sites both pre-Civil War and relics of the Confederacy.

Cyndie Parlin is President of the Mississippi Association of Clogging Instructors (MACI) and Editor of the new Mississippi Mud Stomper and Director and Instructor of the Davis Family Tri-State Cloggers Exhibition Team (more about that later), and Member of the North Bay Clogger Exhibition Team and President of the Mississippi Coast Clogging Club. (Sheesh — I guess that proves the adage that if you want something done give it to a busy person!!) Volume I, No. 1 of the Mud Stomper is 35 pages long and chock full of Mississippi news. Her able assistants are Carolyn Woodruff, Peggy Hayes and Rebecca Bell.

We've included Cyndie's map with all the known Clubs and/or Instructors keyed and listed as follows:

1. Cyndie Parlin - Ocean Springs (see above)
2. Peggy Hayes - Ocean Springs
Davis Family Tri-State
3. Troy Bright - Europa - Kosciusko Cloggers
4. Sandra Alday - Meridian - Instructor
5. Debiann Woods - Meridian
Kalicao Kids and C & S Cloggers
6. Mary Ann Stanley - Quitman - Instructor
7. Frieda Smith - Jackson
8. Annie Massingale - Quitman
Country Cousins Cloggers
9. Stacy Goforth - Meridian
Suzy Q Cloggers
10. Pat Gray - Meridian - Instructor
11. Ella Ruth Harmon - Amory - Instructor
12. Johnny Chapay - Biloxi
North Bay Exhibition Team and
Mississippi Coast Cloggers
13. Ann Williams - Amory - Instructor
14. Cathy Chapay - North Bay Exhibition Team
and Mississippi Coast Cloggers
15. Carol Brock - Hattiesburg - Instructor
16. Larry & Nancy Richerson - McComb
Camelia City Cloggers

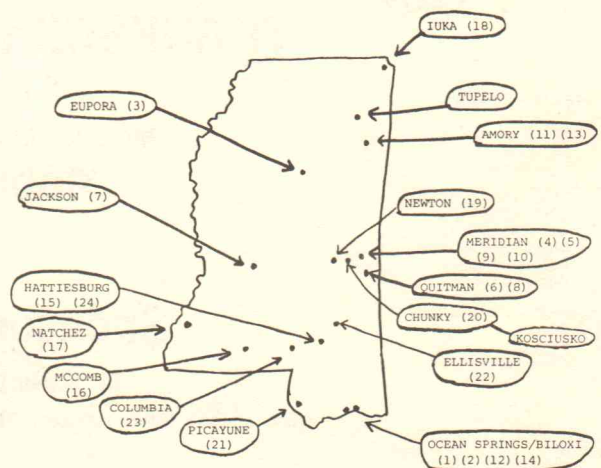
17. Bill & Nida Lewis - Washington
Steamboat Stompers
18. Danny McBride - Iuka - Instructor
19. Martha Harris - Newton - Instructor
20. Lonnie Alexander - Chunky
Chunky Cloggers
21. Bettye Sue Vincent - Slidell, LA
Piney Woods Cloggers in Picayune, MS
22. Bob & Margaret Harryman - Ellisville
Ellisville Cloggers
23. Benny & Julia Wetlls - Columbia
Columbia Cloggers
24. Pat McWhorter - Hattiesburg
Goodtime Cloggers

Now I count up 28 Instructors and 15 named clubs, but Cyndie indicates this is probably an incomplete list, so if we've left anyone out, let Cyndie know!!! It 'pears as tho' there are Cloggers in almost every part of the state and should someone be driving to/or through Mississippi, most likely they could find a place to Clog, with a little detour here and there. (I'll bet my Aunt Lillian's corset that all will be represented at the National in November, since Mobile, Alabama is practically a border town!!)

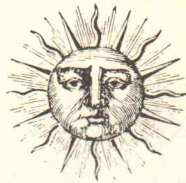
Mississippi seems to be involved in competition with the MACI sponsoring a Competition and Festival in the Spring of 1985. In a telephone interview with Peggy Hayes (and Carolyn Woodruff) when asked what types of clogging are prevalent in Mississippi, we got an answer that seems to come from a lot of areas. "All persuasions are represented — from Traditional to Contemporary". The "source" seems to have been Shelia Popwell — whom we are about to christen "The Johnny Appleseed of Clogging"!!! Clogging invaded Mississippi about 6 or 7 years ago, and Carolyn guessed that there are about 200 Cloggers statewide, with an update of 38 Clubs and 31 Instructors.

