

ARIZONA

DANCE

E★

JUNE 2014

statewide listing of performances
master classes | auditions | articles
tips | news | *and more*

AERIAL DANCE

CAMPS • INTENSIVES • WORKSHOPS

DANCE WITH PARKINSON'S ANYONE CAN DANCE!

BONNIE PRUDDEN MYOTHERAPY

FEET - PART IV

DESERT DANCE THEATRE

LEGACY - 35 YEARS

THE GERSHWINS' PORGY & BESS

BEST REVIVAL MUSICAL
2012 TONY WINNER
ASU GAMMAGE

ELIZABETH HEWETT

SCORPIUS DANCE THEATRE

PHOTO BY ED FLORES



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 6

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Table of Contents

Calendar of Events	3-5
Camps, Intensives, Workshops	6-10
Member Announcements	11-12
Regional News	13-15
Photo of the Month <i>Keri Fracker / Ed Flores</i>	15
Social Dance News	16-17
National News / Links	18
Article: <i>Myotherapy, Part IV/ Feet</i> ..	19-25
Article: <i>Dance for Health</i>	26-28
Article: <i>Dancing with Parkinson's</i> ...	29-31
NEW BIZ Talk / JOBS	32
Auditions	33
ADC Member Benefits	34
<i>Rusty Frank</i> brings <i>Jean Veloz</i> to AZ	34
Photos, Dance-Tech Word Cloud	
Funny Dance Instagram	35
Summer Blueberry Smoothie	36
Subscribe to Arizona Dance e-Star	36
Join the Arizona Dance Coalition...	36
Arizona Dance Coalition Sponsors ..	36

Dear readers,

This time of year a lot of us are looking forward to improving our technique, enjoying longer dancing days (and more daylight), taking classes with masters, and preparing choreography for the coming season. Review all that AZ has to offer in the pages within and don't forget to see a performance or two or three! Snowbirds and students from out of state are gone. AZ dancers are relying on YOU for support and applause!

Max & Meryl won the Disco Ball trophy (DWTS) and SYTYCD has begun. Which brings me to [livestream](#). The **World Ballet Competition** held in Orlando FL will be livestreamed (pg 18) June 9-14. [Would you like livestreamed dance events in AZ? Let me know \(performance/classes\).](#)

We have three articles this month covering [FEET](#), [Dancing for Health](#), and [Dancing with Parkinson's](#). Dancing with DP® has come to Phoenix and Tucson (pgs 29-30).

Check out pg 35 for more images, a word cloud and a funny dance instagram. Here's a link to an article "[6 Targets to Teach the Way the Brain Learns](#)" that you may find interesting. It's how we teach dance. It's how we, dance educators, create great learners! (article image pg 35)

Thinking good thoughts for our dance **Tucson Pima Arts Council Lumie** nominees. Congrats to [Dancing in the Streets AZ](#) (Tucson) for winning the **Discount Dance Supply's Best Teacher of the Year Award**, and congrats to **Desert Dance Theatre** for being the first modern dance company in Arizona 35 years ago!

ENJOY!!!

Krystyna Parafinczuk
Editor & ADC Treasurer

The **Arizona Dance Coalition** is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join online at AzDanceCoalition.org. All questions about membership and sponsorship can be sent to Lisa@AzDanceCoalition.org. Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to Krystyna@AzDanceCoalition.org. Additional ADC contact information is on the last page. *Past e-newsletters available at azdancecoalition.org/newsletters/.*



May 31, Saturday 7 pm, June 1, Sunday 2:30 pm.
Herberger Theater Center Stage West, 222 E Monroe,
Phoenix.

The **Scottsdale Ballet Foundation**, in conjunction with **Scottsdale School of Ballet** Directors, Sibylle Acatos-Dadey and Donald Dadey proudly present **Soiree de Ballet 2014**.

We offer the perennial favorite *The Ballet Class*, another original one-act ballet *The Seasons* set to Glazunov's sumptuous score, and a restaging of the vivacious classic *Coppelia Act III*. Special guest appearance by Jose Soto as Franz. Tickets: \$20.50-\$35.50. Robert L. Pela of the Phoenix New Times wrote, Scottsdale School of Ballet, under the direction of big-deal dance mavens, Sibylle Acatos-Dadey and Donald Dadey, has gotten raves for its annual, An Evening of Ballet, spring performance at the Herberger. A performance not to be missed. Box office 602-252-8497.



June 2-6, Monday-Friday, times vary. ASU Gammage, Tempe.

The Gershwins' Porgy and Bess

See what TIME Magazine exclaims is, "A don't miss theatre event! The #1 Broadway musical of the year." Winner of the 2012 Tony Award® for Best Revival of a Musical, The Gershwins' Porgy and Bess is hitting the road in a stunning and stirring new staging, including such legendary songs as "Summertime," "It Ain't Necessarily So," and "I Got Plenty

of Nothing." The Gershwins' Porgy and Bess features one of Broadway's most accomplished creative teams, led by Tony®-nominated director Diane Paulus (Hair), Pulitzer Prize-winning playwright Suzan-Lori Parks (Topdog/Underdog), and two-time Obie Award-winning composer Diedre L Murray (Running Man), bringing George and Ira Gershwin's legendary masterwork to the Broadway stage for the first time in more than 35 years. Tickets boxoffice@asugammage.com, Box Office: 480.965.3434, Group Services: 480.965.6678

continued on the next page



Photo: Kellen Meko

June 5, Thursday, 7 pm. Mesa Arts Center, 1 E Main St, Mesa. **Ballet Etudes Annual Showcase** featuring students ages 4-17 presenting pieces in various dance forms including ballet, jazz, and lyrical/contemporary. Tickets \$17, mesaartscenter.com or 480-566-6500.

For more information on summer classes, call 480-558-2080 or email info@balletetudes.net.

June 7, Saturday, 2 & 6:30 pm. Coconino High School, 2801 N Izabel St, Flagstaff. **Canyon Dance Academy's Aladdin!** Our 13th annual dance concert features our youth dancers in Aladdin, as well as **Velocity Dance Company**, our teen company! Dances were created by each class as part of the Canyon Dance curriculum including composition and choreography, and feature dancers ages 4-30+. It's a wonderful family event, approximately an 1.5 hours long with great narration, storyline, costumes, and set. Tickets are \$6 or \$3 at the door. Call 928/774-3937 for more information.



June 14, Saturday, 6-9 pm. Phoenix Center for the Arts, 1202 N 3rd St, Phoenix.

Dancers and Health Together "Dance for Funds"

Can you imagine changing someone's life through dance? Now, you have the chance. DAHT's objective is to improve people's mental and physical health through the language of movement. We invite you to become a part of this life-changing revolution, to greatly benefit our communities.

There will be many exciting activities at this event, such as dance games, videos, prizes, and more! Food and beverages will also be provided. If you buy tickets online (www.dahtinc.org), you have an opportunity to get extra free raffle tickets for some amazing prizes! **Tuesday, May 13th - Tuesday, June 3rd = 2 raffle tickets, June 4th - June 14th = 1 raffle ticket.** www.dahtinc.org. \$5 admission fee (includes 1 raffle ticket), raffle tickets \$5 each.

Some prizes include:

- Private shopping party at Athleta in Scottsdale Kierland Commons
- Clothing from the Purple Tree (<http://thepurpletree.co/>)
- Phoenix Art Museum general admission tickets
- 4 free lessons to Desert Ridge Music Academy
- Ballet Arizona show tickets & Restaurant Gift Certificates





June 12-13, Thursday-Friday, 7:30 pm. Tempe Center for the Arts/ Studio, 700 W Rio Salado Parkway, Tempe. **Desert Dance Theatre presents LEGACY: 35th Anniversary Celebration and Tribute to Marion Kirk Jones.** LEGACY, a celebration and reunion for Desert Dance Theatre, will present 35 years of past and current repertory as well as remembering highlighted moments about the company's accomplishments presented live and on video. LEGACY is also a Tribute to **Marion Kirk Jones** who passed away on April 4, 2014, almost one month shy of her 93rd birthday. Part of this program will be dedicated to Marion's Celebration of Life as friends, family and colleagues share

memories. Past and present DDT members will perform *The Quickening* by Marion Kirk Jones, *The Butterfly Effect* by Billbob Brown, *Rites* by Lisa R. Chow, *Need Help?!?!?* by Step Raptis, *Arachne* by Marion Kirk Jones, *Cotton Picking* excerpt from **Sister Moses: The Story of Harriet Tubman** choreographed collaboratively by Marion Kirk Jones, Renee Davis and Lisa R. Chow. A fundraising reception will follow directly after the show in the 201 Lounge. For more info, 480-962-4584 or www.DesertDanceTheatre.org. Tickets \$18 Adult, \$15 senior, \$13 student, \$11 group of 5+, Arizona Dance Coalition (ADC), Friends of Desert Dance Theatre (FDDT). Show & Reception \$30 general, \$28 senior, \$26 student, \$25 group of 5+, ADC, FDDT. Reception only: \$15 if paid separately at the reception entrance. TCA Box Office: 480-350-2822 or www.tempe.gov/tca or [tickets](#). **PROMO CODE TO ADC MEMBERS sent via email.**

Brief History of How It All Began: It's amazing to think that this AZ dance company has survived in the desert for 35 years. **Desert Dance Theatre** was founded in 1979 by four Arizona State University dance graduates: **Billbob Brown, Dorothy Anderson, Margie Romero, and Debbie Schofield**, who wanted to dance professionally, but didn't want to move to NY or California where dance was thriving. After obtaining its nonprofit status, the company joined the artist roster of the Arizona Commission on the Arts, which gave them opportunities to tour all over the state and throughout Mexico on the Bi-Cultural Touring Program. They received much encouragement and inspiration from **Marion Kirk Jones**, an ASU dance professor, who acted as a consulting director for DDT since its beginning. Marion had contributed as a choreographer, artistic director and administrator. Her previous history of dance experiences included: dancer in the Lester Horton Dance Company, trained with modern dance pioneers such as Martha Graham, Doris Humphrey, Hanya Holm, Ted Shawn and Louis Horst; and trained at the School of American Ballet with George Balanchine, Anatol Oboukhoff, Pierre Vladimiroff and Muriel Stuart. Billbob Brown, a founding member, was the Artistic Director of DDT for the first 10 years. Then Marion Kirk Jones served as the Artistic Director with Lisa R. Chow as the Assistant Artistic Director/Company Manager and Renee Davis as the Rehearsal Director/Costumer. Currently, Lisa R. Chow assumes the role as Artistic Director with Renee Davis and Step Raptis as Associate Artistic Directors.

Summer Intensives / Workshops



BE School of Dance, the home of Ballet Etudes, will host its annual summer intensive **June 2 - June 26** at its Gilbert studio location, 2401 E. Baseline Road. Instructors will include current Ballet Arizona company members **Tzu-Chia Huang** and **Astrit Zejnati**, as well as Ballet Arizona faculty **Daniel Baudendistel**. **Sharon Seder Meko**, Ballet Etudes' founding artistic director will also

instruct summer program classes. **Susan Gartell**, Milwaukee Ballet, scheduled for **June 6**. **\$10 for non-Ballet Etudes company members**.

