

ARIZONA

DANCE

E★

NOVEMBER 2017

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

NO FRILLS DANCE HAPPENIN'
ZUZI DANCE / TUCSON

DIA DE LOS MUERTOS CELEBRATION
DESERT BOTANICAL GARDENS

UA DANCE ENSEMBLE'S
PREMIUM BLEND
UA PRESENTS / TUCSON

BILL T JONES / ARNIE ZANE COMPANY
ASU GAMMAGE

BALLET ETUDES' THE NUTCRACKER
CHANDLER CENTER FOR THE ARTS

CENTER DANCE ENSEMBLE
HERBERGER FESTIVAL OF THE ARTS
PHOTO BY TIM FULLER





Arizona Dance e-Star

a publication of the *Arizona Dance Coalition*

Volume 7, Issue 10

November 2017

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Dear readers,

Herberger Theater is holding their **8th annual Festival of the Arts** and many ADC members and dance companies will be performing (pg 5). And Phoenix has a call out for performers for their Arts Festival coming up in December (pg 30). These festivals are a wonderful way to bring out dance fans and bring dance communities together.

UA Dance Ensemble presents *Premium Blend*, and *ZUZI Dance* has their famous *No Frills Dance Happenin'* in Tucson. ZUZI also invites dancers to participate in their 5-week workshop culminating with their Solstice Celebration in December.

The article on pgs 24-26 reminded me of our president, Lisa R Chow. The choreographer tells dance stories about her Chinese heritage. Make sure to visit the link to see the photos. She invited the community to be a part of her project and used various settings known for 'storytelling.'

If you need to function at a higher level during this season (or anytime), consider the tip on the last page for providing better cognitive function and energy. It works. I've tried it.

We wish all of you a very Happy and Fulfilling (notice - I didn't say 'filling') Thanksgiving. Be safe, if travelling. If rehearsing and performing, make time to say 'thank you'

to all those who matter in your life. The *Arizona Dance Coalition Board of Directors* thanks YOU for your involvement in dance in Arizona.

BTW SYTYCD Benji Schwimmer will be teaching in Prescott November 4 (pg 34), and *Melinda Sullivan* in Tucson on the 4th, too (pg 31).

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/.



Event listings are posted by ADC members on the [ADC website](http://ADCwebsite.org). 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 listed in the **Regional Section**. Send news to: Krystyna@AzDanceCoalition.org. AzDanceCoalition.org



November 2, Thursday, 3:30-4:30 pm. Gateway Community College, 108 N 40th St, Phoenix. **GateWay to the Arts XVIII.** A one-hour presentation by **Desert Dance Theatre**, including dance performances from the current repertory and audience participation. The performance will also include repertory from **Step's Junk Funk and Crossroads Performance Group**. Free.

November 2-4, Thursdays-Saturdays 7:30 pm, 2 pm Saturdays. Phoenix Theatre's Hades Theatre, 100 E McDowell Rd, Phoenix. **Scorpius Dance Theatre** presents the **14th Season of Annual Fall Haunt and Lisa Starry's A Vampire Tale**. Dubbed "The 'Nutcracker of Halloween,'" the yearly haunt is celebrating a return to its roots at the Phoenix Theatre's Hades Theatre, the original birthplace of the production. Hades Theatre allows greater interaction with the audience and performers, creating a more engaging experience. Additionally, for the first time in A Vampire Tale's history, the vampires will rise from their coffins during the day on Saturdays with two special matinee shows.



A Vampire Tale indulges audiences with all the trimmings: dark and sexy drama, quirky and comedic episodes, and visually stunning dance and aerial feats. This popular, sell-out production pre-dates all of the vampire pop-culture and evolves annually to keep fans coming back for more.

A Vampire Tale showcases 17 performers. Gavin Sisson and Nicole Olson return to the stage in their lead roles as the Vampire King and Queen. Martha Hernandez will return for the second year in the role of the Innocent. Also returning, Louis Farber will play the side-splitting narrator role of Strange Man. Farber is a well-known Valley actor and director as well as the associate artistic director for Stray Cat Theatre. A Vampire Tale's all-original soundtrack is composed by local musician Kristofer Hill.

Tickets start at \$25 (plus surcharge). For more information or to purchase tickets, call the Phoenix Theatre box office at 602-254-2151 or visit www.scorpiusdance.com.

November 3-4, Friday-Saturday, 7:30 pm. Scoundrel & Scamp Theater in the Historic Y, 738 N 5th Ave, Tucson. **ZUZI Dance** presents **No Frills Dance Happenin'!** Youth Showcase Friday, Adult Showcase Saturday. Tickets \$10. No Frills has been presenting local choreographers for 16 years ~ an open mic for dance. A variety of choreographers throughout Tucson and Southern Arizona come to share fresh and innovative works from various stages of the creative process. The works range from serious to silly and some are presented here for the first time. *"The 'No Frills' concert has come to serve two important purposes,"* says ZUZI's Director, Nanette Robinson. *"It has become a popular venue for showcasing youth performers, schools, and youth choreography and it continues to be venue for local choreographers to take creative risks with new work."* As the name suggests, there are no frills—no fancy lights, no fancy sets—just dancers, choreographers, and experimentation. The theater is newly renovated in the Historic Y. Tickets at the door \$10 adults, \$5 youth under 18. zuzimoveit.org, 520-629-0237.



November 3, Friday, 10:30-11:30 am. The Villas at Houghton, 844 N Houghton Rd, Tucson. The **Rodeo City Wreckettes** are putting on their dancing shoes on to entertain some very special people. Choreographer Carol Ross directs this senior dance revue with dancers ranging from 60 to over 80. A variety of themes ranging from Westerns, Broadway, International, and Holiday are performed. In between, the audiences are entertained with jokes from Johnny Ross, aka Mr. Carol Ross. He runs a tight ship, keeping the show on time, and the audiences laughing. Event benefits Comedy for Charity. Free.

November 4-5, Saturday-Sunday, 10 am-5 pm, La Procesión 5-6 pm. Desert Botanical Gardens, 1201 N Galvin Pkwy, Phoenix. **Día De Los Muertos Celebration** free with paid garden admission or membership. Explore the beauty and meaning of Día de los Muertos through music, dance, and storytelling at the Garden. The festivities conclude with La Procesión or Procession. La Procesión represents the ancient tradition of marching as a community to burial sites in order to honor those who have passed on. **Desert Dance Theatre** participates as Katrin, Katrina and Los Calacotes.

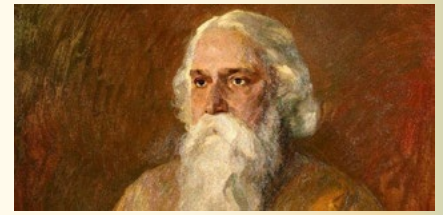




November 4, Saturday, 11:30 am-5 pm. Herberger Theater Festival of the Arts, 222 E Monroe, Phoenix. The eighth annual **Festival of the Arts** celebrates the arts in our community with performances by more than 25 arts organizations, live music on two outdoor stages, children's activities, food, pet adoptions, aerial performances, craft beer and wine tasting, vendor booths and more! Dancers include *Arathi School of Dance, Arizona School for the Arts Dance Dept, Ballet Arizona, Center Dance Ensemble, The Dance Shoppe, Desert Dance Theatre, Step's Junk Funk, Crossroads Performance Group, Fushicho Daiko, Kamalah Tribal, Indio American Cultural Connect, and Yumi La Rosa Flamenco Dance Company.* Also, *Dustin Loehr of T.A.P. (Tranformative Arts Productions)* will be presenting "Something Old, Something New, Something Blue: Stories of Love", incorporating tap dance into the narratives.



November 4, Saturday, 4-6 pm. Phoenix Center for the Arts, 1202 N 3rd St, Phoenix. **Akshaybhasha presents "Celebrating Universal Tagore."** Ravindranath Tagore won the Nobel Prize in literature in 1913. A multicultural program highlighting the charm/magic/fact of being American, bringing artists from different communities together using the universal literature of Ravindranath Tagore! 'Chitta jeth bhayashunyo' ...! where the mind is without fear...! an inspirational poem written by Tagore in early 1900s seems to be relevant in 21st century as well, making his literature not only universal but timeless! Knowing Tagore as a poet, playwright, philosopher, and storyteller means lightening your heart and enlightening your mind! Come to enjoy this unique presentation of art that proclaims beauty, joy and peace through dance-drama, a short play, a speech on Tagore's literature, Ravindra Sangeet (music) and poetry through dance! This program intends to put forth Tagore's literature using international canvases. The participants bring their artistic heritage from different countries such as China, Sri Lanka, Mexico, Bangladesh and India. Tickets: \$15, VIP Tickets 2 for \$100 donation. Contact information: akshaybhasha@cox.net. RSVP Now: <https://tugoz.com/akshaybhasha/> One of the program selections "Lotus" will feature a short dance film collaboration, created by Lisa R. Chow (Dancer/Choreographer), Step Raptis (Music Composer), Elizabeth Nelson (Film Maker), and Yayu Khoe (Poetry Reader/Singer/Pianist).



