

Salsa dancing classes spice up intramurals

By Ashlie Ingold
STAFF WRITER

Since the beginning of the semester, weekly salsa classes have been held at various locations around campus, not just at Keating Sports Center.

The class has been changing locations every two weeks and will continue to do so until the end of the semester. The next two classes - on March 25, and April 1 - will be held in Hermann Hall's Armour Dining Room.

Holding the classes at different locations on campus has allowed salsa to attract a broader spectrum of students. The class's numbers have dramatically increased to an average of 26 participants per class; one week saw 36 participants at one class. The class is open to students, faculty, and alumni of IIT, Vandercook, and Shimer - guests can also be invited.

This past week, I interviewed one of the participants of the class, Miguel Gallegos, to get his views on salsa:

Do you like the fact that the class keeps mov-

ing location?

I don't really mind that the class moves around because when we were in Keating the acoustics were awful, so our locations now, although not stationary, are much better in that regard.

Why did you start dancing? And why do you enjoy dancing salsa?

I love to dance and learn new things. I enjoy salsa because I think it is sexy. Salsa requires a lot of coordination, thus it is far more gratifying once you have mastered some of the moves.

What do you enjoy about working with this particular instructor?

I like that our instructor is funny and really knows what he is doing.

How do you think IIT's salsa's program compares to other programs?

I think IIT's salsa program this semester compares quite well to the previous salsa program I attended. The only real negative I feel is that the length of the class is only one hour. I really wish it went for two.

Photo by Ashlie Ingold



Tango twists fitness, dancing together

By Ashlie Ingold
STAFF WRITER

Eric and Karen instruct tango classes at Keating Sports Center on Thursday's at 7:30 p.m. in Racquetball Court #1. This past week, I asked them for some insight into their teaching.

How long have you been teaching tango?

Eric has been teaching tango for 5 years, Karen has been teaching tango for 9 years.

How long have you been teaching tango at IIT?

We've been teaching at IIT since fall 2009.

What do you like about teaching tango here?

The students at IIT are exceptionally bright, and receptive to learning. That makes our job easier. It has been a great opportunity to teach something we are passionate about to the students. It is so rewarding to see students come to our class as non-dancers and to watch them socializing, having a great time, and actually dancing. It gives us both a great sense of achievement.

What are the benefits of taking a tango class?

Dance classes give the students an opportunity to make new friends, break away from their studies, and get some exercise. Tango is not only a physical form of exercise, but it is also very cerebral. A clinical trial was actually conducted on a group of Parkinson's patients entitled "Effects of tango on Functional Mobility in Parkinson's Disease." Patients were randomly assigned either to a tango group or to an exercise group. The tango group actually scored



Photo courtesy of fortinet.org

higher on their clinical assessments. However, just from my experience as an instructor, I can visibly see that after taking a tango class, students have better posture, balance, coordination and mobility. When it comes to the dance... you'll learn plenty of moves that can easily be used outside the realm of tango.

How did you get into tango?

Eric: Karen is the one who got me addicted.

Karen: I used to live and work in Berlin, Germany. At the time I was a salsa dancer, my office mate was a tango dancer. I tried to con-

vert him to Salsa; he tried to convert me to tango. Tango ended up winning.

What do you hope to accomplish by teaching tango?

We hope to challenge everyone. Not only are we challenging the students we are teaching, we are also challenging ourselves as instructors. As we work with new students, we are always thinking of improved ways to teach the basic elements of tango. Everyone learns differently, as instructors, we try to work with each student individually. We also expect the students to help and mentor each other by providing feedback. If something doesn't work we find better ways of explaining it to our students so that they fully understand how to execute each step.

Who was your main influence to begin teaching tango?

Alvin Gates is an instructor in Chicago who not only taught us how to dance but more importantly how to teach tango. It is so important provide the students with a strong knowledge of tango fundamentals. We want to ensure that the students start off with a strong foundation on which to build upon. What we found is that there is more to just showing the students 'steps,' we want to educate the students on 'why' we do it this way, how their movements effect their partner, and the mechanics behind the moves. We do not want students to mimic or regurgitate information, we really want them to understand the concepts behind the movement.

What days and times are your classes at Keating Sports Center?

For fall 2010/Spring 2011, Thursdays 7:30 p.m. - 8:30 p.m.

Baseball swept by Trinity International

By Melanie Koto
STAFF WRITER

Last Friday, the Scarlet Hawks baseball team played their first home game of the season against Trinity International University. The game started off decently for the Hawks, who scored the first two runs of the game in the second and third innings (scored by junior Reid Matsumoto on an RBI by sophomore Kevin Glennon and by senior Ryan Bouck on an RBI by junior Mat Bednarz).

Trinity left the Hawks 2 run lead unanswered until the fifth inning when the Trojans scored one run that was answered by the Hawks, when senior Bill O'Toole singled to bring Bouck home for his second run of the game. The Trojans gained a lead in the sixth, scoring three runs that put them one ahead of the Hawks.

The Hawks responded in the seventh with a run by sophomore Jon Celestino, scored on a double hit by Bednarz. Celestino's run tied up the score, sending the game into extra innings where the Trojans outhit the Hawks, winning the game after nine innings with a final score of 7-4.

On Saturday, the team turned in two below par performances against the same opponents. The Hawks lost the first game 2-8, and the second 0-10.

The baseball teams overall record now sits at 2-7, and their conference record at 0-3.

The Hawk's next home game is this coming Saturday against Judson College at 2 p.m.

Writers' Meeting

Interested in writing for TechNews? Meeting new friends? Or understanding more about our organization? Come to the Writers' Meetings where all ideas and feedback are welcomed!

SUNDAYS
4:30 p.m.
TechNews Office
RM. 302, MTCC

TechNews Corrections:

ISSUE 8

In our front-page article in Issue 8, we mistakenly credited Jean-Emmanuel Guebey for all of the photos. Becca Waterloo also contributed photos to the article.

Two campus articles, "New tuition award opportunity for undergrads" and "Bald is beautiful," were mistakenly placed in the Opinion section.

A picture of Charlie Sheen was mistakenly credited to Simon Brauer. We know Simon's a clever guy, but unfortunately this was not his work.

Illinois Tech baseball to play at U.S. Cellular

By Graeme Port
SPORTS EDITOR

The Illinois Tech Scarlet Hawks Baseball team will play the University of Chicago Maroons at US Cellular Field, the home of the Chicago White Sox, in a scrimmage game on March 8. The game will get underway at 1:00pm.

Since the 2007/2008 season, the two teams have regularly faced off against each other at the end of their respective seasons. In the five games played between the two sides, the Maroons currently hold a 4-1 record over the Scarlet Hawks.

Information on ticket prices, which should only be a dollar or two, will be released closer to the date of the event.

