Photos From Recent Special Dances

The MODERNI SQUARE



December 2025

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

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

Club Special Dances In The Last Month

Please email these <u>assdfmodernsquare@gmail.com</u> – please let me know who took the photos, as I want to give them credit, especially if they come from the club Facebook groups.

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

Special Dance Photos from late October through November, 2025, downloadable at https://www.arkansassquaredance.com/the-modern-square, which were obtained from emails, Facebook pages, plus ASSDF club and special dances from the River City Squares, Levi's & Lace, Twirling Lariats, Maverick Mixers, Heber Springers, Southern Swingers, Arky Cloggers, as well as the Oklahoma Square Dance Federation.

Thanks go to Elaine Cox, Jeff Riddle, CorBen Geis, Patricia Joanna Kennedy, Jody King, Ginny Short, Mike Lewis, Phyllis Keeney, Ted Hofmeister, Carole Baker, Lynn Brown, Lanita Hammett, Mike Lewis, Theresa Muth, Amanda Hargrove-Throgmartin, and to Daryl Stout for the photos.

While it's past Thanksgiving, some turkey humor...along with several timely Winter Weather Safety reminders from the National Weather Service are toward the back of this issue.

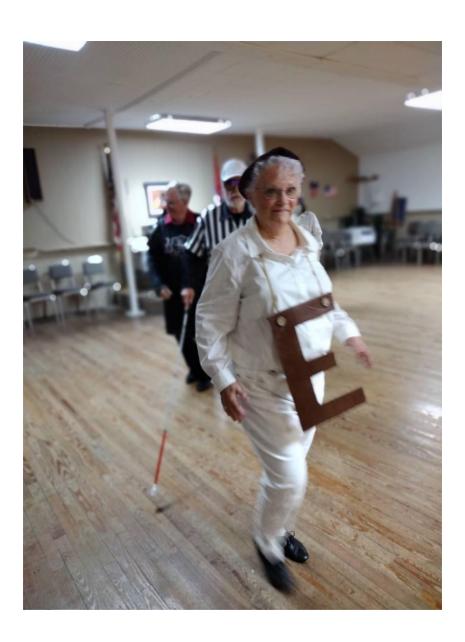


ASSDF President Tom Fox, making a "fashion statement", and being "in the pink" at the 75th ASSDF Diamond Jamboree Fall Festival. Thanks to John Hofmeister for setting this up.

Next, several photos from the Twirling Lariats Halloween Night Dance. See their club report for details.



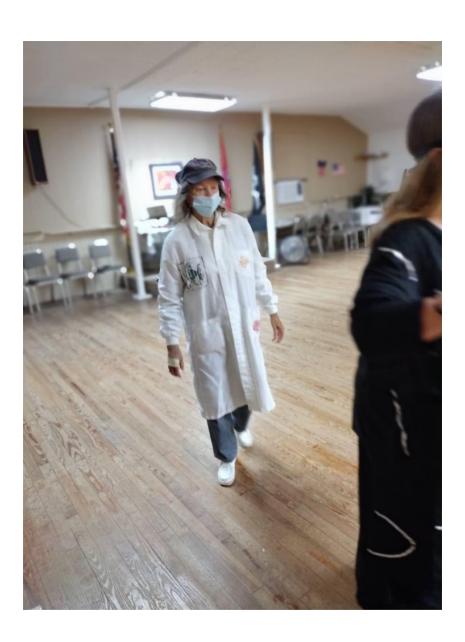














Next, several photos from the River City Squares Halloween Dance.













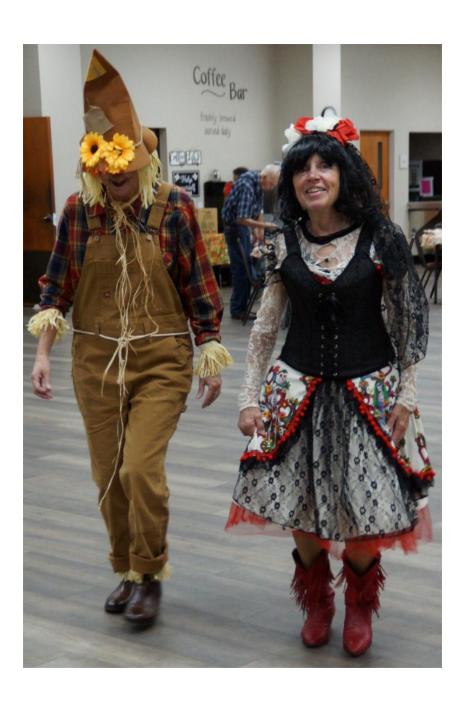
















Next, several photos from the **Louisiana Lagniappe** Dance on Oct. 31 at the **Southern Swingers**, with Guest Caller Tim Tyl.























