

a publication of the Arizona Dance Coalition

Volume 3, Issue 9 October 2013

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fun and look out for all the vampires and dancing skeletons!

Dear Readers,

A year ago we were preparing to vote smART. A year later we can enroll in an "imperfect" but better healthcare system (pg 26). If everyone danced, think how healthy they would be and the health insurance companies would be charging significantly lower premiums. (ADVIL stock would go up!)

UA Jazz Dance Showcase, Mediterranean Nights Festival, Tucson Meet Yourself Folklife Festival, Arizona Dance Festival and the Dance Festival of Southern Arizona are all taking place before October 21. Then it will be time to put on our "fun" costumes and some suggestions are on the last page (31). This is our biggest issue to date and that's because there is so much more dancing in AZ than before. Please review the events and many are FREE. Look for all the red FREEs in this issue. ASU Gammage is offering ADC members a special rate for the Susan Marshall & Co performance and ADC members will enjoy discounted rates on classes and performances at our festivals. If you are not a member, now is the time to join and save more than the membership costs. (Pg 29-31)

Dance For A Cause is in the Member Spotlight and the Photo of the Month is a University High School (Tucson) alumna—Latricia George. The article is on ballet dancers and why we get less *dizzy*.

I am very much looking forward to the first Dance Festival of Southern Arizona where 22 dance artists will be performing from Tucson as well as Scottsdale, Chandler, Phoenix & Mesa. Three of the classes have started waiting lists and more registrations are coming in. Classes are open to the public and that doesn't happen often in this town. We thank our sponsors and advertisers (pg 8) and all of you who are helping promote the event. Let's have some



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 <u>AzDanceCoalition.org</u>. All questions about membership and sponsorship can be sent to <u>Lisa@AzDanceCoalition.org</u>. Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to <u>Krystyna@AzDanceCoalition.org</u>. Additional ADC contact information is on the last page.

Past e-newsletters available at azdancecoalition.org/newsletters/.





October 4, Friday, 12-1 pm. ASU Gammage, 1200 S Forest Ave, Tempe. Susan Marshall & Company ~ Open Rehearsals for ASU Gammage "Beyond" artists are a great way to get a sneak peek at the artists' upcoming performance. During lunch you have the exclusive chance to look behind-the-scenes as the artists and technicians prepare for an upcoming performance. Teachers, bring your classes for a FREE, unique and compelling experience for your students. All rehearsals are limited to groups of 50.

October 5, Saturday, 7 pm. Susan Marshall & Company PLAY/ PAUSE. Marshall embraces the collisions of high art and pop culture to create the ultimate mash-up: post-modern dance-theater meets indie rock on both real and virtual stages. Marshall couples her intimate, structured choreography with the seductiveness of pop culture to explore our complex relationship with the media we consume. The performance is counterpointed by original online music videos, aspects of which are incorporated into



the live work. PLAY/PAUSE features an original score by Pulitzer Prize-winning composer David Lang, performed live by the members of the electric guitar quartet Dither and Mantra Percussion, that merges the iconic pop sound of electric guitar with abstract rhythms. Buy Beyond 5 Show Season Ticket Package online for only \$75. See more here. (Poster on pg 12.)

NOTE: ADC Members, call Box Office for special ticket price, 480-965-3434.

SUBMISSION DEADLINE

NOVEMBER ISSUE

of the

Arizona Dance e-Star

October 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



October 4-6, Friday-Sunday. Mediterranean Nights Festival

Workshops at BreakOut Studios, 828 N Stone Ave, Tucson. Special guest artist *Frank Farinaro*, from Colorado, is a life-long dancer whose dance includes world-dance, modern and Mideastern. Since 2005, Frank has performed and taught classes and workshops at events in over 18 cities and 6 states across the U.S. In 2009, Frank won Yaa Halla Y'all's the People's Choice



Award Tribal/Alternative Star in Dallas TX. Frank's current project is developing his signature *Hammerhead Sharqi Dance Techinique*, a style of dance and dance instruction which focuses on artistic dance fusion and athletic body conditioning.

October 4, Friday, 7 pm. Meet Frank Farinaro Party & Show: \$5 (for registrants of Frank's workshop and guests). Sign up to perform at the Temple of Music and Art Cabaret Stage, 330 S Scott Ave, Tucson.

October 5, Saturday, 7:30 pm. Mediterranean Nights Gala Show. Berger Performing Arts Center (AZ School for the Deaf and Blind Campus), 1200 W Speedway Blvd, Tucson. Performers include Xanadu Dancers, Ava Fleming, Ashtalea, Barbara "La Flamencista", Troupe HipNautic, Troupe Zahara al Jinan, the Mzekala Singers and Musicians, and more. \$15 (\$7 children 12 and under). To register, contact Kathryn Ferguson at kathryn.ferguson1@gmail.com or call 520-881-0883. Lodging: Hotel Tucson City Center (special rates), 475 N Granada Ave, Tucson 85701. 888-784-8324.



October 5, Saturday, 12-5 pm. Herberger Theater Center, 222 E Monroe, Phoenix. Herberger Theater Center Festival of the Arts. Celebrating Diversity in the Centennial. This 4th annual Festival celebrates the arts in downtown Phoenix with a day featuring performances, dance, food, art, live music, children's activities, film shorts, pet adoptions, wine tasting, Lunch Time Theater excerpts and more! FREE admission for kids 12 and under and \$5 ages 13 & up. COMPLIMENTARY parking for festival attendees courtesy

of Arizona Center! **Desert Dance Theatre, Step's Junk Funk** and **Crossroads Performance Group** will perform from 2:20 pm-2:40 pm on Center Stage. Other dance companies will also perform on Center Stage. http://www.HerbergerTheater.org



October 9, Wednesday, 11:30 am-12 pm. Phoenix City Hall, 200 W Washington St, Phoenix. The Phoenix Office of Arts and Culture presents Celebrating Arts and Humanities Month in the Atrium of Phoenix City Hall. Desert Dance Theatre, Crossroads Performance Group and Step's JUNK FUNK performs selections from their current repertory. Tickets for the Arizona Dance Festival Showcase will be available for sale at the display table in the Atrium. FREE.





Photo by Jon Dea

October 10-19, Thursdays-Saturdays, 7 pm Thursdays, 7 & 9 pm Fridays & Saturdays. Phoenix Little Theatre, 100 E McDowell Rd, Phoenix. Lisa Starry's A Vampire Tale: Dark & Sexy Drama ~ Quirky & Comedic Episodes & Visually Stunning Aerial Feats. Presented by Scorpius Dance Theatre, Phoenix New Times has been named A Vampire Tale one of the "Top 30 Must-Attend Events of Fall." Celebrating a decade in the Valley, the requisite haunt of the fall season will be the largest and most exciting production yet! Tickets begin at \$25 each (plus service fee). Prices will increase the closer it gets to show time, so don't delay! +\$10 per ticket, add a Vamp pass. Includes front row seating, a signed program and vampire goodies. Wear

a vampire costume to the show and save \$5 (walk-up discount only).

October 11-13, Friday-Saturday, 11 am-10 pm, Sunday 11 am-6 pm.

Downtown Tucson: El Presidio Park, Jacome Plaza & Pennington Street,

Tucson. Tucson Meet Yourself ~ Southwest's largest folklife festival, focuses



on presenting artists and communities that carry on living traditions rooted in a group's own definition of identity, artistry, and cultural significance. ADC members performing are:

Friday, 1 pm, Learn-to-Tango with Rusty Cline & Jo Canalli presenting Argentine Tango; Saturday, 11 am,

Xanadu Middle Eastern Dance, and 1-3 pm, Grupo Folklorico I'Naru Puerto Rican Drum

and Dance will be showcasing the unique and authentic Africanrooted music and dance forms of *Bomba* and *Plena* of Puerto
Rico followed by a workshop on the Afro-Caribbean history and
traditions of Puerto Rico's music and dance. The name *I'naru*comes from the indigenous Taino Indians of Puerto Rico meaning
spirit of women dancing. FREE.









