



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 2, Issue 2

February 2012

Dear Readers,

Happy Birthday, Arizona! We are celebrating by *dancing!* This issue lists some Centennial events and I'm sure there are more. The best part is that they are usually free and people have a reason to party *en masse*. There is even going to be a dance with 100 dancers at the **Mesa Arts Center** (Member Spotlight), compliments of *Elizabeth Johnson's* choreography.

A great big *thank you* to **Rusty Foley**, Executive Director of the **Arizona**

Citizens Action for the Arts, who spoke with words that made an impact on all of us at the **Arizona Dance Coalition** annual membership meeting January 29 at The Farm in Phoenix (*love that place*). **Lisa Chow**, ADC President, writes more about it in her letter on page 2.

Reminder: **Arts Congress is February 7.**

Inside you will find information on events and some **free** master classes with **Contra-Tiempo** compliments of funding by the Mesa Arts Center/Mesa Community Bank and ASU Gammage. The community thanks you for your generosity and thanks the co-sponsors as well. Look for the red **"FREE."**

This issue's article is on how to set/achieve goals and the writer recommends "tell someone." This is what I do and it works. For next month's issue I am going to write an article on dancing for the "older adult." There you have it... now I have to do it! I welcome your input, testimonials and research.

You will *love* the photo of the month and our tips. Plus there is \$40,000 in scholarship money in Northern Texas! **Yahoo!**

From the heart,

Krystyna Parafinczuk
Editor & ADC Treasurer



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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.

January 30, 2012

Dear ADC members and friends,

I would like to thank everyone who attended the Arizona Dance Coalition Annual Meeting and Brunch on Sunday, January 29, 2012. I'd like to especially thank our special guest speaker, *Catherine 'Rusty' Foley*, Executive Director of the Arizona Citizens/Action for the Arts for her phenomenal presentation.

The event was a great success! We had the best weather for being outside at The Farm (Phoenix) with great food to share. The Morning Glory Café was such the perfect place for our Sunday brunch that we may want to gather there again on another occasion. The mix of ADC members and non-member guests were able to get acquainted or reacquainted to network in a very relaxed manner. Everyone was able to share information about upcoming projects and the desire to help ADC grow, so we can help spread the word about dance in each community throughout the state of Arizona.

Rusty gave a very inspiring presentation about how the assistance of the Arizona Citizens/Action for the Arts can help arts organizations get more involved. She encouraged us to speak up for the sake of preserving the arts in Arizona through advocacy. She reminded us that 2012 marks 100 years of statehood for Arizona and we know that arts and culture have been a vital part of our first 100 years as a state. She mentioned a number of ways that we as artists and individuals can make a difference in how our legislators vote on policies regarding the arts and funding. We can come together in numbers to make an effort to have our voices heard by attending the Arts Congress on February 7th at the House Lawn of the Arizona State Capitol. The Arizona Dance Coalition Board of Directors has voted to attend the Arts Congress as a sponsor in which we will be sending 4 members and/or volunteers to represent us in speaking with our elected officials. We are very excited to be a sponsor at this event for the first time. If you are interested in learning more about the Arizona Citizens/Action for the Arts or about the Arts Congress, go to:

azcitizensforthearts.org

As ADC is still a grassroots organization, we are looking for fresh ideas to identify and support **dance** as an art form that is *essential* to the life and culture of every community. Please help us by getting involved as a volunteer or board member. Since we are a statewide organization, we need representation from all corners of the state. You do not have to be a dancer to get involved. We need people who are passionate about dance with administrative, business and organizational skills. So please let us know if you'd like to get involved in helping us grow and guiding the organization into the future. Contact me at Lisa@AzDanceCoalition.org.

Thanks!

Lisa R. Chow
ADC President

CALENDAR OF EVENTS

SUBMISSION DEADLINE

MARCH ISSUE
of the*Arizona Dance e-Star*

February 23

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

February 4, Saturday, 8 pm, UA Centennial Hall, 1020 E University Blvd, Tucson. **UA presents National Dance Company of Colombia.**

Inspired by the cultural richness of the land and people, the National Dance Company of Colombia stands out from any other with its own style, elegance and movements that transform them into what audiences have called a “spectacular show of lights, music and dance!” Tickets: \$15-\$42



February 4, Saturday, 8 pm, Scottsdale Center for the Performing Arts, Virginia G. Piper Theater, 7380 E Second St, Scottsdale. **Celtic Nights** expertly weaves together the lilting melodies and plaintive lyrics of the rich Celtic heritage to tell the story of a people who dared to dream and carve out a home in the New World. This magnificent production showcases the talents of a dozen of Ireland’s most accomplished vocalists and step dancers.

