

ARIZONA

# DANCE

E★

MAY 2017

statewide listing of performances  
master classes | auditions | jobs  
tips | news | social dancing

REGIONAL  
DANCE AMERICA  
NATIONAL FESTIVAL  
PHOENIX CONVENTION  
CENTER &  
SYMPHONY HALL

INTERNATIONAL  
TAP DANCE DAY  
EVENTS  
MESA/TEMPE

BOOK OF MORMONS  
ASU GAMMAGE

ANIMAL  
COSPLAY BALL  
SCORPIUS  
DANCE THEATRE  
PHOENIX

BALLET MOODS  
PHOENIX BALLET

SPARK THE FLOOR -  
THE FINAL XPLOSION  
RIALTO THEATRE  
TUCSON



JENNIFER CAFARELLA, QUEEN OF HEARTS  
CONVERGENCE BALLET'S ALICE IN WONDERLAND  
PHOTO BY RON BREWER IMAGES





# Arizona Dance e-Star

a publication of the *Arizona Dance Coalition*

Volume 7, Issue 5

May 2017

## Table of Contents

Calendar of Events .....	3-14
Workshops/Intensives.....	15-18
Mbr Announcements/Auditions.....	19-28
Arizona Dance Addiction.....	29-30
Photo of the Month .....	31
ADC Website Screenshots.....	32
Regional News.....	33-35
Article: 15 Surprising Things Productive People Do Differently .....	36-38
CASINO/Rueda de Casino defined.....	39
Social Dance .....	40-42
BIZ Talk / <b>JOBS</b> .....	43
Auditions .....	44
Dance at the Cinema/TV .....	44-45
Why I dance (video link) .....	46
ADC Member Benefits .....	46
"Effective" Practice TIP.....	47
<b>SUBSCRIBE</b> to <i>Arizona Dance e-Star</i> .....	47
<b>JOIN</b> the <i>Arizona Dance Coalition</i> .....	47
Arizona Dance Coalition <b>SPONSORS</b> .....	47

Dear readers,

This was a difficult issue for me to produce because two beautiful and talented women in our dance communities have moved on to that other dimension where I believe dance continues—[Elina Mooney](#) (Phoenix) and [Kathryn Ferguson](#) (Tucson). (Pages 22-26) I thank [Beth Lessard](#) and [Stephen Romaniello](#) for providing the words that describe so eloquently the lives of these dancers ... who were so much more.

We welcome the [Regional Dance America National Festival](#) to the Phoenix Convention Center May 2-6. Evening performances begin at 7 pm at Symphony Hall, and you can view them on Live Stream! Ballet Yuma performs Wednesday night, May 3. Show support for the only AZ dance company participating by attending the performance. [Carley Conder](#) is on faculty and [Step Raptis](#) is accompanying some of the classes. The RDA Festival banners hanging outside the Convention Center are very impressive and draw attention to DANCE in a HUGE WAY! Check it out on Facebook.

[InterNational TAP Dance Day](#) (May 25th) is bringing top TAP talent to Mesa Community College and Mary Wall (Wall-2-Wall, Tempe) is teaching the national anthem of TAP - the Shim Sham - for free at noon on the 25th.

In celebration of [Viva Performing Arts Center's](#) 30th anniversary, they are holding the 'final' [Spark the Floor - the Final Xplosion](#) Hip Hop performance on May 6th at the Rialto Theatre, Tucson, and honoring 20 dancers who have significantly contributed to the

Hip Hop community! See the list of names on pg 6.

Learn about 'effective' practice and the practices of highly productive people inside. As we approach summer, re-evaluate your practices so that the years ahead will allow you time for "coffee" with a friend, which I regret not doing with Kathryn so very much.

**enJOY!** Krystyna Parafinczuk, Editor

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

Past *e-Star* publications are available at [azdancecoalition.org/newsletters/](#).



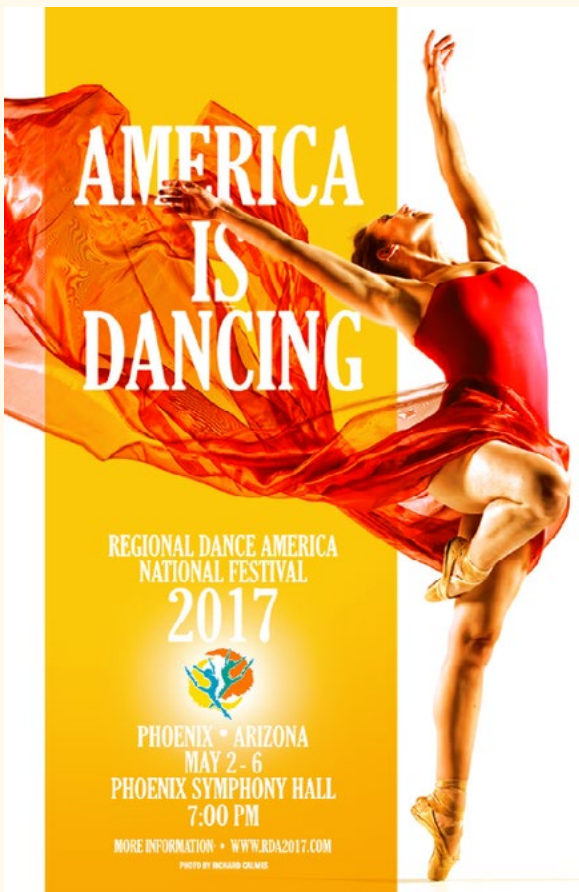
listed in the **Regional Section**. Send news to: [Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org). [AzDanceCoalition.org](http://AzDanceCoalition.org)

Event listings are posted by ADC members on the ADC website. Events are restricted to 501(c)(3) organizations with the exception of charitable and free events, educational workshops and masterclasses. All submissions are monitored. Content may be edited. Non-member news and events are

**May 3, Wednesday, 7 pm.** Phoenix Symphony Hall, 100 N Third St, Phoenix. **Ballet Yuma** is one of 86 dance companies performing during the **Regional Dance America National Festival** held May 2-6 at the Phoenix Convention Center. Ballet Yuma is performing Wednesday evening and a limited number of seats are available to the public. Tickets are \$30. There is no reserved seating.



*Come to the Wednesday evening show and support Arizona's only representative at the Festival ~ Ballet Yuma!*



For only the fourth time in its 60 year history, **Regional Dance America** is gathering on a national level for a five-day dance festival. The five regions of the United States – Northeast, Southeast, Southwest, Mid-States and Pacific – will bring 78 companies, 500 faculty and 2000 dancers to Phoenix (first time in PHX). The festival will feature master classes by world – renowned faculty, five evenings of performances and seminars for dancers, directors, board members, guild members and costumers. CLICK here for full schedule of classes, seminars and other festival events <http://www.rdanationalfestival.com/>

*All five performances will be available via **Live Stream!***

<http://www.rdanationalfestival.com/live-stream-page.html>

*Broadcast Schedule on the next page.*

## Live Stream Broadcast Schedule / 7:00 PM Pacific Standard Time

**Tuesday, May 2**

Louisville Ballet Youth Ensemble, Inwood Dance Company, Atlanta Dance Theatre, Appalachian Ballet Company, Carolina Civic Ballet, Charlotte Ballet Repertory Ensemble, FM Ballet, Nebraska Contemporary Dance Theatre, Heartland Youth Ballet, Forum Dance Theatre, DanceWest Ballet Company, Collin County Ballet Theatre, Midland Festival Ballet, Ballet Apetrei, Houston Dance Theatre, Western Arkansas Ballet, Arkansas Festival Ballet

**Wednesday, May 3**

Lawrence Ballet Theatre, Ballet 5:8, Greater Lansing Ballet Company, Anderson Young Ballet Company, Forum Dance Theatre, Maple Youth Ballet, Paso Robles Chamber Ballet, North Coast Ballet California, Santa Barbara Festival Ballet, **Ballet Yuma**, Metropolitan Ballet Theatre, Southern Ballet Theatre, Mississippi Metropolitan Ballet, Roswell Dance Theatre, Metropolitan Ballet Theatre, Atlanta Ballet Centre Theatre

**Thursday, May 4**

Dance Connection Ballet Company, Peninsula Dance Theatre, Crockett-Deane Ballet, BYU Theatre Ballet, Columbia Dance Company, Sacramento Ballet Youth Ensemble, Allegro Ballet of Houston, Festival Ballet Albuquerque, Corpus Christie Ballet, Twin City Ballet, Louisiana Delta Ballet, Southern New Hampshire Youth Ballet, South Dayton Dance Theatre, Delaware Ballet, South Dayton Dance Theatre, Canton Ballet

**Friday, May 5**

Pennsylvania Regional Ballet, Vineland Regional Dance Company, Delaware Dance Company, Philadelphia Dance Theatre, Erie Contemporary Ballet Theatre, Long Beach Ballet, Marin Ballet, Crockett-Deane Ballet, Santa Cruz Ballet Theatre, Idaho Regional Ballet, Mid-Columbia Ballet, Central Indiana Dance Ensemble, Michigan Classic Ballet Company, Dance Wisconsin, Salt Creek Ballet

**Saturday, May 6**

Victoria Ballet Theatre, San Antonio Metropolitan Ballet, Louisiana Delta Ballet, City Ballet of Houston, Dallas Ballet Company, Raleigh Dance Theatre, Alabama Dance Theatre, Triangle Youth Ballet, High Point Ballet, The Perla Ballet, Southeast Alabama Dance Company, South Bay Ballet, Juline Regional Youth Ballet, Utah Regional Ballet II, State Street Ballet Young Dancers



**May 5-6, Friday-Saturday, 7:30 pm.** Clifford E White Theater, Flagstaff. Don't miss **Canyon Movement Company's Spring Dance Festival!** Dance performed live on the stage and in the air! Original choreography and special guests! Performers include Canyon Movement Company, Flagstaff Arts and Leadership Academy, Canyon Dance Academy's Velocity Dance Company, Human Nature Dance Theatre, Cazo Dance Company,



Leonard Wood, Maeve Rising Dance Collective, and Dark Skies Aerial. Mr. Wood's dance is a piece he made about recent police shooting of black men. Donations accepted at the door. Suggested donations \$8/student, \$15 adult. More info: Gina Darlington, 928-774-3937, cmcgina1@gmail.com. *This program is sponsored in part by the City of Flagstaff and Flagstaff Arts Council, the Arizona Community Foundation, and the Arizona Commission on the Arts with funds from the National Endowment for the Arts.*



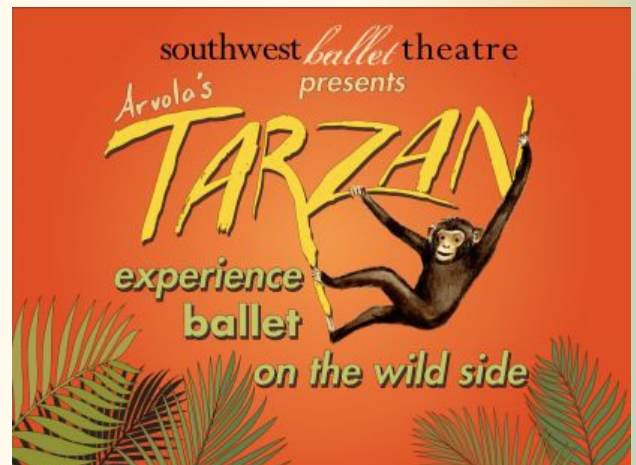
**May 5-6, Friday-Saturday, 7:30 pm.** Arnette Scott Ward Performing Arts Center, 2626 E Pecos Rd, Chandler. **Chandler-Gilbert Community College** presents **IN MOTION: Student Dance Showcase**. Students have an opportunity to present their own choreographic work in two main stage productions each year. These students range from dance majors, dance enthusiasts, and returning professionals. Each

student is free to explore movement that inspires them as an artist. Students receive intent-based constructive feedback from faculty and peers. CGCC has a unique ability to mentor future dance artists with its newly remodeled 39,000 square foot music and dance rehearsal space. The new space showcases two new dance rooms. The larger space totals 2,442 square feet for technique classes and larger ensemble rehearsals. The second studio space at 982 square feet allows students and faculty additional rehearsal space, making CGCC's dance program unique to dance artists in the east valley. Come and enjoy an evening of dance highlighting students' efforts at CGCC this spring. \$5/\$7 Box Office: 480.732.7343 Tickets [here](#).

*CGCC offers a two-year degree in dance, AAFA-Dance. The program focuses on dance as an art form with particular attention to dance theory and its relationship to the development of good technical skills.*

**May 5-7, Friday-Saturday 7 pm, Sunday 2 pm.**

Estrella Mountain Community College, 3000 N Dysart Rd, Avondale. Southwest Ballet Theatre presents Arvola's ballet **Tarzan**. Artistic director Melissa Zervas Hahne presents original, wildly creative choreography by guest Soili Arvola. Students 18 and under are \$18; adults \$24. House opens 30 minutes prior to curtain. Tickets [here](#).