October 11-12, Friday-Saturday. Tempe Center for the Arts, 700 W Rio Salado Pkwy, Tempe. Desert Dance Theatre presents the ARIZONA DANCE FESTIVAL SHOWCASE 2013. Each evening

performance will showcase different dance artists including emerging artists as well as professional companies from all genres and styles of dance from Arizona and Sunderland, Massachusetts. A post-performance Q & A will be facilitated

by the **Arizona Dance Coalition** directly after the show. Tickets: \$18 Adult, \$15 Senior, \$13 Student, \$12 Group of 10+, ADC, AZ Presenters Alliance, \$25 for 2 shows, VIP Deals – \$10 Friends of Desert Dance Theatre. TCA Box Office: 480-350-2822 or www.tempe.gov/tca For information, call Desert Dance Theatre 480-962-4584. Check out the week-long schedule of classes that will be offered as part of the Dance Festival activities at www.DesertDanceTheatre.org. *More images pg 22*.



October 11, Friday, 7:30 pm

Canyon Movement Company (Flagstaff)—Modern Chaos Theory Dance (Sunderland MA)—Modern Crossroads Performance Group (Mesa)— Interdisciplinary Music & Dance Collaboration Desert Dance Theatre (Tempe)—Contemporary

Desert Dance Theatre (Tempe)—Contemporary
Modern Dance Theatre

Dulce Dance Company (Phoenix)—Contemporary Modern

Ethington Dance Ensemble (Phoenix)—Grand Canyon University Dance

Instinct Dancecorps (Scottsdale)—Scottsdale

Community College Dance

Janaea Rose Lyn (Phoenix)—Modern

Kalaa Kendra (Chandler)—Kathak, North Indian Classical Dance

Rosenkrans Dans (Phoenix)—Contemporary Modern

Step's Junk Funk (Mesa)—Interdisciplinary

Movement and Percussion

Terpsicore Dance Company (Phoenix)—Modern Ballet

Verve Dance Company (Glendale)—Glendale Community College Dance

Yumi La Rosa Flamenco Company (Chandler)— Flamenco Dance

October 12, Saturday, 7:30 pm

Canyon Movement Company (Flagstaff)—Modern Chaos Theory Dance (Sunderland MA)—Modern

Crossroads Performance Group (Mesa)—

Interdisciplinary Music & Dance Collaboration
Desert Dance Theatre (Tempe)—Contemporary
Modern Dance Theatre

Dulce Dance Co (Phoenix—Contemporary Modern Ethington Dance Ensemble (Phoenix)—Grand

Canyon University

In Spiritus (Page)—The Dancespace

Movement Source Dance Co (Phoenix)—

Contemporary Modern

Sehgam (Paradise Valley—Persian Dance

Step's Junk Funk (Mesa)—Interdisciplinary

Movement & Percussion

The Kinematix Crew (Phoenix)—Hip Hop Dance

The Parking Lot Project (Phoenix)—Contemporary

TranscenDANCE (Chandler)—Chandler Gilbert Community College Dance



October 19, 7-10 pm. Rincon/University High School Auditorium, 421 N Arcadia, Tucson. Arizona Dance Coalition presents STEP to the Rhythm, DANCE to the Rhythm. Twenty-two dance artists from Arizona are gathering on one stage to present their "art" during this first DANCE FESTIVAL of Southern Arizona. The performance will showcase African, Salsa, Salsa Rueda de Casino, Samba, Argentine Tango, Tap, Modern, Contemporary, Ballet, Hip Hop and Percussive Movement Art — Step's JUNK FUNK! Opening the show will be a dance film by Flagstaff videographer Amanda Suzanne Kapp.



Esperanza Dance Project



Cynthia Ahlers in Sequential, a film by Amanda Suzanne Kapp

CAST

Aurora Gonçalves-Shaner performing her exotic Samballet Barbea Williams Performing Co will lead the audience in a polyrhythm exercise followed by excerpts from Behind and Beyond the Door of No Return

Chrissy Jones premiering a tap solo to Hide and Seek Dance For A Cause performing Come Away to the Water (See Member Spotlight on pg 23)



Rusty Cline & Io Canalli Learn-to-Tango



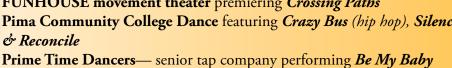
e.Lov

Salson

Dance Force-1 premiering a group tap piece to Steve Wonder's Superstition Danswest Dance premiering Tammy Compton's Far from Home Desert Dance Theatre (Tempe) performing a duet to Claude Bolling's Irlandaise (suite for Flute and Jazz Piano Trio)

e.Lov (Chandler/Phoenix) performing Heaven's Kiss

Esperanza Dance Project performing I Don't Pray Anymore FUNHOUSE movement theater premiering Crossing Paths Pima Community College Dance featuring Crazy Bus (hip hop), Silence & Reconcile



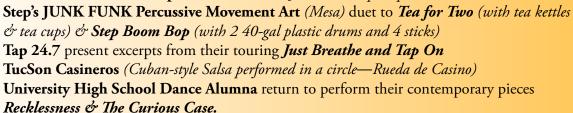
Tonight (western-style) Rosenkrans Dans (Scottsdale) premiering Untangled

Rusty Cline & Jo Canalli of Learn-to-Tango performing an improvised Argentine Tango to Tus Palabres Noche

Salson's Gerardo Armendariz & guest performing a salsa dance to Bambarakatunga

Scottsdale Community College Dance - Instinct Dancecorps premiering Mike Esperanza's Cursor

Soul Squad with Addison Johnson (Hip Hop)





Desert Dance Theatre



Step's Junk Funk Step Boom Bop



As of October 1st, we are happy to announce our sponsors for the DANCE FESTIVAL of Southern Arizona include DancInc, Desert Diamond Casinos, and the Arizona Dance Education Organization with support from the National Dance Education Organization, Arizona Commission on the Arts and the National Endowment for the Arts.

Contributing to the **Program Book** for the *STEP to the Rhythm, DANCE to the Rhythm* performance are advertisers **Air and Space Academy** (Sahuarita), **Benjamin Supply**, **Hirsh's Shoes,** and **Pima Community College Dance.** (See Poster & Logos on the next page.) **Tickets:** www.BrownPaperTickets.com/event/454652 & through performing companies conducting a fundraiser for their cause. Discounted if purchased in advance. **Sold online through October 18, noon.** General admission \$15; \$20 at the door. Children under 12, seniors 65+ and military \$10 in advance; \$15 at the door. \$10 for ADC, AzDEO members and Dance Festival Registrants.

To learn more about the **DANCE FESTIVAL of Southern Arizona**, the classes offered (see pg 15), the faculty, organizers, venues and more, go to www.azdancecoalition.org/dance-fest-soaz/. Questions, email Krystyna@AzDanceCoalition.org or call 520-743-1349.

If you would like to be a sponsor or provide funds for scholarships to students in need, please contact Krystyna or DONATE (PayPal link) on the event web page listed above.



