

Dance a fun way to keep fit



By Kayla Calloway
Co-Editor-in-Chief

The crowds cheered as we stepped out onto the floor, and the music coursed through my veins. The moment that I turned around, I knew that all the practice was worth it.

This past Saturday, I performed at the Molalla High School dance competition along with about 13 other alums at the start of the second round.

Alumni performances are always crowd pleasers, something I had known from my years on the team. Something about seeing former dancers doing what they loved and having fun doing it was always a highlight during the long days of competition.

Our own alum team this year had members from the past three decades. Terry Shankle, the coach of Molalla's middle school dance team, hailed from the class of 1977, and she was joined by her daughter Tessa from the 2009 class, her sister Tracy Cox, class of 1979, and her niece, Diana, class of 2001.

The family of dancers had been practicing together whenever possible for the past month, and if it weren't for Tessa, I probably would've made a big fool of myself as she helped me after I had missed several weekend practices.

Other members of the alum team included All-State sisters Amanda Stephens (Class of 2008) and Kasey Stafford (Class of 2001) and mother-daughter duo Tina and Bethany Hawk from classes 1986 and 2010, respectively. Tina showed the crowd that she could still do the splits after three kids and 25 years.

For me, the performance was

like a mini-reunion. I got to see some friends that I had missed since I graduated in 2007. Tessa and I practiced at the college in between classes, catching up while we caught our breath. Chariss Ellis, also from the class of 2008, was a friend that I had all but lost contact with and it was great hanging out with her.

It was fun, of course, but preparing for this performance included long hours of repetitively counting through the steps, committing them to memory and coming up with silly names for the moves, like "scoop that's not a scoop" into a "row boat."

For some, making it to every practice helped with this process. But for others such as me, work and other priorities got in the way. Luckily, I pulled it off with minimal mistakes. I had forgotten how much I loved performing in front of a huge crowd, and even though it is over and I'll have to wait a year to do it again, I'm going to try my hardest to get back into dancing again.

Next week, as I recuperate from this past weekend, I'm giving up caffeine. I started on Friday, but can I really survive without coffee? Pick up a copy of *The Clackamas Print* next week to see.

This week's words to live by come from an Indian proverb: "To watch us dance is to hear our hearts speak."

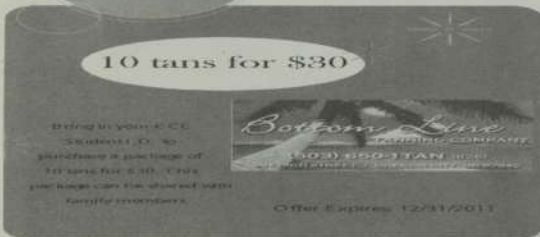
If you'd like to see a short video of me practicing with Tessa Shankle in *The Print* lab, please visit the-clackamasprint.com.

-Do you have any ideas to help others get back into shape or any healthy recipes to recommend? E-mail Kayla at chiefed@clackamas.edu.



Kayla Calloway, standing, dances with other alumna at Molalla High School on Feb. 12, 2011. Photo by Michael Bonn/Clackamas Print.

Student Special



Diet Names

n	x	f	a	s	t	i	n	g	t	y	e
a	w	m	i	l	s	e	r	u	s	v	c
b	d	m	g	q	u	l	j	t	y	f	i
o	p	t	i	f	a	s	t	k	a	g	o
p	l	y	p	l	d	a	b	f	w	s	h
i	m	a	t	k	i	n	s	d	b	z	c
l	e	d	b	e	t	g	h	j	u	k	e
r	s	l	i	m	m	i	n	t	s	l	f
r	k	o	i	h	j	k	g	s	s	k	i
s	l	i	m	f	a	s	t	t	e	h	l
f	a	t	f	l	u	s	h	p	l	a	n
g	i	a	r	c	y	n	n	e	j	g	h

- suresslim
- atkins
- optifast
- lipoban
- slim mints
- slimfast
- life choice
- fat flush plan
- subway
- jenny craig
- fasting

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