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Thanks to "Slumdog Millionaire," bhangra classes centered on a traditional Indian dance are the new fitness craze.

The high-energy number at the end of "Slumdog Millionaire" has inspired an interest in learning Bollywood-style dancing, including bhangra.

FOR SARA/OLIGHT PICTURES



Sarina Jain says her Masala Bhangra dance classes in New York have become popular following the success of the movie.

MARK CLARE ANDREA

By Amy B Wang
Columbia News Service

"Balle! Balle!" Sarina Jain shouted during a packed session at a Crunch Fitness gym in Manhattan on a recent Tuesday night, calling out the rough equivalent of "Who!" in the Punjabi language. Nearly 40 women and one man thrusted and stomped and jabbed the air in the exercise studio in sync to the hit Indian pop song "Jai Ho," which blasted from the speakers.

"Feed the beast of the drums!" Jain exclaimed through her headset. "Shoulders! Shoulders!" and then, "Turn those thighs! Turn those thighs!" as the dancers bobbed their arms and twisted their hands in unison.

No emberant was Jain's sweat-drenched class that the Crunch cleaning staff gathered to watch them through the stu-

dio windows.

You may remember "Jai Ho" from "Slumdog Millionaire." It's the film's high-energy train station dance sequence that enraptured the closing credits. The movie and the number have inspired a growing interest in bhangra, a traditional Indian dance common in Bollywood films. Bhangra classes are popping up across the U.S. after the film won eight Academy Awards, including best picture of 2008.

Jain, who teaches Masala Bhangra at several gyms in Manhattan, says some of her class sizes have doubled since the movie was released. She said participants in her 45-minute class burn nearly 500 calories.

"When people see that scene in the movie," Jain says, "they're, like, 'Honey, that's what we do in class! That's

what we do every Tuesday!"

Jain, who is Indian-American, decided 10 years ago to combine fitness instruction with her native culture by creating the Masala Bhangra workout. She has since trademarked the term and had her routine certified by the Aérolics and Fitness Association of America.

The "Slumdog of India," as Jain is known to some, has her own line of exercise videos and has appeared on Fit TV.

"The only reason I joined the gym was for this class," says Kristin Carey, who credits the bhangra classes at Crunch with everything from greater stamina on the dance floor to newly glowing skin. "I never worked out until now, but this just makes you want to move."

BOLLYWOOD, SE+

Home } Gardening fair

Kent Peterson, owner of Terrace Horticultural Books, a gardening bookshop in St. Paul, can tell that more of us want to learn about vegetable gardening these days: Ruth Stout's "How to Have a Green Thumb Without an Aching Back," once a perennial on his shelves, has been out of stock since last year. And

"Heirloom Vegetable Gardening" by William Woys Weaver (with the foreword by Julia Child), is in hot demand, the last copy selling for \$120.

But we don't need Julia; we can get information for the upcoming growing season at the Fifth Annual Community Garden Spring Resource Fair from 9 a.m.



to 4 p.m. Saturday at Unity Church, 732 Holly Ave., St. Paul.

Highlights include workshops tailored for commu-

nity gardening and ways to enhance our urban food system. There will also be activities for children, educational displays and a town hall meeting on how government can support community gardens and improve our local food systems.

Fair exhibitors include Backyard Beekeepers, the

Minnesota State Horticultural Society and Slow Food Minnesota.

There will be free parking and a \$5 suggested donation at the door.

For details and directions, call Gardening Matters at 612-492-8364 or visit gardeningmatters.org.

—Molly Miller

Reader alert } Group garage sales

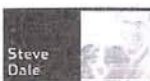
Will you or your organization be part of a group garage or plant sale this spring or summer? If so, we want to know about it. Enter your search information in our online searchable database at twincities.com and watch for information about an e-mail newsletter highlighting area sales. Deadline for entry is April 15. For more information, contact Amy Nelson at anelson@pioneerpress.com or 651-228-5182.

Advice } My Pet World

Reader wonders why dog's paws smell downright tasty

Q } Why do the bottoms of my dog's paw pads smell like Fritos?

A } This isn't an issue idiosyncratic to your dog. I've noticed the same thing. And kinky as it may sound, I've learned to rather enjoy the odor. Veterinary dermatologist Dr. Karen Campbell, head of specialty medicine at the University of Illinois College of Veterinary Medicine, thinks we're both nuts; she doesn't quite know what we're smelling. She says it must either be "the sweat off the dog's paws or maybe the oil gland secretions from their paws — or a combination of both."



American cocker spaniel from animal control. We're told cohears will sometimes favor one family member. TJ has chosen my husband, and that's fine — most of the time. However, when we're watching TV or just being a couple, TJ growls and sometimes lunges in a menacing way. I tell him how angry I am in a stern voice, but this behavior frightens me. How should I react?

—B.B., Franklin, Tenn.

A } "The more he practices (the apparent attempts to move you away from your husband), the more potentially dangerous this is," says veterinary behaviorist Dr. Scott Linn of Atlanta.

Don't allow TJ to continue this behavior. Keep him off the sofa. You can give him something to chew on and a cushy dog bed. If he jumps up on the couch, have your husband place him back on the floor. At first, TJ may be persistent about being relegated to the floor. It's your husband's job to be more persistent. If TJ protests with growls or snarls, don't allow him in the room when you and your husband are watching TV. Simply keeping TJ off the couch likely won't completely

solve the problem. Linn admits. Perhaps TJ growls when you walk by his food dish or when you and your husband are being intimate. In this case, Linn, associate editor of "Merck/Merial Manual for Pet Health Home Edition" (Merck and Co., 2007), suggests hands-on help. Contact a veterinary behaviorist (daveb.org), a veterinarian interested in behavior (avsohonline.org) or a dog behavior consultant (janecoop.com).

Q } My Siamese cat doesn't clean her rear end. She cleans her face and front paws, just not "back there." I don't comb the matted hair; instead, I wash her daily. She's a real people cat but not

when her rear end smells.

What can we do? —M.L., Allenbach, Mich. A } The truth is, most cats can't groom themselves "back there" — we're too rotund to reach. Statistically, at least half of all pet cats are fighting the battle of the bulge. Feline veterinarian Dr. Richard Thoms of Rochester Hills, Mich., adds, "These cats often have fatty folds at their vulva, which makes efficiently cleaning back there more difficult. And infection can also result. Cystitis can also result. This is like living with diaper rash but a lot worse."

If your tabby is not lubby, she likely has a mobility issue. It may hurt her to reach back there to clean. You didn't mention the cat's age, but this prob-

lem is often associated with arthritis in elderly cats. See your veterinarian. If arthritis is identified, pain relief medication may be suggested.

"Cats are happy being fastidious," Thoms adds. "It's exceedingly frustrating, even depressing, for a cat to be unable to clean (itself). If your cat is overweight, it's certainly healthier for your cat to lose weight."

Your veterinarian can suggest a special diet and exercise regimen to gradually help your kitty if she's overweight.

Write to Steve Dale at Tribune Media Services, 2225 Hennepin Ave., Suite 114, DuPage, NY M202. Send e-mail to petworld@stevedale.tv. Include your name, city and state.