



Dance Arts Now!

The official NHSDA Newsletter for Middle and High School Students
Spring Issue 2019

Spring into Spring!



PC California Dance Education Association

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Skeleton Arabesque

As Spring reawakens creativity, our NHSDA contributors realize their inner-feelings and compassion flows through the power of Dance.

climb

By: Fiona Thomas
2018 Winner, NDEO' Artistic Merit,
Leadership and Academic Achievement Award
Advisor/Sponsor: Mary Gorder
All That Dance
Photo of Fiona, PC All That Dance

A teacher once told me that everyone has their own mountain to climb. Life is about acknowledging hardships and accepting that those moments are what shape us. Recently, a dear friend passed away and choreographing *climb* was a way to cope with grief, and to find relief in moments of pure heartbreak. My dance community has provided me with an incredible sense of strength and empowerment, which I hope this piece conveys.

Performing and filming this work was overwhelming. Because of the deep and powerful emotions it encompasses, it felt like my mind was taking over my body could not find its center. Ultimately, I was able to overcome this challenge by refocusing my intention and finding breath and release. Throughout the choreographic process, my body felt like the ocean. The adagio phrase is representative of building myself up. Akin to climbing, this was my gain of strength before another wave would crash over me. My use of repetition throughout represents the perseverance necessary to continue forward, with the setbacks along the way.

Each repetition that occurs is a new beginning, new light. With each step, I may not reach a final destination, but I am breathing. I am searching for the strength that I know I can find within myself and within others to push through.

Even though our mountains can be steep, there is always a way up, and a reason to keep climbing. Dance is the reason I still am.





We are dancers

By: Nicolette Kavouras
Sponsor/Advisor: Rachel Miranda
Ridge High School
PC Ridge High School

***The hard work,
 The dedication,
 and the long practices
 To perform their best,
 For the two minutes on stage***

***We don't just move our arms and feet
 We don't just smile for the crowd
 We don't just memorize the choreo,
 But we move our arms and feet to the choreo,
 And smile because we enjoy it***

***We know
 Heels together
 Legs straight
 Back straight
 Shoulders down
 Eyes forward
 Smile and Have Fun***

***Because
 We are a sport
 We are the best***

We are dancers



News

Diversity in Dance Education Series

California Dance Education Association (CDEA) presents the online ***Diversity in Dance Education Series***, which features teachers and their students in engaging conversations about how to address this issue in classrooms and studios.

The first episode features dance educator Nicole Robinson of A.B. Miller High School in Fontana, CA.

Learn more: <https://cdeadance.org>



PC A. B. Miller HS

Winward Latin Dancers Step Out to Teach Young Students!



PC Winward School

Winward School, along with its NHSDA chapter, has a robust service learning program in a wide range of community partnerships, including the Richland Avenue Latin Dance Class (pictured). Winward Dance guest artists, teachers, and student volunteers teach youngsters, in grades three-six, a variety of fun Latin dances.

Other Outreach programs include working with neighboring elementary schools with a landscaping and restoration project, Thanksgiving meal sharing, and more arts and tech programs.

NEWS (cont.)

Destiny Creates "We Girls Dance"



Bravo, Destiny, for creating this great program for these young dancers!

Three years ago, NHSDA member Destiny Dallas took community service to heart by starting a dance program for underprivileged students who might not otherwise have the opportunity. She called this group the **We Girls Dance** and in the first year, three young ladies participated. Her group soon grew to twelve and is now part of the regular Dr. Phillips High School chapter services.

The **We Girls** performed two numbers in their first formal concert for the school's Celebration of Dance, along with a backstage tour. They also filled bags for Haiti relief and earned pink t-shirts. Destiny, with several fellow NHSDA members, continue to share choreography, help with field trips, and work on the **We Girls** own recital. Hails advisor Kathy Follensbee, *"This is one of my favorite ongoing stories!"*



Destiny (C 2nd row) and students. PC Dr. Phillips HS



PC Creative Dance Center

Creative Dance Ignites Compassion

A local stage shines brightly each January when Creative Dance Center students perform to benefit youth scholarships and such local charitable causes as the Loudoun Abused Women's Shelter, the Teri and Shari Malone Foundation, Paxton Campus, and Military Kids. The CDCompany, CDCrew, and Performing Troupe programs unite for one evening to "celebrate life, youth, and the love of dance." CDC members "believe arts education ignites creativity, discipline, and compassion that will mold our future leaders."