November 9, Thursday, 5-8 pm. Tempe Center for the Arts, Tempe. **TCA EDGE "Happy Hour"** is hosted by **Tempe Center for the Arts, EPIK Dance Company, Tandem Duo** musical group, and **KWSS 93.9 FM Radio** on Thursday, November 9, 5-8 pm. The bar opens at 5 pm with food served from 6-8 pm. Join us at Tempe's hottest gathering spot, featuring great food, cocktails and live music in a laid-back atmosphere overlooking Tempe Town Lake. **EPIK Dance Company**, performing

from 6-7:15 pm, is a non-profit organization dedicated to uniting and uplifting people by sharing their love of music, movement, and the arts. With a strong core of strong, multi-faceted dancers trained in a variety of disciplines, EPIK has been able to combine classic technical training with urban styles to become one of Arizona's premier street fusion dance companies. Founded by Sarah Off and Marilyn Clark Silva, Phoenix-based **Tandem Duo** is an innovative violin/marimba duo that performs original commissions, compositions, and arrangements, as well as established works for the ensemble. Tandem Duo strives to fit concert repertoire to specific audiences while at the same time expanding the sonic experience for concertgoers. Visit EPIK's new website: <http://epikdanceco.org/>



November 11-12, Saturday-Sunday, 1 & 2 pm. Phoenix Art Museum, 1625 N Central Ave, Phoenix. **Desert Dance Theatre** performs **Step's Junk Funk Repertory** to show the theme of "PAIRS" using everyday objects as musical accompaniment with choreography. Audience participation is encouraged. Two 20-minute presentations starting at 1 pm and 2 pm. Join us on this second weekend of the month for a whirlwind of great art and hands-on activities. *Through the generosity of Discount Tire Company, the Museum offers free general admission on the second weekend of each month.*

November 15-19, Wednesday-Sunday, times vary. Stevie Eller Dance Theatre, 1713 E University Blvd, Tucson (UofA Main Campus). **UA Presents / UA Dance** opens with **"Premium Blend."** UA

Dance Ensemble takes on Maurice Ravel's Bolero, choreographed by Alexei Ratmansky, the former artistic director of the Bolshoi Ballet, current resident choreographer for ABT and MacArthur Fellow. Also featured on the program is Meta 4, a powerful quartet created by modern dance icon Bella Lewitzky to a commissioned score by American composer Robert Xavier Rodriguez. Walter Kennedy, former Rehearsal Director of the Lewitzky Dance Company, staged the piece for the UA Dance Ensemble along with faculty member and former Lewitzky Dance Company member, Amy Ernst, providing rehearsal direction. Throughout Meta 4's four movements, variations on a single musical and choreographic theme richly explore the definitions behind the Greek prefix *meta*, meaning "change" or "beyond." Other works presented by faculty Jory Hancock, Melissa Lowe, and new member Autumn Eckman.



Tickets: Adult \$35 / Senior, Military, UA Employee \$30 / Student \$15

Purchase Tickets: College of Fine Arts Box Office 520.621.1162 or tickets.arizona.edu

Bolero: Photo by Ed Flores featuring UA Dance Ensemble members Thomas Archey, Keenan Schember, and Tyler Zydel in Alexei Ratmansky's Bolero.



November 17, Friday, 2:30 pm. Casas Adobes Rehab, 1919 W Medical St, Tucson. Southern Arizona's premiere senior dance troupe, **The Rodeo City Wreckettes**, will perform to Broadway favorites, country western, and international songs. Watch these seasoned women dance! They will inspire you and nurture your soul. Led by talented Dancer/Director Carol Ross, and Emceed by the entertaining Johnny Ross, you will have fun and help raise money for a great cause....what was it? Oh yes,

the University of Arizona Theater Arts Directors Fund.



ASU DANCE Performances
Margaret Gisolo Dance Studio Theatre
PEBE 132, 611 E Orange St, Tempe Campus
<https://asuevents.asu.edu/>

November 17–19, Friday-Saturday 7:30 pm,
Sunday 2 pm. **Emerging Artists featuring Michelle Marji and Rebecca Witt.** The Emerging Artists series presents projects created by student dance artists. Students investigate personal stories and thought-provoking issues through live performance, film and interactive media. **Tickets:** \$16 General, \$12 ASU Faculty, Staff + Alumni; \$12 Seniors, \$8 Students.



Free admission for Herberger Institute students, faculty and staff. Reserve your complimentary tickets through the Herberger Institute Box Office: <https://herbergerinstitute.asu.edu/box-office>

Photos by Tim Trumble, courtesy of the ASU Herberger Institute for Design and the Arts

BALLET YUMA
INVITES YOU TO OUR ANNUAL
Sugar Plum Tea

NOVEMBER 25TH 2017
2:00PM TO 4:00PM
YUMA GOLF & COUNTRY CLUB
3150 S. FORTUNA AVE. YUMA, AZ
TICKETS \$30⁰⁰

- STORY TELLING OF THE NUTCRACKER
- SELECT PERFORMANCES BY BALLET YUMA
- LAND OF THE SWEETS TREATS & DRINKS
- NUTCRACKER BINGO & PRIZES
- MAGICAL GIFT BASKETS FOR RAFFLE
- PICTURES WITH NUTCRACKER CHARACTERS

LIMITED SEATING AVAILABLE • RESERVE YOUR SEAT BY 11.18.17
CONTACT JENN COLMAN AT 928-446-6770 FOR TICKETS



November 17-18, Friday-Saturday, 7:30-9 pm. Chandler-Gilbert Community College Arnette Scott Ward Performing Arts Center, 2626 E Pecos Rd, Chandler. **The Chandler-Gilbert Community College Dance Program** presents their Fall Faculty Dance Showcase "Intension." Experience a wide range of dance styles choreographed by the dance faculty for students at CGCC. Pieces include everything from Urban Ballet, Tap, Modern and more. CGCC resident dance company TranscenDANCE will perform along with the newly formed Hip Hop Coalition. The showcase celebrates the talents and artistry of the CGCC dance students. Tickets \$8-10. Box office at 480-732-4343 or visit cgcc.edu/arts for tickets.

November 18, Saturday, 12-2 pm. Wall-2-Wall Dance Center, 617 S McClintock Dr, Suite 3, Tempe. Join us as **Wall-2-Wall Dance Center** celebrates its 4th anniversary of being in business! We'll offer a free tap class, the HeartBeat Tap Ensemble will perform, we'll have drawings for some fabulous prizes, and we'll have our traditional anniversary cake! Free! www.w2wdance.com, mary@w2wdance.com



November 18, Saturday, 7-9 pm. ASU Gammage, 1200 S Forest, Tempe. **ASU Gammage** presents **Bill T Jones/Arnie Zane Company in Analogy/ Ambros: The Emigrant.** Bill T. Jones with Associate Artistic Director, Janet Wong, and his

company are creating the third and final installment of the ANALOGY TRILOGY, AMBROS: THE EMIGRANT. This trilogy brings into light the different types of war we fight and, in particular, the war within ourselves. The trilogy is an investigation of memory, storytelling and form. Ambros is the end of a path of exploration, a culmination that could in fact be a beginning. \$20. <https://www.asugammage.com/shows-events/bill-t-jonesarnie-zane-company>

ATTN: ADC Members, check your email for performance discount.

November 18, Saturday, 10 am & 11:30 am (two seatings). **Ballet Etudes The Nutcracker Sweet Tea** at The Wright House, 636 W University Dr, Mesa. Clara, the Sugar Plum Fairy, and all of their friends from the classic story of The Nutcracker will welcome you to the beautiful grounds of The Wright House Garden Reception Centre in Mesa posing for photographs and signing autographs. Explore the "Land of the Sweets" as you savor a light luncheon buffet, decorate cookies, listen in on a



storytime, and then sit back and enjoy a beautiful performance of Nutcracker excerpts by Ballet Etudes dancers. For groups of 20 or more people, email sweettea@balletetudes.net. Tickets: \$15/person, \$13/person for groups of 20+ <https://squareup.com/store/BalletEtudesAZ>



Ballet Etudes presents The Nutcracker

at two locations

November 24-26, December 1-3, Chandler Center for the Arts

December 8-10, 15-17, Mesa Arts Center

Fridays & Saturdays 7 pm

Matinees: Saturday 2 pm, Sundays 3 pm

Experience "a royally entertaining show" (The Arizona Republic) and "...an East Valley tradition...

and a heartfelt artistic experience," (The East Valley Tribune) as Ballet Etudes presents its 31st annual production of The Nutcracker! Let Clara's magical journey surround you as she encounters life-size mice, swirling snowflakes, dancing confections and the Sugar Plum Fairy. A feast for the eyes and ears with colorful and imaginative costumes paired with Tchaikovsky's original score, Ballet Etudes' The Nutcracker is the perfect way to celebrate the holiday season with the entire family. Backstage tours are offered following most performances. A 20% discount is given to groups of 10+.

Chandler Center for the Arts, 250 N Arizona Ave, Chandler

Tickets: \$25, \$29. Click here or call 480.782.2680

(Note: All patrons, regardless of age, must have a ticket.)

<https://chandlercenter.org/dance/31-nutcracker>

November 24 & 25, Dec 1 & 2 7 pm (Dec 2 7 pm Patrons are encouraged to arrive an hour before show time due to the expected crowds for the Tumbleweed Tree Lighting ceremony in Downtown Chandler.)

