

ARIZONA DANCE E★

FALL 2021

SPECIAL EDITION
Performance Season
Health & Wellness

DANCE SEASON
ANNOUNCEMENTS

NATIONAL
DANCE DAY

DANCING UNDER
THE STARS &
CONTEMPORARY MOVES
BALLET ARIZONA

ARIZONA DANCE
FESTIVAL
TEMPE CFA

RENEW & FOOTPRINTS
AT THE FOX
BALLET TUCSON

LEAPS FOR LIVES
DANCE COMPANY
SHOWCASE

REMEMBERING
JON CRISTOFORI
BALLET YUMA



JULIA CHACON
FLAMENCO INTIMO
SCOTTSDALE CENTER FOR
THE PERFORMING ARTS
PHOTO BY BYRON MEDINA



Arizona Dance e-Star

a publication of the *Arizona Dance Coalition*

Volume 11, Issue 2

Special Edition | Fall 2021

ARIZONA DANCE STATS 2021

550 Dance Businesses

266 Women-Owned,

Women-Managed

Dance Businesses (48% of all
dance businesses)

24 Nonprofit AZ Dance
Organizations (2018-19)

Revenue \$10,825,014

Expenses \$11,748,888

Personnel \$6.6 million

FALL ISSUE FEATURES

Dance Season

Announcements & Events

Remembering

Jon R Cristofori

Julia Chacon, Cover Artist

Vanessa Ramirez Q&A

Dr. Susan Bendix'

Moving Grief - Moving Loss

Healing Rituals

Fiscal Sponsorship

Headphones | Jobs | Grants

Dear readers,

The *Arizona Dance e-Star* returns with a special Fall Issue. Inside you will find **2021-2022 Dance Season Announcements** by our member Venues and Dance Companies in addition to the usual listing of member Events. The next issue will be in December.

September 13-19 we celebrate **ARTS IN EDUCATION** and September 18 is **National Dance Day**. We invite all of you to flood your social media accounts with stunning photos and clips of your dancers, students and teachers. September 17-26 is **National BALLROOM DANCE WEEK**, September 30/October 1 is **WORLD BALLET DAY**, and November 16 is **Int'l FLAMENCO DAY**.

Mark your calendars and plan your field trips (if allowed). Live dance events are back and let's hope venues and producers are making sure safety measures are in place – for all our sakes.

I'm happy to introduce you to **Julia Chacón**, our cover artist and advocate for local dance artists. You'll be interested in learning about **Vanessa Ramirez'** daytime job in my Q&A. I am also contributing two articles that may be of interest to you: **Fiscal Sponsorship vs Fiscal Agent** and **Headphones**. I question if wearing 'over-the-ear' headphones would make a choreographer's job easier and enhance creativity? **Dr. Susan Bendix** shares with us her inspiration for creating **Moving Grief - Moving Loss**. You can bring this workshop to your school/organization.

We lost one of our own – **Jon Cristofori** (Ballet Yuma) – on May 17, 2021. **Kathleen Sinclair Cristofori** shares with us Jon's career beginnings and achievements as a teacher, mentor and choreographer. His contributions in the small town of Yuma have been recognized in Arizona and on the global stage through his students.

Ed Flores has graciously contributed three photos of stunning dancers for September, October, and November **PHOTOS OF THE MONTH**. Thank you, Ed. Share this issue with your students, colleagues and dance friends. DANCE is thriving in Arizona. Let everyone know.

enJOY, Krystyna, Editor

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Thank you to our contributors: Julia Chacón, Vanessa Ramirez, Kathleen Sinclair, Donald Dadey, Carley Conder, Dr. Susan Bendix, Colton Kreuzer, Margaret Mullin, Ed Flores with dancers Hannah Weinmaster, Julia Hansch, and Hannah Moreno; all the members who shared their Healing Rituals, and all the members who provided such beautiful ads making this special Fall issue so beautiful.



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, organizations, foundations, and venues/presenters affiliated with 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. Send news, article submissions, advertising, and job postings to Krystyna@AzDanceCoalition.org. View the last page for more information.

Past *e-Star* publications are available at azdancecoalition.org/newsletters/.

MEET OUR COVER ARTIST



Photo by Michel Sarda

Julia Chacón is director of **Flamenco Theater** and returns to the **Scottsdale Center for the Performing Arts** (Stage 2 Theater) for the 4th season to present **Flamenco Intimo** throughout October.

Volunteer

Julia is a Dance Advisory Committee volunteer for Scottsdale Center for the Performing Arts and advocates for the increased visibility and professional opportunity for Valley dancers!

"When I see that administration truly cares about Arizona artists, I feel donating my time really makes a difference when we can engage local dance artists and present their work."

Arizona State University

When not performing, Julia is also completing her MFA in **Dance** (last year), starting a doctoral program / **Theatre and Performance of the Americas**, picking up a second master's degree / **Creative Enterprise and Cultural Leadership**, and teaching **Dance Culture & Global Context** – a course where she rewrote the curriculum.

Julia shares Healing Rituals

I find that the "big X" from my modern training with Bill Evans is the most centering activity I can do. It really puts me in my body and helps me to tune into where I need to find ease. I was introduced to Alexander Technique and Primal Alexander about two years ago, and I have really appreciated the idea of tuning into ease instead of tension in the body. It helps me to find where I can relax more, as opposed to fixating on pain.

For a full sensory escape I love baths by candlelight with low acoustic music. It might sound romantic, but I find it super nourishing to do that just for myself.

The last thing I do is use ibuprofen or CBD - either topically or as ingestible relief. I tend to take medicine rarely but it really helps me when I need quick relief.

Thank you, Julia, for all you do on behalf of dance arts in Arizona.

JULIA CHACÓN, Director, Flamenco Theater: 602-741-9495

Julia@inspiracionflamenca.com | flamencoaz.com



We Lost One of Our Own to Cancer

JON R CRISTOFORI

December 17, 1945 – May 17, 2021

Jon Cristofori, artistic director of **Ballet Yuma**, passed away on May 17th , 2021.

Jon enjoyed a professional dance career with the Joffrey Ballet from 1965-1969. There is nothing like an injury to shift a dancer onto the teaching track and that is what happened to Jon. Together with his dancing partner and wife, *Kathleen Sinclair Cristofori*, they opened the **Yuma Ballet Academy** in 1993 and created the nonprofit dance company **Ballet Yuma** with the support of the community.

Jon has taught at private studios and several colleges and universities around the United States, including Virginia-Intermont College, Birmingham-Southern College and the University of New Mexico. He has also been resident choreographer for the Flint Institute of Music and the former Arizona Metropolitan Ballet Company, and over the years has choreographed more than 80 original ballets.

Jon's ballet, *Romantic Pieces*, received the National Choreography Award at the Regional Dance America(RDA)/Pacific Festival in Provo, Utah, in 1996. His ballet, *Duendes Del Fuego*, was performed at the first ever RDA National Festival in Houston, Texas, in June 1997, and received recognition in the December '97 issue of **Dance Magazine**. Jon had two ballets chosen for gala performance the RDA/Pacific Festival 2000, in Modesto, California: *Pulse*, performed by Ballet Yuma, and *Spirals*, performed by Tucson Regional Ballet. *The Crux*, choreographed in 2017, was the highlight of the RDA National Festival at Symphony Hall in Phoenix and received a standing ovation from a crowd of over 2000 dance artists from across the United States. His last work was titled *Somewhere Else* which he choreographed in January 2021.

From 1982-1993 Jon and Kathleen directed the Yuma Ballet Theatre. Taking this small performing group to its first regional ballet festival in 1986, they built it into

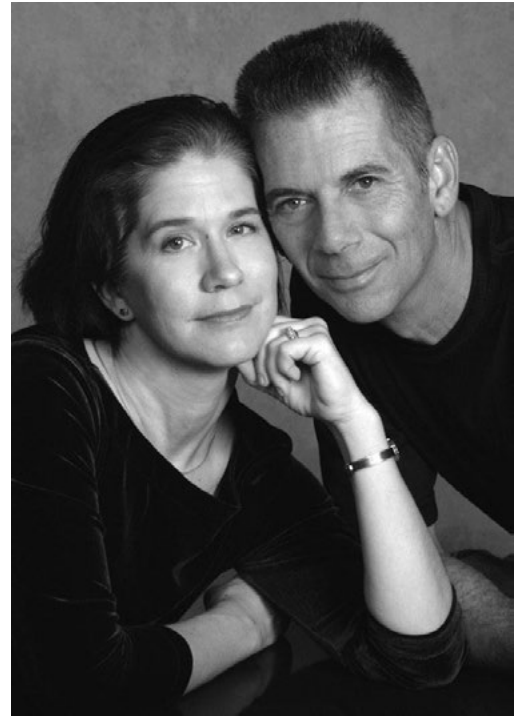


a Regional Dance America Honor Company by 1990. The opening of Yuma Ballet Academy and Ballet Yuma followed. Ballet Yuma has been recognized as an Honor Company with Regional Dance America, now known as The Ballet Alliance.

Their students have received numerous awards and scholarships and have or are dancing in professional companies today, including San Francisco Ballet, Les Grands Ballets de Canadiens de Montreal, Trey

McIntyre Project, Houston Ballet, Texas Ballet Theatre, Louisville Ballet, Les Ballets Trockadero de Monte Carlo, Ballet Memphis, Ballet San Jose, Ballet Idaho, Missouri Contemporary Ballet, City Ballet of San Diego, Utah Regional Ballet and English National Ballet. One even started her own company: Carley Conder | CONDER/dance (Phoenix).

Jon has twice been a grant panelist for the Arizona Commission for the Arts. In the spring of 2000, Jon served as the adjudicator for the Mid-States Regional Ballet Association's Festival in 2000 and Regional Dance America/Northeast Festival in 2009. He was honored to be one of the five adjudicators chosen for the RDA National Festival in Montreal in 2012 and was the adjudicator for the Regional Dance America/Northeast Festival in 2014.



Jon was father to Ben, married to Clarissa Bernal with children Kiley and Liam; Evan with children Maddex and Nova Claire; and Max.



A look back ... The Maestro

by Kathleen Sinclair Cristofori

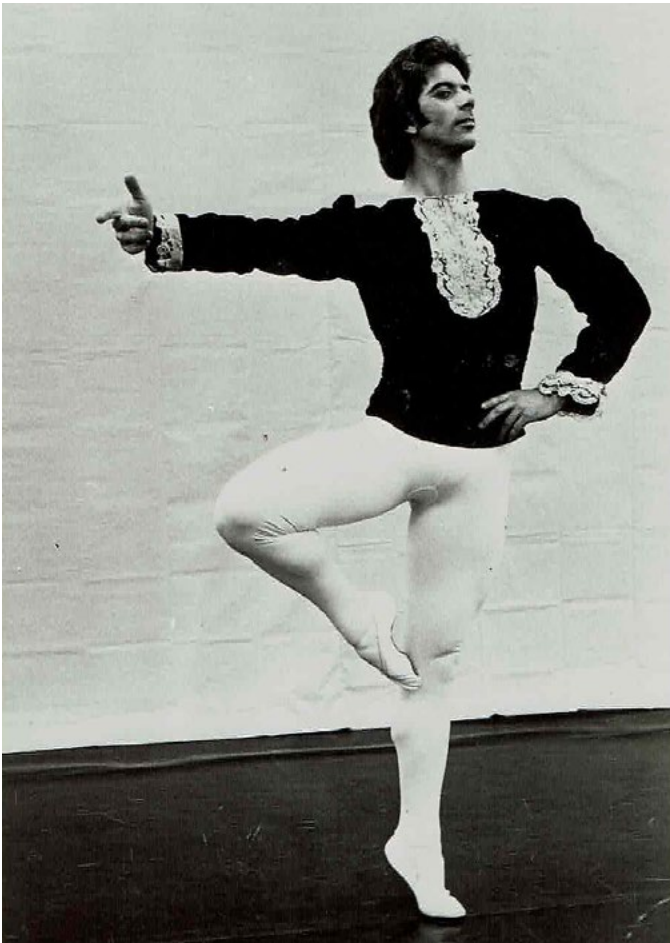
Jon Cristofori, born December 17, 1945, was adopted in October of 1947 by Guy and Margaret Cristofori of Buzzards Bay, Massachusetts. The arts called out to him at an early age; Jon studied the piano, sang as a boy soprano, and took dance classes in tap and ballet. When in high school he spent his summers at the renowned dance festival *Jacob's Pillow* under the tutelage of *Ted Shawn*. After high school Jon received a Ford Foundation scholarship to continue his dance training with the *National Ballet of Washington*, quickly becoming an apprentice with the professional company. A year later he joined the *Joffrey Ballet* in New York City.

Hard floors, touring on buses and the relentless choreographic challenges of Arpino ballets forced

Jon from the professional stage in the early '70s. But his passion for the dance did not die. Instead, it transferred to developing young artists in the classroom and on stage.

It wasn't until Jon came to Arizona that the stage was set for him to become '*the Maestro*'. Moving to Yuma in the early '80s just for another teaching gig became the creation of Jon's legacy. The opportunity to have years to guide and mentor students gave him the capacity





to make a dancer ready to venture out into the professional world and others to *conquer with excellence* whatever life called them to do. The number of former students working in the dance arena is amazing considering the limitation of this small rural Arizona town.

Every young man working under Jon's tutelage has had a professional career: *Andy Pacho* (directed own company in NYC), *Joseph Jefferies* (Pittsburg Ballet Theatre, Ballet Memphis and Ballet Trockadero now choreographer and teacher in the Boston area), *David Arce* (San Francisco Ballet now teaches and choreographs throughout the US), *Grant Spencer* (Sacramento Ballet, Company C, Ballet Trockadero, teaches in California and designs custom tutus) and Jon's last

male student, *Eric Snider*, now an Artist with the English National Ballet in London - all boys from Yuma.

Jon was just as successful with young women making dancers, choreographers and teachers including *Carley Conder*, *Lisa Choules*, *Nicole Choules*, *Erica Farrar*, *Emma MK Cong*, *Crystal Brothers*, *Callye Robinson*, *Annali Rose Clevenger*, *Crystal Greenwell*, *Kyndra Ricker*, *Amelia Gandara*, *Lorelei Bense*, and *Alyssa Myers*, just to name a few.





The words of former student *Grant Spencer* sums up the gifts Jon gave all his students:

The legacy of Jon Cristofori continues ~

Artistry

No class was ever complete without some form of artistic expression. That is why were we there, to learn how to dance, and you were not dancing unless you were finding expression in your movement. Each step could be explored, expanded, developed, and expressed. We were encouraged to go beyond, and once you thought you found the upper limit, there was always more. These moments of self-discovery brought us back, time and

time again, so we could continue the exploration of everything ballet had to offer. This quality can be seen from any dancer trained by Jon.

Passion

Anything worth doing is worth doing full-out with everything you had. One must also live in that moment, for it was gone right afterward. That sense of "now" was a common thread in any interaction with Jon. Emotions were always at the surface: humor, happiness, joy, disappointment, sadness, anger.... and always a result of the "now" having gone the way it could, would, or should. Through these emotions we saw the passion of a true artist and mentor; someone who loved the art so much that they gave everything to share their love.