**May 5, Friday, 6-10 pm.** Phoenix Art Museum, 1625 N Central Ave, Phoenix. **[nueBOX]** presents **Constructed/Deconstructed**. The Phoenix Metro area is rapidly changing and expanding, creating opportunities for development and improvement to city infrastructure. Estrella Payton (visual artist), Felix Herbst (sound artist), Jordan Daniels (Movement Artist), and Steven Redondo (Movement Artist), will bring the elements of their artistic mediums into the Phoenix Art Museum in a project to construct/deconstruct layers of Phoenix, physicality, and

navigating spaces. Phoenix in its history and urban composition around the Rio Salado. Physicality of those who might want to be in this unique southwestern metropolis. Navigation of Spaces as they relate to the infrastructure of the Phoenix Art Museum specifically. This project is intended to sensorially investigate the history of development around and in relationship to the Rio Salado and the light rail system: two intersecting and parallel entities that have the ability to link and divide. [www.nuebox.org/pamfirstfridays](http://www.nuebox.org/pamfirstfridays)

**May 6, Saturday, 7 pm.** Rialto Theatre, 318 E Congress, Tucson. **SPARK the Floor – The Final Xplosion – Hip Hop Dance Show** is the longest running Hip Hop Dance Showcase in Arizona. It was created back in 2004 by Julie Gallego, director of Viva Performing Arts Center, which is celebrating its 30th Anniversary as one of Tucson's leading south side dance studios. For over a decade Spark the Floor has given a platform for local hip hop dance crews to compete for cash prizes and trophies. Much like the popular hit TV



show "America's Best Dance Crew" on MTV, 200 extremely talented hip hop dancers from all over Tucson will showcase their exciting choreographies! Unique styles! And hard core attitudes! This year the event is also honoring individuals in Tucson who have made a huge impact in the hip hop dance community. This "final" show is great night of entertainment for the entire family. Honorees include *Zari Alcantar, Gabe Anchondo, Veronica Sabbagh Castro, Earnest E. Clark, Alexis Ochoa Cortez, Ruben Dorame, Daniella Grijalva, Frankie Grijalva, Oscar Hernandez, Addison Johnson, Kristi Lopez, Matthew Love, Bianca Martinez, Michael Montoya, Adriana Padilla, Christian Rios, Chezale Rodriguez, Miguel Samaniego, Anton Smith, and Jaelynn Valencia*. Doors open at 5 pm. \$10 child, \$15 adult, children under 2 years free. Tickets [here](#).



**May 13, Saturday, 7-11 pm.** ZUZI! Theater in the Historic Y, 738 N 5th Ave, Tucson.

**Bluesy ZUZI!** is an annual event for blues lovers and those who love to dance to the blues. **ZUZI! Dance** is Arizona's premier multi-generational dance institution, which creates and teaches dance for all levels and all ages for art and maintaining health. ZUZI! showcases talent in programs and community collaborations with outside dancers, musicians, poets, youth organizations and actors. Friends of ZUZI! have assembled a band of seasoned professional local musicians who individually and collectively support dance in the Tucson community.

The band, "Blues For 6+1," features sensational violinist Heather "Lil' Mama" Hardy with Bryan Dean and Ed Delucia on guitar, Michael P. on the organ, Sabra Faulk playing bass, and Fred Hayes beating on the drums, along with Bruce Blackstone on harmonica. Heather Hardy has been a part of the Tucson blues community for over 25 years, playing everywhere from the Sam Taylor Blues Band to punk band False Prophets. Drinks are provided by Dragoon Brewing Company and Circo Vino wines.

Tickets are \$25 and are available at [www.zuzimoveit.org](http://www.zuzimoveit.org) or by calling ZUZI! at 620-629-0237. Tickets will also be available at the door. Attendees must be 18 years of age or older, with valid ID. Bluesy ZUZI! is sponsored by Dragoon Brewing Company.

<http://zuzimoveit.org/theater/specialevents.html>



**May 18-28**, ASU Gammage, 1200 S Forest Ave, Tempe. **THE BOOK OF MORMON** returns by popular demand and is the nine-time Tony Award®-winning Best Musical. This outrageous musical comedy follows the misadventures of a mismatched pair of missionaries, sent halfway across the world to spread the Good Word. Now with standing room only productions in London, on Broadway, and across North America, THE BOOK OF MORMON has

truly become an international sensation. *Contains explicit language.*

*Tuesday-Saturday 7:30 pm, Saturday 2 pm, Sunday 1 & 6:30 pm, unless stated otherwise. ASL Interpretation is available on Saturday Matinee by request. Request must be made at least two weeks out from the performance based on availability through the ASU Gammage Box Office at [boxoffice@asugammage.com](mailto:boxoffice@asugammage.com) or 480-965-3434. All performances, dates, times and prices are subject to change without notice. Groups of 15 or more may reserve seats by calling (480-965-6678) or emailing [groups@asugammage.com](mailto:groups@asugammage.com).*



Nicole L Olson, Flamingo  
Photo by Rose Torres

**May 18-20, Thursday-Saturday, 8 pm.** Hormel Theatre at Phoenix Theatre, 100 E McDowell Rd, Phoenix. **Scorpius Dance Theatre** presents **ANIMAL**, hosted by *Lost Our Home Pet Foundation*. An original show created by Scorpius' Director, Lisa Starry, inspired by her love of animals and passion for their well-being. The show explores the relationship we have with animals, as well as their social interactions, physicality and movement. Starry is also taking the opportunity to provide awareness and support for animals in our community and globally. A portion of ticket sales will benefit local animal charity, Lost Our Home Pet Rescue.

According to Starry, "Last year, when I created *LOVE*, I had intended on incorporating animals into the production in some capacity. I soon realized that I could

*devote an entire production to this subject. I've been an active supporter of the fostering and adoption of animals, as well as global organizations working to end animal abuse. My hope is that audiences will be fascinated, entertained and enlightened by ANIMAL."*

ANIMAL will feature nine different dance works, comedic interludes, plus two short films. From the unusual mating ritual of the praying mantis, the slumbering ways of the sloth, the slinky movement of snakes, to the social interactions of dogs, Scorpius' dancers will use their athleticism, grace, and acting abilities to emulate the motion and behaviors of various domestic animals and wild creatures.

A heartwarming display of our love for animals, one short film will feature owners interacting with their pets and the special bonds they share. A more serious film, coupled with live dance, will bring to light the emotional distress of caged and confined animals. Attendees of ANIMAL will also be treated to a visual arts display in the lobby, featuring original animal paintings and drawings by students of Metropolitan Arts Institute. Lost our Home Pet Rescue will also be on hand to provide information about supporting the organization.

For every ticket sold (\$25 plus surcharge), Scorpius will donate \$1 to help support Lost Our Home Pet Rescue. 602-254-2151,  
<http://www.scorpiusdance.com/tickets>



Elisa Marie Cavallero, Snake  
Photo by Rose Torres

**SCORPIUS**  
DANCE THEATRE







© John Bethea

**May 19-20, 7:30 pm.** Orpheum Theatre, 203 W Adams, Phoenix. Performance by **Phoenix Ballet: Ballet Moods**, featuring world-class classical and contemporary pieces. It's a journey through time! Enjoy excerpts from one of the most beautiful and romantic traditional classical ballets, Paquita, which premiered at the Paris Opera House in 1846, staged by Slawomir Wozniak and Irena Wozniak. Then, jump forward in time to present day and experience the awe of movement with Resident Choreographer Albert Blaise Cattafi's highly praised String of Thoughts, a moving contemporary masterpiece of emotion and

passion. Mr. Cattafi has choreographed for many including John Legend and Cirque du Soleil. Then, see the technical strength of Phoenix Ballet dancers as they perform a world premiere by renowned choreographer Francisco Gella! Phoenix Ballet dancers, including world renowned principal dancer Juliet Doherty, will perform these ballets with masterful technique and power that will leave audiences breathless and wanting more.

**SPECIAL DISCOUNT OFFER!** Save 50% on tickets to this performance! Valid on level 1 and 2 price levels, adult tickets only. Use coupon code MBA after selecting seats. After discount is unlocked, use drop down on each ticket to select 50% off.

This performance of "Ballet Moods" features principal dancers and soloists including Juliet Doherty, Slawek Wozniak, Zherlin Ndudi, Michal Wozniak, William Jackson Beckham (2017 International Ballet Festival Gold medalist, Varna, Bulgaria), Kurtis Sprung, Alicen Carter, Madison Penney (2017 YAGP top award winner!) Robbie Downey, Ashlyn Mae, Erina Ueda, and more! VIP: meet the dancers, artistic director, get a signed program book and enjoy a wine intermission reception! Tickets \$23 [here](#).

**May 20-21, Saturday 2 pm, Sunday 1 pm.** Orpheum Theatre, 203 W Adams, Phoenix. **Phoenix Ballet** presents **The Best of Master Ballet Academy**. This performance features a world premiere ballet by Francisco Gella plus contemporary, jazz, character and other pieces by a myriad of choreographers including Krista Doherty. With our youngest students performing a Harry Potter-themed dance and our oldest students showing their technique, this performance is perfect for fans of dance, children, ballet and entertainment! Bonus! Experience our top students perform solos and ensembles they have competed and won multiple awards. Featuring guest artist Juliet Doherty and top students



William Jackson Beckham winner of the 2016 World Ballet Competition; Madison Penney and Mya Kresnyak winners of Youth America Grand Prix's Grand Prix awards; Avery Gay featured on TV's "Little Big Shots" and "So You Think You Can Dance" and many more well-known dancers. *Master Ballet Academy* is under the direction of Slawomir Wozniak and the students train under top instructors including Mr. Wozniak, Irena Wozniak, Michal Wozniak, Zherlin Ndudi, Krista Doherty, Kurtis Sprung and more! Tickets \$17 [here](#).



**May 20-21, Saturday 7 pm, Sunday 2:30 pm.** Herberger Theater Stage West, 222 E Monroe St, Phoenix.

**Scottsdale Ballet Foundation** presents **Soiree de Ballet 2017** featuring the students of the **Scottsdale School of Ballet**. The line-up includes the perennial favorite "The Ballet Class," where the audience gets a look into the training of a ballet student from the beginning steps through the advanced level. Next for our one-act ballet, the

raucous and rambunctious "The Carnival" conceived and choreographed by the directors Donald Dadey and Sibylle Acatos-Dadey. It's a fun and enjoyable look into a carnival for all ages! For the finale, this year we present our highlights from "The Sleeping Beauty" for the upper level students and is our representation of one of the true classics.

The best excerpts from this ballet have been exquisitely re-staged by Sibylle Acatos-Dadey. In addition to these ballets we are delighted to feature choreography from our wonderful faculty—Julia Chacon's Flamenco, and Cody Pickens' Contemporary Dance.

Directors Sibylle Acatos-Dadey and Donald Dadey experienced international careers and worked with some of the greatest names in ballet—George Balanchine, Rudolf Nureyev, William Forsythe, Hans Van Manen and many others. It is with this rich heritage that they continue to present some of the finest ballet performances in Phoenix and Scottsdale.

**Tickets:** \$31.50 child/students, \$41.50 adults.







**May 21, Sunday, 5:30 pm.** Arcadia High School, 4703 E Indian School Rd, Phoenix.

**Convergence Ballet Company** presents **Alice in Wonderland**. This half-hour version of Alice is available for field trips and artist-in-residence programs. Call 602-957-3364 or email [info@convergenceballet.org](mailto:info@convergenceballet.org) to book. Look for the FULL LENGTH VERSION in March 2018 with open auditions for all dance students in January. This

debut will be in the second half of Ballet Theatre of Phoenix' Spring Performance. Tickets \$30. Call for tickets 602-957-3364 or cash at the door.

**May 21, Sunday, 6:30 pm.** Fellowship Square, 8111 E Broadway, Tucson. You've heard of the Radio City Rockettes? Well, Tucson has its very own **Rodeo City Wreckettes**, a senior dance revue, that performs and raises money for charities. Enjoy the tap and jazz dance by these dynamic women!