Tickets: \$39-\$49 or Patron Services Box Office at (480) 499-

TKTS (8587). **arts-connect: Step Dancing Master Class** (beginning level) on stage with Celtic Nights, 2 pm, \$15. Limited to 30 participants.

February 9, Thursday, 10:30 am, ASU Gammage, 1200 S Forest Ave, Tempe. Scottsdale Insurance/Nationwide Foundation Performances for Students Series presents **Contra-Tiempo**. Back by popular demand - this company brings their dynamic Urban Latin Dance theater performance back to the Gammage stage. The company takes Latin social dance to new heights by infusing elements of Salsa, Afro-Cuban, West African, hip-hop and contemporary dance theater and creating an electrifying, inspiring and educational performance. Don’t miss this opportunity to explore the world of Latino cultures through dance. Contact the ASU Gammage Cultural Participation Department for more information at cpinfo@asugammage.com or 480.965.5062. **FREE classes, see pgs 7-8.**



CALENDAR OF EVENTS



February 10-12, Friday @ 6:30 pm, Saturday @ 7:30 pm & Sunday @ 2 pm

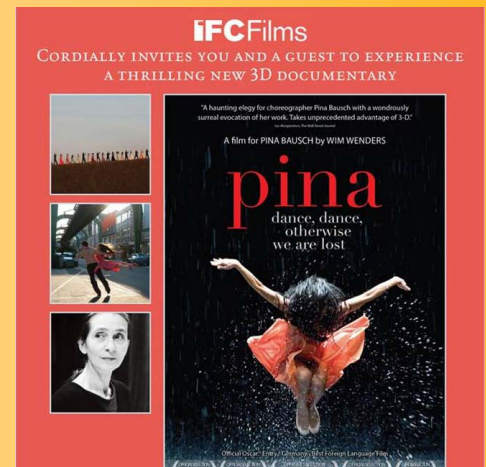
ASU Herberger School of Dance, ASU Tempe Campus, Margaret Gisolo Dance Studio, PE East 132.

ASU School of Dance Transition Projects I & II

Graduating BFA candidates present diverse and powerful new works that encompass a combination of complex study in performance and creative practices. Tickets: \$8-\$16

February 7, Tuesday, 7 pm. Harkins Scottsdale 101, 7000 E Mayo Blvd, Phoenix.

PINA - Special Advance Screening (**FREE Passes for ADC Members**). IFC Films presents PINA BAUSCH by Wim Wenders. Dance, dance, otherwise we are lost. PINA is a thrilling new 3D documentary based off the life of dancer *Pina Bausch* and directed by Wim Wenders. ADC has a limited number of free passes for ADC Members. Please call 602-740-9616 for tickets or email Lauren Kawam LKawam@alliedim.com. PINA will be in Valley theaters February 10.



February 11-12, Saturday & Sunday, Mesa Arts Center, One E Main St, Mesa. The **Mesa Takes Flight Festival** is the City of Mesa's festival commemorating the Arizona Centennial and culminating a year-long celebration of aviation, aerospace and all things flight-related. A large-scale Community Dance Performance on Flight, will be performed in the Center's *Shadow Walk* (see photo pg. 9), choreographed by Elizabeth Johnson. **FREE.**

360 Degree Project

Photographer **Ryan Enn Hughes** (*motion picture director and portrait photographer based in Toronto, Canada*) uses video wizardry and 48 cameras to capture members of the Northbuck krump crew dancing up a storm. and students of the National Ballet School of Canada in full flight.

CALENDAR OF EVENTS



February 14, Tuesday, 10:30 am - 1 pm. State Capitol, 1700 W Washington, downtown Phoenix
Official Signature Arizona State Centennial Celebration Flamenco del Sol joins state historian Marshall Trimble and state balladeer Dolan Ellis on the main stage to celebrate Arizona's 100th birthday. The Governor will kick off the performances, which will run from 10:30 am - 1 pm outdoors at the State Capitol Mall. This event is **free** and open to the public.

