

**SEPTEMBER BOOMTOWN HOOPS NEWSLETTER**

Well hello, hello beautiful people. Summer is coming to an end and has blessed us with beautiful weather and great events to participate in. I feel the change in the seasons and the change in me that always comes around this time. Making me want to be more grounded, centered, and content. Ready to take on life with a new perspective, one that fades in and out. One of positivity, creativity, and the encouragement to make my dreams come true, while finding contentment with my life the way it currently is. Here is what we are up to this month.....

**UPCOMING EVENTS**

September 10 - 12

*Pickin' in the Panhandle*

The West Virginia State BBQ & Bluegrass Festival

Come out and enjoy some great foot stomping music, great BBQ, camping, and hooping!!

[http://www.panhandlepickin.com/index.php?pr=Home\\_Page](http://www.panhandlepickin.com/index.php?pr=Home_Page)

September 18

*2010 Walk Across Maryland*

In our case, hoop across Maryland. Walk across the entire state of Maryland from the MD-PA border to the C&O Canal (1.7 mi) This takes place in Hancock, Md and coincides with the Hancock Lions Club Annual Canal Apple Festival. I have attached the link for the press release. Check it out for more info. We will be out there doing demonstrations and hooping across MD!

September 19

*Hagerstown Hispanic Festival*

From 12-6 at the Fairgrounds Park in Hagerstown, Md.

Last year everyone loved the hoop performance and opportunity to play with hoops they have invited us back again this year.

September 23 - 25

*Watermelon Park Fest*

Located in Berryville, Va at the wonderful Watermelon Park Campground.

This is one of our favorites! Great music, camping, river access, who could ask for more.

Not to mention the Boomtown Hoop Troupe, currently comprised of myself, Ashley Britner, Misty Barron, Angel Benner, Porter Kobernick, and miss Jobeth, will be performing live with the Hot Seats Friday the 24 at 9 pm. This is going to be a wonderful display of light up hoops, you won't wanna miss it. We will also be conducting workshops for kids and adults throughout the weekend.

<http://www.watermelonparkfest.com/index.html>

That wraps it up for events for September, I hope to see you at one of them!!

### **GOOD READING**

I wrote this article about hooping etiquette at live music shows. Always striving to give hooping and hoopers a good name, I provided you all with some tips on how to make a hooping experience a good one for everyone around you when you are hooping to live music. Please check it out. I included it in an attachment.

### **TRICKS OF THE MONTH**

This first one is a great one defining the difference between an IsoPop, an IsoBreak, cateyes, linear isolations, and flowers.

<http://www.youtube.com/watch?v=vN3C6eK8GtK>

This next one is how to do the 3 beat weave. It was really helpful to me.

<http://www.youtube.com/watch?v=vxyRWQX86UM>

This last video is just super entertaining. You all should watch it. It rocks!!!!

<http://www.youtube.com/watch?v=YGO47lbHmM>

Well that's all I have for you this month. Love and light!!!!!!!!!!!!

Stephanie

--

Boomtown Hoops

<http://www.boomtownhoops.com>