

# For all abilities

*DanceAbility teaches dance to promote artistic expression for all*

BY SAM WRIGHT  
The Cottage Grove Sentinel

If you're like most of us, you often fight the dilemma of having an irresistible urge to dance and a hindering lack of confidence to do so. Those with physical disabilities may also be afraid to explore their dancing potential. But an international company that has recently arrived in Cottage Grove has presented an opportunity to the people of this town to do just that: learn to dance to the best of their ability.

DanceAbility International is a company that teaches people, able or disabled, to use improvisational dance to promote artistic expression. It operates around the world in the U.S., Canada, Latin America, Asia and Europe, and since early January, the company has opened classes in Cottage Grove, presented by a professional dancer from Eugene, Jana Meszaros.

Meszaros has a Bachelor's of Arts in Dance from the University of Oregon and has taught movement, dance and theatre to all ages in various studios around Oregon. Her work has been presented in California, Eugene and Gold Beach.

During the class, Meszaros guides participants through creative movement games and activities that "build camaraderie, physical awareness and expressive capabilities."



photo by Sam Wright  
**Jana Meszaros begins her class with warm-up activities in a circle, with each participant presenting their own jive to go along with their name.**

DanceAbility focuses on the inclusion of all: experienced dancers without disabilities are welcome along with those with disabilities.

The classes are separated into two groups every Monday. From 4 p.m. to 5 p.m. is the youth class, where non-disabled siblings of participants with disabilities are encouraged to join. From 5 p.m. to 6 p.m., the adult class takes place. So far, there have been no participants signed up for the youth class, but Meszaros hopes to put on a show in Cottage Grove to promote the class and get kids interested.

As for the adult class, attendance varies between six to eight people. "This type of teaching is less about doing it right and more about expression through movement," Meszaros said. The

10-year dancing coach discussed the benefits of teaching and attending a class such as this.

"It's very empowering for all of us," she said. "It's a much freer environment that I get to facilitate and they [the participants] get to make their own choices."

Meszaros runs a program called Breitenbush Contact Jam where dancers improve their contact technique. There, she met representatives of DanceAbility, whom she "hit it off" with and who offered her a position as a teacher for DanceAbility.

The class will have two sessions this year (for adult and youth classes). The first session started Jan. 11 and will go to March 14, where the class will hold an open house on their last day to show family and friends the activities done in class. Session two will begin two weeks later on March 28 and will go until June 6.

## Cap gun prompts school suspension

The Cottage Grove Police Department said a student was removed from a Cottage Grove High School classroom on Friday after its School Resource Officer received a report that a male student had made threats toward the school and the student possessed a cap gun.

A staff member during the school's third period reportedly notified Officer Charlie Martin of the situation, after which CGPD said that Martin and Officer Tami Miles responded to the student's

location in a classroom and removed him without incident. Officers confirmed the student possessed a toy "cap gun". According to staff at the high school, the student is currently suspended and will not return to school unless it is determined that he is no longer a threat to the school, students or staff.

Police said Officer Martin will complete an investigation of the incident, though no criminal charges are anticipated as a result.

## Police unable to determine source of shots/explosions

The Cottage Grove Police Department said it was unable to determine the location or cause of a series of shots or explosions heard throughout much of Cottage Grove on Saturday evening.

A volley of several rather evenly spaced booms could be heard ringing out through town at about 10:30 p.m. Saturday, which prompted several calls to police dispatchers.

The department's press log indicated two calls from the Row River Road area in town in response to the shots and five describing "possible shots fired or illegal fireworks" from locations including near the Cottage Grove

Goodwill, N. 16<sup>th</sup> and Ostrander, the bike path near Safeway and the North Eighth St. area. Interim Police Chief Scott Shepherd said CGPD used the calls to trace the possible location of the sounds to the area behind Safeway near Our Lady of Perpetual Help Catholic Church, though an "extensive canvass of all areas mentioned" turned up few results.

"We sent officers to the area several times, but there was no indication of what the sounds were," Shepherd said. "Such loud, purposeful booms may not be related to gunshots and might be more the result of the purposeful explosion of gases or something else."

## Bachelor pens first novel

*'The Wish and the Waterfall' is the first in a multi-volume series*

BY JON STINNETT  
The Cottage Grove Sentinel

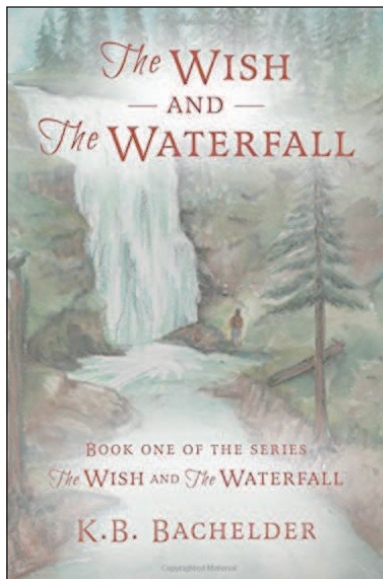
Ridge (now known as The Ridge.) But Bachelor recently found the time to indulge in another of his passions and realize a dream many years in the making.



Ken Bachelor

Bachelor, always a voracious reader, has been a fan of adventure and fantasy novels for decades, and he said he's been working on his own contribution to the fantasy genre for 25 years. Writing classes at Lane Community College and through publisher McGraw/Hill helped him work on the novel, though work and

Please see **WATERFALL**, Page 11A



## Downed tree cancels Head Start

Officials with Head Start of Lane County said a downed tree that fell on the agency's headquarters at the former Delight Valley School in Sagnaw prompted the cancellation of classes on Monday.

High winds and rain reportedly brought down the tree, Head Start reported on Saturday. Classes were cancelled for students, though staff reported to work as usual on Monday. No injuries

were reported.

Head Start Operations Director Charleen Strauch told the Eugene Register-Guard that the tree damaged the school's roof and the underside of a covered walkway, adding that there was no observable damage to classrooms there. Head Start has operated from the former Delight Valley School since a budget shortfall prompted the closure of the school by South Lane School District in 2010.



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says

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