Next, a note from National Caller Jack Pladdys, who called at the **Levi's And Lace Special Dance** on Nov. 1, 2025:

Hi Everyone,

I can't express how thankful I am for all you did for me. It was a great time, and your group is very special. Please pass on my most sincere thanks.

Looking forward to another chance to come back. If there is a better time of year for me to work on 2026 or 2027, let me know and I get started on it.

Thanks,

Jack

www.jackpladdys.com

And, here are several photos from the **Levi's And Lace Special Dance** with Jack Pladdys.

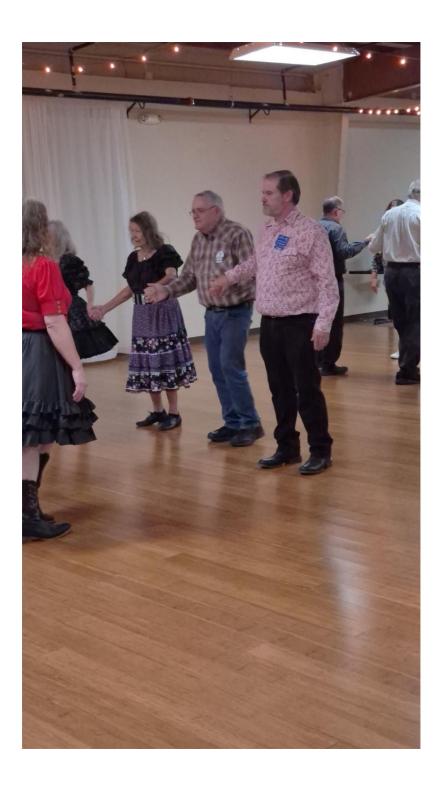




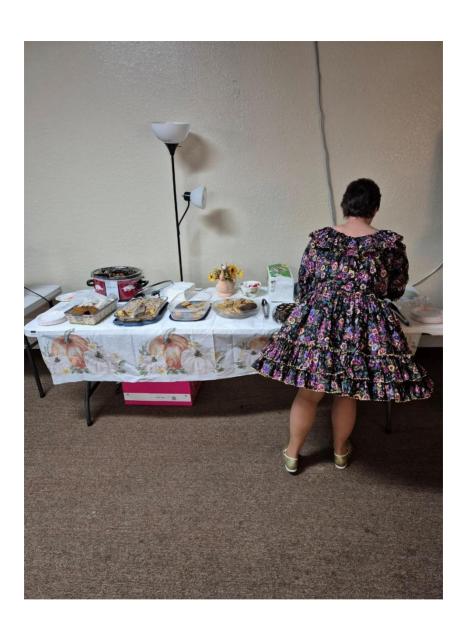
















Next, a photo from the **Arky Cloggers** At Pioneer Village for **Pioneer Days** in early November...a **Thanksgiving Throwback** from 2024 at the **Arkansas Cornbread Festival** with 2 of the **Arky Cloggers**, and a photo from one of their recent classes.







Next, a photo of the Veterans at the **Maverick Mixers Honor Our Veterans Dance** on November 8, 2025. From left to right, Jerry Short, Phil Moorehouse, Patti Cummings, and Ron Wise. We extend a very hearty **THANK YOU** to all our veterans!!



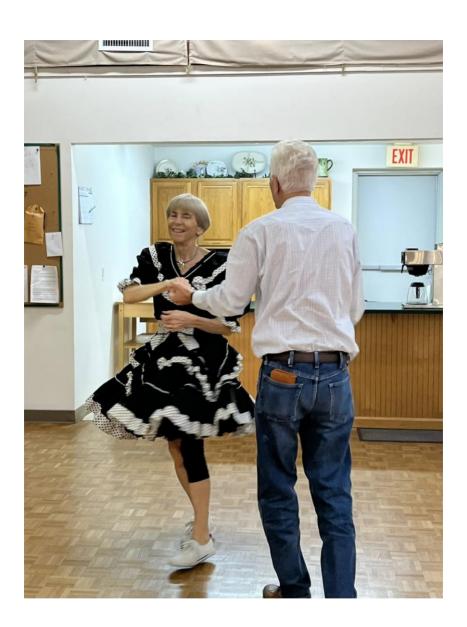
Next, several photos from the **Southern Swingers Special Dance** on Nov. 8 with Guest Caller Tim Tyl.



















