

  
**nhsda**  
National Honor Society for Dance Arts  
**Dance Arts**

**Now!**

The official NHSDA Newsletter for Middle and High School Students  
Back-to-School Issue 2018



*Photo by Cynthia Griffith Clayton. Courtesy of Dance Inn*

**W**hether jumping on stage or on a big, colorful pile of leaves, how we love to dance! Autumn creates an atmosphere so brisk and exciting we all welcome this season. We reconnect with our teammates as we leap into new artistic and academic achievements.

In this issue, our NHSDA members explore a delicate balance between the physical and intellectual ~ through dancing as a team, overcoming personal challenges, and reaching out to the community.

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## *Why I Dance*

**By: Madison Maguire**  
**Advisor/Sponsor: Rachel Miranda**  
**Ridge High School**  
**Photos: Ridge Dance Collective,**  
**Courtesy of Ellie Hegeman**

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*On stage or in a practice room,  
I can throw my worries out the door  
and focus on one thing:*

*Dance  
There's no distractions of homework,  
relationships, or phones  
And I allow the rhythm to soak into  
my soul.*

*I dance to express,  
Not impress.  
I move in ways I never thought  
possible  
And let my feelings move me, not my  
mind.  
I twirl to the beat and never let the  
timing get the best of me.*

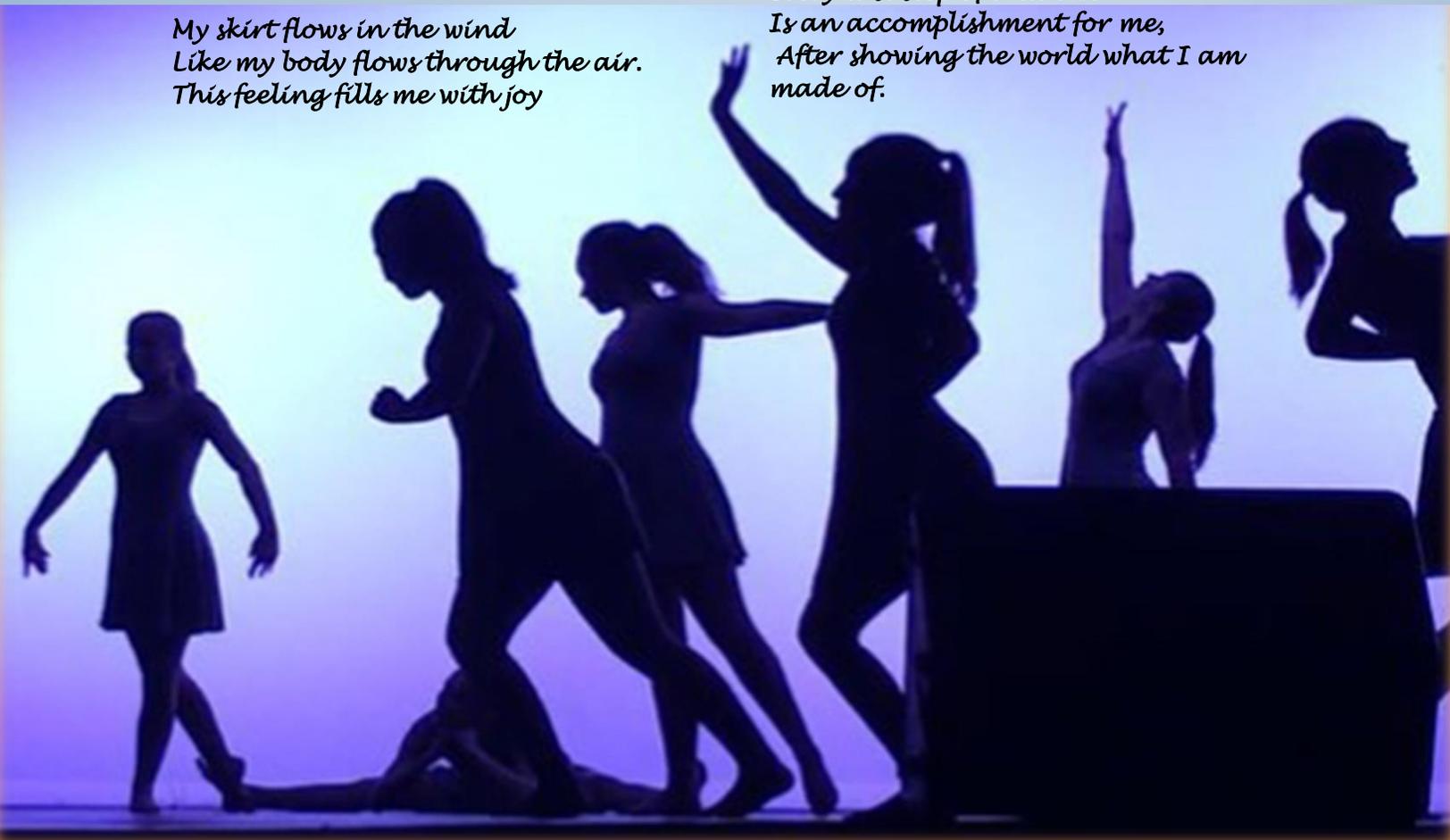
*My skirt flows in the wind  
Like my body flows through the air.  
This feeling fills me with joy*