**May 25, Thursday, 12 noon–1 pm.** **Wall-2-Wall Dance Center**, 617 S McClintock Dr, Suite 3, in Tempe, will be holding a

**FREE Shim Sham Shimmy Class!**  
**It's InterNational TAP Dance Day!**

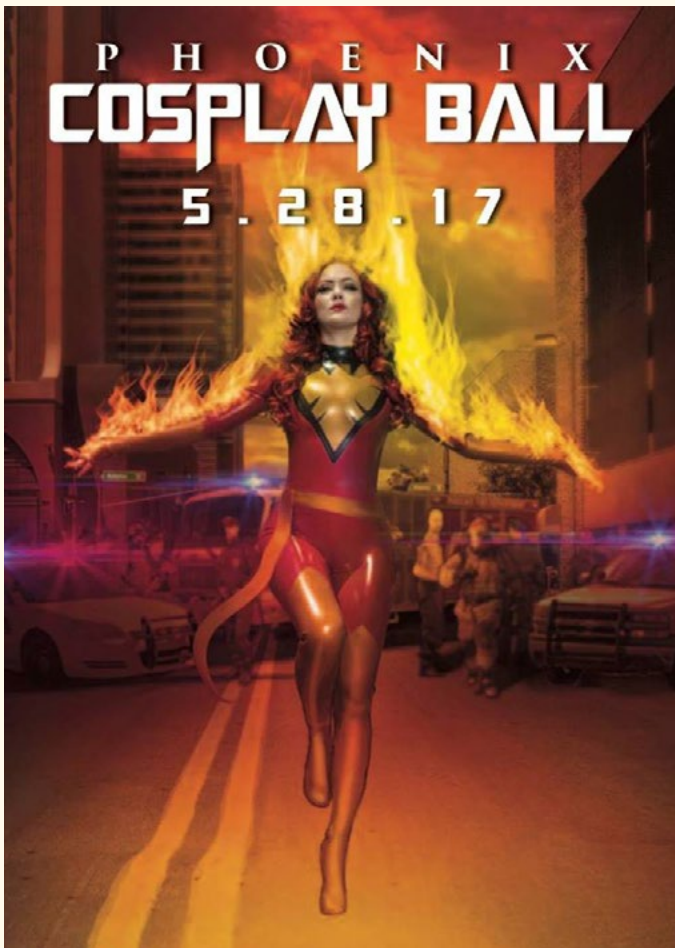
Spend your lunch hour with Mary Wall learning the National Anthem of TAP!

[www.w2wdance.com](http://www.w2wdance.com), [mary@w2wdance.com](mailto:mary@w2wdance.com), 480-317-3000.

**HAPPY  
INTERNATIONAL  
TAP DANCE DAY!**



**May 26, Friday, 5-8 pm.** Tucson Botanical Gardens, Tucson. In collaboration with the **Tucson Botanical Gardens** exhibit of **Frida Kahlo: Art Garden, Life**, and the final Frida Al Fresco Friday, **ZUZI! Dance** celebrates the life of Frida Kahlo Mexican artist, with choreography by ZUZI! cofounder, Nanette Robinson. This concert travels through Frida Kahlo's richly diverse and controversial life with dance, visual arts, spoken word and live music. Featured dancers and musicians: Aarlin Murrieta Acuna, Sabrina Geoffrion, Bethanne Griffin, Karenne Koo, Sherry Mulholland, Aja Squires and Cynthia Wasco, and Nanette Robinson. The musical performers feature Pablo Peregrina, Sally Withers and Paul Docker. Tickets at the door: \$13 adults, \$12 students, 55+; \$7.50 children 4-17. [www.zuzimoveit.org](http://www.zuzimoveit.org), 520-629-0237.



**May 28, Sunday, 8 pm–2 am.** The Pressroom, 441 W Madison St, Phoenix. Party The Night Away at the **First Annual PHOENIX COSPLAY BALL** for those 21 and over presented by **Scorpius Dance Theatre**. Three of the hottest event producers in Phoenix have come together to present an artistic explosion of dance, music, amazing fashion, and jaw-dropping entertainment. Lisa Starry of Scorpius Dance, Nicola Vendettoli of Cupcake and Samuel Morgan Wiseman of the 2Courtiers and AncientFuture are co-producing the Phoenix Cosplay Ball.

Drag Queen Hosts Faris Duval and Stella Prince spark the night and introduce the very best talent that Phoenix has to offer: Scorpius Dance, internationally renowned dance company, leads the event with dance and aerial arts entertainment. Lisa Starry's award-winning choreography will draw you into the night with sexy and talented performances all around you.



The visuals are accented with Nicola's phenomenal taste in music that will leave you dancing in and out of fashion vendors, interactive installations, and amazingly well-dressed people. DJs Betty Blackheart and Self.Destrukt will keep you captivated the entire evening, so you can dance hard and party the night away.

As the night progresses and the fun kicks up a notch, Samuel Morgan Wiseman will unveil his signature "Phestiv Fashion Show," a fashion show like any other. The show features friends and peers, not runway models.

There will be a best dressed contest outside of the fashion show, so everyone has a chance to participate. Cosplay dress to impress for a chance to win cool prizes!

Tickets: -\$10 early bird GA + ticket fee (Purchase 4/26 - 5/3), -\$18 GA + ticket fee (Purchase 5/4-5/27), -\$25 GA day of event at the door + ticket fee

Tickets & Information [here](http://www.scorpiusdance.com/phoenix-cosplay-ball/). <http://www.scorpiusdance.com/phoenix-cosplay-ball/>

Phoenix Cosplay Production Team: Lisa Starry, Nicola Vendettoli, Samuel Wiseman, and Jennifer Miles. Photography: [www.shotbyjonny.com](http://www.shotbyjonny.com), @ShotByJonny

Model: Dark Phoenix, "Vital Vein Fashion," <https://m.facebook.com/vitalvein/>



**May 28, Sunday, 2 pm & 6:30 pm.** Mesa Community College, 1833 W Southern Ave, Mesa. **Tap 24.7** presents **Unlocking the TAPestry**, an original tap show created by Tap 24.7's Artistic Director, Suzy Guarino-Hall. With a cast of 70 dancers, it features performers from Arizona's tap company Tap 24.7, special guests Gregg Russell and Tap Sounds Underground, World Tap Dance Champion Kyle Van Newkirk, Kelsey Rose Young and the Detroit Tap Repertoire, and tap dancers all over

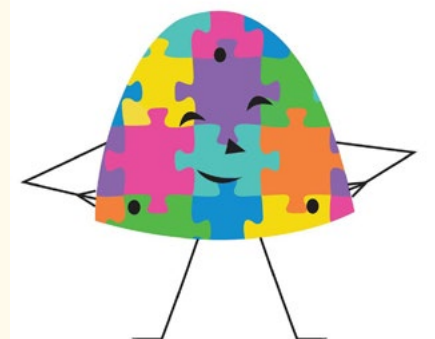
the country with ages ranging from 9 through adult. Choreographers for the show include Suzy Guarino-Hall, Jenefer Miller, Kyle Van Newkirk, Kelsey Rose Young, Leah Silva, and Gregg Russell.

The show is about 3 groups of tap dancers competing in a video game called The TAPestry. They choose a song to perform to based upon the category chosen for them by a computer named Roberto. The dancers have 3 levels by which they are scored; Timing, Accuracy, and Performance (TAP). The first group to reach the highest score on all 3 levels wins! But, there are a few challenges that Roberto creates along the way which prove to be tricky, and some deviations by the groups make this game very unpredictable.

Tickets: \$24.80, \$35.15 (includes service fees)

<http://unlockingthetapestry.brownpapertickets.com/>

**Unlocking the TAPestry**



General admission tickets are on sale! Come and see 70 tap dancers bring the stage to life! Tap 24.7 delivers with another original tap production. Photo: World Tap Champion and soon-to-be NBC's World of Dance only tap dance contestant Kyle Van Newkirk, by Jordan Matter Photography.



*"Let us read, and let us dance; these two amusements will never do any harm to the world."*

—Voltaire

**artsJOURNAL**  
Stories people talk about

**ARTS JOURNAL** ~ Stories people talk about  
a link to global dance news stories  
<http://www.artsjournal.com/category/dance>

**June ISSUE  
SUBMISSION  
DEADLINE**

*Arizona Dance e-Star*

**May 25**

**Send news to:**

[Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org)

### 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!

*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.*



## Workshops / Summer Intensives



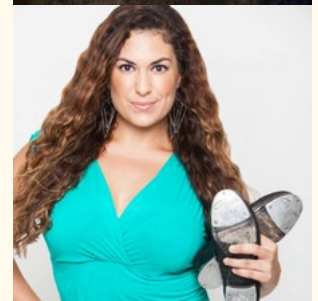
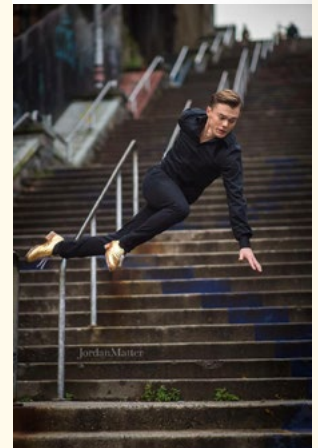
**May 27, Saturday, 9 am-2 pm.** Mesa Community College, 1833 W Southern Ave, Mesa. It's **Tapapalooza 2017!** Tap 24.7 hosts this incredible half-day of master tap classes with 2 levels: advanced and intermediate. Come and take from some of the best tap teachers in the country! Intermediate classes will be held in the black box theater at MCC. Advanced classes will be held in the dance room (a short 4-minute walk from the theater). Plan to arrive at least 15 minutes before the start of class. Registration/check in will be in the lobby of the theater. Save time and pre-register to avoid lines. Email Suzy at [TapZen24.7@gmail.com](mailto:TapZen24.7@gmail.com). Classes are only \$25 each. Buy a package and save money! Advanced: \$100 entire day (save \$25), Intermediate: \$80 entire day (save \$20)

**Faculty** includes: *Suzy Guarino-Hall* (adv) (top right), *Gregg Russell* (int and adv) (toe stand), *Leah Silva* (int and adv) (bottom right), *Jenefer Miller* (adv) (left), *Kelsey Rose Young* (int) (bottom left), *Bruce Goolsby* (int) (top left), and *Kyle Van Newkirk* (adv) (stairs ~ Kyle will be a part of World of Dance ! The competition premieres May 30th. #WorldofDance)

**Raffling off an O'Mara Tap Practice Board**

**PLUS \$250 towards a custom K360 from Dancing Fair!** Tickets are \$5 and will be sold at the registration desk. Winner need not be present to win. Drawing will take place on Sunday night after the second show of Unlocking the TAPestry.

**Scholarship Opportunities** ~ Tap 24.7 will be awarding scholarships to certain dancers in Unlocking the TAPestry for several festivals! Huge thanks to the following festivals providing scholarships: **Motor City Tap Fest | Orange County Tap Fest | Wing It Tap Intensive | Circle City Tap Fest | Just West of Broadway | Rhythm Weekend | Tap Into the Network**





**June 3, Saturday, 10 am-5 pm.** Prescott Boys & Girls Club, 335 E Aubrey St, Prescott. **AzDEO** presents **SPINE Strategies Workshop with Cynthia Roses-Thema** ~ Come to cool Prescott!! In this six-hour, one day workshop with Cynthia

Roses-Thema, in beautiful, cool and sunny Prescott, discover:

- the five SPINE strategies are,
- why you need them,
- and how you can apply them in easy and effective ways into your current teaching to address alignment, rotation, whole body integration and much more!

**Deadline to register is May 15th.**



Cynthia's two books are also included in the price ~ SPINE: 5 Somatic Strategies for 21st Century Dancers, and SPINE: Using the SPINE STRATEGIES in Contemporary Ballet Workbook. Cost: \$125- AzDEO member, \$100- AzDEO student member, \$125: Non-member student, \$150: Non-Member. Lunch is included in all prices.

REGISTER: <https://1drv.ms/w/s!Akwik9tsa0WasS8rSqOhgWmJ8gWN> and email to [info@azdeo.org](mailto:info@azdeo.org). Check or purchase order. Make check payable to AzDEO and mail to AzDEO, PO Box 60152, Phoenix AZ 85082.

Check out these Spine videos: <https://vimeo.com/211213855>



**June 5-23 - Scottsdale Ballet Foundations sponsors Guest Faculty for Summer Intensive at Scottsdale School of Ballet.** We welcome the following guest instructors this summer:

*Natalia Magnicaballi* (pictured left) June 5-9 ~ Principal dancer with Ballet Arizona

*Christine Spizzo* June 12-16 ~ Former ABT soloist, owner and co-founder of Studio Elevé

*Roman Zavarov* June 19-23 ~ Principal dancer with Ballet Arizona

**Scottsdale School of Ballet 2017 Summer Intensive** is for young ballet beginners through Pre-Professional. Intensive offers Ballet, Pointe, Classical Variations, Flamenco, Contemporary, Jazz Dance, Stretch and Strengthening classes. Our guests will offer insightful and inspirational training to the Advanced and Intermediate level students. Live accompaniment with Amanda Hidalgo. \$45 deposit required to reserve your place in class due by Monday, May 15th. Schedule and registration available at [www.scottsdaledance.com/summer](http://www.scottsdaledance.com/summer), 480-826-0575, 14455 N 79th St, Scottsdale.



## Instructor Biographies



**Natalia Magnicaballi** was born in Buenos Aires, Argentina and has been a principal dancer with The Suzanne Farrell Ballet since its conception in 1999 and with Ballet Arizona since 2002. A graduate of Teatro Colón, she became a principal dancer at the age of 19 with Julio Bocca's Ballet Argentino. In Europe she joined the Italian company Aterballetto under Mauro Bigonzetti's direction. Her repertoire includes the lead roles in the most beloved classic ballets. Natalia has premiered works by Jirí Kylián, Roland Petit, Maurice Bejart, Mauro Bigonzetti, Dwight Rhoden, Paul Mejia, Ib Andersen, Oscar Araiz, Mauricio Wainrot, Ana María Stekelman, Alberto Méndez, Christopher Wheeldon and Alexei Ratmansky. She has toured and performed in the main houses and arena theatres around five continents including the Paris Opera Garnier and the Mariinsky Theatre. Natalia has

been featured as one of Dance Magazine's "25 to Watch" and named the "Best Dancer of the State of Arizona" by The Arizona Republic.