Next, the **Twirling Lariats** recovered their club travel banner from the **Levi's And Lace**...here are several photos from that dance.















Next, 2 photos from the **Heber Springers Give Thanks Dance**, and it looks like the turkey was the big star!!

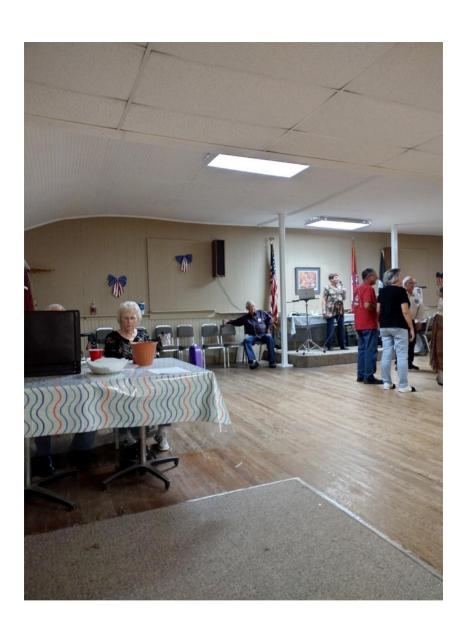


Next, numerous photos from the **Twirling Lariats** and the **Maverick Mixers Combination Giving Thanks By Giving Back Dance Special Weekend** on November 21 and 22, 2025.







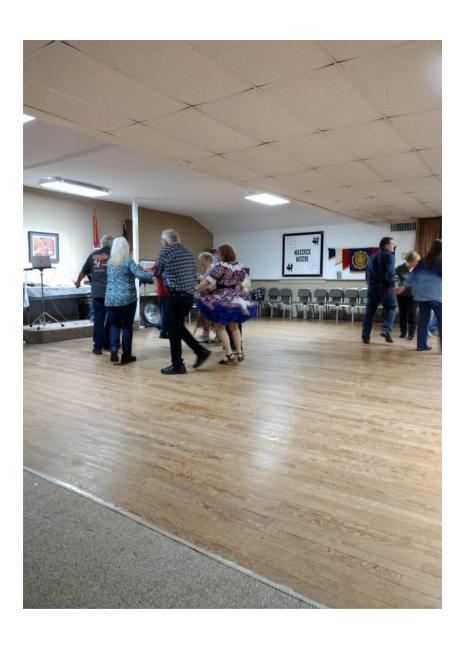








































Next, photos of presenting checks to the **Ronald McDonald House** in Little Rock, and to Roger Garner for "**The Hut Repair Fund**". A total of \$1110 was donated; with \$550 to the **Ronald McDonald House**, and \$560 to the Hut Repair Fund.



Next, numerous photos from the Levi's And Lace After Thanksgiving Dance.