February 16-17, Thursday-Friday, Chandler Center for the Arts, 250 N Arizona Ave, Chandler.
Desert Dance Theatre celebrates 20 years of **Sister Moses: The Story of Harriet Tubman** - a beautiful story of a courageous woman's determination to free her people from slavery through the Underground Railroad. She was one of America's first liberated women of color, who fought against all odds for the sake of freedom and equality. The cast of over 60 performers (dancers, musicians, singers, actors) brings light to the incredible accomplishments of Harriet Tubman, the anti-slavery activist.
Thursday, February 16 - School Shows at 9:45 am & 11:30 am (Reservations required for school shows.) [Download](#) reservation forms.



Friday, February 17 - 6 pm - Pre-show entertainment, vendors and dinner (with pre-paid reservation) will be in the Foyer. 8 pm - Special guest speaker former Chandler **Mayor Coy Payne**, the first African-American elected mayor in Arizona who served from 1990-94. The evening will proceed with music and dance performances by local community talent and special guest artists **Axe Capoeira Arizona**. Reservations required for dinner. For more info call 480-962-4584 or email Lisa@DesertDanceTheatre.org or DesertDanceTheatre.org.

This program is sponsored by the City of Chandler - Special Events Program as a Chandler Centennial Event; and also made possible by a grant received from the Larry Fitzgerald First Down Fund of The Minneapolis Foundation; and supported by the Chandler center for the Arts and Chandler Unified School District. Tickets: \$15, **\$8 for ADC members**

Non-ADC member performances, workshops, and master classes are mentioned in the **Regional Section** of the *e-Star*.

We welcome your **announcements**: job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs!

CALENDAR OF EVENTS



Photo by Van Meer

February 16, Thursday, 7:30 pm, Scottsdale Center for the Performing Arts, Virginia G. Piper Theater, 7380 E Second St, Scottsdale
TRISHA BROWN DANCE COMPANY
 Trisha Brown forever changed the art world when she founded her revolutionary company in 1970. Known for incorporating everyday movements into her avant-garde dances and for her creative partnerships with artists like Robert Rauschenberg and Laurie Anderson, she has become one of the most acclaimed choreographers of the post-modern era.

The company will perform one of its newest works, *Les Yeux et l'âme* (2011), the dance adaptation of Brown's full opera *Pygmalion*. The program also includes revivals of two other classic works, including *Foray Forêt* (1990), Brown's last collaboration with Rauschenberg, which features gold costumes, an open stage and a local marching band playing John Philip Sousa music outside the walls of the theater, and *For M.G.: The Movie* (1991), an investigation of unconscious movement set to a romantic piano score by Alvin Curran.

Tickets are available for \$39 and \$49 online or through the Patron Services Box Office at (480) 499-TKTS (8587).

February 18, Saturday, 8 pm, UA Centennial Hall, 1020 E University Blvd, Tucson. **UA presents TRISHA BROWN DANCE COMPANY**

Ever a maverick, MacArthur Foundation and Guggenheim fellow and National Medal of Arts winner Trisha Brown's "rich, ingenious imagination" (New York Magazine) has never harbored assumptions about movement, space, or sound. Her dancers have careened off the sides of buildings, floated on a lake and undulated to metronomic pulses. The most widely acclaimed choreographer to emerge from the post-modern era, Brown celebrates four decades with a rare glimpse of her full body of work.

Trisha Brown has recently received the Dorothy & Lillian Gish Prize and the "Bessie" Lifetime Achievement Award for choreography, design and performance. Tickets: \$15-\$46. Box Office: (520) 621-3341



Free Dance Workshop

February 4, Saturday, 1 pm & 3 pm, Mesa Community College Campus (West Gymnasium), 1833 West Southern, Mesa. **Mesa Arts Center** in partnership with **Mesa Community College** present a **FREE** Dance Workshop featuring L.A. based Dance Company **CONTRA-TIEMPO & Ana Maria Alvarez ~ Urban Latin Dance with CONTRA-TIEMPO**

Artistic Director, Ana Maria Alvarez and **CONTRA-TIEMPO** will share the company's unique signature dance form: Urban Latin Dance, which is based on principals of Salsa fused with urban street forms, dances rooted in the African Diaspora and contemporary concert dance. The class is designed to engage and push dancers to explore new ways of moving, partnering and improvising.

