

# Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 4, Issue 1

January 2014

Happy New Year's readers,

Many are happy to see 2013 over, but a lot of us are more excited about the possibilities for 2014. Will we have even more dance festivals to bring our dance communities together? Will we be able to convince companies to sponsor dance events/dancers/students in the pursuit of STEAM versus STEM? Or sponsor dance because it is one of the healthiest activities we can do for our mind, body, spirit and soul?



To this last point, we are looking for volunteers to help ADC create a brochure on

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the benefits of dance for the *consumer*. A PRIZI presentation would be great too for potential sponsors. INSTAGRAMS, PINTEREST, INFOGRAPHICS! There is so much that can be done to elevate dance in the eyes of the consumers. Do you have the skills to play an active role in this mission with ADC? If yes, come to our **Annual Meeting of Members and Directors on January 12, 11 am-1 pm, at The Morning Glory Cafe, The Farm, Phoenix (pg 3)**. We will have two speakers: **Ryan Ermling** on live streaming, and **Kerry Lengel** with tips on promoting dance stories to the media. Meet members from across the state, network, and enjoy the breakfast in one of the most engaging settings. It really is a farm with wood chip roads. Warning: don't wear good or open-toed shoes! Given the great weather we've been having, we won't need down parkas like last year.

Enjoy this first issue of 2014! Take advantage of the discounts (for ADC members) and **FREE** events/classes. Check out the links. Costume tips are provided by **Pablo Rodarte** (pg 25), and the 2013 INDEX (pgs 23-24) lists all of last year's articles, tips and photos of the month. I am very happy I can continue to bring statewide dance news to you on a monthly basis. Remember to send me your news and photos and let's make 2014 a year to remember.

Most sincerely,  
*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](http://AzDanceCoalition.org). All questions about membership and sponsorship can be sent to [Lisa@AzDanceCoalition.org](mailto: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](mailto:Krystyna@AzDanceCoalition.org). Additional ADC contact information is on the last page.

*Past e-newsletters available at [azdancecoalition.org/newsletters/](http://azdancecoalition.org/newsletters/).*



**January 10-11, Friday-Saturday, 7:30 pm.** Tempe Center for the Arts, 700 West Rio Salado Parkway, Tempe. **Desert Dance Theatre presents The Genesis Dance Project.** Showcase will feature emerging artists and professional companies from all genres and styles of dance. Performers include *Ava Fleming (Friday only)*, *Canyon Movement Company*, *Conversion Dance Project*, *Crossroads Performance Group*, *Desert Dance Theatre*, *Dulce Dance Company*, *Halo Movement Collective*, *Movement Source Dance Company (Saturday only)*, *Paradise Valley Community College Dance*, *Step's Junk Funk*,

*Terpsicore Dance Company*, and *Yumi La Rosa Flamenco Company (Friday only)*. A post-performance Q & A will be facilitated by the Arizona Dance Coalition (ADC) directly after the show. Tickets: \$18 Adult, \$15 Senior, \$13 Student, \$12 Group of 10+, ADC, Arizona Presenters Alliance (APA), VIP Deals - \$10 Friends of Desert Dance Theatre (DDT). TCA Box Office: 480-350-2822.

**ADC will co-sponsor festival dance workshops during the show week and will hold its Annual Meeting on Sunday, January 12, 2014.**

Check details at [DesertDanceTheatre.org](http://DesertDanceTheatre.org) or call 480-962-4584.

**January 10-11, Friday-Saturday, 8 pm.** Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **COMPAGNIE KÄFIG: CORRERIA AGWA.** A major figure in the global hip-hop scene, French choreographer Mourad Merzouki works at the intersection of many different disciplines, from circus and martial arts to visual art and music. His unique dance ensemble, Compagnie Käfig, has become an international sensation with its passionate young dancers from the shanty towns of Rio de Janeiro performing an intoxicating fusion of hip-hop, capoeira and samba. This breathtaking performance is two shows in one: *Correria (running)*, a thrilling, hectic race, and *Agwa (water)*, an exploration of this vital resource and symbol of renewal.



Tickets: \$25-\$59. 480-874-4694, Monday-Saturday 10 am-5 pm, Sunday noon-5 pm. **Arts lovers 29 years and under** enjoy 50% off tickets. Visit site for details. ADC Members receive a discount. Promo Code will be emailed to members. **Arts-Connect: Saturday, January 11, 6:30 p.m. Pre-show talk. Connect with artists beyond the stage! Free for ticket holders.**

## SUBMISSION DEADLINE

**FEBRUARY ISSUE**  
of the

*Arizona Dance e-Star*

**January 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](http://AzDanceCoalition.org)

2014 4.1





## Calendar of Events

**January 12, Sunday, 11-1 pm.** The Morning Glory Cafe at The Farm at South Mountain, 6101 S. 32nd Street, Phoenix. **ADC ANNUAL MEMBERSHIP MEETING & BRUNCH.**

Meet ADC Board of Directors and Members from around the state. ADC Regional Representatives will share dance news from their regions. Special guest speakers are **Ryan Ermling** of **StretchInternet.com** and **Kerry Lengel**, performing-arts reporter and theater critic for **The Arizona Republic** and **azcentral.com**. **Stretch Internet**, based in Gilbert, works with more than 450 educational institutions and other organizations to broadcast more than 30,000 live events per year. Utilizing the best streaming technology possible and providing a first-class presentation – *backed by the best customer support in the business* – have helped Stretch Internet become one of the largest streaming media specialists. Their brief presentation will provide an overview of the basic requirements for streaming and a primer for dance organizations wishing to stream live recitals or performances. **Kerry** will present tips on pitching arts stories to the news media. He has covered theater for the past five years at the Phoenix paper, where he also served as arts and entertainment editor. He cannot



dance. All are welcome to attend. Please bring business cards and/or promotional materials for upcoming events to share with colleagues. No Host Breakfast/Brunch Available. Menu available at <http://www.thefarmsouthmountain.com/morning-glory-patio/>. RSVP by January 8, 2014. Call or text 602-740-9616 or email [Lisa@AzDanceCoalition.org](mailto:Lisa@AzDanceCoalition.org). 1 pm-2 pm Board Meeting. Anyone interested in joining the board or volunteer committee is welcome to stay.

**\*NOTE: In case of bad weather, please call 602-740-9616 for an update on new location.**



*Photo by Jenny Anderson*

**January 14-19, Tuesday-Sunday, times vary.** ASU Gammage, 1400 S Forest Ave, Tempe.

**Peter and the Starcatcher.** The most magical evening of madcap fun is now on tour! Hailed by The New York Times as “*The most exhilarating storytelling on Broadway in decades*,” this musical play takes a hilarious romp through the Neverland you never knew. The winner of five Tony Awards®, this swashbuckling prequel to Peter Pan will have you hooked from the moment you let your imagination take flight. Entertainment Weekly calls Peter and the Starcatcher, “*an absurdly funny fantastical*

*journey.*” Box Office 10 a.m. - 6 p.m. Monday - Friday. 2 hours prior to events  
Tickets [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com), 480.965.3434.



