



# USA Dance Inland Chapter #4012

July-August 2008 Newsletter

[www.usadance-ie.org](http://www.usadance-ie.org)

Issue No. 112

## Compliments: Hard To Give Them, Hard To Receive Them

By Thelma Korpman, Chapter President

We dancers care a lot about our appearances. We want to wear the right clothes, the right shoes, the right make-up and hair, and we want our bodies to have the look of an athlete. Some of us have inherited bodies that include fat cells just sitting idly by waiting to plump up at a moment's notice. These fat cells cause many of us to gain and lose the same 20 pounds multiple times in a dance career which can detract from that athlete's body I mentioned earlier. My fat cells are currently feeling deprived (good for me, bad for the fat cells). This situation has led to many comments regarding my appearance. The same is true for my dance teacher, Kipp Duran, who experienced a 30 pound weight loss due to an illness a year ago; however Kipp has worked hard to maintain his svelte body with running and watching his diet, and a year after the illness is still looking very fit. I was lucky enough to lose 20 pounds simply by stopping a medication I was taking for the last 3 years which produced incapacitating joint and muscle pain leading to a relatively sedentary lifestyle. Sure, I still have aches and pains but nothing like what I experienced until I stopped the medication in December and could finally move again and shed those obnoxious fat cells for as long as I can fend them off!

So, back to the comments regarding appearance. Kipp and I compared things that have been said to us and we realized that it is not so easy for someone to say the right thing even though he or she probably has good intentions. Nor is it easy for us to accept the compliments. So this article will compile suggested ways to give and receive compliments. If you have experiences to contribute – please write to the editor for the next edition.

## 👉 2008 Events at a Glance 👈

More Inland Chapter Nites are coming soon!!!  
Nov. Inland Chapter Festival of Dance

Some of the not so flattering things that were said to me, and also to Kipp, include:

1. "It looks like someone stuck you with a pin and let the air out". Somewhere in there is a compliment but it's hard to say thank you with that image in mind.
2. "You are half the size you were last time I saw you." That to me implies that the person thought I weighed over 300 pounds a year and a half ago. It was only a 20 pound weight loss. It's a sort of compliment but not a comfortable one. Again, hard to say thank you.
3. "You've lost a lot of weight. It's sure been a long haul." This is where I really blew it. It was hard to be gracious and say thank you because of the implication of the "long haul." Instead it left me uncomfortable until someone else who overheard the conversation said that it was really meant to be a compliment. An awkward compliment but a compliment none-the-less worthy of a thank you.
4. "You look like you've lost a lot of weight. Aren't you worried?" Yeah, really worried. Thanks for noticing is about the best response for that one.
5. "You looked better before you lost the weight." I'm sure that didn't make Kipp real happy since I believe he thought he looked pretty good right now!
6. "Are you planning on gaining the weight back?" I'm sure he wasn't planning on gaining the weight in the first place and that comment didn't show much faith in the fight to fend off those fat cells from expanding. That probably doesn't deserve a thank you.

Bottom line – probably thank you (except for numbers 5 and 6 above) and not to over think the compliment is the way to go.

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Inland Chapter at Shake It Up, Redlands