**Christine Spizzo** trained at the San Francisco Ballet School, the NC School of the Arts (now UNCSA), and the School of American Ballet in New York. Upon graduation, she joined the National Ballet of Washington (DC), and the Ballet Repertory Company (NY), ultimately joining American Ballet Theatre in 1975. A soloist with ABT, Spizzo appeared in numerous Live Lincoln Center and Dance in America telecasts, as well as the Herbert Ross films "The Turning Point" and "Dancers," and in Baryshnikov's "Nutcracker" and "Don Quixote" video films. Spizzo was a Principal dancer with Ballet Arizona

from 1988-1990, and with the Nureyev & Friends North American tour in 1990. In 1996, she served as Artistic Coordinator of ABT's inaugural Summer Intensive Program, and has remained a principal teacher in all subsequent ABT Summer Intensives (NYC, NC, Austin, TX). Spizzo is the owner and co-founder, along with Mark McCullough, of Studio Elevé.



**Roman Zavarov** entered the Bolshoi Ballet Academy at age 10, and was performing with the Bolshoi Company by age 13. He completed his pre-professional training at the schools of Pennsylvania Ballet and Boston Ballet, joining Boston Ballet II in 2004. The following season he became a member of American Ballet Theatre's Studio Company, and joined Boston Ballet for the 2005-06 season. In 2006 Roman studied on scholarship at The University of the Arts in Philadelphia furthering his training in performance, modern dance and dramatic arts. Since joining Ballet Arizona

in 2007, Roman has danced principal roles in Ib Andersen's *The Sleeping Beauty*, *Cinderella* and *The Nutcracker*, and the title roles in Balanchine's *Prodigal Son* and *Apollo*. Roman's soloist work includes roles in *Swan Lake*, *Giselle*, Andersen's *A Midsummer Night's Dream*, *Romeo and Juliet*, *Don Quixote*, and *La Bayadere*, also Balanchine's *La Sonnambula*, *The Four Temperaments*, and *La Valse*. Roman originated a role in Andersen's *Diversions* which was performed at the Kennedy Center in D.C. Photo by Ron Brewer Images.

## Grand Canyon University Summer Dance Intensive

JULY 10 – 14, 2017

Featuring Ballet, Jazz, Contemporary, Flamenco, West African, Composition, and Health for the Dancer taught by GCU Dance Department Faculty. Overnight camp for high school students and recent graduates. Daily classes for those who graduated prior to 2017.

Spring 2017 High School Grads or Later ~ before June 30 \$300, after June 30 \$325

High School Grads Prior to Spring 2017~ before June 30 \$225, after June 30 \$250

Meals, pool party, and free gifts provided.

Closing Performance Friday, July 14, at GCU's Thunderground MEMBER



# SUMMER DANCE INTENSIVE

**JULY 10-14, 2017 | MON - FRI**

Join us for a week long, overnight\* camp for dance students ages 14 - 24! All classes are taught by distinguished dance faculty and guests assisted by student teacher candidates from the Dance Education program. Courses include:

- Jazz
- Ballet
- Composition
- Contemporary
- World Dance
- Health for the Dancer (Pilates, Yoga, Conditioning, Nutrition)

Family and friends are invited to a dance performance presented by students on Friday, July 14 at 4 pm in Thunderground.

\*Spring 2017 high school grads or later will be required to stay in the residence halls. High school grads prior to spring 2017 do not have the option to stay in a residence hall. Grand Canyon University is regionally accredited by the Higher Learning Commission (800-621-7440; <http://hlcommission.org/>).

**COSTS\***

Category	Before June 15	After June 15
Spring 2017 High School Grads or Later	\$300	\$325
High School Grads Prior to Spring 2017	\$225	\$250

\*Covers all materials

**TO RSVP:**  
[GCU.EDU/DANCEINTENSIVE](http://GCU.EDU/DANCEINTENSIVE)

**GRAND CANYON UNIVERSITY**  
COLLEGE OF FINE ARTS & PRODUCTION



## ADC Member Announcements, Auditions, National News

**ASU Gammage**  
Arizona State University

**HAMILTON ANCHORS 2017-2018  
ASU GAMMAGE BROADWAY SEASON**

TEMPE, Ariz., (March 27, 2017) – **ASU Gammage** has announced its historic 2017-2018 Desert Schools Federal Credit Union Broadway Across America – Arizona season. The season is anchored by **HAMILTON** (January 30-February 25, 2018) and is packed with award-winning musicals, classics and the newest hits from Broadway.



The season features the last two Tony Award® winners for Best Musical, **HAMILTON** and **FUN HOME**, as well as Best Revival winners **THE COLOR PURPLE** (April 17-22, 2018) and **THE KING AND I** (March 20-25, 2018). The season also includes 2016's Tony Award®-winning Best Play **THE HUMANS** (May 29-June 3, 2018) along with other favorite musicals **THE BODYGUARD**, the hilarious **SOMETHING ROTTEN!**, and Andrew Lloyd Webber's **SCHOOL OF ROCK** (June 19-24, 2018).

The season also includes two special engagements with favorites Rodgers + Hammerstein's **CINDERELLA** (December 19-24, 2017) and the classic **LES MISÉRABLES** (May 15-20, 2018).

*"We have a winning combination of shows on our biggest season ever,"* says Colleen Jennings-Roggensack executive director of ASU Gammage and ASU vice president for cultural affairs. *"It's a season of firsts – with it being the largest season subscription in ASU Gammage history and the honor of bringing HAMILTON to the Valley for its first engagement on a college campus. We pride ourselves in being innovative by presenting something for everyone. This season is an embarrassment of riches, and we're loving every minute of it."*

Current season ticket holders can renew their subscription now. New season subscriptions go on sale Monday, May 15 and start at \$190 available at [asugammage.com](http://asugammage.com) and [ticketmaster.com](http://ticketmaster.com).



They're the true Spirit Ambassadors for **Arizona State University!** The **ASU Sun Devil Dance Team** was chosen to represent the United States as the **2017 U.S. National Dance Team**. They competed for gold, silver and bronze medals against 70 countries at the **International Cheer Union (ICU) World Cheerleading Championship** in Orlando, Florida, April 26-28. The ICU World Championships is basically "the Olympics" of dance and cheer. The **U.S. National Team** brought home two gold medals with their dynamic performances in the **All Girl**

**Premier and Coed Premier Divisions.** The **Arizona State Spirit Squad** Facebook page says they won gold in the 'jazz' division.

Here's a news clip of them promoting and preparing for the event:

<http://www.azfamily.com/clip/13273036/sun-devil-dance-team-becomes-2017-us-national-dance-team>

Here's a clip of their Co-Ed Premier routine:

<https://youtu.be/tFz0AYlpF1I>

Here's their All Girl Premier routine:

[https://youtu.be/j36XGorYI\\_A](https://youtu.be/j36XGorYI_A)



Tucson flamenco dancer **Barbara Schuessler** brought special guest **Miguel Vargas** to her studio for a second year on **March 18-19** to teach workshops for adults and a special workshop for kids. Besides flamenco dancing, students had the opportunity to learn his "cante" (song). Vargas is from Seville, Spain, and is a Director of the Centre of Art & Flamenco and of his own company, the Miguel Vargas Flamenco Dance Theatre. It was a terrific learning experience and people are asking to have him return!

*Photos: Miguel Vargas with the Beginning Workshop (left) and Kid's Workshop (right).*







**Kyle Abraham** taught an open master class March 27th at Dance Theatre West, Phoenix. **guiDANCE** students Kyler and Leo from Desert Ridge High School attended class with **Movement Source Dance Company** and the community. *Thank you to ASU Beyond, and ADC for this opportunity in collaboration with Movement Source, guiDANCE and Dance Theatre West!*

**Scottsdale Cultural Connection** provided a master class to local high school and community college dance students taught by **Jean-Philippe Malaty**, executive director for **Aspen Santa Fe Ballet**. **Step Raptis** played music for the class. At the end of class each student tells the teacher what "ah hah" moment they learned in class. *Thank you Scottsdale Cultural Connection!*



**May 2, Tuesday, 4-6 pm.** Glendale Community College, Glendale. **GCC Dance Fall 2017 VERVE Dance Company Auditions**, Fitness Center 101. Auditions will consist of ballet barre, modern and/or jazz combinations, and a creative task. Please come prepared with proper attire and shoes. Rebecca Rabideau, Artistic Director, [Rebecca.rabideau@gccaz.edu](mailto:Rebecca.rabideau@gccaz.edu), 623-845-4905.

**May 6, Saturday, 9:45 am-12:45 pm.** Scottsdale Community College, 9000 E Chaparral Rd, PE Bldg Room 135, Scottsdale. **SCC Dance Scholarship & Placement Auditions.** No prepared material required. Scholarship awards are: \$400 for New Student (full year), \$400 for a Returning Student (full year). Qualifications: actively pursuing a dance degree at SCC, enrolled in a minimum of 3 dance classes per semester, and maintaining a "C" grade. Placement is for all new students needing to be placed into the appropriate levels in ballet, modern and/or jazz. SCC Dance [Facebook](#) page for more information.





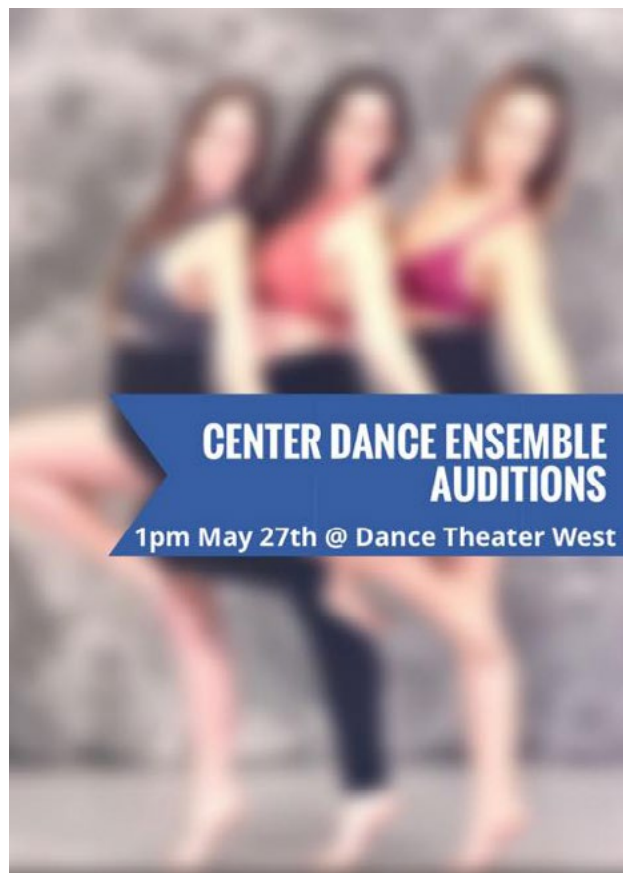
### SCC Dance INSTINCT Dancecorps Auditions

will be conducted from 1-3 pm. Dancers must provide a DVD with a minimum of three dance selections showing a wide range of technical ability, a one page bio and headshot, and a dance resume. Instinct Dancecorps is a pre-professional multi-discipline ensemble where members are selected by audition once per year. It has received national recognition and many awards. Training and rehearsal requirements include ballet and modern, plus nine weekly rehearsal hours. Performance opportunities

include local and national events.

**May 27, Saturday, 1-3 pm.** Dance Theater West, 3825 E Indian School Rd, Phoenix. **Center Dance Ensemble Auditions ~ 30th Anniversary Season.**

We are looking for dancers with strong modern technique for our 2017-2018 season! Audition class will start promptly at 1 pm, so arrive a little early to check in. Although a resume is not required, it is recommended. Audition class will be intermediate/advanced modern technique and improvisation. Contact Frances Cohen with questions: 602-997-9027, [Franecohen@aol.com](mailto:Franecohen@aol.com)







**In Memory Of Elina Mooney  
Associate Professor Emeritus, Department of Dance,  
Arizona State University**

Elina Mooney Keuter died at home in Mesa, AZ on February 26, 2017. She began her professional career performing with modern dance pioneers Helen Tamiris, Daniel Nagrin and Charles Weidman, who created *The Brahms Waltzes* on Mooney and himself. She performed nationally and internationally with the companies of Paul Sanasardo, Don Redlich, and Cliff Keuter, among others. From 1970-1976, she directed and choreographed in New York City for the Elina Mooney Dance Company. She received numerous commissions and was on the faculties of C.W. Post College and Tisch School of the Arts at New York University.