*And I am the happiest when I dance.*

*It seems that every 8 count I learn  
Goes to a different part of my mind.  
I practice movements over and over  
again  
Until I reach perfection.*

*Although most motions are probably  
not perfect,  
I believe that the way I move is  
always perfect.  
I leap with all my strength  
And kick with all my might,  
Only to impress myself.*

*Every last step of a dance  
Is an accomplishment for me,  
After showing the world what I am  
made of.*





*Olivia (center) dances. William McDermet Photography*

**D**ance originates from the soul. We feel it and connect to it naturally. It's not forced nor something we can perfect one hundred percent.

Dancing in my life allows me to let go; when stressed or anxious, I enjoy improving and feeling free. Contemporary, Lyrical, Modern, and Ballet are all my go-to-choices

## **Editorial**

### ***This School Year, Let's Branch Out of Our Comfort Zones...***

**By: Olivia Arone**  
NSPAC member & NHSDA Officer  
Advisor/Sponsor: Marie McDermet  
Georgetown High School Dance School  
North Shore Performing Arts Center

because I study them the most. Although I am still not very comfortable improvising in other styles, being diverse is a quality for any serious dancer.

As everyone enters the new school year, my advice is to try something new so that we can branch out of our comfort zones. Explore improvising to different and new kinds of music.

***Let's grab our shoes, let loose as we turn up the tunes, and ...  
Enjoy the 2018-2019 school year!***

## **➔ Special Benefits for NHSDA Members!**

The **NHSDA Preferred Vendor Program** offers benefits for our NHSDA members, and here we highlight two of our vendors and their special services!



**studiodirector** is a management software program with tools to run a studio efficiently. Sign up today for one month of service and support **FREE**.



**Gibney Dance** welcomes NHSDA members to study with their renowned faculty in NYC! Group Study packages offer 10% off master classes and workshops; use code NHSDA18.

Learn more about this program:

[https://www.nhsda-ndeo.org/content.aspx?page\\_id=22&club\\_id=661544&module\\_id=272567](https://www.nhsda-ndeo.org/content.aspx?page_id=22&club_id=661544&module_id=272567)



PNG. Creative Commons 4.0 BY-NC

***NDEO's Artistic Merit, Leadership & Academic Achievement Award 2018  
Congratulations to all these Award-Winning NHSDA members!***

***Winner***

Fiona Thomas, All That Dance (See Fiona's article on page 6)

***Finalists***

Ani Rosen, Windward School

Leah Suskin, Morris County School of Technology Academy for Visual and Performing Arts

***Honorable Mention***

Jade Clark, George Washington Carver Center for the Arts and Technology

Kierstyn Edore, Morris County School of Technology Academy for Visual and Performing Arts

Rush Johnston, South Carolina Governor's School for the Arts and Humanities

Learn more about the program and view the students' choreography:

[http://www.nhsda-ndeo.org/content.aspx?page\\_id=22&club\\_id=661544&module\\_id=199309](http://www.nhsda-ndeo.org/content.aspx?page_id=22&club_id=661544&module_id=199309)

***Scholarship Donor***



PC: Isabel Alexander, All That Dance

***NHSDA Love Your Body Week***

***November 11-17, 2018***

***A national campaign to create healthy dance environments!***

Teaching with a body-positive perspective is a primary goal for our NHSDA chapters. Foster this in every class with creative movement activities that inspire drawings and writings of self-love ~ to be posted on studio mirrors like their own works of art.