November 25 & December 2 2 pm; November 26 & December 3 3 pm

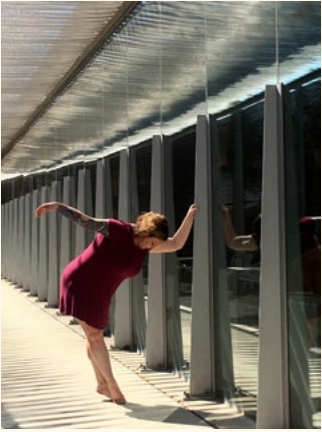
Mesa Arts Center, One E Main St, Mesa

Base Price*: \$25, \$29 (Lap child: \$6) | Click here or call 480.644.6500

<https://www.mesaartscenter.com/index.php/shows/resident-companies/the-nutcracker-2017>

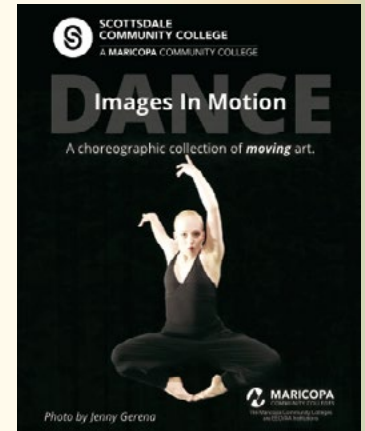
December 8 & 9, 15-16 7 pm; December 9 & 16 2 pm; December 10 & 17 3 pm

*Additional venue fees apply



December 1-3, Friday-Saturday 7:30 pm, Sunday 2 pm. Glendale Community College Performing Arts Center, 6000 W Olive Ave, Glendale. **GCC Dance Program** presents **GRACE**. Featuring VERVE Dance Company in choreographic works by Rebecca Rabideau, Artistic Director; Jenny Gerena, Jean Kelly, and Shauna Meredith, GCC Dance Faculty; and Guest Artists Sumana Sen Mandala and Alicia-Lynn Nascimento-Castro. GRACE will showcase choreography by GCC Dance Majors and graduating Dance major Stephanie Haskins, with special guest Convergence Ballet. For More Information 623-845-4905, Rebecca.Rabideau@gccaz.edu

December 1-2, Friday-Saturday, 8 pm. Scottsdale Community College Performing Arts Center, 9000 E Chaparral Rd, Scottsdale. The award-winning **Scottsdale Community College Dance Program** presents **Images in Motion**, a dance concert featuring SCC's three performing companies. The works of ten choreographers will highlight the artistic and physical excellence of SCC dancers in this all-ages performance. Come join us for this thrilling biannual SCC Dance tradition! Tickets are free and will be available at the door.



December 2, Saturday, 9-4 pm. Sunday Crossings, 21699 W Yuma Rd, Buckeye. **22nd Annual Hometown Holiday Boutique. Step's Junk Funk** will be performing from 11am-noon at this event. Be entertained while shopping for holiday gifts with pony rides, petting zoo, face painting, pictures with Santa, and more. recreation@buckeyeaz.gov; 623-349-6350.

December 2-3, Saturday 2 & 7 pm, Sunday 2 pm. Sedona Performing Arts Center, 995 Upper Red Rock Loop Rd, Sedona. **Sedona Chamber Ballet** presents **The Nutcracker** featuring **Phoenix Ballet**, under the artistic direction of Slawomir Wozniak, joined by dancers from Sedona. The great thing about The Nutcracker is that it transcends generations. Winifred Muench, Chair, Sedona Chamber Ballet says, "Do not miss the opportunity to see the international award-winning dancers -- Madison Penney, Michal Wozniak, Slawek Wozniak, Zherlin Ndudi -- perform this timeless classic. It's a professional production not to be missed." The magical story of The Nutcracker follows Marie and her Prince as they share the story of a magical gift, a suspenseful battle between soldiers and mice, and take us to the enchanted Land of Sweets.



Tickets \$30-45. Groups of 10 or more, contact sedonaballet@gmail.com or 928-554-4059. Ask about special talks with staff and dancers and dining options near the theater for your group. *Photo: Juliet Doherty as the Sugarplum and Slawek Wozniak as the Cavalier. Photo by BMC Imaging*



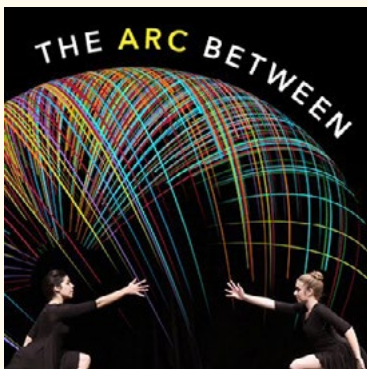
December 2-3, 9-10, 16-17, Saturdays 2 & 7 pm, Sundays 2 & 5 pm. Herberger Theater Center, 222 E Monroe St, Phoenix. **Center Dance Ensemble (CDE)** presents **Snow Queen**. The holidays just wouldn't be complete without Center Dance Ensemble's the charming winter adventure Snow Queen. Based on the Hans Christen Andersen

fairytale and set to Prokofiev's lush score, CDE brings the wicked Snow Queen to life! Families will delight in the mystical world of sprites, gypsies and ice maidens while the young Gerda seeks to rescue Kai from the Snow Queen's Crystal Palace. CDE's principal dancers will be joined by over 150 children from all over the Valley to create this magical wintery fairytale for the holiday season!

Lunchtime: Fridays, December 8 & 15, 12:10 pm. Audience members may bring their own lunch. \$7 admission.

December 3, Sunday, 3 pm. Paradise Valley Community College Center for the Performing Arts, 18401 N 32nd St, Phoenix. **AZDance Group** presents their family-loved annual **A Joyous Christmas**. A fun filled, delightful professional production highlighting those with different abilities, AZDance's Movement E-Motion (MEM), a 12-year old outreach program with professional, pre-professional and student dancers from around the valley and beyond.

Quirky, emotionally and entertaining jazz, neoclassical and modern dance works are set to inspirational, Christmas and other Holiday music, delighting all ages! A family tradition for many valley art goers. **Tickets** \$3.50 for children 12 and under to \$25* adults. Seniors and Students \$15*. Tickets available through PVCC CPA website or at the door in person! *Service and other fees apply. Photo copyright AZDance/KLN; PC Patty Kaufman



December 8-9, Friday-Saturday, 7:30 pm. Ethington Theatre at Grand Canyon University, 3300 W Camelback Rd, Phoenix. **GCU's Winter Dance Concert: The Arc Between**. "Those who sow in tears will reap with songs of joy." (Psalm 126:5) To move and inspire, contemporary dance artists explore love and hate, life and death, creation and destruction – and the Arc Between. Modern dance artists have never wavered from navigating the

JON CRISTOFORI & KATHLEEN SINCLAIR
ARTISTIC DIRECTORS

B · A · L · L · E · T
YUMA

December 8, 2017 7:00 pm
December 9, 2017 2:00 & 7:00 pm
December 10, 2017 2:00 pm

SNIDER AUDITORIUM 400 S. 6TH AVE.
TICKETS AVAILABLE @ BALLETYUMA.ORG
OR CONTACT JENN COLMAN @ 928.446.6770

ARIZONA
COMMISSION
ON THE ARTS

NISSAN
Sonora NISSAN

Edward Jones | INVESTMENTS
Brian J. Butcher, Financial Advisor

THE
MUTICRA

human condition in all its terror and beauty. What better way is there to observe the lives we lead than through dance, “the hidden language of the soul,” as Martha Graham calls it. Come and share in the journey. For more information, contact Ethington Theatre Box Office at 602-639-8880 or email ethington@gcu.edu. If you are a GCU student, show your GCU ID for FREE tickets. <http://events.gcu.edu/event/winter-dance-concert/>



December 8, Thursday, 3-4 pm. La Joya at La Posada, 750 S La Canada Circle, Green Valley. In the days to come you will hear the ringing bells of the Salvation Army Santa Claus, the soft melodies of Christmas music played over the loudspeaker, and numerous people wishing others a Merry Christmas or a Happy Holiday and you will... WITNESS **The Rodeo City Wreckettes** singing their version of the 12 days of Christmas, 12 Blossoms in a Cholla, as well as dancing to your favorite Christmas songs. The Wreckettes will be raising money for Youth On Their Own as well as bringing comfort and joy to others. Embrace the Christmas spirit, and peace and love to all. Free.

December 15-17, 20, Friday 12 pm, Saturday 2 pm, Sunday & Wednesday 7:30 pm. Scoundrel & Scamp Theater (formerly ZUZI Dance Theater), 738 N 5th Ave in the Historic Y, Tucson. **ZUZI Dance** presents **“Woven” Solstice**. This performance is a culmination of a 5-week intensive workshop that combines dance, writing and poetry. Join us for an interwoven community connection, creativity, and collaboration experience. To learn how you can participate in this performance, see the "Workshop" section of the e-Star.