October 20, Sunday, 3 pm. Tucson High Magnet School, 400 N 2nd St, Tucson. The <u>Arizona Dance Education Organization</u> presents the DANCE FESTIVAL of Southern Arizona (DFOSA) High School "Peer" Performance

Beth Braun, University High School Dance Instructor, and Sheryl Oden, Tucson High School Modern Dance

Instructor, are organizing this first high school adjudicated "peer" performance as part of the DANCE FESTIVAL. Public, private schools and dance studios are invited to participate (adjudication optional) provided they are registered for **DFOSA** classes. \$50 application fee per school, \$20 fee per dance (max 2 if time permits). 10-12 dances will be accepted on a first come, first served basis.

Adjudicators will be *Chad Michael Hall* (LA, University of California/Irvine, Artistic Director of MULTIPLEX Dance), *Tammy Compton* (University of Arizona School of Dance Jazz Faculty), and more TBA. **DFOSA** participants, family and friends may observe for **FREE**.



We sincerely thank our **DANCE FESTIVAL** of Southern Arizona **SPONSORS**



























Individualizing Your Child's Learning Achievement



October 22-31, November 1-17. Times vary.

ASU Gammage, 1200 S Forest Ave, Tempe. Experience the phenomenon of Disney's THE LION KING.

Marvel at the breathtaking spectacle of animals brought to life by award-winning director Julie Taymor, whose visual images for this show you'll remember forever. Thrill to the pulsating rhythms of the African Pridelands and an unforgettable score including Elton John and Tim Rice's Oscar®-winning song "Can You Feel The Love Tonight"



Photo: Joan Marcus; ©Disney

and "Circle of Life." Let your imagination run wild at the Tony Award®-winning Broadway sensation Newsweek calls "a landmark event in entertainment." Box Office Monday- Friday 10 am - 6 pm; 2 hours prior to events. Tickets Customer Service: boxoffice@asugammage.com. Box Office: 480.965.3434; Group Services: 480.965.6678; Fax: 480.965.3583.



Emilio Minto and Kelsey Kroll, photo by Tim Fuller

October 24-25, Thursday-Friday, 12:10 pm. Herberger Theater Center in Stage West, 222 E Monroe St, Phoenix. Center Dance Ensemble's Lunch Time Dance Theater presents The 7 Deadly Sins featuring The Tragedy of Othello. Lust. Gluttony. Greed. Sloth. Wrath. Envy. Pride. \$6, bring or buy lunch.

Performance

October 24-26, Thursday-Saturday, 7:30 pm, October 27, Sunday, 2 pm in Stage West.

Center Dance Ensemble's The 7 Deadly Sins featuring The Tragedy of Othello.

Tickets: \$23.50 adults, \$18.50 seniors, \$9.50 students, plus box office fees. 602-252-8497 or www.herbergertheater.org.

October 25-26, Friday-Saturday, 7:30 pm. Coconino High School Mini-Auditorium, 2801 N Izabel St, Flagstaff.

Canyon Movement Company & Velocity Dance Company present Dusk to Dawn in the 4th Dimension.

Tickets \$8/general, \$5/student with \$1 discount if you come in costume. Call 928-774-3937 for more information.

www.canyonmovementcompany.org.

Photo by Scott Sawyer.

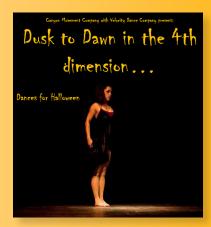






Photo by Ed Flores

October 24- 26, October 31, November 1-2, 7:30 pm; November 2, Saturday 1:30 pm. Stevie Eller Dance Theatre, University of Arizona Campus, 1737 E University Blvd, Tucson. UApresents UA Dance:

Premium Blend - featuring one of George Balanchine's best known pas de deux's, his sizzling Tarantella, as well as the mesmerizing work of guest choreographer Larry Keigwin. In addition, the UA Dance Ensemble will team up with the Arizona Choir to perform selections from Brahms' Liebeslieder Walzer. Featured choreography by UA Dance faculty will include works by James Clouser, Melissa Lowe, Douglas Nielsen, Michael Williams, and staging by Amy Ernst. Audiences will enjoy Duet Suite (2013), as Douglas Nielsen presents work that he choreographed and danced during his long career as a

performer. The suite includes You Are Jeff, Wreck a Pair, and The Music of Regret.

The Tarantella, one of the best known Italian folk dances, stemmed from the popular belief that a victim bitten by a tarantula needed to engage in a frenzied dance to avoid death. This superstition was the inspiration for master choreographer, George Balanchine, when he choreographed *Tarantella* for the New York City Ballet in 1964. He designed an explosive dance driven by the rollicking music of Louis Moreau Gottschalk to showcase the talents of dancers Edward Villella and Patricia McBride. Adult \$29, Senior, Military \$26, UA Employee, Student \$15. Tickets go on sale Oct 7. 520-621-1162, Credit card orders only.

October 25-26, Friday-Saturday, 7:30 pm. The ZUZI! Theater in the Historic Y, 738 N 5th Ave, Tucson. ZUZI! Dance Company, School & Theater presents its fall, bi-annual No Frills Dance Happenin'. A variety of performers throughout Tucson and Southern Arizona come to share fresh and innovative works from various stages of the creative process. The works range from serious to silly and some are presented here for the first time. Performances on the ground and in the air are interspersed with the off-the-wall antics of ZUZI!'s lovable MC Carie Schneider. Tickets \$10.



Photo by Larry Hanelin

Consider becoming an ADC member (see pg __ for description), 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.





October 26-27, Saturday, 6 & 9 pm, Sunday 6 pm.
Monorchid Gallery 214 E Roosevelt St, Phoenix.

Movement Source Dance Company presents Danse Macabre featuring an unsettling evening of movement, music and illusion in collaboration with Hotshotperformer.com (creepy Jon) and Tobie Milford (haunting violin) the evening includes refreshments and raffle. Not your typical Halloween event.

Zombies get \$2 off at door. Hordes of 6 or more, \$3 off. \$20 at door. Limited seating, reservations recommended. Like us on facebook. For more information, call 602-957-6561.

October 31-November 1, Saturday-Sunday, 7:30 pm.

Arizona State University Tempe Campus, Margaret Gisolos Dance Studio, PEBE 132, 611 E Orange St, Tempe.

ASU School of Dance Undergraduate Students ~ This free event features the original creative choreographic work of dance undergraduate students. FREE.





November 1-3, Friday-Sunday. Tempe Marketplace — The District Stage (by Dave & Busters), 2030 East Rio Salado Parkway, Tempe. Other events take

place near Mill Ave in Tempe.

Project Dance Phoenix 2013.

The event will include networking sessions, goody bags, free t-shirts, master classes, an evening of interviews with local professionals, a concert, and an all-day performance opportunity at Tempe Marketplace. We are currently seeking dancers



to participate in this awesome event and bring their

choreography to life on stage. For more information check out www.projectdance.com or go to our Facebook page by searching "Project Dance Phoenix." Project Dance is a movement of dancers seeking to positively impact culture through artistic integrity. Our desire is to see every dancer nurtured to their fullest human potential for their own well being and their contribution to the world. Come to inspire and be inspired!

Master Classes / Workshops



October 1, Tuesday, 6-7:30 pm. Dance Theater West, 3925 E Indian School Rd, Phoenix. FREE Master Class by Luke Miller (from Susan Marshall & Company). Sponsored by ASU Gammage, Co-hosted by Dance Theater West and the Arizona Dance Coalition.

Collaborative Methods in Dance Making

This class, aimed at both choreographers and dancers, offers several approaches for generating movement in collaborative environments. Using improvisation, composition, and performance skills, we will simulate a "mini-process" in order to explore ways of generating phrases, manipulating

material, and creating

The world renowned **Susan Marshall & Company's** repertory is an innovative body of work that blends virtuosic athleticism, ordinary movement, and gesture. The Company has a long history of multidisciplinary collaboration, with over 40 works made in collaboration with musicians, visual artists, and designers. For more information about the **Susan Marshall & Company**: www.sumac.org; http://www.bushus.com; http://www.bushus.com; https://www.bushus.com; https://www.bush

NOTE: ADC Members, call Box Office for special ticket price, 480-965-3434.



