



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 2, Issue 3

March 2012

Dear Readers,

March is an exciting month. The wildflowers dance and smile for us. Days are getting longer and warmer. Dancers are preparing for their spring concerts. And then there is **Spring Break! Mesa Arts Center** is preparing a special week of classes with Alvin Ailey artists for high school students. There will also be one class for pre-professionals ages 17 and up (pg 5). Del E Webb CPA is even hosting a C!RCA camp (pg 6). Great fun! I have included all master classes in the Calendar of Events this month.

Today we received word that the Arizona Commission on the Arts will be with us for another ten years.

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Thank you to all those who showed up for the Arts Congress day (pg 9). It is good to learn firsthand that our elected officials are on our side. But we do need to do more promoting and I have written an article on the importance of dance for "older adults." Besides reading the article (pg 13), go to the links, remember the research study "results" and become a spokesperson for dance and promoter of its benefits. The key word is **START**. Start with your councilperson and mayor. Invite them to dance! There will be beginner lessons at the Tucson Tango Festival. (Big Smile)

ADC has been invited to participate in the release of the Footloose DVD. We are holding a trivia contest (pg 12) and there is a party in Tempe! The first two to respond with correct answers will win a DVD! Quick...go to page 12!

Once again, I am thrilled to bring you so much dance news from Arizona.

From the heart,

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.

CALENDAR OF EVENTS

SUBMISSION DEADLINE

MARCH ISSUE
of the*Arizona Dance e-Star***March 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.

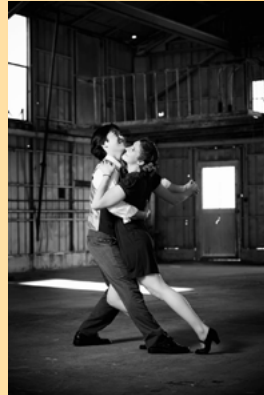
All submissions are monitored. Content may be edited.

AzDanceCoalition.org

March 2-3, Friday & Saturday, 10 am - 4 pm, Tucson Convention Center, 260 S Church St, Tucson. **Ages 'n Stages Active Adult Lifestyle Show** benefitting the **Pima Council on Aging**. **FREE.** ADC members **Lori Howard**, **Krystyna Parafinczuk**, **Gayl Zhao** and the **Tucson Prime Time Dancers** are participating in this event to fundraise for the PCOA, an nonprofit organization providing necessary programs for the elderly. Four stages will hold classes and demonstrations over the two days in dance and dance fitness, movement for healing and entertainment. Lori will be tapping with the Prime Time Dancers. Krystyna will be leading a class she developed called Dancing for a Heartbeat, and teaching Salsa / Cha Cha on behalf of Pima Community College. Gayl will be teaching East Coast Swing. To receive a 32-page eProgram Book describing the classes and entertainment, contact Krystyna@AzDanceCoalition.org. Otherwise, visit pcoa.org/ages-n-stages/ or contact Bob Kirkpatrick at 520-790-0504, bkirkpatrick@pcoa.org.



*Tucson Prime Time Dancers
Lori Howard, ADC Secretary
first row, 4th from the right.*



*Howard &
Gayl Zhao
The DanceLoft*



*Krystyna Parafinczuk,
ADC Treasurer, center front
Dancing for a Heartbeat*

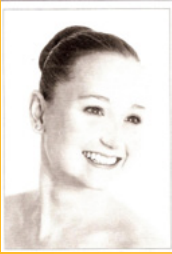
ASU Herberger Institute for Design and the Arts School of Dance

dance annual 2012



March 2-4, Friday 6:30 pm, Saturday 7:30 pm, Sunday 2 pm. ASU Herberger School of Dance, ASU Tempe Campus, Galvin Playhouse. **Annual Dance 2012** ~ This annual presentation highlights the best of the ASU School of Dance research and performances presented this year. Cost: \$16 general; \$12 faculty, staff, seniors, groups, alumni; \$8 students.

CALENDAR OF EVENTS



March 2-5, Friday-Monday, 10-11 am Glendale Community College Dance Program, 6000 W Olive Ave, Dance Studio-Fitness Center 101. GCC Dance Hosts Elizabeth George, UA Assistant Professor and Undergraduate Advisor, School of Dance/Ballet and Modern. **FREE Master Classes** with **Elizabeth George** - Contemporary Ballet. For more information please contact Andrea Hashim, GCC Dance Program Director, a.hashim@gmail.com, 623-845-3796.

