

**AUGUST BOOMTOWN HOOPS NEWSLETTER**

Hello everyone! I hope you all are doing well. We have some exciting events coming up this month. Here they are....

**UPCOMING EVENTS*****LADIES HOOP NIGHT OUT.....***

Please join us on *Sunday August 15* for an evening of hooping, eating, and fun! From 2 to ??? we will gather in Hedgesville, Wv for a FREE hoop outing and potluck dinner. It is just a laid back chance to learn some new tricks, meet with friends old and new, eat some good food, and have a good time with the ladies. O' and feel free to bring your kids. We will also be raffling off a couple hoops. If you play an instrument, please bring that along, drums, guitars, whatever. Let's get a great feminine jam session going on as well. RSVP please and I will give you directions. Hope to see you there.

***CAMP BAREFOOT 4***

August 19 - 21

Camp Hidden Meadows in Bartow, WV

A 3 day music festival and camp out filled with great live music, activities for kids, and arts and crafts vendors. We will be there selling hoops and other items we crafted by hand, as well as doing workshops for kids and adults.

<http://www.campbarefoot.org/>

***VINTAGE JAZZ FESTIVAL***

August 28 & 29

Liganore Winecellars in Mt. Airy, MD

Come enjoy some great jazz music, partake in wine tastings, and have a great time.

21 and up is \$15

18-20 year olds are only \$10

kids under 18 are FREE with an adult

[http://www.liganore-wine.com/eventspage\\_august.html#august2007](http://www.liganore-wine.com/eventspage_august.html#august2007)

**TRICKS OF THE MONTH**

This first video is one of my tutorials. It teaches how to get the hoop to your elbow and how to do a couple variations of the vertical elbow reversal. These are fun!

<http://www.youtube.com/watch?v=l3eCck2fGq8>

This second one is great for beginners. It is called the lasso in this video, we call it the halo. It is simply spinning the hoop above your head on your hand.

[http://www.youtube.com/watch?v=8Pq7cXjf\\_Ac](http://www.youtube.com/watch?v=8Pq7cXjf_Ac)

Good luck with these, I hope they help you on your hooping journey. If there are any tricks you would like for me to find or make tutorials for please let me know so I can add them to the newsletter.

## **RECIPES**

This month I want to add a recipe that is a favorite of my family's. It is a twist to the peanut butter and jelly sandwich.

*Peanut or almond butter*  
*dices onions*  
*spinach*  
*honey*

This is a great way to get your young ones to eat spinach. The onions add a nice crunch. Honey gives it a bit of sweetness. Trust me, this is so delicious. Not to mention quick, easy, and healthy.

## ***BENEFITS OF HOOPING***

- Tones and strengthens core muscles, lower back, arms and upper body, glutes, thighs, and hamstrings
- Core Stabilization - stabilizes muscles that support the spine, **RELIEVING LOWER BACK PAIN**
- Aids in weight loss, burn up to 600 calories in an hour of hooping
- Improves posture
  - balance
  - coordination
- Strengthens body awareness
- Stress relief
- Boosts self confidence
- Increases libido
- Provides spiritual enlightenment for some
- It is FUN!

Happy hooping and have a lovely day,

Stephanie

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Boomtown Hoops

<http://www.boomtownhoops.com>