Attention to Detail

All successful adults have an attention to detail. The only way to develop that attention to detail is to understand that the detail was missed in the first place. Each ballet class was curated to access details both big and small, for the detail in one step can be found again in another. Sometimes the detail could be carefully hidden within a storm of elements, and sometimes the detail would become a combination onto itself; never unimportant, never to be without care, and always to be done right the first time (if you were capable of doing so). The importance of this life skill has been provided to every student walking into Jon's class and will remain the reason that so many former dancers are successful adults.

Drive

The power of today is the drive to make things happen now. We were always expected to bring our best self, to do our best, and to continue to become more better today than we were yesterday. These opportunities found themselves in a well-crafted combination which provided the dancer an opportunity to find success. However, success was not always easy, and we were expected to continue pushing (driving) to find those successes. Eventually the breakthrough would happen. One just needed to keep pushing to find it, and Jon was always there to provide the opportunity.

These elements of artistry, passion, attention to detail, and drive propel me forward every day of my life. I'm forever grateful that Jon provided an environment to develop and master these skills. I've also done my best to share these skills to the next generation of dancers, thus continuing the legacy of Jon Cristofori.

Jon passed away on May 17th , 2021, from cancer. There will be Celebration of Jon's life and artistry on Saturday, December 11th with a special presentation of "The Nutcracker" at 3pm and celebration event at 7pm.

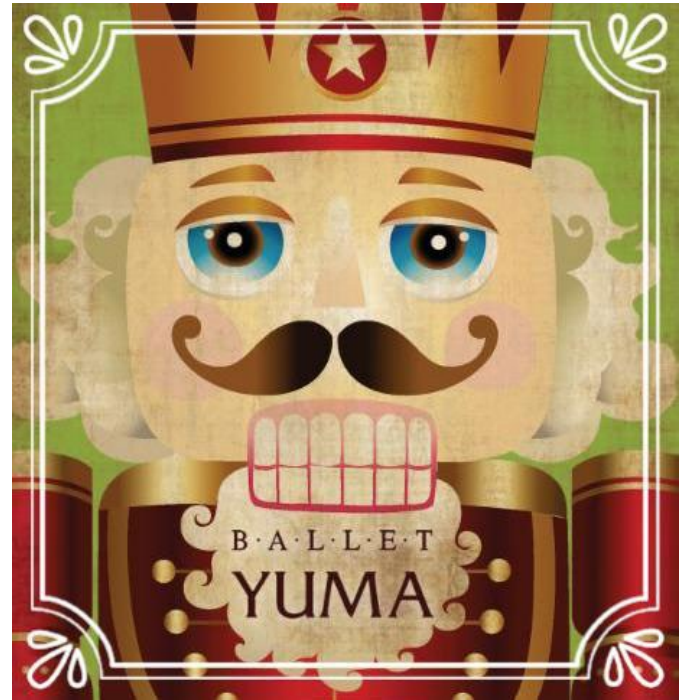
In the words of Khalil Gibran

.....and when the earth shall claim your limbs, then shall you truly dance.

It is my greatest hope that each one of you will come together in person or in spirit for a Celebration of Jon's life and artistry during our December Nutcracker weekend in 2021.

Kathleen

Ballet Yuma dancers about to perform Jon's most recent work "Somewhere Else." (April 17)



BALLET YUMA NUTCRACKER

December 10-12, 2021

Friday 7 pm, Saturday 3 pm, Sunday 1 pm

Gila Ridge HS Auditorium, Yuma

Jon, in his innovative and imaginative choreography, really put Yuma on the map in the dance world. Every ballet he created contained an element of magic that people were always talking about for days afterward. He will be missed by all dancers, audiences and fellow choreographers like me who were always impressed by his work.

Donald Dadey, Director, Scottsdale School of Ballet

Jon Cristofori was my first and most influential dance teacher. He was unsurpassed in his ability to cultivate musicality, artistry and attack in his students. I felt supported yet challenged as a young dancer ... laying the foundation for a lifetime in this field. I owe him a great deal.

Carley Conder, CONDER/dance



SEPTEMBER PHOTO OF THE MONTH

HANNAH WEINMASTER

UNIVERSITY OF ARIZONA SCHOOL OF DANCE GRAD
PHOTO BY ED FLORES

BALLET ARIZONA

IB ANDERSEN ARTISTIC DIRECTOR

Ballet Arizona celebrates its return to the main stage with a world premiere, iconic partnerships, a company premiere and classic favorites!



2021-2022 SEASON

Contemporary Moves

October 29 – 31
& November 5 – 7, 2021

The Nutcracker

With The Phoenix Symphony
December 10 – 24, 2021

Sponsored in part by Pivotal Foundation
F. Francis & Dionne Najafi

Romeo & Juliet

With The Phoenix Symphony
February 10 – 13, 2022

All Balanchine

March 24 – 27, 2022

World Premiere

Juan Gabriel
May 5 – 8, 2022

Produced by Jacquie and
Bennett Dorrance.

An Evening at Desert Botanical Garden

May 17 – June 2, 2022

SEASON TICKETS ON SALE NOW! balletaz.org | 602.381.1096
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Ballet Arizona dancers Arianni Martin, Nayan Iovino, Alejandro Mendez and Helio Lima. Photo by Tim Fuller.



Photo by Lindsay Borg

Q&A with **VANESSA RAMIREZ**

by Krystyna Parafinczuk

Krystyna: Vanessa, you are the founder and artistic director of **Ballet Folklórico Quetzalli-AZ**. You are a dance studio owner, educator, and business woman. This April you were selected as one of the **2021 Women of Chandler**, you received the first ever **ADC's Creating Connections Award**, and you were recognized by both *Chandler Mayor Kevin Hartke* and *Phoenix Mayor Kate Gallego* for your dance arts contributions. And April 29, 2021, (**International Dance Day**) was proclaimed **Vanessa Ramirez Day** by *Phoenix Mayor*

Kate Gallego. You are also President of **C.A.L.L.E. de Arizona**, and you will be producing the **22nd Annual Mariachi & Folklórico Festival** at the **Chandler Center for the Arts** on October 2nd.

Clearly you are a leader and a great role model for so many of your dancers and students. After this introduction, could you now share with our readers your **day job**.

Vanessa: I am a **Certified Hypnotherapist, Life Coach and Holistic Nutritionist**. I am a graduate of **Southwest Institute of Healing Arts - Mind Body Wellness Practitioner Program** and **Energetic Health Institute's Holistic Nutrition Program**.

Krystyna: What made you choose this profession?

Vanessa: I chose this profession because I feel that it is important for us to get to know our bodies on a more holistic approach. I think it's important that we find alternative ways to heal, cope, and nurture ourselves. We live such hectic lifestyles that it is easy to get lost in the fast paced *to-do's* and forget to care for ourselves. I love to help others find peace within, to heal and transform their lives for their highest good. Especially with all the anxiety that we are experiencing with this Pandemic, hypnotherapy can definitely be of benefit to help ease the anxiety and or help cope with the grieving process.

Krystyna: Do you feel 'hypnosis' can benefit dancers, students, presenters/ producers and administrators?

Vanessa: Hypnotherapy is a wonderful therapy with many benefits for dancers, students, presenters, teachers and just about everyone who needs to find that quiet space to relax, release stress, anxiety and find peace and comfort. I often use hypnotherapy with my dancers to help them focus or ease their nerves when we are getting ready for a big show. We call it **Meditation Monday!** They love it!



Beach in Huatulco

Krystyna: What is your personal favorite stress-relieving ritual?

Vanessa: Personally, I enjoy drinking Chamomile and Lavender tea. I do an energy cleanse with Palo Santo, meditate and special breathing techniques to help me get grounded and ease the anxiety of all that I have on my to-do list. Sundays I take some time for myself and I soak in a bath with essential oils, and meditate.

Krystyna: Do you have a 'healing' tonic of choice?

Vanessa: Lavender essential oil is a MUST for me and I burn Palo Santo.

Krystyna: If any readers would be interested in trying your services or having a consultation, how can they get a hold of you?

Vanessa: If anyone is interested in a free consultation they can reach out to my via email at vanessa.ram.esq@gmail.com, by phone 480-326-2722 or on Social Media: Facebook @CoachVane and Instagram @vanyrz1

Krystyna: A few quick questions: What's your favorite beach?

Vanessa: Huatulco, Oaxaca

Fav flower? Lilies, Roses and Sunflowers

Fav color? Too many. I like black, but I'm also very colorful.

Fav food? Tacos de Papa (*Rolled tacos stuffed with mashed potatoes*)

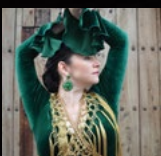
Drink? Tequila and Mezcal, Sparkling Water

Krystyna: Thank you, Vanessa, for sharing a little more about yourself and your day job! Fascinating. Am thinking quite a few of us could use a few hypnotherapy sessions these days! Get your appointment book ready and good luck with the upcoming **C.A.L.L.E. de Arizona's 22nd Annual Mariachi & Folklorico Festival!**



CONTEMPORARY DANCE SERIES

experience classical form and innovative movement



Julia Chacón Flamenco Theatre Presents

Flamenco íntimo

Fridays October 1, 8, 15, 29, 7:30 p.m.
Saturdays, October 2, 9, 16, 30, 7:30 p.m.



Julia Chacón Flamenco Theatre

Flamenco por la Familia

Sunday, October 17, 1:00 p.m.



Ashwini Ramaswamy

Let the Crows Come

Saturday, January 15, 8:00 p.m.



MOMIX

Friday, March 11, 8:00 p.m.





Dorrance Dance

Friday, March 25, 8:00 p.m.

Title Partners:  **TIFFANY & CO.**  **Great American**

Presenting Sponsors: Betty Hum and Alan Yudell,
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Susan Bendix describes her journey to creating

Moving Grief – Moving Loss

I was abruptly widowed and left with a small child. Everything felt surreal. I was being called daily by the mortuary asking what was to be done with the body. Friends were asking what they could do to help. I had no idea how to deal with any of it. I was broke. Family was far away. The nature of the death was controversial bringing an added layer of drama. I was in shock.

I remember sitting in a grief support circle. I was not at all comfortable. I didn't speak. But when I went to pick up my daughter in the children's grief group, they were moving around, drawing, writing, gluing this or that. I remember feeling so much better in that room with wounded grieving children than in my own group of wounded grieving parents.

This was basically the springboard for [Moving Grief – Moving Loss](#). I'm a dancer, choreographer and improvisational artist. The world of creative expression has profound power as a way to explore difficult feelings. Grief groups and talking can be tremendously valuable. But as a dance artist, I found processing grief from an embodied expressive perspective made more sense.

Movement is my language.

I developed my program over several years. It incorporates dance, theater, improvisation and ritual. Though [Moving Grief – Moving Loss](#) is innovative and progressive, it is not new. The therapeutic nature of movement, voice and ritual have been instinctively understood for a very long time. Physical expression within community offers health and healing outcomes no pill or talk therapy alone can provide.

While developing [Moving Grief – Moving Loss](#), I received a project grant from the Arizona Commission on the Arts to further develop the project. I became a certified Somatic Experience™ Practitioner – which is a psycho-therapeutic approach to trauma as it lives in the body. This has greatly influenced this work.

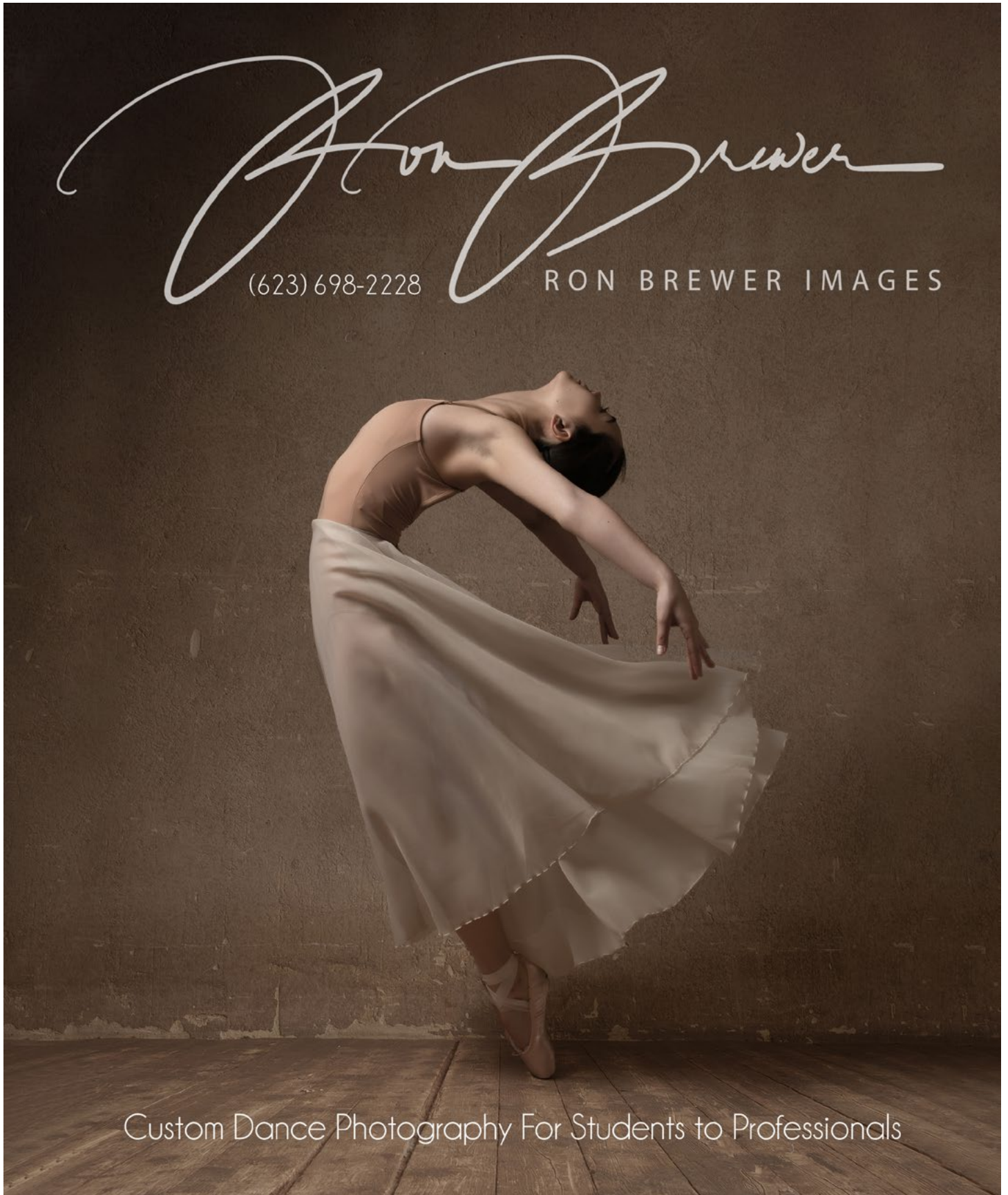
I've presented this workshop to adolescents and adults. People seem hungry for this expressive approach to loss. There is so much loss right now – a seemingly endless supply. [Moving Grief – Moving Loss](#) is of tremendous benefit in terms of helping people through the difficult journey of loss. It offers personal healing and fosters supportive community.