Ballet Etudes is proud to offer one of the best and most affordable dance summer intensive programs in Arizona with its students studying ballet/pointe, variations, jazz, lyrical, strength/stretch and character in a positive and invigorating setting. Students throughout the state are invited to attend with no audition necessary. The intensive is a four-week session with the option for students to attend and pay on a weekly basis. Tuition varies based on level where the four week session of unlimited classes for advanced is a total of \$625, or \$200 per week.

To register, please call BE School of Dance at 480.558.2080 or email info@balletetudes.net.

June 9-27. Scottsdale School of Ballet 2014 Ballet Summer Intensive, 14455 N. 79th Street Ste. C, Scottsdale. A three-week session featuring a different Guest Teacher each week and sponsored by the Scottsdale Ballet Foundation. Classes times vary each day Monday-Friday from as early at 9 or 10 am to 3 or 4 pm. Fees range from \$220 - \$780 depending on number of weeks and level/hours. Students will study Ballet/Pointe/Variations/Character as well as Flamenco, Pilates and Choreography. To register, call 480/948-8202.

Week 1 welcoming Kee Juan Han, former Arizona Ballet School director, current director Washington School of Ballet (DC) which won the "Best School Award" at the Youth America Grand Prix for two years, and 2008 Dance Teacher Award recipient.

Week 2 welcoming Christine Spizzo, American Ballet Theatre dancer noted for her "soubrette" roles in *Don Quixote*, *Graduation Ball*, *Sleeping Beauty*, *Romeo & Juliet*, and virtually every *pas de trois* in the ABT classical repertoire. Christine also performed with Mikhail Baryshnikov in *Apollo* and appeared in the ABT "Live from Lincoln Center" telecasts, and in several *Dance in America* programs between 1975 and 1988. She appeared in both Herbert Ross/ABT motion pictures *The Turning Point* and *Dancers*. She was also in *Phantom of the Opera* for ten years on Broadway. She is currently a full-time teacher at the North Carolina School of the Arts.

Week 3 welcoming Nancy Crowley, Pacific Northwest Ballet School faculty since 2013 after a performing career in classical and contemporary ballet companies in the U.S. and Canada. Former principal dancer with Pittsburgh Ballet Theatre, Les Grands Ballets Canadiens, La La La Human Steps, and Ballet Arizona, where she served also as school director and company rehearsal assistant from 2005-2012.

Summer Intensives / Workshops / Camps



Scorpius Summer Aerial Camp, Scorpius Aerial Studios located at Metropolitan Arts Institute, 1700 N 7th Ave, Phoenix. **Aerial Kids** (ages 8-12) **June 9-20, 9 am-10:30 am Monday-Friday** **Aerial Teens** (ages 13-17) **June 16-27, 11 am-12:30 pm Monday-Friday**. 2 weeks, \$150. lisa@scorpiusdance.com or call 602-258-9511
Aerial Class: \$20 per class, Modern/
Contemporary Dance Class: \$10 per class, Aerial Class Cards (7 classes for \$120), Saturday Aerial Combo Deal (2 for \$30 OR 3 for \$40)

ADC Member Discounted Rate \$75 (\$100 to general public) ~ Must enroll by June 7 Early Bird Deadline.

August 9, Saturday, 9 am-12:30 pm. BodyQuest Pilates, 2900 E Broadway Suite 138, Tucson.
Franklin Method Tucson Community Class by Pat Guyton. Release your Neck & Liberate your Shoulders. This workshop will demonstrate how imagery and touch can be used to eliminate stiffness and pain. The Franklin Method teaches functional anatomy using imagery in a fun, informal and experiential environment. Includes Franklin Balls (Fee after June 7 \$150). Fee for entire professional development weekend: 16 PMA CEC's. Register by June 7 to receive an Early Bird rate \$330. \$390 after June 7. To register 520/312-7755. www.bodyquestpilates.com

Phoenix ~ Parkinson's Dance Workshops in June & July, Thursdays, 11:30 am - 12:45 pm. \$5 Elizabeth Keith Movement Education, 16620 N 4th St, Phoenix.

Sponsored by the Muhammad Ali Parkinson Center, this program is modeled, in part, on the Dance for PD® program developed at Mark Morris Dance Group, Brooklyn, New York. Classes begin with a seated warm-up, progress to standing work and graduate to learning and taking dance phrases across the floor. www.movebettertoday.com, 602/885-8006

Tucson ~ Parkinson's Dance Classes, June 25, July 23, August 27. 2:30 - 4 pm. **FREE** Animas Center, 5575 E River Rd, Tucson. www.animascenter.com. Call 520-989-0766 to register. Questions? Contact Magdalena Kaczmariska at magdakacz@gmail.com or Karenne Koo at karenne@evolvedance.org.

CYR WHEEL WORKSHOP H5 STUDIOS @ ASU with Sam Trimble

Spinovation would like to *thank* Urban Arts Club at ASU for hosting and H5 Studios for sponsoring the Cyr Wheel event. **WATCH THIS VIDEO OF THE CLASS:**

<http://www.youtube.com/watch?v=zhLKUvOUolk&feature=share>

Audition / Professional Development Course



Ongoing Grand Canyon University Scholarship Auditions

For incoming freshman and transfer students, there are dance performance scholarships available for up to \$5,000 per year. Auditions for scholarships and

acceptance into the program will take place on Saturdays through June 2014. Students who audition for acceptance into GCU's Dance Education Program will be eligible for performance scholarships. Register online: www.gcu.edu/auditions. Last audition date is **June 13th**. If you are out of town and would prefer to audition by DVD, download the application that includes details on submitting an audition DVD. Contact Dance Director Susannah Keita at Susannah.keita@gcu.edu with any questions.

Priority registration occurs until June 15.

July 26-31 - AzDEO is co-sponsoring **Language of Dance Foundations Part 1** for professional development. This course will be taught by Susan Gingrasso and Dr. Teresa Heiland and will be held at Grand Canyon University, 3300 W Camelback Rd, Phoenix. It is designed for dance and movement educators, classroom teachers and arts specialists who wish to bring movement literacy into their practice. Actively experience, explore and apply the Language of Dance Approach to dance and movement practices to promote dance literacy, support integration of the kinesthetic, cognitive and socio-emotional domains of learning, uncover the pedagogical frameworks that support deep learning in dance to integrate the LOD Movement Alphabet into to artistic and pedagogical practices. The aim of this motif notation pedagogy immersion course is to develop dance literacy among dance and arts educators. We still have several spots available but we will be capping off registration at 30 to ensure the highest quality experience to our participants. Contact Susannah Keita at susannah.keita@gcu.edu. To register, go to www.lodcusa.org. For more information, contact Susan Gingrasso, sgingrasso@lodcusa.org or 715-498-9147.

SUBMISSION DEADLINE

July/August ISSUE
of the
Arizona Dance e-Star
June 25

CALENDAR OF EVENTS listings are taken from the **Arizona Dance Coalition** website postings by ADC members.

All postings of events are restricted to 501(c)(3) organizations *with the exception of charitable and free events, educational workshops and master classes.*

All submissions are monitored. Content may be edited.

AzDanceCoalition.org

Summer Intensives / Workshops

Phoenix ~ June 2-July 3. FREE SUMMER DANCE WORKSHOP @ ALICE COOPER ROCK TEEN CENTER. 13625 N 32nd St, Phoenix. Jazz, Hip Hop, Tumbling & Performance for teens ages 13-19! Monday-Thursday, 4:30-7 pm. Friday 4-6 pm. Saturday Performance Rehearsal from 2-3:30 pm (invitation only). Solid Rock was founded in 1995 by long-time AZ residents and devoted fathers Alice Cooper and Chuck Savale. Maintaining "a kid's worst enemy is *too much time on their hands*," Solid Rock is providing programs and resources lacking in today's schools at the The Rock to fill that time with music, *dance*, fellowship, and vocational opportunities in the sound, lighting, and staging industry. hodgiejo@cox.net, 602-770-5567. www.alicecoopersolidrock.com

Tucson ~ Ballet Tucson's Summer Dance Workshop. May 27 - June 21 (4 weeks)
Classes held at the UA Campus, Tucson. Special Guest Faculty: Melissa Lowe UA Dance (ballet), Charlotte Adams U of Iowa (modern), Mark Schneider (ballet tech), Andrew Scordato NYC Ballet (ballet tech/lecture), Margaret Mullin Pacific NW Ballet (ballet tech/lecture) and Suzanne Erion NYC Ballet (ballet tech). A final performance will be presented at the close of the workshop at the Stevie Eller Dance Theatre. Students who have attended the entire workshop have the opportunity to perform original choreography and classical repertoire. This year's workshop performance will take place on Saturday, June 21 at 3:30 pm. www.ballettucson.org, 520/903-1445. *Here's a clip of Margaret Mullin rehearsing the Peasant Pas de Deux Variation from Giselle:* <https://www.facebook.com/photo.php?v=10152228023363952>

July 14-18. Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. CREATIVE DANCE TEACHER TRAINING with Mettler Studios taught by Mary Ann Brehm, PhD and Griff Goehring, MA. Mettler Studios' Creative Dance Teacher Training provides a full-immersion experience of individual and group dance improvisation and strategies for teaching this material for all ages and abilities. The work is based upon principles of dance developed by Barbara Mettler. *Academic credit is available through the Herberger Institute of Design and Art, School of Film, Dance and Theatre of Arizona State University.* Contact Dr. Pegge Vissicaro, pegge@asu.edu. CEUs are also available through the University of Arizona Outreach College. Tuition: \$300 scholarships available. For more information see www.mettler2014.blogspot.com or contact mabdance@aol.com.

August 5-23. Artifact Dance Project Professional / Pre-Professional Summer Intensive. UA Campus, Stevie Eller Dance Theatre Studio 301, Tucson. Designed to push boundaries, increase stamina and strength and refine skills for absorbing advanced choreographic concepts. \$300 by July 1 deadline (\$5/class). After Aug 3, \$350. Class Card Rate: \$10. Faculty: Claire Hancock, Ashley Bowman, Tammy Dyke-Compton, Christopher Compton. Requirements: 10-15 years ballet, contemporary, jazz, modern. At least 16 yrs old. <http://www.artifactdanceproject.com/#!/summer-intensive/cudj>

SUMMER CAMPS



ZUZI! Dance Camps, 738 N 5th Ave, Tucson. To enroll, call 520-629-0237. Full and partial scholarships available. Email zuzisphere@gmail.com. Sibling discount rate of \$25/child. *Photo by Larry Hanelin*

High Flyin' Arts Camp, 2 week sessions, ages 7-15: **June 2-13; July 7-18, 9 am–3 pm, \$400**. This literature-based art camp allows students to explore the performing arts of music, aerial dance and creative movement as well as theater, writing, drama, visual arts and costume design. Classes will use a timeless, classic, children's story as

a jumping off point for crafting choreography, creating costumes and sets, making works of art and exploring music. This camp will culminate in an integrative performance for parents and friends. The book explored this year will be *The People Who Hugged The Trees* adapted by Deborah Lee Rose. Classes: *aerial dance, creative movement, costume design, music/drama/theater, visual arts & poetry*.