**January 18, Saturday, 8 pm.** Centennial Hall, UA Campus, 1020 E University Blvd, Tucson. **UA presents Compagnie Käfig.** What do you get when you mix a French choreographer with eleven male street dancers from Rio de Janeiro? The answer is Compagnie Käfig, a world-wide phenomenon. This Paris-based hip-hop company. Equally at home on college campuses and at the prestigious Spoleto Festival, Compagnie Käfig blasts through boundaries. *"Is it dance? Acrobatics? Performance art? Emphatically, yes!"* raves Ken Ross of The Republican. Seen by more than 1 million people in 47 countries! Tickets: \$36-\$50. 520-621-3341.



**January 18, Saturday, 2 pm.** Fountain Hills Community Center, 13001 N La Montana Dr, Fountain Hills.

**Flamenco del Sol Spanish Dance Ensemble** presents a free, family-friendly program: **Viva Espana: A Journey Through Spain.** Professionals Herlinda Lopez and Deanne Poulos—joined by three generations of dancers—showcase dances, music and costumes from various regions of Spain. Ole! **FREE.**

**January 24, Friday, 9 am – 3 pm.** Paradise Valley High School, 3950 E Bell Rd, Phoenix.

**AzDEO's 10th Annual Pink Tutu Flu-Professional Development Day.**

A great day of sharing curriculum ideas and methods from fellow educators including information from the NDEO annual conference last October. All are welcome: K-12 teachers, college students, studio teachers, Post-Secondary teachers. Continental Breakfast and lunch included.

To register email Lynn Monson at [lmonson@cox.net](mailto:lmonson@cox.net). Send registration fee to: AzDEO, PO Box 60152, Phoenix AZ 85082.

**AzDEO Members Free,** Non-Members \$20.

*Certificate of hours awarded.*



*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**





**January 24-25, Friday-Saturday, 7:30 pm.** Tempe Center for the Arts, 700 W Rio Salado Pkwy, Tempe. **Breaking Ground 2014.** Breaking Ground is CONDER/dance's annual festival presenting dance performance and film created by artists from around the world. Its 7th edition provides opportunities for participants to explore the dialogue between artist and audience and examine how artists help re-imagine the world. Performers include Sheena Annalise (NY), Carley Conder (AZ), Jordan Daniels (TX), Mary Fitzgerald (AZ), Lindsey Gauthier (CA), Jenny Gerena (AZ), Cara Hagan (NC), Keith Johnson (CA), Stephanie Liapis (NY), RJ Muna (CA), Stephanie Nugent (IN), Chad Michael Hall/MULTIPLEX (CA), Britta Peterson (MN), Kristopher Pourzal (AZ), Nadar Rosano (Israel), Leanne Schmidt (AZ) and Boris Seewald (Germany). There is a site-specific event starting at 7:30 pm, **reConception**, featuring Arizona dance artists. Main stage curtain is at 8 pm. Tickets \$10-\$25. Discounts for advance purchasing, students, seniors and groups of 3 or more. Go to [www.conderdance.com](http://www.conderdance.com) for full information. **ADC members \$12. Discount Code will be sent to ADC members.** See Master Classes section (pg 9).

**January 25, Saturday, 2 pm.** Mesa Arts Center, 1 E Main St, Mesa. **Phoenix Children's Hospital Benefit Show, "Broadway to Ballroom" Presented by Fred Astaire Dance Studios.**

The program will feature professional and amateur dance numbers to music from classic Broadway shows such as "West Side Story," "Annie Get Your Gun," "Finian's Rainbow," and "Evita." Contemporary musicals such as "Rent" and "Hairspray" will also be highlighted. The performances will showcase Fred Astaire dancers from all over the valley. There will be something for everyone! YOU are invited to join us for this ballroom spectacular!

Tickets \$15. Will be available at the box office starting January 6. All proceeds from ticket sales will be donated to the hospital. For more information, call 480-473-0388 today!



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.



*Photo by Eraz Sabag*

**January 30, Thursday, 7:30 pm.** Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **Cedar Lake Contemporary Ballet.** Through their daring, athletic movement and integration of ballet into contemporary and popular forms, the dancers of Cedar Lake Contemporary Ballet take audiences on a choreographic journey that explores the infinite possibilities of movement and multimedia. For their Scottsdale debut, the company will perform works by three of today's most influential dance creators: Hofesh Schecter's Violet Kid, an examination

of man's struggle for harmony within a complex and sometimes horrifying universe; Crystal Pite's 10 Duets on a Theme of Rescue, presented in a circle of spotlights, where pairs of dancers sweep in and out of the light playing either the rescued or the rescuer in entrancing sequences; and Jo Strömngren's Necessity, Again, a bold, joyous piece of dance, performed to a sparkling selection of Charles Aznavour songs. **Tickets:** \$25-\$59, 480-499-8587, Monday-Saturday 10 am–5 pm, Sunday noon–5 pm. Arts lovers 29 years and under enjoy 50% off tickets. Visit site for details. **ADC Members receive a discount. Promo Code will be emailed to members. Arts-Connect: January 30, Thursday, 9 pm. Post-show talk. Free for ticket holders.**

**January 29-30, Wednesday-Thursday, 6 pm Pre-show Event, 7:30 pm Performance.** Chandler Center for the Arts, 250 N Arizona Ave, Chandler. **Sister Moses: The Story of Harriet Tubman, 22nd season presented by Desert Dance Theatre.** "Sister Moses" is 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. This powerful dance drama features Desert Dance Theatre with Renee Davis as Harriet Tubman, dramatic narration by Renee Morgan Brooks, African drumming and music direction by Step Raptis, accompaniment by a string quartet and traditional spirituals sung by a choral ensemble featuring baritone soloist, Greg Dansby. Local talent, including individuals from the community as well as students from Bologna Elementary will perform along with the professional cast. First act features special guest performance by Axe Capoeira Arizona and other local performers. Tickets: \$15 Adults, \$12 Seniors, \$10 Students, \$8 Groups 10+/ADC/APA/AzDEO, \$5 Friends of DDT. Tickets? CCA Box Office 480-782-2680. School Matinee Performances: January 29, 9:45 am & 11:30 am. Seating available by reservation only. \$5. Download Reservation Form [here](#). For more information, call 480-962-4584 or go to [DesertDanceTheatre.org](http://DesertDanceTheatre.org).



*Photo by Adam Marr*





**February 2-9, Sunday-Sunday, times vary.** ASU

Gammage, 1400 S Forest Ave, Tempe. **The Wizard of Oz.**

*"We're off to see..."* The most magical adventure of them all.

Andrew Lloyd Webber's new production of The Wizard of Oz is an enchanting adaptation of the all-time classic, totally reconceived for the stage. Developed from the ever popular MGM screenplay, this new production contains all the beloved songs from the Oscar®-winning movie score, all the favorite characters and iconic moments, plus a few surprises along the way, including new songs by Tim Rice and Andrew Lloyd Webber. Click your heels together and join Scarecrow, Tin Man, Lion, Dorothy and her little dog Toto, as they journey through the magical land of Oz to meet the Wizard and obtain their hearts' desires in this fantastic musical treat for all the family. Box Office 10 am- 6 pm Monday-Friday. 2 hours prior to events. Tickets [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com), 480.965.3434.



