

# Dance team steps to a cultural beat

By Cesar Alvarez  
Reporter

"We, are, Alpha Gamma Psi for, heaven's sake. We are the what? Better steppers makin' no mistakes. All our steps our real. Oh no, they're not fake. To us all others imitate. We're gonna, break it down. We're gonna, turn it out. We're gonna show you what a step show is all about! Like this!"

"And then we just bust it up!" says Victoria Rush, a sophomore, and member of Alpha Gamma Psi, Grimsley's first step team.

You may remember them from the pep rally on the day of the Grimsley/Page game, when Alpha Gamma Psi was unveiled to the entire student body of Grimsley, but they've been together for two years; and some of them have been stepping since elementary school.

Stepping is a type of uniquely African-American dance that is very popular on many college and high school campuses. It involves stomping, clapping, and creating strong rhythms using hands and feet. A step team usually is arranged in lines, or squads. Stepping involves constant motion and sudden transitions between complex and simple rhythms, along with chants and songs.

Alpha Gamma Psi wasn't, until recently, solely from Grimsley, but now all of the members attend Grimsley. They make it a point to represent their school wherever

they go. The members of Alpha Gamma Psi include freshmen: Nita Serrano, Judith Jamison, and Robert Carrington; sophomores: Antwane King, Victoria Rush, Stephanie Miller, Miochie Sparrow, Monique Young, and



Grimsley's step team, Alpha Gamma Psi, practices Alvarez photo their latest routine.

Pamela McWhite; and juniors: Tameka Boulware, Tiffany Hester, Charles Patterson, Tyanna Townsend. King, Serrano, Sparrow, Boulware, Jamison, Hester, Young, Patterson, and Townsend participated in the pep rally. Alpha Gamma Psi has no adult adviser, and is completely self-propelled. They practice almost everyday from 6:00 to 8:00 PM and love every bit of it.

"We accomplish something every practice even though

we play around and have fun," said Miller, a sophomore.

"I have a cousin at A&T that teaches me, and I teach everyone else," says King, a sophomore.

The group of freshman, sophomores, and juniors, possesses a unique bond. They, for the most part, eat lunch together and share the same friends; they are constantly joking and laughing.

"We're like a family; we take up for each other," said King.

They all give each other nicknames such as Ms. Pretty, Monkey, the attitude, and country foot, to name a few. When they are all together there is a thick air of unity and mutual understanding, similar to that of a small sports team or musical ensemble.

"We love what we do, and that keeps us all committed," says Miller.

Alpha Gamma Psi is gradually gaining more and more recognition in Greensboro, from their appearances at the pep rally, a step show against Smith and Dudley, and at the NCA&T homecoming parade. Considering that there are no seniors in the group, they have a long way to go and plenty of time to get there.

"Alpha Gamma Psi from, Grimsley High. We come to show how much we've got that, Whirlie pride. All ya'll other schools who think you're number one. Grimsley's gonna show you how to get the job done."

## Fitness centers satisfy many needs of students

By Whitney Wright  
Reporter

Abs of steel, a solid six-pack—do these words and images grab you off the sofa and entice you to run out and join the nearest workout center? If so, you are following one of the most outstanding American trends, physical fitness. It seems like it is everywhere, and the country is finally opening its eyes.

For many people, this means a move towards exercising and "getting in shape." In an age of convenience, fitness centers are the most accessible way to do this. In Greensboro, they seem to be popping up all over the place and this growth reflects the high demand for good health. Sportime, Fitness Today, and the Y.M.C.A. are among the popular full-scale fitness centers. All of these offer weight training, cardiovascular rooms, and aerobics classes, while only a few of the centers provide swimming pool areas. Places like Ronny Barnes and Gold's Gym focus more on weightlifting, often referred to as nautilus training.

Many Grimsley students are members of one or the other of these different types of fitness centers in Greensboro, deciding to join for different reasons.

John O'Brien, a senior and member of the Guilford College Y.M.C.A., said, "I joined to keep in shape and to exer-

cise."

Keeping in good physical shape is one of the major motivations and overall advantages in going to any fitness center. But for some Grimsley athletes, a good workout complements their current or upcoming school sport. Weight training is one of the major ways to stay fit and to get stronger during the offseason.

Brandon Anderson, a senior and member of Gold's Gym, said, "I am a member in order to get stronger for football." Anderson and many of his teammates spend a lot of time throughout the year in the nautilus room in order to prepare for a strong season.

Fitness centers can also be an excellent source of stress relief. Studies have proven that exercising is an excellent way to relax the mind and reduce stress. Working out can actually be enjoyable and exciting if someone is able to use their favorite machines or part of the fitness center.

Erin Johnson, a junior and member of Fitness Today, said, "I like aerobics class, because it is a fun way to exercise."

Many hold the convenience and wide selection of machines accountable for the success of workout centers. It is easy for someone to get a tremendous amount of exercising done in a half hour.

Kelly Youngken, a senior and Sportime member, said, "My favorite parts are the treadmill and the rowing machine because they allow me to exercise a lot in a short period of time."

Whether you want to climb flights of stairs on the step machine or work your thighs with leg extensions, fitness centers are definitely the place to be.

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## Thanksgiving horror stories

We were moving from Phoenix to Greensboro and it's a three and a half day drive. Well, we ended up having to drive on Thanksgiving Day and the only place open was a McDonald's in Alabama. So that's where we had Thanksgiving dinner.

-Jami Wireman, senior

One year my grandmother got drunk and passed out into her mashed potatoes.

-anonymous

It was Thanksgiving Day and I was in New York with the Grimsley Madrigals. That night, we went to an Italian restaurant expecting a huge traditional Thanksgiving dinner: turkey, potatoes, pumpkin pie. Instead we ate from a big cold Italian buffet. Then after dinner we walked twelve blocks in the cold and rain to the Empire State Building. Then, after going up to the top (where it was snowing), we had to walk fourteen blocks back to our hotel.

-Josh Chambless, sophomore

One Thanksgiving my pagan cousin and my grandfather, a minister, got into a fight. My cousin threw the bowl of stuffing at my grandfather's head.

-anonymous

One time my dad's hand got stuck in the turkey while he was stuffing it.

-Zach Wineburg, sophomore