The May/June issue of the Flop Eared Mule has an article on The Davis Family Tri-State Cloggers, a family clogging group with members from Mississippi, Alabama and Florida. Shelia Popwell's introduction says it all — "We're always saying that clogging is a recreation for the whole family, but it's not very often that we can say that we've seen the whole clogging floor filled with one family!" Cyndie Parlin and her sister Peggy Hayes are members and long distance Choreographers of The Davis Family Cloggers. (Carolyn must fit in there somewhere since she is their Mother. Peggy says her Mom is the best Organizer in the world). Hmmmmmm — that sounds familiar!!!

Clogging is growing and crowing in Mississippi!



HEAT



BY: Linda T. Boyd, Pamela Hastings Shurett and Caroline Coburn, American Journal of Nursing July 1981.

Last summer's blistering heat wave caused an outbreak of heat-related illnesses. Emergency rooms across the country were crowded with victims. Over 1,000 people in the southwestern United States died; others were left permanently disabled.

In one southeastern state where the temperatures ranged up to 105°F, 118 people died. The tragedy is that heat-related illnesses are preventable.

Certain groups of people can be identified as high-risk in relation to these illnesses. Athletes and military personnel who are undergoing rigorous training and conditioning in hot, humid weather are particularly vulnerable.

Anytime there is a combination of poor air circulation, ambient temperature that is close to body temperature, and high humidity, the setting is ripe for heat-related illnesses.

If high environmental temperatures persist over a period of several months, acclimatization usually occurs. This requires gradual daily exposure to high temperatures.

There are three types of heat-related illness: heat cramps, heat exhaustion, and heat stroke.

Heat Cramps. These are intermittent, painful contractions of skeletal muscles. These cramps often occur in acclimatized individuals who replace the fluid lost in sweat by drinking water, but do not replace sodium. The sodium depletion is believed to be responsible for the cramps. Heat cramps usually occur in muscles that have been involved in strenuous activity — most often those of the legs. The cramps last a few minutes and generally disappear spontaneously. With heat cramps, the body temperature is normal and the serum sodium may be normal or low.

The treatment is to replace sodium with salt tablets or an electrolyte solution.

Heat Exhaustion. This is the most common heat-related illness seen clinically. Excessive salt and/or water loss due to sweating account for the symptoms, which include central nervous system disturbances, such as headache, dizziness, weakness and irritability; and gastrointestinal disturbances, such as nausea and vomiting.

Patients are generally sweating profusely, and body temperature may be mildly elevated. Since these symptoms are not exclusive to heat exhaustion, the history of exposure to hot, humid weather is necessary to make a diagnosis.

Treatment of heat exhaustion is rest, a cool environment, and intravenous replacement of sodium and water. If untreated, heat exhaustion can progress to heat stroke.

Heat Stroke. This is the most serious of the heat-related disorders. It is characterized by a body temperature of at least 40.6°C (105°F), central nervous system disturbances, and usually, a lack of sweating that results from unexplained failure, or exhaustion, of the sweat glands. The patient's mental status may vary from agitation or confusion to lethargy, stupor, or coma.

Treatment of heat stroke must begin as soon as possible and consists of four parts; rapid cooling, careful monitoring, supportive care, and identification of complications.

Heat-related illnesses can be prevented. Persons engaging in strenuous activities during hot weather should limit the activity to the cooler times of the day. Acclimatization is accomplished by gradual exposure to hot weather — 10 to 15 minute increments over a period of 10 to 20 days. Full acclimatization may, however, require up to two months. There is a misconception that because one runs three miles at 7 o'clock every morning when it is cool, he/she can compete at 9 A.M. in a running meet when it is hot, and expect to be acclimatized. Such a misconception could prove life threatening.

Salt tablets are beneficial, but must be accompanied by an increased amount of fluid. The drinks consumed during exercise might include electrolyte-rich products (Gatorade, Thirst Quencher); however, most juices, canned drinks (especially diet drinks), and buttermilk contain sodium.

When temperatures are unusually high, strenuous outdoor activities should be canceled, and individuals should be cautioned against starting weight reduction programs that include heavy exercise.

Clothing should be light-weight, light-colored, and loose-fitting. In addition, as little clothing as possible should be worn indoors. If it is necessary to go outside, clothing should cover as much skin as possible, and direct sunlight should be avoided. Shade can be created by a parasol or wide-brimmed hat. For those accustomed to air conditioning, going outside should be limited to cooler times of the day. Exertion should be minimal, and adequate hydration is imperative.