*Photo by Cylla Von Tiedemann*



*Photo by Jo Stromgren*

**February 6, Thursday, 7:30 pm.** Centennial Hall, UA Campus, 1020 E University Blvd, Tucson. **UA presents Cedar Lake Contemporary Ballet.** For its Tucson debut, Cedar Lake will introduce works of three of the world's most innovative choreographers. Israeli-born Hofesh Shechter's "Violet Kid" examines man's struggle for harmony in a complex and sometimes horrifying universe. The pulsating "Tuplet" by Sweden's Alexander Ekman uses the dancers' own bodies as percussion instruments. Canadian choreographer

Crystal Pite's work concludes the bill with her nourish "Grace Engine." A dance event not to be missed. Tickets: \$41-55, 520-621-3341.

**February 7, Friday, 8 pm.** Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **Celtic Nights: The Emigrants Bridge.**

In this glittering new production from the creators of Gaelforce Dance, six of Ireland's most prominent vocal talents are complemented by six of its most accomplished step dancers, creating an exhilarating picture of a proud people who dared to dream big and doggedly carved out a home in the New World.

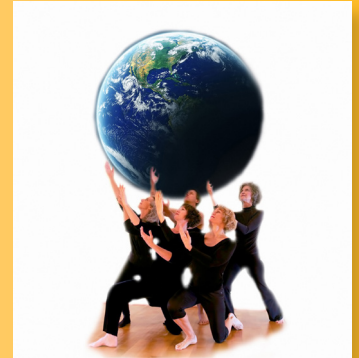
Celtic Nights tells their story through the power and majesty of music and the hypnotic fury of dancing feet. Tickets \$39-\$69. **Arts-Connect Pre-show Talk Friday, February 7, 7 p.m.**

**Connect with artists beyond the stage! Free for ticket holders.**





**February 7, Friday, 7 pm.** Sedona Performing Arts Center, 995 Upper Red Rock Loop Road, Sedona. **The World Peace Dance Performance and Concert.** This performance will inspire and enable people everywhere to live Peace on Earth by embodying daily expressions of love, forgiveness and compassion. This Event will repeat every year until lasting peace is achieved worldwide. During this UN Declared Week of International Interfaith Harmony, the Sedona WPD will be offering a variety of hands-on workshops to develop individual skills for peaceful living. All workshops are free or inexpensive. See website for more information. Tickets in advance \$20 (online), \$25 at the door. Children K-12 FREE. [boxoffice@worldpeacedance.org](mailto:boxoffice@worldpeacedance.org), [worldpeacedance.org](http://worldpeacedance.org). Call Elaine at 218/255-1557 or 480/965-3434.



**February 8, Saturday, 8 am.** Mesquite High School 500 S. McQueen, Gilbert. **AzDEO 29th Annual State High School Dance Festival.** Classes begin at 8:30 am. A fantastic opportunity for your students to participate in inspiring master classes and share in the experience of performing for and viewing fellow dance students from around the state in a morning and afternoon concert. It is also a wonderful opportunity for teachers to network. Early Bird fee (1/24/2014): \$150 for members, \$225 for non-members, Regular fee: \$200 for members, \$275 for non-members. Adjudication fee for student performance: \$20 for members, \$25 for non-members. Video purchase: \$20 for members, \$30 for non-members. Number of dancers per school is limited to 20. Registration is now on-line at [www.azdeo.org](http://www.azdeo.org). Questions, contact Lynn Monson [lmonson@cox.net](mailto:lmonson@cox.net).

**February 13-14, Thursday @ 7:30 pm & Friday @ 8 pm.**

Scottsdale Center for the Performing Arts, 7380 E Second St, Scottsdale. **The Paul Taylor Dance Company** established in 1954, is one of the world's most highly respected and sought-after ensembles. Choreographer Paul Taylor continues to win public and critical acclaim for the vibrancy, relevance and power of his creations, many of which have become iconic masterpieces of modern dance. The Company will perform three works: *Airs* (1978), a classic work featuring music by Handel; *Byzantium* (1984) with stunning movements, spectacular sets and a spiky score by 20th-century iconoclast Edgar Varèse; and *Black Tuesday* (2001), a whimsical tribute to the enduring music of the Great Depression and America's can-do spirit. Tickets: \$39-\$69. Arts lovers 29 years and under enjoy 50% off tickets. Visit site for details. ADC Members receive a discount. Promo Code will be emailed to members.



*Photo by Paul Goode*

**Arts-Connect: Pre-show Talk with Rehearsal Director Bettie de Jong**

**Friday, February 14, 7 pm. Connect with artists beyond the stage! Free for ticket holders.**



## Master Classes / Workshops

### GLENDALE COMMUNITY COLLEGE DANCE

6000 W Olive Ave, Glendale

#### HOSTS TWO DANCE RESIDENCIES

**January 8-11, Wednesday-Thursday & Saturday, with *Paola Hartley***

**January 17-20, Friday-Monday, with *Eric Handman***



***Paola Hartley*** ~ Open Master Classes in Ballet 10 am -11:15 am every day, FC-101 Dance Studio

Free and Open to the Public for students 16 and over

VERVE Dance Company closed rehearsal with Paola Hartley, 11:30 am - 4:30 pm. January 11th Lecture Demonstration with Paola Hartley and VERVE Dance Company, 11 am-12 pm, FC-101. **Free and Open to the Public.**



***Eric Handman*** ~ Open Master Classes in Modern Dance 10 am-11:15 am every day, FC-101 Dance Studio. Free and Open to the Public for students 16 and over  
VERVE Dance Company closed rehearsal with Eric Handman, 11:30 am-4:30 pm  
January 20 - Lecture Demonstration with Eric Handman and VERVE Dance Company, 11am-12 pm FC-101. **Free and Open to the Public.**

**These residencies are funded by an MCLI Learning Grant, and enables GCC Dance's resident dance company VERVE to work with national and internationally renowned dancers and choreographers.**

### **4 MASTER CLASSES by BREAKING GROUND 2014 FACULTY**

**January 25, Saturday, 9 am–3 pm.** Arizona State University, Fine Art Bldg, Rm 122, Tempe.

9–10:30 am Stephanie Nugent

10:30–12 pm Nadar Rosano, Technique

12–1:30 Stephanie Liapis, Technique

1:30–3 pm Chad Michael Hall, Technique

3–4:30 pm Nadar Rosano, Repertoire

\$10/class OR \$30 for 4 classes. **ASU students FREE. ADC members**

**\$8/class.** Pay at the door. Cash and Credit Cards are accepted. No

prior registration is needed. Don't miss the opportunity to learn from artists from New York, Israel and California. All will be presenting work in the BG14 Programs at Tempe Center for the Arts. (See pg 5) ***Stephanie Nugent*** is a choreographer, performer, and educator of dance/theater and improvisation. Her creative projects are rooted in collaborations with artists and scholars addressing social issues surrounding empathy and nonviolence. ***Nadar Rosano*** is a dancer, independent choreographer, presently lives in Tel-Aviv. His work has been presented around the world. He received 2nd prize in the 21st Intl Dance Competition for Choreography in Hanover, Germany & 2nd prize at the Intl Dance Competition in Dusseldorf, Germany. ***Stephanie Liapis*** has had the pleasure of working with Doug Varone and Dancers (2002-2007), Nancy Bannon (2001-2009), Nicholas Leichter Dance (2008-2011) and as a guest artist with Susan Marshall and Company (2008) and the MET Ballet (2003) among others. ***Chad Michael Hall*** is a dancer, choreographer, artistic director of MULTIPLEX DANCE and Asst Professor of dance at U of CA Irvine's Claire Trevor School of the Arts. This is his 7th trip to AZ.