Share your #NHSDALoveYourBodyWeek Experience! Learn more:

[http://www.nhsda-ndeo.org/content.aspx?page\\_id=22&club\\_id=661544&module\\_id=270446](http://www.nhsda-ndeo.org/content.aspx?page_id=22&club_id=661544&module_id=270446)

Photo by Isabel Alexander. Courtesy All That Dance

## NEWS (cont.)



Photo courtesy LDC

### *The Legacy Dance Company (LDC)*

**T**he Dance Inn allows the pre-professional students of its Legacy Dance Company to explore all arts disciplines with international teachers and to participate in community service. The members also serve as Dance Motivators for social events where they teach popular dances that will, as the students say, “make sure the dance floor is always in motion!” Performance opportunities abound in venues such as Disney’s Magic Kingdom.

*Look for LDC student Stella Tee’s powerful story in **Fight Song** on page 9.*

### *Community Service Review ~*

#### *A Dynamic Experience*

**By: Nicolette Kavouras, Student Reporter**

**Sponsor/Advisor: Rachel Miranda**

**Ridge High School**

**I** have been performing for over 13 years and now participate in my school’s Ridge Dance Collective, Ridge Dance Team, and at my Gotta Dance studio. As a member of the Dynamite Dance Team (DDT), my friends and I perform at different locations each year. Our focus is: **To grab the attention of all audiences while helping our neighbors in need.**

We have performed at Hershey Park, Medieval Times, Somerset Patriots Stadium, Ridge High School, and more. For our community service, we have raised money for the victims of Hurricane Sandy, Make-A-Wish Foundation, And Go Fund Me.

As **Gotta Dance** interns this past summer, we



Photo of Nicolette and dancer friend

put on a **Cartoon Classics** show at the Eastern Star Nursing Home and Dorney Park. We mentored 8-10-year-old girls in team bonding activities such as technique, choreography, and arts and crafts, and collected new coloring books along with crayons for the children’s hospital.

This is my second year in the DDT internship program and I am happy to be part of it because I now share dance while raising arts awareness and participating in community service!



## ***Interconnection: Finding My Heart through Teaching Dance***

**By: Fiona Thomas**

**Winner: 2018 NDEO Artistic Merit, Leadership & Academic Achievement Award**

**Advisor/Sponsor: Mary Gorder**

**All That Dance**

*Fiona is pursuing a BFA degree in Modern Dance at the University of Utah and hopes “to share the power of dance with communities around me for the rest of my life.*

**D**ance has always been my outlet. It is my solace, my home. Movement has given me resilience when I did not feel strong enough to continue. Until recently, class was only about my individual growth. The opportunity to teach completely changed my mindset.

Last summer, I volunteered at a low-income housing center, teaching dance to kids. The first class was indescribably empowering. At first the students were timid, but they wanted to keep dancing. Seeing their excitement was unreal. I knew I needed to keep teaching these kids, so I contacted the center supervisor and arranged weekly classes. They deal with a lot, from challenging family situations to trouble at school. They worry about whether there will be dinner when they get home. To create a safe space of release for them meant more to me than I could articulate.

At first glance, the kids' lives looked very different from mine. I know that I am privileged, and I assumed that our disparate backgrounds would translate to disparate viewpoints. My time with them, and my health challenges over the past year, dramatically changed my perspective on life. A year ago, I was continuously tired, I felt weak, and my body hurt. I blamed the fact that I was rehearsing for the school musical on top of my dance schedule. The pain kept growing.