Move It! Dance Camp, 1 week sessions, ages 9-15: **June 23-27, July 21-25, 9 am–3 pm, \$200**

This is an intensive camp for the serious dance student. All experience levels are welcome. Campers will focus on exploring different dance and movement forms. Classes: *modern dance, ballet, aerial dance, yoga & choreography*.



KU Studios, Home of Kids Unlimited, 6066 N. Oracle Rd, Tucson. \$100 each session

Royalty Training Camp, June 2-6, 9 am–12 noon, ages 3-6. Every generation of children wants to be a prince, princess, king or queen. It's time to prep them for their very own Royalty term. Each prince or princess, king and queen will learn all about the Royal Court through the vast library of Walt Disney's most familiar Royal Characters. Our Royalty will explore their favorite characters through story, song and dance. Games and activities are also themed for our most Royal Experience.



Fairy Tale Camp, June 9-13, 9 am–4 pm, Grades 1-4. Each camper will explore the world of fairy tales with as much imagination as they can muster. With the guidance of our Camp Counselors, campers will review a list of Classic Fairy Tales and decide as a team which stories will be studied and told. Our campers will be singing and acting too! Our staff will work hard to bring each Fairy tale to life through costuming, props, and music too! Shh- there might just be some original fairy tales too!



Muppet in Training Camp, June 23-27, 9 am–12 pm, ages 3-6

Uh Oh! Kermit is in trouble again! Our campers will explore their favorite Muppet characters and we'll discover together who is "Most Wanted." Muppet Music, stories, and costumes will be a huge part of our exploration of the always lovable Muppets. The "Muppets Character Encyclopedia" will help us educate our campers in everything there is to know about The Muppets.

Best of Broadway and Television, July 14-18, 9 am–4 pm, 4th grade and up

Explore some award winning musicals. Sing, dance, act and study favorite shows. All camp materials and costumes will be provided.

Character in Training Camp, July 21-25, 9 am–12 pm, ages 3-6

In the world of make believe, Disney is king and your little ones can't help but dream of one day being one of their favorite characters. Skies the limit in the World of Disney!

Member Announcements

COMPETITION DANCE SURVEY! Dancers ages 13-18 are requested to complete a 20 minute survey. The research is exploring the link between competitions and gender. Conducted by **ASU Professor Karen Schupp**. Contact Karen at karen.schupp@asu.edu.



EPIK DANCE CO ~ Teachers and parents! Do you want [The Be Kind People Project](#) to come to you or your child's school? We have been included as an approved supplier for the **AZ Dept of Education Character Education Matching Grant Program!** The ADE will award matching grants of up to \$10,000 to implement age-specific character education curriculum which supports and enhances the academic goals of schools. The application is super easy, but

the deadline is in a few weeks - message me for details! <https://www.facebook.com/sarah.dimnick>

Choreographer Angel Castro, EPIK DANCE CO, is in the **Phoenix New Times - 100 Creatives**. Read it here: http://blogs.phoenixnewtimes.com/jackalope/2014/05/phoenix_choreographer_angel_castro.php

MESA, AZ – The **City of Mesa Department of Arts and Culture** is accepting applications to the Creative Economy Fund, a program that offers *reduced rental fees* to eligible non-profit organizations wishing to use **Mesa Arts Center's** theaters or other spaces for festivals, workshops, performances or other events. Workshop to learn about the program will be at Mesa Arts Center on **Wednesday, June 4, 5 pm**. Grant guidelines and application are available at mesaaz.gov/artsculture. **Deadline to apply is 5 pm, June 27, 2014**. The program is part of a larger initiative to further activate the urban center of Mesa, to increase the growing number and variety of offerings in downtown Mesa, and to continue to build an environment of creativity and discovery in the downtown district. The Creative Economy Fund in-kind grant program intends to provide support to professional and semi-professional organizations that use or wish to use the MAC venues, to bring new cultural offerings to the East Valley and to encourage new partnerships among cultural organizations in the region. Competitive review process expected to provide a total of \$25,000 in rent reduction funding. More info: Casey Blake, PR Director, 480/644-6620, mesaartscenter.com.

Member Announcements

Arizona Dance Education Organization (AzDEO) Honors Teachers and Students

Susan Griffin, teacher at South Mountain High School, was awarded the **2014 Katherine Lindholm Lane Arizona Dance Educator of the Year Award** at the annual Arizona High School Dance Festival at Mesquite High School, February 8th. This award honors a teacher for demonstrating support for and contributing to the larger dance education community, inspiring students and colleagues through example, enthusiasm and encouragement, and advocating for quality dance education and the arts. The **Arizona Artistic Merit, Leadership and Academic Achievement Award** was awarded to **Hannah Burton** and **Alexandrea Foster** from Basha High School, **Courtney Nichols** from Perry High School, **Rylee Locker** from Coronado High School, and **Alicia Gonzales** from Washington High School. Awardees must demonstrate artistic and technical excellence in dance, outstanding leadership at the school, community, state or national level, and demonstrate academic excellence with a grade point average of 3.0 or higher. **Congratulations!**

AzDEO ~ **July 21, Monday, 9 am -3 pm. Back to School Dance Infusion.** Dance Core Arts Standards, Authentic Assessments and Dance Educator Evaluation Advocacy. Denise Rapp's House from 9-3 pm, 5635 E Lincoln Drive #34. Paradise Valley. Cost is free and lunch will be provided. Certificate of hours will be awarded. Please RSVP to Lynn at Imonson@cox.net **by July 16.**

Tucson Pima Arts Council Lumie Arts & Business Awards, Emcee & Host Ernesto Portillo Jr June 6, Friday, 6:30 pm, Tucson Museum of Art Plaza Gardens, Downtown Tucson

\$35 entitles you to enjoy the reception, exhibit, ceremony and music performance by the psychedelic cumbia sounds of Chicha Dust. Want to enjoy the band only, \$5 after 8:30 pm.

Artist Lifetime Achievement ~ ADC member **Julie Gallego** for inspiring students for 30 years and raising appreciation near and far for Ballet Folklorico and the Latino culture.

Rick Wamer, mime artist and UA MFA - Dance Grad, for his one-man shows around the globe and teaching young people in Tucson while promoting innovative arts learning in schools.

Established Artist ~ **Kimi Eisele**, dancer, choreographer, writer, teacher, artist, facilitator and artistic director of New ARTiculations Dance.

Emerging Arts Organization ~ innovative contemporary dance company **Artifact Dance Project**, which collaborates with artists, composers, singers, filmmakers and more.

Congratulations, nominees!

Regional Events

Central Arizona ANNOUNCEMENTS & EVENTS

Arizona Commission on the Arts: The deadline for **Professional Development Grants** for Individuals (PDG) is approaching quickly. These grants are designed to assist Arizona artists, arts administrators and arts educators with funding support for participation in professional development and skills-building activities which contribute to significant professional growth. The deadline is 11:59 pm **Thursday, June 5, 2014** for activities taking place between July 1, 2014 and October 31, 2014. For guidelines, visit <http://goo.gl/Q4hQAK>

5 Crew Dynasty Headquarters, 3114 W Thomas Rd, Phoenix, opens as a training facility for children and adults of all ages for multiple activities such as break dancing and parkour. The main focus is to help people get or stay in shape in a fun way while discovering dynamic possibilities with our body. We teach how to overcome fears and help build confidence. We teach a lot about the urban culture for each art form. Miguel Rosario, 718/208-8452, 5crewdhq@gmail.com <https://www.facebook.com/5CrewDynastyHeadquartersInc>

A message from Kathia Soria, Director, Ballet Folklorico Esperanza, Avondale

We are in the process of creating a yearly scholarship in honor of one of our parents that was killed by a drunk driver in November. I do not know many of the Ballet Folklorico groups in southern AZ and will need your help when we are ready to roll out the program. As of this time we do know that the scholarship will be \$500.00 to \$1000.00, and will be open to any student going to college or a trade program that is a Ballet Folklorico student and will be based on GPA, Community Service and Financial Need. The check will be sent directly to the school to be used for tuition or books. 602/403-1575, PO Box 1486, Avondale, AZ 85323 "Preserving Culture One Dance At A Time" www.BalletFolkloricoEsperanzaInc.Ning.com

The **West Valley Island Cultural Festival** will be donating 50% of the admission fee to the Boys & Girls Clubs of Metro Phoenix, www.wvislandculturalfest.com. Save this date!! Saturday, September 27, 2014, 12 Noon to 7 PM, Dance performances, workshops, Singles Mix & Mingle, and more!! Vendor information is on the website.

Saturdays in June - **Wall-2-Wall** hosts **Weekend Workshops**. *See ad on pg 32 for line up.*

June 21, Saturday, 6 & 9 pm. Phoenix Center for the Arts: Dance at Third Street Theater, 1202 N 3rd St, Phoenix, presents **beta Dance Festival** - an evening of new and exciting dance choreography by Alyssa Brown, Angela Rosenkrans, Crystal Lewis, Diane McNeal Hunt, Erica MacLean, Grace Gallagher, Halo Movement Collective, Hannah Cooper, Jenny Escarpita, JordanDanielsDance, Julie Ackerly, Liliana Gomez, Miranda Manley and RaShawn Hart. We invite friends, family, choreographers, performers and patrons to attend a MIXER in our AWESOME basement between shows! 7-9 pm! Mixer includes appetizers by Carly's Bistro, Live music by City Jazz and of course, beer & wine! Tickets: \$10 one show, \$15 both shows. Michaelakonzal@gmail.com, <http://phoenixcenterforthearts.org/events/beta/>

Regional Events

June 23-28, 10 am - 5 pm. Avondale Sports Complex, Avondale. **Dance Craze Summer Dance Intensive.** Lacey Shwimmer from SYTYCD and Dancing with the Stars is one of the faculty scheduled to teach. Others include *Tre Norfleet, Rufus Rodriguez, Alex Morones, Ryan R. Smith, Emmanuel Moore, Donte Johnson, Bradly Johnson, Chris Torres, Jay Bouey, Epheli, Yana Naftaliev, Spunj, Justyce Dillon and Kayla Amk Tomooka.* All week, different style's of dance will be learned along with a master class from a very well known dance instructor from the HOLLYWOOD scene. At the end of the week, a show is put on where all the dances learned from the week are performed. For more details, contact Felicia L Campos, candalite@netzero.com or PM <https://www.facebook.com/felicia.l.campos?fref=nf>

Southern Arizona ANNOUNCEMENTS & EVENTS

Discount Dance Supply names **Dancing in the Streets AZ** the **2014 Dance Teacher of the Year**. You can read about it [here](#). *Congrats!*

Centre Stage Dance Studio is MOVING! The school maintained space at the El Conquistador Country Club for many years (Oro Valley). We are moving to 10370 N LaCanada Dr, #170 (corner of LaCanada & Lambert), and holding classes in both locations for the time being.