## Master Classes / Workshops

### FREE MASTER CLASS

MARK MORRIS  DANCE GROUP



Presented by



### FREE Master Class with Mark Morris Dance Group

**January 27, Monday, 4-5:30 pm.** Mesa Arts Center, Dance Studio, 2nd Floor, South Side. Mesa. High school and community college students of intermediate level are invited to join principal dancers of Mark Morris Dance Group in a modern workshop intensive. RSVP [outreach@mesaartscenter.com](mailto:outreach@mesaartscenter.com). Space is limited.

## Auditions / Scholarships

### 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. Register online: [www.gcu.edu/auditions](http://www.gcu.edu/auditions). If you are out of town and would prefer to audition by DVD, download the application that includes details on submitting an audition DVD.

**Tap 24.7** is holding auditions/master classes in Phoenix and Tucson for their next production entitled **In the Pocket**. Show and classes will take place Memorial Day weekend. Performance will be at the Tempe Center for the Arts on May 25.

Questions /to register, email [tapzen24.7@gmail.com](mailto:tapzen24.7@gmail.com)

**PHOENIX ~ January 4, Saturday, 11:30 am check-in, 12-4 pm**, Brick Studio, 4550 E Indian School Rd. Room 1: 12 pm Mike Wittmers, 1 pm Jenefer Miller, 2 pm Suzy Guarino. Room 2: 12 pm Suzy/Jen, 1 pm Kelly Zwolinski, 2 pm Megan Maltos

**TUCSON ~ January 5, Sunday, 9-11 am**, Danswest Dance, 5633 E Speedway Blvd. 9 am Jen/Suzy, 10 am Erin McBride.

\$20/each master class \$20. Audition fee \$10. If auditioning and taking 3 classes in Phoenix, it is \$65. If you are auditioning and taking both classes in Tucson, the fee is \$45.

**AUDITIONS AT BALLET ETUDES**, 2401 E Baseline Rd, Gilbert. 480-558-2080

**Friday, January 17 ~ BalletMet** Summer Intensive Audition

Registration: 5:30-6 pm; Audition: 6-7:30pm

**Monday, January 20 ~ Walnut Hill** Summer Intensive Audition

Registration (all ages): 5-5:30 pm, Audition (ages 10-13) 5:30-6:30 pm, Audition (ages 14-17) 6:30-8 pm

**Saturday, January 25 ~ Fort Wayne** Summer Intensive Audition, [http://www.fortwayneballet.org/summer\\_study.htm](http://www.fortwayneballet.org/summer_study.htm)



## Member & ACA Announcements



### SCOTTSDALE CENTER FOR THE PERFORMING ARTS

offers ADC members a **25% DISCOUNT** off all ticket price points for the following performances:

Compagnie Kafig – Friday, January 10 performance ONLY

Cedar Lake Contemporary Ballet – Thursday, January 30

Paul Taylor Dance Company – Thursday, February 13 performance ONLY

Pilobolus – Friday, March 28 performance ONLY

Steven Petronio Company – Friday, April 25

Ticket fees, terms and conditions apply. The terms and conditions rider is available on the SCPA web site here: <http://www.scottsdaleperformingarts.org/terms-conditions.php>

**UApresents** at Centennial Hall, Tucson, is offering ADC members a 20% discounts on tickets to the upcoming **Compagnie Kafig** performance on January 18, 2014. Call the Box Office 520-621-3341 and mention the promo code (emailed to ADC members). [UApresents.org](http://UApresents.org). Tickets from \$25. Ask about student discounts.



### AzDEO Special Funding Opportunity

AzDEO is pleased to announce the availability of funding to attend **NDEO's Special Topics Conference ~ Charting the Course: Approaches to Teacher Evaluation for K-12 Dance Educators**

**May 16 -18**, Friday Evening through Sunday Morning, MCM Elegante', Albuquerque, New Mexico. Funding will include airfare, hotel and registration. To apply, write an essay on how attendance will enhance your knowledge and position as an educator! Submit to Lynn Monson via email: [lmanson@cox.net](mailto:lmanson@cox.net). Supported by the Arizona Commission on the Arts with funding from the State of Arizona and the National Endowment for the Arts.

**Arizona Commission on the Arts Grant Application Deadline: Fast Track Grants, Cycle B**  
**Friday, January 24, 12 am – 11:59 pm.**

### AZ ARTS CONGRESS 2014

**February 5, Wednesday, 8:30 am.** Arizona State Capitol, House Lawn, 1700 W Washington, Phoenix. The AAC is the annual convening of AZ arts advocates, hosted by our partner in the arts advocacy, Arizona Citizens/Action for the Arts. At Arts Congress attendees gain new advocacy tools and resources and meet with legislators and other public officials to discuss arts policy, arts education and public funding for the arts. To register as an individual (\$25) or be a sponsor (\$125 – 4 admissions and recognition), visit: <http://www.azarts.gov/arts-advocacy/arts-congress/>

## Member & ACA Announcements *continued*

**PHOENIX ~ Grand Canyon University** invites you to learn more about their Dance Program at <http://www.gcu.edu/danceeducation>. Arizona high school dance programs and local dance studios are invited to spend a day with GCU Dance! Students will have opportunity to take class with GCU Dance faculty, meet current dance majors, and take a campus tour. Registration is first come-first serve: January 17, February 21, March 7 and 28, and April 11. GCU will provide lunch and reimbursement for up to \$150 of your transportation costs. [www.gcu.edu/danceinvitationals](http://www.gcu.edu/danceinvitationals)



The Arizona-Mexico Commission (AMC) recently published a pair of online guides for artists travelling from the United State to Mexico and from Mexico to the United States. From currency exchange rates, to visa requirements, to performer-related tax regulations, these guides provide a wealth of knowledge and resources for artists preparing to take their work across the border. The AMC's Arts & Culture Committee is currently working "to establish new and effective channels of exchange and markets for the work of artists from both [Arizona & Sonora]," says current committee Co-Chair (and Arizona Commission on the Arts Executive Director) Bob Booker. See more at: [azarts.gov](http://azarts.gov)

**Lynn Tuttle**, director of Arts Education at the Arizona Department of Education, received the **Outstanding Leadership Award** from the **National Dance Education Organization (NDEO)** in October at their national conference in Miami. *Congratulations, Lynn!*

### On the national scene ~

**Fred Benjamin**, internationally known jazz dancer/teacher, died at the age of 69. He was chairman of the jazz department and faculty advisor at the Alvin Ailey American Dance Center in the '90s.