Eventually I could not even walk normally or grip a pencil. I collapsed in ballet class. I had no strength. I was terrified that I may not dance again, the one thing my heart truly needs. Stuck in a hospital bed, I was engulfed in helplessness. I needed to move, but the possibility of not being able to teach felt just as heartbreaking. Finally. I was diagnosed with lupus. I began medical treatment and I now feel strong again. I know that

I can continue to pursue dance, and that dance is bigger and more important than I ever understood. Both experiences helped me see that this is how I release, how I connect to my voice and communicate with those around me. Getting back to class and to teaching was a monumental relief.

I now realize that I depend on dancing and teaching. I depend on my students' strength, laughter, and the joy they find in this art form. I am so lucky to understand these amazing kids, move with them, and watch them express themselves. They are where I find hope. No matter how different our lives may appear, regardless of personal hardships, ultimately, we all need comfort, support and inspiration. I know these experiences will forever shape how I teach and that teaching will forever shape how I see the world. 🍷



*Fiona teaching her wonderful students. Photo courtesy FT*



*Dancers pay homage to their friend, Katharine. Photo courtesy GCIT*

## ***J Was Here: A Dancer's Legacy***

**By: Sydney Craig**

**Advisor/Teacher: Mrs. Marissa Stahl**

**Gloucester County Institute of Technology**

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**O**n January 26th, the Gloucester County Institute of Technology's NHSDA members were rehearsing pieces, putting the final touches on their makeup, trying their hardest to calm their nerves. This event was to be a nostalgic, emotional night for us, the teachers and dancers, to perform a show for our dear alumna, Katharine Campbell, who had tragically passed away in a car accident. She was an extraordinary soul with a wonderful heart, and so we wanted to honor her in a special way.

The NHSDA members ~ choreographers, make-up artists, costume designer, backstage crew, teachers, and dancers ~ all hoped to embody her indomitable spirit in a powerful way that would resonate with the audience. This tribute would remind us that Katharine **WAS HERE** and that her memory would live on.

### ***J Was Here, Dancing for Humanity...***

Katharine brightened a room with her contagious smile and pure humor. Every school day she was happy because she could do what she loved most...**dance**. Although she hung out with her close friends, she never excluded or let down anyone. She was both a talented dancer and a reliable student who blessed the many lives she touched throughout our community.

The show was a huge success and completely sold out! Friends, families, and other supporters filled the auditorium. The program also held a silent auction with the gracious help of two parents of GCIT dancers. Many who loved Katharine participated. One of her closest friends, Maddie Chaplick, spoke eloquently while trying to hold back her tears, although there were no dry eyes in the auditorium.

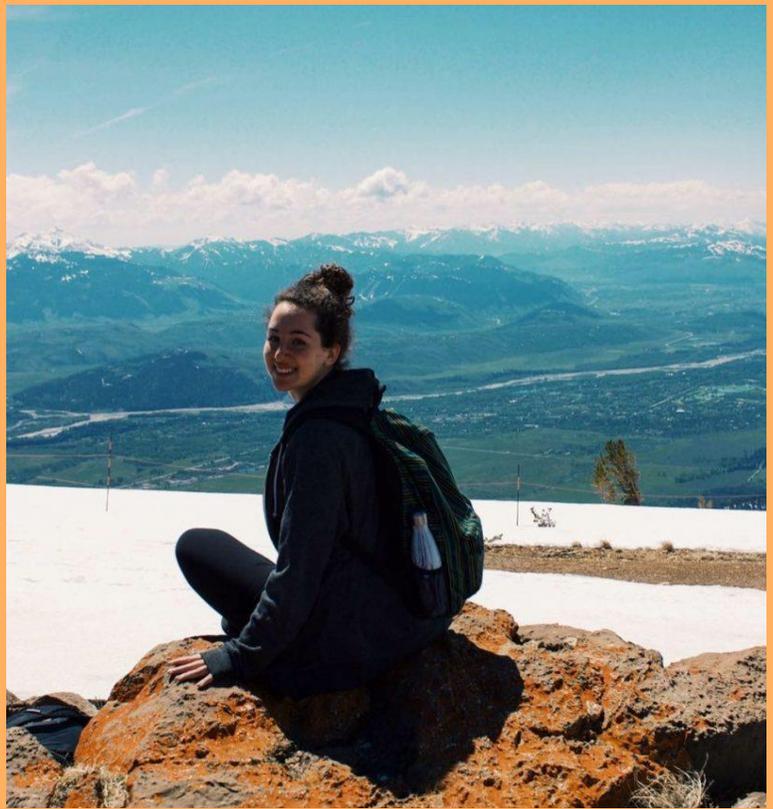
***Katharine Campbell was an exceptional young lady who smiled down on all the performers during our performance and she will be a part of our lives forever.***