Karen Penazek will be teaching at **Marana High School** this fall. The high school has one of the best dance crews in the country!

New ARTiculations film, **Rosemont Ours**, can be viewed online now at www.rosemontours.com. Rosemont Ours: A Field Guide celebrates the plants and animals of the Santa Rita Mountains of Southern Arizona, and its nearby riparian areas, featuring movement meditations of over 20 species – from Coleman's Coralroot Orchid to Filamentous Algae, Desert Tortoise to Jaguar – performed by trained modern dancers. The video a project of NEW ARTiculations Dance Theatre in collaboration with visual artist Ben Johnson. It was directed by Kimi Eisele and filmed/edited by Ben Johnson.. An original musical score was composed by Vicki Brown and David Sudak. *Kimi Eisele is nominated for a Lumie.*

June 5, Thursday, 7:30 pm. Rincon/University High School Auditorium, 421 N Arcadia Blvd, Tucson. The **Esperanza Dance Project** presents **House of Hope** - a community outreach event raising awareness of sexual violence and inspiring hope for those who have been violated. **FREE.** For more information, esperanzadanceproject@gmail.com, esperanzadanceproject.org.

June 7, Saturday, 1 & 5:30 pm. Rincon High School Auditorium, 421 N Arcadia Blvd, Tucson. **Danswest Dance presents Spring Recital 2014 - Legends in the Making.** \$6 general seating (1100 seats).

June 9-13. BreakOut Studios presents Seeking Center II Summer Dance Intensive. Presented by Above & Beyond Children's Foundation. Guest faculty brought in from Los

Regional Events

Angeles to teach an amazing week of classes. Hip Hop, Jazz, Lyrical, Contemporary, Ballet and so much more. AGES 5 - Adult. (Fees \$79-\$139) Life Moves... Move with us this summer!

— with *Christy Cubbison Smith, Claire Elise, Dani Diaz, Ariana Brown, Elsie Garcia, Todd Wilson, Janna Cernak Zankich, Jeze Zankich, Gakenia Muigai, Katie Miller, Chonique Sneed Project and Lisette Bustamante.* 520-670-1301, www.breakoutstudios.com. Ages 5 and up.

.....
June 10, Tuesday, 3-4:30 pm. Joel D. Valdez Library, Lower Level One (LL1) Meeting Room, 101 N Stone Ave, Tucson. Grant Professionals Association, SO AZ GPA Chapter. **Grant writing consultant, Carolyn Owens**, a local grant writer that has a wealth of experience in grant writing and research for non-profits, will be the presenter ~ <http://www.linkedin.com/in/carolynowens>. Please feel free to share this invitation with other grant professionals that may be interested.

.....
June 15, Sunday, 3 pm. Temple of Music and Arts, 330 S Scott Ave, Tucson. **Dancing in the Streets AZ presents A Midsummer Night's Dream.** Buy tickets online at www.ditsaz.org, slupu1@cox.net, 520/867-8489. \$15-8.

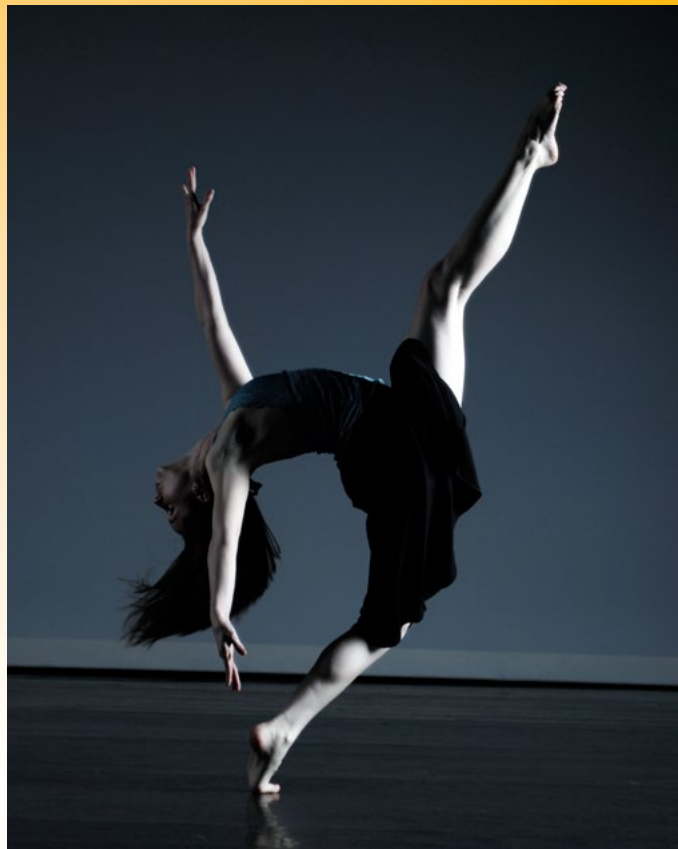


Photo of the Month

Keri Fracker of Scorpius Dance Theatre
 Photo by *Ed Flores*

Athletes, Non-Athletes, Knees, Trigger Points and Bonnie Prudden Myotherapy®

Author Enid Whittaker, Managing Director, has posted a blog on **KNEES GO FIRST** - a summer special! Check it out now! <http://bonnieprudden.com/blogs/athletes-non-athletes-knees-trigger-points-and-bonnie-prudden-myotherapy%C2%AE>

Life is like dancing. If we have a big floor, many people will dance. Some will get angry when the rhythm changes. But life is changing all the time.

Miguel Angel Ruiz

Consider becoming an ADC member, being a part of a statewide dance community and enjoying the member benefits and discounts offered by our members and more than 20 Merchants throughout Arizona ~ *graphic designers, photographers, dancewear stores, dance studios, printers, costume designers, venues, etc.* Review the benefits towards the back of this magazine.

SOCIAL DANCE NEWS



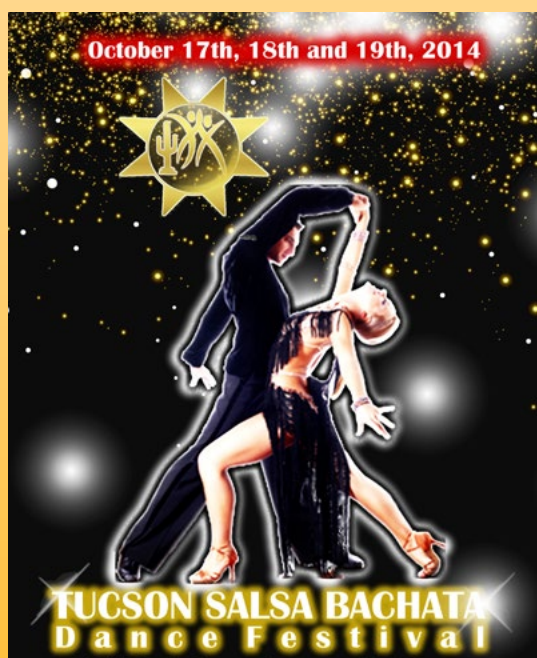
Phoenix ~ June 8, Sunday, 1-6 pm. FatCat Ballroom, 3131 E Thunderbird Rd #33, Phoenix. **Balboa Workshop with Norma and Paul Owens from Ireland.** Progressive classes. Build those basics, fine-tune your skills, perfect your pulses in a 4-hour workshop with the lovely Norma and Paul Owens! Whether you're beginning your balboa love affair or have already fallen head over heels...come along to our one day balboa workshop. It's perfect for all levels from beginners to experts - anyone who wishes

to polish their all-important fundamentals and add on to their Bal. Four classes in Balboa starting with basics. Schedule: Two classes from 1-3, a break/practice from 3-3:30 and then more classes from 3:30-5:30. Then practicing to music until 6 pm. After all that fabulous learning & dancing, join us for dinner out afterwards. \$39 in advance, \$45 at the door.

<https://www.facebook.com/events/317770828373085/>

(Note from instructors: Just a little note - we do strongly recommend slick-soled shoes for dancing Balboa, both in order to learn correct technique and, more importantly, to prevent injury to your joints. Leather soles are ideal, but anything that won't grip the floor is fine. A short heel is also preferable - something like a dress shoe for gents or a 1-3" heel for ladies - but most of all make sure you are stable and comfortable in your footwear.)

TUCSON ~ UA Ritmos Latinos - Rueda de Casino. Summer classes starting June 2: Mondays ~ Int 1 with Ron & Nina; Tuesdays ~ Beginners with Mike & Angelee; 7 pm McClelland Hall Patio. Anyone can join! <https://www.facebook.com/ritmoslatinosuofa?fref=nf>



Tucson Salsa and Bachata Festival, October 17-20, at the Holiday Inn & Suites Tucson Airport - North, 4550 N Palo Verde Rd, Tucson. The festival will have dedicated rooms for Salsa and Bachata. 20+ workshops / 26 hours of instruction plus Social Dancing. Five theme parties, 60 performers and 7 DJs will create an event to showcase the beauty, talent and culture of the Latin dance community. 3-day Full Pass available NOW.

5% off for ADC members. Promo code will be sent to ADC members separately. [facebook](#) here. Call Tonino (774) 451-3955 if you have questions or would like to perform. TucsonSalsaBachataFestival@gmail.com.

Tonino prepared a Guide to Latin Nights in AZ. Thank you! <http://www.tucsonsalsabachataadancefestival.com/#!/Your-Guide-to-Latin-Nights-in-Arizona/c1e60/8255344B-0979-41C8-A186-6F001041F889>



NORTHERN Arizona

FlagstaffDance.com

for the most up-to-date schedule

Wednesdays, The Peaks ~ Alpine Room, 3150 N Winding Brook Rd, Flagstaff (on Hwy 180, North Fort Valley Rd). Group Dance Lessons ~ 6-7 pm East Coast Swing; 7-8 pm Waltz. \$5 one lesson/\$8 for both. Contact *Robert and Kathy* at 928-527-1414 or info@thejoyofdance.net

1st & 3rd Thursdays, Museum Club, 3404 E Route 66, Flagstaff. 6-7 pm line dance lesson; 7-8 pm Nightclub 2-Step; open dancing. \$3 nonmembers/ \$4 for both classes

Fridays, Mad Italian, 101 S San Francisco, Flagstaff. **FREE** Salsa Rueda & Latin Dancing 6:30-9:30 pm. Paul & Nadina Geissler, nadinegeissler@hotmail.com

Saturdays, Galaxy Diner, W Route 66, Flagstaff. Swing lesson & dancing with Tom

Scheel 7:30-9 pm.

Sundays, Canyon Dance Academy, 2812 N Izabel St, Flagstaff (across from Coconino HS) 5:30-6:30 ballroom technique practice 6:30-7:30 open dancing with instructors *John Rudy and Nancy Williams*. \$5. 928-213-0239

Sundays, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. NAU Latin Dance Club 6-9 pm, \$5, Kati Pantisosnik, 928-814-2650, katipan@gmail.com

ADULT CENTER OF PRESCOTT, 1280 E Rosser St, Prescott. 928-778-3000. adultcenter.org.