## Inland Chapter of USA Dance Public Dances and Events

Date	Event	Studio	Time/Admission
Fridays	Public Dance (call for schedule)	<b>D &amp; D Dance Center</b> 1445 Spruce Street , Riverside (951) 248-0599	
Saturdays	Public Dance (call for schedule)	<b>Shake It Up Dance Studio</b> 14 E State Street , Redlands (909) 335-5959 <a href="http://www.shakeitupdance.com">www.shakeitupdance.com</a>	8-9 pm Lesson 9-12 Dance \$10 Single / \$14 Couple (includes lesson)
Aug 16th  Sept returns to 1st, 3rd, 5th Saturday	Public Dance (call to confirm)	<b>Steppin' Out with Cindy Roberts</b> 9506 Magnolia Ave., #210, Riv. (951) 785-1674 <a href="http://www.steppinoutwithcindy.com">www.steppinoutwithcindy.com</a>	8:00 to 12:00 pm Dance \$10 8:30 to 9:30 pm Lesson (Included)
1st Saturday Aug 2nd, Sept 6th	Public Dance	<b>Loma Linda Senior Center</b> 25571 Barton Rd, Loma Linda (909) 799-2820	7-11:00 pm \$5
Aug 16th, Sept 20th	Public Dance	<b>Redlands Family YMCA</b> 500 E Citrus Ave (909) 798-9622	7:00 - 10:00 pm Free for YMCA full member \$5 for YMCA basic member \$10 general admission
1st 3rd 5th Sunday	Public Dance	<b>Billy Reed's</b> 1800 N Palm Canyon, Palm Springs (951) 640-7267 Elvia Gomez	2:00-3:00 pm Lesson \$5 3:00-6:00 pm Dance \$5 Both for \$8
2nd 4th Saturday	Public Dance (call to confirm) (SE corner of Pierce & Magnolia, east of 91 Fwy.)	<b>Ballroom Blitz</b> 3751 Merced Dr., Suites F & G Riverside, CA 92503 951-751-0957	7:00 - 8:00 pm Lesson, 8:00 - 11:00 pm Dance \$8 for lesson & dance

**Note:** Prices are set by the studios and subject to change. USA Dance members may receive a discount on dance nights.

*(Continued from page 1)*

Now on to the really nice compliments:

1. "You have a glow about you." That could make anyone feel like a million dollars.
2. "You look so sexy." And who doesn't want to look sexy in middle age?
3. "Who's that beautiful **young** girl?" Whether they mean it or not, one would be a fool to not want to hug the person who says that.
4. This one took a little thought. A woman at work said "I don't like competition". She had to elaborate that she wanted to be the woman that looked the best and some of the attention was diverted elsewhere after a 20 pound weight loss. A most interesting way to view it but probably typical of what many of us ladies feel but do not say. There has been much written about competition between women and that would be a good topic for another day!

Of course the health benefits of weight loss have been well documented and buying all new clothes or fitting into old clothes are added benefits. Then you get the benefit of accepting the compliments relating to your new wardrobe and you get to say thank you again. However, if someone should see you in a pre-weight loss outfit that hasn't been altered and says what was said to me recently: "I didn't realize how big you used to be until I saw you in this outfit and see how it's swimming on you ", you must choose between feeding those idle fat cells some ice cream or just smiling and saying "thank you for noticing."

**USA DANCE MEMBERSHIP APPLICATION FOR INLAND CHAPTER #4012**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:[h] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ [w] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

**Membership Category** (Annual cost per person) Renewal: Y N Member # \_\_\_\_\_

Adult Athlete (19, over) \_\_\_\_\_ x\$60=\$\_\_\_\_\_ Are you willing to help USADance? Y N How? \_\_\_\_\_

Student Athlete (College to 34) \_\_\_\_\_ x\$20=\$\_\_\_\_\_ Social Dancer? \_\_ Competitor? \_\_ Style: Pro/Am? \_\_ American? \_\_

Minor Athlete (18, under) \_\_\_\_\_ x\$15=\$\_\_\_\_\_ Occupation \_\_\_\_\_ International? \_\_

Social Ballroom Dancer \_\_\_\_\_ x\$35=\$\_\_\_\_\_ Hobbies: \_\_\_\_\_

Social Adult Dancer (most people) \_\_\_\_\_ x\$25=\$\_\_\_\_\_ Return application and check (payable to **USADance**) to:

**Plus Local Chapter Dues** \_\_\_\_\_ x\$10=\$\_\_\_\_\_ USADance c/o Martin Smaha Questions? (909) 825-1695

Total Check Enclosed \$\_\_\_\_\_ 823 Elmwood St., Colton CA 92324



**Birthday Wishes**

Marigail Rogers  
Jerry Beckley  
Mel Hodell  
Martin Smaha  
Michael Chu  
Carolyn Hays

Mim Frantz  
Patricia Nihart  
Dorothy Lebovitz  
Mildred Moss  
Martin Lebovitz  
Cam Amos



**New Members**

Irene Ross

**USA Dance Inland Chapter #4012**

c/o Martin Smaha  
823 Elmwood St.  
Colton, CA 92324