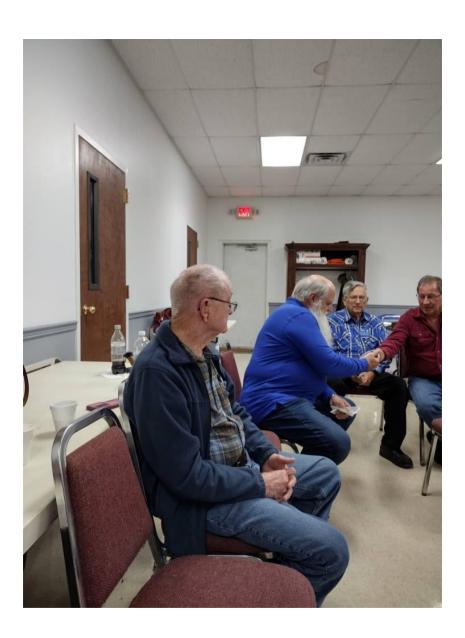




















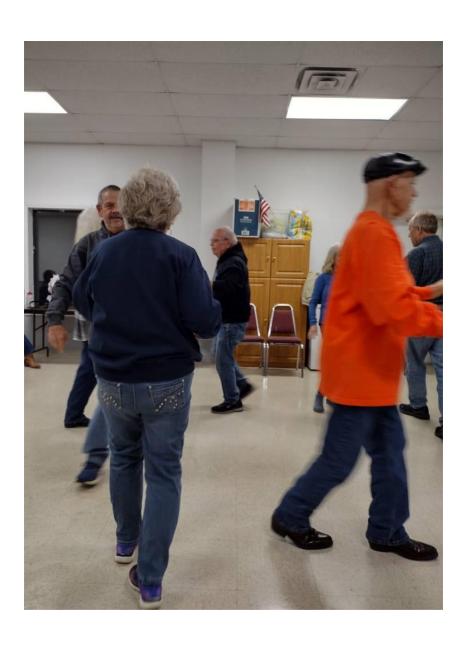


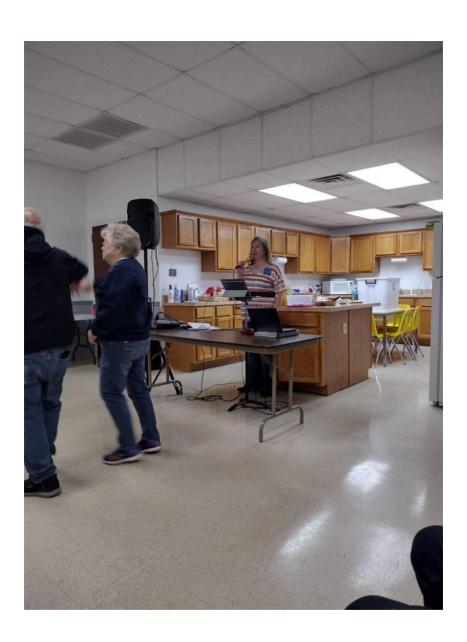


















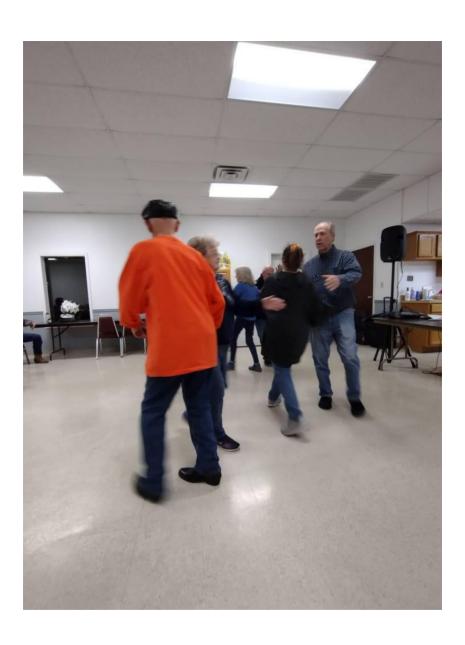


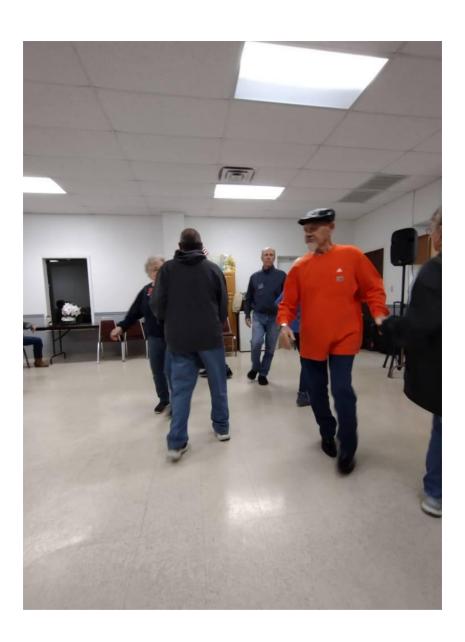










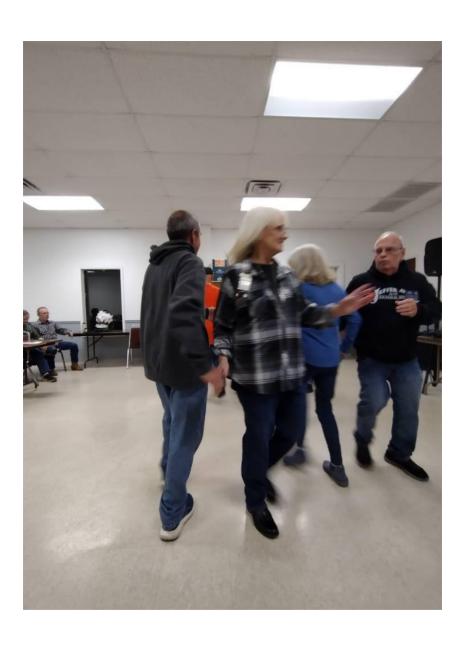




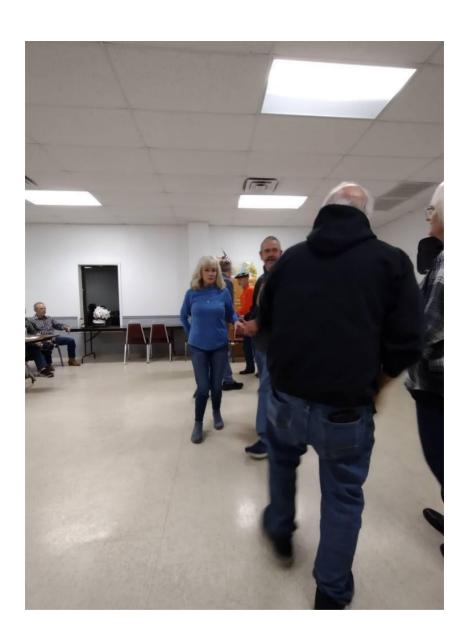




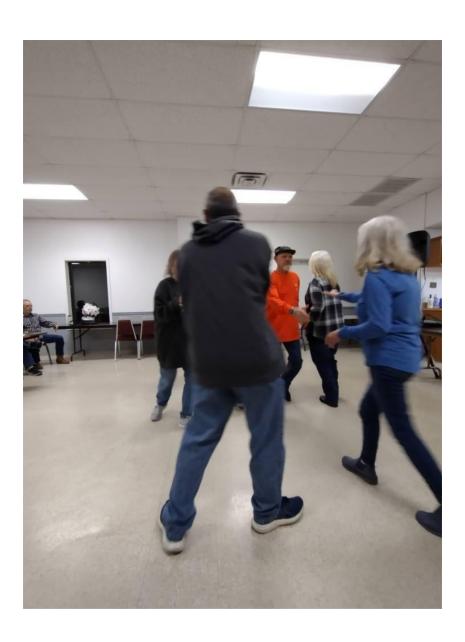


















Next, numerous photos from the Maverick Mixers National Square Dance Day Dance.



























The Levi's And Lace stole the Maverick Mixers Travel Banner!!



Square Dancing is like a Rubik's Cube. Once you figure it out, it's easy.













The Cognitive Benefits of Dancing



PROMOTES NEURO-PLASTICITY

Learning and remembering choreography challenges the brain to form new neural pathways.



PROTECTION

PROTECTION AGAINST ALZHEIMER'S AND DEMENTIA

Physically challenging activities like dance contributes to cognitive reserve, the brain's resilience to age-related changes and pathology like Alzheimer's.



ENCOURAGES FUNCTIONAL BRAIN CONNECTIVITY

Coordinated dance movements recruit multiple brain regions across hemispheres, enhancing interconnectivity.



ENHANCES DEFAULT MODE NETWORK

Dance alternates between focused attention and spontaneous movement, which may help regulate the brain's DMN — a network involved in self-reflection, creativity, and long-term memory.