Two special guests, Katharine's brother and her mother, were deeply moved for all we did to honor their beloved Katharine. Her mother stated:

*My family and I have been so overwhelmed by the plans that have been made to honor Katharine's memory. We are very grateful.*

*The fundraiser for Habitat for Humanity was especially nice since it was an organization that Katharine enjoyed working with and had planned to support even after college graduation. The performance was so very touching as we could tell how much work and care went into each piece, the music and choreography. Katharine would have been pleased and humbled by the expression of love and respect for her.*

Although the show was in memory of Katharine, the NHSDA and GCIT community wanted to honor her giving spirit by donating all the proceeds ~ totaling over \$2500 ~ to Habitat for Humanity. This was because Katharine, as her mother had noted, volunteered for this charitable organization through Collegiate Challenge at St. Joseph's University.



*Katharine. Photo courtesy Paul Karoly*

Katharine's mother continued:

*Katharine loved to express herself in dance. My husband and I agreed that our children should have some artistic outlet... Our son is a musician. Katharine learned to play the violin and trumpet (and learned to play with ease), but she told me, 'Mom I've got to move!'*

*So, dance it was! But, even more than the dancing, Katharine loved the people whom she met through the years, fellow students, and teachers. She formed friendships that would have lasted a lifetime.*

To us, Katharine's friendship continues to be vibrant and real. 



Photo courtesy The Dance Inn

***Fight Song!***  
***Making Strides Against Breast Cancer***

**By: Stella Thé**

**Advisor/Sponsor: Thelma Goldberg**

**The Dance Inn**

**Lexington High School**

***The buzz of excitement and chatter filled my ears as my friends and I prepared to perform. The music started on cue and I rushed out onto the stage in front of hundreds of people standing out in the cold with immense smiles from ear to ear.***

Every year in October, rain or shine, my dance studio performs at Boston's Hatch Shell amphitheater for the ***Making Strides Against Breast Cancer Walk***. In 2012, Making Strides had their 20th anniversary, which was especially exciting for everyone. Although we had many dances to share with the audience that day, this was the first year we were performing our new choreography, ***Fight Song***. It may have sounded like a cliché for the event, but it still had a significance to the audience ~ to spread the joy of life and to conquer cancer.

***A Walk along the Charles River***

Before we performed we participated in the one mile walk along the Charles River. We strolled along the banks with participants of every shape, size, and color as positive energy pulsed through the crowd. Those at the finish line cheered as we put our best foot forward.

The participants demonstrated hope, strength, and perseverance, which made us feel we too could overcome any obstacle in our paths. Their fortitude and resilience in the face of adversity was inspirational to all around them.

***To Dance for a Cause ~ and for My Mom***

After we completed our walk, we prepared to dance, so we changed into our costumes in a small dressing room. We excitedly waited for

TV personality Candy O'Terry, from Magic 106.7, to announce the Dance Inn's Legacy and Youth Intensive dance companies. Soon we lined up, which meant we were to perform. We walked up the dark, narrow stairway ready to dance. We waited on the stage's edge, ready to jump into action.

The wind whipped my face, yet a warm embrace hugged me, reassuring me as I faced the audience. Waiting for the music gave us a moment to calm ourselves before we danced. As I looked down from the stage, I saw women without hair, in wheelchairs too weak to walk, and devoted partners standing by their sides, supporting them in every way. Seeing the strong women who fight for their lives every day puts one's own existence in clearer perspective. Thinking about their personal struggles, I realized that if they can conquer a challenge, *so must I!*

As I scanned the audience, I found my mom's smiling face. "I love you," she whispered. I rubbed my nose ~ our little sign that we love each other. Being the daughter of a woman who has breast cancer is hard but knowing that my dancing had a significant impact on both her and others' lives, made me stronger.