March 3, Saturday, 8 pm. UA Centennial Hall - 1020 E. University Blvd., Tucson. **UA presents Bill T. Jones/Arnie Zane Dance Company**

Director and choreographer Bill T. Jones—whose major honors include a MacArthur “Genius” Award, the Kennedy Center Honors and two Tony Awards for Best Choreography—returns to the stage in a new work for his renowned company. Inspired by legendary artist and composer John Cage’s “Indeterminacy,” a performance of 90 one-minute stories, Jones creates a landscape of dance, music and story, arranged anew for each performance by chance procedure. “Story/Time” finds Jones engaging in the time-honored art of storytelling while also questioning the structure of the form. Mentored by Cage’s modernist approach, randomness and structure trump the taste and personality of the artist to create a unique event that reflects on the relentless passage of time and our memory of it. Original music composed by Ted Coffey will accompany the diverse company of dancers.

Tickets: \$15-\$59



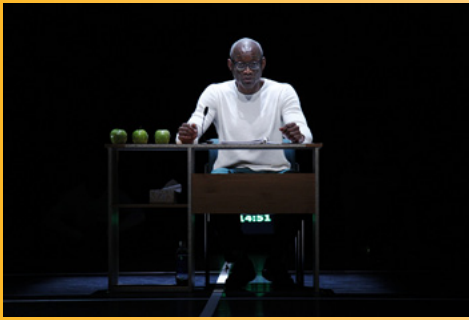
March 3, Saturday, 10 am, ASU Performing & Media Arts. 970 E. University Dr., Tempe, AZ

Body-Mind Centering® with Indeera Johnn

Body-Mind Centering® (BMC) dynamically explores where body, mind and movement meet and is appropriate for people interested in deepening their connection to the inner wisdom of the body as it relates to movement, mind and spirit. BMC is currently being studied, practiced and applied by people from a broad range of professions. These include teachers and students of yoga, dance, martial arts and other approaches

to movement education and therapy; massage and bodywork practitioners, occupational therapists, physical therapists, psychologists, nurses, doctors, musicians, and actors. Online registration. Students \$20, Community Members \$30. AzDEO is co-sponsoring this event and will offer a limited number of partial scholarships to AzDEO members. Please contact Lynn Monson at lmonson@cox.net for information about how to apply.

CALENDAR OF EVENTS



March 6, Tuesday, 7 pm. ASU Galvin Playhouse, Nelson Fine Arts Center, 51 E 10th St, Tempe. **Bill T. Jones-Arnie Zane Dance Company Body Against Body**. Two-time Tony Award™ winner and contemporary performance icon Bill T. Jones returns for year two of his GAMMAGE RESIDENCY. Jones will present *Body Against Body*, which revives and reconsiders the duets and solos that launched Jones and Zane on the international dance scene of the early '80s and redefined the dance landscape of

the day. *Body Against Body* explores the uncompromising balance of seemingly conflicting ideas underlying all of the company's work: challenge or cooperation, structuralism versus pure athletics, abstract formality against raw introspective words. Special thanks to residency and production partners ASU Project Humanities, ASU School of Dance and ADC. All performances, dates, times and prices are subject to change. Tickets: Customer Service: boxoffice@asugammage.com. Box Office: 480.965.3434; Group Services: 480.965.6678; Fax: 480.965.3583