Some time after the birth of their first son Matthew in 1977, Elina and husband Cliff Keuter received an invitation to come to San Jose State University as visiting artists for a semester. Deciding to make California their home, they closed their New York companies and in 1978 they moved to California where their second son, Nathaniel was born.

Elina continued her career as a solo performer with the New Dance Company of San Jose formed by Cliff. She received a commission from The Australian Dance Theater and she choreographed for The San Francisco Moving Co., Dancers (N.Y.), Pacific Dance Theater, Danceworks, and many solo artists.

She served on the faculties of San Jose State University, Santa Clara University and University of California at Santa Cruz. She was guest artist at dance festivals and summer workshops including Stanford University, University of California at Long Beach and Pacific Dance Theater.

Elina joined the ASU faculty in 1988 and taught all levels of undergraduate and graduate technique, choreography, and improvisation. She choreographed for and served as Artistic Director for many department concerts; served on various committees and was greatly admired for her direct but calming voice of wisdom, clarity and humor.

She was fearless in taking on cutting edge projects, premiering three major works for ASU's Institute for Studies in the Arts. Two of those explored technological possibilities of a mediated stage. She also co-founded and choreographed for Krusta, a new music and dance ensemble. Several of her works were produced at the Herberger Theater by Center Dance Ensemble and at an experimental concert at ASU West.

In 1996 Elina spent a semester in Southeast Asia where she taught at The Institute for the Arts in Hong Kong and in Taipei. She continued to perform as a solo artist in Cliff Keuter's work at ASU, in Arizona, and as a guest artist at national American College Dance Festival Concerts. Elina retired from ASU in 2008 and resided in Mesa with husband Cliff Keuter. A private Celebration of Life was held in Tempe.

Letter written to Elina Mooney on the occasion of her retirement from Arizona State University.

Elina's Lineage September 19 - 21, 2008  
Galvin Playhouse, Arizona State University

Dearest Elina,

You are such a special person! I hope I can find a few words that will help create insight into the qualities that I, and others, so enjoy and admire.

You lovingly, patiently taught a bazillion classes and choreographed work for all levels of students; you mentored graduate and under graduate students and served on many, sometimes difficult, committees. You are a wonderful choreographer, a beautiful and inspiring dancer with national and international credentials.

You reach out for the unusual and make inroads like: working with the Theater Department; being the dance liaison for the Institute for Study in the Arts; collaborating with artists like Native American Composer Brent Davids and mask maker, El Zarco; working for three years with the New Music and Dance Ensemble; experimenting with video, computer generated images and chance selection of events.

And boy could you spot talent! You had a way of zeroing in and you were never wrong. These observations tell us a lot, but there's more -- You are a very courageous woman. You're not afraid to take artistic risks.

You appear to be a woman of few words but when you speak, the words reflect great wisdom and clarity. In difficult situations you are always judicious in choice of words; you are the voice of reason; you are strong, and abound in grace.

You may be a tiny little person, but you have a huge heart! You are filled with compassion, understanding and humor. Finally, your powerful and enduring commitment to the arts is just as intensely present in your personal life as a devoted wife and mother.

It has been a joy to be your colleague, to dance with you, to take classes with you, and to work with you in many capacities. It is just a joy to know you, Elina!

As you move into this new chapter of your life, may you always remain in love with life and art; may all good things, for all time, be yours. May you Dance Forever,

Love, Beth

Beth C. Lessard, Professor Emerita, Dance  
Arizona State University





*Posted on Facebook April 21, 2017, by Stephen Romaniello*

Remembering **Kathryn Ferguson**, Tucson Middle Eastern dancer, instructor, choreographer and director of Xanadu Dance Company/Studio.

Kathryn and I have been friends for more than fifty years. Her life has certainly left a mark on me as it has on all of us. She has been a close friend and confidant, an inspiration and above all beautiful person whose time on earth has touched so many lives in the most positive way.

I first met Kathryn when I was 21 years old at a University Art department party. I was stunned by her physical beauty and shy demeanor. How could a woman this beautiful and demure exist? I remember thinking that she was the most beautiful woman I had ever seen, and her beauty overwhelmed me so much that I was intimidated and choked on my words. After I got over the initial shock of meeting this incredible person, and over time, we became friends. I had no idea that our friendship would last a lifetime.

I was also stunned when she told me a few years after we met that she was working as a plumber. Try to imagine this... The most beautiful woman on the planet with pipe wrenches and plumbing gear wading knee deep in waste water. Beautiful AND interesting.

A few years later I got involved in theater as a designer and I saw many of her stunning performances and designed some of the masks and props she and her troupe wore. And I witnessed her career as a dancer as it evolved. She was a true scholar of her craft, researching and traveling to perfect her art. She studied Middle Eastern dancing, (she preferred to call it that rather than belly dancing because, as she pointed out, it is an ancient and very sophisticated form of movement that required the grace and coordination of the entire body). She studied middle eastern dancing in Morocco and Flamenco in Spain. She has performed all over Europe, and the United States and is world famous. A shining star of in the world of dance. Of course as we all know, she taught Middle Eastern dancing at the school she founded called **Xanadu** and has many devoted students who benefited from her expertise. She was the first to introduce this form of dancing to Tucson and she organized brilliant performances importing the best professional dancers from all over the world and showing off the wonderful talents of her students. She was a true master, and if you ever saw her perform, well, it was always spectacular.

Kathryn had many talents. She was devoted to filmmaking and independently raised the money, produced and directed two extraordinary full-length documentaries: **The Unholy Tarahumara** and **Rita of the Sky**—movies about the people and the region she loved. These movies brought her to exotic locations like Copper Canyon in Mexico, and she witnessed the



rituals and lifestyles of an indigenous Native American tribe and became friends with many of her subjects. Here is what she said about her career in the arts:

*"I am lucky to be in the arts, to have travelled the world and met incredible people, and to have a passionate life that is rich in creativity. I suppose I like mystery. Knowing and not knowing. What lies between an initial work of art and the finished work is what interests me. Ambiguity and not knowing are a little spooky, but my, what an adventure."*

Of course we all have heard about Kathryn's experiences with Samaritans. I was fortunate to accompany her on a few of her trips as she plowed into the desert looking for immigrants. And many times she found and helped them. Her sense of justice was offended by the United States policy of immigration, and like everything else in her life, she was passionate about her cause, and threw herself into it completely. I can hear her voice resonate in the intense dry summer heat, as we walked *"somos amigos, somos Samaritanos, tenemos agua y comida"*. And I can say that she saved lives. I've seen people who would have perished without her assistance.

She'd come to my house, and this was our little ritual, over coffee or wine we'd chat about our lives and our work and share good news and bad. This time the news was wonderful; she was so excited that she'd met this wonderful man—her husband to be Baldimar—who was at the time a Mexican National with a green card. And they struggled to meet the strenuous criteria to get Baldimar into permanent residency in the U.S. and paid the enormous legal fees, married, and ultimately and recently attained citizenship for him. She pursued Baldimar's citizenship with the same intensity and passion that she had for all of her causes.

Katherine was a brilliant author and her latest book, **The Haunting of the Mexican Border**, is a cogent commentary on the state of immigration between Mexico and the US. So personal, a memoir, and yet universal. Beautifully written with luminous descriptions of her odyssey in the Sierra Madre and the dangers that immigrants face in the crossing. It is absolutely a must read.

Sadly, her career as a writer was cut short. When Kathryn died she was working on a new book about the migration of people, plants and animals, and we had long conversations about how it would take form. I only wish it did because I know it would have been another brilliant work that the world needs.

With Kathryn's untimely passing I'm devastated and I'm sure you are, too. I feel a tremendous personal loss as if something real and precious has been taken away from me. Kathryn's death is also a





tremendous loss to the world. Here is an extraordinarily vital human being whose life was rich with creativity. A person who didn't compromise the talents she was blessed with. A person who inspired others by her words and actions. Kathryn cared and served the world and sought to bring peace, justice to the unrepresented. Through her books and movies she spoke for those who had no voice and presented to the world beauty and compassion. She was a beautiful person who lived a exceptional life. Her memory will remain with me for as long as I live.

I feel privileged and lucky to have known and loved her, and have her in my life as a close friend, and to watch her grand performance over the last fifty years. Every one of Kathryn's amazing incarnations that I have experienced—from student to plumber to dancer to filmmaker to Samaritan to writer to dear friend—was imbued with intelligence, beauty and grace.

Here's an article on Kathryn and her newest book:

***Neto's Tucson: A Woman's View of The Border***, by Ernesto Portillo Jr., **Arizona Daily Star**, August 22, 2015

[http://tucson.com/news/local/article\\_1391555d-57a2-538d-840e-2befd9b09822.html](http://tucson.com/news/local/article_1391555d-57a2-538d-840e-2befd9b09822.html)

***Tucson just lost a lifelong border activist and badass belly dancer***

Tucson.com, This is Tucson, Tucson Life, by Johanna Willett, April 11, 2017

<http://bit.ly/2p31zi0> - a very good read about a BADASS WOMAN of TUCSON.

➡ Kathryn posted on Facebook, April 8, 2017. She died Sunday, April 9, after an unexpected cancer diagnosis.

*To all my dear friends:*

*As many of you know, I have to go soon. I am going to start a new journey where there are no more haunted borders, no more trails to follow. I will stop for sure by my beloved Sierra Madre, taking a shortcut by the beautiful Sonoran Arizona desert where I spent most of my productive times. I am traveling with no choice to return, I also know the place where I am going is a beautiful place. I want to thank first to my adorable Parents for a beautiful childhood, my beloved sister for her care and love and all my family. Of course, I thank my always loved husband for loving me unconditionally. To my dance friends, love you all.*

*I am leaving with no regrets, I am blessed having many friends that are part of my life. Probably you will hear from me once I reach my destination.*

*With Love,*

*Kathryn Ferguson*

➡ \$9,290 of the needed \$75,000 has been raised to help cover Kathryn's medical and hospice costs. If you are able, consider contributing:  
<https://www.gofundme.com/kathrynferguson>



*Unfortunately, not released in AZ - but watch the trailer!*

### Restless Creature: Wendy Whelan

Watch the theatrical trailer for Restless Creature: Wendy Whelan — an intimate portrait of prima ballerina Wendy Whelan as she prepares to leave New York City Ballet after a record-setting three decades with the company. In theaters beginning May 24, 2017:

<http://bit.ly/2oFhbav>, <https://www.restlesscreaturefilm.com/screenings-1/>



Wendy Whelan, photo by Nisian Hughes

#### East Coast

New York City	Film Forum	May 24-30
New York City	Lincoln Center May	24-30

#### West Coast

Los Angeles	Laemmle Royal	June 9-15
San Francisco	Landmark Opera Plaza	June 9-15

genuine leather, reversible  
DANCE bracelets

KEEP COLLECTIVE | *show your dance pride*

*your story designed with ♥*



*reversible genuine leather*

Dancers, teachers, friends, studios, show your love and support by building a Keeper that expresses your love & pride for dance.

#### BUY

Customize your one-of-a-kind design & Buy!

#### HOST

Host a Party online & you can earn Free Keep!

#### JOIN KEEP

Become a Designer!

- Earn flexible income, earn fabulous Free Keep & rewards, and most importantly, gain a family of support and lasting friendships!



Visit online at: [www.keepcollective.com/with/briannastrawn](http://www.keepcollective.com/with/briannastrawn)

Want to know more information? Brianna Strawn | [brianna.maffeo@gmail.com](mailto:brianna.maffeo@gmail.com) | 814-659-8405

**KEEP**  
COLLECTIVE

Independent Designer

2017 7.5



Get Ready for the 2nd Annual  
**Arizona Dance Addiction 2017 / June 16-18**  
 presented by **Cidade Productions** / #ADA2017



*Spirit N Motion Dance Co, NYC*  
*Victor Hernandez, Director*

Join us for three nights and three days of non-stop dancing and fun with dance instructors, dance teams, DJs, performers, and concerts from all over the United States and abroad. This year we will be at The Wigwam Resort, 300 Wigwam Lane, Litchfield Park. The hotel usually sells out, so book now if you want to stay at the Resort by calling 623-935-3811 and mention the **Arizona Dance Addiction** for the preferred rate (\$109 + taxes). No resort fee, free internet and parking. Professional videographers/photographer will be there to capture your best moments!

Here's the schedule which may be subject to change:

PRE-PARTY Thursday, June 15th, Desoto Market Place, 915 N Central Ave, Phoenix.

9-10 pm Urban Kizomba with EURO KIZ Taxi Dancers, 10 pm-1 am Red & White Gala, Salsa, Bachata, Kizomba, Zouk

Daily Workshops: Friday 12-4 pm, Saturday-Sunday 10 am-4 pm.