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CENTRAL FLORIDA CLOGGING ASSOCIATION REPORT:

As of June 1, 1984 monthly meetings of the Central Florida Clogging Association (CFCA) have been suspended, all temporary officers have been relieved of their duties and until further notice the Central Florida Clogging Association ceases to be a viable organization.

Foreman Heard, Former Temporary President

THE TRUE ART of memory is the art of attention.
Johnson



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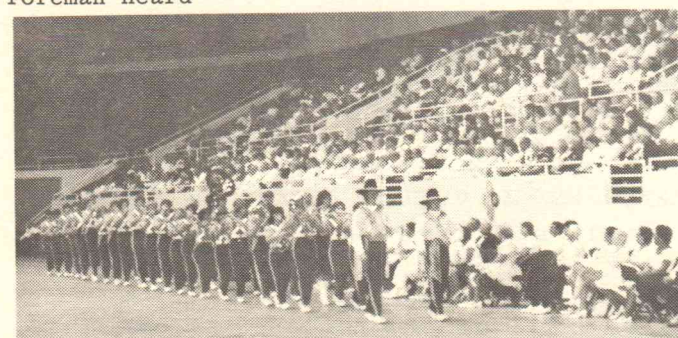
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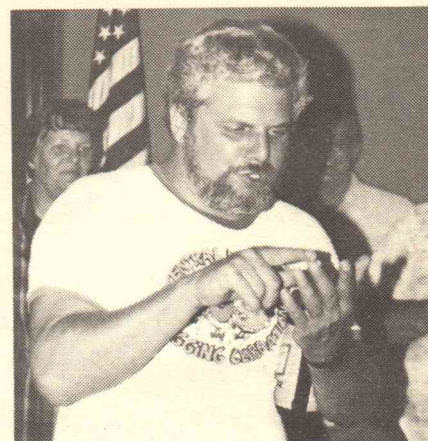
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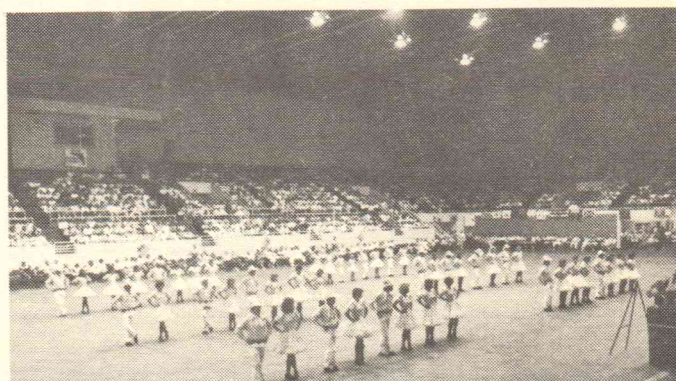
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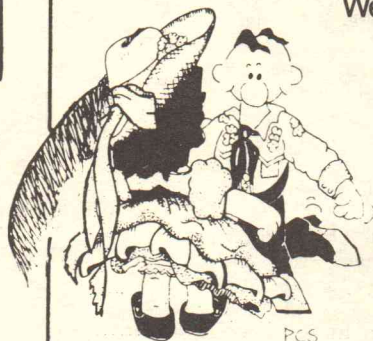
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- ** **Costume** - Clogging attire or casual? (Jeans, etc.)
- ** **Y'all come/or Persona non grata** - Before and after your performance are you welcome to participate in the gathering, or are you to just perform and leave? Make sure you determine whether your performers and support personnel gain free admittance or must pay to enter any given function.
- ** **Publicity** - Will the event have media coverage before and/or after? It's nice to know if you'll be on T.V. Make sure booker has correct pertinent data about your group.

Public Relations - Always comply with your bookers requests, courteously. If they want you to carry your tap shoes until you actually perform, or come in the back entrance, or extend/or shorten your performance, wherever possible, do so. If you perform graciously for 20 or 1,000 people, there are 20 or 1,000 possibilities for future performances. If you "turn off" your bookers or audience you not only will not be invited back, but will alienate future bookers!!

Good Manners - If you are not the only show on the agenda, sit quietly and applaud the others as you wish to be applauded when your turn comes. NO UPSTAGING!! Insist that all of your dancers follow this rule both BEFORE and AFTER your performance.

