



aurahoops
205.227.0705
aurahoops@gmail.com

aurahoops news

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WANT TO KNOW MORE?

- aurahoops facebook site:
<http://www.facebook.com/>
- Global Hoopers Unite!
<http://hooping.tribe.net>
- See video tutorials, learn how to make your own hoop and more at:
www.hooping.org

OTHER SERVICES OFFERED:

- Birthday Parties
- Hoop Jams: great for Bachelorettes, Bunko, Girls' Night out and more!
- Hoop Making Workshops
- Bring hoops into the classroom! Schedule a hoop making session for your students today and receive the Hoop Education Discount!
- Arts and Crafts shows vendor availability

Sweet Potato Queens put a Spin on St. Paddy's Parade in Jackson, MS

Spotted at this year's 27th Annual Mal's St. Paddy's Parade were Hooping Queens Vickie Vaughan, Del Peters, Sharon Henderson, Teressa Richey, Vicki Merrymon, Nan Strickland (all from Pell City, AL) and Diane Lee of Picayune, MS. The original queen group has been attending the SPQ parade for 9 years. Each of these fabulous queens paraded with hand-made pink and green travel hoops by aurahoops of Alabama.

The event was started 27 years ago by Malcolm White, co-owner of restaurant and music venue Hal & Mal's. Each year THE Sweet Potato Queen, Jill Conner Browne (author of The Sweet Potato Queen Book of Love) and her entourage march down the street in larger-than-life green and pink costume. This year's event raised at least \$25,000 for Blair E. Batson Children's Hospital. About \$10,000 of that was raised at a poolside "JELLO Wrasslin'" event! Next year's parade is planned for March 20.



Visit photo collection of hooping SPQs at spqhoopers.shutterfly.com/

Are You Ready For Summer?



Above: Emmie Mullins hoops it up on the Gulf of Mexico

"Hoop dance ignites joy, peace, balance, and laughter. Spiral your way to wellness with the healing art of hoop dance!" ~ Mandala Hoops

Right: ribbon hoop by Brandy Hughes-Santiago



Looking For a Hoop With Lots of Style?

We now offer hand-made ribbon hoops that come in a variety of sizes and styles. Custom coordinate your hoop with your outfit right down to your hair bows. New ribbon hoops are available for purchase starting at \$35, or update your own current hoop for only \$10!



Schedule of Events

- } April 13– Basic Hoop Dance at PCCC 6:30-7:30pm Swing Nite
- } April 14– Intermediate Hoop Dance at PCCC 6-7pm Big Band Nite
- } April 20– Basic Hoop Dance at PCCC 6:30-7:30pm Country/Western Nite
- } April 21- Intermediate Hoop Dance at PCCC 6-7pm Summer of Love Nite
- } April 27– PCCC Closed for Memorial Day
- } April 28– Basic & Intermediate Combine for Hoop Dance at PCCC 6-7pm Roots, Rasta Reggae Nite

* Intermediate Hoopers– please bring yoga or floor mat to class

APRIL 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Classic Rock	7 Classic Rock	8	9	10	11
12	13 Swing Nite	14 Big Band	15	16	17	18
19	20 Country/Western	21 Summer of Love	22	23	24	25
26	27 PCCC Closed	28 Reggae Nite	29	30		

Delicious, Nutritious Almond Treat

~Better Nutrition Magazine
Almonds are a great way to tantalize taste buds and boost health. One ounce of the nuts packs as much antioxidant power as 1 cup of green tea or 1/2 cup of steamed broccoli, and contains 6g of protein and 12 g of heart-healthy fats. As well as being a good source of vitamin E, magnesium, and other beneficial nutrients, almonds are very satisfying, helping to curb hunger and control weight. To get the full benefits, eat almonds with the skin, which contains most of the antioxi-

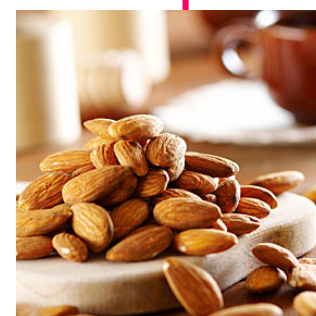
dants, and avoid nuts that are heavily salted or roasted.

For maximum benefit and flavor, Michael Ozner, MD, author of *The Great American Heart Hoax* and *The Miami Mediterranean Diet*, recommends this almond treat::

- * Buy raw almonds with skins.
- * Spread them on a baking sheet (or plate for the microwave) and sprinkle liberally with cinnamon.
- * Heat in a 350 degrees F oven for approximately

2 minutes, or in a microwave for approximately 30 seconds, until the almonds are hot but not charred, and the cinnamon has melted into the nuts. Heating raw almonds this way preserves nutrients, whereas roasting destroys them.

- * Enjoy warm cinnamon almonds as a treat, with a piece of dark chocolate and a cup of green tea, or add them to a salad.



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