March 10, Sunday, Sunago Community Center, 13945 W Grand Ave Suite 104 Surprise. **West Valley Conservatory of Ballet Presents a Ballet Master Class with Astrit Zejnati, Dancer with Ballet Arizona**. **11 am-12:30 pm Adult Class, 12:30 pm-2 pm Levels 3-6 (around ages 13-18)**. Astrit received his training from the National School of Albania and the University of Oklahoma, and has since been a principal dancer with the National Ballet of Albania, Miami City Ballet, and Pacific Northwest Ballet. He has received several awards, including the Gold Medal in the 1994 Eastern European Ballet Competition in Kazanluk, Bulgaria, and first prize in Albania's 1995 National Ballet Competition. In 1998, Astrit was a finalist in the Paris International Ballet Competition. Since joining Ballet Arizona in 2003 Astrit has originated principal roles in Ib Andersen's Preludes and Fugues, Coppélia, Mosaik, Play, and A Midsummer Night's Dream, and danced principal roles in La Sylphide, Romeo and Juliet, Swan Lake, and Twyla Tharp's Sinatra Suite, Dwight Rhoden's Ave Maria, and Christopher Wheeldon's Polyphonia. Astrit has made international appearances with National Ballet of Croatia, Jorgen Ballet of Canada, and in 2009 represented Ballet Arizona in the Miami International Dance Festival. Most recently Astrit danced at the Kennedy Center in D.C. for the première of Andersen's Diversions. (Taken from balletaz.org.) To pre-register, please contact WV Ballet at 623-208-5905. Suggested Donation \$15.

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



March 11, Sunday, 10:30 am - 12:45 pm pm, Scottsdale Center for the Arts, 7380 E Second St, Scottsdale **FREE.**

Dance Theater West SCA Spring Festival

Dance Theater West has been performing in the Imagination Area for Kids for more than 15 years in this Scottsdale Center for the Arts Spring Festival. Come dance with us Saturday and Sunday, March 10-11, 10:30 am until 12:45 pm.

Contact Susie Silverman at suzerina@aol.com for information.

March 12-16, Monday-Friday. Mesa Arts Center, Dance Studio, One East Main Street, Mesa.

SPRING BREAK – ALVIN AILEY DANCE EXPERIENCE, Mesa Arts Center

ONE-WEEK DANCE EXPERIENCE WITH ALVIN AILEY “THROUGH LINES”

The ultimate experience for dance students ages 12-18. This spring break dance experience gives dancers the opportunity to take a week of master classes in a variety of techniques and learn from instructors from *Ailey's Arts In Education* program who are at the top of their field in techniques like modern, jazz/hip hop and West African. *Your registration also provides you with two performance tickets to see Alvin Ailey American Dance Theater at the Ikeda Theatre of the Mesa Arts Center.* Duration: 1.5 hours x 5 days. Audience: Ages 12-18

(Dance Studios, Jr/High School, Dance Companies) (\$25 for the week); **Monday Modern, Tues/Wed - West African, Thurs/Fri - Jazz-Hip Hop**, Ages 12-18 | \$25, 9-10:30 am

ONE-DAY WORKSHOPS WITH ALVIN AILEY

Select from one-day workshops and explore techniques from modern, jazz/hip hop and West African from Ailey's Arts In Education Program teaching artists at the top of their field and bring movement to your own life experiences. *Your registration in any one-day workshop provides you with a discount code to purchase Alvin Ailey American Dance Theater performance tickets to round out this exciting week at the Ikeda Theatre of the Mesa Arts Center.*

Duration: 2 hour workshops. Audience: Ages 8-11 or 12-18 (\$5 per one day workshop)

Monday, March 12, Young Professionals - Ages 17-Adult (Modern) \$2, 5-7 pm

Tuesday, March 13, Teen Extension, Ages 12-16, (West African), \$5, 1-3 pm

Wednesday, March 14, Young at Art, Ages 8-11, (West African), \$5, 1-3 pm

Thursday, March 15, Teen Extension, Ages 12-16, (Jazz-Hip Hop), \$5, 1-3 pm

Friday, March 16, Young at Art, Ages 8-11, (Jazz-Hip Hop), \$5, 1-3 pm

TO REGISTER: Contact Box Office 480-644-6500 | MesaArtsCenter.com

Presented by Mesa Arts Center, Sponsored in part by Wells Fargo



CALENDAR OF EVENTS

March 14, Wednesday, 7:30 pm. Recreation Center Gym, The Sanctuary Room of the Grand Canyon University Recreation Center. **Grand Canyon University Student Spotlight Dance Concert.** New faculty members Zari Leon and Jessica Rajko will join GCU Dance Director Susannah Keita and exceptional student choreographers to present new concert works that survey the realms of contemporary and classical dance. To RSVP or purchase tickets, call the box office at 602.639.8880 or email ethington@gcu.edu