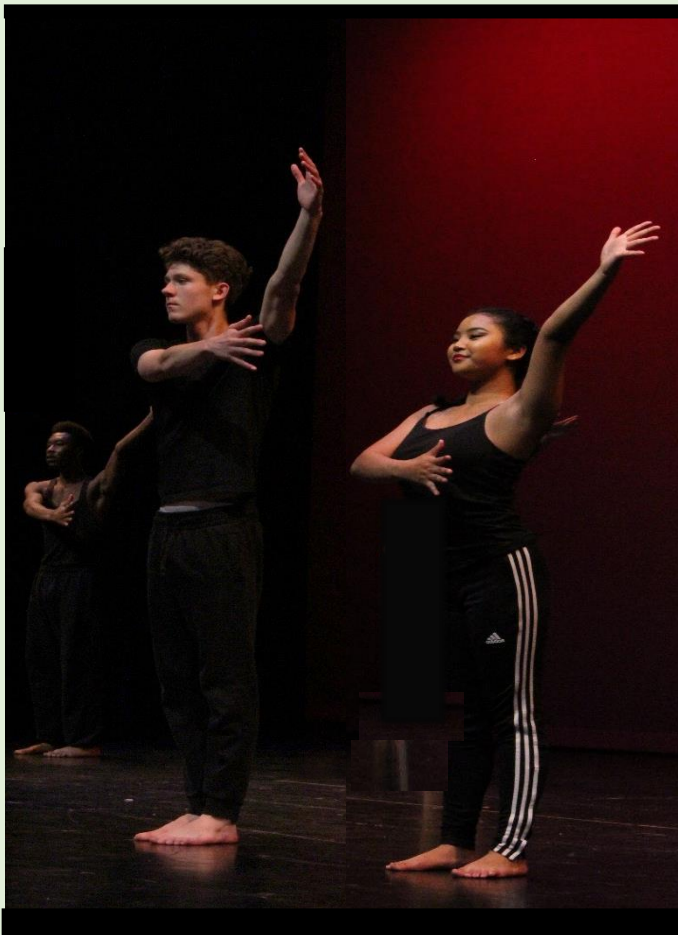
News (cont.)

Gaucha Dance Company

El Cerrito High School launched The Gaucha Dance Company for students to stage live performances, complementing their Dance Production course. They develop composition and performance skills, cultural understanding, and leadership. All aspects of production are practiced across the curriculum and into the greater community. Requirements: auditions, full participation, and elections of captains.

Advanced dancers teach master classes in the middle school. When their young students attend the company show, they see their student teachers on stage and ~

Suddenly they imagine themselves as those dancers taking their bows.



Mark Your Calendars!

- *Dance a Difference Week, March 3-9*
- *Thank a Dance Teacher Day, May 2*



PC El Cerrito HS (L); R. Miranda (Top); The Fine Arts Ctr. (Bottom)

News (cont.)



PC The Fine Arts Center

Community Sharing

When The Fine Arts Center NHSDA students teach community members on special Saturdays, all ages and abilities share a magical world of ballet, musical theatre, jazz, character, improvisation, and contemporary/modern dance... Stars are born throughout Greenville, SC. *Great job!*



Artists and Athletes Unite

The Windemere Preparatory School Announced "Our first ever NHSDA sponsored **Dancing With Athletics Night** raised over \$2000 for Kids Beating Cancer! So proud of our athletes and dancers!" ~ *Congratulations!*



PC Windemere Preparatory School

News (cont.)



PC Pembroke School of Performing Arts

A Hero's Workshop in Heels and Taps!

The Pembroke School of Performing Arts offers many community outreach programs. In one special workshop series, students create dance videos that honor our Veterans who have served and are continuing to serve our nation. ***We salute you all!***



Extra! Extra! Extra! Student Choreographers!

Dance ICONS, Inc. offers cloud-based platform and digital communications resources for both student and professional choreographers ~ and the editors want to hear from you about your needs, goals, and ideas: *"Feel free to contact us about how we can better serve you...Enjoy our website, share your experiences, and be a part of our growing global community."*

Be inspired ~

Check out the fabulous choreography films.

Learn more: <http://www.danceicons.org/>

Nothingness Can Be Everything

By: Emily Rauchut

Advisor/Sponsor: Daria Rose

Dance Unlimited

Emily guides younger students and plans community service events. She also performs at nursing homes, where she says, "Seeing the happy reactions on the seniors' faces, reminds me of why I truly love to dance."

The intent for my choreography, title *Nothingness*, was to produce a work of art that illustrates why the simplest, minuscule aspects of nothingness are the most powerful. My desire was to find beauty in the stillness of dance. At times the most inspirational instances are in the moments of silence, which are true in both dance and life. To truly appreciate what we have, we must first go through a period of nothingness toward value of sweet, little things.

Dance is important in my life ~ and the closest thing to flying. I wouldn't know what to do without this art form and my ability to express myself through it. In my piece, the slap of my hands represents my awareness of nothingness. I never fully appreciated the opportunity to dance until I was struck with some tragic news. A dancer I competed against had passed away a few months ago after fighting cancer. He had nothing left, yet he found joy in his last days dancing, which inspired me to never take one day of dance for granted.