Tuesdays, Country & Contemporary Line Dance Classes, \$5 / *No charge Silver Sneakers* 5:30 pm Beginners; 6:30 pm Intermediate
Friday Night Dance Party, \$7/\$6 students ID 7:30-10 pm (ballroom, Latin, swing, country, club & tango). *No charge Silver Sneakers*
Fridays, Dance lessons with *Andy Smith and Marilyn Schey*, Rumba, 6-6:45 pm beginners;

6:45-7:30 Beyond Beginners. \$6 one or both lessons. 7:30-10 pm Open Dance \$5.

The COTTONWOOD CIVIC CENTER, 805 Main St, Old Town Cottonwood. AZ We Dance - Contra Dance. 6:30 pre-dance lesson, 7-10 pm dancing. \$7, \$5 students \$4 16 yrs and under. 928-634-0486, azwedance@gmail.com.

CENTRAL Arizona

The **Arizona Lindy Hop Society** has an extensive calendar.

AZSalsa.net covers Phoenix, Scottsdale & Tempe

Sock Hop at 5 & Diner

June 6, First Friday, 220 N 16th St, Phoenix.

June 20, Third Friday, 9069 E Indian Bend Rd, Scottsdale. 7 pm FREE Swing dance lesson; 6-9 pm Live Rockabilly/Swing music, wood dance floor, diner food and vintage cars. Come in a car older than 1972 and eat for 50% off!

SOCIAL DANCE

SOUTHERN Arizona

TucsonDanceCalendar.com

for the most up-to-date schedule

June 8 & 22, Sundays, 5-9 pm

Tucson Sunday Salsa Social hosted by Gerardo & Lupita. Beg/Int/Adv lesson/open. \$10/live band or \$7/DJ. Shall We Dance, 4101 E Grant Rd, Tucson. tucsonsalsa.com **NEW LOCATION**

Tuesdays ~ Maker House, 238 N Stone, Tucson. 7 pm FREE **Blues Dance** lesson & social dance. <http://tucsonbluesdance.com/events/>

Wednesdays ~ Argentine Tango, class 7-8 pm, dance 8-10 pm.

Fridays ~ Warehouse STOMP, 620 E 19th St, Tucson. 7-8 pm Lindy Hop fundamentals with Gayl & Howard. 8-11 pm Open Dancing. \$5 <http://swingtucson.com/calendar/>

Saturdays ~ Armory Park Recreation Center, 22 S 5th St, Tucson

June 14 – Swingin' Saturdays featuring *West Coast Swing*, 7-11 pm, \$7/\$5 w/student ID info@swinginsaturday.com, <http://swinginsaturday.com/about-swingin-saturday/>

June 21 – USA Dance So Arizona Chapter presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

June 28 – TucsonLindyHop.org presents **Bad News Blues Band** for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.

Learn-to-Tango classes at **NEW LOCATION**: STEPS Dance & Fitness, 5813 E Speedway, Tucson.



Jo Canalli & Rusty Cline

Congrats Newlyweds!

Photo by Larry Hanelin

ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

If you host a "community" event (not private studio), you are welcome to submit your information to: Krystyna@AzDanceCoalition.org by the 25th of each month.

National Dance News

NY Public Library Puts Major Dance Video Archive Online

The **New York Public Library** recently digitized thousands of hours of its videos in the **Jerome Robbins Dance Division Moving Image Archive**, from grainy historic footage to contemporary productions along with preservations of culture. Read about it [here](#).

Livestream Channel: <http://www.livestream.com/wbcorlando>

The **World Ballet Competition** will be held in Orlando, Florida, USA, **June 9-14**. Dancers between the ages of 9-24 are eligible to apply as a soloist, pas de deux, and/or group competitor. The World Ballet Competition held it's first edition in 2007, since when it has enjoyed rapid growth in recognition due to it's fairness and transparency. The World Ballet Competition is a prestigious international ballet competition (IBC) historically held yearly in Orlando, Florida. www.worldballetcompetition.com. To see the list of competitors, view [here](#).

Boston Ballet announced May 27 the appointment of **Meredith (Max) Hodges** as the company's new executive director. She succeeds Barry Hughson, who left the company in January to become executive director of the National Ballet of Canada. Hodges is currently executive director of Gallim Dance, a New York-based contemporary dance company that performed at the Institute of Contemporary Art in January.

Starting in September 2015, **William Forsythe**, widely recognized as one of the most important choreographers working today, will no longer run the company that is named for him. He will continue to be associated as an artistic adviser, a press statement announced on Friday. Jacopo Godani, a former dancer with Mr. Forsythe's Ballet Frankfurt who is now a freelance choreographer, was named as the new artistic director. *[Forsythe has joined USC's New Dance School BTW.](#)*

Dance Veterans Join Forces for the Betterment of Ballet, by Allan Kozinn, ArtsBeat, The Culture at Large

The dancer Cynthia Harvey, a principal for many years with the American Ballet Theater, has been coaching and staging ballets since she left the stage in 1996, but lately has had the feeling that there was something amiss in the ballet world – something that she and other retired dancers like Edward Villella, Isabelle Guérin, Ángel Corella and Steven Heathcote could help fix.

Last summer, with backing from a patron who she said wishes to remain anonymous, Ms. Harvey started **En Avant**, a foundation that will present master classes and offer scholarships and mentoring. The foundation will offer its first master classes, which are open to the public, at the Baryshnikov Arts Center on June 7 and 8.

Read the entire article here: <http://artsbeat.blogs.nytimes.com/2014/05/22/dance-veterans-join-forces-for-the-betterment-of-ballet/>

Miami City Ballet has hired a new executive director to partner with artistic director Lourdes Lopez. **Michael Scolamiero**, who has led the Pennsylvania Ballet, will join the Miami troupe on June 30. He replaces Daniel Hagerty, who left MCB last month for family and personal reasons. Read more [here](#).

Painless Dance and Star Performance

By Enid Whittaker, CBPM ~ Managing Director, Bonnie Prudden Myotherapy®

The Feet

Like your other parts, your feet cannot be separated from the rest of you. Hips influence knees and feet, and feet influence knees and hips.

If you are a dancer you probably have very strong, flexible feet. If you are a dancer, especially on point, your feet probably hurt. I can remember as a young ballet student that my toes were black and blue, bleeding, nails were falling off and they hurt. No amount of lamb's wool prevented these conditions. If you are a modern dancer or a dancer who needs only minimum foot covering then you probably don't have this problem.

However, look at your feet! Most people don't give their feet a second thought until they start hurting, or swelling. Then they use band aids in the form of: compresses, corn plasters, cushions, toe separators, toe aligners ad infinitum. Look at your feet. Are they strong and flexible? Do they take you where you want to go? Do they serve you well? If not, maybe you haven't served them well.

The Long Second Toe

This condition is hereditary and is one of the few things you can blame on your parents. The long second toe has two aliases: "Morton's toe," named after Dr. Morton who first understood its enormous influence on the rest of the body as well as the feet; and "The classic Greek foot," given by Dr. Janet Travell who noticed that the people who posed for all the ancient Greek statuary must have had such feet.

No matter what you call it, if you have it you will also have the potential to have bunions, hammertoes, calluses, aching legs, sprained ankles *and* a balance problem.

To find out if you have a "long second toe," don't just look at your toes as they may all be even. With one hand bend your toes down and with a felt marker, circle the first joints of the first two toes. If the joint of the second toe is farther forward in your foot than that of the big toe, you have a long second toe, no matter how far the tips reach. The placement of the joint is what counts.



Circle the first joints of the first two toes

Make sure to look at *both* feet as one may be long and the other not. If this is the case note the difference in your feet regarding calluses and so forth.

The Good Foot vs the Long Second Toe Foot

The "good" foot lands on its heel, and as the weight is shifted forward onto the front of the foot, it lands on the ball of the foot just behind the big toe. This provides a solid tripod, a well-balanced base for the column of the leg, above.

The foot sporting the long second toe is different. From its landing gear, the heel, the foot drops forward onto the joint of the long second toe, which is in the middle of the metatarsal arch. Since these feet are not tripods but knife edges, the ankles are being stressed, the knees are being stressed and so are the hips. And if this is your foot it has been going on since you started walking. On the feet of people who have this condition and must wear shoes, especially tight shoes with heels, there is usually a callus at the point where the front of the foot strikes and another on the outside of the big toe where it constantly grabs for balance, and a hammertoe, or bent second toe. And the start of a bunion. If you walk behind a woman with heels and a long second toe you will note she teeters laterally with every step.



The good foot vs
the long second toe foot

How To Fix The Problem, Improve It Or Prevent It

Why does the long second toe matter to you, the dancer? It affects your balance and leaves you prone to sprained ankles and aching lower legs.

Buy a pair of innersoles and some *thick* adhesive mole skin. They sit side by side at your local pharmacy. First, peel off the backing and then cut out a circle about the size of a quarter and stick it to the bottom of the sole. It should be stuck right on top of the circle over the ball of the foot behind the big toe. Cut a second circle about the size of a nickel and stick it onto the first. Put the inner soles, pads down, in your shoes. Now you have a stable tripod base. If you are a barefoot dancer, you can stick the circles directly on your foot and use electrical tape to bind it on while dancing. You will notice that your balance will be better and your turns easier.



innersoles and *thick* adhesive
mole skin

If you have a long second toe but haven't acquired the side effects yet, go barefoot as much as possible and use the pad and / or the innersole to give stability to your foot.

Plantar Faciitis and Other Dreadful Diagnosis

If you catch it early, almost any muscle problem is easier to fix. So at the very first sign of a problem, work your Bonnie Prudden Myotherapy® trigger points and you will be successful 95% of the time... if it is muscle related. If there really is pathology, it won't work.

Over the years almost every diagnosis and condition concerning the foot and lower leg has walked, or rather limped, into my office. Heel spurs, tarsal tunnel, gout, shin splints, sprained ankles, swollen ankles, weak ankles, turned in feet, turned out feet...and the dreaded *Plantar Faciitis*. In each case, the Myotherapy treatment either totally eliminated the symptoms or greatly alleviated them.

If you have a foot or ankle problem, *first* treat the hips and upper legs as shown in the previous articles. Then treat the lower legs, being especially thorough by doing extra lines and extra points along the lines. Many of the muscles in the lower leg run over the ankle and serve as a stirrup under the foot.

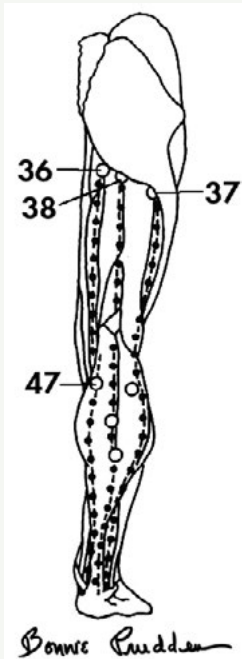
Not long ago a young woman came to me for back pain, but when I took her history she mentioned that she also had plantar fasciitis and wore a brace each night to keep her calf muscle stretched. I quipped that she might not have plantar fasciitis when she left.