*Celebrate dance not just today but every day – or as Rumi would say:
“Dance, when you’re broken open. Dance, if you’ve torn the bandage off.
Dance in the middle of the fighting. Dance in your blood.
Dance when you’re perfectly free.”*



UA Presents / University of Arizona, Tucson
<http://uapresents.org>, 520-621-3341
 Box Office 1-800-840-9227 / Live Chat available



UA Dance "Premium Blend"

November 15-19, 2017

Ph. Ed Flores of Jady Reddy

**2017-2018
 UA Presents
 Dance Season**

**MOMIX Opus Cactus
 January 18, 2018**



Lizt Alfonso Dance Cuba, Cuba Vibra!

November 21, 2017



**Chita Rivera
 January 23, 2018**



**Philadanco and Rennie Harris
 February 8, 2018**



Puremovement Straight Otta Philly

UA Presents in collaboration with **Broadway in Tucson** will present

Rent, November 3-5, 2017

Cinderella, December 5-10

STOMP!, February 2-3, 2018

The King and I, March 13-18

Book of Mormon, April 3-8



center for the performing arts
7380 E Second St, Scottsdale
scottsdaleperformingarts.org, 480-499-8587



Scottsdale Center for the Performing Arts Ticket Discounts

Free Tickets for Veterans, Students and Teachers: The Center provides free tickets to selected events for eligible veterans, students and teachers. A valid student ID, teacher ID or proof of military service is required. Tickets are limited and must be requested by phone or in person at the box office.

29 and Under Ticket Discounts: Arts lovers 29 years and under enjoy 50-percent off tickets to selected events. All ticket prices (A, B and C) are available for the 50-percent discount (one ticket per eligible youth). Tickets are limited and may be purchased online, by phone or in person using promo code 29UNDER.



2018 Dance Season
The Tango Fire Company of Buenos Aires
Saturday, Jan 6, 8 pm

ODC/Dance
Thursday, Feb 15, 7:30 pm



Parsons Dance
Friday, March 9, 8 pm
Photos by Lois Greenfield



Enmei (Long Life) ~ A Dance and Aging Project
Friday, March 23, 8 pm



ASU GAMMAGE
ARIZONA STATE UNIVERSITY

1200 S Forest Ave, Tempe
Box Office: 480-965-3434
Campus Map | Contact



ASU GAMMAGE *BEYOND* 2017-2018

Bill T Jones and Arnie Zane Company, November 18
Dance Theatre of Harlem, April 14, 2018
Halau O Kekuhi, April 28



artsJOURNAL
Stories people talk about

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

**December ISSUE
SUBMISSION
DEADLINE**

Arizona Dance e-Star

Nov 25

Send news to:

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.

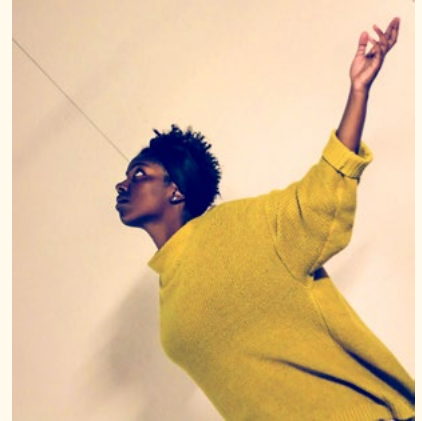
Master Classes / Workshops

[nueBox] is offering a series of workshops on Saturdays with different artists at Mesa Arts Center, Acting Studio, One E Main St, Mesa. To enroll, www.nuebox.org/workshops, info@nuebox.org, 480-330-2589.

November 4, 11, 18, 1-2:30 pm, Raucous Flights Through Space with Sydney Jackson. \$30.

Whether you are building on fundamentals or training as a professional dancer, this class series will take you as far as you wish to go and when you reach that, hopefully a tad further. We will travel to the outskirts of our imagination to explore ourselves and our physical bodies in ways we have yet to. Small internal shifts to raucous flights through space (Note: Unless you have the ability to be airborne, there will be no actual flying), this class will move you. Bring awareness to what is already there through fresh perspective from your classmates, the facilitator, and yourself.

Creative movement experience is encouraged, but imagination is mandatory! Sydney is a movement artist based in Tempe. A Maryland native, she earned a BFA in Dance from Arizona State University and is currently freelancing in the Phoenix Metropolitan area.



Susan Bendix is teaching a workshop titled **Moving Grief – Moving Loss** on **Saturday, November 4, 1-4 pm** at Inner Vision Yoga, 6448 S McClintock Dr, Tempe. Loss is a universal part of being human. Though acutely difficult, it holds opportunity for profound growth. Rumi said, “The wound is the place where the light enters you.” This vibrant workshop provides opportunities for the intense energy of loss and grief to take expressive form through gesture, shape and voice. By incorporating techniques from dance, theater, improvisation and ritual, we will re-invigorate what we have instinctively understood for a long time: physical expression within a community offers health and healing outcomes no pill or talk therapy alone can fully provide. Stories are embedded in gesture; feelings are explored through shape; line drawings visually map the course of loss, and ritual brings community together. People of all ages are invited and anyone who has experienced loss or trauma of any type – whether recently or long ago, as well as those interested in the therapeutic use of expressive somatic arts. There is no need for any prior experience in dance or theatre. **Moving Grief – Moving Loss** will:

- Offer a safe place to honor difficult emotion
- Renew energy, clarity and balance
- Reveal the benefit and healing joy of moving together in community

<http://www.innervisionyoga.com/events/workshops/>

Dr. Susan Bendix is a professional modern dancer, choreographer, improvisational movement

artist and dance scholar who has performed nationally and internationally. Susan's interest in grief stems from deep personal experience as well as artistic work within populations where it became clear that intense emotion was interfering with creative exploration and flow. As a dancer, she understands the power of movement, aware that cultures dating back to ancient times have practiced ritual and movement to help bridge life and death, process loss and bring about equilibrium. Susan has been working in movement-based grief and loss for over ten years. She received a grant from the Arizona Commission on the Arts to further develop and deepen this work and consulted with Hospice of the Valley. She is becoming certified in Somatic Experiencing (Peter Levine), which also informs this work. Susan is an ardent practitioner of yoga and Zen meditation and holds a PhD in education and an MFA in dance and choreography. For more information about her work visit: www.think-motion.org

TUCSON ~ 5-Week Workshop November 18-December 14

ZUZI! Dance SOLSTICE Celebration with performances **December 15-17**. Men and women of all ages and experiences are invited to participate in this 5-week workshop that combines dance, writing and poetry. The use of playful improvisation, scores and choreographic structures will culminate in performance at **ZUZI! Solstice Celebration "Woven."** Cost \$120. Rehearsals Saturday, November 18, 2-3:30 pm; Sundays 2-3:30 pm, November 19, 26, December 3, 10. Tech Rehearsal December 12, 5:30-8 pm; Dress Rehearsal December 14, 5:30-9 pm. Performances December 15, Friday, 12 noon; December 16, Saturday 2 pm, December 17, Sunday, 7:30 pm. zuzimovit.org, 520-629-0237. Photo by Tala.



ADC Member Announcements, Auditions, National News

Tucson Tango Festival registration is open. It will be held once again at Casino Del Sol Resort, Tucson, March 8-11, 2018. To register, or for more information, visit <http://tucsontangofestival.com/>. Instructors include *Gustavo Benzecri Saba and Maria Olivera, Carrie Field and Mike Malixi, Oscar Casas and Jesica Arfenoni, Homer and Cristina Ladas, Adam Cornett and Tilly Kimm*. Please note that you must be registered for the festival to reserve a room at the hotel. After registration is complete and confirmed through our system, approximately two days, you will receive the code to book your room for the festival.

Slawomir Wozniak, director of **Master Ballet Academy** (Scottsdale), and artistic director of **Phoenix Ballet** is creating a series of **Born on Pointe** documentaries on the school's award-winning students. Episode 1 is on *Avery Gay* and she gives you a glimpse of what it's like to be in her 'shoes.' Watch this first episode: <https://youtu.be/Xw3kYaFhTfQ>
 Episode 2 features award-winning dancer *Madison Penny* <https://youtu.be/ZUZ6wx55du4>
 Episode 3 features award-winning dancer *Bell Pickering* <https://youtu.be/DvTCHbRZKSo>



HALO Movement Collective is holding a fundraising event, "Rooted," to benefit their 2017-19 season. It will be on **Saturday, November 11, 7-9 pm**, at the Metropolitan Arts Institute, 1700 N 7th Ave, Phoenix. HALO will be premiering "House," a new repertory work. \$15, www.halomovementcollective.com.

November 15-16, 2017 Arizona Department of Education's MEGA Conference "A World Of Opportunities," The Wigwam Resort & Conference Center, 300 East Wigwam Blvd, Litchfield Park. This conference will provide workshops and keynote presentations sharing important strategies and resources on implementing Title I programs and services with the transition to the Every Student Succeeds Act (ESSA), as well as provide networking opportunities for school leaders and opportunities to highlight and celebrate effective practices and the children we serve.