March 15-16, Thursday-Friday, 7:30 pm. Herberger Theater Stage West, 222 E Monroe St, Phoenix. **MarioCo.Dance Spring Concert ~ Propulsion**

Be moved by MCD's unique contemporary & jazz choreography and thought-provoking concepts. MarioCo.Dance puts short stories on stage that will make you laugh, cry, and sway in your seat. Artistic Director Tracy Marion has been described as a "fountain of movement." Numerous people have been inspired from "her enthusiasm, professionalism, knowledge of the art form, and [pure] talent." As a choreographer, she has "identified a methodical approach to exploring creative expression." MCD is the premiere professional jazz dance company in The Valley. MarioCo.Dance is a non-profit corporation for the arts. (602) 252-8497 ~ General Admission. Ticket prices: Adults \$22.50 Students/Seniors \$19.50. *Photo by Anthony Nguyen.*



March 15-17, Thursday, 7:30 pm. Del E. Webb Center for the Performing Arts, 1090 S Vulture Mine Rd, Wickenburg.

C!RCA

A bold new vision of circus arts from Australia. Nine acro-dancers bend their bodies as they bend the rules of traditional circus utilizing improvisation, multi-media, light, sound and startling re-imagined circus skills. Artistic Director, Yaron Lifschitz combines seemingly inconceivable physical feats with sensual dance

movements to invoke a poetic sensibility. Wherever C!RCA has taken this breathtaking, heart stopping show, audiences have flocked to see the impossible happen. Adult Content. Adults \$40 – Children \$5

March 14 - 3-Day Circus Camp with C!RCA. 9 am - 12 pm. \$45. Wickenburg High School Campus. Grades 1-8 - hula hooping, plate spinning, pyramids, acrobalance and juggling. Fee includes 2 tickets to ***46 Circus Acts in 45 Minutes.*** Registration Form.

CALENDAR OF EVENTS

March 16-17, Friday-Saturday, 8 pm both days (Adult Content), Saturday 2 pm Family Show - Call for \$19 children's tickets, 12 and under. Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **CIRCA.** Internationally recognized as one of Australia's most innovative 'new circus' companies, Circa offers a bold new vision blending bodies, light, sound and new media. Synchronized to stylish music, the troupe's seven members perform daredevil acrobatics and tumbling, thrilling dance moves, impossible contortions and more. Tickets \$29-\$35.



Saturday, March 17, 6:30 p.m. Pre-Show Talk and Q&A, SMOCA Lounge. Learn about CIRCA's creative process at this informal pre-show talk and Q&A session. Free to ticket holders or with Museum admission.



*D Daniel Hollingshead
Photo by Tim Fuller*

March 22-25, Thursday & Saturday, 7:30 pm, Sunday 2 pm. Herberger Theater Center, 222 E Monroe St, Phoenix.

Center Dance Ensemble presents Dance AZ/100

Celebrating Arizona's Centennial with new dances inspired by myth and folk tale: 'Siyotanka', from the Native American legend of The First Flute; 'Western Footprints' featuring Aaron Copland's music *Billy the Kid*, *La Llorona*, from the Mexican folk tale of the weeping woman, and *A Certain Slant of Light* by guest artists Keuter/Mooney Dance.

Tickets at 602-252-8497 - \$21.50 for adults, \$17.50 for seniors and \$9.50 for students, all plus box office fees.

March 22, Thursday, 7:30 pm. Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **Batsheva Dance Company** - Founded in 1964 by Martha Graham and Baroness Batsheva De Rothschild, Israel's Batsheva Dance Company has been embraced as one of the world's most exciting contemporary dance troupes. Now under the direction of visionary choreographer Ohad Naharin, the company has won praise for its fearless and moving performances that utilize Naharin's innovative movement vocabulary known as "Gaga." Batsheva will perform the 60-minute work MAX (2007), which features 10 dancers in a cathartic exploration of movement and space. Music composed by Naharin (under the pseudonym Maxim Waratt). Tickets: \$29-\$45.



Photo by Gadi Dagon

CALENDAR OF EVENTS

March 23, Friday, 8 pm UA Centennial Hall - 1020 E. University Blvd, Tucson. **Alvin Ailey American Dance Theater.** Join the millions worldwide who have experienced the Ailey company in person. Led by Artistic Director Judith Jamison, Alvin Ailey American Dance Theater has performed in 48 states and in 71 countries on six continents, including two historic residencies in South Africa. The company has earned a reputation as one of the most acclaimed international ambassadors of American culture, promoting the uniqueness of the African-American cultural experience and the preservation and enrichment of the American modern dance heritage. Tickets: \$15-\$84.