***My mom always reminds me that we can either fight to see another day or let the cancer consume us.***

The music that just started disrupted my train of thought. As my partner squeezed my hand I bent down into my pose. I was ready to dance my heart out and give my love and support to every person there. ***Fight Song*** rang through my ears. The hours of practice in the studio, the relentless constructive criticism from my teacher, all lead up to this positive moment.

### ***An Empowering, Supportive Environment***

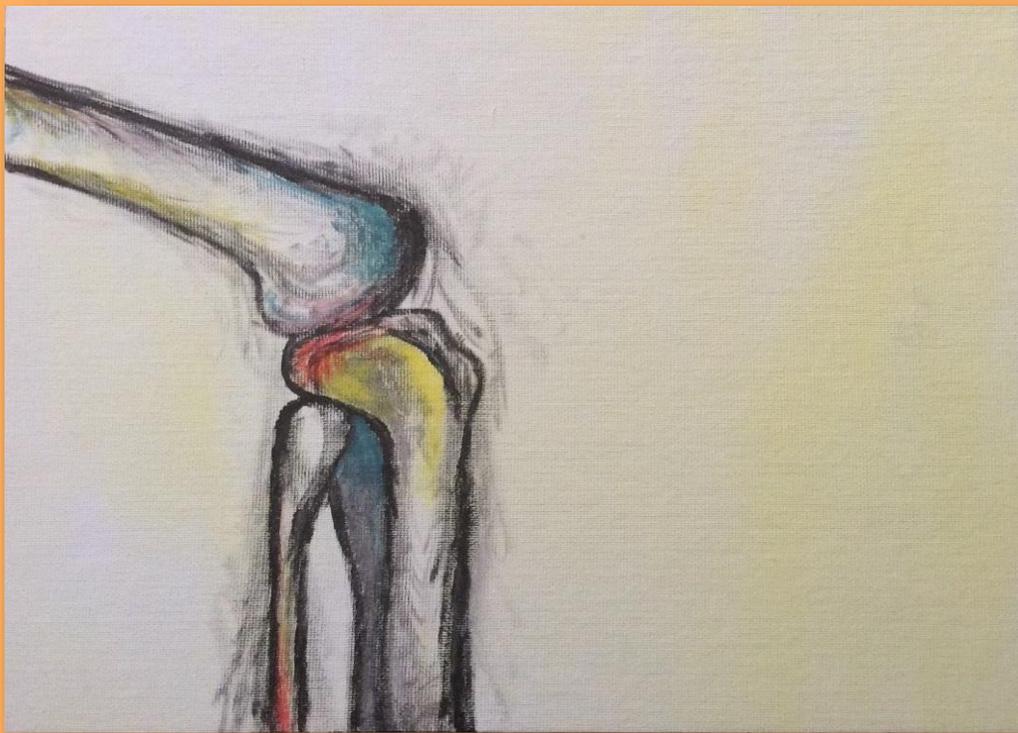
After performing, we watched the dancers from other companies share their joy on stage. Watching them, as well as dancing ourselves, gave us an experience like no other because we saw the happiness we could bring. Everyone benefitted from the empowering environment



*Photo courtesy The Dance Inn*

that reinforced a sense of community and emulated a tight knit family even though many had previously been strangers.

On the bus ride home, everyone was quiet and tired from the long day. I thought about the women I had met at the walk. They must value themselves and live every moment ~ that is why they fight. Then, I put my head on my friend's shoulder and fell asleep with a promise to myself that I too would live to the fullest and take nothing for granted. 



### *Challenge Conquered ~*

### *An Injured Artist Acquires New Skills*

Article By: Miranda Kim (Graduate)

Advisor/Sponsor: Kathleen Mastan, Palos Verde High School

Artwork by: Ellie Madwed (Undergraduate, Bates College)

Advisor/Sponsor: Mary Gorder, All That Dance

**D**ance was once just a way for me to learn self-discipline, to supplement my musicality for piano, and for daily exercise. I certainly gained benefits of drinking lots of water and being punctual. However, after a devastating injury that impaired my left knee, I thought dancing was forever out of the picture.

No matter how I tried, I couldn't part from dance despite my pain. I acquired new skills and took more challenging roles, building my strength and developing my young brain with a creative, healthy dance-base. I hoped to make profound contributions to the arts.