After treating her low back pain (which in her case involved the hamstrings), I continued down to the back of her lower leg. It was very tight and had lots of trigger points. I followed this with treatment to the medial, lateral and anterior muscles and then lastly the bottom of the foot and, of course, the appropriate stretches.

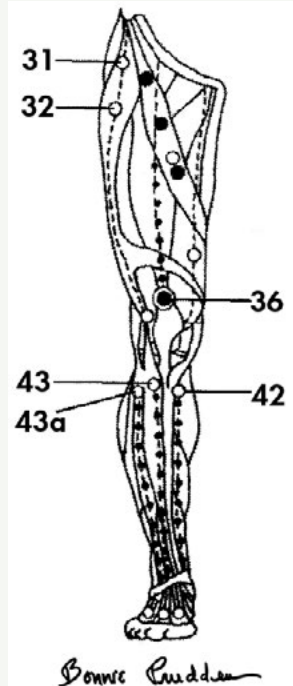
I always have my patients get up and "try out your body" following the treatment. She said her back pain was gone. I asked about her plantar fasciitis. *She kept walking around the room as if she were trying to find it.*

When you have pain and you've been to a doctor who has ruled out *ruptured this* or *broken that*, then figure it is muscles with trigger points *and that YOU can help yourself.*

#1

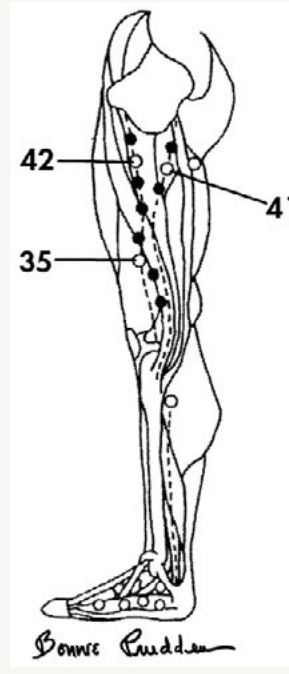


Posterior Leg



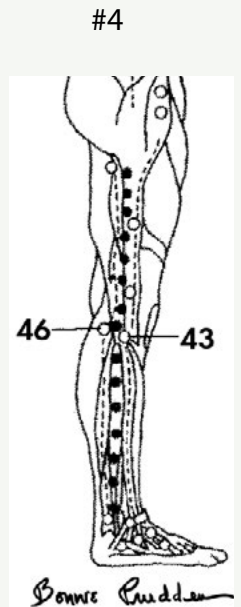
Medial Leg

#2



Anterior Leg

#3



Lateral Leg

#4

Bonnie Prudden Myotherapy® for Your Lower Leg

Treat the back of the lower leg as described in the article last month. Add some extra points and extra lines for good measure.

By now you are almost an expert at finding and treating trigger points.

To treat the entire lower leg, follow the diagrams: #2 #3 and #4.

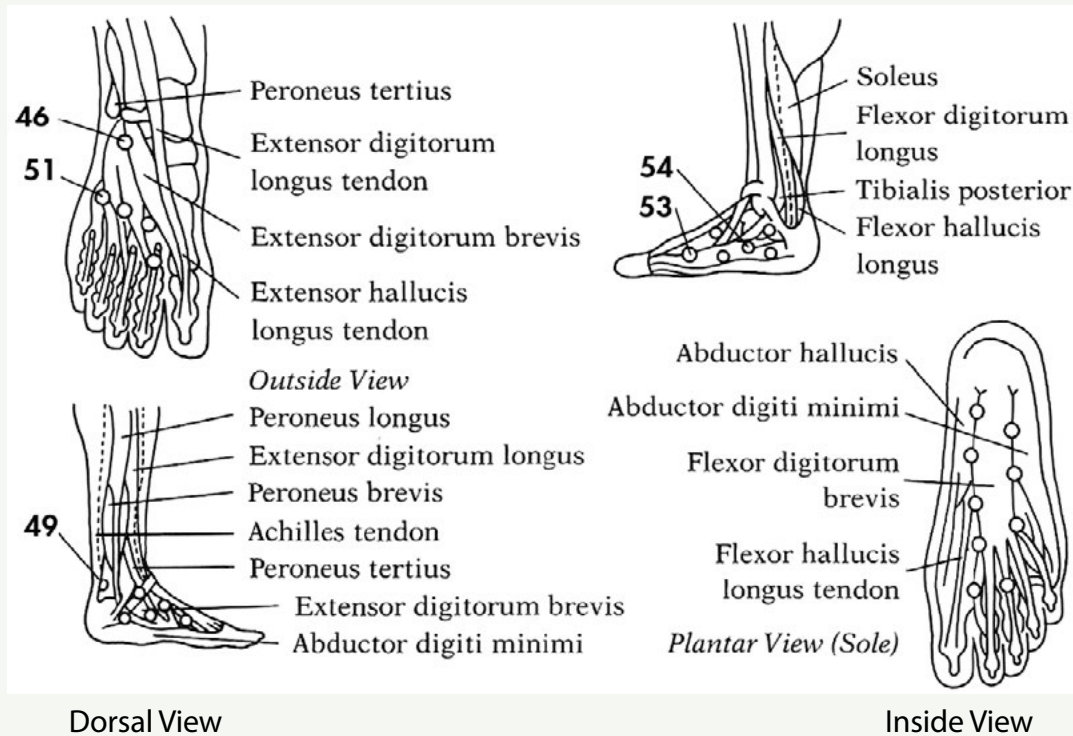
Bonnie Prudden Myotherapy® for The Feet

Now for the feet. There are four (**yes 4**) layers of muscles on the bottom of the foot. And they only really get exercised if you are barefoot. The shoes of today turn the foot into a hoof which means your foot muscles never really get a workout.

Rules For Feet:

- Go barefoot as much as possible.
- Don't run on the road, run on the trail.
- Dance on a wooden floor with spring, not on one with cement beneath it.
- Dance modern, jazz and anything barefoot. Don't go for aerobic dance with shoes and repetitive movements.

Muscles and Trigger Points in the Feet

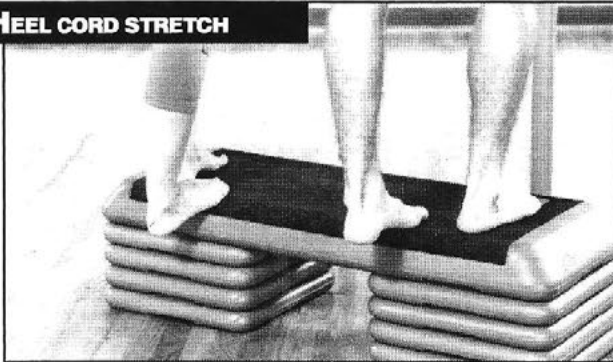


Trigger points anywhere in the foot are apt to be very tender. To treat these points use your finger or knuckle. To save your own fingers you can also use a pencil with a large eraser or even the more rounded end of a Sharpie® pen. Watch your partners face and you will know when you have found the points.

Follow your Bonnie Prudden Myotherapy® trigger point work with exercises for the lower leg, ankle and foot on the next page. *Don't forget to turn on the music.*

Bonnie Prudden Corrective Exercise for **LEG / ANKLE / FOOT PAIN**

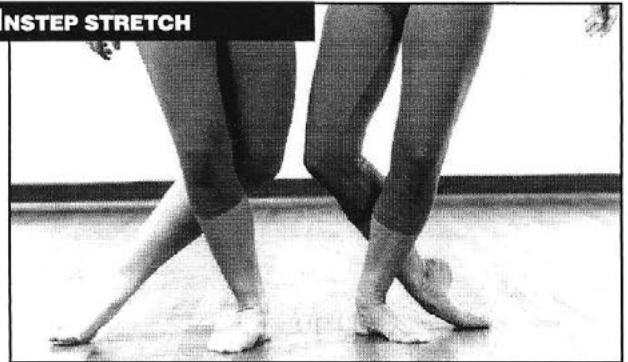
HEEL CORD STRETCH



Stand with both feet on step.

1. Drop the heel of one foot over the edge of step.
2. Gently bounce heel down towards floor.

INSTEP STRETCH

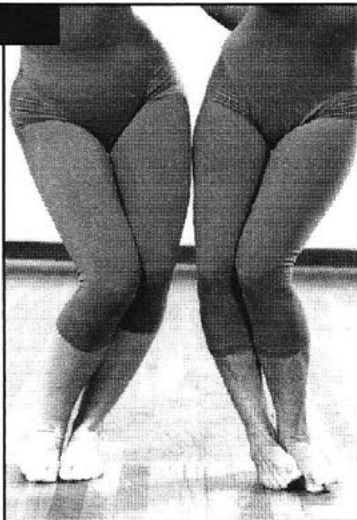


1. Cross one leg behind the other placing top of foot on floor.
2. Bounce ankle towards floor, keeping pressure over big toe.

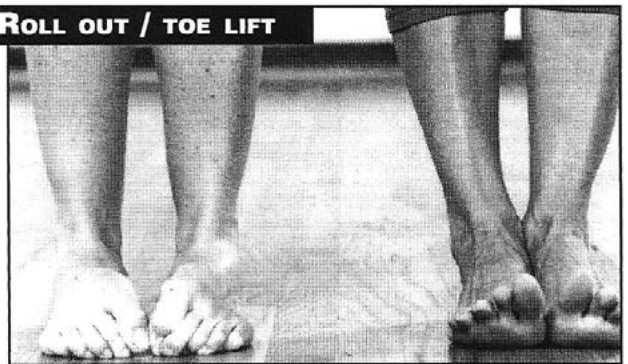
EDGING

Standing with feet and knees together.

1. Bend knees.
2. Shift knees from one side to the other rolling onto sides of feet.



ROLL OUT / TOE LIFT



Stand with feet and knees together.

1. Lift toes off floor.
2. Return to floor.
3. Roll onto outside of feet, curling toes under. return to starting position.

HEEL LIFT

Keep feet facing straight ahead.

1. Lift one heel, pushing ball of foot into floor.
2. Return heel to floor, repeat with opposite foot.



Copyright Bonnie Prudden Pain Erasure 1997 Developed by Lori Drummond

Foot Massage

There is nothing so wonderful as a foot massage. So if you have the chance, take it. Otherwise you can always learn to do your own. Pain Erasure the Bonnie Prudden Way has a whole section on foot massage along with extra exercises for tired feet. When your feet feel goooooo the rest of you says "Ahhhhhhh."

Next month we will learn about **IMMEDIATE MOBILIZATION**: what do you do if you sprain your ankle and have to dance the next day.

For more information about Bonnie Prudden®, Bonnie Prudden Myotherapy®, workshops, books, self-help tools, DVDs, educational videos, and blogs visit www.bonnieprudden.com or call 520-529-3979. If you have questions, need help or would like to arrange a Bonnie Prudden Myotherapy® workshop for your dance club / organization, contact me and I'll help you out.

Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy® Inc.