Conventions - Each Convention or Jamboree seems to carry its own set of rules. The Convention Chairman can help by outlining conduct expected and enforcing it. Liquor rules, dress code, performance time allowed, scheduled activities, etc. should all be pre-announced. If enforced, the next convention or jamboree will run more smoothly. See to it your whole club knows the rules and follows them.

"Competitions" are relatively unknown in our neck of the woods, at least those involving Judges and points and trophies and titles. (Perhaps we can elicit an article from a reader who is familiar with that type of competition.) There are however, "implied" competitions within our Exhibition/Convention situation. Highest accolades go to two groups: 1) the first-time performers at their very first convention of their clogging peers; 2) The Southern Night Cloggers - a group of handicapped Florida Cloggers who have received the most enthusiastic standing ovations ever seen. All other groups fall into categories of "greater" or "lesser": clogging ability, costume design, small or large numbers, choreography, music choice. The ones most fondly remembered are those where the dancers looked as though they are having FUN!!! Isn't that what it's all about???



Buck Dancin'

BY: SCOTT BILZ

What is Buck Dancin'? Where did it come from? Why has it become so popular? What's the difference between Buck Dancing and Clogging?

Buck Dancin' is a traditional dance from the Appalachian Mountains, using a more pronounced Heel, not the toe, to which cloggers have become so accustomed.

Dancing and music are important parts of the history of the Appalachian Mountains, and continue to be a significant recreational activity of the people there today. Burton Edwards, Pam Collins, JoAnn Gibbs and other fine Instructors have taught Buck Workshops across the country and are bringing Buck Dancin' out of the mountains!

Its popularity seems to be because of the CHALLENGE of the steps, styling and timing. Those who have seen it once, simply won't stop until they have mastered Buck Dancin'.

An accomplished clogger finds Buck Dancin' a real challenge. In clogging, a single basic (DTSRS) produces five (5) tap sounds in two beats of music. The basic buck makes eight (8). (SEE STEP BREAKDOWN BELOW)

SINGLE BASIC	DTS	ROCK	STEP
	&1	&	2
BASIC BUCK	Heel-Heel-Tch-Step	Heel-Rock	Heel-Step

Styling is a bit bow-legged, with a slight knee bend and relaxed but controlled upper body. Arm movements play an important role, enhancing the overall look of the dance.

I hope I have given you a better understanding of Buck Dancin'. Some of the more popular workshops where buck dancin' is taught are: Appalachian Clogging and Hoedown Festival, Mountain City, Georgia, the second weekend of September; Possum Holler Clogging Workshop, Fontana, North Carolina, Easter weekend; and it will be a part of the First National Clogging Convention to be held Thanksgiving Weekend in Mobile, Alabama.

As the movement grows, look for more buck workshops at your local festivals. I hope to make this a monthly column. Any suggestions or unanswered questions please direct to me, in care of The Double Toe Times.



Woodridge Steeltoes With Championship Trophy
JoAnn Gibbs, Director

Club Directory

Brave Country Cloggers
Pine Shadows Condominiums Clubhouse
Kirkman Road, Orlando, Florida
Marti Graveley - 305-671-6320
Monday - 7:30-9:00 PM
Everyone Welcome

Clogging Machine
Instructors: Kim Lyons, John and Alice PerMar
Mahaffey Community Center, Corner of Park Ave. & E. Second Street, Apopka, Florida
B - Fri. 7:30-8:30 pm
I & A - Fri. 8:30-10:00 pm
Phone: 305-699-9897 or 299-5862

Country Cloggers
Director: David R. Spencer
I.A.M. Hall, Garden Street
Pensacola, Florida
Phone: 904-476-8048
P - Sun. 12:00-3:00 pm

Dixie Dance Hall
310 E. New Hampshire Ave.
Orlando, FL - Phone: 305-898-5663
Saturday Night Dances (Open to Public)
305-677-0169 or 305-671-2578

Florida Bandit Cloggers - Performance
Robby Berry and Renee Wise
Post Office Box 938
Longwood, FL 32750
305-323-4952 or 305-275-0293

Freedom Cloggers - Performance
Cheryl Baker, Director
1604 Hickory Drive
Maitland, FL 32751
305-830-4390

Good Time Cloggers
Limona Improvement Assn. Bldg.
608 Limona Rd., Brandon, FL
Mon. - Exhibition Team - 6:00-9:00 pm
B - Wed. - 6:30-7:30 pm
I - Wed. - 7:30-8:00 pm
B - Thur. - 6:30-7:30 pm
I - Thur. - 7:30-8:00 pm
813-689-7271 or 813-689-8225