**Frank Hatchett** died December 23 at the age of 78 at Baystate Medical Center, Springfield MA. He created what was referred to as the "VOP," or a "hot style of jazz dance that incorporated a "get-down, street-smart feeling." You can read more about Frank Hatchett [here](#).



On **December 8, 2013**, the **36th Annual Kennedy Center Honors** inducted **Shirley MacLaine** ~ dancer, singer, film and theater actress, activist and author. MacLaine took dance lessons from age two, performed publicly at age four and, at sixteen, made her Broadway debut as a chorus girl. In 1954, MacLaine was understudying actress Carol Haney in 'The

Pajama Game', when Haney fractured her ankle. MacLaine replaced her and was offered a movie contract by producer Hal Wallis. 69 credits and still performing with guest appearances on Downton Abbey!





## Non-Member Announcements

**TUCSON ~ January 25, Saturday, 6 pm.** St. Cyril Catholic Church, 4725 E Pima, Tucson. **Polish Folk Ensemble Lajkonik** is proud to host the 4th annual Polish Night. Join us for an evening of Polish food and spectacular folk dancing by our youth group and to celebrate 25 years of a Polish community at St. Cyril's in Tucson. *Your attendance this evening would help support our group's performance tour in Poland in the summer of 2014.* Tickets: 520-495-8959 until 1 pm or 1-480-209-8527, lajkonik@cox.net, www.PolishDanceAZ.com.

**The group is still open to new dancers for the season which includes a tour in Poland July 15-30 (dates still to be finalized).** If you are interested and will be between 16-30 years old, please contact Joanna Schmit via email Lajkonik@cox.net or call 520-481-5280 by January 10th. The group covers the cost of festival and provides costumes but new members would be responsible for the airline ticket. Practices are held at the www.ArizonaPolishClub.org on Mondays at 6 pm and, from time to time, workshops over the weekend. Check us out on facebook or on our website where you will find more photos and a calendar of upcoming performances.

### PHOENIX ~ SOCIAL DANCE

Register now for discounted rates for **BadAZ Balboa 2014 March 28-30**, Phoenix.

Sponsored by the California Balboa Classic. Live Music, Contests, Amazing Classes, and More! Chris and Beth Grover from LA are the headliners. They are true experts in vintage style Balboa and are fabulous historians on the subject matter. ADC members **Gayl and Howard Zhao** (Tucson) will also be teaching. First 10 Registrants: \$65; Second 10 Registrants: \$75; Third 10 Registrants: \$85; Fourth 10 Registrants: \$100; From then on and at the door: \$115. 17 and Under PASS for \$55.

<http://www.badazbal.com/>

**Micky Fortanasce** (international Balboa champion and instructor) is also coming out in early May. He and his partner **Kelly Arsenault** taught at Bad AZ Bal last year.

### Photo of the Month

**Kayln Berg**

Tucson Dance Academy

Photo by **Tyler Mark**



## Regional Events

### Central Arizona EVENTS .....

**January 2, Thursday, 6-9 pm.** Encore Dance Center, Phoenix. Dance classes with Rufus Rodriquez, Irene Ashu and Darrion Gallegos **benefit St Jude's and Phoenix Children's Hospitals.** FREE. All donations benefit the hospitals. To reserve your place: lash@ucl.edu, 480-636-9356.

**January 11, Saturday, 2 pm.** JuiceBox Dance Academy, 701 E Western Ave, Avondale. **Popping Techniques with Matthew Love** followed by 2 on 2 open styles battle. Cash prize for winner. \$20 class, \$5 battle entry, \$8 for battle only. 411juicebox@gmail.com

**January 12, Sunday, noon – 4 pm. Ballet Arizona OPEN HOUSE,** 2835 E Washington St, Phoenix. **FREE CLASSES:** ballet, jazz, ballroom, tango, flamenco, yoga and Zumba! Tour the state-of-art studios, sample classes and enter to win performance tickets, class cards and more! Classes are for adults ages 14 and up, teen ages 12-18. SPECIAL Class Card Offer: 30 days of classes for \$30! Email school@balletaz.or or visit website for class times. 602-381-0184. www.balletaz.org/community-outreach/new-year-open-house/

**January 18, Saturday, 11:30 am & 12:30 pm.** Elite Dance Academy, 9059 W Lake Pleasant Pkwy, Suite 880 (behind CVS), Peoria. **Elektro Hip Hop Master Class with Dominic "Show-off" LaRovere.** 12 pm beginner/intermediate level. 1 pm intermediate/advanced level. Info, call 623-518-6823 or info@elitedanceacademy=az.com. \$10 EDA students, \$12 public.

**January 25, Saturday. Arizona Battle of the Desert. FREE.** Cyphers The Center for the Urban Arts, 9201 N 29th Ave, Ste #36, Phoenix. Phoenix vs Tucson vs Yuma Exhibition (Breakin' & Open/All Styles). All ages, all-day event. Facebook for details.

**February 13-16, Symphony Hall, 2835 E Washington St, Phoenix. Ballet Arizona and The Phoenix Symphony present La Bayadere.** Box Office 602-381-1096, Mon-Fri 9 am–5:30 pm.

### Southern Arizona EVENTS .....

**January 19, Sunday.** BreakOut Studios, 828 N Stone Ave, Tucson. **FREE Dance Day at BreakOut Studios.** For a schedule of classes, visit their facebook page.

**January 25, Saturday, 6 pm.** St. Cyril Catholic Church, 4725 E Pima, Tucson. **Polish Folk Ensemble Lajkonik** is proud to host the 4th annual Polish Night. Tickets: 520-495-8959 until 1 pm or 1-480-209-8527, lajkonik@cox.net, www.PolishDanceAZ.com.

**February 15-16, Saturday @ 7:30 pm, Sunday @ 1 & 5 pm.** Temple of Music & Art, 330 S Scott Ave, Tucson. **Ballet Tucson Winter Concert with Tucson Desert Song Festival.** Danses a la Francaise (premiere). Tickets \$30-\$42. <http://www.brownpapertickets.com/event/412846>





## MEMBER SPOTLIGHT

shines on the  
**Step Raptis**

**Step Raptis**, originally from Detroit, Michigan, received his BFA in Dance Choreography & Performance from Mary Grove College in 1976. He also trained and/or performed in N.Y. and Canada with National Ballet of Canada, Le Groupe de la Place Royale, Toronto Dance Theatre, Danny Grossman, Louis Falco, Jennifer Muller and Christopher Hyde. He also worked at Concordia College and N.Y.U.'s Tisch School of Dance.

Step has been a music accompanist for many dance companies from all over the U.S. since 1975. He was a co-founder of Adzido-West African Folkloric Drum and Dance Company under the direction of master drummer, Uncle C. K. Ganyo from Ghana. And he has performed with many musical groups including: Down Boy, Chant, Zingaro, Caribbean Cruisers, Mixit World Beat, and most notably, Dr. Bombay (Contemporary Jazz), opening for Al Jarreau, Blood, Sweat and Tears, Rippingtons, Spyro Gyro, and more. He currently performs with several music ensembles including: Meadowlark (World Music), Mango Chutney (India Western Fusion) and Caravan (Flamenco Fusion).