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*About the Author: **Enid Whittaker** began working with Bonnie Prudden in 1971. In her capacity as Associate Director, Enid presents seminars and lecture/demonstrations on exercise, Bonnie Prudden Myotherapy, stress relief and fitness The Bonnie Prudden Way for national conference, clubs and businesses.*

*Enid Whittaker, Managing Director, Bonnie Prudden Myotherapy, Inc.*

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Why People DANCE for their HEALTH

Thanks to the tremendous success of *Dancing with the Stars* and ZUMBA®, many more people opt to get fit by dancing because they have seen it work for so many on television shows. Dancers may be tired after their performance; they may have a few aches and pains; but no one can deny they exude happiness because of their accomplishments and their very fit bodies. And who doesn't want to be happy and fit? Here are the top five reasons people dance:

1. Increases weight loss
2. Produces happiness (dance therapy)
3. Reduces the risk of Alzheimer's/dementia
4. Strengthens the body and increases flexibility
5. It's easy to do— *just put on a song!*

WEIGHT LOSS

Dancing burns calories. How much depends on the style of dance, how long you are dancing, your body, age and diet. Waltzing, because it is slower, would burn about 120 calories (1 hour), compared to 429 calories burned doing Zumba®, the Latin dance fitness craze. Try these online calculators to determine how many calories you would burn given your individual body:

Zumba Calculator:

<http://caloriesburnedhq.com/zumba-calories-burned/>

Fit Day Calculator:

https://www.fitday.com/webfit/burned/calories_burned_Ballroom_slow_e_g_waltz_foxtrot_slow_dancing_.html

Centers for Disease Control and Prevention website states that you should execute “up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous, intense aerobic activity, or an equivalent mix of the two each week.”

Increased heart rate generally means more calories lost. So it is up to you on how intense you can dance and for how long. In the article *Physical Activity for a Healthy Weight: How much physical activity do I need?*, the Centers for Disease Control and Prevention website states you should execute “up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week.”



HAPPINESS (DANCE THERAPY)

Pleasure is a basic need and dancing fulfills that need as it can be social, it can elevate your *endorphin* levels releasing *dopamine* – the “happy” chemical, and it can make you forget your woes because you need to focus. Plus great music motivates dancing and also releases dopamine. Not only is dancing a great vehicle for finding happiness, it is also a creative outlet giving you a unique form of expression. By increasing endorphins and accessing a creative outlet, dance has a positive affect on the mind both physically and mentally.

Why People DANCE for their HEALTH *continued*

REDUCES THE RISK OF DEMENTIA AND ALZHEIMER'S DISEASE

The **New England Journal of Medicine** did a 21-year study of senior citizens ages 75 years and older who did not have dementia or Alzheimer's. The participants executed many physical and cognitive activities, such as crossword puzzles, bicycling, and dancing. The study showed that **dance was the only physical activity that could reduce the risk of dementia and Alzheimer's by as much as 76 percent if done often.** Richard Powers, the author of ***Use It or Lose It: Dancing Makes You Smarter***, states, "*The best advice, when it comes to improving your mental acuity, is to involve yourself in activities which require split-second rapid-fire*

decision making, as opposed to rote memory (retracing the same well-worn paths), or just working on your physical style." Dance, especially ballroom dancing, is a perfect example of Powers' statement because it accesses many different brain functions while you are "*thinking on your feet!*"

STRENGTHENS THE BODY AND INCREASES FLEXIBILITY

Dance can strengthen your whole body and increase flexibility because the exercises and patterns performed in ballet, jazz and modern have been historically structured to do both *simultaneously*. Most cool downs after Zumba® or a Cardio Dance Class end with stretching, but do not engage the

Dance was the only physical activity found to reduce the risk of Alzheimer's by 76%.

entire body as thoroughly as a traditional dance class. As a result, dancers have long and lean muscles and a significantly greater *range of motion*. Plus, you may stand a little taller and acquire that much envied *dancer's look!* Just remember, warming up and gentle stretching before a dance lesson are important practices to prevent injuries.



CAN BE EXECUTED BY ANYONE

One of the coolest things about dance is that it is a *universal language* **anyone can speak**. Dance does not have to be about being on two feet; it is about moving what you have. Regardless of your age or abilities – *dance can be for you!*

Recently we have seen what Amy Purdy, a double amputee, could do on **Dancing With the Stars**. It was amazing. Wheelchair dancing is a Paralympic sport (<http://www.paralympic.org/wheelchair-dance-sport>). And Chinese deaf and blind artists were seen performing an incredible dance for the Beijing Olympics (<http://www.downvids.net/chinese-blind-and-deaf-artists-performing-at-the-beijing-olympics-368132.html>). Literally, dance is for anyone!

Why People DANCE for their HEALTH *continued*



The benefits of dance can be realized in many different forms. Explore what works for you. Go to a dance club, a dance studio, or just dance in front of your TV or mirror to get started! And have fun getting fit!

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Ambrose, Anne F., Buschke, Herman, Derby, Carol A., Hall, Charles B., Katz, Mindy J., Kuslansky, Gail, Lipton, Richard B., Silwinski, Martin, Verghese, Joe. *Leisure Activities and the Risk of Dementia in the Elderly*. The New England Journal of Medicine. 19 June 2003 <<http://www.nejm.org/doi/full/10.1056/NEJMoa022252>>.

Physical Activity for a Healthy Weight. 13 September. 2011. Centers for Disease Control and Prevention. 19 May 2014 <http://www.cdc.gov/healthyweight/physical_activity/index.html>.

Powers, Richard. *Use It or Lose It: Dancing Makes You Smarter*. Stanford Dance. 30 July 2010. Stanford Dance Division. 19 May 2014 <<http://socialdance.stanford.edu/syllabi/smarter.htm>>.

Dance is for ANYONE! Just **START!**

About the Authors:

Mary Lane Porter, BFA Dance from Arizona State University, has been dancing for 22 years in the competition, modern, and post-modern styles. Combining her business skills, activism, creativity and dance, Porter created *Dancers and Health Together, Inc.*, in 2009 and works to improve people's mental and physical health through the language of movement. marylane@dahtinc.org, 580-504-3611, PO Box 13303, Phoenix AZ 85002 <http://www.dahtinc.org/>

Some stats, facts, and links were provided by e-Star editor **Krystyna Parafinczuk**.

Why take "dance" out of dance workouts? Just read this very interesting article and this seemed like the right place to list it:

http://www.huffingtonpost.com/nadia-khayrallah/ballet-workout_b_5275859.html

DANCE WITH PARKINSON'S ... Now in Tucson! Who can participate? **ANYONE!**

Anyone with Parkinson's is, of course, welcome, as are partners, spouses, friends, and caregivers encouraged to participate. Anyone interested in learning more about the program or volunteering is also invited. Magdalena Kaczmarek, Karenne Koo & Tegan McKenzie, through the vehicle of **Evolve Dance West**, launched Dancing with Parkinson's pilot class on March 12, 2014. Monthly classes are held on Wednesdays, 2:30–4 pm, at the Animas Center, 5575 E River Road, Ste 121, Tucson, AZ 85750 (NE corner of River & Craycroft). Dance with Parkinson's classes, modeled after the Dance for PD® classes created by Mark Morris Dance Group/Brooklyn Parkinson Group.

Read more on the following page.

Dancing with Parkinson's



On a balmy February day in Brooklyn, a large sunlit dance studio slowly fills with a diverse group of men and women. On the outside they do not seem to have anything in common, however, there is something that unifies them. They have Parkinson's disease. Some come with their friends, spouses, partners or caregivers. Others come alone. As they take off their shoes, jackets and scarves, deposit their belonging in the corners and settle into one of the chairs set out in a sun-burst pattern on the floor, the telltale signs of Parkinson's are

apparent: hands that shake, muscles that stiffen, heads that stoop. Some, reluctant to participate, gravitate toward the corner, or slouch in a wheelchair. A musician enters and sits at the piano. A dancer sits in a chair in the middle of the sunburst, his colleague across from him. With gentle guidance, he begins leading the group through a warm up consisting of a modified sun-salutation, arms widening from the shoulders, scooping up, palms and eyes meeting above the head, connected palms and arms diving down. The group follows, symptoms, at the moment, appear to slip away. The group is beginning their dance class. **It's called Dance for PD®.**

Dance and movement is everybody's right.

Dance for PD® was created over ten years ago in collaboration between Brooklyn-based internationally renowned modern dance company Mark Morris Dance Group and Brooklyn Parkinson's Group. The dance classes are designed specifically for individuals with Parkinson's to practice the myriad ways in which dance is particularly beneficial for people with PD.

Why dance for PD?

Many people, when hearing the words dance or dance class, respond with incredulity, reluctance, even fear. Many have been conditioned to think of dance as an elitist art form and endeavor reserved for a select group of professional individuals. "Our society tells us again and again that there are people who can dance and there's

everybody else, who shouldn't even bother. And I think that is such a tragedy." (David Leventhal, former Mark Morris Dance Group company member and founder of Dance for PD®). Dance for PD was designed under the belief that **dance and movement is everybody's right.**

Dance, as an activity, is perfectly suited for individuals with Parkinson's:

- *Dance develops flexibility and instills confidence.*

- *Because of its inherent mind-body connection, dance builds body and spatial awareness while emphasizing rhythm, thereby assisting in gait and balance.*

- *In a fun way, dance trains and challenges the mind to learn complex and new phrases and concepts, which increases memory, builds focus and multi-tasking skills.*

Dancing with Parkinson's continued

•Dance for PD® introduces the freedom of play and imagination through creative combinations, adapted choreography and structured and guided improvisation.

•Dance for PD® develops a sense of unity and community.

•Dance for PD® creates a judgment free, accepting and supportive environment designed to explore individuality through self-defined challenges.

•Dancing is fun and brings joy.

•Dance for PD® is NOT therapy – each participant can bring to the class their own personal goals, ideals or desires. As class member, Reggie Butz stated, “When the dance class is going on, there are no patients. There are dancers.”

Class Description

Class is usually held in a dance room, although any large room with a smooth floor, or short carpet also works.

The class begins seated in chairs arranged in a circle, if the class is small, or in a sunburst pattern (concentric circles). The chairs are far enough away from one another, or staggered to allow each participant to move freely without the fear of hitting anyone. Depending on the size of the room, the instructor(s) will either sit on one end of the circle, or in the middle in two chairs facing one another to allow each half of the room to have full view of the exercises at all times.

The class begins by slowly and gradually awakening and warming up the body, mind and voice while seated. About halfway into

Dance for PD® is NOT therapy.

the class, participants transition to standing, using the chair or ballet barres for one- or two-handed assistance in balance. After this, chairs are cleared away and the class is guided through a few rhythmic exercises across the floor.

Everyone is encouraged to participate. If individuals prefer to stay seated the entire class, seats are left around the perimeter of the room, or classes are adjusted to accommodate these participants.

Who can participate?

ANYONE who has Parkinson's is welcome, and partners, spouses, friends, and caregivers are also encouraged to participate. If you are interested in learning more or volunteering, you are welcome as well.

