

A photograph of an elderly woman with short, curly, light-colored hair, wearing a dark patterned top, dancing with a younger woman with long blonde hair, wearing a dark jacket. They are outdoors at what appears to be a social gathering or dance event. In the background, other people are visible, including a man in a blue shirt and white cap, and a woman in a blue jacket. There are white plastic chairs and a wooden structure in the background. The text is overlaid on the image in a cursive font.

## *Dancing*

*When my husband of 37 years passed away in 1984, I felt like an uprooted tree with my roots blowing in the wind.*

*I was at such a loss with nobody to go home to and so much empty time. If it weren't for dancing, I'd probably still be feeling that way.*

*The minute I step on the dance floor, every tired ache and loneliness was gone. You're floating, you forget about everything else. If I have a smooth partner I could dance all night.*

*It's such fun! You meet so many nice people; no news, no gossip, just dance your way to heaven.*

*Your thoughts and worries-gone.*

*For me it is like a prayer, floating in the clouds.*

## Home Made Buns

2 tbsp yeast  
1 cup warm water  
2 tsp sugar

Dissolve yeast, water, and sugar.  
keep warm.

2 eggs  
1 cup warm water  
 $\frac{1}{4}$  cup lard oil  
 $\frac{1}{4}$  cup sugar  
1 tsp salt  
 $5\frac{1}{4}$  cup flour

In large bowl beat eggs, sugar, salt, oil, water, and 2 cups of flour. Then add yeast mixture. Beat, add the remaining flour. Mix well. Let rise 15 minutes in a greased bowl, knead, every 15 minutes for 1 hour. Make into buns. Let rise about 1 hour. Bake at 350, deg for 15 minutes. Enjoy

Love, Grandma Adam