Step is the founder and director of **Step's Junk Funk**, a movement and percussion performance group that utilizes non-traditional, recycled and found objects to create tonal music compositions and orchestrations. As associate artistic director and music director for **Desert Dance Theatre**, Step has composed several music compositions as well as contributing as a choreographer. Along with **Lisa R. Chow**, he is the co-founder and co-director of **Crossroads Performance Group**, which integrates music and dance into a unique collaborative performance.

On the artist roster of the Arizona Commission on the Arts, Step has provided outreach programs to schools and communities throughout Arizona and the Southwest. He is highly recognized for his outreach residency programs for at-risk student populations. The Scottsdale Cultural Council honored Raptis with the **Chairman's Circle Arts Award** in 2000 for Artists/Educators of the Year. He also received the **Teen Spirit Award** from Motivating the Teen Spirit and Empowering the Human Spirit Foundation. On July 27, 2013, Step and Lisa were awarded the **Daffy Award** at the Las Vegas Dance in the Desert Festival for their Lifetime Achievement in Dance.



He is also the founder of the "Dance Husbands Club" that has a few designated presidents, and is a freelance audio and light technician for classical Carnatic and other music from India, and provides services for marley and portable dance floor rentals.

Step will be composing music for Desert Dance Theatre's piece in **The Genesis Project** premiering January 10-11, 2014, at the Tempe Center for the Arts. (See page 2) Step's Junk Funk and Crossroads Performance Group will also be performing.



[StepRaptis@yahoo.com](mailto:StepRaptis@yahoo.com)

<http://roster.azarts.gov/StepsJunkFunk>

<http://www.stepsjunkfunk.com/>

Cell 602-740-7626

## Gluten-free Diets for Athletes

The following article was published in **The Washington Post** on October 14, 2013, by Anna Medaris Miller. You can read the entire article [here](#).

Many athletes tout the gluten-free way. What's the science behind the claim?

Whoever said that running a marathon is mostly mental lied. That's what I was thinking as I winced across the 14th Street Bridge during the 2010 Marine Corps Marathon. After 20-plus miles, it wasn't a lack of energy or a bad attitude that was holding me back but troubles with, to put it politely, my gastrointestinal tract.

Though I finished the marathon, my second, it took me nearly two more years and two uncomfortable half-marathons to come to terms with the likely source of

my problem: gluten.

I don't have celiac disease, an autoimmune reaction to gluten (a protein found in bread, pasta and many other foods containing wheat, barley or rye), but my internist says I am probably gluten-sensitive, a less serious condition that nonetheless can come with such symptoms as diarrhea, bloating and joint pain.

While there is no diagnostic test for gluten sensitivity, the Center for Celiac Research at Massachusetts General Hospital for Children estimates that about 6 percent of Americans fit the condition's murky criteria: They don't have celiac, but their symptoms are alleviated when they stop eating gluten.

Gluten-free diets are gaining popularity, with U.S. sales of these foods "reaching \$4.2 billion in 2012, for a compound annual growth rate of 28 percent

*The conviction that gluten-free products are generally healthier is the top motivation for consumers of these [gluten-free] products.*

over the 2008-2012 period," according to a report by the market research company Packaged Facts. "The conviction that gluten-free products are generally healthier is the top motivation for consumers of these products," the report states.

It's a striking shift, particularly among endurance athletes, who come from a carb-loading culture where pre-race pasta and post-race beer are as essential as the bib number on your back and the sneakers on your feet.

All that is changing now: The idea that an endurance athlete's diet needs to include plenty of carbohydrates — whether gluten-filled spaghetti or gluten-free potatoes — is no longer gospel. "What we used to say to endurance athletes is that 60 to 70 percent of their daily intake should be from carbs," says Leslie Bonci, director of sports nutrition at the University of Pittsburgh Medical Center. "Now, that's unnecessary. If you're getting 50 percent, that's enough."

Since cutting gluten out of my diet in August of last year, I've noticed a profound change: My digestion is

gentler, my sleep is sounder, my energy level is more even. These benefits also seem to have led to improved athletic performance. Since going off gluten, I placed in a race for the first time in my adult life, won a small community biathlon and achieved a personal best in a 5K run. Most important, I felt good while doing it.

'Gluten is useless'

A couple of years ago, few of us even knew what gluten was. Now, entire grocery aisles and cookbooks are devoted to ways to avoid it (you can even get gluten-free Communion wafers). Celebrity athletes are helping fuel the gluten-free lifestyle: Saints quarterback Drew Brees, the Garmin cycling team and top tennis player Novak Djokovic have all been vocal about its benefits.

"It wasn't a new racquet, a new workout, a new coach, or even a new serve that helped me lose weight, find mental focus, and enjoy the best health of my life. It was a new diet," says Djokovic in his new book, "Serve to Win: The 14-Day Gluten-Free Plan for Physical and Mental Excellence." After gaining a



## Gluten-free Diets for Athletes *continued*

reputation of being unpredictable, prone to sickness and even out of shape — something that commentators often blamed on asthma — Djokovic went gluten-free in 2010. The next year, he won 10 tennis titles, three Grand Slam events and 43 consecutive matches. He's now ranked No. 1 in the world by the Association of Tennis Professionals. "My life had changed because I had begun to eat the right foods for my body, in the way that my body demanded," he writes.

There's debate in the medical and sports communities about why eliminating gluten may have a positive effect on athletic performance.

"Nutritionally speaking, gluten is useless," according to Alessio Fasano, director of the Center for Celiac Research at Massachusetts General Hospital

for Children. "It doesn't do anything for us," he says. "For the [first] 99.9 percent of our human evolution, our species has been gluten-free." The protein entered our diets only about 10,000 years ago, when our ancestors began domesticating crops, he says. As a result, our bodies don't contain the digestive enzymes to break it down. Eating a lot of gluten is akin to "asking your GI system to do an impossible mission: to digest something that's not digestible," says Fasano, a pediatric gastroenterologist.

Still, most people can handle it without a hitch. For them, it's like accidentally ingesting some bacteria or dirt with an unwashed piece of fruit. "If everything is working as it should, then your immune system can 'clean up' those undigested fragments of gluten, and

*For the [first] 99.9 percent of our human evolution, our species has been gluten-free. The protein entered our diets only about 10,000 years ago, when our ancestors began domesticating crops.*

everything is fine."

But eliminating gluten frees the body from this dead-end mission, allowing it to focus on carrying oxygen to the muscles. This, some theorize, is why eliminating gluten may boost athletic performance.

Still, a gluten-free diet won't turn you into an Olympic athlete, Fasano says. "But when you go to the high-level performing athletes in which a fraction of a second can mean the difference between winning and losing an event, or be[ing] able to complete a marathon or not within a certain time frame, that can be the small edge that helps you."

There are other theories as to why some athletes report improved athletic performance after eliminating gluten.

Bonci, a nutrition consultant to the Washington Nationals, Pittsburgh Steelers and other sports teams, says that some people blame their GI and other problems on gluten when the real issue may be portion size. When people stop eating "bagels that look like flying saucers" and instead choose, say, a dainty rice

cake, they're likely to feel better, regardless of their sensitivity to gluten. "It's a quantity change," too, she says.