For dance artists and choreographers, it offers a new way to generate choreographic material. For theater artists it offers a way to develop embodied monologues. For non-dance and non-theater people, it offers an exploration into creative expression and a way to be more fully human!

Learn how you can bring [Moving Grief – Moving Loss](#) to your school, studio, and community by reading this recent news post published August 6, 2021 (click on the title):

DANCE HEALS GRIEF & LOSS – A Workshop for Your Studio or School

Dr. Susan Bendix, a trained dance, somatics and mindfulness instructor in Tempe, would you like to offer your students, patrons or clients a way to process some of the grief and loss experienced during this pandemic in a healthy, mindful and artful way. [Moving Grief – Moving Loss](#) offers a community-oriented way to reflect, recover and process the unusual events of this extraordinary year and a half. This workshop offers the opportunity to bond, build empathy, community and self-awareness. Continue reading [here](#) for details or contact Dr. Susan Bendix at susanbendixmoves@gmail.com or call 602-430-0572 | think-motion.org.





ECONOMIC IMPACT IN AZ

Have you signed up to be on the **AZ DANCE PROFESSIONALS LIST** to participate in the Economic Impact Study? **BE COUNTED.** Read more [here](#) and sign up!

Surveys are in the process of being created for **INDIVIDUAL DANCE PROFESSIONALS**: freelance artists, educators (W-2, 1099), costume designers, etc, and **DANCE ORGANIZATIONS**: performing companies/teams/groups, schools/studios, dancewear stores, community centers, and similar.

The summer has been spent connecting with others in the state and country that are pursuing the same goal — *determining the value and economic impact of the DANCE INDUSTRY in our respective state or city*. The focus is not on 'non-profits' only, but the entire dance industry.

FOCUS GROUPS

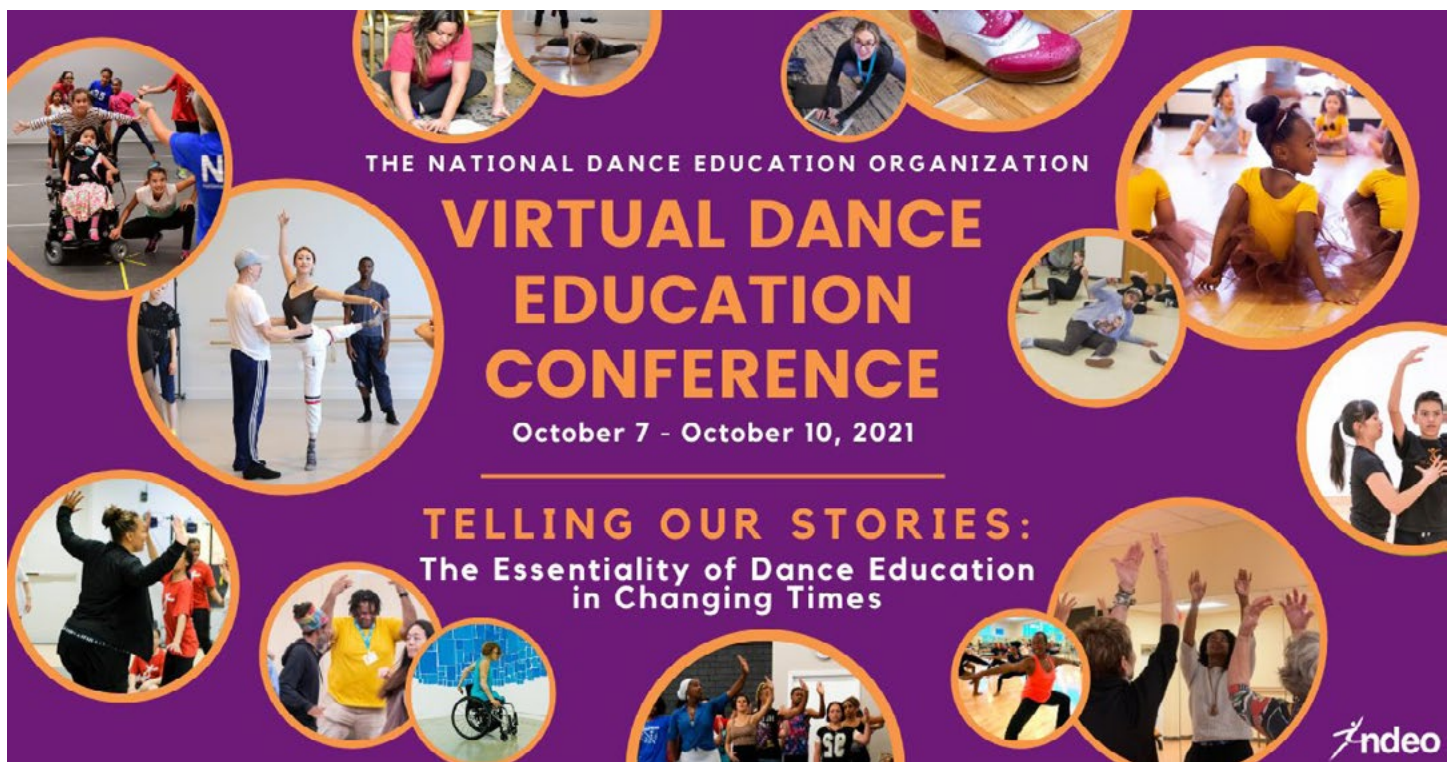
Would you like to participate in a Focus Group to 'test' the surveys? You will receive a small monetary token of our appreciation for your participation and feedback.

→ Email Krystyna@AzDanceCoalition.org with your best contact information, job title, and city/town. We need to create diverse groups representative of our many styles and careers in dance.

INCENTIVES

Participation in surveys is most successful when there are 'incentives.' A selection of posters featuring Arizona dancers will be offered (printed) as well as a commissioned poster by portrait artist and muralist **Alejandra Trujillo** featuring a Native American Hoop dancer, a Ballet Folklorico dancer, a Flamenco dancer, and a Dia de los Muertos dancer set against a backdrop of Arizona mountains, saguaros, and a multi-colored sky and sun illuminating our theme -- **Dancing Enriches Arizona Lives**. Can you contribute to our INCENTIVE PACKAGE? Prizes: tickets to performances, spa treatments, discounts on services/classes, etc.

→ Email Krystyna@AzDanceCoalition.org with your ideas and offerings.



Join us for the **23rd Annual National Dance Education Organization Conference**
TELLING OUR STORIES: *The Essentiality of Dance Education in Changing Times*
Register now: ndeo.org/conf2021 — Become an AzDEO Member!



September 3, Friday, 5-7 pm. The Vista Center for the Arts, 15660 N Parkview Place, Surprise. The inaugural Surprise Mayor's exhibit — ***A Tribute to Our Heroes*** — is presented in partnership with the West Valley Arts Council, The Vista Center for the Arts, and Ground Floor Artists, and marks the 20th anniversary of the tragedy of 9/11. A clip of ***Sacred Ground***, a piece

choreographed by **Professor Janaea Lyn McAlee**, and performed by **DancEstrella** (Estrella Mountain Community College, Avondale), will be viewed at the opening reception. ***Sacred Ground*** premiered in 2001 and was set on DancEstrella for the 14th anniversary of 9/11 in 2016. The exhibit runs from September 3 to November 11 at The Vista Center and aims to reflect on how the heroes of this day have shaped, and continue to shape our nation into one of support, togetherness and collective endurance.

Ballet TUCSON

Mary Beth Cabana - Founding Artistic Director

THE RETURN OF ART THAT MOVES

2021 | 2022

reNEW

FALL CONCERT

October 22–24

Leo Rich Theater

FOOTPRINTS AT THE FOX

NEW WORKS CONCERT

In partnership with the Fox Tucson
Theatre Foundation

November 14

Fox Tucson Theatre

THE NUTCRACKER

December 23–26

Tucson Music Hall

reFRESH

WINTER CONCERT

In partnership with the Tucson Desert Song Festival

January 28–30

Leo Rich Theater



reINVIGORATE

SPRING CONCERT

April 1–3

Leo Rich Theater



Photo by Ed Flores

520.903.1445

www.ballettucson.org

Tucson's Professional Ballet Company



National Dance Day is September 18, 2021

American Dance Movement presents the **2021 National Dance Day Routine** choreographed by Brian & Scott Nicholson and set to the song *“Break Free”* by Ariana Grande ft Zedd along with dancers Kris Terry, Joesar Alva, Paula Ayotte, Auti Angel and Chelsie Hill.

<https://youtu.be/24-UJbZhifc>

Founded by Nigel Lythgoe and Congresswoman Elenor Holmes Norton, National Dance Day celebrates Dance as a valuable form of exercise and of artistic expression. Please learn the routine and translate it to any ability or skill level by making it your own and putting your own spin on it. Post your videos to social media and tag us @americandancemovement using the hashtag #nationaldanceday2021 & #dancewithadm. We can't wait to dance with you on Saturday September 18th. Visit americandancemovement.org for more information.

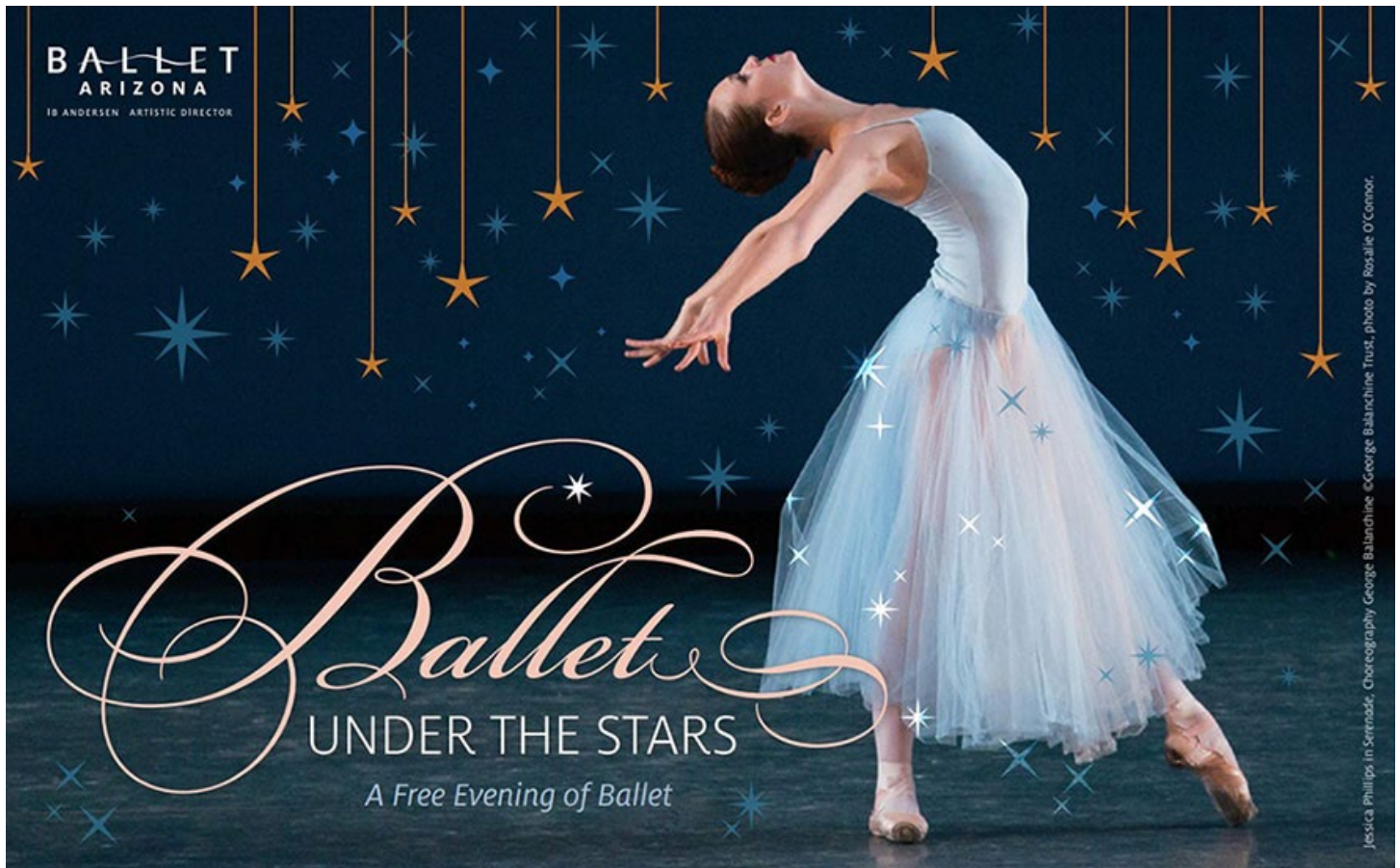
<https://www.facebook.com/AmericanDanceMovement/>



OCTOBER PHOTO OF THE MONTH

JULIA HANSCH

UNIVERSITY OF ARIZONA SCHOOL OF DANCE JUNIOR
PHOTO BY ED FLORES



BALLET ARIZONA presents BALLET UNDER THE STARS

Performances begin at 7 pm and are free and open to the public for communities in Fountain Hills, Glendale, Goodyear and Phoenix.

Bring a blanket or lawn chair and enjoy a varied program, complete with a stage, lighting, costumes, and beautiful Arizona weather.

You won't want to miss this perfect show for the entire family.

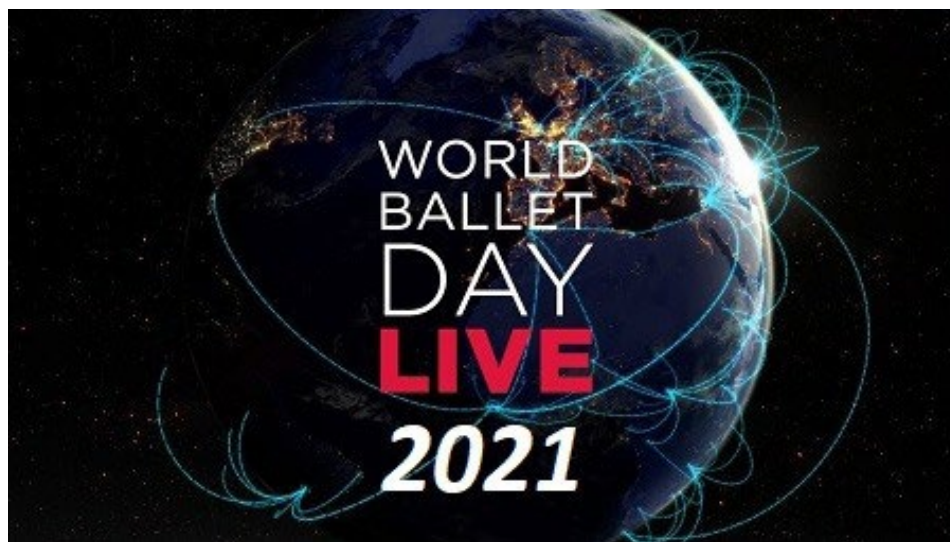
It is a great way to introduce classical and contemporary ballet to your children for the first time!