Pool Parties 4-6 pm: Friday Pirates & Mermaids, Saturday Your Country, Sunday Bikinis & Shades)

7-9 pm Workshops, 9-10 pm Meet & Greet / Social dancing in Ballroom #2, 10-11 pm Performances, 11 pm

- 5 am Dancing Parties ~ Salsa Bachata, Kizomba and Zouk with Themes: Friday Super Heroes, Saturday Black & White, Sunday Glow

#### ARTISTS

**Arizona** / Phoenix: *David Olarte, Taimy & Joan, Mike & Nikky, Lawrence & Claudia Garcia, Tonino Cidade & Heather Duncan, Pedro Gonzalez & Laura Marlenn;* Tucson: *Gerardo & Lupita Armendariz, Isamu Matsuyama & Jenn Henzler, Mohan Kumar & Angie Borhorquez, Raziel & Araceli, Vicky Vasquez*

**California** / Long Beach: *Lucas Prat;* Los Angeles: *Chris Kizomba, Mike Zuniga, Jo Quinones, Luis & Ignacia, Lola Monet, Carol Maracas;* San Diego: *Celso Orozco & Arianna*



*Wade Hampton, NYC, WADE75.com*



**Florida** / Tampa: Rey Collazo

**New York** / New York City: Wade Hampton, Spirit N Motion

**Mexico** / **Mexicali**: Humberto Barajas & Claudia Rosiles

#### DANCE TEAMS

**Arizona** / Phoenix: Alma Bachata Phoenix, Arazando Dance Company, Kizomba Phoenix, Kizonix, Mambo Exquisite Dance Company, Stilo Dance Company, Swexy Squad; Tucson: Monzon Dance Company, Salson Dance Company, Zona Pachanga

**California** / Los Angeles: Afeenix Dance Company; San Diego: Bachatu de Speranza, Speranza Dance Company, Speranza Semi-Pro Salsa

**New York** / New York City: Spirit N Motion Dance Company

**Mexico** / **Mexicali**: Mexicali Performance Company

CONFIRMED DJs ~ Phoenix: DJ D-LO, DJ Ben Cirne; United Kingdom: DJ Pakassa; San Diego: DJ Javi; Tampa: DJ OSO. LIVE CONCERT: - Saxchata, Neander Lima, Houston, TX

#### FEES

Regular Full Pass Price at the door \$189 + Tax

Online Event Full Pass \$159 + Tax (ends May 5th)

Online Event Full Pass \$169 + Tax (ends June 5th)

Online Event Full Pass \$179 + Tax (ends June 10th)



Photos: Top left - Mike Zuniga. Middle - Alma Bachata Tucson. Bottom left - Neander Lima, SaxChata Artists (Bachata Saxophone) from Houston, Texas.

Watch this Promo Clip of Highlights from 2016, inviting you to the 2017 Arizona Dance Addiction

<https://youtu.be/vV-h9fCk6PQ>

Use the code "lovedancing" and save \$10. Official Hastags: #ADA2017 #ArizonaDanceAddiction #DancersForLife



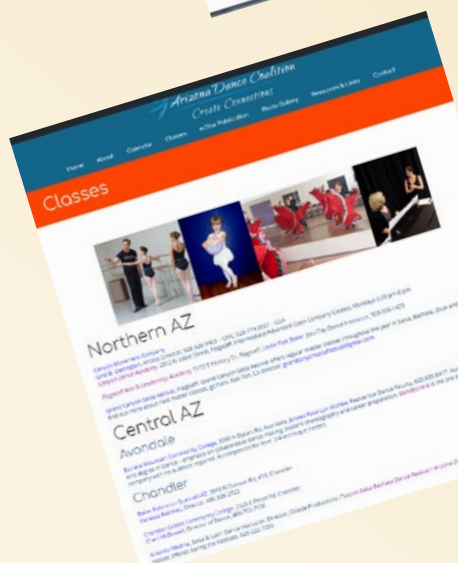
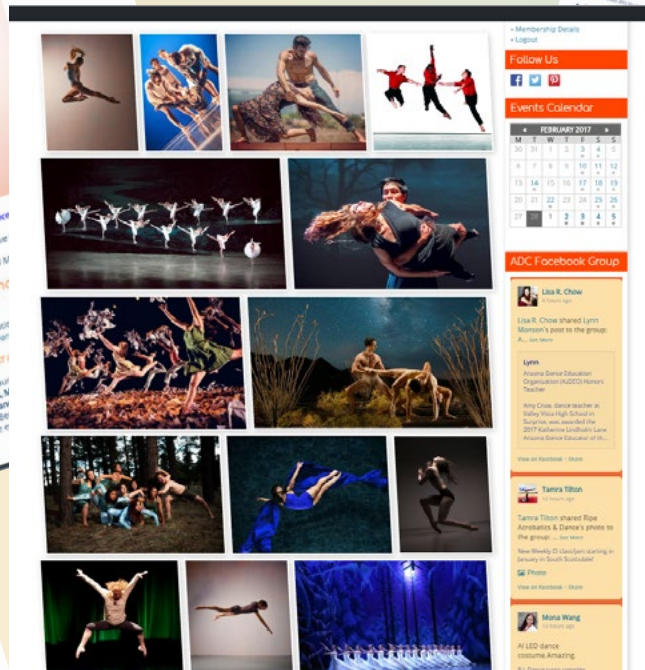
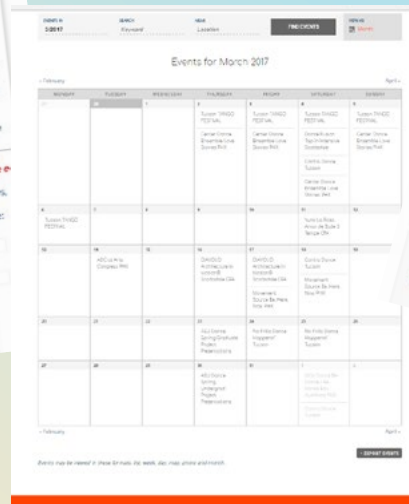


### Photo of the Month

*Nicole Olson, Phoenix Dancer & Choreographer*

Photo by [Ashley Lorraine Baker](#)

*Arizona Dance e-Star* Editor/Designer/Writer: Krystyna Parafinczuk  
Contributors: Gerardo Armendariz, Ashley Lorraine Baker, Beth Lessard, Antonio Medina, and Stephen Romaniello.



The **Arizona Dance Coalition** website has a new look — a facelift! While most information remains the same, we've added a **Photo Gallery** and reworked the home page making it easier for viewers to locate the **Calendar**, **Classes**, and the **Arizona Dance e-Star Publication** pages.

The WordPress theme is **Lambda!**

Take a look > [www.AzDanceCoalition.org](http://www.AzDanceCoalition.org)





## Regional News, Announcements & Events

### Northern Arizona ANNOUNCEMENTS & EVENTS

**May 13, Saturday, 9:30 am–9 pm.** Relics Restaurant & Roadhouse, 3235 W State Route 89A, Sedona. **Sedona Raqs Bellydance Festival.** Join us for a day of mini-workshops, shopping for bellydance bling and a spectacular evening showcase show featuring many of Arizona's most celebrated dancers. Evenings Showcase \$10 with purchase of entree or \$15 show only. Call (928) 282-1593 for dinner reservations. For details, visit [http://sedonabellydance.com/?page\\_id=2466](http://sedonabellydance.com/?page_id=2466)

### Central Arizona ANNOUNCEMENTS & EVENTS

**May 3, Wednesday, 7 pm.** Mesa Arts Center, Piper Repertory Theater, One E Main St, Mesa. Broadway Actor, MTV star, American Idol Finalist and Viral YouTube personality **Todrick Hall** is putting a new "twister" on L. Frank Baum's most classic creation, **The Wonderful Wizard of Oz**. With over 20 original songs, Hall brings to life this American Classic like you've never seen it before. Watch as Todrick and his talented crew tell the tale of Hall's adventures from his small town in Texas, to the big Emerald City lights of "Oz Angeles." The musical shows how a Hollywood hopeful succeeds in the business while dodging falling houses, wicked witches and the infamous "Poppyrazzi." This show is great for the family with powerful musical numbers, innovative sets, sensational choreography, dazzling costumes and a great social message.

Todrick was part of the Tony Award-winning musical Memphis on Broadway and previously took the stage alongside Fantasia Barrino in The Color Purple. He currently stars as Lola in the Tony Award-winning hit musical Kinky Boots on Broadway, which has had a record-breaking box office run. \$27, VIP Emerald City Meet & Greet \$82

<http://mesaartscenter.com/index.php/shows/performing-live/todrick-hall-presents-straight-outta-oz>

**May 6-7, Saturday 7 pm, Sunday 2:30 pm.** Mesa Community College, 1833 W Southern Ave, Mesa. **Arizona Youth Ballet** presents **Coppelia**. \$15-25. [www.arizonayouthballet.org](http://www.arizonayouthballet.org)

**May 11-14, Thursday-Sunday, 7 pm.** Symphony Hall, Phoenix. Ballet Arizona presents **All Balanchine 2017**. An evening of works by the father of American Ballet, George Balanchine. Ib Andersen is one of a handful of artists worldwide authorized by The Balanchine Trust to stage Balanchine's masterpieces. Western Symphony – Arranged by Hershey Kay, the folk music in this joyous ballet is based on traditional western songs. This large, ensemble work features cowboys and dance hall girls with the backdrop of an old-west saloon. Square Dance – A Ballet Arizona premiere that combines the spirit and verve of an American folk dance with the precision and techniques of classical ballet. Music by Antonio Vivaldi and Arcangelo Corelli. <http://balletaz.org/performance/all-balanchine-2017/>

**May 20, Saturday, 1 & 6 pm.** **Desert Youth Ballet Foundation** presents Arizona School of Classical Ballet's production of **Art of Motion** at Paradise Valley Community College Center for the Performing Arts, Phoenix. Featured guest is Hannah Potter of Grand Rapids Ballet. Tickets \$8-31.

**May 23-June 10, Tuesdays-Saturdays, 8 pm.** Desert Botanical Gardens, Phoenix. Ib Andersen's vision for dance in the desert continues to evolve, take chances, and challenge our emotional boundaries. In 2017, expect the unexpected as **Ballet Arizona** continues its series in the **Garden** to present a sensory experience unlike any other. A presentation of movement, sound and multimedia on a stage that embraces the desert as a stunning backdrop for the enchanting choreography of Mr. Andersen. Tickets \$36 general admission. Seating Options: Table Seats are located on ground level closest to the stage. Each table seats 4. Premium Table Seats are placed on a platform approximately one foot high. Each table seats 4. General Admission Seats are chairs on bleachers located behind Premium Table Seats. General Admission seats require steps to access.  
<http://balletaz.org/performance/an-evening-at-desert-botanical-garden-2017/>

**May 27-28, Saturday-Sunday, 7 pm.** Orpheum Theatre, Phoenix. **School of Ballet Arizona Spring Performance** demonstrates the School's remarkable accomplishments throughout the year and gives audiences the rare opportunity to experience a performance by the next generation of Ballet Arizona. Students will perform works choreographed for professional companies and ballets specially created for them to showcase their amazing talent and training. <http://balletaz.org/performance/spring-performance-2017/>

### Southern Arizona ANNOUNCEMENTS & EVENTS

**Sahuarita ~ May 6, Saturday, 7 pm.** Sahuarita District Auditorium, Sahuarita Blvd, Sahuarita. **Grace! Ballet Academy of Dance** presents **Dance Your Story**. Free and open to the public.

**Tucson ~ May 6-7, Saturday- Sunday.** Stevie Eller Dance Theatre, 1713 E University Blvd, Tucson. **UA School of Dance** presents six graduate student choreographers in **SLANT**. As each artist presents their vision, the audience is invited to consider how personal perspectives shape the way dance is experienced. Choreographer, dancer, collaborator, and viewer may not see things the same, but they all play a role in the performance.  
**Show A Sat 1:30 pm & Sun 5 pm** ~ Choreography presented by Shelly Hawkins, Kaley Jensen, and Jonathan Daulby. **Show B Sat 7:30 pm, and Sun 1:30 pm** ~ Choreography presented by Marquez Johnson, Maxwell Foster, and Micah Chermak.  
Tickets \$10-18 + service fees. <http://slant.brownpapertickets.com/>

**May 5-6, Friday-Saturday 7:30 pm, Saturday 2 pm.** Pima Community College Center for the Arts, Proscenium Theatre, 2202 W Anklam, Tucson. **PCC Dance** spring production **DANCE**



**FUSION** features faculty and student choreographed pieces. Arts 4 All, a mixed abilities dance company, is guest. Tickets \$5-10, [www.pima.edu/cfa](http://www.pima.edu/cfa), 520-206-6986.

**May 7, Sunday, 1 pm.** Skyline Country Club, 5200 E St Andrews Dr, Tucson. **Ballet Tucson** presents **Ballet in Bloom – A Garden Event**. Ballet in Bloom is a new, delightful garden-themed fundraiser featuring art, dance, music, and brunch to benefit Ballet Tucson. This promises to be an exciting gathering for art lovers, event planners, and garden enthusiasts of every kind. Ballet performance of excerpts from A Midsummer Night's Dream by Ballet Tucson's talented professional dancers. \$65/per person – \$40 for children under 12. For reservations, call Ballet Tucson at 520-903-1445. All proceeds benefit Ballet Tucson.