#### *New Skills Related to Dance*

On crutches, I attended every rehearsal and choreographed school shows. This ultimately lead me to learn how to set lighting for the stage. I taught myself how to film and edit videos and to promote related programs which developed into a YouTube channel. Viewers around the world have since sent encouraging messages

about how they apply my work as a source for talent shows and competitions.

After classmates endured injuries from exercising on stiff dance floors with no pliability, I petitioned to upgrade my high school's dance facilities. With the support of the principal, spirit team coaches, the drama department, and the Booster Club president, we are now in the fundraising stage to purchase sprung floors to help prevent future injuries.

The experiences I had due to unforeseen circumstances that prevented me from dancing evolved as exercises of endurance and creativity. By performing on stage, teaching, creating flash mobs, and posting videos via the Internet, I now share the benefits of dance throughout my community and the world. I see that the art is more than just a fun pastime...it influences my whole life. 



*Christine and her dance mates roll on stage. Photo courtesy ECHS*

## ***So Many Glorious Spins!***

**By: Christine McIntosh**

**Advisor/Sponsor: Jessy Kronenberg**

**El Cerrito High School**

*An accomplished dancer and visual artist, Christine plans to study forensics and law in college.*

**O**ne might define dance as the movement of a person's feet and body, usually accompanied by music. To me, however, this experience is most essential. I dance with my heart, soul, and of course, my wheels. Some once questioned whether dance was for me, but I fought for my passion. From Latin to hip hop to ballet, I have always loved moving to music. When I first began dancing, I never imagined performing on stage and thanks to my dance teacher, Mrs. Kronenberg, I was given that experience.

### ***Footloose Body Language***

An early performance at a rally (dancing to Shaggy's "Only Love") was more difficult than I imagined. Nevertheless, I was Mrs. Kronenberg's first wheelchair dancer and so honored to perform at another concert appropriately titled ***Body Language***. Our group rolled to the carefree song "***Footloose***." I practiced almost everywhere: on the bus, at my dad's house, at

my mom's house, during lunch, in class, and over-and-over in after-school rehearsals!

The experience was almost indescribable. From warming up to completing a project, we all shared our creativity so to transform our various ideas into one strong dance. Everyone respected my participation even if I needed more time to maneuver across the space. We modified certain moves, such as traveling in a "train" or linear formation, whereby my group would calculate a few extra counts so another "train" formation could seamlessly follow suit or pass through.

Behind the scenes was even more fun. We laughed and played, but when it came down to work we did what was needed to get the job done. I remember how exciting dress rehearsal was because people believed in me and most importantly I believed in myself ~ I could do anything if I put my mind to it.

Taking this choreography class enlightened me on how to express myself through dance. There were challenges, of course, but I learned how to utilize my chair as an *advantage*, as an art form ~ *not* as an obstacle.

I am a wheelchair dancer. With Mrs. Kronenberg's mentorship, my pursuit of dance is now bigger and more real. I believe that if I never performed *Footloose*, I might not have developed the confidence to move so creatively. The feeling of those having joy for what someone does with determination, hard work, and a sincere heart, is the best thing in the

world. I have always dreamed of dancing for a living or at least as a hobby. It is my passion.

Every piece of choreography tells a story, and I have one to share with those who have been dancing all their lives or are just learning: *Never give up. We will pass every bump in the road to reach our destiny.* 🍀

*My name is Christine McIntosh and I am a Dancer!*



*Christine and her dance mates show great comradery. Photo courtesy of ECHS*



***Dance Arts Now!***

***Editorial Staff***

Susan McGreevy-Nichols,  
NDEO Executive Director  
Colleen Hearn Dean,  
Senior Editor

Melissa Greenblatt,  
NDEO Managing Director  
Ariana Spinelli,  
Administrative Assistant/Member Services

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8609 2nd Avenue, Suite 203-B Silver Spring, MD 20910 301.585.2880  
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Our Editorial Staff invites student inductees and their chapter sponsors to contribute stories, poems, articles, chapter news, photos and other creative works for our future editions!

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***Welcome  
Back to  
School!***

*Photo courtesy of Fiona Thomas*