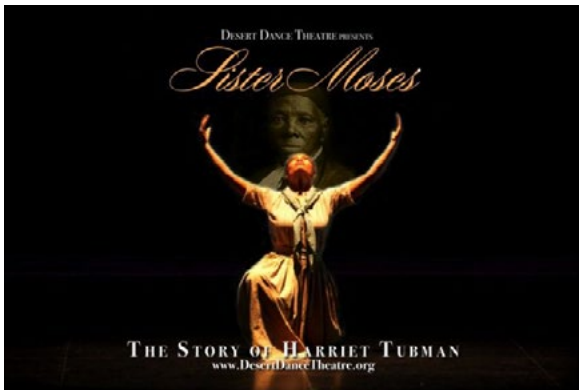
**2017
MEGA Conference**
November 14-16, 2017

The Wigwam
Litchfield Park, AZ

Wednesday, November 15th is Partnership Expo Day. Our not-for-profit partners will also be on hand to share information on resources available for Title I schools. ADE will proudly showcase Arizona student works in the Arts and STEAM. The Arizona Dance Coalition will be an exhibitor in the EXPO Exhibit Hall to represent ADC Members who offer educational programs in the schools. **ATTN ADC Members** ~ If you have any promotional materials that specifically outline your educational program offerings, we encourage you to send your materials to: Arizona Dance Coalition, P.O. Box 64852, Phoenix Arizona 85082. If you are in

the Phoenix area, please drop off your educational materials at Dance Theater West, 3925 E. Indian School Road, Phoenix, AZ 85018. There will be a box in the lobby on the table to the left as you enter.

We will have a drawing for FREE DANCE CLASSES. If you are interested in offering a free class, please send a description of the type of class, age range, level, location, contact info, etc. Contact Lisa R. Chow at Lisa@AzDanceCoalition.org or text at 602-740-9616.



FIELD TRIP OPPORTUNITY FOR STUDENTS:

"Sister Moses: The Story of Harriet Tubman"

Desert Dance Theatre is offering field trip opportunities for students to attend in January-March 2018. The cost is only \$5 per student and two free teacher/chaperones per group of 25 students. Please make your reservations while seats are still available. Downloadable Reservation Forms Available:

<http://desertdancetheatre.org/sister-moses/>

Locations as of October 27, 2017

Show Low Auditorium, **January 25**, day and evening performances

Paradise Valley Community College, Phoenix, Friday, **February 23**

Trevor G Browne Auditorium, Phoenix, Thursday-Friday, **March 22-23**, day and evening performances.

Sister Moses promises to be educational, artistic, inspiring and up-lifting.

PROMO VIDEO CLIP: <https://vimeo.com/195076754>

Sister Moses: The Story of Harriet Tubman is a beautiful story of a courageous woman's determination to free her people from slavery through the Underground Railroad. She was one of America's first liberated women of color, who fought against all odds for the sake of freedom and equality. This production brings light to the incredible accomplishments of Harriet Tubman, the anti-slavery activist. For more information, contact Desert Dance Theatre: 480-962-4584, info@DesertDanceTheatre.org, www.DesertDanceTheatre.org.

STUDENT CHOREOGRAPHY COMPETITION

Maricopa Community Colleges sponsor a districtwide dance student competition to recognize outstanding achievement in choreography and performance. Student Entry **Deadline: February 5, 2018**. The performance competition will take place in person at Estrella Mountain Community College on Saturday, February 17, 2018.

There are solo and group categories in both choreography and dance performance.

Applicants will be notified via their respective college dance coordinators by February 12, 2018, with assigned appointments for in-person adjudication. Student competitions will be held on February 17, 2018, at Estrella Mountain Community College. Failure to appear at the appointed time will result in withdrawal from the competition. **APPLICATION**



ADC member **Vanessa Ramirez**, Executive Director of **C.A.L.L.E. de Arizona**, produced the **18th Annual Mariachi and Folklorico Festival** that featured "Mariachi Garibaldi de Jaime Cuellar," one of the best talented Mariachi Groups in the nation! The State of Arizona recognized the event and a special declaration was read on stage by the Governor's representative! **Ballet Folklorico Quetzalli**, Vanessa's company; Institute of Folklorico Mexicano, Tradiciones Dance Company, and Primavera Folklorico Dance Company performed, in addition to several mariachi groups. Photos by Johnny Lozoya Latino Paparazzi Photography.



Ballet Yuma is excited to announce that 1st company dancer **Eric Snyder** has been selected to participate in the **Prix de Lausanne 2018** in Switzerland in January. He will be representing YUMA on the world stage! Only three boys from the U.S. were chosen. You can learn more about this competition here: www.prixdelausanne.org

Congrats, Eric!

Eric is center in the Photo of the Month! (pg 27)

Tucson ~ ZUZI! Happenings

ZUZI! will be teaching our fall classes at both the Historic Y & at Rhythm Industry Performance Factory while The Scoundrel & Scamp Theater is remodeling the space. We'll be back in the newly remodeled S&S Theater for classes on October 30th. Rhythm Industry is located at 1013 S Tyndall Ave and will host all of our aerial classes for the first session. Classes at the Historic Y will be located in the Conference Room located in the hallway north of the lobby (leading to the Courtyard) & the Upstairs Lobby located up the staircase to the East of the First Floor Lobby (by the mailboxes).

*The Renovation*

The Scoundrel & Scamp Theatre, in partnership with ZUZI Dance and the Historic Y, is investing over half a million dollars to renovate The ZUZI! Theater space, a performance venue that has served the community as a home for movement, dance and theatre for nearly two decades. When the renovation project is complete, theater and dance will have a beautiful, modernized home in which artist and student alike can build, explore and thrive.

While art can happen anywhere, Tucson has a shortage of fully equipped, modernized theatre spaces that can support the varied needs of dance, acrobatic arts, and theatre. S&S aims to build not one, but two flexible spaces that can serve as a home to some of the most exciting performance in Tucson.

The renovation project includes:

- New audience-friendly theater entrance, complete with lobby, box office, concessions and waiting area
- Three fully renovated bathrooms
- New MainStage space with completely new lighting and audio
- Renovated black-box studio performance space, including new exterior entrance
- Comfortable and roomy new theater seating
- Two dressing rooms
- Expanded loading dock
- Scenic shop
- Upgraded safety features

This project is a love note from Bryan and Elizabeth Falcón (right) of The Scoundrel & Scamp Theater to the greater Tucson community. Scoundrel & Scamp, a 501(c)3 non-profit, have embarked on this project in order to create an amazing space for people to come together around the arts with a desire to have a positive impact on the quality of life for the neighborhood and the city as a whole for years to come. All of us here at ZUZI! are excited and honored to be a part of both their process and the final theater space.



2017 7.10

The following article grabbed my attention because it made me think of ADC president Lisa R Chow and the work she is doing researching her Chinese heritage. Mouse over and go to the page to see the photos. I thought this was a very creative approach to 'telling stories' through dance.

Throughout New York's Chinatown, Telling Immigrant Stories Through Dance

by Heather J Chin, for Hyperallergic, October 27, 2017

In Mei-Yin Ng's "Sit, Eat, Chew," performers take you on a tour through Chinatown's apartments, restaurants, museums, and parks, while sharing personal immigrant stories.

Perhaps the most memorable and affecting moment during "Sit, Eat, Chew," choreographer Mei-Yin Ng's recent dance tour-meets-oral history project in Manhattan's Chinatown, took place in a hair salon at 189 Centre Street.

There, a young woman draped in white moved from table to mirror to chair, telling the story of Bow Kum, a Chinese immigrant from the 1880s — from being bought from China as a bride in San Francisco, to being rescued by missionaries, to remarrying and relocating to New York City, then being tracked down by her first husband, who demanded compensation and then stabbed and maimed her when her new husband refused.

But what the young woman didn't share was what happened afterwards: that the fight over this woman exacerbated Chinatown's notorious, bloody tong wars — gang wars that made their way into the history books, but mostly without her story.

"I found her story while looking through library archives," explained Ng. "Things like this still happen, so even when it's set in 1880, not a contemporary scene, it's relevant. That's why I put her in a hair salon, because this is where stories like these are shared."

For dancer Tsai Hsi Hung, the experience of portraying this character resonated as both a timeless immigrant story and as a woman. "The piece is very deep. Salon workers use their hands and when performing, I'm that girl. Intense movements, no sounds, stop-stop-stop," she said, describing the abrupt gestures she employed.

"I'm a green card holder and I married here after coming on an artist visa, so I recognize how it's very hard to immigrate," even when it's not so tragic, she added. "As an Asian woman, it's difficult for me and difficult for that girl, too."

Last weekend, "Sit, Eat, Chew" also staged performances in a private apartment, a restaurant, a public park, and a museum. The stories — told in Mandarin, Cantonese, English, and through movement — were culled from interviews with senior citizens and local youth. The project, born out of a desire to share oral histories from Manhattan's Chinatown residents with the public in

an engaging way, was funded through a Kickstarter campaign as well as several nonprofit and city and state grants.

“I group stories by category, based on the idea of the five tastes in Chinese proverbs to describe life experience: sour, spicy, sweet, bitter, and salty,” explained Ng. “Emotions are associated with each taste. So it’s one story, but different stories within. Sometimes I’d hear conversations while in a café, and I’d write them down.”

Wu Bing Shao and Zhang Xiuping performing in Mei-Yin Ng’s “Sit, Eat, Chew”

While most performances featured professional dancers, several Chinatown seniors also danced to variations on their own memories.