Alvarez received her MFA in Choreography from UCLA's Department of World Arts and Cultures, where she currently teaches. Space is limited so RSVP early! outreach@MesaArtsCenter.com or 480-644-6540. For another *free* class with CONTRA-TIEMPO on February 6, see pg 8.

Announcements

ADC Lifetime Achievement Awards

2011 ADC Lifetime Achievement Award recipients were *Nian Cadman* and *Marion Kirk Jones*.

Nominations are being accepted for 2012 and a fill-in PDF form was emailed to ADC members. We look to our membership to nominate dance artists who have made significant contributions to dance arts in Arizona. **Deadline for nominations is March 31**. For more information, contact Lisa@AzDanceCoalition.org.

Dancers / Body Workers Wanted, March 2-3 (Friday & Saturday), who would like to *engage* the 40+ "active adult" community in dance/exercise. The **Pima Council on Aging** is holding their first **Ages 'n Stages Active Adult Lifestyle Show** at the Tucson Convention Center. Proceeds will benefit the PCOA which has experienced a significant drop in funding that covers housekeeping, personal care (baths) and home repair for seniors. The event will receive significant publicity. No performers will be paid, but will receive publicity. If you are interested, email Krystyna@AzDanceCoalition.org or call 520-743-1349.

Artifact Dance Project Artistic Director, *Ashley Bowman*, receives the **2011 Buffalo Exchange Arts Award** of \$10,000. Congratulations, Ashley!

Artifact Dance Project Artistic Director, *Claire Hancock*, has been invited to join the faculty of the **Broadway Theatre Project**. BTP founded in 1991, is stated by Playbill as "the world's most prestigious musical theater arts education program for high school and college students." She was invited to teach auditioning around the country and will teach dance and Fletcher Pilates® during the summer program.

February 12-March 18, Sundays, 3-5 pm Tucson Arts Brigade presents a workshop series leading to a performance in the **Tucson Water Festival March 18** at the Armory Park Center, Tucson. Beginners-advanced dancers welcome. \$120 (scholarships available). TucsonArtsBrigade.org. 520-791-9359

Free Master Class

February 6, Monday, 6-7:30 pm. Dance Theater West, 3925 E Indian School Rd, Phoenix. **FREE** master class by **CONTRA-TIEMPO**. Sponsored by **ASU Gammage**, co-sponsored by **Arizona Dance Coalition, Desert Dance Theatre & Dance Theater West**. RSVP ASAP (space limited) to Lisa@AzDanceCoalition.org or call 480-962-4584.

Audition

Central Arizona

February 12, Sunday, 10:30 am - 1 pm, Ballet Arizona, 3645 East Indian School Road, Phoenix
[San Francisco Conservatory of Dance](#) 2012 Audition Tour.

Arts Congress 2011 - Celebrating 100 years of Arts in Arizona

Arizona Citizens for the Arts

February 7, Tuesday, Arizona State Capitol House Lawn, 1700 W Washington, Phoenix.
 Registration will begin at 7:30 am; program activities run until 3 pm.

We need you, the arts need you, and Arizona needs you to attend Arts Congress 2012.

The day will be full of meetings with Legislators, networking opportunities with people from around the state and next door, workshops on advocacy and voter involvement in the 2012 elections, and a visit to the House and Senate galleries to be introduced to a floor session.

We are scheduling one-on-one meetings with legislators, but we need to know that you will be there to keep these appointments with your home district legislator. Your Legislators want to hear from the people who vote them into office -- that means your voice is critical to our success. Register today, and AzCA will be in contact with you prior to the event with detailed information about the time and location of your meeting. Registration is \$20 per person and includes advocacy packet, meeting materials, breakfast snacks, and lunch. Register right now. Do you have additional questions? Call our office at 602 253-6535.

NOTE: When you are submitting information / photos, announcements & events, please include *complete* names of venues, locations, addresses and contact information.