Wednesday, September 29 – Fountain Park, 12925 N Saguaro Blvd, Fountain Hills

Thursday, September 30 – Sahuaro Ranch Historic Park, 9802 N 59th Ave, Glendale

Friday, October 1 – Estrella Lakeside Amphitheater, 10300 S Estrella Pkwy, Goodyear

Saturday, October 2 – Steele Indian School Park, 300 E Indian School Rd, Phoenix

**WORLD BALLET DAY****Sept 30 - Oct 1****North America****October 1****Australia/Asia/****Europe****Facebook****YouTube**

WORLD
BALLET
DAY
LIVE
2021

ROYAL ACADEMY OF
DANCE





MOVEMENT SOURCE DANCE COMPANY 2021-2022 SEASON

OCT 22/23
MAR 5/6

ARIZONA DANCE FESTIVAL
TROLLEY DANCES

TEMPE CENTER FOR THE ARTS
SCOTTSDALE, ARIZONA

WORKSHOPS, CLASSES, OUTDOOR AND ART GALLERY PERFORMANCES COMING!
CHECK OUR SOCIAL MEDIA FOR UPDATES

WWW.MOVEMENTSOURCEDANCECOMPANY.ORG

SPONSORED IN PART BY PHOENIX OFFICE OF ARTS AND CULTURE, AZ COMMISSION ON THE ARTS AND SCOTTSDALE ARTS

C.A.L.L.E. de Arizona and *Maestra Vanessa Ramirez* present
22nd Annual Chandler Mariachi & Folklorico Festival

October 2, Saturday, 7 pm. Chandler Center for the Arts, 250 N Arizona Avenue, Chandler. *Ballet Folklorico Quetzalli-AZ* and *Herencia Mexicana* perform with *Mariachi Tesoro De Tucson* and special guest soloist *Sandra Guevara*. Doors open at 5 pm for VIP experience - \$75. **Tickets:** \$35-\$55 | 480-782-2680

Chandler Center for the Arts and C.A.L.L.E. de Arizona presents
22nd Annual Chandler
MARIACHI & FOLKLORICO
Festival

Sandra GUEVARA

OCTOBER 2ND, 2021 - 7:00PM

Mariachi Tesoro De Tucson

Doors open at 5:00pm for VIP experience!
 Garibaldi Mercado and Pre-show in the lobby

Face Masks not required but encouraged

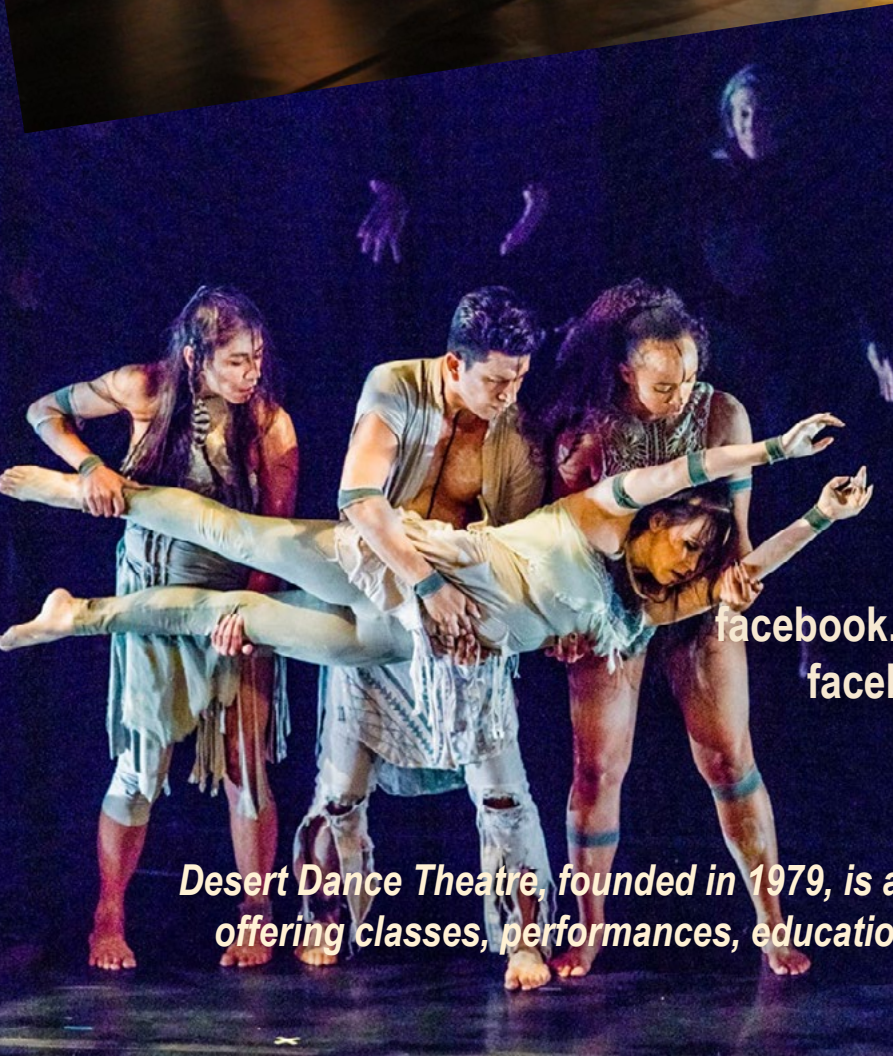
Tickets on sale at www.chandlercenter.org or by phone at 480.782.2680

Herencia Mexicana *Ballet Folklorico Quetzalli-AZ*

Chandler Center For the Arts, 250 N. Arizona Ave, Chandler, AZ 85225



Dancing into the future...



**DANCERS NEEDED
2021-22 Season!**

Lisa@DesertDanceTheatre.org

Rehearsals in Phoenix

facebook.com/groups/DesertDanceTheatre

facebook.com/DesertDanceTheatreAZ

twitter.com/DesertDanceAZ

Desert Dance Theatre, founded in 1979, is a 501(c)(3) nonprofit organization offering classes, performances, educational programs and residencies.



Photo by Byron Medina

FLAMENCO INTIMO with Julia Chacón's Flamenco Theatre

Fridays & Saturdays in October, 7:30 pm

Family Matinée October 17, Sunday, 1 pm

Post Show Discussions about Spanish Legacies on Friday & Saturday night, October 29-30.

Scottsdale Center for the Performing Arts, Stage 2 Theater, 7380 E Second St, Scottsdale. Tickets:

\$26.50+, Family show \$15 children, \$20 adults

www.ScottsdalePerformingArts.org or 480-499-TKTS (8587)

Nine exclusive shows throughout the month will feature the authentic and passionate dance and music of southern Spain with internationally acclaimed musicians. *"Julia Chacón and her cast put on a main event show that is one of our yearly attractions,"* said

Abbey Messmer, the center's programming director.

"We're thrilled to host these performances and to introduce an accompanying one-of-a-kind museum exhibit that explores Arizona's deep roots and contributions to the art of flamenco."

Chacón's accompanying exhibit (ArtReach Space | Oct-Nov), *"Spanish Legacies: 75 Years of Spanish Dance,"* pays tribute to Valley artists *Lydia Torea*, Chacón's mentor and inspiration, *Adelino Fernandez* (1901-1978), *Laura Moya* (1914-2005) and *Dini Roman*. The display showcases historical media coverage, photographs and accoutrements of Spanish dance, including elaborate and vibrant costumes, fans, shawls and shoes. www.scottsdaleartslearning.org

"Flamenco has something for everyone – virtuosic guitar, soulful vocals, and powerful dance that ignites every passion," said Chacón. *"I'm thrilled to work with the Scottsdale Center for the Arts to keep this tradition alive and to honor the American pioneers of flamenco who inspired me and even modern dance icons like Martha Graham, Ruth St. Denis, and Ted Shawn."*

The 7:30pm shows feature musical director and guitarist *Misael Barraza Diaz*, singer *Olivia Rojas*, a nationally performing flamenco vocalist and director of Flamenco por la Vida; dancer *Martin Gaxiola*, former director and founder of Calo Flamenco; flautist *Diana Schiable* of Tucson and dancer *Francisca Ivon Nava*, protégé of *Laura Moya* (Oct. 29-30 only).

An abbreviated children's matinee with limited audience participation is scheduled October 17th at 1pm. On October 29-30 dancers will perform works inspired by Torea, Roman and Moya and Diaz will create original music inspired by emblematic guitarists of the 1940s through 1960s and post-show artist discussions will occur with the artists joined by Torea and Roman.

ARIZONA
ETHNIC &
TRADITIONAL
DANCE FESTIVAL

Presented by



OCTOBER 7, 2021 • 6:00 p.m.

Fox Tucson Theatre

Celebrating cultures through movement and wellness



Tickets \$15

Youth 16 and under
free with reservation

Purchase at:
tucsonmeetyourself.org/dance

Produced by Tucson Meet Yourself
and Southwest Folklife Alliance

A stunning line-up of the region's most accomplished dance ensembles including Suzuyuki-Kai Traditional Japanese Dancers, Lajkonik Polish Folk Ensemble, and Barbea Williams' Performing Company. Plus Siva Maia Polynesian Dancers, Sound of Thunder Korean Dance and Drumming, Yellow Bird Indian Dancers, Urvashi Indian Dancers, Ballet Folklorico Tapatio de Tucson, Somos Tango, Celtic Steps, and Flamenco del Pueblo Viejo.

As required by the Fox Theatre, all attendees must show proof of vaccination or a negative COVID test. Please contact the Fox Theatre with any questions or for further information.

Photo: Roshan Spottsville

Dancer: Talon Ree Duncan, Arikara

Yellow Bird Indian Dancers, an Arizona-based company whose members represent and perform Native American dance traditions from across the country.



Tucson Medical Center Healthcare
presents

Arizona Ethnic & Traditional Dance Festival

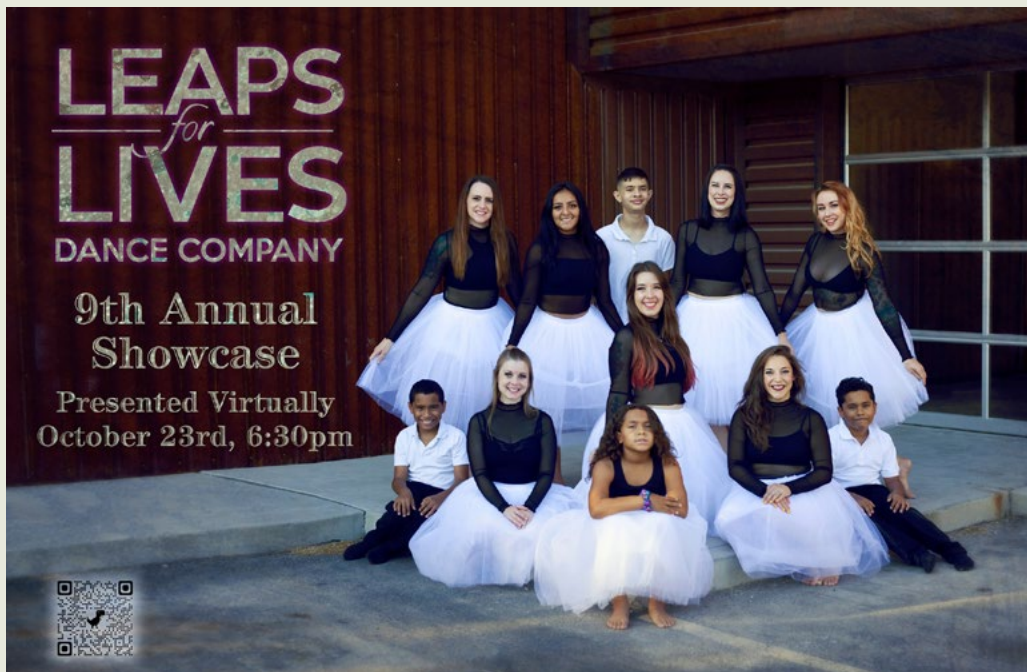
Thursday, October 7, 6 pm

FOX TUCSON THEATRE

*Suzuyuki-Kai Traditional Japanese Dancers | Lajkonik Polish Folk Ensemble
Barbea William's Performing Company | Siva Maia Polynesian Dancers
Sound of Thunder Korean Dance and Drumming | Yellow Bird Indian Dancers
Urvashi Indian Dancers | Ballet Folklorico Tapatio de Tucson | Somos Tango
Celtic Steps | Flamenco del Pueblo Viejo*

Organized & produced by **Tucson Meet Yourself & Southwest Folklife Alliance.**

Angelina Ramirez, Flamenco dancer formerly with Phoenix's Flamenco por la Vida, is the curator. **Tickets** are \$15, 16 and under are free with a reservation. Proof of COVID-19 vaccination or a negative COVID-19 test result required for entry. Fox Theatre: 520-624-1515 Tues-Fri 12 noon-4 pm.



October 23, Saturday, 6:30 pm. Leaps for Lives will be holding a virtual 9th Annual Fall Dance Showcase to benefit So AZ animal welfare organizations. They are selling Bonfire t-shirts designed by Sketchbook to help cover production costs. To purchase, go [here](#).

Arizona Dance Coalition's online **EVENTS CALENDAR** has 6 'view' options. The default is MONTHLY, but you can also view events by photos, list, day, week and map. For up-to-date listings, go here:

<https://www.azdancecoalition.org/calendar/>

The collage displays five different views of the Arizona Dance Coalition's online Events Calendar:

- Monthly View:** Shows a calendar grid for December 2021. Events are listed by date, including "Ballet Arizona - The Nutcracker" and "Ballet Arizona - Contemporary Moves".
- List View:** Displays a list of events with thumbnail images and titles, such as "Arizona Dance Festival 2021 (Tempe)", "Ballet Arizona - Contemporary Moves", and "Julia Chacon Flamenco Theatre: Flamenco Intimo".
- Day View:** Shows a detailed view of a specific day, October 1, 2021, listing events like "Ballet Arizona - Ballet Under the Stars 2021" and "Julia Chacon Flamenco Theatre: Flamenco Intimo".
- Map View:** Displays a map of the Scottsdale area with event locations marked. A list of events is shown on the right side of the map.
- Event Detail View:** Provides a detailed description of the "Ballet Arizona - Ballet Under the Stars 2021" event, including performance times, ticket prices, and a description of the show.

OCT 21 | 7:30PM | CENTENNIAL HALL

MARK MORRIS DANCE GROUP PEPPERLAND



JAN 13, 2022
LET THE CROWS COME



APR 2, 2022
DORRANCE DANCE

October 22-23, Friday-Saturday, 6:30 pm. Tempe Center for the Arts, Studio Theatre and East Breezeway, 700 W Rio Salado Parkway, Tempe.