Master Classes / Workshops



Scottsdale Community College 9000 E Chaparral Rd, Scottsdale.

October 4, Friday, 3:30-5:30 pm.

Music Building (MB) Room 119. FREE Master Class by Grupo Los Santos / Rumba Tap of Max Pollak. First come, first served. You will need your Tap Shoes! Five world-class artists bring together their experience of New York inspired jazz and Cuban

folklore song and dance to create an unforgettable experience featuring the Rumba Tap of Max Pollak. Don't miss this great workshop and collaboration of music and dance!

Questions, Angela Rosenkrans, a.rosenkrans@scottsdalecc.edu



October 14, Monday, 11-1 pm. SCC PE 135. FREE Modern Class with Chad Michael Hall. First come, first served. You will need your knee pads! Chad is a dancer, choreographer, artistic director of MULTIPLEX Dance, and Assistant Professor of Dance at the University of California/Irvine's prestigious Claire Trevor School of the Arts. His highly athletic and acrobatic movement style, and edgy, cyberpunk aesthetic, have made him a sought-after choreographer and teacher among dance companies, festivals, schools and universities around the country. He is returning to Arizona for the 6th time to teach at SCC and the next weekend at

the DANCE FESTIVAL of Southern Arizona in Tucson on Oct 19-20.

Check him out here: https://www.facebook.com/multiplexdance.

Chad Michael Hall will be teaching *three* "not your grandma's modern dance classes" in Tucson at the DANCE FESTIVAL of Southern Arizona (DFOSA) on Oct 19-20, plus a class for *teachers*.

NOTE: Performing in DFOSA Saturday evening will be SCC Instinct Dancecorps and Rosenkrans Dans. View details in this issue and go to www.azdancecoalition.org/dance-fest-soaz/. Purchase tickets www.BrownPaperTickets.com

October 13, Sunday, 9 am-5 pm. Bender Performing Arts, 3141 E Beardsley Rd, Phoenix. Phoenix Contemporary Dance Company is holding a Fall Movement Workshop for Intermediate/Advanced Level dancers. Jazz, Ballet, Contemporary, Lyrical, Jazz Funk, Repertoire. To register, call 602-971-9170. https://www.facebook.com/PhoenixContemporaryDanceCompany





DANCE FESTIVAL of Southern Arizona (DFOSA)



October 19-20, 2013 in Tucson



The Arizona Dance Coalition (ADC) and the Arizona Dance Education Organization (AzDEO) are presenting the first DANCE FESTIVAL of Southern Arizona (DFOSA) in Tucson during the weekend of October 19-20. It will be held on the campuses of Tucson High Magnet School, 400 N 2nd Ave (all classes & adjudicated high school "peer" performance), and University High School (Saturday evening public performance), 421 N Arcadia, Tucson.

The theme is Rhythm!

26 Dance Classes for Students & Instructors* - Ballet (petit allegro concentration & variation), Contemporary, Hip Hop, Jazz, Modern, Tap, Flamenco, Polyrhythms, Clavé & JUNK FUNK Performance Workshops in Stepping/Body Percussion & Folklorico (Durango)

PLUS

QiGong for Dancers, Feldenkrais® for Dancers & Floor Barre

13 Stellar Master Educators

Gerardo Armendariz Afro-/Cuban Latin Rhythm Clavé * Marcela Cardenas Folklorico (Durango)
Lisa R Chow (Mesa) Classic Modern * Tammy Dyke Compton Jazz
Anita Feldman (NY) Polyrhythms / Step Dance & Tap Choreography / Tap
Chad Michael Hall (LA) Contemporary Modern * Addison Johnson Hip Hop
Joe Pinella QiGong for Dancers * Step Raptis (Mesa) JUNK FUNK Percussive Movement Art
Pablo Rodarte Flamenco * Tammy Rosen Wilbur Feldenkrais®
Kathleen Sinclair (Yuma) Classical Ballet Technique/Variation * Eva Zorilla Tessler Floor Barre

5 "Introductory" Dance Classes offered by ADC Members

for the "general public" at their respective studios

Learn-to-Tango ~ Argentine Tango ★ Xanadu Dance Studio ~ Middle Eastern
Barbara Schuessler ~ Flamenco ★ ZUZI! Dance School ~ Modern & Aerial Dance

STEP to the Rhythm, DANCE to the Rhythm - public performance featuring 22 artists from Tucson as well as guests from Chandler, Mesa, Phoenix & Scottsdale.

Adjudicated "Peer" Performance for High School Dance Groups** (public, private, studios)

Details/Documents ~ <u>www.azdancecoalition.org/dance-fest-soaz/</u> & <u>www.azdeo.org</u> Questions ~ <u>Krystyna@AzDanceCoalition.org</u> or 520-743-1349



DANCE FESTIVAL of Southern Arizona (DFOSA)





October 19-20, 2013 in Tucson

On the ADC website under the **DANCE FEST SoAZ** heading (1st tab), you will find information and documents you can *download*:

- Individual Registration Form (with fee information)***
- Charts of Classes/Schedules (held at Tucson High Magnet School, 400 N 2nd Ave, Tucson)
- **28-pg BOOK of DETAILS** containing instructors' bios and their contact information, class descriptions, schedules, map & links to locations (4th Avenue shopping/eating), discounted accommodations at Hotel Tucson City Center, and descriptions of the organizers and venues, and a listing of ADC member classes and locations that are partnering with the Dance Festival.

All links are live if viewing online. Documents are PDFs and easy to read and print. www.azdancecoalition.org/dance-fest-soaz/

*Participants must be at least high-school age with 2-3 years dance experience for Level I classes. Intermediate/advanced level required as indicated in the descriptions. Classes are also offered for dance instructors. There will be no beginning level classes offered on campus. All minors (under 18) must have their parent/guardian sign a liability waiver/photo release form with registration, delivered to a DFOSA representative at least before the first class.

**High School "Peer" Performance participation is limited to those who are enrolled in Dance Festival classes. Adjudication is optional.

***High School "group" registration is handled through AzDEO, <u>www.azdeo.org</u>.

Questions regarding high school groups, email Lynn Monson at <u>lmonson@cox.net</u>. All other registrations must use the reg form for Individuals and go through ADC. <u>Krystyna@AzDanceCoalition.org</u>.

Saturday, October 19		
9 am (open to all)	Polyrhythms Choreo/History- Anita	
10:30 am	Int/Adv Modern - Chad	
10:45am	Adult Tap-Level II (seniors welcome)	
12:45 pm	Int/Adv Modern Choreo - Chad	
1 pm	Step / Tap Dance Choreo - Anita	
2 pm	Hip Hop Choreo - Addison	
3 pm	Int/Adv Tap — Tech/Choreo - Anita	
3:15 pm	JUNK FUNK / Choreo -Step	
4:15 pm	Int/Adv Flamenco - Maestro Rodarte	
4:30 pm	Clavé Rhythm /Choreo - Gerardo	
Teachers		
1:15 pm	News for Teachers / AzDEO	
2:15 pm	Jazz Tech/Combo - Tammy	
3:30 pm	Contemp/Modern - Chad	
Level I (2-3 yrs experience)		
12 pm	Hip Hop - Addison	
1 pm	Jazz - Tammy	
2 pm	Clavé Rhythm /Choreo - Gerardo	
3 pm	Ballet Barre - Eva	
4 pm	Ballet Center - Eva	

Sunday, October 20		
9 am (open to all)	QiGong for Dancers – Joe	
10:25 am	Int/Adv Modern Choreo – Chad	
10:30 am	JUNK FUNK / Choreo - Step	
11:45 am	Int/Adv Hip Hop Choreo – Addison	
12 pm	Folklorico Choreo Workshop – Marcela	
1:30 pm	Int/Adv Jazz Tech/Combo – Tammy	
Teachers/Adults 16+		
10:45 am	QiGong in Warm-ups — Joe	
12 pm	Feldenkrais® (open to all) – Tammy	
1:15 pm	Classic Modern – Lisa	
	Ballet Workshop	
(individually priced classes or all 3 for a special rate)		
10:45 am	Floor Barre – Eva	
12 pm	Int/Adv Ballet Tech/Petit Allegro —	
	Kathleen	
1:30 pm	Variation TBA - Kathleen	
3 pm	High School "Peer" Performance / FREE	

Member Announcements

The Tucson Tango Fall Fest (Sept 19-22), produced by ADC members Rusty Cline & Jo Canalli (Learn-to-Tango.com), drew participants from across the country. The professionals were internationally famous and here are a few photos from their performance.