MEMBER SPOTLIGHT: Mesa Arts Center



The Mesa Arts Center (MAC) is Arizona's largest arts center and seeks to inspire people through engaging arts experiences that are diverse, accessible, and relevant. It was built in 2005 and is owned and operated by the City of Mesa. More than 300 classes are offered each semester serving as many as 4400 individual student registrants, offering fee assistance with grants monies to underserved families when funds are available.

MAC is home to four theaters ranging in size to 1500+ seats in the Ikeda Theater, 550 in the Piper Repertory Theater, 60-99 in the Farnsworth Studio Theater and 200 in the Nesbitt-Elliott Playhouse Theater. There are five art galleries and 14 art studios as well. The **dance studio** is set up so it can be a mini-performance space and has the capacity for about 30-40 audience members and is 1200 square feet. Through expanded outreach efforts the center provides access to high quality dance experiences through performances, workshops, master classes, studio programs and artist-in-residence programs. On Saturday, February 4, MAC will present **FREE** dance workshops with **CONTRA-TIEMPO** Urban Latin Dance Theater in partnership with and held at the Mesa Community College, Bldg 46 in the Head Gymnasium (*see page 7 for details*). In March, with support from Wells Fargo, MAC will host a week of workshops and dance intensives in the style of Modern, West African and Jazz Hip-Hop with **The Alvin Ailey Dance Foundation**. *Registration is available now.*

In support of local talent, we are pleased to announce a new partnership with **Conder Dance**, voted *Best Contemporary Dance Company* 2011 by **Phoenix New Times**. Conder Dance will be providing a range of both adult and youth dance classes through the Mesa Arts Center, including Yoga, Hip-Hop, Musical Theater and Modern dance. *Registration is available now.*

In addition, we are working closely with **Elizabeth Johnson**, Associate Artistic Director of the **Liz Lerman Dance Exchange**, in the implementation of a Creative Aging outreach program that brings creative movement to independent living facilities for older adults. Elizabeth is also leading the charge in the creation of a community dance to be performed by 100 Arizona Citizens at the **Mesa Takes Flight Festival** on February 10-12, that celebrates **Arizona's 100th Birthday!**

Mesa Arts Center received the **Phoenix New Times** Best of Phoenix "Best Venue to See National Acts – 2011" Award in the Reader's Choice category.

For more information visit MesaArtsCenter.com



Contra-Tiempo



Alvin Ailey



*1200 square foot
dance studio*



Shadow Walk

Upcoming Performances

February 11 **CONTRA-TIEMPO Urban Latin Dance Theater**
 March 16 **Taylor's Irish Cabaret**
 March 24-25 **Alvin Ailey American Dance Theater**

Regional News

Northern Arizona

February 4, Saturday, 7:30 pm. Yavapai College Performance Hall, 1100 East Sheldon St, Prescott. **Moscow Festival Ballet Cinderella.** \$27-\$53. 928/776-2000.

Central Arizona

February 4, Saturday, 6 pm. Wild Horse Pass Casino and Resort, 5040 Wild Horse Pass Blvd, Chandler. **USA Belly Dance Queen Competition.** \$10-\$20. 602/412-1525

February 9-12, Symphony Hall, 75 N Second St, Phoenix, **The Sleeping Beauty, Ballet Arizona.** \$17-\$121, 602/262-7272

February 11-12, Mesa Arts Center, One E Main St, Mesa. A large-scale community dance performance on *flight* will be performed in the Center's Shadow Walk as part of the Mesa Takes Flight Festival. Choreographer is Elizabeth Johnson.

February 17, Friday, Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **The Ballet Thing, Ballet Arizona** fundraiser previewing *Play* before the company's debut in NYC! Nikki Younger at nyounger@balletaz.org or 602/343-6520

February 18, Saturday, 1 pm, 4 pm, & 7 pm. Westview High School, 10850 W Garden Lakes Pkwy, Avondale. **P.O.P. Productions** presents the **Dance Showcase of the West Valley** featuring Visual Abstract Dance, Juicebox Dance Co, Ballet Folklorico Esperanza and Le' French Dance Studio. \$5-\$12 Felicia Campos at candalite@netzero.com or 505-363-8019