Desert Dance Theatre is proud to present the 21st 'in person'

2021 ARIZONA DANCE FESTIVAL

(ADF) indoors in the TCA Studio and outside in the Breezeway.

ADF will hold two different performances featuring emerging dance artists and groups as well as professional dancers and companies from all genres and styles of dance.

An eclectic variety of choreography

and dance films from Arizona, the Southwest, and beyond, will give audiences a taste of what is happening in Arizona's dance scene. A virtual broadcast will be available for a limited time.

Desert Dance Theatre provides a platform for dance companies to get exposure and promote their work, to have a performance opportunity, to experiment with new work, and to connect with others in the dance community. On April 29, 2021, (International Dance Day) the **Arizona Dance Coalition** recognized *Lisa R Chow*, organizer of ADF, with its first **CREATING CONNECTIONS AWARD**. Over ADF's 20-year span more than 10,000 people have viewed 2000+ dancers and groups perform in the Festival.

The **Arizona Dance Coalition** will conduct a post show "Talk Back" where the audience is invited to exchange dialogue with dance company artistic directors, choreographers, dancers, and collaborators of the evening performances.

For more info, contact Lisa R Chow at Lisa@DesertDanceTheatre.org or 480-962-4584.

Tickets*: \$20 Adult, \$15 Senior, \$15 Student, \$13 Group of 10+, \$13 Special Groups with Promo Code | \$35 Adult for 2 shows, \$25 Senior/Student/Military for 2 shows
TCA Box Office: 480-350-2822

**ticket prices do not include service or convenience fees.*



Photo by Ed Flores of Dominic Barrett

October 22-24, Friday 7 pm, Saturday-Sunday 2 pm.

Leo Rich Theater, 260 S Church Ave , Tucson.

Ballet Tucson presents **reNEW** — four works, two Ballet Tucson premieres.

Concerto Barocco (*George Balanchine*) *Ballet Tucson premiere.* Concerto Barocco is the dance visualization of Johann Sebastian Bach's Concerto in D Minor for Two Violins. As relevant today as it was on the debut program of New York City Ballet in 1948, Ballet Tucson dances this masterful work with verve and panache. Presented with permission by New York City Ballet

A Piece in P-I-E-C-E-S (*Kiyon Gaines*) *Ballet Tucson premiere.* Celebrated choreographer Kiyon C. Ross of Pacific Northwest Ballet brings his signature sleek and power-packed style to our stage with this dynamic work for ten dancers.

Sleeping Beauty Grand Pas de Deux (*Chieko Imada after Marius Petipa*) Experience the return of classical ballet's timeless grandeur through this beautiful pas de deux from the third act of The Sleeping Beauty.

Masquerade (*Mary Beth Cabana and Chieko Imada*). Our fall program concludes with the exhilarating and colorful pageantry of Masquerade. Light-hearted and upbeat, it makes the perfect finale for our triumphant return to the stage!

Tickets \$40+ | 800-745-3000 (Ticketmaster)

JOBS: **Ballet Tucson** is seeking Male Dancers for the 2021-2022 season. Full and partial season contracts. Submit audition materials (resume, headshot, dance photograph and dance reel) to operations@ballettucson.org as soon as possible.

MOMIX



Red Sky Performance *Trace*

Sat, Nov 6, 2021
7:30 PM
FREE

A highly kinetic contemporary dance inspired by Indigenous sky and star stories. The piece offers a glimpse into human origin as well as its future evolution.

Open Rehearsals

Oct 27 & Nov 1
2:30 - 5:00 PM



MOMIX *Viva MOMIX*

Tue, Mar 8, 2022
7:30 PM
Tickets start at \$35
Youth \$5

The internationally known company of dancer-illusionists present pieces of astounding inventiveness and physical beauty.



Dorrance Dance *SOUNDspace*

Tue, Mar 29, 2022
7:30 PM
Tickets start at \$30
Youth \$5

Enthralling performance by the award-winning tap dance company that explores what is thrilling, brilliant and beautiful about tap dancing - movement and music.

Full Season Details at
DEWPAC.ORG
928.684.6624



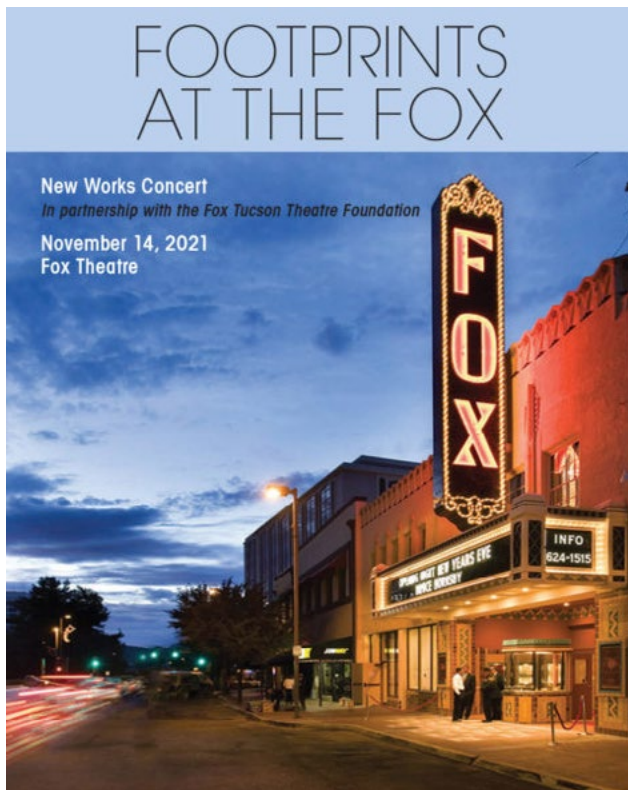
October 29-31, and November 5-7, Fridays-Saturdays, 7:30 pm, Sundays 5:30 pm, 3 pm Saturdays, and 1 pm Sundays. Dorrance Theatre, 2835 E Washington St, Phoenix. *Ballet Arizona* presents **CONTEMPORARY MOVES** to kick off their 36th Anniversary Season featuring *In Creases* set to Philip Glass' Four Movements for Two Pianos showcasing the virtuosity of the dancers with fast-paced and intricately patterned choreography; *Les Patineurs*, a 'skating' collection of vignettes by Sir Frederick Ashton; and *Mambaz*, choreographed by Nayo Lovino, named the "Best Up-and-Coming Choreographer" by AZCentral. Lovino created this work in 2019 to honor Artistic Director Ib Andersen's 20th Anniversary with Ballet Arizona. Don't miss this fun and festive Latin-inspired celebration featuring live music performed by Josiel Perez and Company. [Tickets](#).

Ballet Arizona Box Office: 602.381.1096
Hours: Monday – Friday from 9 am – 5:30 pm
2835 E. Washington St. Phoenix, AZ 85034



NOVEMBER PHOTO OF THE MONTH

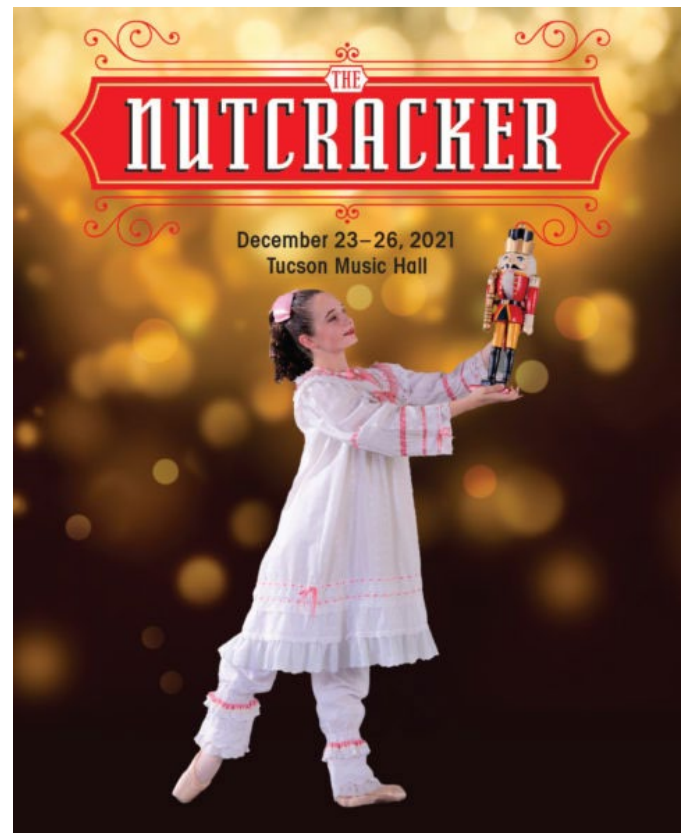
HANNA MORENO | TUCSON
PHOTO BY ED FLORES



November 14, Sunday, 2 pm. Fox Tucson Theatre, 17 W Congress St, Tucson. *Ballet Tucson*, in partnership with the *Fox Tucson Theatre Foundation*, presents **FOOTPRINTS AT THE FOX – New Works Concert**. Cheer the next generation of dance makers at the historic Fox Tucson Theatre with engaging new works created by our professional company of dancers. Vote for your favorite piece – winners will be announced on Instagram and Facebook, and awarded a cash prize! **Tickets** \$30 (festival seating). 520-903-1445 tickets@ballettucson.org | www.eventbrite.com

December 23-26, Thursday 7 pm, Friday 3 pm, Sunday 1 & 5 pm. Tucson Music Hall, Tucson. *Ballet Tucson* presents **THE NUTCRACKER**. Witness the exciting return of Ballet Tucson's beloved production! Missed by many, The Nutcracker is back to continue its tradition of filling audiences with the joy and wonder for the 2021 holiday season. Join us for a magical journey through swirling snowflakes, giant mice and soldiers, and the breathtaking Kingdom of the Sweets. Our award-winning production is your ticket to make memories that will last a lifetime! **Tickets** \$37-\$65*. Discounts for groups, students, seniors, military. 800-745-3000

**Base ticket price does not include any applicable surcharges/processing fees.*
520-903-1445 | ballettucson.org





Ballet Arizona, with The Phoenix Symphony, present

THE NUTCRACKER

December 10-24, 2021 | 15 performances

Symphony Hall, 100 N 3rd St, Phoenix

Times vary for these 15 performances celebrating the joy and wonder of the season with *ib Andersen's The Nutcracker*. Tchaikovsky's cherished score is masterfully performed by **The Phoenix Symphony**. Follow Clara's wintry adventures as she battles mischievous mice and charms the Sugar Plum Fairy. Whether this is your first Nutcracker or your 101st, this heartwarming tradition never fails to enchant and draw smiles from all!

Tickets \$30-\$170.



MESA
ARTS
CENTER



2021-22

PERFORMING *Live*



RIVERDANCE: 25 YEARS OF RIVERDANCE

Feb 9 - 13 | Times Vary

BALLET FOLKLÓRICO DE MÉXICO DE AMALIA HERNÁNDEZ

Fri, Apr 1 | 8:00 PM

ALVIN AILEY ® AMERICAN DANCE THEATER

Sat, Apr 16 | 2:00 & 8:00 PM

GET TICKETS AT [MESAARTSCENTER.COM](https://mesaartscenter.com)

Alvin Ailey ® American Dance Theater's Jacqueline Green. Photo by Andrew Eccles.

ASU Gammage
Arizona State University



Hamilton | September 8-October 10

Mean Girls | November 2-7

My Fair Lady | December 7-12

What Problem? | April 2, 2022

Come From Away | June 14-19, 2022

The Lion King | July 7-31, 2022

Oklahoma! | October 18-23, 2022

Tickets: Box Office 480-965-3434, boxoffice@asugammage.com

Box Office is taking calls M-Th, 10 am-5 pm at 480-965-3434

asugammage.com



MEMBER ANNOUNCEMENTS

Ballet Folklórico Quetzalli-AZ performed at the **Mesa Historical Museum – Diversity of Mesa Exhibit** opening event on Saturday, August 28th. Event featured **Mayor John Giles** and **Councilmember Mark Freeman**, vocalist **Joyce Bailey** and a Japanese dancing trio. Exhibit runs through June 2022, 2345 N Horne Rd, Mesa.



Ballet Yuma's Mia Williams has been accepted for the winter term on full tuition/partial residence scholarship to the **School of American Ballet (SAB)** in NYC. *Congrats, Mia!*

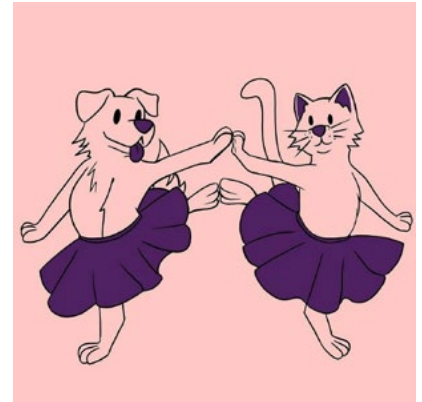
Mia began her ballet training at the age of 9 at **Yuma Ballet Academy** under **Kathleen Sinclair** and the late **Jon Cristofori**, directors of **Ballet Yuma**. As a young child she also studied with **Dawn Atherton** of **Dawn's Dance Studio**. Mia attended SAB's Summer program on full scholarship in July.

Mia will be returning to Yuma in December to dance with **Ballet Yuma** in "The Nutcracker" December 10-12, 2021, along with another alum, **Eric Snider**, now an artist with the **English National Ballet in London**.



Leaps for Lives endorses their collaboration with **Bonfire** to hold fundraisers and host an *Open Store* for their branded apparel sales. Visit their store [here](#). To view all their t-shirt designs, go [here](#).

You can learn more about fundraising and sales opportunities with **Bonfire** <https://www.bonfire.com/about/>



Mary Anne Herding is bringing **TROLLEY DANCES™** to Scottsdale March 5-6, 2022! In cooperation with **Scottsdale Center for the Performing Arts**, Mary Anne is working with **Jean Isaac's San Diego TROLLEY DANCES™** and her company, **Movement Source Dance Company**, to bring this event to Scottsdale. The trolley cars will stop at multiple locations to deliver an audience for dance performances!

STUDIO CLOSINGS



May Wall, owner of **Wall-2-Wall Tap Dance Center**, 617 S McClintock, in Tempe, will be closing her studio November 19. She invites you to enroll in the remaining classes, helping her end in the black. Discounts for seniors 50+, military, and full-time college students. Call 480-317-3000 | mary@w2wdance.com | w2wdance.com

Gina Darlington, owner of **Canyon Dance Academy**, 2812 N Izabel St, Flagstaff, announced that she closed her studio on August 7, 2021. **Canyon Movement Company** will continue to operate as a 501(c)(3) non-profit organization creating and presenting dance and educational opportunities. Gina is selling brand new, still packaged, costumes and accessories, as well as teaching props. You may contact her at cmcgina1@gmail.com or 928-853-4696.