That included Wu Bing Shao and Zhang Xiuping, two friends and performers with the Lin Sing Association Senior Dancing Group. In their piece, set inside Fuleen Seafood Restaurant on Division Street, Wu and Zhang portray old friends catching up over tea and a meal, reminiscing through Chinese opera and ‘70s pop tunes, and discussing the generation gap by wondering whether Wu’s daughter would marry “a banana man or an egg man” — aka an Americanized Chinese guy or a white guy who loves Chinese language and culture — before breaking out into song and dance.

For Zhang, the performance came naturally because her character’s story, she said, “is like mine, working in a restaurant, except [my character] eventually owns the restaurant!”

“The story matches our new immigrant story, wondering if his daughter will marry an American guy and forget about you,” said Wu. “Then he sings and they dance to a song that I changed the words to, to talk about how you think coming to the US is all good, but it’s not true, you actually have to work hard.”

All of the stories emphasized the struggle to bridge distance between loved ones, personal dreams and family obligations, and cultures new and old.

There was the scene in a fourth floor walkup on the Bowery, where a man and a woman danced around the dinner table, moving dishes and pulling their limbs in different directions as they sought to deal with the loneliness of trying to hold a relationship together across time zones.

“It’s about the deep conversations we have over dinner and breakfast, and the uncertainty of when they can see one another again because of visa issues,” explained Ng. “The story was borne from a guy who spent 22 years away from his family and sacrificed his life for his family, but now has no family because they don’t know him. All people want is a better life, opportunity, but they don’t know how deep that sacrifice will be.”

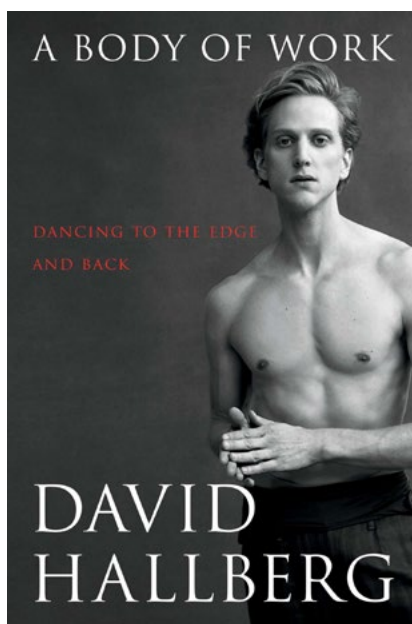
There was also Ng herself performing as a sweatshop worker, doing the dance of folding shirts while dreams of owning her own cheongsam dress shop danced in her mind. There were a dozen elderly women dressed in red, performing a synchronized dance routine to a traditional folk melody in the park, dancing to “celebrate life” and enjoy a freedom of expression that they hadn’t indulged in in their youth.

Finally, a trio of young Asian American women rehearsed a Korean pop-style routine set to lyrics that explicitly called out stereotypes that the audience recognized, such as “Are you a cool Asian, or a school Asian,” and “do you eat rice all the time,” before stopping and breaking those same stereotypes in their casual conversation about a decidedly more multicultural experience, including their love for salty rolled ice cream and bubble tea, while both sharing and disagreeing with their moms’ food preferences.

Ng hopes to take “Sit, Eat, Chew” to other Chinese and Asian immigrant communities in San Francisco, Toronto, Montreal, and elsewhere to “develop their own Chinatown story.” Based on the experience of seeing these New York City stories, the project is a welcome challenge and contribution to the growing conversation about how immigrant and Chinese American experiences are defined.

Mei-Yin Ng’s “Sit, Eat, Chew” took place throughout Chinatown, Manhattan on October 21 and 22, 2017.

<https://hyperallergic.com/408392/throughout-new-yorks-chinatown-telling-immigrant-stories-through-dance/>



A BODY OF WORK, by David Hallberg

The first American to join the famed Bolshoi Ballet as a principal dancer and a dazzling American Ballet Theatre star, Hallberg presents an intimate journey through his artistic life up to the moment he returns to the stage after a devastating injury almost cost him his career.

He dives deep into life as an artist as he wrestles with ego, pushes the limits of his body, and searches for ecstatic perfection and fulfillment as one of the world’s most acclaimed ballet dancers. Available in bookstores November 7.

Click for more info about the book and an excerpt:

<http://www.simonandschuster.ca/books/A-Body-of-Work/David-Hallberg/9781476771151>

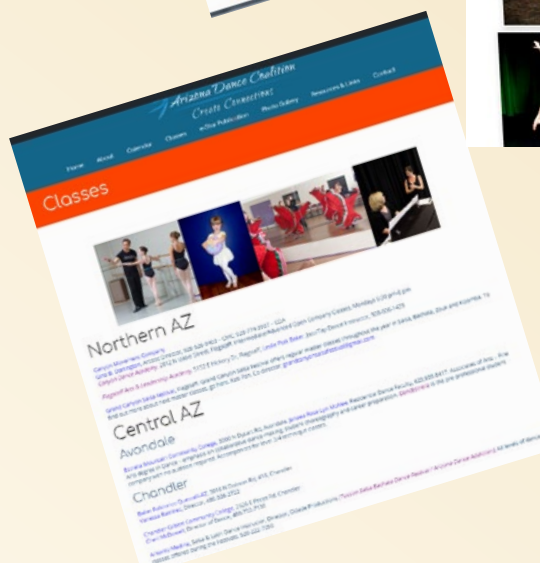
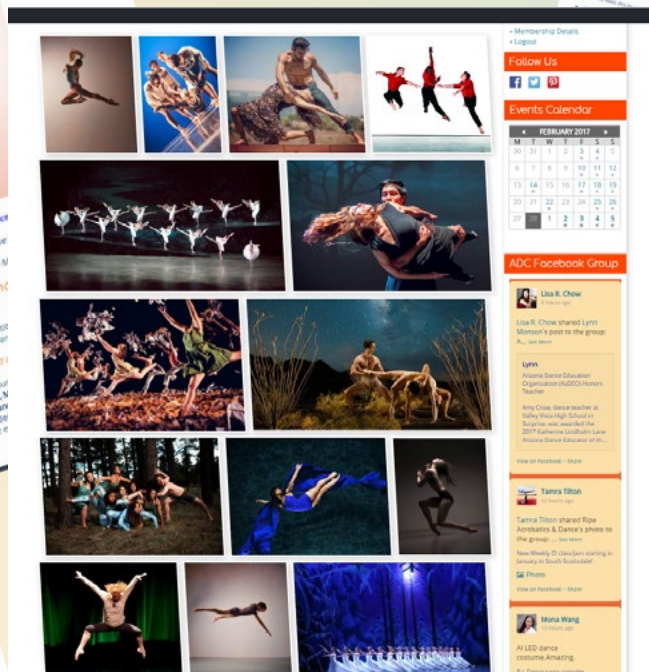
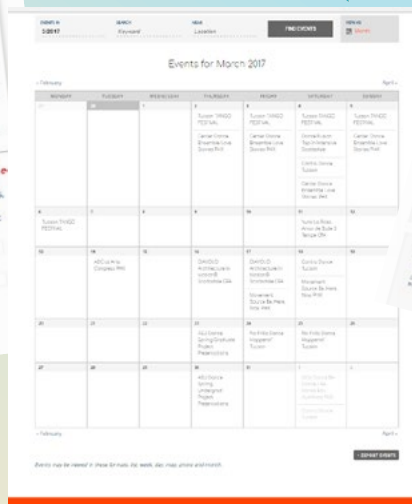


Photo of the Month

Ballet Yuma ~ Photo by Robin Silver

Arizona Dance Festival 2017

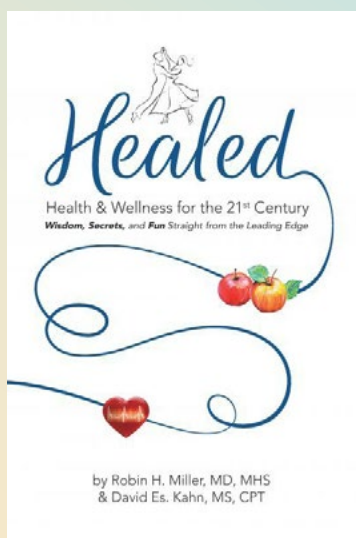
Arizona Dance e-Star Editor/Designer/Writer: Krystyna Parafinczuk
Contributors: Robin Silver



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



One of my ballroom students gave me this book last week as an 'early' Christmas present. She was excited to tell me that there was a section at the end that focused on 'dance!' **Healed, Health & Wellness for the 21st Century** is written by a former general internist, Robin H Miller MD, who after significant research, started practicing integrative medicine. She provides information about new treatments and therapies and devotes the last section of her book to discussing the role dance plays in healing.

I have not had the opportunity to read it yet, but as I'm skimming it (for you/e-Star), this seems like the perfect gift to give your non-dance friends, or those who you know should make time for dancing. If dance was a part of their lives once, there is probably

a void that you can fill by encouraging them to return to dance. Maybe you can offer to babysit, too!

Here are some headings from **Part IV ~ Dance Like Your Life Depends On It ...**

Brain Power / Parkinson's Disease / Dance Away the Trauma

Dance is the fastest growing exercise and art form in Britain. More than 4.8 million people regularly attend community dance groups each year.