Hilltop Stompers - Clermont, FL
Joyce Hensley, Inst. - 305-422-4112
B - Tue. - 7:30-8:30 pm
P - Tue. - (Club) 8:30-10:00 pm
Jenkins Auditorium, Clermont, FL

Orlando Cloggers
Loch Haven Neighborhood Center
610 N. Lake Formosa Drive
Orlando, FL - 305-849-2288
B - Tue. - 7:00-8:30 PM
I - Tue. - 8:30-10:00 PM
A - Thur. - 7:00-9:30 PM
Open Dance - Thur. - 7:00-9:30 PM

Pacesetter Cloggers - 305-898-5663
P - Children's Exhib. Team - Sat.
P - Adult Exhibition Team - Mon.
P - Club Team - Thur.
Director - J. Egli - 305-677-0169

Pacesetter Cloggers
B - Sun. & Tue. - 7:00-8:30 pm
I - Sun. & Tue. - 8:30-10:00 pm
A - Thur. - 7:00-8:30 pm
Info: J. Egli - 305-677-0169

Palm Bay Cloggers - Palm Bay Rec. Center, Port Malabar Blvd.
Phone: 305-729-1486
Madeleine Dolce, Inst. - 305-723-5344
Tue. - 6:30-9:00 pm
Thur. - 6:30-9:00 pm
Hoover School, Indialantic (Washington Avenue) (OPEN CLUB)
Wed. - 6:30-8:30 pm (Club Night)

CLOGGING CLUB DIRECTORY (Continued)

Panhandle Cloggers of Pace, Florida
Butch Antone, Instructor - C.L.O.G.
304 Wegner Avenue
Cantonment, FL 32533 - 904-968-6515
I - Tue. - 7:00-9:00 PM
I & A - Thur. - 7:00-9:00 PM

Railroad Cloggers - Performance
Mon. - 7:00-9:00 PM (OPEN)
2560 Franklin Avenue
Winter Park, FL 32789
305-647-5590
Marion McPherson, Instructor

Rocky Water Cloggers, Melbourne, FL
Ray Grimm - Instructor
B & I - Tue. - 5:30-7:00 pm
A - (Club) - Tue. - 7:00-9:00 pm
305-259-8327 or 305-254-3481

Shufflin' Shoes - Performance
Barbara Whipple
5860 Bamboo Drive
Orlando, FL 32807
305-282-1353

Southern Night Cloggers - B & I
Cynde Kichukoff - 305-788-3918
For Handicapped Individuals
649 W. Livingston Street
Orlando, Florida 32801
c/o Orlando Bureau of Recreation

Southern Pride - Performance
Martin Fowler, Director
195 N.E. 121 Terrace
North Miami, FL 33161
305-685-7981

Sunshine Cloggers of Maitland, FL
B - Wed. - 7:00-8:30 pm
Int. I - Wed. - 8:30-10:00 pm
Int. II - Thur. - 7:30-8:45 pm
A - Thur. - 8:45-10:00 pm
Inst. - Sue Adams Toor - 305-831-3822
Maitland Civic Center - 305-647-2111

Sunshine Cloggers of Pensacola, FL
Instructor: David R. Spencer
GroHo Hall, South K Street,
Pensacola, FL - 904-476-6252
B - Sun. - 4:00-6:00 pm
Club - Sun. - 6:00-8:00 pm

Village Cloggers - Cheryl Baker, Inst.
B - Sun. - 6:00-7:00 pm
I - Sun. - 7:00-8:00 pm
A - Sun. - 8:30-9:30 pm
Longwood Village Hall, Route 427
Longwood, FL - 305-830-4390

Clogging Instructors

Butch Antone - CLOG
Panhandle Cloggers of Pace, Florida
304 Wegner Avenue
Cantonment, FL 32533
904-968-6515

Cheryl Baker, Instructor
The Village Cloggers - Longwood
1604 Hickory Drive
Maitland, FL 32751
305-830-4390

Tom & Katy Baker, Two-Step Insts.
Dixie Dance Hall
4507 Hurd Avenue
Orlando, FL 32806
305-275-8295

Julie E. Brooks & K. Mark McMorris
Hoe-Down Cloggers
718 Karlov Street
E. Fort Myers, FL 33901
813-694-0828

CLOGGING INSTRUCTORS (Continued)