**May 20-21, Saturday 7 pm & Sunday 2 pm.** Stevie Eller Dance Theatre, UofA Campus, 1713 E University Blvd, Tucson. **Ballet Tucson 2** performances of **Snow White** (premiere) and **Les Sylphides**. Tickets \$25, 520-903-1445. <http://ballettucson.org/performances-tickets/>

*Other Ballet Arts news... May 23, Tuesday, Ballet Arts Showcase & May 30, Tuesday, Summer Dance Workshops begin.*

**June 2-3, Friday-Saturday 7 pm, Saturday 2 pm.** Vail Theatre of the Arts, 10701 E Mary Ann Cleveland Way, Tucson. **Ballet Rincon** presents **Swan Lake**, and **Spring Showcase** featuring tap, jazz, contemporary pieces on Saturday at 2 pm. Ticket \$10-16. Online ticket sales at [www.tututix.com/balletrincon](http://www.tututix.com/balletrincon)

**June 3, Saturday, 2 pm.** Palo Verde High School, 1402 S Avenida Vega, Tucson. **Danswest Dance Spring Recital ~ Motown and Other Tunes to Move Your Sole**. \$10 advance, \$15 door.

*"I see the dance being used as a means of communication between soul and soul — to express what is too deep, too fine for words."*

—Ruth St. Denis

*"Dance is the hidden language of the soul."*

—Martha Graham

*"I wish to live a life that causes my soul to dance inside my body."*

—Dele Olanubi

## 15 Surprising Things Productive People Do Differently

by Kevin Kruse, Contributor, Forbes

<http://bit.ly/2cRcqu>

### Secret #1: They focus on minutes, not hours.

Average performers default to hours and half-hour blocks on their calendar. Highly successful people know there are 1,440 minutes in every day and there is nothing more valuable than time. Money can be lost and made again, but time spent can never be reclaimed. As legendary Olympic gymnast Shannon Miller told me, *"To this day, I keep a schedule that is almost minute by minute."* You must master your minutes to master your life.

### Secret #2: They focus only on one thing.

Ultra productive people know their Most Important Task (MIT) and work on it for one to two hours each morning, without interruptions. Tom Ziglar, CEO of Ziglar Inc., shared, *"Invest the first part of your day working on your number one priority that will help build your business."* What task will have the biggest impact on reaching your goal? What accomplishment will get you promoted at work?

### Secret #3: They don't use to-do lists.

Throw away your to-do list; instead schedule everything on your calendar. It turns out only 41% of items on to-do lists are ever actually done. And all those undone items lead to stress and insomnia because of the

*... master your minutes to master your life.*

Zeigarnik effect. Highly productive people put everything on their calendar and then work and live from that calendar. *"Use a calendar and schedule your entire day into 15-minute blocks. It sounds like a pain, but this will set you up in the 95th percentile..."*, advises the co-founder of The Art of Charm, Jordan Harbinger.

### Secret #4: They beat procrastination with time travel.

Your future self can't be trusted. That's because we are *"time inconsistent."* We buy veggies today because we think we'll eat healthy salads all week; then we throw out green rotting mush in the future. I bought P90x because I think I'm going to start exercising vigorously and yet the box sits unopened one year later. What can you do

now to make sure your future self does the right thing? Anticipate how you will self-sabotage in the future, and come up with a solution to defeat your future self.

### Secret #5: They make it home for dinner.

I first learned this from Intel's Andy Grove, *"There is always more to be done, more that should be done, always more than can be done."* Highly successful people know what they value in life. Yes, work, but also what else they value. There is no right answer, but for many, values include: *family time, exercise, giving back*. They consciously allocate their 1,440 minutes a day to each area they value (i.e., they put it on their calendar) and then they stick to the schedule.



**Secret #6: They use a notebook.**

Richard Branson has said on more than one occasion that he wouldn't have been able to build Virgin without a simple notebook, which he takes with him wherever he goes. In one interview, Greek shipping magnate Aristotle Onassis said, *"Always carry a notebook. Write everything down...That is a million dollar lesson they don't teach you in business school!"* Ultra-productive people free their mind by writing everything down.

**Secret #7: They process email only a few times a day.**

Ultra-productive people don't "check" email throughout the day. They don't respond to each vibration or ding to see who has intruded their inbox. Instead, like everything

else, they schedule time to process their email quickly and efficiently. For some that's only once a day, for me, it's morning, noon and night.

**Secret #8: They avoid meetings at all costs.**

When I asked Mark Cuban to give me his best productivity advice, he quickly responded, *"Never take meetings unless someone is writing a check."* Meetings are notorious time killers. They start late, have the wrong people in them, meander in their topics and run long. You should get out of meetings whenever you can, hold fewer of them yourself, and if you do run a meeting, keep it short.

*... free your mind by writing it all down.*

**Secret #9: They say "no" to almost everything.**

Billionaire Warren Buffet once said, *"The difference between successful people and very successful people is that very successful people say 'no' to almost everything."* And James Altucher colorfully gave me this tip, *"If something is not a 'hell, YEAH!' Then it's a 'no!'"*

**Remember, you only have 1,440 minutes in every day. Don't give them away easily.**

**Secret #10: They follow the 80/20 rule.**

Known as the Pareto Principle, in most cases 80% of outcomes come from only 20% of activities. Ultra-productive people know which activities drive the greatest results, and focus on those and ignore the rest.

**Secret #11: They delegate almost everything.**

Ultra-productive people don't ask, *"How can I do this task?"* Instead they ask, *"How can this task get done?"* They take the "I" out of it as much as possible. Ultra-productive people don't have control issues and they are not micro-managers. In many cases good enough is, well, good enough.

**Secret #12: They theme days of the week.**

Highly successful people often theme days of the week to focus on major areas. For decades I've used *"Mondays for Meetings"* and make sure I'm doing one-on-one check-ins with each direct report. My Friday afternoons are themed around financials and general administrative items that I want to clean up before the new week starts.

I've previously written about Jack Dorsey's work themes, which enable him to run two companies at once. Batch your work to maximize your efficiency and effectiveness.

#### **Secret #13: They touch things only once.**

How many times have you opened a piece of regular mail—a bill perhaps—and then put it down only to deal with it again later? How often do you read an email, and then close it and leave it in your inbox to deal with later? Highly successful people try to “touch it once.” If it takes less than five or ten minutes—whatever it is—they'll deal with it right then and there. It reduces stress since it won't be in the back of their mind, and is more efficient since they won't have to re-read or evaluate the item again in the future.

#### **Secret #14: They practice a consistent morning routine.**

My single greatest surprise while interviewing over 200 highly successful people was how many of them wanted to share their morning ritual with me. Hal Elrod, author of *The Miracle Morning*, told me, “*While most people focus on ‘doing’ more to achieve more, The Miracle Morning is about focusing on ‘becoming’ more so that you can start doing less, to achieve more.*” While I heard about a wide variety of habits, most people I interviewed nurtured their body in the morning with water, a healthy breakfast and light exercise. They nurtured their mind with meditation or prayer, inspirational reading, and journaling.

## *Mornings: Nurture your body. Nurture your mind.*

#### **Secret #15: Energy is everything.**

You can't make more minutes in the day, but you can increase your energy which will increase your attention, focus, decision making, and overall productivity. Highly successful people don't skip meals, sleep or breaks in the pursuit of more, more, more. Instead, they view food as fuel, sleep as recovery, and pulse and pause with “work sprints.”

#### **Tying It All Together**

You might not be an entrepreneur, Olympian, or millionaire—or even want to be—but their secrets just might help you to get more done in less time, and help you to stop feeling so overworked and overwhelmed.

Readers,

*I was very fortunate to have a course at the UofA ~ Psychology of Excellence (2002), taught by Dr. Jean Williams, a sports psychologist and author. She compiled the results of interviews with the best of the best (with the help of colleagues around the world), just like this author. The results were similar, so these results should not be 'surprising,' but a reinforcement that the 'secrets' still work. Can you apply them into your daily lives? Family dinners may be challenging with our schedules.*

*I would disagree with the example of #12 "Monday meetings." If you hold your meetings on Fridays (and some say to avoid meetings), you can begin working on Mondays with energy and purpose.*

*Consider working in these "secrets" into your curriculum when teaching students to set "goals." I have and it works! Krystyna@AzDanceCoalition.org*



# Casino / Rueda de Casino

## Definition of Terms

**Casino** is what Cubans called their "ballrooms"

**Rueda** is a Spanish word for "wheel"

**Casino** dancing originated in Cuba in the '50s with influences from Cuban Contradanza (several couples dancing with a caller called Bastonero), son, U.S.A.'s rock 'n' roll (lots of travel occurred between the two countries until '59), cha cha cha, mambo and other styles that used the common "triple step." Gambling casinos closed in Cuba in 1959 (Cuban Revolution), and were turned into dance halls / ballrooms. Cubans continued to call the dance halls **casinos**. The name evolved from Cubans saying, "Let's dance like at the Casino," to "Let's dance Casino." [The new Cuban provisional president Manuel Urrutia Lleo (January 2, 1959, served for six months), closed the casinos and nationalized all the casino and hotel properties, hoping to end corruption.] *Gerardo Armendariz*, responsible for introducing Rueda de Casino to Tucson (*UofA Ritmos Latinos Dance Club circa 2002*), described Casino easily: "Casino is like Lindy Hop - circular, Salsa is like West Coast Swing - on a track." The triple-step is similar to Salsa's triple and starts on count 1. Some refer to Casino as "Cuban Salsa," much to the disappointment of most Cubans, who now consider it "old-fashioned" — a dance their parents did.

**Rueda de Casino** is the name used when dancing Casino in a circle with two or more couples, and can even be danced if there is an uneven number. It has a caller, like Contra Dance, and the dancers execute steps and patterns that have "names," i.e., *enchufla* (open break with a full half turn for both partners), *damé* (leader takes the next follower in a 'cross body' lead), *guapea* (couple executes basic salsa step, each with an open break, and come together to clap outside hands), *fly* (dancers clap simulating catching the 'fly'), *piso* (dancers stomp the 'floor' on count 5), and many, many more.

Its popularity in the U.S. and the world started when *Rosendo y Caruca*, choreographers and dancers of the national TV Ballet in Cuba, brought it to the TV program **Para Bailar** in the '80s. Now it is taught and danced around the world and Festivals are held creating performance and socialization opportunities. Dance continues to be the universal language of the body and soul. Do a search online to see if it is danced in your area.

Here are YouTube clips to enjoy: **Para Bailar** 1981 featuring Casino and Rueda de Casino with *Rosendo y Caruca*: <https://youtu.be/UJNypLfz9gU>. **TucSon Casineros** performing team at the **San Francisco Rueda Festival 2017**: [https://youtu.be/DAjpNc\\_8gRk](https://youtu.be/DAjpNc_8gRk). **UA Ritmos Latinos Advanced Level** May 2017 Semester End Party: <http://bit.ly/2qBSQnr>. Team **Rumbanana** (Corvallis, Oregon) performing in the **2015 San Francisco Rueda Festival**: <https://youtu.be/fJADF47QTS0>. *Mike Eskeldson*, director, visits Tucson annually to conduct workshops and enjoy our Sunday Salsa Socials.

## SOCIAL DANCE NEWS

**Flagstaff ~ Flagstaff Latin Dance Collective** meets every Sunday with a dance lesson from 7-8 pm, followed by open dancing until 10 pm. Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. \$10/\$8 students. [www.latindancecollective.com](http://www.latindancecollective.com).

Check out the calendar at [www.flagstaffdance.com](http://www.flagstaffdance.com)  
for all the dance events in Northern Arizona

**Flagstaff Friends of Traditional Music Contra Dances** occur on the first Saturday of each month at the Mountain Charter School located by Ponderosa Trails Park off Lake Mary Road, 311 W Cattle Drive Trail, Flagstaff. Newcomer's lesson at 7 pm, dance 7:30 -10:30 pm. Member donation \$9, non-member \$10. Inquire before attending in case there is a rare schedule change. [flagstaffcontradances@gmail.com](mailto:flagstaffcontradances@gmail.com); <http://ffotm.org/contradances/>

**Gilbert ~ Swingin' At The Roost**, first Friday of every month dancers are invited for a FREE event at the Bold Roost Espresso Bar and Cafe, 1489 S Higley Rd, Ste 103, in Gilbert. Enjoy some great food and drinks, hear awesome music and dance! Beginner lesson around 7 pm with open dancing until 10 pm.

**Phoenix ~ Phoenix Traditional Music and Dance** promotes Community Contra Dances in downtown Phoenix twice a month. Contra is traditional American social dancing. All dances are taught and then prompted by an expert caller, and there is always a live band. All ages are welcome; no partner is required. Come early for a 30-minute introductory lesson. \$10 door, \$5 for those 25 and younger. Visit <http://www.phxtmd.org/> or email [webmaster@phxtmd.org](mailto:webmaster@phxtmd.org) or call 480-893-3328. Cash/Check only. Irish Cultural Center, 1106 N. Central Ave, Phoenix.

