

# Dancers gain teaching experience

BY SARAH MUIR  
Staff Reporter

Three Truman State students with a passion for dance have turned their talent into a job at the local Dance Studio of Kirksville.

Juniors Mary Schreier and Tara Quintos and sophomore Antoinette Williams work as dance instructors and choreographers, offering many varieties of dance, such as hip hop, tap and People In Motion, which is a performance dance classes, Williams said.

"I love it," Williams said. "I love the job, and the girls I teach are a great group."

Williams said she likes getting to teach the classes. The high school girls are close enough in age to her that they can get along and relate, but still have respect for her as a teacher, she said. Getting to see the girls perform is another enjoyable part of the job, she said, because it shows the finished product of all the training and classes.

Williams has been dancing since she was three years old, she said. Before coming to Truman, she taught classes at a studio in Chicago. During orientation at Truman, she passed by the Dance Studio and immediately wrote down the number to contact them, Williams said. This is now her third year working at the studio, she said.

To come up with inspiration and ideas for choreography, Williams watches dance shows like "Dancing With The Stars" and "Dance Moms." She also looks at videos for the songs she uses and then incorporates those elements with what the girls know how to do, she said. She comes up with choreography



Submitted photo  
Junior Tara Quintos, left, sophomore Antoinette Williams and junior Mary Schreier, right, pose at a dance recital Dec. 17 at the Dance Studio. The students teach young dancers at the studio.

that allows the girls to demonstrate what they know and show off their talent, she said. The dance performances have a theme, which helps with the choreography too, Williams said.

While Williams gets her inspiration from reality shows, Schreier said she gets her inspiration for choreography from watching the movement in cartoons. She recently choreographed a dance about dolls and watched a cartoon movie about dolls coming to life for ideas, she said. She said she likes to observe the movement and then in-

corporate it into routines.

Schreier said her parents enrolled her in dance when she was three years old and she said she loved it and stuck with it.

"Dance is just a great way to express emotions," Schreier said.

Now, Schreier teaches three different levels of People In Motion, her youngest group being for fourth to fifth graders, a dance team prep classes for sixth graders and up and a senior lyrical dance class.

"My favorite part of the job is working with the kids," Schreier said. "They are really inspirational.

They come into class ready to learn and are very receiving."

Traveling throughout northeast Missouri for competitions also is a part of the job, Schreier said. The dancers have been to shows and competitions in Green City, Macon and Milan, Mo., she said.

There are many benefits of participating in dancing, Schreier said. The students learn self-discipline, because class only is once a week and they have to practice outside of class, she said. They also learn teamwork, she said, because dancing isn't just an individual activity.

"I always tell them they have to dance as a unit," Schreier said.

They have to watch their fellow classmates to make sure everyone is in time during the routine, she said. They not only learn how to interact with each other but with other age groups when the classes do things together, Schreier said.

Quintos, who also has been dancing since age three, said her students get a lot out of taking dance classes. They build a relationship with her and get a role model they can look up to and come to for help, even for things outside of dance, Quintos said. They also get a great workout, learn discipline and have fun while doing it, she said.

Quintos teaches girls in middle school and younger in People In Motion 4, where she teaches jazz, hip-hop, tap and two solo classes.

She pulls inspiration for choreography from anywhere, she said. She listens to the songs she uses for routines and then comes up with moves to match the classes' skill level, Quintos said.

Quintos's favorite part of the job is seeing the end result at shows and getting to know the children, she said. They recently had their Christmas show, where not only did her girls get to show off their dancing skills, but the teachers had a dance as well, she said. Quintos said it was cool for the parents to get to see what the instructors had taught their children and also what their children were capable of.

For Quintos, dance is everything. "I'm 21 and my joints make me feel old from so much dancing but I never want to stop," she said. "Dance is therapeutic and anyone can do it."