PROMOTES EMOTIONAL SELF-REGULATION

Dance integrates music and movement in a way that naturally downregulates the stress response via the HPA axis.



INCREASES BLOOD FLOW TO THE BRAIN

Dance increases circulation to the brain, enhancing nutrient delivery and oxygenation, supporting brain health



BOOSTS

Dancing raises levels of brain-derived neurotrophic factor (BDNF) — a protein essential for neuronal survival, growth, and plasticity.



STRENGTHENS SOCIAL BELONGING

Group dance settings activate social bonding neurochemicals like oxytocin and reduce feelings of loneliness.



YOU DON'T STOP DANCING BECAUSE YOU GROW OLD

YOU GROW OLD BECAUSE YOU STOP DANCING

I saw something funny at the saugre dance last night...

A dancer approached the caller and complained profusely about how loud his music was playing over the speakers. She was quite peeved.

He apologized to her and went over to his sound system and pretended to turn dials and press buttons.

He played the music over the speaker again, nothing was different at all, and kindly asked the dancer,

"How is the sound now?"

and she replied confidently,

"That is 100 better than what you were blasting just a little while ago!"

- CorBen Geis ©



Bakers often avoid square dancing.

All day long, it's dough see dough.



Sounds like a corny relationship to me.



If your home weather station fails, this is an inexpensive fix!!

