

This Week's Guest Writer

Mrs. Helene Sherman, our guest writer for this week, was president of the Alpine P.T.A. last year, and she is very interested in young people and their activities. She and her husband are the sponsors of "The Sassy Set," a group of teen-age boys and girls who dance for exhibitions and have appeared on television. She is also past president of the San Diego County Federation of Square Dancers, and at the time was the only woman president in Southern California for such a group of dancers.

Why do people Square Dance? Because it's just plain FUN, in capital letters! Square dancers are the kindest, most thoughtful people in the world. You will never find any drinking or rowdiness at a true square dance. It is just not tolerated. Why even at the biggest gathering that has been recorded for a square dance, held at Santa Monica on July 13, 1950 with an attendance of 15,200 people on the floor at one time and a crowd of 5,000 spectators, there was no trouble. Just a large bundle of enjoyment by everyone there.

No matter what state you visit in the United States, you could find a square dancing club some place, and you will find that you would be welcome like a long lost brother as soon as you identified yourself as a fellow square dancer.

They have even taken up this marvelous recreation in Japan and Germany, after seeing how many friends it has made here in America. It should certainly help cement our good relations in those far-a-way places.

Here's what Doctors are saying about this form of recreation: business has fallen off since so many folks have started square dancing. Arthritis and rheumatic sufferers have found relief in do-si-do-ing. Stomach upsets have become less frequent since folks spend their evenings enjoying a delightful form of exercise.

Colds have become less frequent since folks get out of overheated houses. In fact, it looks like half the ills that affect our adult population have disappeared since square dancing has come into vogue. Couples who didn't walk half a dozen blocks a day—now go to a square dance three to five times a week and walk and tort from three to five miles every night.

They are getting the exercise they need and their mental attitude is perfect. Folks can't be sick if they are happy, and we have yet to find a square dance crowd that wasn't happy. What the politicians should do is put a plank in their platform in favor of square dancing!

What more can I say? You had better join a square dancing club this very month! Why not this week? In fact, why not to-day?

I'll be seeing you with a flashy do-si-do or a right pert sashay!

Helene Sherman