Lucas Carrizo & Paula Tejeda (Argentina) Brian Nguyen & Juliana Basmajyan (USA) Rene Torres & Junko Mori (Argentina)
Photos by Tho X. Bui

Janaea Lyn McAlee is now full-time dance faculty at Estrella Mountain Community College. She will also be performing a Duncan work and presenting a modern piece in the Arizona Dance Festival (see pg 5). Contact info: 623-935-8427, janaea.mcalee@estrellamountain.edu



October 25, Friday. DEADLINE for Sharing ADC Booth at 21st Annual Arizona Statewide Afterschool Conference. WANT TO SHARE A BOOTH with ADC? ADC will be an exhibitor at the 2013 Annual Arizona Statewide Afterschool Conference, offering ADC Members the opportunity to share their afterschool program services at our booth for a split cost of the booth. If you are interested in participating in the booth, please RSVP by Friday, October 25. Payment will be due by Thursday, October 31st. RSVP to Lisa@AzDanceCoalition.org.

November 2, Saturday, 8 am-3:30 pm. Phoenix Convention Center, 100 N 3rd St, Phoenix. The 21st Annual AZ Statewide Afterschool Conference and Awards of Excellence Luncheon.

The **AZ Center for Afterschool Excellence** (AzCASE) hosts Arizona's only annual statewide professional development conference for afterschool program administrators and staff.

Theme of **Afterschool = Engagement + Enrichment**.

The Conference is designed to provide training to afterschool administrators and staff on current best practices and education trends, effective hands on learning techniques, methods to engage all youth and quality leadership development. Often challenged by district budget and time constraints, the AzCASE Annual Conference is the primary means of professional development for many of Arizona's afterschool programs. Partner with over 700 afterschool administrators and staff and join in a collective impact to raise the next generation of successful kids. http://www.azafterschool.org.

General News & Announcements

PHOENIX/TUCSON — Over the summer, Phoenix-based Tap 24.7, co-directed by Suzy Guarino and Jenefer Miller, was invited to perform in the 22nd Annual "All That Tap," the final professionals showcase held at the end of the week-long St. Louis Tap Festival produced by the Robert L. Reed Tap Heritage Institute. It was an incredible experience to share the stage with such amazing tap artists as Karen Calloway Williams, Denise Caston, Danny Wooten, Logan Miller, Avi Miller and Ofer Ben, DeWitt Fleming Jr., Robert L. Reed, Cathie Nicholas (granddaughter of Fayard Nicholas of the Nicholas Brothers) and Jason Samuels Smith. It was an inspiring week with the tap family and Tap 24.7 is keeping that energy and momentum going in Tucson and Phoenix. Current projects include a Phoenix Tap Festival and a new original production hitting the stage May 2014. They are also excited to be bringing their original tap production Just Breathe and Tap On to Seattle this coming January. They will be presenting excerpts from this production in STEP to the Rhythm, DANCE to the Rhythm, October 19, 7 pm, as part of the DANCE FESTIVAL of Southern Arizona. (See pg 6.)

TUCSON — October 15-26. Get Ready to Thrill the World. Learn the legendary "Thriller" dance and join others at the Westin La Paloma Country Club, 3800 E Sunrise Dr, Tucson, on October 26, 2 pm SHARP, to attempt to break the current Guinness World Record of "Largest Simultaneous Thriller Dance" recorded in 2009 when 22,571 people in 264 cities from 33 countries danced "Thriller" at exactly the same time! There are FREE practice sessions Oct 16-24. Learn more here: www.westinlapalomaresort.com or call 520-742-6000, ext 8365.

Auditions & Submissions

TUCSON — October 5, Saturday, 12:30 pm. BreakOut Studios, 828 N Stone Ave, Tucson, is the host studio for the Moscow Ballet Nutcracker auditions and rehearsals. Professional Moscow Ballet dancer will be here to audition and cast the dancers between the ages of 6-16 in the 50+ parts. Casting and rehearsals to follow audition immediately. Rehearsals will continue each Saturday from 5-8 pm at BreakOut Studios up until the performance on December 21. If you have questions, please email christy@breakouton4th.com.

PHOENIX — Applications are now being accepted for Breaking Ground 2014. Application Deadline: October 15. Performance Dates: January 24-25, 2014, at Tempe Center for the Arts (600-seat theater). All selections are made by a three-person panel of adjudicators. Looking for quality work that demonstrates a willingness to take artistic risks, provides unique perspectives on current art and culture, and demonstrates surpassing execution. Concert Dance, Dance Film, Site Specific work and Art Installations are all being sought. Existing works and New Work are being considered. Go to www.conderdance.com for full information on the application process and the festival.

Auditions & Submissions

CALL FOR 2 DANCERS CHINA ~ SUMMER 2014

I am the artistic director for a troupe that will perform in China in August 2014. We are slated to give 20 concerts in 30 days in 20 big cities throughout China. Touring cities: Beijing (arrival), Shanghai (Departure), Qingdao, Yantai, Taiyuan, Handan, Zhengzhou, Wuhan, Chongqing, Yichun, Dongguan, Shenzhen, Huizhou, Wenzhou, Ningbo, Kunshan, Wuxi, Zhangjiagang, Changzhou, MaAnshan, Hefei & Huhehot (Tour itinerary to be finalized in March, 2014).

Performers (this includes myself) will have transportation, room and board provided, but will not be paid. This will be a cultural tour, and

will present American musical traditions ranging from Celtic influences to 19th century tunes, fiddle music from the 1920s & '30s, southern Appalachian old-time string band music (clawhammer banjo & fiddle driven) traditional cowboy music as well as music of the Silver Screen cowboys (Sons of the Pioneers, etc), traditional jazz and western swing music and traditional (older styles) country music.

There will be 8 or 9 musicians, two dancers (one male and one female preferred), and a tour manager. The band has been selected and (with one exception) consists of experienced professional musicians with ample national and international touring experience.

Much of the kind of music that will be presented in concert is rhythmic-based dance

I am looking for two skilled dancers who can do the authentic dances and create their own choreography so that the dance portion will be a visually stimulating addition to the program.

music, and there are specific dances that are associated with these various styles of music. Celtic jigs, hornpipes & reels all have their traditional steps, clog and buck dancing, dance styles associated with ragtime-era music, waltz, schottische, two step, all these and more are part of the cultural heritage that will be portrayed. I am looking for two skilled dancers who can do the authentic dances and create their own choreography so that the dance portion will be a visually stimulating addition to the program. Costuming would need to be appropriate to the genre and time period, so there would be costume changes throughout the show.

