

## 'Mixed' Dance Presentation to be Held

By Michael Chung  
Staff Writer

Forget therapy. There could be a new solution to your self-image problems.

M. T. Schweickert-Stary of the Cal State East Bay Disability Resource Center has been taking part in the "Mixed Ability" dance class on campus and says techniques from the class mirror many psychological techniques in learning to accept one's body and navigating the complex emotional reactions that disabilities can evoke.

"We'll be talking about how dance and psychotherapy intersect in education, personal growth and greater accessibility for people with disabilities," said Eric Kupers, a CSUEB Theatre and Dance professor. "I will talk about the unnecessary obstacles our society places in the path of those who want to dance, but do not have the stereotypical 'dancer's body.'"

The first of two presentations, titled "Movement Improvisation for All Bodies," about the potential benefits of "Mixed Ability Dance" for people of all ages, genders and abilities, will be held in room PE 140 on Thursday.

The presentation will feature a discussion by Kupers about issues of disability in dance, and how dance improvisation relates to psychological healing.



### Mixed Ability:

Dance meets psychotherapy to help with education and personal growth in the Mixed Ability class held on campus. The class will enable performers to set their spirit free and learn to express themselves.

Photo/ Elizabeth Gorelik

The presentation will also include improvisational demonstrations being created in the class, "Mixed Ability Dance."

Thomas Hird, chair of the CSUEB Theatre and Dance Department, said the presentation shows how the campus breaks many traditional molds.

"If people think for a moment about the common images they have of dancers, those images probably wouldn't match what you will see in our Mixed Ability Dance class," said Hird. "Probably everyone possesses an artistic spark and many yearn to express themselves through movement and dance. In all of our performance classes, we are seeking to set spirits free to discover what all of our students have to say to the world and to help them develop a greater range of expressive tools."

Kupers added that they would demonstrate dance improvisation exercises that can be adapted to fit a diverse range of body types and abilities.

"Students from the class will share their experiences of learning in a mixed-ability environment, and there will be an opportunity for those attending to join in a simple dance improvisation to close the event," Kupers said.

The final presentation, which will be held on March 9 in the CSUEB Physical Education building, will demonstrate various types of improvisations, including those by people in wheelchairs and those who use canes.

"These will be two very inspirational presentations," said Alden Reimonenq, dean of the CSUEB College of Letters, Arts and Social Sciences.

## Students Demonstrate Classical Talents at Festival

By Ashley L. Belluz  
Staff Writer

The University Theatre was bustling with high school students early Saturday morning as they prepared to perform selected musical pieces at the annual Invitational Band Festival.

The Mount Eden High School Wind Ensemble, Vacaville Christian Schools Radio Orchestra and the Fairfield High School Wind Ensemble were selected to play in the festival. Schools from throughout Northern California had sent 20-minute tapes or compact discs of a recent performance to Cal State East Bay's director of bands, Timothy Smith, who then selected the winners.

Along with their selected music, each school played their interpretation of the required piece by Martin Mailman, "Liturgical Music, Op. 33."

"Each of the ensembles plays in the morning, and they have an hour of time in which they present a little concert, and then I go up onto the stage and give the band a clinic," said Smith.

"All of the other groups that are in attendance observe that so everybody learns from everybody else."

At the end of the concerts and clinics, the three ensembles joined to form a master class. To help the students be more articulate with their instruments, Smith honed in on particular parts of the selected piece for review. Through the use of analogies, Smith said he helped the students see music in a different view.

"I love the analogies," said Steve Taylor, director of music at Fairfield

High School. "They're very meaningful ... how other things — other life events — translate into the music."

Priya Gupta, a Fairfield High School senior who participated in the event, found the clinic to be very helpful.

"It was a totally different way of viewing music," Gupta said. "It gave some really good advice on how to interpret music."

After the master class, the CSUEB Symphonic band, Wind Ensemble and Chamber Wind Ensemble performed in an afternoon concert program.

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## Art Contest Winners on Display at Gallery

By Daniel Schutz  
Staff Writer

Beware, art majors — there are some new kids in town.

The Sun Gallery, located at 1015 E St. in Hayward, is hosting an art exhibit by children from around the country. The exhibit is sponsored by Sakura, a Japanese art supply company.

Max Meier, a volunteer at the gallery, said he was very impressed with the work that the children were producing.

"I'm trained and get paid for what I went to college for, but I can't do what these kids do," Meier said.

Meier recalled an instance in which he was stuck on a painting while volunteering at an elementary school in Castro Valley.

When Meier asked a student what he should paint, the boy asked, "What would you do if you were my age?" Meyer said, "I'd paint little people," and the boy simply replied, "Then paint little people."

"I'm just amazed," Meier said. "They're so creative."

During a reception on Feb. 4, the paintings were judged by various members of the art community.

"(The judges included) retired art teachers, a worker at the San Francisco's Boys and Girls Club and the Sun Gallery's director, Veronica Dondero," said Peter Ouyang, vice president of marketing at Sakura of America.

Ouyang said criteria for judging included creativity, originality and interpretation, rather than preciseness.

The contest was open to children from kindergarten through eighth grade. To make the contest fair, three

different judging groups were created: kindergarten through second grade, third grade through fifth grade and sixth through eighth grade.

The first-place winners in each category received a \$200 U.S. savings bond, second-place winners received a \$100 savings bond and third-place winners received a \$50 savings bond, along with Sakura art supplies and a T-shirt with their painting on it.

Honorable Mention received a "Certificate of Recognition," a 36-piece oil pastel set and a T-shirt with their painting on it.

Ouyang said there were about 4,500 initial entries for the contest.

"We've been doing this contest for 11 years," Ouyang said. "We have a curator who has been doing it for six. Their job is to decide what is appropriate for each age group, and what

should be displayed in the gallery."

Ouyang said 150 finalists were eventually chosen, 50 from each of the categories.

There were 10 winners in all, which included a tie for third place in the sixth through eighth grade category. There were also 28 honorable mentions.

Ouyang was quick to point out that it is more than just a contest, but a promotion of art in general.

"The goal is to get art integrated into regular lesson plans ... (and to) try to keep the visual arts in schools," he said.

Ouyang said it is important to remember that art touches our lives in all cases.

The exhibit will run through April 28 at the gallery, which is open Thursday through Saturday from 10 a.m. to 4 p.m.

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