Calories/Hour: slow ballroom 207; fast ballroom 378; swing 306, hip hop 465
(where is tap dance????)

Dance Diabetes Away / Debbie Allen created T2 Dance Crew

Lower Your Blood Pressure

Finding the Right Balance – Literally (fear of falling for those 65+)

Osteoporosis (weight-bearing exercise, like dancing, is the answer)

Dance for Recovery (from Cancer)

Social Anxiety? Not Any More! (psychological disorder / can be debilitating). Fear of being awkward, stupid or laughed at keeps many from dancing – avoiding it most of their life – unless inebriated! Dance Movement Therapy / American Dance Movement Therapy Association produce results.

Breaking Good / Building Confidence and Overcoming Yourself

No Paining, Yes Gaining (on Mental Health and Depression!)

Dancing Cures Depression? Really? (yes)

Soaring with the Eagles / Dancing Combines the Essence for Successful Aging

Afterward

... We truly believe dancing is one of the best things you can possibly do for your body, mind and spirit. We know if more people were aware of all the benefits, they would be dancing and the world would be a healthier, happier place. ...

To purchase, visit <http://www.wellhealed.net/> | \$12.95 paperback, \$7.99 Kindle

Regional News, Announcements & Events

Central Arizona ANNOUNCEMENTS & EVENTS

Call for Performers: Sixth Annual Phoenix Festival of the Arts, December 8-10, 2017.

Friday, 12-5 pm, Saturday & Sunday 10 am-5 pm. Admission is free. Location: Margaret T Hance Park, 1202 N 3rd St, Phoenix (deck park above the I10 Interstate freeway). \$25 stipend for each time 30-60 minute time slot. Dance floor covering may be provided (not confirmed), otherwise carpeted wood. Promo table may be provided (request). Stage within a 40x80' entertainment pavilion (tent). Contact Sybil Page, ASU Public Ally & Events Associate., events@phoenixcenterforthearts.org.

November 4-5, Saturday-Sunday. El Zaribah Shrine, 552 N 40th St, Phoenix. **Divine Chaos Tribal Fusion presents Phoenix Rising Dance Festival 2017** featuring Ava , Heidi Alexander of Domba!, Meena Gorgese, Draconis, Kathy Stahlman, Kriti Dance, Zina Bint Badia, and Adrienne. Workshops and performances, Gala show, after-party and more. <https://www.phxrisingdancefest.com/>, info@dc-tribal.com

November 12, Sunday, 12-5 pm. Glendale Adult Center, 5970 W Brown St, Glendale. **West Valley Island Cultural Festival** celebrates its 5th anniversary with live entertainment, Hawaiian/Tahitian Dance Competition, Salsa and Belly dancing and contests. In advance: \$25, \$15 13-19 years old, \$10 for 4-12 year olds, 3 and under free. At the door, respectively: \$30, 20, 15. A portion of the proceeds will be donated to the Boys & Girls Clubs of Metro Phoenix. <http://www.wvislandculturalfest.com/>

AZ Tap Club ~ Phoenix: Sundays 2-3:30 pm. Wall-2-Wall Dance Center, Tempe. \$10 donation. **November 12** Bruce Goolsby, **December 3** Sarah Boice

December 8-24, times vary. **Ballet Arizona** presents **The Nutcracker** at Phoenix Symphony Hall, Phoenix. Box Office 602-381-1096, 2835 E Washington St, Phoenix. Tickets: <http://tickets.balletaz.org/single/SYOS.aspx?p=10098>

December 17, Sunday, 5 pm. The Scottsdale Resort at McCormick. **7th Annual Masquerade Ball Gala**, black-tie fundraising event hosted by nonprofit DanceSport Education, which uses ballroom dance to impact the lives of children and youth. \$90/adults, \$50 child. <https://www.dancesported.org/2017-masquerade-ball-gala>



Southern Arizona ANNOUNCEMENTS & EVENTS

Sahuarita ~ **Walden Grove PAC Dance Team** of Walden Grove High School has received national attention as their "Wizard of Oz" homecoming assembly performance (September 29, 2017 / 2.4 million+ YouTube views) was shown on **Good Morning America!** **Kristi Lopez** is the school's dance instructor and team choreographer. The clip was even shared by The Rockettes! Kristi started at Walden Grove when it opened six years ago. The PAC team has won first place at the Arizona State Cheerleading/Pom Tournament three years in a row. View their fun performance here: <https://youtu.be/y2horVdXz70>

Tucson ~ **Ballet Tucson collaborates with the Tucson Jewish Community Center**
3800 E River Rd, Tucson

November 12, 2 pm. Sole Impressions at the J / New Works Performance

March 4, 2 pm. Living Sculptures in the Sculpture Garden / A Ballet Experience

Footprints at the Fox – New Program / Youth in Arts collaborative performance on Saturday,

November 18, 1 pm. New works – vote for your fav piece – CASH PRIZE!

AZ Tap Club ~ Tucson: Sundays 4-5:30 pm. Danswest Dance Studio, 5633 E Speedway Blvd, Tucson. \$10 donation. **November 5** Erin McBride

November 4, Saturday, 9-11 am. BC Dance, 6330 N Campbell Ave, Ste 110, Tucson. **Tap Master Class with Melinda Sullivan** for intermediate and advanced tap dancers. Sullivan is a highly sought out tap dancer and choreographer based in Los Angeles, whose mentors include the Jazz Tap Ensemble, Jason Samuels Smith, and the late Harold Cromer. Recent credits include dancing in La La Land as well as appearing with Postmodern Jukebox at Radio City Music Hall. Best known from FOX's So You Think You Can Dance, Sullivan has a diverse career in dance, television, and theatre. \$30. 520-770-7827, www.BcDanceTucson.com

November 16, Thursday, 7 pm. Rincon/University High School, 421 N Arcadia Ave, Tucson. **Esperanza Dance Project** presents **House of Hope**. Multi-media performance. Participate in a community discussion on spreading awareness, supporting survivors, and creating positive change in our community after the show. Light refreshments will be served. Silent auction. Suggested donation \$10.

December 15-16, Friday & Saturday 7 pm, Saturday matinee 2 pm, Ballet Rincon presents **The Nutcracker** on at the Vail Theatre of the Arts, 10701 E Mary Ann Cleveland Way, campus of Empire High School, Vail/Tucson. www.tututix.com/balletrincon

Ballet Tucson's The Nutcracker, December 22-24, Tucson Music Hall, Tucson.
www.ticketmaster.com

January 15-19, 9 am – 4 pm (2 hr lunch break) Tucson Creative Dance Center, Tucson. **3rd Annual Winter Creative Dance Retreat.** The Retreat is designed to support experienced dancers who wish to deepen their skills in free group dance improvisation and to refine their individual movement expression. Given the focused nature of our study, participants are asked to commit to attend every session. Our daily schedule will include ample time for individual explorations as well as extended group dance improvisations. \$315 IACD members, \$350 nonmembers. Register on or before December 15 to receive \$25 off. Wear black clothing preferable with no logos. Layers recommended for comfort. For more information, Griff Goehring, griff@creativdancecenter.org, 802-380-0068 (best time to call 3-7 pm EST).



Happy Thanksgiving to all!

Arizona Dance Coalition Board of Directors

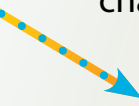
*Lisa R Chow, President; Krystyna Parafinczuk, Treasurer; Lori Howard, Secretary
Susan Bendix, Gina Darlington, Shannon Dooling-Cain, Mary Heller, Kati Pan*

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.

Check out the calendar at 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; <http://ffotm.org/contradances/>

 **17th Annual Phoenix Lindy Exchange, November 3-5, San Marcos Resort, Chandler**
Friday-Sunday night, details <http://www.phoenixlindyexchange.com/>
Sunday afternoon, 12-3 pm, The Duce, PHX \$10

Clarksdale ~ November 4, Saturday, 6:30-9:30 pm. Clark Memorial Clubhouse, 19 N 9th St, Clarksdale. **Sentimental Journey Big Band Dance.** Social dancing is written into the town's bylaws in an effort to enrich people's live. Make sure dancing continues by supporting this 'live music' event. \$10 door. Sponsored by the Clarksdale Cultural Society.

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

Mondays, 7:30-8:15 pm Lindy Hop lesson, dancing until 11 pm, \$7. **Hepkats Swing Dance** at the Women's Club of Mesa, 200 N MacDonald, Mesa. Home to *Gypsy Jitterbugs* all girls swing dance troupe run by *Karen Vizzard Hopkins*. They rehearse Mondays from 6-7:30 pm.

November 8, Wednesday, Fuse Performing Arts (2nd story, left side of Joann Fabrics) 943 S Gilbert Rd, Mesa. **Youth West Coast Swing Dance.** All levels welcome. Meetups 2nd & 4th Wednesday with WCS instructor Hannah Meyer. Hannahmeyer33@gmail.com for time.

Phoenix ~ Phoenix Traditional Music and Dance promotes Community Contra Dances in downtown Phoenix twice a month. Live band. All ages welcome; no partner required. 30-minute introductory lesson. \$10 door, \$5 for those 25 and younger. Visit <http://www.phxtmd.org/> or email webmaster@phxtmd.org or call 480-893-3328. Cash/Check only.