**May 13, Friday, 7:30 pm**, Peg Hesley calling, The McKenzies perform.

**May 26, Friday, 7:30 pm**, Peg Hesley calling, Updraft performs.

**ATTENTION CONTRA DANCERS** ~ Read this article! Research study utilized *contra dancing* and showed increased white brain matter for those 60-70 years old. Spread the news. White matter matters!

**Walk, Stretch or Dance? Dancing May Be Best for the Brain**

by Gretchen Reynolds, March 29, 2017, The New York Times

**Mesa ~ Saturdays, 7-11 pm**. The Kats Corner (entrance in the back), 446 E Broadway Rd, Mesa. **The Kats Korner Swing Dance** with a beginner's East Coast Swing lesson at 7:15 pm. \$8, \$6 with student ID). [www.thekatskorner.com](http://www.thekatskorner.com)

**Tucson ~ Latin Dance Revolution** presents **"Sexy Salsa Saturdays,"** Latin dancing every Saturday at Five Palms Restaurant, 3500 E Sunrise Dr, Tucson. Dance from 9 pm until 1 am to



## SOCIAL DANCE NEWS

the best Salsa, Mambo, Timba, Bachata, and more. FREE Salsa/Bachata DANCE LESSON from 9-10 pm. All ages welcome, singles and couples. \$7 cover/\$10 live band/CASH only.

<https://www.LatinDanceRevolution.com>, [MSM@LatinDanceRevolution.com](mailto:MSM@LatinDanceRevolution.com), 520-444-0439.

**Casino, Rueda de Casino, Kizomba, Bachata, and Salsa** classes and socials are held on Friday nights at the Tucson Creative Dance Center, 3131 N Cherry Ave, Tucson. More here:

<https://www.facebook.com/groups/tucsonsalsa/>

<https://www.facebook.com/TucSonCasineros/>



### TUCSON CONTRA DANCE on Saturdays

For young, old, beginners and experienced dancers. Live music and lively fun! Introductory lesson at 6:30 pm, music begins at 7 pm. \$10 general admission, \$5 for 25 years and under, \$5 gets you a membership button (show your button and get \$1 off general admission). Cash or check at the door. You do not have to pay for parking in the church parking lot; ignore the signs about

paying. Hosted by **Tucson Friends of Traditional Music**. [www.tftm.org](http://www.tftm.org), [website@tftm.org](mailto:website@tftm.org), 520-767-6707. Held at First United Methodist Church, 915 E 4th St, Tucson.

**May 20** - The McKenzies with Claire Zucker calling / Warren D dance manager

**June 3** - Clusterfolk with Kristen Watts calling / Dick S dance manager

**June 17** - Out of Kilters with Michael Barraclough calling / Chris H dance manager

**Antonio Medina, Cidade Productions**, is producing the upcoming **Arizona DANCE Addiction ~ View PROMO CLIP [here](#).**

**June 15-19, 2017**

**NEW LOCATION:** The Wigwam, 300 Wigwam Blvd, Litchfield Park, Arizona





## 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 FREE. Gary Millam 928-853-6284 or Bill Pranke 928-814-0157.

**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 non-members/ \$4 for both classes

**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) 5-7 pm ballroom technique practice, open dancing with instructor *Paul Jack*. \$8, \$7 USA Dance Members, \$5 students. 928-213-0239

**Fri/Sundays**, Tranzend Studio, 417 W Santa Fe Ave, Flagstaff. Flagstaff Latin Dance Collective 7-10 pm, \$5-8, Kati Pantsosnik, 928-814-2650, latindancecollective@gmail.com; **Fridays** \$3-5, 7:30-10 pm. Salsa Rueda & Latin, Paul & Nadine Geissler, nadinegeissler@hotmail.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

**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

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

*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 \* \* verify schedules in advance \* \*

## SOUTHERN Arizona

**TucsonDanceCalendar.com**

*for the most up-to-date schedule*

**2nd & 4th Sundays, 5-9 pm Tucson Sunday Salsa Social** hosted by Gerardo & Lupita Armendariz. Beg/Int/Adv lesson/ open. \$7, \$10/live band. Shall We Dance, 4101 E Grant Rd, Tucson. tucsonsalsa.com  
**NO SOCIAL MOTHER'S DAY!**

**2nd Friday ~ Tucson Stomps!** 7 pm lesson; 7:30-10 pm open dancing. 1st United Methodist Church, 915 E 4th St, Tucson. \$5

**Thursdays ~ Tucson Swing Dance Club** Shall We Dance, 4101 E Grant Rd, Tucson. 7-7:45 pm West Coast Swing

beginner lesson; 8-8:30 pm intermediate. Open dancing until 10:30 pm. No partner needed. <http://tsdc.net/>

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

3rd Saturday *USA Dance So Arizona Chapter* presents their Dance, 7-10:30 pm.

4th Saturday *TucsonLindyHop.org* Live music for Lindy Hop & Swing dancers. 7-8 pm beginners lesson, 8-11 pm open dance. \$10 with discounts for students.

**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.*



**Arizona Dance Addiction**  
**June 15-19, 2017**  
**The Wigwam, Litchfield Park**



## 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.*



Jillian Barrell  
Ballet Arizona

Ron Brewer Images  
@RonBrewerImages 628 · 698 · 2228

## JOB POSTINGS

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

Americans for the Arts JOB BANK  
<http://jobbank.artsusa.org/>

Avondale: **The Studance LAB** in Avondale is looking for teachers in all styles. Send bio/resume and headshot to [contact@StudanceLAB.com](mailto:contact@StudanceLAB.com)

**Chandler-Gilbert CC FT** starting Aug 2017. \$44,452-85,662, Teach diverse backgrounds and/or cultures a full range of dance performance courses. Masters / 5 yr min exp.

Gilbert: **USA Dance / USA Youth Fitness Center.** Ballet Instructor \$25/hr - int/adv.

Scottsdale: **Scottsdale Conservatory of Performing Arts**, Shiloh Community Center (No PHX/Paradise Valley). Young Dance Choreographer/teacher. Youth Contemporary/Hip Hop Dance Instructor / choreograph Summer Camp. May 29-July 29 M-F am, 2 hrs. Jillian Englund, 602-558-5455.

Surprise: **Spotlight Entertainment.** Dance Instructor/competition teams - ballet, jazz, contemporary and hip hop. PT/3 yrs teaching experience.

Tucson: **Amphitheater Unified School District/Canyon del Oro HS** FT, 2017-18. Req 2ndary cert / Dance or Phys Ed

Tucson: **TUSD/Sabino HS** FT dance instructor. Success in engaging African American and Latino students. Elem cert OR 2ndary cert / Dance or Phys Ed.

## AUDITIONS

### NATIONWIDE DANCE AUDITION LINKS

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

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

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

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

BackStageDance.com ~ <http://www.backstage.com/bsd/dance/index.jsp>

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

### CaZo Dance

May 11 & 25, 6-8 pm

We are looking for dancers for our three companies: Pre-Professional 16-18 year olds, Apprentice Company 18+, and Core Company 18+. Bring a head shot and resume. Strong in contemporary and acting. Pre-register, please email Bridgette at [cazodancecompany@gmail.com](mailto:cazodancecompany@gmail.com)

Mesa Arts Center Dance Studio  
One E Main St, Mesa

### BOLSHOI BALLET IN CINEMA |

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

At this time, none of the screenings are scheduled in Arizona. The list below is from the previous season. Periodically check the link to see if these theaters are adding the Bolshoi Ballet in Cinema programs

#### Sundays:

Mary D Fisher Theatre, Sedona

Yavapai College Performing Arts Center

Phoenix: Desert Ridge 18 with IMAX,

Esplanade 14, Phoenix Art Museum,  
Cinemark 16 Mesa

Ahwatukee 24, Chandler

Arrowhead Town Center 14, Peoria

Cinemark Sierra Vista

Surprise Pointe 14 with IMAX

Tucson: Century Tucson, El Con 20 with XD,

Park Place 20 with XD, Desert Sky Cinemas







**LEAP!** formerly known as **BALLERINA** (per IMDb) will be released in the USA on **AUGUST 30!** It's a movie about a young girl who wants to dance at the Paris Opera. Here's the official trailer featuring Elle Fanning, Dane DeHaan, "Dance Mom's" Maddie Ziegler and Carly Rae Jepsen: <https://youtu.be/GXiDCWxF30U> (new Leap! trailer)  
 Australian Trailer (yes, it's different): <https://youtu.be/a166o4om9>

**WORLD OF DANCE** PREMIERES TUESDAY, **MAY 30** on NBC. \$1 MILLION PRIZE! Jennifer Lopez is the executive producer of the biggest dance competition in the world. Jenna Dewan Tatum hosts World of Dance, with judges Jennifer Lopez, Derek Hough and NE-YO.  
 Here's the trailer: <https://youtu.be/xyMznbb1pAg>



FYI ~ The only tap dancer featured in **WORLD OF DANCE** will be *Kyle Van Newkirk*, who is on faculty at **Tapapalooza** (pgs 12-14)! He's a world tap dance champion and will be here in Mesa, teaching an advanced class on Saturday, May 27, and performing in **Unlocking the TAPestry** on Sunday, May 28, at Mesa Community College!  
 Don't miss it!

## Arizona Dance Coalition Member Benefits & Perks

The ADC offers *four* types of memberships:

**Individual \$20 • Organization \$50**  
**Venue/Presenter \$100 • Sponsor \$100+**

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

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

• Posting classes on the **ADC website Class Page\***

• Board Member Nominations (December) & Annual Membership Meeting Voting Privileges (January)

• **ADC Lifetime Achievement Award** Nominations (March)

• **Merchant Discounts** and periodic *member-to-member* discounts

• Affordable **Venue General Liability Insurance** for 1-2 day performances. *We have renewed our policy to continue this benefit for our members because we know the cost of insurance (\$400-\$500) would prohibit most individuals and small companies from producing in a professional theatre. Current fee is \$75/1 day; \$150/2 days.*

• **NEW** ~ Discounted **Arizona Dance e-Star** Advertising Rates. Inquire for details.

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

### "Join the community and feel welcome."

This is just one quote from many in this wonderful, must-see, video clip. It is the best promo I have ever seen to promote all dance styles. Thank you to Gerardo Armendariz for finding and posting it on facebook. *It would be great to film something similar in Arizona as well as an "I Charleston" piece to show off our landscape.* Watch "Why I dance" ... over and over and over ... and share it! (click on the link below)

### Why I dance... Pourquoi je danse...

This video was created to support the goals of Ontario Dances. Ontario Dances is a program of the Ontario Arts Council (OAC). In 2013, the Ontario Arts Council will celebrate 50 years of support to the hundreds of artists and arts organizations across the province. Among these are the dance organizations, dancers and choreographers who produce and create in Ontario. OAC support helps ensure that dance lovers throughout the province have access to their work.



**"EFFECTIVE" PRACTICE TIP**

by Krystyna Parafinczuk

A recent **TED-Ed** clip on **YouTube** (posted 27Feb2017) focuses on "effective" practice for the dancer, musician or athlete. **How to practice effectively...for just about anything**, by **Annie Bosler and Don Greene**, already has 1.4 million views and 44,000 thumbs up.



Here's the gist: "effective" practice = *consistency, intense focus, and targeting content or weaknesses that lie at the edge of one's current abilities.*

To get the most from practice time: **Focus on the tasks at hand** (minimize potential distractions. Turn off the compute/TV and put the cell phone on airplane mode.) **Start out slowly**. Coordination is build with repetitions. Gradually increase speed of the 'quality' repetition. **Schedule frequent repetitions with allotted breaks** (50-60 hours per week / divide into practice sessions of limited duration. **Practice in your brain in vivid detail**. Visualization does work!

They failed to mention **Imagery**, still the #1 psychological tool of elite athletes. A "comment" corrected the research to say that repetition is purely for automating complex movements (Frank Schneider). Another comment stated *myelin speeds nerve communication via saltatory conduction*. More reading: [Myelin's Role in Motor Learning](#)

[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**

**Desert Dance Theatre**

**Tucson Jazz Music FDN**



**Arizona Dance Coalition**, PO Box 64852, Phoenix AZ 85082-4852

[AzDanceCoalition.org](http://AzDanceCoalition.org)



ADC Group



@AZDanceCo



Pinterest



ADC



@AZDanceEvents

**Lisa Chow**, President (Central Az), [Lisa@AzDanceCoalition.org](mailto:Lisa@AzDanceCoalition.org)

Office: 480-962-4584; Fax: 480-962-1887; Cell: 602-740-9616

**Krystyna Parafinczuk**, Treasurer (Southern Az)

[Krystyna@AzDanceCoalition.org](mailto:Krystyna@AzDanceCoalition.org), 520-743-1349, call first to send fax