

ARTS & ENTERTAINMENT

HOOPING IT UP

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According to hooping.org, hula hooping has had its second revolution since the mid- 90's by the rock band The String Cheese Incident. It has now transformed



Photo Courtesy http://i.ehow.com/images/GlobalPhoto/Articles/4760484/111259-main_Full.jpg

into a world phenomenon called "Hooping." Many people all over the world are partaking in this artistic movement. The hoopdance community is known as Hooper's, and they believe hooping to be a direction, expression, hope, and a way of life. Hooping is combined with rhythmic gymnastics, hip hop, freestyle dance, twirling and other dance and movement forms. It also incorporates tricks and technical moves in every aspect. This movement is usually accommodated with music.

Hooping gives people the chance to express themselves freely and energetically. The idea is that everyone can hoop regardless of their age or ability to dance.

This could be the reason why this hobby is reaching the masses. Usually, hooping requires a larger and heavier hoop instead of the more familiar child-like hoop that is lighter and smaller. The larger hoops are better because they rotate around the waist slower while the smaller hoops are hard to catch up with.

Hula Hooping has been around for decades, but the one-time fad has been reinvented in today's modern world. Long ago, hoops were made of metal, bamboo, wood, grasses and even vines. Nowadays, you will see hoops made out of plastic. Many

people like to decorate their hoops by adding fancy clothes, glitter, and a personal touch of their own to make the hoop unique. There are also collapsible hoops out there for people who enjoy exercising. Hooping can build up your strength and balance especially if you combine it with Pilates or yoga.

For those who would like to make a hoop, the basic tools that are needed to partici-

pate in include a PVC cutter, a hair drier, a utility knife, a file (rough cut, perhaps 8" long), sandpaper, and a cloth tape measure. All of these materials can be found at your local hardware store.

Even though hooping has had its second revolution almost fifteen years ago, many people are not aware of the impact it has had on individuals and communities. Many celebrities are hooping to stay fit and healthy. Hooping has even been incorporated on the run way. In general, Hooping is a freedom of expression that has reached the masses from all over the world and is expressed in every aspect in life. Whether you are a youth or an adult, from an urban community or a suburban community, everyone can be a Hooper. Find the Hooper in you!



Photo courtesy http://www.photographyboard.net/images/fbfiles/images/hula_hoop__2_.JPG

THE ULTIMATE SCAVENGER HUNT

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Ready, set, dash for the diamond!! On October 24, Bailey's Jewelers, in collaboration with WRAL, Solas, and G105, will be holding the Ultimate Finders Keepers Treasure Hunt. The scavenger hunt will be held at the Capitol Building in downtown Raleigh. This is a high-tech scavenger hunt where couples will be competing for a diamond ring! Each couple will submit a cell phone number, and clues will be dispersed via texts. Any cell phone model from any company is acceptable.

Registration for this event is free; however, spaces are limited, and couples must be chosen by Bailey's to compete. Potential contestants can go to [\[finderskeepers.com\]\(http://finderskeepers.com\) where they will enter their contact information, submit a photo, and explain to Bailey's why they should be admitted to the competition. Polish up those writing skills to sound utterly fabulous and romantic! Couples do not have to be in a relationship; they may be mother and daughter, best friends, or any other two person combination. Team members must be at least 18 years or older to participate. A Facebook and Twitter page have been set up, so go to those websites and join the groups for more info!](http://www.ultimate-</p>
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If you are chosen to be one of the lucky contestants, be at the Capitol Building at 11 am on October 24 for registration. Be punctual; you wouldn't want to lose the chance at winning a FREE diamond ring would you? The event

will culminate with an after party at Solas in downtown Raleigh at approximately 3 pm.

Bailey's has partnered with Meredith College Communication Club to bring the jewelry extravaganza to Meredith! Bailey's will be hiding Bailey Boxes across campus with a little treasure inside the box. Keep an eye peeled for the famous black and white striped boxes because as you know, the policy is finders keepers! Be on the outlook for the Bailey's car on campus as well.

Encourage as many friends as possible to register for the event! The more the merrier! Even if you are not chosen to compete, it will be a bustling day in Raleigh; this event will be something worth attending even if you are an observer.