SOCIAL DANCE NEWS

Prescott ~ Prescott Dance Club, 2nd & 4th Saturday, 6:30 pm lesson, followed by open dancing at Summer's Dance Works, 805 Miller Valley Rd, \$5 members, \$10 nonmembers. 602-616-0917, <http://www.prescottdanceclub.com>.

November 4, Saturday, 2-6:30 pm. Adult Center of Prescott, 1280 Rosser Rd, Prescott. **Benji Schwimmer 3-hr Mini Scwingtensive West Coast Swing Intensive** \$75 (includes 30-minute breaks). Contact Ronnie Debenedetta 928-533-4709, ronniesellsprescott@gmail.com. After teaching the workshop, Benji will DJ from 7:30 to 10 pm. His partner, Nicole Clonch, will be teaching a one-hour West Coast Swing lesson from 6:30 to 7:30 p.m.

Tucson ~ 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. \$12 suggested donation, \$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 ADC member **Tucson Friends**

of Traditional Music. www.tftm.org, website@tftm.org, 520-767-6707. Held at First United Methodist Church, 915 E 4th St, Tucson.

November 4 - CD release party too! Steam! and Kirsten Watts calling. There will be a mini waltz workshop at half-time)

November 10-12, Dance in the Desert all-inclusive 3-day contradance dance camp in the foothills of the Catalina Mountains! Features callers David Millstone & David Kaynor with Pete's Posse and The Privy Tippers. The Adobe Brothers from Albuquerque will be joining us. \$230 (discount under age 30)


<http://tftm.org/ditd/>

November 18, Moonshine and Claire Zucker calling



SOCIAL DANCE NEWS

Special TFTM Contradance!

STEAM!



Kristen Watts and STEAM!
Saturday, November 4th
 7 -10:30pm (Intro teach 6:30)
 First United Methodist Church (4th St. & Tyndall Ave.)
 Suggested Donation \$12, (under 25 yrs: \$5)

**Plus – it's a cd
 release party for the new STEAM waltz cd!**

"STEAM! is a fabulous dance band with driving rhythms, an endless variety of tunes and tempos, and a grand sense of fun." —Merri Rudd - Caller, NM

NATIONAL DANCE CONFERENCE

Creative Dance Congress ~ 2018 IACD ~ June 24-29, Smith College, Northhampton, Massachusetts. Introductory workshops will occur June 23-24. There will be on-campus housing and meal plans. The 2018 Congress organizing committee is: Mary Ann Brehm (coordinator), Pat Etheridge (registration), and Carole Piercy (publicity). If anyone else would like to join them, please contact any of these ladies!
 Carole Piercy caplay73@gmail.com.



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!

ATTENTION "SOCIAL DANCE" COMMUNITIES THROUGHOUT ARIZONA

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

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. tucsonalsalsa.com

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.

Saturdays ~ Tucson Movement Arts, 1191 N Wilmot, #133, Tucson. *Sexy Salsa Saturdays* 9 pm-2 am. Beginner lesson at 9 pm. Cash only \$7. All ages welcome. LatinDanceRevolution



Dance In The Desert Contradance

November 10-12, 2017
Santa Catalina Mountains Tucson

<http://tftm.org/ditd/registration.html>

BIZ TALK

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

ADC members receive discounted rates.

Northern Lights Lindy Cruise August 5, 2018 - Aug 12, 2018



7 Nights to Alaska
on the *Celebrity
Infinity* from
Vancouver, Canada

*World-class dancing and lessons,
fine dining, and more.*

Vancouver, Sitka, Juneau, Ketchikan

Dance Instructors:

Jason & Crystal (Abbotsford, Canada) Steve
Conrad (Phoenix)

Peter Flahiff & Lauren Smith (L.A.)
teaching classes in Lindy Hop, Balboa,
Charleston, Collegiate Shag, Vintage line
dances, and much more!

\$250 deposit, 50% due by May 1, 2018
as low as \$1673 (Canadian, tax included),
approx \$1333 U.S. as of August 22, 2017

Contact Jason: 1(604)-308-3662
Crystal: 1(604)-615-9669

JOB POSTINGS

Arizona Commission on the Arts JOBS
Americans for the Arts JOB BANK
Dance Informa USA

Phoenix/Valley: **Arizona Dance
Artistry** Dance Instructor, beg-int
levels ballet, jazz.

Capezio/Ballet Makers Sales Rep PHX
AZ area / 20-40% overnight travel.
Dance background preferred.

**Scottsdale Arts ~ Director of
Performing Arts.** 10 yrs exp, 3 yrs exp
supervision. FT/must work flexible
hours.

Imagine Tempe Elem FT, BA, state
certified dance instructor. Prof training
and perf credits. Work with children.

Tucson Unified SD: Sabino HS. FT
dance instructor who can engage
African American and Latino students.
Bilingual endorsement.

TUSD has multiple dance teacher
openings. Inquire.

*READERS: If you know of anyone with a
dance-related job opening, please send
the details to:*

Krystyna@AzDanceCoalition.org

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>



CIRQUE DU SOLEIL. CASTING

Cirque du Soleil
Open Auditions
November 10-12

*Classical, contemporary, jazz,
hip-hop, popping, locking,
breakdancing, waving, and jookin'*

Must be 18 at the time of the audition. Call back November 12.

<http://cirk.me/2xAFr6h>

Millenium Dance Complex, 6675
S Tenaya Way, Las Vegas NV 89113

BOLSHOI BALLET IN CINEMA | Trailer: <https://youtu.be/wtBVxm7YyVs>
<http://www.bolshoiballetincinema.com/>

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! was finally released in the USA! Check your local theaters for times. 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:
 Official Trailer #1 <https://youtu.be/GXiDCWxF30U>
 Official Trailer #3 https://youtu.be/4yiPvcxR_4g



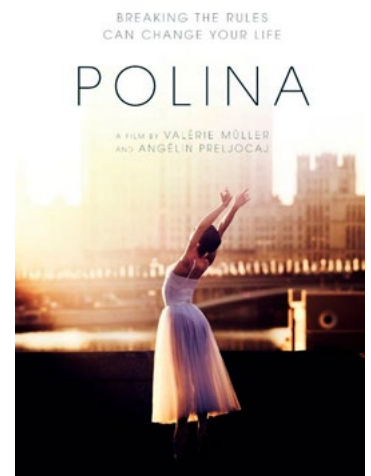
NETFLIX

Alive and Kicking, which features our Steve Conrad, and Wendy Whalen's **Restless Creature** are now available for viewing on **NETFLIX!**
<https://www.netflix.com/>

Adapting 'Polina' ~ 'We Wanted to Make a Film on Dance That Itself Dances' / released in August 2017-- check your theaters.

Discover how the filmmakers transformed the pages of the graphic novel with movement to explore the journey of a dancer's life.

Like the spare, elegant graphic novel by Bastien Vivès on which it is based, *Polina*, the new film from Valérie Müller and Angelin Preljocaj, has an arresting immediacy about it from the start. The film tells the story of a girl (played by Anastasia Shevtsova, herself a dancer with the Russian Mariinsky Theater) who, after studying with a rather repressive ballet teacher as a child, breaks away to study under different masters—most notably Liria, a modern dance choreographer based in Aix-en-Provence, played here with understated force by Juliette Binoche.



<http://nofilmschool.com/2017/08/director-and-screenwriter-valerie-muller-adapting-polina>

Trailer: <https://youtu.be/kM5UZZqmL9E>

IMDB: <http://www.imdb.com/title/tt4383288/>

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.

HEALTHY & SAFE ENERGY DRINK TIP

by Krystyna Parafinczuk

Saturdays for me are full-day 'teaching' days followed by social dancing in the evening. From 6:30 am to 10:30-11 pm, I'm not only on the go, I'm dancing and exerting all kinds of energy for my students and my dancing partners.

In August a friend introduced me to **NingXia Red** (berry drink) and an energy boost supplement **NingXia NITRO**. I drank a 1 oz (tube) with my lunch and was conscious of the change—I was alert, clear-headed, not tired, not aching, and no anxiety or nervous shaking from caffeine! And I feel asleep without any trouble.

I'm not a coffee drinker. If I have green tea after 2 pm, I can't fall asleep. Now that I have discovered NITRO, I have found my Saturday fix. And it benefits my mind, too! If you would like to try NITRO, let me know. I'll send you a tube. There are **Young Living Essential Oil** distributors in Phoenix and Tucson, so we'll find a way to get it to you. Consider this option for improving your energy and your mind!

Krystyna@AzDanceCoalition.org / 520-743-1349

NITRO ingredients—Energy blend: D-Ribose, Green tea extract, Mulberry leaf extract, Korean ginseng extract, Choline, proprietary Nitro Alert™ oil blend: vanilla, chocolate, yerba mate, spearmint, peppermint, nutmeg, black pepper, wolfberry seed (goji); juice blend: cherry, kiwi, blueberry, acerola, bilberry, black current, raspberry, strawberry, cranberry; coconut nectar, natural flavors, pectin, xanthan gum.



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JOIN ADC



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

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

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

AzDanceCoalition.org



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Krystyna Parafinczuk, Treasurer (Southern Az)

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