March 30, Friday, 7:30 pm. Del E. Webb Center for the Performing Arts, 1090 S Vulture Mine Rd, Wickenburg. **State Street Ballet The Jungle Book** ~ Dramatic costumes, lush jungle scenery and energetic dance movements bring Rudyard Kipling's The Jungle Book to life in this colorful full-length ballet. Children and adults of all ages will be enchanted by State Street Ballet as they fuse the familiar storyline, with timeless dance, music, and modern special effects, enacting the story of Mowgli the Jungle Boy and Kipling's beloved animal characters. Tickets: Adults \$38 – Children \$5

March 31, Saturday, 6:30 pm. Tempe Center for the Arts, 700 W Rio Salado Parkway, Tempe. 4th annual **Mujeres Cuatro** presented by **Yumi La Rosa Flamenco Co** and **Ava Fleming.** Internationally acclaimed Flamenco artist Yumi La Rosa and Belly Dance artist Ava Fleming present a journey of cultural music and dance with their fourth annual production Mujeres. Enjoy an array of latin and oriental-fusion belly dance along with Arabian, Turkish, Egyptian, Spanish and other world music. Special Guest performance by Lisa Chow & Step Raptis with Step's Junk Funk & Radhika Kotwal with AZ FlamenKathak. Tickets: \$15-\$35. TCA box office: 480-350-2822. For more info: 602-692-1159.



Arts Congress 2011 - Celebrating 100 years of Arts in Arizona

Notes from Deanne Poulos, Flamenco del Sol, ADC member.

This year, ADC joined other arts organizations as a co-sponsor of the annual Arts Congress. Organized by Arizona Citizens/Actions for the Arts (AzCA/AA), the objective is for individuals to congregate at the state capitol and impress upon their legislators the importance of legislation and funding affecting arts and culture. Arts supporters were grouped with others from their districts to meet with their representatives per appointments pre-arranged by AzCA/AA. We asked them to vote to: 1) reauthorize funding of Arizona Commission on the Arts for another 10-year period; 2) insure monies from the Arts Trust Fund not be swept again this year to help balance the general budget; and 3) pass legislation to establish a state poet laureate. The bill to reauthorize Arizona Commission on the Arts for another 10 years has passed the House. As of Feb 29 (leap day), 12:12 pm, HB2265, the bill to reauthorize the Arts Commission, received unanimous approval from the Senate Committee on Commerce and Energy. Please send a thank you to our leaders.

Photo left to right: Deanne Poulos, Arizona Dance Coalition; Barbara DuVal Fenster, Free Arts for Abused Children of Arizona; Kristen Pierce, Childsplay; LD 11 Representative, Kate Brophy McGee; Oonagh Boppart, arts supporter; Ron Miller, Phoenix Art Museum; Vicky Boyce, Victoria Boyce Galleries; Arizona Commission on the Arts Commissioner, Shelley Cohn, arts advocate.



Notes from Michael Breen, Desert Dance Theatre supporter, retired teacher from Bologna Elementary in Chandler.

I met with Steve Urie from the East Valley. I was with a team headed by Mandy Buscas of the Mesa Arts Center. There was also a representative from Childsplay and a theater teacher from Mountain Point High School. We were able to get a commitment from Steve that he would vote for the resolution that would renew the money given to the Arizona Commission for the Arts for the next ten years. He seemed supportive of arts project and the importance of artists in the community. I think it was important to note that artists typically spend the money they earn right here at home and thus create an economic benefit to the community. I also am related to State Representative Karen Fann from Prescott. I had a private meeting with her. She too was supportive of the legislation. She was also meeting with an arts team later in the day. It was encouraging to hear two rather conservative legislators supportive of the arts and art education.

