

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Memories Of American Bandstand**

**By Mary Ann Apostol**

When I was a teenager I used to race home every afternoon, sit down in front of the TV, and watch

the kids dancing on American Bandstand. Like so many young people across America, my friends and I knew all of them by name. We considered those kids to be role models. We copied their clothes, hair, and maybe most of all, their dances—because what dominated the TV screen were kids moving to the beat of our whole generation. We felt that beat, and watched the couples who always danced together. These were people we got to know. There were Arlene Sullivan and Kenny Rossi, Bunny Gibson and Ed Kelly, Justine Carelli and Bob Clayton, Joyce Shafer and Norman Kerr, Carole Scaldeferri and Nick Gaeta, Mary Beltrante and Lou DeSero, Barbara Levick and Joe Wissert, Janet Hamill and Eddie Connor and Carmen Jimenez and Frank Vacca. They were the ones setting the trends for kids from coast to coast.

Watching them we saw the moves, and imitated them. From the daily dance on the tube we learned the steps that we would take with us to school dances, record hops and parties. We learned them all: the Slop, the Hand Jive, the Bop, Chalypso (a combination of the Cha-Cha and the Calypso) and the Stroll.

The kids who appeared regularly on American Bandstand weren't paid. These were the real thing - teenagers dancing to the latest Top 40 hits. In real life the dance partners were usually dating, which made watching every day into a kind of soap opera. It was as if there were a national high school right there on TV. Keeping up with who was breaking up and making up was a regular part of an American teenager's week.

The regulars were also known as "The Committee." They were on day-in-day-out, but there were also a lot of other kids dancing among them. These were young people who lined up each day, hoping they could be among the fortunates who got the opportunity to dance along with the Regulars. Like so many of us, they wanted to be on TV where all their friends would see them getting their chance at fame. It wasn't so different from the urge of today's contestants on "American Idol."

The show featured dance contests to spotlight songs, dancers and dances. Contestants signed up and got a number. Once a week the numbers would be pinned on the contestants' backs and viewers cast

## Memories Of American Bandstand

ballots for favorites. This would go on for three or four weeks, then the winners would be announced on the air. A dancer didn't have to be that skillful. It was more a matter of how they came across to the cameras. The way they looked, or their manner might count for more than the technical quality of their moves. It was how a dancer came across to the audience. If we liked them we would vote for them. Of course, there were prizes, but they weren't anything that would make a dancer rich. You might get a portable TV. One prize that lots of us wanted was our own personal jukebox.

The show brought in most of the best groups of that time. On any given day you might catch Martha and the Vandellas, Little Eva, The Beach Boys, Dee Dee Sharp, Little Richard, Jackie Wilson, or Jay and the Americans, Among other acts on the show were Marvin Gaye, The Four Tops, The Shirelles, Tina Turner, The Everly Brothers, Little Anthony & the Imperials, and Paul Anka. It was an amazing line-up. Though the performers were there, live on the show, most of them didn't sing live. American Bandstand was where lip-synching became an artform.

The name most associated with American Bandstand is that of Dick Clark, but when it premiered locally in Philadelphia on October 7, 1952 (as "Bandstand") the host was Bob Horn. Dick Clark took it over in 1956, and it first aired as "American Bandstand" on the ABC on August 5, 1957. The last episode aired on October 7, 1989.

Remember the oldies but goodies way back when? Rediscover the sounds of yesterday! Find out what your favorite golden era performers of the 50's, 60's and 70's are doing today! Mary Ann Apostol brings you her FREE I love the Oldies Newsletter. Go to

<http://www.ilovetheoldies.com>

to sign up.

### **Who's Got The Power In Your Life?**

**By Dave Cole**

#### **Who's Got The Power In Your Life? by Dave Cole**

Have you ever attempted to do something and failed?

I'm not talking about something outside of your capabilities. I doubt that any of us could run a 4 minute mile or bench press 400 pounds.

What I'm talking about here is trying to do something within your capabilities. For instance, you join up with an online business then diligently follow the instructions they give you on how to promote. Really give it your best shot.

But.....seems like things just aren't going right.

You're not getting near the responses. And remember how the literature you read before joining said you could make thousands of dollars every month?

And, oh yeah....remember how easy they said it was going to be? That was right after they hit you with all those testimonials from folks who were already raking it in!

The folks who were living in huge, expensive houses and were now laying on some beach in the Bahamas with their laptops busily counting all the money they were making.

What went wrong?

Is your mind telling you things like: "I must be doing something wrong." or, "I guess it works for some people, but not for me.".....along with a hundred other litanies all containing expressions of self-doubt and thoughts that you, yourself are failing for whatever reason.

Think about that for a minute.

And the next time you go to place your ads or give a business presentation: Are you first confronted by these memories of past discouragements?

What are these memories telling you? That perhaps you shouldn't have joined in the first place? Possibly they will be

saying something like "There's no use in doing this, nobody will read it or respond to it anyway."

So now..... Who Has The Power?

You.....or your unpleasant memories of past failures.

These memories have the effect of actually pulling us back into time and then causing us to have a distorted view of the present.

We try to block out the more unpleasant ones, but doesn't it just seem the more we resist them the stronger they become.

## Memories Of American Bandstand

By giving our attention to these renegade self-defeating memories aren't we in reality, only amplifying and giving them more strength and a life they wouldn't ordinarily have.

As our minds get clouded over with re-plays of past events these memories rob from us spontaneous creativity, self confidence, and further distort our perception of what is happening now, which only serves to affect our ability to perform to our capabilities.

Is that what you really want?

So the next time you go to do something, watch yourself and find out who has the power in the situation.....you..... or your self-defeating memory patterns.

Isn't it about time you took back the power and started controlling your life!.

Simply refuse to give further animation to these memory patterns by re-focusing your attention on what is happening in the present moment rather than on those past memories.

Dave Cole Editor/Publisher Prosperity: The Choice Is Yours <http://choosetoproper.com>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**