# Volunteers give blood to gain joy

Blood donors find satisfaction knowing their blood is helping serve an important cause

BY EMILY BATTMER  
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January is National Blood Donor Month, according to the American Red Cross, and some students and faculty at Truman State are answering the call for donated blood by donating whenever they have the opportunity.

As a nursing major, freshman Hannah Haywood said she has spent a lot of time in hospitals and has seen firsthand the need for donated blood.

As soon as she was 17, old enough to be eligible for her high school's annual blood drive, she said she signed up to donate. Since then she has donated as often as she can, and has gained a sense of joy from helping others in return, she said.

"I know there's always a need for blood," Haywood said. "If I can sit there for an hour and give blood to somebody who needs it, why not?"

As an aspiring nurse, she said there is an added benefit — blood drives give her the opportunity to see how the whole blood donation process works.

Before arriving at Truman, Haywood said she often visited hospitals to make sure nursing was the right career path for her. During one of her hospital visits, she said she went to the lab where donated blood was stored.

"It was really affirming for me because I knew my blood isn't going to go and sit somewhere in a warehouse," she said. "It's in a hospital, they're using it and it's going to someone who actually needs it."

While Haywood said she tries to donate during every blood drive, she said she has experienced lightheadedness during past blood

donations and now limits herself to donating a couple of times each year. Despite that reaction to donating blood, she said she would tell potential donors the process doesn't hurt and not to be afraid.

Donors receive the extra incentive of free food, Haywood said, and as a student of Kelly Freeland, family nurse practitioner and nursing instructor, she even received extra credit for class.

Freeland said she advocates for blood donation because it can make a lifesaving difference for people who need it. She said the extra credit she offers encourages students to make that difference.

She said she has seen donated blood at work in the Truman community. She said several years ago, a Truman student was so short of breath she couldn't walk to classes or up the stairs to her residence hall room. After lab tests were done, Freeland said the student was diagnosed with iron deficiency anemia. Her hemoglobin was almost half of what it should have been, Freeland said, and the student was admitted to the hospital.

During her hospital stay, the student received a blood transfusion and started treatment to prevent further blood loss, Freeland said. The transfusion was successful and the student returned to classes without further problems.

Often, emergency room patients are the ones who benefit most, Freeland said. She said she has personally seen patients with anemia and patients involved with car accidents receive benefit. Blood transfusions can benefit a variety of patients with all types of illnesses, accidents or injuries, she said.

Freeland has been a blood donor for about 30 years, she said. She said she tries to donate at least three times each year.

"It just makes me feel good that I'm helping somebody because as a health care provider, I know that there's a need for blood," Freeland said. "I think that it's a great thing to do that

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**February 7**  
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100 East Normal Street

according to: [redcrossblood.org](http://redcrossblood.org)

doesn't take much time, but it can make such a huge difference."

Freeland continues to make a difference through blood donation by encouraging others to donate as well. In addition to giving extra credit to her nursing class, Freeland said she took her teenage daughter to donate for the first time this past year.

"They gave her a special colored sticker so throughout the whole process they know you're a first-time donor," she said. "They know to watch you carefully to make sure you're not having any problems. I think that makes it easier for [first-time donors] to go donate blood and it makes the whole process less scary."

As a seasoned blood donor, senior Courtney Oxandale said she also would offer her support to first-time donors. For anyone who wanted to donate but was afraid to do so for the first time, she said she would go along and

sit with them through the process.

"The biggest thing is going with someone you know," she said. "I would tell them I'll go with you and I can sit by you and we can go through this together. I'll donate right next to you."

Oxandale first donated blood during high school because she said it is an easy way to give back and help people with a basic need. She said she gives blood every time she can, but had to miss a few blood drives after traveling to Africa a couple years ago.

Oxandale said she has gained a sense of satisfaction and a stronger sense of community as a blood donor.

"There's a lot of satisfaction knowing your body is producing something that can help someone else when they're vulnerable," she said. "Just being able to be a bigger part of a community and helping people you don't even know is really gratifying."



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