Thank you to everyone for your participation in this important process. ADC Board of Directors

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



MEMBER SPOTLIGHT: Mario.Co Dance

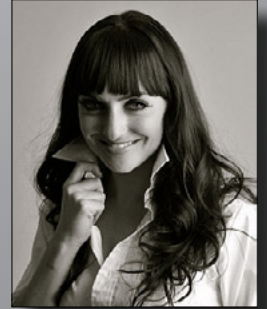
MarioCo.Dance (MCD) is Phoenix's premiere professional jazz company. Founded by artistic director **Tracy Marion**, MCD strives to bring short stories to the stage.

"Our goal is to entertain. People go to the movies to be moved and to watch a story unfold. I think dance should do the same thing; and what better medium to use than jazz dance?"

Marion has performed and choreographed across the country from Washington D.C., where she performed for Chita Rivera at the Kennedy Center Honors, to New York, where she completed Tisch residencies with David Dorfman, Sean Curran, Doug Elkins, and Ann Carlson. Four years ago, Marion moved to Arizona from Chicago where she was employed as a master teacher with Giordano Jazz Dance Chicago. During her two-year tenure at this globally recognized school, Marion set her choreography on the Giordano Second Company. Her work was featured in the Dance Chicago Festival in 2006 and 2007 and her piece—*A Subtle Red Hope* (inspired by the film *Sophie's Choice*)—was commissioned for the grand finale performance. She received her MFA from the University of Arizona and Phoenix was her first choice to start a jazz dance company. *"I truly feel that MarioCo.Dance can find a place in Phoenix's dance community to compete with its strong ballet and modern companies. I'm hoping MCD will bring a little something different too."*

More than half of the MCD company members graduated from either the U of A or ASU state dance programs, "and exceed my expectations," Tracy says. "We get along extremely well—like a family. It does make it difficult, however, when one of us shows up wearing a Sun Devil's shirt and another sports the Wildcats. It's a fun rivalry."

Tracy is a full-time math and science teacher and has developed an outreach program called **Applying Dance Across the Curriculum** (ADAC). The company's goal is to teach Physics, Health Science, Anatomy, and Chemistry concepts through dance starting this fall. In addition to ADAC, Tracy developed The S.E.E.D. Method (Strengthen, Elongate, and Exercise through Dance), which is a cardio dance conditioning class that educates students about injury prevention. *Warning: only take this class if you want to burn up to 700 calories in an hour and gain, or maintain, a dancer's body.*



*One Minutes, CBC Summer Concert
Photo by Ben Hou*

MarioCo.Dance premieres
this month with
Propulsion

(See Calendar of Events)
Herberger Theater Stage West
March 15th & 16th, 7:30 pm



*MCD Company
Tracy & MCD Co Photos by Ed Flores*

MCD has recently become the resident jazz company at the newly opened **Phoenix Ballet Center**
219 S 5th Ave, Phoenix, AZ 85003

For more information, visit mariocodance.com, email tracymarion@mariocodance.com
or call **602-368-5540**.

Regional News

Northern Arizona

March 29-April 1, Thursday-Sunday, The Orpheum Theater, 15 W Aspen St, Flagstaff. **Director's Choice** presented by **Ballet Arizona**. 602-381-0184 for times and tickets.

Central Arizona

March 4, 12-6 pm, Tempe Marketplace. **FOOTLOOSE DVD Release Party!** Put on your dancin' shoes!

March 9-10, 7:30 pm, Friday-Saturday, Playhouse on the Park, Viad Corporate Center, 1850 N Central Ave, Phoenix. **Dulce Dance Company** presents **EXPRESIONES Cinco**

Box Office: 602-254-2151, Tickets: \$10 + \$3.50 Box Office Fee. dulcedancecompany.com. ADC members to appear: Desert Dance Theatre, Carlos Jones of Movement Source Dance Co, and Andrea Hashim.

March 10-11, Saturday-Sunday, 10 am – 5 pm. Tempe Town Lake, 620 N Mill Ave, Tempe. **Arizona Aloha Festival**. Dancers and musicians from the islands present a mixture of traditional and contemporary culture, island style, and conjure up the magic and romance of the South Seas on three stages. \$5 general admission. 480-350-8625.

March 16, Friday, Herberger Theater Center, 222 E Monroe St, Phoenix. **Spring Dance Concert '12** by the **Dance Dept at Metropolitan Arts Institute**. 602-254-7399 for times and tickets.