BALLET TUCSON ANNOUNCES MARGARET MULLIN AS ASSOCIATE ARTISTIC DIRECTOR

Ballet Tucson is pleased to announce the addition of **Margaret Mullin** as Associate Artistic Director. Margaret joins the Ballet Tucson Artistic Staff of **Mary Beth Cabana** (Founding Artistic Director), **Chieko Imada** (Associate Artistic Director), and **Daniel Precup** (Ballet Master) as the company prepares to launch their 36th season as Tucson's only professional ballet company.



Margaret is from Tucson and trained at **Ballet Arts**, the official school of **Ballet Tucson**. She relocated to Seattle, Washington in 2007, where she had a celebrated career as a Soloist Dancer with **Pacific Northwest Ballet** for 13 seasons. In 2011 she was the recipient of a prestigious *Princess Grace Dance Fellowship Award* for her talent as a dancer and her potential to impact the artform. She is also the recipient of a *2018 CityArtist Award* from the *City of Seattle Office of Arts and Culture*. With **Pacific Northwest Ballet** Margaret had the opportunity to perform in Seattle, New York City, Los Angeles, and Paris, in addition to performing numerous times at Jacob's Pillow Dance Festival and Vail International Dance Festival. Periodically, Margaret would return to Tucson to choreograph for Ballet Tucson and Ballet Arts.

Upon her retirement from dance in June 2020, she joined the Ballet Tucson staff and has developed new company endeavors, including the **Ballet Tucson YouTube Channel** and the **Ballet Tucson Bravo League** — the company's young patrons league. She is passionate about investing in the Tucson community and is a member of Tucson Young Professionals, serving on their Nonprofit/Public Sector Team and their Arts and Culture Team, in addition to being a recent graduate of their Nonprofit Leadership Academy.

"After such a long and beautiful history with Ballet Tucson, I am thrilled to have the opportunity to become a part of the organization's future in this way," says Margaret. "For decades, our Founding Artistic Director Mary Beth Cabana has helped and inspired me to achieve my career dreams; as a dancer, teacher and choreographer. Now as I step into my new career as Associate Artistic Director, I am honored to get to work alongside her and learn from her as we work to continue the long legacy of excellence that our community has come to expect from Ballet Tucson. I am tremendously grateful to return to this wonderful city and to this company that is so dear to my heart. You can come home again."

Welcome, Margaret! If you'd like to connect and send a 'Welcome' message, here's her email margaretmullin@ballettucson.org.

RECENT NEWS POSTS

If you are not a subscriber (MailChimp list), considering *signing up* to receive our NEWS POSTS.

<http://eepurl.com/hjvQyj>

All news posts can be viewed here:

<https://www.azdancecoalition.org/category/news>

Here are a few of the more recent posts.



We welcome **LaTasha Barnes** — internationally recognized and award-winning dancer, choreographer, educator and performer — to **ASU Dance,**

Tempe! She will be teaching Hip Hop I, Dance Matters, ... *continued here*

ADC Director **Debbie Polisky** **Receives Grant for Parkinson's Dance & Nutrition**

Therapy. Scientific evidence-based research shows us that Tango Therapy allows Parkinson's patients to connect in an embrace, provides stability, ...

continued here



SWEAT-INDUCING EXERCISE (let's just call it **DANCE!**) **GREAT FOR THE BRAIN!**

One of the least expensive (and can be totally FREE) forms of exercise great for our body and brain is DANCING! It is worth knowing WHY this is so.

continued here

DANCE Helps Unseen Disabilities – 87% are INVISIBLE!

With 1 in 4 adults having a disability that affects major life activities, and with 87% of these disabilities unseen, it is highly likely that our organizations will attract, engage and influence the disabled with the dance activities we promote.

continued here



Arizona Dance Coalition members share some of their HEALING RITUALS



A warm Epsom salts bath with some lavender essential drops....I, also, use lavender essential oil on sore knees and it really helps!
—Barbara Schuessler (Tucson)



Ice knees after a long teaching day or rehearsal, Epsom salt baths, sometimes melatonin for sleep if busy mind, or herbal tea before bed, a shot of bourbon in that tea can also help :) Get some outside time in - walk my dog, take in a sunset - good to do after being in studio all day.

—Mary Anne Herding (Phoenix)



Yoga for sure; even a Pilates class does wonders. If I want to really stop unhealthy thoughts I watch a TV show on Netflix, Prime or Hulu.

—Kathleen Sinclair (Yuma)



I light a candle everyday to connect with myself and those who have passed. I also talk to my best friend over the phone when I need to release stress. :-)

—Sonia Valle (Phoenix)



Healing a tired body ... soaking in Epsom salt, lavender, peppermint essential oil bath. Coping from stress ... mediating, time with my plants, chamomile and lavender tea and TEQUILA!

—Vanessa Ramirez (Phoenix)



Spending some time outdoors everyday is a needed ritual of mine. I fuss over plants and talk to them. I also have to do some form of exercise everyday - yoga, pilates, walking, class planning - to feel grounded and in my body. Of course ample amounts of coffee and tea are required rituals, too.

—Susan Bendix (Tempe)

Observing my kitties reminds me to s-t-r-e-t-c-h my ol' joints before moving from a resting position. And petting them helps me relax as their purring mesmerizes...

—Deanne Poulos (Phoenix)



vitamins



HEALING RITUALS *continued*

A cup of tea and buttered toast in the quiet of the early morning looking outside (as i remember my grandmother doing in India...and now i know why) before tumbling into the unsettled world of motherhood and fast-approaching deadlines!

—Sumana Mandala (Scottsdale)

Eat healthy balanced meals - 5 Basic Food Groups - home cooked meals on cast iron skillets. Sleep in every once in a while if possible. Take naps. Sleep more than less if possible. Walking anywhere outside in nature whenever possible.

—Lisa R Chow (Mesa)

I STAY IN THE NOW! Best time for conscious relaxation and meditation is before the sun rises. I do a 12-hour (or more) fast on most days. I do not eat between 6 PM and 6 AM. I dance 2-3 times/week. I garden, eat well (no wheat, beef, processed or preserved food), help people, maintain a house conducive to healing, and wear a mask.

—Dr. Hanna Ian (Flagstaff)

Bought myself a 'bath caddy' with Amazon points (March 2020 - symbolic time) and use it to prop up my book, hold a glass of water and soap (sorry, no candles). I read while soaking in Epsom Salt (if aching) or Himalayan Pink Salt (mineral absorption/beauty) with 4-6 drops of Lavender essential oil and a few drops of a massage oil blend. Works every single time.

—Krystyna Parafinczuk (Tucson)

Pulling weeds is very meditative for me and with all the monsoon weather, there is plenty of opportunity. When I close my eyes at night I see faint echoes of the beautiful starburst weed patterns that I've focused on earlier in the day.

—Abbey Messmer (Scottsdale)

WHY LAVENDER ESSENTIAL OIL?

If you were to pick just one essential oil, it would be **Lavender**. Its applications are multi-purpose: *inhaling, diffusing, ingesting (recipe ingredient) and directly applying or mixing with carrier oils (massage, olive, avocado, grapeseed, and similar).*

Quoting from a reference manual produced by **Young Living Essential Oils**:

The French scientist *René Garrefossé* was the first to discover lavender's ability to promote tissue regeneration and speed wound healing when he severely burned his arm in a laboratory explosion. Today, lavender is on the few essential oils to still be listed in the British Pharmacopoeia.

Action: Lavender is antiseptic, analgesic, antitumoral, anticonvulsant, anti-inflammatory, and a sedative. Lavender is beneficial for healing burns and cleansing cuts and wounds. It is ideal for skin care, since it prevents the build up of excess sebum, a skin oil that bacteria feed on. Lavender has also been clinically evaluated for its relaxing effects.

Uses: Respiratory infections, high blood pressure, arteriosclerosis, menstrual problems/PMS, skin conditions (perineal repair, acne, eczema, psoriasis, scarring, stretch marks), burns hair loss, insomnia, menopausal conditions, nausea, and nervous tension.

Fragrant Influence: Calming, relaxing and balancing, both physically and emotionally. Lavender has been documented to improve concentration and mental acuity. University of Miami researchers found that inhalation of lavender oil increased beta waves in the brain, suggesting heightened relaxation. It also reduced depression and improved cognitive performance (Diego MA, et al., 1998). A 2001 Osaka Kyoiku University study found that lavender reduced mental stress and increased alertness (Motomura, 2001).

Other uses: Lavender is a universal oil with many different applications. It may also help arthritis, asthma, bronchitis, convulsions, depression, earaches, heart palpitations, high blood pressure, hives (urticaria), insect bites, laryngitis, nervous tension, respiratory infections, rheumatism, and throat infections.

Lavender is a great companion oil for many, especially citrus oils, chamomile, clary sage, and geranium.

WHAT IS PALO SANTO?

(South America, Bursera graveolens | a cousin to Frankincense)

Might clear negative energy, scent is relaxing, and it might help ease stress and pain

PALO SANTO STICKS

<https://www.mindbodygreen.com/articles/palo-santo-wood-101>



Palo santo is a sacred tree native to South America. Indigenous Latin American cultures have used its wood in traditional healing and spiritual ceremonies for centuries. A cousin of both frankincense and myrrh, palo santo literally means “holy wood,” and it’s a fitting name given its past. When it burns, the aromatic wood releases lemon, mint, and pine notes—an invigorating, grounding fragrance that is believed to have a number of benefits.

Shamans and healers, often known as Curanderos, traditionally used the energizing and healing properties of palo santo to purify air, dispel evil spirits, and cleanse negative energy. The wood has also long been used therapeutically to soothe cold and flu symptoms, depression, emotional pain, and other ailments. It’s said that the uplifting aroma of palo santo is conducive to meditation and relaxation and that it both enhances creativity and brings good fortune.

Interestingly, these benefits are only found when a palo santo tree dies naturally and is allowed to decompose for five to eight years. That gives the oils in the wood enough time to fully mature before it is harvested and processed into sticks or essential oils.

PALO SANTO ESSENTIAL OIL *(Young Living Reference Manual)*

Native to the seasonally dry forests stretching from the Yucatan Peninsula of Mexico to the tropical savannas of Ecuador, the palo santo tree is an American relative of frankincense and myrrh. Also known as holy wood, palo santo has been revered by indigenous peoples for ritual purification rites and other uses for centuries.

Palo Santo essential oil is steam distilled from sustainably wildcrafted wood that has fallen naturally from trees and been allowed to dry for a period of



months to years. The palo santo forest at Young Living's Finca Botanica Farm and Distillery in Ecuador is a fascinating place to visit to witness the newly planted trees and the old trees with dead bark lying ready to be collected and distilled.

Palo Santo essential oil comes from distilling old, dead wood that dies a natural death. There are many large fallen trees in the palo santo forest that are connected by one root and, therefore, are still alive. These trees are left to live on. The essential oil has an aroma that can be diffused, inhaled, or applied topically to enhance prayer, meditation, or spiritual practices.

Diffuse: reduce tension, boost mood, and calm the nervous system
Clear space & calm mind

YOGI THROAT COMFORT TEA

<https://yogiproductions.com/?s=THROAT%20COMFORT>

by *Krystyna Parafinczuk*

After coughing for 2.5 years (initiated by a severe viral infection Aug 2016 - probably some version of COVID for which there was no remedy), and trying every type of cough drop on the market, plus honey & lemon in hot water every morning without success), I met with an Ayurvedic Consultant/Chef visiting Tucson, *Mira Murphy* (miramurphy@hotmail.com). Her diagnosis: I continued to cough because my throat was severely dry (it's a dry heat, right?) Healing wouldn't occur until I stopped consuming foods/drinks that are drying: chocolate, breads/grains, coffee and traditional black and green teas (NO!!!). And I needed to eat foods and drink teas that moisturize my throat. She prescribed drinking *Yogi* teas since they contain *Slippery Elm Bark* and *Licorice Root* known for relieving throat irritation. I also had to give up all citrus and vinegars (salad dressings). Nothing sour/tart. And I have three grapefruit trees and a key lime tree in my backyard!

Within two weeks the chronic cough stopped. A combination of the teas, miso soup, eliminations, and throat lubricating foods did the trick. Whenever my throat starts to show symptoms (like after teaching in person for several hours for the first time in 1.5 years!), I drink some Yogi Throat Comfort tea and all is well. For workouts (mouth open), I spray *Singer's Professional Strength Soothing Throat Spray* (non-alcohol) for immediate relief. Works better than sipping water!



DANCE AND MENTAL HEALTH – MINDING THE GAP

<https://www.wearemindingthegap.org/>

Mental Health is a topic discussed more frequently in the media these days with the emotional struggles revealed by gymnast *Simone Biles*, tennis player *Naomi Osaka*, basketball player *Kevin Love*, and a few others. But what about dancers?

Two *University of Southern California Kaufman* dance students, *Lauren Brophy* (BFA '23) and her roommate *Jenna Meilman* (BFA '23), were influenced by *Kathleen McGuire Gaines'* article in *Dance Magazine* (July 2017) titled "*Why Are We Still So Bad at Addressing Dancers' Mental Health?*" They have recently started MHHH – **Mental Health and Holistic Healing Club** – for USC dance students to prioritize their mental health. As the club develops, Brophy and Meilman hope to make MHHH available to dancers everywhere. You can read about it [here](#). BTW USC has 15 Dance Clubs!

After the success of her article, *Gaines* went on to create *Minding the Gap*, a social good organization focused on seeing mental health regarded with the same seriousness as physical health in the dance culture, discussing the need to focus on dancers' mental health. The website homepage features a short video clip featuring *Susan Jaffe*, former principal ballerina with *American Ballet Theatre*, and *Gaines*. Give it a look (link at the top) and share with your students and colleagues.

Results of *Minding the Gap* surveys showed the most commonly written topics were:

1. *Dealing with emotion or physical abuse*
2. *How to help a friend who is struggling*
3. *Issues related to gender and sexuality*
4. *Managing transitions*

I have resurrected my article on Salt Therapies from January 2017. The following four pages are 'images' of that article, so the links are not interactive and I'm not sure if the businesses listed are still open. But the information is relevant as we focus on healing. Best deal on Epsom Salt continues to be at Costco and look for sales of bulk Himalayan Pink Salt at Sprouts.

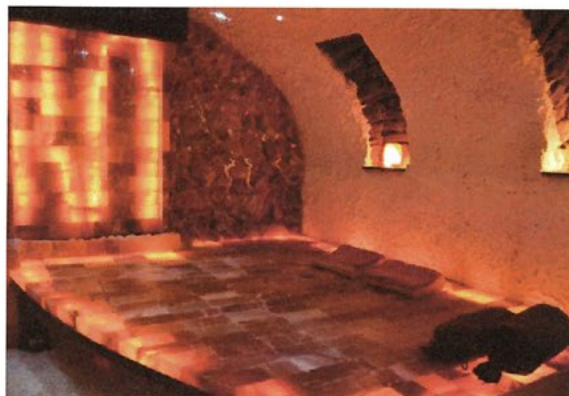
33

Arizona Dance e-Star

RELAXATION & HEALING TIP FOR THE NEW YEAR

by Krystyna Parafinczuk

The new year is going to require us to have more tools and strategies for coping with stress, for healing an assortment of conditions (physical, mental, and emotional), and for relaxation. As the idea for SALT THERAPY came to me (I regularly take Epsom Salt baths), research these past two days has revealed that I may be able to cure my cough (bronchitis residual) that has been plaguing me since August! Exorcism!!! I am definitely going to pursue some of the therapies you are about to read. Thinking positive thoughts....