All the information that I currently have is provided by the tour organizer, a Chinese born violinist from Tucson who has organized several such cultural tours. Two years ago I did one of his tours with The American

Festival Orchestra. The previous tour was well organized, and they treated us well. They were good hosts. We stayed in good hotels in large cities (3 million or more population), ate well (mostly hotel food), and had opportunities for chaperoned tourism. The theaters we performed in were large, ranging in size from a high school auditorium to something like the Chandler Center for the Arts or Phoenix Symphony Hall. The organizer has indicated that the hotels and theaters would be comparable to the previous tour I was on.

If you are a skilled dancer interested in participating, please contact Peter Rolland by email at 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.

General Announcements & Regional Events

Northern Arizona

Announcing... Northern Arizona Dance Alliance

https://sites.google.com/site/northernarizonadancealliance/

Central Arizona

Ballet Arizona has a new home at 2835 E Washington St, Phoenix. There will be a celebratory **Gala (Oct 11)**, a **FREE Community Day (Oct 12)** and an extensive new schedule of classes at **The School of Ballet Arizona** for adults and children. The \$10 million building has seven dance studios, an intimate theatre (**Dorrance Theatre** seats 299), a shoe room that can hold more than 2000 pairs of pointe shoes, a Dancer's wing including locker room facilities, lounge, and physical therapy room, a costume and scenic shop along with artistic, administrative and support offices. *Congratulations on your new home Ballet Arizona!*

Central Arizona EVENTS

October 6, Sunday, 10-11:30 am. Bricks Studio, 4550 E Indian School, Phoenix. FREE contemporary Tahitian dance master class with Kareva M Allain for women and girls only. RSVP by October 5. kahikidance@gmail.com. For more information, visit www.kahikidance.com or Kahiki Tahitian Dance Fusion on facebook.

October 9, Wednesday, 5:30 pm. Monarch Theatre, 122 E Washington St, Phoenix. FREE FILM SCREENING "From MAMBO to HIP HOP," open house and dance partnering class led by David Olarte of Stilo Dance Co. \$3!

October 31-November 3, Thursday-Sunday, 7 pm. The Phoenix Symphony at Symphony Hall, 75 N 2nd St, Phoenix. Ballet Arizona presents Cinderella. As if stepping between the pages of a beloved storybook, Ib Andersen's Cinderella vividly delights audiences with the beauty and majesty of classical ballet, wrapped in the promise of "happily ever after," and generously sprinkled with a wonderful dose of humor. Complete with a fairy Godmother, a handsome prince and an unforgettable ball, the magnificent staging, music and costumes make this production a delight for all ages. Tickets start at \$48.

November 1, Friday, 7:30-9 pm. MonOrchid Gallery, 3rd St & Roosevelt, Phoenix. Halo Movement Collective's evening length work Underland: White Nightmare. Admission is FREE, but donations are encouraged. The show is inspired by the original story of *Alice in Wonderland* with a darker twist. It is in all white. The performance features an art installation and fashions created and designed specifically for the show. Underland Promo Trailer http://vimeo.com/74696608 http://halomovement.wix.com/halomovementcollective

General Announcements & Regional Events continued

Southern Arizona

New ARTiculations Dance Theatre has created a dance film called Rosemont Ours, with artist/filmmaker Ben Johnson. It is a dance film celebrating the plants and animals of the northern Santa Rita Mountains. A collaboration between New ARTiculations Dance Theatre and visual artist Ben Johnson, the film is, in part, a response to the proposed open-pit copper mine that would impact wildlife and water resources in the region. Dancers researched a range of plant and animal species—common, threatened, and endangered—to create in-situ movement meditations to capture the essences of the species. Work was filmed on location at the site of the proposed Rosemont Copper Mine and the nearby Cienaga Creek, 30 minutes southeast of Tucson.

October 5, Saturday, 6-8 pm. The Drawing Studio, 33 S. 6th Ave, Tucson. First screening will feature comments by the artists and will join paintings and photographs as part of the Drawing Studio's "Seeing the Santa Ritas" exhibit. Other screenings TBA throughout the fall. New ART raised \$7,151 in their Kickstarter Campaign to support this project which enabled them to edit and submit a draft to composers for an original score. *Congrats, New ART!* More info and upcoming screening dates, visit: www.RosemontOurs.com.

An invitation to the dance community from **Deborah Frechette** -

I am writing to inform you about our upcoming **Saguaro Ball** at Starr Pass on **November 2**. This will be the third year for this one-day event that offers competition for pro/am, amateur couples and professionals in all ballroom, Latin, country and swing dances. The daytime will include all of the amateur and pro/am competitions. Evening will host amateur teams and a huge variety of professional one-dance, as well as professional multi-dance events. Scholarships and prize money are offered. We will also offer spectator passes for day and/or evening with, or without gourmet meals.

We welcome and encourage dancers of all genres to join the event in the solo category, or for non-ballroom professionals, we suggest you enter whatever style of dance you wish in the "show-dance" category.

Unlike UCWDC and NDCA competitions, we not only allow same-sex partnerships in these events, we encourage them. That includes our professional events. Many of our female instructors are the sole teachers of our female students, so there are almost always same-sex couples present and competing.

We hope to make all Arizona dancers feel welcome to attend and share their dancing with us.

Warm Regards, **Deborah Frechette** (Az2steprdeb@aol.com) Director of **Shall We Dance**, Organizer of **Cactus Classic** and **Saguaro Ball**

General Announcements & Regional Events continued

Southern Arizona EVENTS

October 1-3, Tuesday-Thursday, 7:30 pm. Stevie Eller Dance Theatre, University of Arizona Campus, 1737 E University Blvd, Tucson. Arizona Jazz Dance Showcase 2013. AJDS includes performances, a variety of dance classes, scholarship auditions for summer programs as well as an audition opportunity for the UA School of Dance for interested high school seniors. On opening night, Jazz in AZ is a concert featuring UA Dance Ensemble performing selected dynamic repertoire of UA Faculty and Guest Choreographers. Jazz, tap and contemporary dance merge to make JAZZ in AZ an exciting concert for the fall arts calendar ranging from a high-energy tap dance opener to a savagely physical finale. The repertoire for this one-act concert, ranges musically from Sinatra to the Israeli trance band, Infected Mushroom. Get your tickets early because JAZZ in AZ always sells out! Tickets \$12-16. http://dance.arizona.edu/event/83. (520) 621-1162

October 11-13, Friday-Sunday. Stevie Eller Dance Theatre, University of Arizona Campus, 1737 E University Blvd, Tucson. Ballet Tucson Fall Concert.

October 11, Friday 6:30 pm. Opening Night GALA 6:30 pm reception, 8 pm performance. \$80 October 12, Saturday, 2 & 7:30 pm; October 13, Sunday, 1 & 5 pm. Ballet Tucson presents Mark Schneider's *Dracula, Under My Skin (premiere)* by *Chieko Imada & Mary Beth Cabana* from the time honored Cole Porter song book, and *Gemini* (premiere) by *Daniel Precup*, a dynamic dance interpretation of the legend of Castor & Pollux. Tickets \$32, groups \$22. Phone 800-838-3006; www.brownpapertickets.com.

Extras!

ARTS USA

Deja vu: The Fed Govt Standstill's Implications on the Arts http://blog.artsusa.org/tag/government-shutdown/

Health.gov

Due to the lapse in government funding, only websites supporting excepted functions will be updated unless otherwise funded. As a result, the information on this website may not be up to date, the transactions submitted via the website may not be processed, and the agency may not be able to respond to inquiries until appropriations are enacted. Updates regarding government operating status and resumption of normal operations can be found at http://www.usa.gov. Revised October 1, 2013.