March 29-30, Thursday-Friday, 7 pm. South Mountain Community College, 7050 S 24th St, Phoenix. **SMCC Dance Concert** features dance students, local high school students and area dance companies. \$10. 602-243-8382.

Southern Arizona

March 1-4, Thursday-Sunday, Stevie Eller Dance Theatre, 1737 E University Blvd, Tucson. Thurs & Fri 7:30 pm, Sat & Sun 1:30 pm. **UA Dance The Legacy Series III Still Here Student Spotlight**. Tickets: \$12-25, Arizona.tix.com or call 520-621-1162.

March 2-3, Friday-Saturday, **ZUZU! Dance Company, School, and Theater**, 738 N Ave, Tucson. **Gotta Have HeART: A No Frills Dance Happenin'** \$10 general admission. 520-629-0237.

March 9-11, Friday-Saturday, times vary. Stevie Eller Dance Theatre, 1737 E University Blvd, Tucson. **Ballet Tucson** presents **Dance & Dessert**. Tickets: \$27 (groups of 10 or more \$20). 520-903-1445.

March 14-19, TucsonTangoFestival.com, Holiday Inn & Suites, 4550 S Palo Verde Rd, Tucson. (520) 468-5536 Internationally famous faculty and classes for beginners.

March 24, Saturday, 6 pm. St Cyril Catholic Church, Nicholson Hall, 4725 E Pima, Tucson. **Lajkonik Polish Folk Dance Ensemble** presents the 2nd annual **POLISH NIGHT** fundraiser. \$20, children 12 and under \$15. 520-496-8959 or polishdanceaz.com

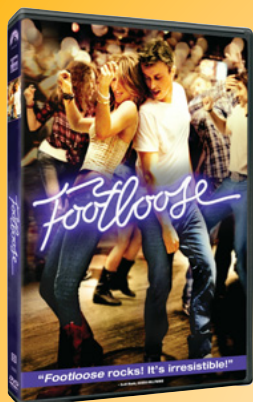
Social Dance

Phoenix ~ [Arizona Lindy Hop Society](#)

Tucson ~ [Tucson Lindy Hop](#), [Tucson Salsa](#), [TucsonTangoFestival.com](#), [So Az Ballroom Dance Assn](#)

FOOTLOOSE Trivia Contest ~ Win a Footloose DVD!

Contestants have until March 6 to respond with all the answers to the following five questions via email or facebook. The first two winners will be selected via the date/time posting on their reply.



1. Who were the two lead actors who starred in the 1987 classic DIRTY DANCING?
2. Who were the two dancers/actors who starred in the 1985 film WHITE NIGHTS?
3. Who is the famous tap dancer who starred in RENAISSANCE MAN as Drill Sergeant Cass?
4. What Academy-Award nominated film about a famous German dancer/choreographer came out recently in theaters?
5. What year was the original movie FOOTLOOSE released?

FOOTLOOSE DVD RELEASE PARTY!

March 4, 12 - 6 pm, Tempe Marketplace, 2000 E Rio Salado Pkwy, Tempe. Wear your dancing shoes! Come celebrate the DVD and Blu-ray release of FOOTLOOSE. Photo opportunities. Dancers showcasing moves inspired by FOOTLOOSE will help you upload photos to your cell phone and social media pages to share with your friends.

Photo of the Month

Artifact Dance Project
presents
*The Great American
Dance Tour 2012*

Photo by *Ed Flores*



Arizona Dance e-Star Editor/Designer, Krystyna Parafinczuk
Contributors: Marlina Kessler, Lisa Chow, Deanne Poulus, Michael Breen and Marion Tracy

WHY DANCE IS IMPORTANT FOR THE OLDER ADULT

First off, what is considered an “older adult?” A random poll of 15 adults ages 20-76 resulted in four different responses: post grad (!?!), 30, 50, and 65. According to the American Psychological Assn, an *older adult* is over 65 and reported that the older adult population is getting older! The oldest “old” group, those 85 and older, is increasing faster than any other group. For the purposes of this article, let’s say **45 years old and up** is the *older adult*. This is the time many of us start experiencing changes: Migraines, allergies, expanding waistlines, joint and back aches, depression, anxiety and a multitude of stresses. *[Whoa... this is depressing me.]* Wait, there’s more: arthritis, osteoporosis, diabetes, hypertension, heart palpitations/arrhythmias/disease, inflammations (everywhere) and *worrying* about getting dementia and the **big A!**