Professional dancers and dance teachers fulfill the requirements to be accepted into the teacher training program at **Mark Morris Dance Center**. After completing the training, teachers are allowed to teach in the style of Dance for PD®. After teaching a certain number of hours and receiving their certification, they are allowed to use the trademarked logo.



Dancing with Parkinson's continued

Magdalena Kaczmarska, Karenne Koo and Tegan McKenzie, through the vehicle of Evolve Dance West, launched Dancing with Parkinson's pilot class on March 12, 2014, with great success. Nineteen participants danced and moved with joy. Monthly classes are held on Wednesdays, 2:30–4 pm at the Animas Center, 5575 East River Rd, Suite 121, Tucson AZ 85750 (NE corner of River and Craycroft). Currently we are able to offer only one class per month – please check with Animas or with **Evolve Dance West** for updated schedule.

*About the author:*

Magdalena Kaczmarska was accepted into and completed the Dance for PD® teacher training in Brooklyn, NY, February 2013. She is a Tucson-based dancer trained in classical ballet and Polish folk dance, and is an established dance and movement teacher in the Tucson community, on faculty at BreakOut Studios and Animas Studio. In the fall she begins working towards her MFA in dance performance and choreography at the University of Arizona.

Evolve Dance West, 520-331-5726
magda@evolvedance.org



About the organization: **Evolve Dance Inc.** is a 501(c)(3) nonprofit dance organization founded in 2006. Our mission is to pursue understanding, advancement and realization of the human experience through dance. We are a group of artists working in communities of dance practice, and for dance in community life, local to global. In January 2014, we formed **Evolve Dance West**, the Tucson-based, professional performing arts company of Evolve Dance Inc. Evolve Dance West is committed to sharing the experience of dance and participatory movement within Southern Arizona communities and to encourage a collaborative environment of artistic creativity, where each individual can be the creative energy and force.

Karenne Koo is a founding member of Evolve Dance Inc. and is trained in Mettler-based creative dance movement. She dances ballet, modern and hula. Karenne is scheduled to receive teacher training in Dance for PD® Fall 2014.

www.evolvedance.org, 914-522-2419
info@evolvedance.org
kareene@evolvedance.org

BIZ TALK

BIZ Talk is a new section where YOU can have something to say - exactly the way you want to say it. *But it will cost you.* If you are interested, please email Krystyna@AzDanceCoalition.org or call 520-743-1349 for rates and sizes.

ADC members receive discounted rates.



**Reasonably priced dance classes
for Teens & Adults
because it's NEVER-2-LATE
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McClintock Center near ASU & Tempe Marketplace

Wall-2-Wall hosts Saturday Workshops in June

June 7 - **Nian Cadman Dake**

12 noon - Adult Tap, 1:30 pm - Adult Jazz

June 14 - **Krista Walker**

12 noon - Contemporary, 1:30 pm - Jazz

June 21 - **Kristie Betz**

12 noon - Int Tap, 1:30 pm - Adv Tap

June 28 - **Liisa Walimaa**

12 noon - Partner Yoga, 1:30 pm - Yin Yoga
Registration [here](#).

JOB POSTINGS

Arizona Commission on the Arts jobs page:
<http://www.azarts.gov/news-resources/jobs/>

Glendale: **Glendale CCC Dance** seeks adjunct professor to teach intermediate/advanced Ballet/Pointe. Masters Degree and significant teaching experience in Ballet. Other teaching opportunities may be available. Email resume or CV and letter of interest to GCC Dance Program Director Rebecca Rabideau, rebecca.rabideau@gccaz.edu.

Mesa Arts Center, Mesa: Dance Instructor
Contact Billy Jones at billy.jones@mesaartscenter.com or 480-644-6541.

Mesa: **Sequoia Star Academy** PT Dance Instructor M-F afternoons / middle & high school. \$10-\$12/hr

Scottsdale: **Rancho Solano Preparatory School**, part-time Dance / Middle School

Surprise: **West Valley Conservatory of Ballet:** Creative Movement, Ballet, Jazz and Tap Instructors & Performers: Ballet, Jazz, Tap and/or Contemporary. Perform to educate in West Valley schools. Option to teach in afterschool programs through same district areas. Stephanie Savage, 623-208-5905, admin@wvballet.org. www.wvballet.org

Tempe: **ASU** Program Coordinator, School of Film, Dance & Theatre. \$26,000-\$33,600.

Tucson: **Tucson Unified School District** Dance Teacher Cragin Elem School
Pueblo Magnet HS, Tucson Magnet HS (Jazz & Ballet Folklorico).

Ballet Rincon, east Tucson. Ballet Instructor. 520-574-2804.

AUDITIONS

NATIONWIDE DANCE AUDITION LINKS

Dance.net ~ <http://www.dance.net/danceauditions.html>
DancePlug.com ~ <http://www.danceplug.com/insidertips/auditions>
StageDoorAccess.com ~ <http://www.stagedooraccess.com/>
DanceNYC ~ <http://www.dancenyc.org/resources/auditions.php>
BackStageDance.com ~ <http://www.backstage.com/bsd/dance/index.jsp>
SeeDance.com ~ <http://www.seedance.com>

Arizona DANCE Festival

October 9-11, 2014

*Application available NOW for pros
emerging artists & individuals*

**All Genres | All Styles
Deadline June 6, 2014**

Download form here. \$25 non-refundable application fee | \$10 for ea add'l piece.

For more information, contact
Lisa@DesertDanceTheatre.org or call

480/962-4584

The Arizona Dance Coalition is making connections!

The **Arizona Dance Coalition** recently became a member of the **Americans for the Arts** organization. We are now a part of the **pARTnership Movement**, an initiative from Americans for the Arts to reach business leaders with the message that *partnering with the arts* can build their competitive advantage. ADC is looking to connect with businesses to promote and advance our mission. To learn more about the pARTnership Movement, visit partnershipmovement.org/the-movement/.



Arizona Diamondbacks DANCE DAY Event

Sunday, September 28, 1:10 pm

Do YOU want to DANCE?

Looking for dance groups to participate and perform a routine choreographed for the event on the field during pre-game. In addition, discounted ticket offers to *participating* groups will be provided. FUNDRAISER for nonprofit & school dance groups ~ Receive proceeds from every ticket sold. **Please inquire.**

Contact Lisa Chow at Lisa@azdancecoalition.org or 602-740-9616.

ARIZONA DANCE COALITION Member Benefits & Perks

The ADC offers *four* types of memberships:

Individual \$20 ♦ Organization \$50
Venue/Presenter \$100 ♦ Sponsor \$100 plus

Membership and dues renew annually and ADC organizes an Annual Member Meeting in January to discuss the state of dance in Arizona featuring guest speakers. See the last page for details on joining. Membership entitles you to ~

- ADC Membership Directory ~ inclusion and online access, plus a PDF document with live links
- Posting events on the ADC website Calendar of Events* which are then prominently featured in the *Arizona Dance e-Star** with a photo & live links
- *Arizona Dance e-Star* monthly e-newsletter received *in advance* of subscribers
- Member Spotlight opportunity in the *e-Star*
- Performance opportunity in the ADC Member Showcase (*when production funds are available*)

- Posting classes on the ADC website Class Page*
- Board Member Nominations (December) & Annual Membership Meeting Voting Privileges (January)
- ADC Lifetime Achievement Award Nominations (March)
- Merchant Discounts and periodic member-to-member discounts
- Affordable Venue General Liability Insurance for 1-2 day performances. *We have renewed our policy to continue this benefit for our members because we know the cost of insurance (\$400-\$500) would prohibit most individuals and small companies from producing in a professional theatre. Current fee is \$75/1 day; \$150/2 days.*
- **NEW** ~ Discounted *Arizona Dance e-Star* Advertising Rates. Inquire for details.

* All postings of events and classes are restricted to 501(c)(3) organizations with the exception of charitable and free events, community festivals, educational conferences and master classes.

ARIZONA SWING JAM ► with Jean Veloz & L.A.'s Rusty Frank!

The Arizona Swing Jam XVIII October 3-5: Groovie Movie Edition with 90-year-old dance legend Jean Veloz and L.A.'s own Rusty Frank.

Join us for our 18th year of the Swing Jam for a weekend of dances and classes at the FatCat Ballroom and a hike in Sedona. More details at www.AZLindy.com/events.

Here are two movie links with Jean: Groovie Movie (1943) and Swing Fever (1943)

Attention Non-ADC Members

Your performances, workshops, and master classes are mentioned in the **Regional Section** of the *Arizona Dance e-Star*. We welcome your **announcements**: job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs & Festivals. Keep Arizonans informed!



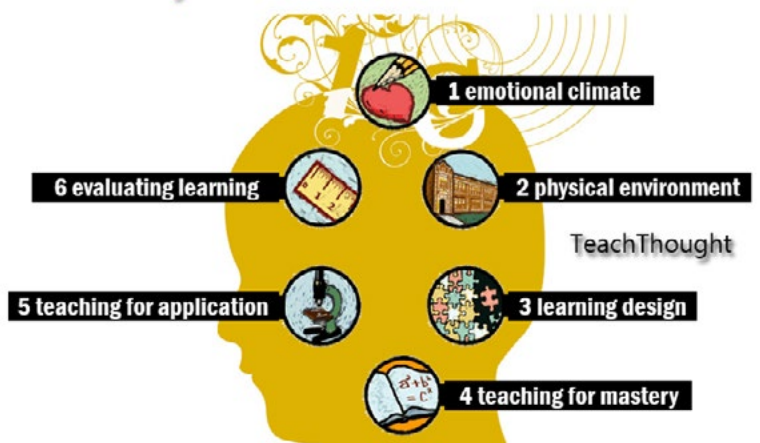
Rusty Frank is coming back to AZ & bringing Jean Veloz with her! pg 34



DDT Congrats on 35 years!



6 Targets To Teach The Way The Brain Learns



REFRESHING SUMMER SMOOTHIE

by Lisa Roberts-Lehan (*Clean Plates* Author)

Smoothies made with organic, quality ingredients are easy to prepare, can be full of vital nutrients and *won't heat up the kitchen on a hot day*.*AND we know about "hot" days!*

Blueberry Bliss (serves one)

1 organic banana, peeled, broken into 2 pieces
 ½ cup organic blueberries
 ½ cup young coconut meat or ½ cup organic blackberries
 2 ice cubes
 Water or coconut water to thin
 Optional 1 tsp maca powder
 Optional 1 scoop protein powder (of your choice).

Combine all the ingredients in a blender.
 Process on high until smooth. DRINK!



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JOIN ADC



Become an Arizona Dance Coalition Member ~ online (PayPal) or snail mail / click on the icon to download application

Board Members are needed with expertise in organization & event planning, marketing/graphics, writing and computer/website maintenance.
Help us grow and make a difference.

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Desert Dance Theatre



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Lisa Chow, President (Central Az), Lisa@AzDanceCoalition.org

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Krystyna Parafinczuk, Treasurer (Southern Az)

Krystyna@AzDanceCoalition.org, 520-743-1349, call first to send fax