Che Malambo!

Wonderfully Wild Spectacle of Drumming and Foot-Stomping Dance! Choreographed and Produced by Gilles Brinas http://www.youtube.com/watch?v=X9xHmZJsOm4

Photo of the Month



Photo of the Month

Latricia George

in Beth Braun's

To Cry For You

Esperanza Dance Project

Photo by Larry Hanelin

ARIZONA DANCE FESTIVAL 2013 PERFORMERS





shines on the **Dance for a Cause**

Passion with Purpose. At Dance for a Cause (DFAC), a

Tucson-based nonprofit organization, we believe each of us can make this world a better place with our particular skills. The members of DFAC celebrate the beauty of life through movement—creating new audiences for dance, while raising funds for organizations serving people with chronic illness or in health-threatening situations. In addition to fundraising, we provide classes and workshops to promote healthy lifestyles, body awareness and positive outcomes.



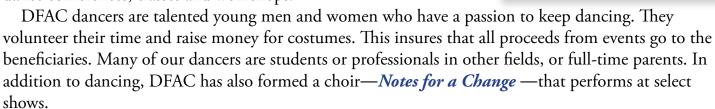
DFAC performances feature our own choreography, staging

and costuming. From fresh takes on Broadway and ballet favorites to contemporary new pieces, **DFAC** provides a variety of styles. Jazz, tap, lyrical modern, hip-hop, African—they're all on our dance menu.

Past performances have included annual breast cancer benefit shows, dance invitationals of Southern Arizona dance companies and studios, Spring

showcases, Holiday celebrations combining traditional favorites with contemporary carols, and community and private events, including ZooLights, Beads of Courage, 2nd Saturdays Downtown Tucson and more. We have raised money for cancer research, patient assistance funds, autism programs, veteran's health services.

Mika Deslongchamps and her aunt, *Patte Lazarus*, founded the nonprofit organization in 2010. Since then, it has flourished under Mika's direction, expanding programs and integrating more types of dance. In addition to teaching dance full-time at Ballet Rincon and giving private lessons, Mika is a Speech Language Support Specialist for the Vail School District, and travels across the country to attend dance conferences, classes and workshops.



Currently DFAC is rehearsing for fall community shows and our Holiday Spectacular. They will also be performing in *STEP to the Rhythm, DANCE to the Rhythm,* October, 19, 7 pm. (See pg 6.)

For more information or to audition, contact Mika Deslongchamps at 343-5572 or info@dance-4-cause-org.



Ballet Dancers' Brains Adapt to Stop Them Going Dizzy

If you've ever tried spinning in circles while looking up to the sky, you'll know the accompanying dizziness that can follow. But what stops ballet dancers, who pirouette endlessly for a living, from falling into each other like a set of dominoes?

Years of training in "spotting", the technique of quickly and repeatedly bringing your gaze to two specific points in front and behind you, certainly helps, but new research suggests that the brain's ability to adapt plays a powerful role. And it could help better treat and diagnose people who suffer from chronic dizziness.

Neuroscientists at Imperial College London recruited 29 female ballet dancers and spun them around in a chair in a dark room. When the chair was stopped,

the dancers were asked to turn a lever to indicate how quickly they still felt they were spinning. This measured their perception response to dizziness. Eye reflexes – the quick flicking of the eyes from moving around rapidly – were also measured. In normal people, these two responses correlate well, but in the dancers there appeared to be an uncoupling: while their eye reflexes kept going, their perception response fell.

A group of 20 female rowers, who were similar in age and fitness, were also recruited as a control group. Brain scans were then taken to analyze the brain structures of all the individuals.

Powerful resistance.

In cases of chronic dizziness, tests are usually taken of the vestibular organs in the inner ear.

... in dancers an area of the cerebellum was smaller than in the rowers.
... the more experienced the dancer, the smaller it is. The cerebellum reduces the flow of signals (perception) – it acts like a gate.

These fluid-filled organs use tiny hairs to sense the movement of the fluid, which in turn send signals to the brain. The continued movement of fluid explains one of the reasons you can continue to feel dizzy after you've stopped moving. But this doesn't go far enough to explain dizziness in chronic suffers, said Barry Seemungal, co-author of the study, published in Cerebral Cortex.

"We measured sensation perception and eye reflexes and found dancers were much more resistant to non-dancers," he said. "In the rowers, sensation correlated very well to reflexes, but in dancers the two were not correlated – they had de-coupled. In a person with chronic dizziness, the duration of their perceptual response is much longer; there's a disproportionately higher reaction compared to a dancer who shows powerful resistance."

An MRI scan then looked at the amount of grey matter (the bit that calculates) and the white matter (the part of the brain that makes connections) in the cerebellum. This also threw up differences between dancers and non-dancers.

"A statistical comparison between brain structures showed that in dancers an area of the cerebellum was smaller than in the rowers. This part of the brain also known to be involved in processing signals from the ear. And the more experienced the dancer, the smaller it is. The cerebellum can process signals that are then sent to areas of the brain linked to perception. In dancers it reduces the flow of signals – it acts like a gate."

The researchers then looked at the cerebral cortex, which is associated in perception, and found stronger white matter in the control group. "More white matter means you're more likely to be dizzy – in dancers we didn't see it," Seemungal said.

Seeing is believing

So how can these findings help people with chronic dizziness? For a start, we now have recognition that the brain is the organ that controls balance and, crucially, that it's able to adapt.

"Traditional testing considers the ear as the organ of balance," Seemungal said. "I'm a neurologist so I consider it as the brain."

continued on the next page

Ballet Dancers' Brains Adapt to Stop Them Going Dizzy continued

"The brain takes in lots of different information to make an assessment and compensates if it needs to. The ear is one source, vision is another. If you hear a noise to the right and move your head to look at it, your brain combines the estimates and places greater weight on the more reliable, in this case the eye."

"But vision can be ambiguous – for example when you're sat on a train and another one moves and you think you're the one moving. As a general principle the brain prioritizes visual motion over vestibular organs [the ear]. Another example is the ventriloquist's doll, it combines the auditory and visual inputs but relies more on the visual so you think it's the doll that's talking."

"If your vestibular organs aren't working well, your brain won't trust them and even trivial visual stimuli can trigger a dizzy sensation. But traditional testing relies on testing the vestibular organs, which might indicate nothing is wrong."

People with chronic dizziness can be treated for underlying causes but also longer-term physio treatment. Depending on the form of the condition, this can include exposing them to self-motion (the swaying we all do but don't notice if we don't suffer from dizziness) and visual motion to get the brain more habituated.

One lucky find (for the researchers anyway) was that one of the dancers involved in the study later went on to develop chronic dizziness. This enabled the team to test her against their original findings. They found that although her reflex functions had remained the

As a dancer you learn tricks that allow your body to move in very flamboyant ways, but without losing control.

same, her perception response had become stronger.

Professor Nicky Clayton, a Professor of Comparative Cognition at Cambridge and Scientist in Residence at Rambert, the contemporary dance company, said: "As a dancer you learn tricks that allow your body to move in very flamboyant ways but without losing control. One of the tricks I learned was that when you get that sense of spinning, you use your core muscles to pull up; and that you're disengaging with that feeling of fluidity and creating a stabilizing energy.

She added: "Dancers think in very abstract ways ... The way in which the brain talks to the cognitive system, whether through its plasticity or psychologically, is more than just spotting. Spotting helps you to focus but it's not the only thing."

Simon Lloyd, an ENT specialist, said: "The tests could potentially be useful because at the moment we have no effective way of testing how well parts of the balance system within the brain are working. Testing this would also allow us to measure how people are responding to treatment."