While Thanksgiving is now behind us, here are several cute items.



...AND I'M THANKFUL THE PILGRIMS DIDN'T HAVE LIVER AN' ONIONS FOR THEIR THANKSGIVING MEAL."

Had it been fried beef liver, and sauteed onions, I would have wanted that plate!! However, both shoot my cholesterol and triglycerides into the stratosphere, so it's an extremely rare treat when I can eat it.



GENE WAS BEGINNING TO REGRET HIS NECK TATTOO







It should be designated as "Happy Hallow-Thanks-Mas-NewYear-Valentine-SaintPatrick-Easter-Memorial-Independence-Labor-Columbus-Veterans Day". Now, that we have all the major holidays out of the way in one day, we can work more (LOL!).

As we enter the winter season, here are some pertinent winter weather safety reminders from the **National Weather Service**.

Cold Impacts: Vulnerable Populations



NEWBORNS



ELDERLY







UNHOUSED

Everyone is at risk from the dangers of extreme cold, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.



Dress in loose layers and cover all exposed skin

Limit or avoid time

outdoors



Consume hot foods and warm drinks, but avoid Consume hot foods and caffeine and alcohol



Check on family, friends and neighbors





Cold Impacts: Vulnerable Populations



NEWBORNS









UNHOUSED

sensitive to cold. They lose body heat adults and can't make enough body heat by shivering.

because of a slower physical activity, making them more

People with certain chronic medical conditions are at a higher risk for cold-related illnesses

such as farmers, construction workers face higher risks of exposure to cold.

People without adequate clothing and/or shelter are at cold-related illnesses.

Sources: CDC, EPA



Don't Slip!



Icy surfaces can lead to serious injuries: Help prevent ice by salting walkways and turning off sprinklers in advance of the cold.



Walk on treated or non-icy surfaces with better traction, if possible



Wear proper winter footwear with rubber treads



Take slow, short steps so that you'll be able to react to icy conditions







Winter Storm Planning Timeline

A few days out

If the forecast calls for winter weather, start preparing now.



Have emergency supplies for your home & car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

The day before

Forecast accuracy continues to improve, so keep checking the latest



Adjust plans



Have multiple ways to receive Warnings



Bring pets indoors and ensure they have water

Durina & After

Remain vigilant and stay informed.



Check on neighbors



Properly ventilate emergency heat sources



Keep generators at least 20 feet from your home



Take it easy when shoveling







Trucks & SUVs

can lose traction in ice and snow

Even four-wheel drive vehicles can lose traction in bad weather.

All vehicles are susceptible to ice and snow. Know your limits.



Don't Underestimate Sleet Dangers



Take it easy when shoveling.

Sleet can be much more dense than snow. Go slowly and don't overexert yourself.



Use extreme caution when driving.
Sleet can cause dangerous road conditions

▶ Reduce speed

and reduced visibility.

- ► Allow plenty of stopping distance
- Do not use cruise control









Wind Chill Chart



								7	Temp	erat	ure (°	F)							
Wind (mph)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	- 1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22			-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19			-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15			-35	-42	-48	-55	-61	-68	-74	-81
	25	29	23	16	9	3	-4	-11	-17			-37	-44	-51	-58	-64	-71	-78	-84
	30	28	22	15	8	1	-5	-12	-19		-33	-39	-46	-53	-60	-67	-73	-80	-87
	35	28	21	14	7	0	-7	-14	-21		-34	-41	-48	-55	-62	-69	-76	-82	-89
	40	27	20	13	6	-1	-8	-15			-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16		-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17		-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18		-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11			-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
Frostbite Times 000 minutes 100 minutes 15 minutes Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V ^{0.16}) + 0.4275T(V ^{0.16})																			

Where, T= Air Temperature ("F) V= Wind Speed (mph)





If, for whatever reason (duplicate emails, no longer interested, no longer dancing, etc.), you decide that you **no longer want emails** concerning the releases of **The Modern Square**, or **ASSDF Club Updates** with **Special Dances** or **cancellations**, please send an email to the Editor at assdfmodernsquare@gmail.com, and request to be **REMOVED** from the email list.

You will receive a final message from the Editor, confirming that your email has been removed from the list. While you can still download or view items from the ASSDF website (QR Code above on the upper right), you will no longer receive notices of these updates. Thank you in advance for your assistance in this.



The **ASSDF Officers** want to wish everyone a very **Merry Christmas**, a **Happy New Year**, and we hope to see you at holiday dances, and in 2026!!