SALT THERAPIES ... for aches and pains, stress relief, respiratory ailments, skin conditions, and more



Since I regularly take Epsom Salt baths for my aching body (and I even don't dance that much anymore!), I thought I'd research and explore the various Salt Therapies available for us in Arizona. At the St. Phillip's Plaza (Tucson) Farmer's Market (Sundays), I met a lady selling bath salts and seasoning salts from [Cloud Nine Flotation](#), www.FloatTucson.com. I had heard several years ago that Phoenix had a "salt" room for healing, but didn't pursue

it. Now I learned that Tucson has a salt "flotation" tub! Let me share with you what I have learned.

What is EPSOM salt? (<https://www.seasalt.com/salt-101/epsom-salt-uses-benefits/>)

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate. Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household, and gardening-related uses.



Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the associated health benefits. [Magnesium](#) plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function, and helping to prevent artery hardening. [Sulfates](#) help improve the absorption of nutrients, flush toxins, and help ease migraine headaches.

2017 7.1



As dancers, many of us may already be familiar with Epsom Salt baths. But that $\frac{1}{2}$ cup or 1 cup in the tub may not be enough. Plus, is the proportion of salt to water a factor? How much water does your tub hold? Is there a formula? These are some of the questions I had, and the answers follow.

Photo: I purchase Dr Teal's Epsom Salt at Costco, \$7.99 for two 6-lb bags.

For a "detoxifying bath," it is recommended you take a bath weekly adding two cups of Epsom salt. Soak for at least 10 minutes. For "stress relief," take a bath three times a week with the same addition of 2 cups of Epsom salt. Soak for 12 minutes (that extra two minutes will make a difference). (?) You can add $\frac{1}{2}$ cup of olive oil or baby oil for moisturizing, BUT BE VERY CAREFUL because your tub will be very slippery. I would recommend rubbing **ORGANIC COCONUT OIL** into skin after the bath. That's what I do. If you are sore, move your joints as much as possible after the bath to stimulate circulation. Otherwise, *relax!*

Here's a list of some of the *benefits attributed to Epsom salt*:

- Eases stress and relaxes the body
- Relieves pain and muscle cramps
- Helps muscles and nerves function properly
- Helps prevent hardening of arteries and blood clots
- Makes insulin more effective
- Relieves constipation (taken internally)
- Eliminates toxins from the body (sulfates flush out toxins and heavy metals from the cells)

There are beauty, household, and gardening uses for Epsom salt, and you can read about them here: <https://www.seasalt.com/salt-101/epsom-salt-uses-benefits/>

DEAD SEA SALT ~ What's different?

Dead Sea salt *contains 27% of various salts* as compared to 3% of normal sea water. The amount of salt is less than in regular sea water (80%), and it *has a balance of magnesium, potassium, calcium chloride and bromides*.

The following *benefits of Dead Sea salt* are taken from:

<https://www.seasalt.com/salt-101/dead-sea-salt-benefits>

Magnesium is important for combating stress and fluid retention, slowing skin aging, and calming the nervous system. **Calcium** is effective at preventing water retention, increasing circulation, and strengthening bones and nails. **Potassium** energizes the body, helps to balance skin moisture, and is a crucial mineral to replenish following intense exercise. **Bromides** act to ease muscle stiffness and relax muscles. **Sodium** is important for the lymphatic fluid balance (this in turn is important for immune system function). So we can see that bathing in high-quality *sea salt could replenish the minerals that are critical to our skin metabolism*.

Studies have been conducted on the health benefits of bathing in Dead Sea salts. One such study was conducted by Dr. I. Machtey¹ on 103 patients suffering from osteoarthritis and tendonitis. Patients were either treated with baths of 7.5%, 2%, or 0.5% Dead Sea salt concentration. Improvement was found after as little as one week of treatment for those treated with 7.5% or 2% salt baths. By the study's end, 80% of the patients reported less pain, 70% experienced improved mobility, and 60% were able to decrease their use of analgesics. Dr. J. Arndt² studied the effect of Dead Sea salt baths on psoriasis. Fifty patients were treated for 3–4 weeks, taking 3–4 baths each week. In as little as one week, many patients treated with a 10% salt concentration in their baths experienced marked improvement. This improvement included relief from itching, sleep disturbances, and skin scaling. Treatment with Dead Sea salts is not associated with any side effects.

– by Amy K. McNulty, Ph.D.

1. Machtey, Dr. I. 1982, "Dead Sea Balneotherapy in Osteoarthritis," Proc. International Seminar on Treatment of Rheumatic Diseases.

2. Arndt, Dr. J. 1982, "Salt from the Promised Land Helps Psoriasis Patients," *Arztliche Praxis*, 34(48).

10 Compelling Reasons to have a "Himalayan Pink Salt" Bath TODAY

<http://www.naturallivingideas.com/himalayan-pink-salt-bath/>

Excerpts: *Himalayan Pink Salt* (known as "pink gold") – contains all of the 84 elements found in your body) is rich in minerals important for our health: calcium, copper, iodine, iron, magnesium, manganese, phosphorus, potassium, selenium, sodium and zinc.



FORMULA: According to Dr. Mercola 'the salt concentration has to be at least the same as the one of your body fluids (approximately 1%) to activate the osmotic exchange ratio'. This equates is 1.28 ounces of salt per gallon of water. Do you know how many gallons of water your tub holds? If not, consider using a 1 or 3 gallon water jug to fill your tub and count the gallons! When taking a saltwater bath, aim to get the temperature as close to body temperature as you can. That's approximately 37° Celsius or 97° Fahrenheit. 20-30 minutes is all you need (I read a book in the tub). Towel dry – no need to rinse off.

Essential Oils add additional benefit. If you'd like to add a few drops of oil to your Himalayan pink salt bath – or to your essential oil diffuser, choose your oil based on what you're trying to achieve. The below list is a good guide to get you started:

Relaxation & Stress Relief – lavender, angelica, jasmine or any of these anti-anxiety oils

Soothe Aches & Pains – peppermint, rosemary, thyme, clove

Sleep Aid – lavender, chamomile, cedar wood or any of these oils for sleep

Skin Health – tea tree, geranium, rose

Circulation – lemon, orange, grapefruit

Respiratory Relief – eucalyptus, thyme, rosemary

[Be careful with the dosage. Essential oils are powerful. One drop of two may be all you need.]



During your bath sip some water for added hydration, or chamomile tea for relaxation.

WHICH SALT?

<http://www.livestrong.com/article/444622-can-you-absorb-magnesium-from-epsom-salt/>

- **Dead Sea** – softening & soothing dry, itchy skin, detox, arthritis, rheumatism, fibromyalgia and psoriasis (contains high levels of calcium chloride, sodium, potassium, magnesium, and bromide)
- **Himalayan** – smooth, radiant, healthy looking skin
- **Epsom** – relax tired, aching muscles, osteoarthritis, rheumatoid arthritis, psoriatic arthritis, psoriasis, eczema, dandruff and warts (high levels of magnesium and sulfates)
- **Dead Sea and Epsom** – skin and neuromuscular conditions

And finishing up this New Year's TIP, here's the link to an article by **SEDONA AROMATHERAPIE** on "which salt to use for what therapy." They even offer a class on how to make your own salt concoctions!

<http://sedonaaromatherapie.com/blog/2013/10/28/different-types-of-salts-for-bath-and-body-products/>

Make Your Own Bath and Body Salts and Scrubs

You can learn to make your own bath and body salts and scrubs by taking a home study course in the Sedona Aromatherapie Home Study Aromatherapy Course Program – such as the Basic Bath Products with Essential Oils Course.

Visit <http://www.sedonaaromatherapie.com/mycourses.html> to learn more!

If you live close or are visiting Sedona, here's an email for owner Sharon Falsetto:

Sharon@sedonaaromatherapie.com.

Facebook (lots of recipes posted):

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

@SedonaAromatherapy

Located just west of intersection 89 and 179

Central AZ Sources

Salt Chalet Arizona ~ Arizona Dead Sea Salt Therapy, Healing Salt Therapy Rooms, Himalayan Salt Lamps & More! 5011 N Granite Reef Rd, Scottsdale. <http://www.saltchaletaz.com/>
Himalayas Salt Lamps & More, 240 W Main St, Mesa. http://www.himalayassaltlamps.com/about_us

A toast to 2017 – Wishing all of our readers a New Year where you are equipped with "bathing" recipes to relax, relieve aches and pain, replenish necessary minerals, and have glowing and silky smooth skin! And maybe you can create your own "recipes" and offer them at your studio, or the studio where you study! Creating these "products of relief" may just be the "therapy" you need! Krystyna

Lavender Reduces Stress



Trying to meditate when
you're feeling really anxious:

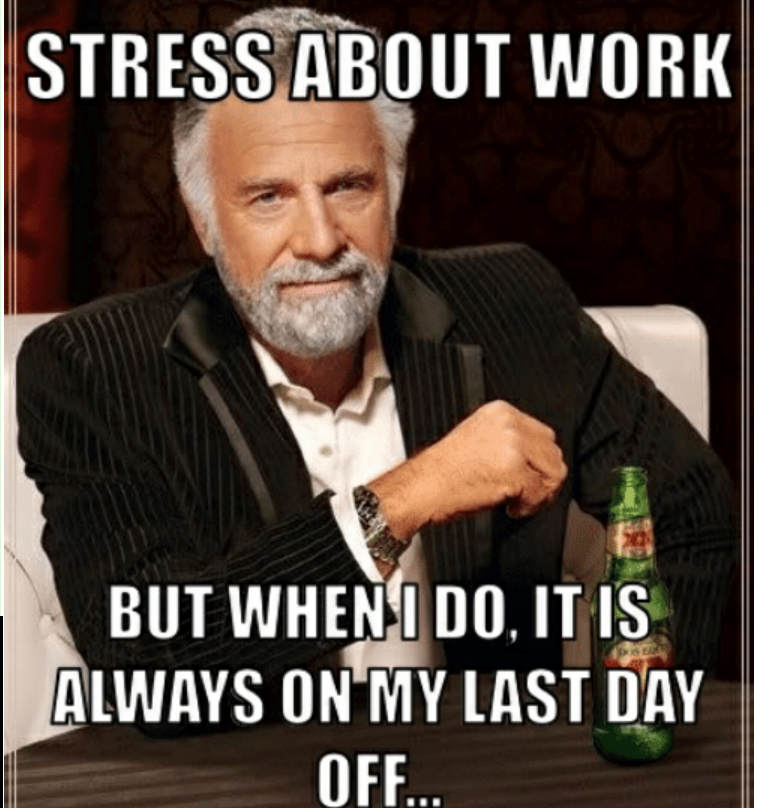


Panic attacks are
my cardio.



**If stress
burned
calories,
I'd be a
supermodel.**

**I DON'T ALWAYS
STRESS ABOUT WORK**



Arizona Dance Coalition Member Benefits & Perks

The ADC offers four types of memberships:

Individual \$20 • Organization \$50
Venue/Presenter \$100

Membership and affordable dues renew annually. ADC organizes an Annual Member Meeting (Oct-Dec) to discuss the state of dance in Arizona featuring guest presenters. See the last page for details on joining. Membership entitles you to:

- ADC Membership Directory ~ interactive PDF document (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-publication received in advance of subscribers
- Member Spotlight opportunity in the *e-Star*
- Participation in a Member-to-Member Discounts
- Class listing on the ADC website Class Page*
- Board Member Nominations & Annual Membership Meeting Voting Privileges
- ADC Lifetime Achievement Award Nominations
- Merchant Discounts
- Affordable **Venue Liability Insurance** for 1-4 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 the first two days; \$50 3rd day, \$50 4th day. Maximum \$250/4 days.
- Discounted *Arizona Dance e-Star* Advertising Rates. Inquire for details.
- **Fiscal Sponsorship**

* 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.



ADC's Annual Member Meeting scheduled for **October 3** is postponed. Details will be forthcoming announcing the date and presenters. Thank you for your patience.

The Arizona Dance Coalition is a nonprofit, 501(c)(3) membership-based statewide organization founded in 2006.

We connect, inform, and educate our dance communities and promote dance to the general public.

JOIN ONLINE
AzDanceCoalition.org
or
send in **Application Form**

HEADPHONES — ‘Over-the-Ear’ Better for Hearing

*“Is listening to music using headphones better for choreographers than **BLASTING** the MUSIC?”*

I was listening to a recent presentation entitled [Neuroscience and Technology Advancements in Sound Healing](#). It was part of the [Sound Healing Summit](#) presented by [The Shift Network](#). The presenter, neuroscientist and psychoacoustic music producer [Alex Doman](#) (bio at the end) mentioned the positive healing responses thousands of his clients have demonstrated listening

to music wearing headphones — specifically, ‘over-the-ears’ headphones. My ears perked up. ‘Healing’ occurs while listening to music! Aren’t we all emotionally uplifted listening to great music? But ‘therapeutic healing’ required ‘over-the-ear’ headphones — specifically for those with brain disorders.

‘Healing’ occurs while listening to music.

Maybe some of you remember the videos shared of Alzheimer’s patients dancing and singing for the first time in years when they heard music they remembered from their youth. Recycling iPods revealed that development. It was remarkable ‘evidence’ of the healing power of music on the brain, specifically identifying access to memories from our youth and the effect it had on movement (dance oftentimes) and sound (singing).

DANCE LOVERS

What dancer doesn’t appreciate hearing great music? First response, we crank up the volume — environment permitting. We imagine we’re in the recording studio with the musicians or at a live concert. We invite our bodies (cells) and SOUL to absorb the music and we REACT. We start dancing. We sing (environment permitting). Before you know it, we’re on stage or in the dance studio — our sacred space — and

we've choreographed to the entire song. It was perfect, too. Except the song ends and you can't remember a thing you've choreographed! Am I right?

I don't think it's just me. If only we could 'replay or rewind' our brain and view our choreography. *[I wonder if someone is already working on that?]*

This is just one example of the power of music on a dancer's brain. **It fuels our creativity and energy. The music 'speaks to us,' as we like to say.**

But what about listening to music with 'headphones?' Would the music 'speak' to us differently? Would it inspire us differently?

I conducted [Facebook](#) and [LinkedIn](#) polls in all the 'dance' groups asking if choreographers used headphones.

Facebook Groups

Yes 49 No 100 Both 21

LinkedIn Groups

Yes 20 No 21 Both 34

Some comments were:

[headphone use] Depends on the environment - roommates, work space, neighbors, working out, or being outdoors.

Brief History of Headphones

Listening to music through headphones is an incredible experience. They were invented in 1910 by engineer [Nathaniel Baldwin](#). He created them by hand at his kitchen table.