William Davis, a cardiologist in Milwaukee and author of the book "Wheat Belly," says gluten isn't the problem either — it's wheat. "The real issue is all the other many thousands of components in modern wheat that could potentially impair performance," he says. One such component, gliadin, for example, can cause brain fog and joint inflammation and pain, he says. And agglutinin, another protein found in wheat, is associated with body-wide inflammation and gastrointestinal distress, he says.

That might help explain why giving up gluten seems to have worked for triathlete Barbara Davis, even though she doesn't have celiac disease and tested negative for a wheat allergy. After tearing a muscle in a half-marathon in 2011, the 49-year-old psychotherapist from South Orange, N.J., sought treatment from physical therapists, orthopedists and other medical professionals. A year later, her leg still

## Gluten-free Diets for Athletes *continued*

hurt. But at the suggestion of a young chiropractor, who thought she might be having an inflammatory reaction to gluten, Davis went gluten-free. “I gave up the gluten, and the pain stopped,” she says.

Joe Shannahan, a Washington area running coach for a Leukemia and Lymphoma Society training program, stopped eating gluten because his wife has celiac disease and he wanted to be healthier. He didn’t notice any difference in his strength or endurance, but something happened that he didn’t expect: His joint pain disappeared. “I used to take Aleve for joint pain — it was my ‘Vitamin A,’” he says. “I don’t take it anymore. The pain is essentially gone.”

A passing fad?

So far, the support for a gluten-free diet as a performance enhancer is anecdotal. There is no research

on the before-and-after of athletes who switch to a gluten-free diet. And until there is, many will remain skeptical. “You can create hype and you can have something that gets attention, but that doesn’t mean that it’s right,” says Felicia Stoler, a nutritionist and exercise physiologist in New Jersey.

Stoler, who is president of the Greater New York chapter of the American College of Sports Medicine, says she has yet to see evidence heralding a gluten-free diet for endurance athletes. “If you have nothing wrong with you as far as absorptive disorders, then there’s no benefit by cutting out gluten,” she says. “You have to look at your overall caloric intake needs as an athlete.”

Stoler tried a gluten-free diet a few years ago to better relate to the daily challenges of her patients

*The real issue is all the other many thousands of components in modern wheat that could potentially impair performance.*

with celiac disease or gluten sensitivity. She says she experienced none of the claims that others make, such as increased energy, weight loss or less bloating. “I’m very in tune with my body, and I didn’t notice anything different other than it being incredibly inconvenient and aggravating,” she says.

As a beer-loving Milwaukee native, I feel Stoler’s pain. But for me and other athletes, the pain of eating (and drinking) gluten is worse. And fortunately for us, there are more gluten-free options than ever, including pasta made from quinoa, energy bars made from fruit and nuts, and chips made from black beans. And there are the naturally gluten-free basics, too: I’ll eat a simple dinner, such as chicken, potatoes and broccoli, before a race and a banana with all-natural peanut butter a few hours before. And as for that post-race beer? Well, there’s always *champagne*.

Potato Vodka ... Tequila ... Rum ... Gin ... Cognac  
Bourbon ... Brandy ... Whiskey ... Wine  
are gluten-free! **Happy New Year!**

Article from **The Washington Post**

by Anna Medaris Miller

**October 14, 2013**

*About the Author: Anna is a Washington D.C.-based health writer and editor whose work has appeared in The Washington Post, US News & World Report, Yahoo! Shine, Forbes.com, Medicine + Health and other health and science magazines.*

*By weekday, Anna is an associate editor for two magazines published by the American Psychological Association: Monitor on Psychology and gradPSYCH. By weekend, she’s a graduate student in American University’s Interactive Journalism program. She also writes a monthly health column for The Daily Muse.com and continues to freelance.*

*Anna is a proud University of Michigan alumna, occasional marathoner and triathlete, and member of the National Press Club and the Association of Health Care Journalists. She serves on the board of the American News Women’s Club. Get in touch at [annamemi@gmail.com](mailto:annamemi@gmail.com) or @AnnaMedaris.*





## 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](mailto: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](mailto: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](mailto:katipan@gmail.com)

**ADULT CENTER OF PRESCOTT**, 1280 E Rosser St, Prescott. 928-778-3000. [adultcenter.org](http://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](mailto: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

**Jan 3, First Friday**, 220 N 16th St, Phoenix.

**Jan 17, 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*

### Jan 12 & 26, Sunday, 5-9 pm

*Tucson Sunday Salsa Social* hosted by Gerardo & Lupita. Families are welcome. \$10/live band or \$7/DJ. Arizona Ballroom Company/Sonoran Ballroom, 5536 E Grant Rd, Tucson (*in the Safeway Shopping Plaza*). [tucsonsalsa.com](http://tucsonsalsa.com)

**Wednesdays ~ Casa Vincente**, 475 S Stone, Tucson. 7:15 pm FREE beginner Tango lesson with Erik Fleming. 8-10 pm, Spanish food & wines.

**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/>

**Jan 4 ~ 1st Saturdays 7-10 pm**, Free Milonga Cafe Desta, 758 S Stone Ave, Tucson. DJ Jo Canalli. 520-468-5536.

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

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

**Jan 18 – USA Dance So Arizona Chapter** presents their Dance, 8-11 pm. \$5 members, \$3 students; \$8 non-members. <http://soazbda.org/>

**Jan 25 – TucsonLindyHop.org** presents **Ain't Misbehavin'** for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.



*TucSon Casineros*  
 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](mailto:Krystyna@AzDanceCoalition.org) by the 25th of each month.*

# BIZ TALK

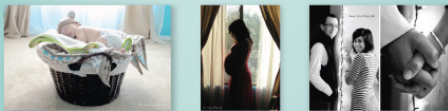
**BIZ Talk** is a new section where YOU can have something to say - exactly the way you want to say it. *But it will cost you.* If you are interested, please email [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org) or call 520-743-1349 for rates and sizes.

*ADC members receive discounted rates.*

*brianna lynn*  
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Phoenix, AZ | (814) 659.8405



480-243-7361

[12thstreetcostumes@gmail.com](mailto:12thstreetcostumes@gmail.com)

## Blue Grass/ Country Style / Tap / Clogging DANCERS WANTED

If you are a skilled dancer - tap, clogging, dancing to blue grass/country style music - interested in performing this summer in China, please contact **Peter Rolland** by email at [peterrolland@cox.net](mailto:peterrolland@cox.net). You can also leave a telephone message at 480-969-9744. If you leave a phone message, please also send an email.

*Someone out there is singing ...*

*"I really NEED this job!"*

*Do you have a conference, festival, performance or competition to promote? You can do it **here!***

## Announce your sales & services to the Arizona Dance Community **HERE**

dancewear ♦ shoes  
personal care ♦ healthcare  
business services ♦ music  
grant & promotional writing  
public relations ♦ travel  
legal ♦ accounting  
studio & venue rentals  
costume design & rental  
business management & more



## 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/bso/dance/index.jsp>

SeeDance.com ~ <http://www.seedance.com>

## HOW TO FIND AUDITIONS

<http://www.auditioninside.com/2013/07/how-to-find-auditions/>

***Audition Inside*** ~ Browse through our site and find opportunities such as physical audition notices, submission requests for talent, casting calls, and much more! Count on ***Audition Inside*** to continually make the process of finding your next job opportunity as “painless” as possible!