While composing I struggled without the artist singing, and, instead, just speaking. I had never choreographed to spoken words which was a challenge, but it helped me explore unique ways to move as well as making the moves literal in their meaning.



PC Dance Unlimited

Nothingness is like the unknown. It was intimidating to create this piece because I had to step into the unknown of choreographing, but I will forever cherish its meaning and everything I was able to learn about myself.

One crucial goal of choreographing is to use dance to help others express themselves without causing violence, since recently our nation has experienced so much hate. My community has experienced multiple suicides and I hope in the future I can influence people to dance or find an art form that allows them to express their pain, happiness, and everything in between to cope with life and discover who they are.





Special Feature!

Heart Break to Hip-Hop Victory ~

Through Tragedy, Discover Your Calling

By: Kalob Insalaco

Hip-Hop Dancer/Instructor

Teacher: Ricky Maalouf



PC Kalob Insalaco

I told my teacher the whole story, and to my joy...

Hello! I am a passionate Hip-Hop dancer in Gilbert, Arizona and I am grateful to be part of such an amazing, growing, and humble dance community. My passion extends to working with young people with special needs to the point I hope to one day establish my own studio dedicated to teaching the true art form and lifestyle of Hip-Hop to all ages and abilities.

Special Needs & Unified Games

I first became involved in community service in high school, where I was appointed peer classroom facilitator. One program we worked diligently for was the *Unified Games*, a special education sports competition. In my sophomore year, I partnered with the athletes in basketball games ~ starting the one season which would change my life.

A physical exam was required to coach, so I went to the doctor's office, excited to do this as the first step to what seemed like my lifelong path. However, once the doctor listened to my heartbeat, her face muddled, as did mine when I saw hers. Because my heart did not sound right, I couldn't be cleared until a cardiologist examined me. I was fourteen years old.

I was fortunate to see the cardiologist the same day. His face, as well, became bewildered. He told me yet again that something wasn't right with my heart and that I needed several procedures to realize the exact prognosis.

After all the tests in the weeks afterward, the specialist finally figured out that I had Hypertrophic Cardiomyopathy, which is, essentially the thickening of the heart. I needed surgery immediately to stabilize the condition.

Ironically, the doctor's next statement that caught me off guard immediately broke my heart, "You won't be doing Hip-Hop ever again...I'm sorry."

An Ocean of Tears

At this point, I felt no hope. My parents and I pleaded for an alternative explanation as an ocean of tears fell from our eyes. But to no avail, he showed us exactly what was wrong and that there was no cure. All I remember muttering to my mother, "My life is over."

Having my mind go black, I managed to ask about teaching since it required less exertion than performing. He said I shouldn't do any physical activity *whatsoever*. Devastated, I was depressed for a long time and almost saw no future without my passion for dance. I

blamed my Heavenly Father for my curse, but my parents were determined to find a second opinion. They wanted to hear from the head of cardiology at Phoenix Children's Hospital.

All I thought was that he was just going to say the same thing heard before. But this was different. He assessed that the other doctor was correct on what exactly I had, but he was incorrect that I shouldn't do any physical activity, and in fact, dance was beneficial, and no exercise was dangerous. I again asked if I could teach. He emphatically said, *"Absolutely!"*

I saw glimmers of hope ~ but was still on edge about the whole situation. Unexpectedly when I was peer classroom facilitator, an opportunity arose. I told my teacher, Ricky Maalouf, the whole story. And to my joy he offered me a job working for the City of Chandler teaching Hip-Hop to people with disabilities. I openheartedly accepted his dream-making proposal.

Dream-Maker

Now I have my own class doing the very thing I've wanted to do from the beginning. I now teach to everybody, the love that dance offers.

I teach these amazing kids how to hip-hop, so they can express themselves without criticism and just learn to be free through movement. Every time I enter the studio ready to teach, I am filled with hope for the future even though it was grim for a while. I still dance and love it even more than ever.

I know now that my future is amazingly bright because the Lord's blessings that carry my life through the doors that He opens will always give me faith with hope that things will get better. I strive to live to the fullest every second and to take nothing for granted. I cannot thank enough those who have helped me through this tough time ~ they will remain with me forever, deeply in my heart.

I can now look at all this experience as a gift ~ my passion for dance, the kids that I teach, and the people around me that I love. Life will always get better.

You must believe!



Kalob (Bottom R) with teachers and students. PC Kalob Insalaco

Skeleton Arabesque

By: Ruby Simon

Advisor/Sponsor: Mary Gorder

All That Dance

"There can be conceptual skeletons on several different levels of abstraction."

~ Douglas R. Hofstadter, Gödel, Escher, Bach: An Eternal Golden Braid





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

Dance Arts Now! is a publication of the National Dance Education Organization (NDEO)
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8609 2nd Avenue, Suite 203-B Silver Spring, MD 20910 301.585.2880



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