Southern Arizona

February 10, Friday, 7:30 pm, Rhythm Industry, 1012 S Tyndall Ave, Tucson. **NEW ARTiculations** presents a benefit ~ **For the Love of Water.** \$5 entrance, \$5/bowl of chili, \$5/ dessert, \$25/jukebox selection (which can be shared among patrons). Beer and wine available with donation. NewArticulations.org

February 11, Saturday, 3-5 pm, Centennial Hall, 1020 E University Blvd, Tucson
The **University of Arizona Colleges of Letters, Arts and Science** present **Arizona 100: A Celebration, Through the Lens of Time.** Performance includes *Arizona Highways* choreographed by UA Dance faculty Elizabeth George. Free general admission tickets available in advance at UA Fine Arts Box Office, 520-621-1162 or boxoffice@cfa.arizona.edu

February 14-17, UA School of Dance, Stevie Eller Dance Theatre, 1737 E. University Blvd, Tucson. **Love Notes** ~ a collaboration between the UA Poetry Center and the UA School of Dance, \$12-\$18, Arizona.tix.com or 520/621-1162.

February 23-25, 8 pm, The Astro Dance Project, Flandrau Planetarium, University of Arizona, 1601 E University Blvd, Tucson. *Desiree Dunbar's* Masters thesis project presented in part by Flandrau Science Center & UA School of Dance. Tickets \$10, BrownPaperTickets.com, 800-838-3006

February 25, Saturday, 7 pm, Community Performing Arts Center, 1250 W Continental Rd, Green Valley. **Ballet Folklorico La Paloma,** Arizona representatives at the 2000 Summer Olympics in Sydney, Australia and the upcoming 2012 Summer Olympics in London, England. \$25, 520/399-1750.

continued on page 11

Regional News continued

Social Dance

February 11, Saturday, 3:30 pm. **Scottsdale** Center for the Performing Arts, 7380 E Second St, Duke Ellington Orchestra. **FREE** Open Dance with AZ Lindy Hop Society in the Dayton Fowler Grafman Atrium.

February 7, 14, 21, 28, Tuesdays, Swing Dance @ FatCat Ballroom, 3131 E Thunderbird Rd, **Phoenix** \$7 includes lesson, refreshments and dance. All ages welcome. Special Valentine's Dance Sock Hop with Kenny Love and the Rockerfellas - \$8. Arizona Lindy Hop Society ~ savethearts.org/swing/

February 5 & 19, Sundays, SkyBar Tango nights, 7-10 pm, 536 N 4th Ave, **Tucson**. Featuring live music by iGuerrila Tangueros! TucsonTango.com

February 12 & 26, Sundays, Salsa Social with hosts Gerardo & Lupita Armendariz, Sonoran Ballroom, 5536 E Grant, **Tucson**, 5-6:30 beginner and intermediate salsa class, 6:30-9 pm social dance. \$7 DJ/ \$10 live band. TucsonSalsa.com. All ages welcome.

February 25, 7-11 pm, Armory Park Senior Center, 220 S 5th Ave, **Tucson** Lindy Hop with host Alex Sanchez. TucsonLindyHop.org

Coming in March

Tucson Tango Festival March 14-19
TucsonTangoFestival.com



Photo of the Month

Dancer: former UA Dance student
Amanda Engelhardt
Photo by **Ed Flores**

Arizona Dance e-Star Editor/Designer, Krystyna Parafinczuk
Contributors: Marlina Kessler, Lisa Chow and Lona Lee

Keep Your Resolutions: How To Set Goals That Get Accomplished*

Knowing what you want is half the battle – how do you get from where you are to where you want to be?

We all know the make-or-break work is ahead – actually keeping the promises we make to ourselves in the New Year. But there are some definite steps you can take to give your professional and personal goals a much better chance of coming to fruition. Here's what I've seen work in real life, gleaned from my years of working with independent creatives, organizations, small businesses, and even career & life coaches that help people go from envisioning what they want to making it happen.

Write it down. There's a certain *magic* in writing what you want down in black and white. It makes your goal real and often shrinks the bigness of it to simple words. I've heard many testimonials from people who've written something down only to forget it, then discovered much later that they'd gotten exactly what they specified. If you're not a words person, create a drawing, collage, or vision board that captures your goals – there's something magical about putting what you want out there that locks it into your subconscious.