## 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/](http://partnershipmovement.org/the-movement/).

The **Arizona Dance Coalition** will be conducting a **SURVEY** of its subscribers who are comprised of *dancers, choreographers, educators, producers, advocates* and many others in dance-related careers. In addition, fans and “*supporters*” subscribe to keep up with the dance events and news in Arizona. **We invite you to be a part of this dance “arts” community.**

The **SURVEY** will cover the basic “meme” questions — *Who are you? Where are you from? What do you do?* ... and so on. It will ask you questions specific to ADC (how can we serve you), about what you purchase (dancewear,

concert tickets, massages), health & nutrition questions and insurance questions (health/dental).

The more participants in the survey, the more meaningful the results will be to get a better understanding of who “we” are and how we fit into the AZ “*arts*” community.

Let's find out if we—the *dance* community—are making a difference. Please spread the word and encourage your colleagues to subscribe. Better yet, become an ADC member and help us carry out our mission—*creating connections between the dance communities and the general public in Arizona.*

ADC Board of Directors

## ARIZONA DANCE COALITION Member Benefits &amp; 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** (*see below*) 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.

**PREZI** is a new presentation program you can use for class, company and parent presentations. You can explain your school, company, trip, and choreography in a more flowing way than the standard slide presentation like PowerPoint. Check out these links to learn more:

PDF instructional document: [http://www.berks.psu.edu/Documents/Academics/Prezi\\_CreatingPresentations.pdf](http://www.berks.psu.edu/Documents/Academics/Prezi_CreatingPresentations.pdf)

YouTube tutorial: <http://www.youtube.com/watch?v=CuE0ln8oxYs>

### 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!*

*Arizona Dance e-Star* Editor/Designer, Krystyna Parafinczuk  
Contributors: Lisa Chow, Pablo Rodarte, and Step Raptis.



## 2013 *Arizona Dance e-Star* Index

### Member Spotlight

January – West Valley Conservatory of Ballet (Surprise)  
 February – Grand Canyon University Dance Education Program  
 March – Scottsdale Community College Dance Program  
 April – Arizona Dance Education Organization / AzDEO  
 May – Paradise Valley Community College Dance Program  
 June – Xanadu Dance Company - Middle Eastern Dance  
 July/August – Janaea Rose Lynn - Isadora Duncan Specialist  
 September – Ballet Etudes  
 October – Dance For A Cause; 1st Dance Festival of So AZ  
 December – Scottsdale School of Ballet

### Lifetime Achievement Award Winner

**Frances Cohen** (Phoenix), presented October 24, 2013, Herberger Theater Center, Center Dance Ensemble's 25th Season

### Photo of the Month

January – Laum Pellegrino, photo by Carlos A Velarde  
 February – Marissa Kline & Alicia Cardoza, photo by Ed Flores  
 March – Emily Childers, photo by Dan Perrine & Miguel Salhuana  
 April – Andrea Lasley and Jose Soto, photo by Ron Brewer  
 May – Kyndra Ricker and Dominic Mercer Gizzi, photo by C. J. Kane  
 June – Aaron "Punj" Hicks, photo by Felicia Campos Gallegos  
 July/August – Ballet Etudes' Cinderella, photo by Kellan Meko  
 September – Erin Lovrien, photo by Tim Fuller  
 October – Latricia George, photo by Larry Hanelin  
 November – Rincon/University High & Tucson High dancers, photo by Larry Hanelin  
 December – Barbea Williams Performing Company, photo by Larry Hanelin

### Articles

January – Natalia Makarova, Kennedy Center Honoree  
 February – Purging the NEA Portfolio/Funder Driven Innovation  
 March – Are we using the right *terms*?  
 April – Make the most of your website's "thank you" page for donors

*Continued on the next page.*

## 2013 *Arizona Dance e-Star* Index

May – The Qi of Dancing (*acupuncture*)

June – Letter to Students circa 2013; Health Insurance - Solutions for Artists;  
Jack & Jill competitions explained

July/August – Is Personal Growth More Important Than Institutional Growth?

September – Dance and the Common Core Stds in Language and Math

October – Ballet Dancers' Brains Adapt to Stop Them Going Dizzy; Health  
Insurance

November – National Ballet School Participates in Parkinson's Study

December – Just ad dance - how adverts got jiggy with it (*dancers hired for  
advertising / commercials*)

### **Costume Tips by *Marlina Kessler***

January - Costume/Emergency Repair Kit

February – Creating Harem Pants

March – Dryer Sheets for Static Control

April – Trip to the hardware store for costume inspiration, pantyhose and an old  
bra give needed "umph" in the bust line

May – Rid glitter with static from a plastic bag

June – Sewing classes online - [Craftsy.com](http://Craftsy.com)

July/August – Hang vinyl costumes in the sun to get out wrinkles

September – Costume storage (*suitcase, cardboard box, acid-free tissue, etc*)

October – Simple Halloween Costume Ideas

November – Steaming perks up tutus

December – [CostumeManager.com](http://CostumeManager.com); [PointeShoeBrands.wordpress.com/](http://PointeShoeBrands.wordpress.com/)

### **Soma Tip**

July/August – Take up "art" for the "brain" muscle

### **Business Tip**

January – Ticket Sales, Considering Selling Carrots to avoid taxes! "Thank You"  
Construction

February – Shazam App - download music; Fonts for readability

March – The Wallace Foundation - Go or No Go, Fiscal Mgmt Associates

April – Prop: Park Bench on Wheels / inspires choreography with message

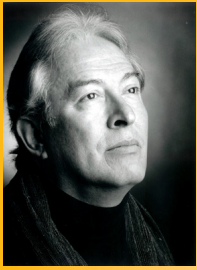
May – "I Charleston" piece to promote your city to the world

June - Google Play Music All Access

September - How to attract and retain stellar workers

October - NDEO Accepted / digital profile for young artists





## COSTUME TIPS *by Pablo Rodarte*

- I notice a lot of times that when people make costumes they do not take into mind the *seam allowance* which is vital if the costume is to be altered in the future or passed down to another artist. **I always leave a one-inch allowance.**
- For fast changes, I avoid fastidious eyes and hooks and opt for **snaps or**

### Velcro.

- Costume color choices are important due to the fact that most theatres and venues are usually equipped with a black backdrop, so **avoid black or dark colors** that will get lost.
- Always keep in mind that **white fabrics will always scream at the audience**; best to opt for **off whites**.
- And my last tip is that if the costume choice or design does not read from the back of the theatre or last row of balcony, you have defeated your purpose. **Simplicity and to the point delivers an immediate message.**

*Pablo Rodarte is a shop technician at the University of Arizona's Costume Shop, where he "builds" costumes. "It's architecture," he said in an article appearing in the **Arizona Daily Wildcat** by Maxwell J Mangold (published January 24, 2013). Maestro Rodarte is also a world-class flamenco artist who has toured the world, enjoyed a dancing career for more than 40 years, and taught at the University of New Mexico. He moved to Tucson in the summer of 2013 from Denver to work at the University.*

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