under the sun

THE BRUNSWICK BEACON

THURSDAY, DECEMBER 5, 1991



STEPPING OUT IN STYLE

Senior Tappers Have Fun While Keeping Fit

Spacing themselves in rows across Virginia Feaga's garage, the women stand erect in black tuxedo jackets and top hats, canes poised at their side.

When the music begins they swing into action, their faces a study in concentration.

It's a new routine the dancers are trying to polish in time to perform for a senior group that meets at the District II community building where they practice once a

"We're not going to have this perfect un-til the year 2000," quips Ms. Feaga as she executes a complicated series of steps, turns

But the 75-year-old tap dancer is laughing, not complaining, and the others join in. Then they take it again, from the top, looking only slightly winded from their exer-

It's hard to accept that the youngest member of the group is 55 and the oldest, 75. They move together easily and well, their confidence evident when executing a familiar routine.

Harry "Bubba" Grose and company have found a way to keep fit while having a lot of fun.

Twice a week, the small group of devotees gathers to tap and laugh away the tight muscles and stresses of another day. One session is class time with their chosen lead-

D'AMATO DESIGNS

Specializing in residential,

condominium and

commercial design

Complete 2-Bedroom Condominium Packages

\$4,200 At

A Complete Line of Floor &

Fine Furniture • Upholstery

Custom Blinds & Window

TONI D'AMATO

313 Main St., North Myrtle Beach, SC 29482 (803)249-5534

INTERIOR DESIGNER

Wallcoverings

Accessories

Treatments

"Bridging the gap between idea

7 yrs. Design

they rehearse together in Ms. Feaga's roomy garage.

"It's good exercise for the body and the mind," says Marilyn Grose.

Tom and Lucille Lewis like kicking up their heels as well. They're working on a song and dance routine with Bubba for the

"It's all hambone and a lot of fun," says Tom as he dons a straw hat, picks up a wooden cane and steps into place.

And it's good for them. Says instructor "Bubba" Grose, "It's a lot better than jogging or working out."

While those in the troupe like to dance, only a few have had formal training-a year or two at most as children. That hasn't deterred them a bit-or says Grose-kept them from becoming quite good at what they do, a little bit at a time.

"He's taught us some really good routines," says Mary Zeifel. "He is very, very patient.

Their venture into tap dancing began in March 1990, though several members have joined since then. Several couples in a group that socializes together regularly persuaded Grose to teach them ballroom dancing. When the lessons ended, they wanted more, specifically, tap dance.

Absent this night are the "redhead" of the



LET THE MUSIC BEGIN for dancers (front from left) Marilyn Grose and Lucille Lewis and (back) Mary Zeifel, Virginia Feaga and Mary Gillam, the newest member of the troupe.

troupe, Gerri Scharoun, and Pegge Jaynes. Considered the best dancer of the troupe, Pegge also writes material and choreographs numbers like the Waltz Clog, a routine in which troupe members don newsboy outfits and tap to "Daisy, Daisy

Rehearsals are invigorating. While dancers may arrive dragging a little, they typically leave bright-spirited and peppy.

Today I was worn out until I came and danced a little bit," admitted Grose.

The sessions remind Grose of his 35 years teaching dance to the lace-collar crowd in Charlotte before retiring in 1986

along the East Coast with Carolina Dance Masters and Dance Masters of America. His children continue in the trade: Tammy teaches ballet in California and Gigi teaches dance in Charlotte, serving as choreographer for the Charlotte Hornets "Honey Bees," Danny is employed with Seigfried & Roy at The Mirage in Las Vegas while Harry O. Grose III teaches dance at a fitness

center in Charlotte. After teaching children all day, Grose taught classes at night for adults. Like these garage sessions with friends, those classes

to the Holden Beach area. He also taught all were invigorating for him as well as for his

"I don't know how many times I would go to class dreading it, then at 10 o'clock at night still be ready to go," he recalled.

For Grose, teaching his friends to tap "has been more fun and exercise than work.

The same holds true for his unlikely group of students.

Says Ms. Feaga as the group makes plans to squeeze in an extra practice before their next show date, "It keeps me out of the doc-



STEPPING OUT TOGETHER are Tom and Lucille Lewis and Harry "Bubba"

Buy • Sell • Repair Modern • Antiques



T.D. Puckett, Sr. N.A.W.C.C. 0103377

2230 E. Dolphin Drive Long Beach 919-278-3028

THE CLOCK J. Mark Saunders, O.D.

- Comprehensive Eye Examinations
- Ocular Emergencies
- Contact Lenses and Glasses Prescribed
- Diagnosis and Treatment of Diseases of the Eye

Suite 3, Promenade Office Park 143 Holden Beach Road, Shallotte

Office hours by appointment. Evening and Saturday appointments available.

Phone 754-9687

Member American Optometric Association

61990 THE BRUNSWICK BEACON

Some Choice Programs for **Grange Members***

North Carolina State Grange and Blue Cross and Blue Shield of North Carolina are names you can trust. Send us this I coupon, and our agent will contact you about special programs for Grange Members.*

 Individual 	 Family 	 Medicare Supplemental
Name		
Acidress		
City	State	Z _I p
Telephone		

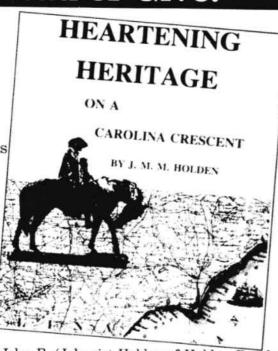


Mail to: Coastal Insurance & Realty P.O. Box 1238 Shallotte, NC 28459

Non-members may apply by making application for membership. © 1988 Blue Cross and Blue Shield of North Carolina

Great for Christmas to Read or Give!

This book is a documented study of the Cape Fear area's early settlers, their royal governors and Anglican missionaries, followed by the circuit riders and early churches.



Written by Mrs. John F. (Johnsie) Holden of Holden Beach, the book is available at Brunswick Town Gift Shop; the Beach Mart and Alan Holden Realty at Holden Beach; The Bookery and UNCW Bookstore in Wilmington. \$17.



Comp-U-Diet

Personalized Computer-Generated Diet

based on the foods you like and the amount of weight you want to lose. No messy powders. No expensive foods. No

Real food! A real diet for real people! All for less than \$30!

What do you get? Your Comp-U-Diet package includes:

100 daily menu plans

Standard and accelerated menus color coded for easy

identification *Convenient holder for your menus Comp-U-Diet You Can Do It' guide book containing

valuable diet and exercise tips to help you get the maximum benefit from your Comp-U-Diet. Makes a great Christmas gift! Call 754-2490 for



Bringing You The Wealth of Health