Define your goal very specifically. If your goal is vague, how will you know if you've reached it? Being unclear can also make your goal seem impossible to reach – which is true if you haven't defined it! Be very clear, set a deadline, make it positive in tone, and make sure it's doable within the time you allot. For example...

Instead of... "Become more politically engaged." (What does that mean to you?) Try... "It's November 6, 2012, and I just voted in the election; I've read the newspaper at least once a week, listened to NPR an average of twice a week, follow CNN on Twitter, and wrote a letter to my representative encouraging her to work for more arts funding." (*specific, measurable, actionable*)

Ditch the goal and pick a theme. Or a mantra, or a quote – what is this year about for you, who do you want to be? When you're at a crossroads, your theme will help you make the decision that supports the person you want to be. Last year, mine was "Go Boldly Forward" – this helped me make bigger choices and jump off the proverbial deep end even when I wanted to wade in shallower waters.

Work toward what you sincerely desire. Does it light you up? Does envisioning yourself at the end of the goal put a smile on your face, make you physically energized, give you a sense of peace? Your intuition will lock on the goals that are truest to you. Going for what you think you should want or what other people are doing is a dead-end. Do yourself a massive favor and be honest with yourself from the start.

Believe it can happen. This sounds sort of fluffy, I admit, but knowing you will get there, that it's only a matter of doing the steps from here to there, has been the difference between what I've done and what I haven't in life. If there's doubt you can have what or become who you want, deal with that first. Make a list of your past accomplishments to prove to yourself you're a doer, meditate, take a small related action, get encouragement from a friend – whatever it takes to turn doubt into confidence.

Take the first action step today. Not tomorrow, not next week. This gets you in the habit of 1) breaking it down into smaller, digestible actions, and 2) taking action instead of letting your goal loom large over your head.

Tell people. Accountability is almost always the missing link for people who know exactly what they need to do but have a hard time just doing it. You can formalize it with an accountability partner, or I've found that just being brave and telling my scariest goals to people I respect makes me work harder to prove I stand behind my word.

Ask for help. I guarantee you there is someone in your network who can help you move toward what you want. Ask them to help you. If you don't know anyone, figure out who can help you with the next step and make an introduction. People love to be asked for advice, opinions, even favors. Trust that they will help you.

Need more help clarifying and setting your goal? Here's an excellent and [FREE downloadable worksheet](#) from creative collective MVMT. Enjoy!

*January 5, 2012 **Fractured Atlas** blog.

About the Author: Ciara Pressler is a marketing & publicity consultant based in New York City. [Pressler Collaborative LLC](#) creates custom marketing plans for clients in arts, entertainment, fitness and lifestyle.

SCHOLARSHIPS AVAILABLE

Out-of-State ~ This year the **Dallas Council of North Texas** is offering 3 teacher & 41 student scholarships totaling over \$40,000 to be awarded to those who demonstrate ability, artistry & passion for dance. You must be a member: \$30 full-time students & seniors; up to \$120.

NEW THIS YEAR: Choreographer's, Dance Writer's, Ballet & Musical Theatre Scholarships!

Deadline to submit: midnight February 9. Recipient notification: March 9.

View Scholarships [here](#). Apply: dancecouncilscholarships.org

COSTUME TIP

by Marlina Kessler

Keeping costumes clean, especially when stage floors are dirty, is a challenge. S2O Nano Fabric Protector spray (well-ventilated area) is a barrier that guards fabrics from stains. Let dry before use (12 hrs) and make sure fabric is color fast. HSN.com (SALE - 70% off)



HEART TIP

by Krystyna Parafinczuk

DARK CHOCOLATE with minimal processing and no extra ingredients contains the most *favanols* known to lower blood pressure, improve blood flow to the brain and heart, and make blood platelets less sticky and able to clot. Recommended: 1 ounce a few times a week (*except* in February, October, November & December ... *hahaha* ... *when 1 ounce is not just not enough*). Read more [here](#).



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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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Lisa Chow, President (Central Az), Lisa@AzDanceCoalition.org
Office: 480-962-4584; Fax: 480-962-1887; Cell: 602-740-9616

Krystyna Parafinczuk, Treasurer (Southern Az)

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