Lynn Cleary - Dixie Dance Hall
Pacesetter Cloggers
553 Roughbeard Road
Winter Park, FL 32792
305-671-2578 or 305-898-5663

Angela Connor & Joanne Rusnak
649 W. Livingston Street
Orlando, FL 32801 - 305-849-2288
Orlando Cloggers
c/o Orlando Bureau of Recreation

Jacky R. Egli - Dixie Dance Hall
Pacesetter Cloggers
2861 Buccaneer Drive
Winter Park, FL 32792
305-677-0169 or 305-898-5663

Marti Graveley, Instructor
Brave Country Cloggers
5103 Oak Hill Drive
Winter Park, FL 32792
305-671-6320

Ray Grimm - Member FCC
Rocky Water Cloggers
158 Ulster Lane
Melbourne, FL 32935
305-259-8327 (H) - 305-853-9717 (W)

Foreman Heard, FCC, CLOG, NCHC
101 E. 7th Street
Sanford, FL 32771
305-323-9132

Joyce Hensley - FCC, NCHC
Instructor - Hilltop Stompers
Clermont, Florida
305-422-4112 - Orlando

Cynde Kichukoff
649 W. Livingston Street
Orlando, FL 32801 - 305-849-2288
Southern Night Cloggers
c/o Orlando Bureau of Recreation

Kim Lyons, FCC, NCHC, CLOG
Post Office Box 18
Fern Park, FL 32730
305-699-9897

John and Alice PerMar
The Clogging Machine
4626 Donovan Street
Orlando, FL 32808
305-299-5862 or 305-628-4545

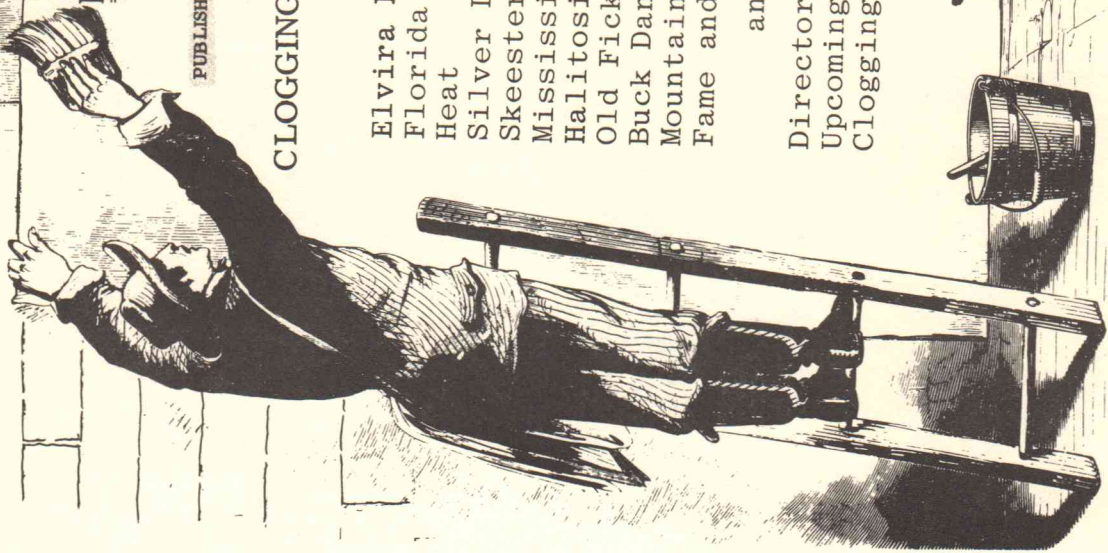
Lindy Reyes
Minuteman Cloggers of Longwood
106 Temple Drive
Longwood, FL 32750
305-339-0544

Sally Root, Instructor
The Good Time Cloggers
Route 3, Box 519
Valrico, FL 33594
813-689-7271 or 813-689-8225

David R. Spencer
Inst. - Sunshine Cloggers of Pensacola, Florida
Dir. - Country Cloggers
Member - ACC, MACI, TCC, FCC, NCHC and CLOG
Post Office Box 7591
Mobile, AL 36607
205-342-4417 (Nights)
205-473-0300 (Days)

Sue Adams Toor, FCC, CLOG, NCHC
Inst. - Sunshine Cloggers of Maitland, Florida
P. O. Box 563, Longwood, FL 32750
305-831-3822 or 305-834-8255

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Longwood, Florida
32750



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L. REYES & R. ADAMS

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