Dancing can relieve, delay, or prevent all of the above *and more*. In a fairly recent study (Einstein College/New England Journal of Medicine), dancing frequently (partner dancing/dancing that requires thinking) appeared to **lower the participants’ risk of dementia by 76%**. *[Phew...I can stop worrying.]* In fact, it was the *only physical activity* (out of 9) to offer protection against dementia. Couple this study with the one on Waltzing rehab for recovering heart disease patients, and the dance world should have the “brain-body / fitness-health” market captured. *We just need to make the time to let the media know and articulate the benefits to all! [Feel free to forward and copy/paste.]*

Building bone strength is a direct result of dancing (impact) because our bodies were *expertly designed* to build bone to support our needs. The most important part of this is to **START** to begin the process. *Tap dancing* is the highest impact of all dance forms. This may be one of the many reasons there are so many “senior” tap dance groups across the globe and why they are so eager to show off their great legs. *[Thank you SPANX, for helping with the rest.]* *Ballet*, even if only barre work, helps establish or re-establish **improved posture and forces us to “engage” our centers** *[without SPANX]*, hence, addressing the ‘muffin top’ concern to some degree *[or is Middle Eastern dance the answer?]*. But we just need to admit that our waistlines will never be what they were when we were 16, 20, 30 or even 40. *[Thank you stretchy waistbands.]*

Let’s not forget about the **emotional benefits** of dancing. **Music** is a *very powerful motivating factor* for moving us and it can trigger a gamut of emotions, hopefully altering negative states and to ones of joy, enthusiasm, excitement and love. **Nutcracker**. Need I say more? *[Just don’t let me hear Waltz of the Flowers in July!]* And it is also being accepted as a **tool for healing** (recently for former Congresswoman Gabrielle Giffords) and is played in many hospital operating rooms. It elicits specific beneficial responses in listeners’ psychological, mental and emotional systems. It changes mental and emotional activity altering autonomic nervous system function. Our **immune system is enhanced** just by being in a better mood. Let’s not forget that listening to music is also *inexpensive*. **No prescription needed**. How can one not dance to great music? Inconceivable. Jiggling and wiggling do count!

Lastly, dancing **stimulates our heart – physically and emotionally**. Our heart communicates with our brain and bodies in four ways: *neurologically, biophysically, biochemically, and energetically*. It is the **most powerful generator of electromagnetic energy in the human body**, producing the largest rhythmic electromagnetic field of any of the body’s organs (5000 times greater in strength than the field generated by the brain). Proximity and touching (ballroom dancing) have been shown to facilitate communication between the one person’s heart signals and the other’s brainwaves – a communication influenced by emotions.

Who knew? Amazing research. Read more about it on HeartMath.org. And keep dancing, especially if you are a dance studio owner. The illnesses start when you give up dancing (the stress reducer) for the biz side of dance. Remember, stress is the #1 cause of illness and disease. Use dancing as a prescription for reducing stress. You’ll have a healthier and happier life. *[Your comments, sources and research are welcome - Krystyna@DancInc.biz.]*

*About the Author: **Krystyna Parafinczuk** is a dance specialist who enjoys researching and promoting the benefits of dancing. She has special interest in the psychological components of peak performance, loves to dance (since she was 5), and produces the monthly **Aritona Dance e-Star** for ADC. She is also the ADC treasurer, free lance educator, consultant and producer - National TAP Dance Day Celebration (Tucson), PCOA Ages ‘n Stages activities organizer.*

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COSTUME TIP

by Marlina Kessler

Recycle your old dance shirts or create some cute costume tops. Super easy and inexpensive.

On the instructions, it shows to sew the hem, but you could hand stitch or glue easy enough. Cover the hand sewing/glue edge with rhinestones and you got some bling and a cute shrug!



Blog: Wobisobi, Post: Project Re-Style #12

READING TIP

by Krystyna Parafinczuk

There is fascinating research on the heart and how it affects our communication and health. Music is covered as well as emotional balance & health. The results can offer us new ideas for communicating and teaching, creating and promoting. Science of The Heart: Exploring the Role of the Heart in Human Performance



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