Stereo headphones appeared in 1958 - Koss SP-3. Jazz lover [John Koss](#) improved on the original design and he "fueled a revolution in the way people listened to music."

Walkman, 1979, was a Sony creation complete with a cassette player and 'portable' headphones (400 million sold).

2001 brought the iPod/MP3 players and 'earbuds' – inserted into the ear.

Fashion entered the evolution in 2008 with Beats, UrbanEars, Skullcandy and more, bringing bright colors, bling and expensive price tags.

We also saw the development of Bluetooth earpieces, noise-cancellation technology, and now AirPods.

[Brief History of Headphones | lstnsound.com](#)
[History of Headphone Design | ssense.com](#)

HEADPHONES *continued*

I do both - blast when I'm alone in the studio, and headphones when I'm around people.

Headphones help me hear the instrumentation better. I value the quality of the musicianship and hear it better with headphones.

When I'm in the car, I blast it!

"Blasting it" was the most frequent comment.

HEADPHONES

Headphones provide the closest experience to a live concert, especially if you have ones that provide great low and high frequencies (high end).

Alex Doman stated the headphones needed to be 'over the ear' to facilitate training the brain and integrating the body. Here's a list of his reasons:

The most immersive musical experience will be with 'over-the-ear' headphones.

1. Frequency (full range, hear subtle changes in dynamics)
2. Movement of sound (crossing & synchronizing hemispheres)
3. Volume
4. Time/Tempo
5. Awareness/sense of space and relationship to sound - Right & Left discrimination

The most immersive musical experience will be with 'over-the-ear' headphones and they do a lot more psycho-acoustically (psychology of sound), Alex

continued. Comfortable ones (very important) that provide that full dynamic frequency range are usually more expensive and *require a cord between 6 to 10 feet* — no longer, according to *Sweetwater* sales engineer *Colton Kreuzer (former Arizonan and jazz musician)*.

'Wireless' headphones may be great for working out and 'dancing' around, canceling noise, travel, and convenience. But the technology/power to transmit the sound wirelessly *removes those*

low and high frequencies we need to engage our brain more fully. At least that is the premise.

WOULD USING 'OVER-THE-EAR' HEADPHONES HELP CHOREOGRAPHERS?

That's a great question. Would the ability to hear the low/high frequencies (plus all the other points Alex listed) enable your brain to choreograph easier (better flow), more creatively, and quicker? ***How would we be able to test this hypothesis?*** Do the missed frequencies, sounds of

your environment, noise pollution and other distractions interfere with your choreographic process? Is wearing headphones only about noise cancellation and your environment? Or do we owe it to the composer and musicians to hear their music more purely before we begin our creative process?

Time for neuroscientists with dance experience/consultants to wire up the heads of choreographers and do some testing. This has been done this with jazz musicians and improvisation using functional MRIs

Time for neuroscientists to conduct experiments with choreographers.

and special keyboards. Of course, it helps when the neuroscientist is also a jazz musician (Charles Limb)!

This is Your Brain on Jazz: Researchers Use MRI to Study Spontaneity, Creativity

Charles J. Limb, M.D., John Hopkins Medicine (Feb 26, 2008)

Your Brain on Improv

Video is of Keith Jarrett, who's a well-known jazz improviser, fMRI use.

Charles J. Limb, M.D., TEDxMidAtlantic (March 13, 2014)

If sound engineers need high-end headphones to mix/master songs before they are released, maybe professional choreographers need them too. But needless to say, it would depend a lot on the intended dancers and music choice. If you are teaching and following a syllabus, then the choreography is already prescribed. You just need to pick the song that fits. Now there's the challenge of every dance studio owner/teacher.

HEADPHONES *continued*

Alex Doman states in his TEDxOgden talk entitled **YOUR BRAIN IS BETTER ON MUSIC:**

- 1) *We are wired for sound. Hearing is our earliest connection to the world.*
- 2) *Your brain is rewarded and changed by music. Listen daily.*
- 3) *Music has real health benefits.*

Let's figure out if a choreographer's brain will be better using headphones. I invite you and

neuroscientists to suggest ways we can test this hypothesis.

Alex Doman has 25 years of experience in leadership in the neurotechnology and therapeutic music markets. Alex is founder of Vital Neuro, Advanced Brain Technologies and Sleep Genius. He is the third generation in a family of pioneers dedicated to improving brain performance for over 75 years.
<https://alexdoman.com/about-alex/>

Your brain is rewarded and changed by music.

ALL YOU EVER WANTED TO KNOW ABOUT 'OVER-THE-EAR' HEADPHONES

I called my **Sweetwater** (world's leading music technology and instrument retailer) Sales Engineer guru **Colton Kreuzer**, to pick his brain. The following is his thorough response to my questions and he suggests a few headphones at the end that will produce the low-high frequencies discussed in this article. If you find they are not in your budget, give him a call and he'll make 'sound'

recommendations that will work for you. And for ADC members, he is offering a 10% discount on headphones of your choice (unless they are already discounted). All purchases have a two-year warranty, free shipping, and technical support/training. *[I will email members the specifics for obtaining a discount.]*

From Colton:

I do appreciate the opportunity to be a part of your research for your article on headphones. As a sales engineer I have professional

experience and knowledge in the various gear we sell, so if anyone has questions about headphones or any other products, they can contact me and I'll guide them in the right direction.

Headphones are very often looked at as a simple item. You can buy a set for \$5 at Walmart. But what differentiates a cheap set of headphones from a more expensive set like the Avantone Pro Planar headphones at \$399 or even Focal Clear MG headphones at \$1490?

I'll preface that with this statement: any speaker, whether headphones or loudspeaker, have two important factors that affect their performance and accuracy of sound reproduction, and that is *rigidity* and *mass*. The more rigid the speaker cone, the less likely it is to flex and warp while vibrating — flaws that distort the sound. Also, the lighter the mass of the driver, the more easily it can be put into motion, resulting in better response to quick-moving high frequencies.

This is a daunting task in the approach of 100% accuracy in sound that hi-fidelity speaker manufacturers task themselves with. The better the headphone is designed and produced with proper materials and acoustic design, the truer your music will be, and you will find yourself hearing more in your music than you have ever heard before. Low frequencies and high frequencies don't fight for their place in the mix, and the art of a sound engineer in a professional studio becomes more respectable and apparent as you listen to their production in a revealing light.

The first time I listened to music through high-end speakers (specifically Focal Twin6 Be speakers) in an acoustically treated room, my whole perception of sound changed. The fact that I could hear sound in a way that was so artistically produced, feeling as if the singer was right in front of me, and the instruments living inside my personal space, it was just unreal.

The ability to listen to music exactly as it's meant to be heard is a real game-changer, and can only be understood when you experience it yourself.

Wireless

With wireless, typical Bluetooth chips you will find in headphones and smartphones with wireless functionality built in are low-fidelity, and heavily compress the digital information that is transmitted/received. Hi-Fi digital audio carries a lot of digital information which is too much for Bluetooth to transmit, so a lot of the details in the audio get clipped off and you're left with inaccurate audio on the other end. ***That's why hard-wired audio is always the best for accurate sound with cords ideally less than 10' and never more than 25'.***

Open-Back vs Closed-Back (earcups)

There are two additional categories to understand with over-the-ear (earcups) headphones: ***open-back*** vs ***closed-back design***.

Open-back design means that the speaker is able to "breathe" through the headphone enclosure and this allows for better transient response and accuracy of sound, though the drawback is that the outside world can hear your music playing.

Closed-back design means that the earcups of the headphones seal off your ear and the speaker operates in a sealed environment, which allows for better noise-isolation so the listener doesn't hear outside noises, and better low frequency response. The drawback is that the bass frequencies might be over-accentuated and lead to inaccurate sound, though many people enjoy the extra bass. So it may or may not be a drawback!

Recommendations

The best budget friendly (*relative to your budget, of course*) open back is

Shure SRH1140: <https://www.sweetwater.com/store/detail/SRH1440>

Same for closed back, **AKG K271 MKII:** <https://www.sweetwater.com/store/detail/K271mk2>.

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FISCAL SPONSOR – Your Answer to Being the Beneficiary of GRANT FUNDS & TAX-DEDUCTIBLE DONATIONS

You have a desire to create a dance project/program, but you need to find a funding source. That \$10-15/hr job isn't going to be of much help. Maybe someone told you to look for a '**fiscal sponsor**' — a nonprofit that would 'sponsor' your project/program and grant applications, plus enable tax-deductible donations.

A fiscal sponsor can accept grant funds for your project as long as it *aligns with their mission*. Now you are on a path to search for a 'dance' nonprofit that would be a good fit. **Mission statements are key**. You can find them usually on websites. If the organization has been around for quite a while and has a stellar reputation, then you may feel more secure in approaching them. And that nonprofit may have the experience to provide you with valuable information and be a mentor/advisor and promoter. Do an online search for '*dance nonprofits in Arizona*' and see what pops up. Then look them up potential organizations on the **Arizona Corporation Commission** site to make sure they are still active and 'in good standing' — *a very important step*.

But what do you really know and understand about the 'process.' *Who will be responsible for what? Who will be liable? What will you need to do to fulfill the requirements of the grantor?* The Fiscal Sponsor will have expectations that you report in great detail the final outcome of your project because the grantor requires a **Final Report**.

But first, let's backtrack a little. What's the difference between a **Fiscal SPONSOR** and **Fiscal AGENT**.

Fiscal SPONSOR

Donations Deductible
Legally Responsible for the Project
Employer | Legally ONE ENTITY
Manages all funds
Accept Grant monies and accept the responsibility for payment of bills

Fiscal AGENT

Donations Not Deductible
Project Conduit
Accepts and transmits donations to intended recipients
Accounting of fund
Accepts Grant monies and transmits to the Program Producer to pay bills

Securing a **Fiscal Sponsor** or **Fiscal Agent** would enable you to apply for a grant (*if grantor allows Fiscal Agents*) and you'd be able to pay for guest artist fees or venue rental — as an example. Grantors may ask to see the **CONTRACT** between you and the Fiscal Sponsor/Agent before they review your grant application.

CONTRACTS are a very important part of the partnership outlining legal obligations, lines of communication, and responsibilities/duties. Some sponsors may even have their staff manage your promotion and provide a venue/space for your project/program. Fees tend to run 10%-20% or more, depending on the services provided.

Fractured Atlas, a well known and respected national organization, had been a fiscal sponsor for **Esperanza Dance Project** (Tucson) for many years. Artistic director **Beth Braun Miscione** shared that not only did Fractured Atlas award them grants, they provided an 'editing' service for grant applications and venue liability insurance (additional fee) that covered 'volunteers' — this included their dancers. There was a \$20/month membership fee, plus a 7% fee for managing all income — grants and donations (transmitted through Fractured Atlas). Esperanza Dance Project did receive their nonprofit status a few years ago, and feels their partnership with Fractured Atlas was valuable and a great learning experience.

According to **HBL CPAs, Everyone Wins**

"It's easy to see why small charitable projects seek fiscal sponsorships. Such relationships can provide much-needed infrastructure and fiscal management to a project. By enabling the receipt of charitable donations, sponsorships can make more funds available. Plus, associating with an established charity can enhance the project's credibility."

These arrangements benefit sponsors, too. A sponsorship can provide greater exposure for the 501(c)(3) organization, possibly resulting in new donors for established programs. When you choose a project that shares your mission and basic objectives, it can enhance your own program offerings with minimal monetary outlay. Although sponsorships aren't intended to be income-generating endeavors, nonprofits often charge a nominal fee (up to 10% is typical according to HBL) to offset overhead costs."

Ideal candidates/projects for sponsorship would be:

- Individuals or small dance groups with a 'project/plan,' but not much infrastructure
- One time projects
- Seasonal/Themed Events (National or International Dance Day and similar)
- Charitable Events (fundraisers for nonprofits/causes)
- Waiting to secure 501(c)(3) status (application submitted to the IRS)
- Events designed to secure donations for festivals, guest artists, and education

RISKS

There could be possible risks to the organization's finances and reputation. Discuss arrangements with legal and financial advisors before entering into any agreements and make sure you establish a start and end date.

Also, check with your local, county and state grantors to see what their requirements are for any fiscal sponsorships or fiscal agent relationships.

ARIZONA DANCE COALITION as a FISCAL SPONSOR

If your project aligns with our mission statement, and you would be like to apply for grants and solicit donations, [Arizona Dance Coalition](#) would be interested in learning more about your project.

Email **Lisa R Chow**, ADC President, at Lisa@AzDanceCoalition.org, with a letter of interest briefly describing your project with bios of the dance artists.

SUBJECT LINE: FISCAL SPONSORSHIP

Arizona Dance Coalition Mission Statement

***We connect, inform, and educate our dance communities
and
promote dance to the general public.***

AUDITIONS & JOBS**Arizona Arts Live**

Customer Service Representative III / FT hourly rate / with full benefits – Directly assists Ticket Office Manager in the planning, organizing and operations of a central ticket office and auxiliary locations. Additionally assists with supervision and training of student employees.

ASU Gammage

Graphics Design Specialist FT | 71134BR | skilled graphic design specialist to create posters, brochures, newsletters and fliers for advertising efforts and internal department projects. This position reports to the Marketing and Communications Manager and is located at the Desert Financial Arena on the Tempe Campus.
Events Coordinator | 71349BR | experienced event professional to coordinate rental events and assist with operations of all events at ASU Gammage.

Scottsdale Center for the Performing Arts

Broadway Internship Fall 2021 - associate, undergraduate or graduate student majoring in Theater, Arts Management, Communications, Theater Production, Business, Project Management, Events Management.
Artist Services Coordinator - FT position to support the production team in coordinating all of the non-technical aspects of the performance engagement and ensures a high quality experience for artists contracted with Scottsdale Arts.
Assistant House Manager - Per Diem Assistant House Managers to perform front of house duties and assist in the leading of volunteer ushers for performances and events.

BALLET TUCSON Male Dancers for the 2021-2022 season. Full and partial season contracts. Submit audition materials (resume, headshot, dance photograph and dance reel) to operations@ballettucson.org as soon as possible.

Looking for a Dance Instructor? Choreographer?
Performer? Costume Designer? Artistic Director?
Administrator? Board Member? Grant Writer?

Send your **JOB POSTING** to:
Krystyna@AzDanceCoalition.org



NEA National Endowment for the Arts
NEA Arts Projects | NEA Challenge America
NEA Research Awards

Arizona Commission on the Arts

Festival Grants (deadline Sept 16) | Youth Arts Engagement (Nov 11 deadline)
Lifelong Arts Engagement (Nov 11 deadline)

Phoenix Office of Arts and Culture Grants Program
Arts Career Advancement Grants (Oct 6 deadline)



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

Subscribe to ADC's e-list for the occasional newsy email.

Consider becoming a MEMBER: Individual, Organization, Venue/Presenter

JOIN Online or Download Application

Visit the Arizona Dance Coalition *website*: Dance Articles, Calendar of Events, Resources, Classes List, and more.



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

AzDanceCoalition.org  ADC Group

 @AZDanceCo

 Pinterest

 ADC

 @AZDanceEvents

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