From The Conversation.com, 27 September 2013. Read the article <u>here</u>.

View the video clip below by BCC.
BBC 27 September 2013
Do ballerinas get dizzy performing pirouettes?
http://www.bbc.co.uk/news/entertainment-arts-24309704

About the Author: Jo Adetunji, Editor, Health & Medicine, The Conversation - Academic rigour, journalistic flair. Before joining The Conversation UK, Jo Adetunji worked as a reporter and editor at the Guardian, covering stories from UK knife crime to the Arab Spring. She previously edited the Guardian's health and social care networks and has also written for The Times, The Independent and Telegraph newspapers.

Health Insurance is No Longer an Artist-Specific Problem

Adam Huttler, Fractured Atlas, Oct 1, 2013, 6:30 am

In 2001, under the guise of the **Artists Affordable Healthcare Initiative, Fractured Atlas** began offering health insurance to a long underserved population of artists. For decades, non-traditional employment models had put our community at a severe disadvantage in the US health insurance marketplace. With its ambitious promise of a slightly more level playing field, our health insurance program quickly became Fractured Atlas's most visible and popular service. Over 3,000 artists enrolled in our plans, often getting better coverage for less money than would otherwise have been possible.

I'm extremely proud of our work on this front. It certainly hasn't been easy. As vital as our health insurance program was, it was also a constant challenge to maintain and support. More than once (actually, four times!) an insurance company canceled our group policy with little or no notice. We've been attacked by brokers who saw us as a competitive threat and insurance regulators who didn't understand the role we played. But we kept at it, because without Fractured Atlas, many artists (including quite a few with serious medical conditions) would have had no viable options for buying health insurance. Yet, despite all our hard work we remained powerless to address the underlying problem: a health insurance system that was structurally flawed.

Today I can announce - with joy and a faint pang of nostalgia - that **Fractured Atlas will no longer be offering health insurance enrollments.** The community for which we have advocated for so long is no longer disadvantaged by a health insurance system that could neither understand nor accommodate its needs.

Fractured Atlas has been a vocal advocate of the **Affordable Care Act (a.k.a. Obamacare)** since day one. It contains some compromises and is decidedly imperfect, but it's a huge improvement over what we've been battling for the past 12 years. More to the point: health insurance is no longer an artist-specific problem. Starting today, *self-employed artists can go to any of the new online insurance exchanges and have all the benefits and protections that for decades were only possible as part of a large group: coverage for pre-existing conditions, community rating, guaranteed issue, and lower premiums based on large risk pools.*

Thanks to the Affordable Care Act there is no longer a need for Fractured Atlas to be in the business of providing group health insurance. As we wind down this program I want to say "thank you" to all those artists who have joined with us over the years and taken shelter under our umbrella. Together we were able not only to weather the storm but to share the relief of finally finding ourselves on a dry and level playing field. We're looking forward to helping transition our subscribers to new and better plans through the new exchanges.

Best of all, removing health insurance from our institutional plate means we can redouble our efforts on the gazillion other huge, systemic challenges that face the arts and cultural sector. Artists still need our help with liability insurance, audience development, space, and more. It's satisfying to pause and reflect for a moment on the progress we've made as a field. But then it's time to get back to work, albeit with one fewer item on our long-term to-do list.



NORTHERN Arizona

FlagstaffDance.com

for the most up-to-date schedule

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

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

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

Saturdays, Galaxy Diner, W Route 66, Flagstaff. Swing lesson & dancing with Tom Scheel 7:30-9 pm.

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

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

ADULT CENTER OF PRESCOTT, 1280 E Rosser St, Prescott. 928-778-3000. adultcenter.org. Tuesdays, Country & Contemporary Line Dance Classes, \$5 / No charge Silver Sneakers 5:30 pm Beginners; 6:30 pm Intermediate Friday Night Dance Party, \$7/\$6 students ID 7:30-10 pm (ballroom, Latin, swing, country, club & tango). No charge Silver Sneakers Fridays, Dance lessons with Andy Smith and Marilyn Schey, Rumba, 6-6:45 pm beginners;

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

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

CENTRAL Arizona

The Arizona Lindy Hop Society

has an extensive calendar.

AZSalsa.net covers Phoenix,
Scottsdale & Tempe

Sock Hop at 5 & Diner

Oct 4, First Friday, 220 N 16th St, Phoenix. **Oct 18,** 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

Oct 12, Saturday, 7 pm

Hana's Saturday Milonga in conjunction with Tucson's 2nd Saturday Downtown Tucson.
Café a La C'art @ Tucson Museum of Art, 150 N Main Ave, Tucson. 7 pm lesson, 8 pm tango dancing "Milonga" with DJ Barry Gillaspie.
Sangria, dinner, desserts to savor while enjoying a social evening embracing all the arts. \$10 PP includes class and food specials For more information hanaepi@aol.com

Oct 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

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/

Saturdays ~ Armory Park Recreation

Center, 22 S 5th St, Tucson

Oct 12 – Swingin' Saturdays featuring West Coast Swing, 7-11 pm, \$5 w/student ID info@swinginsaturday.com, http:// swinginsaturday.com/sample-page/ Oct 19 – USA Dance So Arizona Chapter presents their Dance, 8-11 pm. \$3 members & students; \$5 non-members. http://soazbda.org/

Oct 26 – *TucsonLindyHop.org* presents live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.

1st & 3rd Sunday, 5:30 pm. Café Desta, 758 S Stone Ave, Tucson. **Guerrilla Tangueros** present live Tango music. Argentine Tango dancing. *Donations requested.* The Rosano Brothers 3rd Sunday Milonga.

ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

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

BIZ TALK

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

ADC members receive discounted rates.





DANCE INSTRUCTORS WANTED

Bricks Dance Studio in Arcadia, 4550 E Indian School Rd, Phoenix, is looking for instructors who are able to teach hip hop, jazz, contemporary, or lyrical master classes specifically for teens this fall. Time slots are Tuesday or Thursday evenings from 7:15-8:15 pm. It will be an open class for dancers age 13 and up. Please contact *Chelsea Smith* at chelsea@bricksstudio.com for more information.

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



NATIONWIDE DANCE AUDITION LINKS

<u>Dance.net</u> ~ http://www.dance.net/danceauditions. html

<u>DancePlug.com</u> ~ http://www.danceplug.com/insidertips/auditions

<u>StageDoorAccess.com</u> ~ http://www.

stagedooraccess.com/

<u>DanceNYC</u> ~ http://www.dancenyc.org/resources/auditions.php

<u>BackStageDance.com</u> ~ 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/.

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 dancerelated 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 & 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.

Deborah Vogel, the body series blogger, has produced Part I of **Anatomy of a Habit** ~ changing your mind to change your habit. She uses **Ideokinesis** - the use of **imagery** to change (for instance) neuromuscular pathways to help a muscle to release its constant contractions, or how to change the patterning of how the body uses the turn out muscles, etc. You can listen to Part I <u>here</u>: http://blog.thebodyseries.com/uncategorized/anatomy-of-a-habit-part-1

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: Marlina Kessler and Patte Lazarus acceptd.

Acceptd, a partner of National Dance Education Organization, announces the debut of the first-of-its-kind discoverable profile for young artists (dance, music, theater).

The **Discover Me** feature offers young artists the opportunity to create, manage, and build a free digital profile which allows them to be actively recruited by hundreds of colleges and universities around the world.

www.getacceptd.com

Halloween COSTUME IDEAS by Real Simple













Bottleneck

Fork in the Road

Buccaneer (tape to ears)

Pumpkin Pi

Self Portrait

Split P

Subscribe to email

Unsubscribe

JOIN ADC



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

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

SPONSORS







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