



Dance



Arts Now!

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

***Greetings! As we celebrate these joyous days,
let us thank our mentors and friends for sharing our
love of dance. In this issue, we will find how dance may
inspire us to create a lovely poem or drawing, to teach a
class or unfold a choreographic piece...All while we expand
our horizons!***

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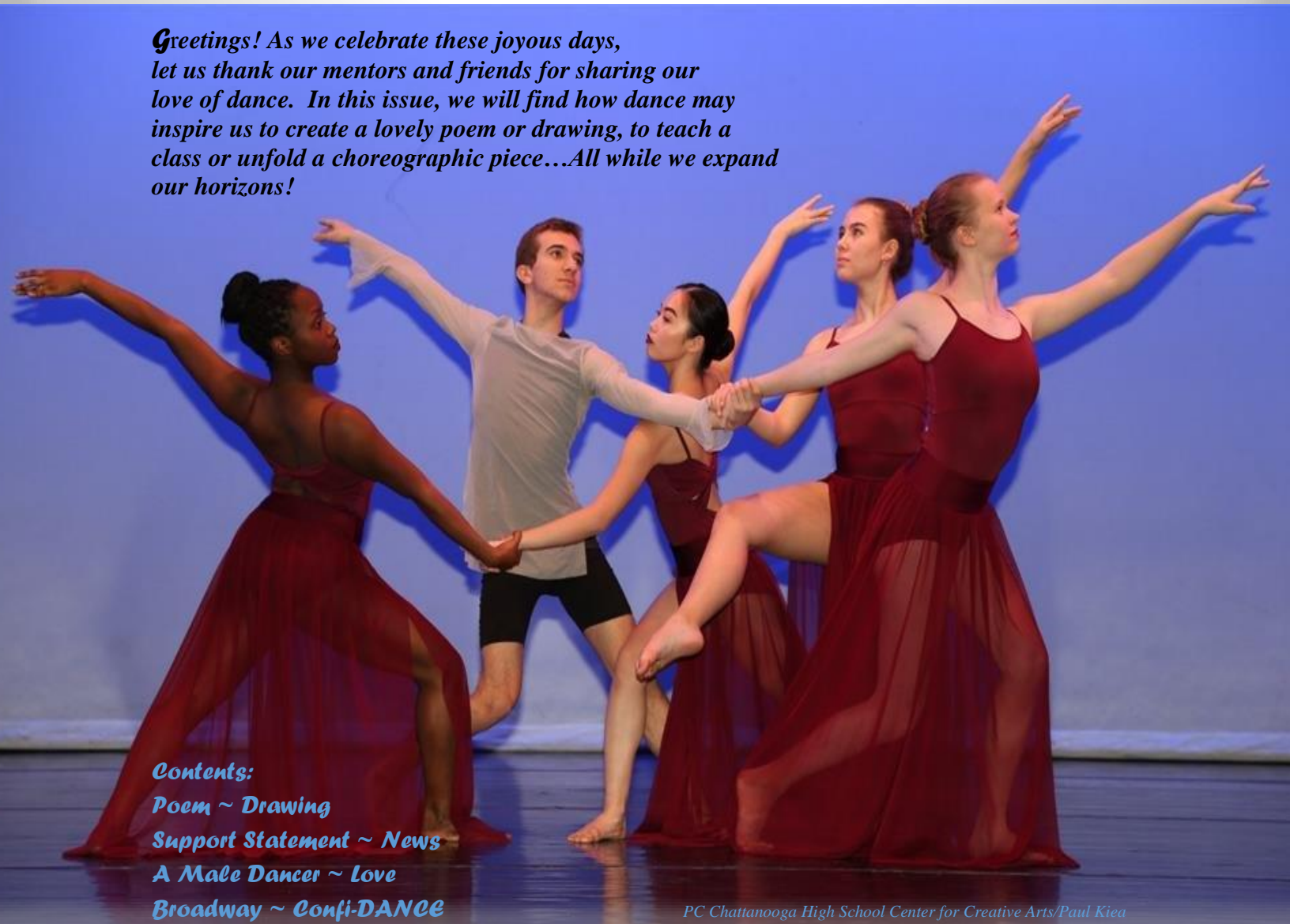
Poem ~ Drawing

Support Statement ~ News

A Male Dancer ~ Love

Broadway ~ Confi-DANCE

PC Chattanooga High School Center for Creative Arts/Paul Kiea



The Flurry

By: Ella Peterson
Advisor / Sponsor: Marguerite Luksik
Central Midwest Ballet Academy
PC Ella Peterson



A fluttering snowflake falls

The petite pointe shoe gently taps the ground

The wind picks up with a swirl of snow

As if, the corps pirouettes across the landscape

The white horizon glistens

The detailed tutus sparkle under the sun

Darkness falls and the snow becomes still

As the curtain descends like the approaching night.



Drawing Upon Dance as Inspiration

Notes & Artwork By: Nicolette Kavouras

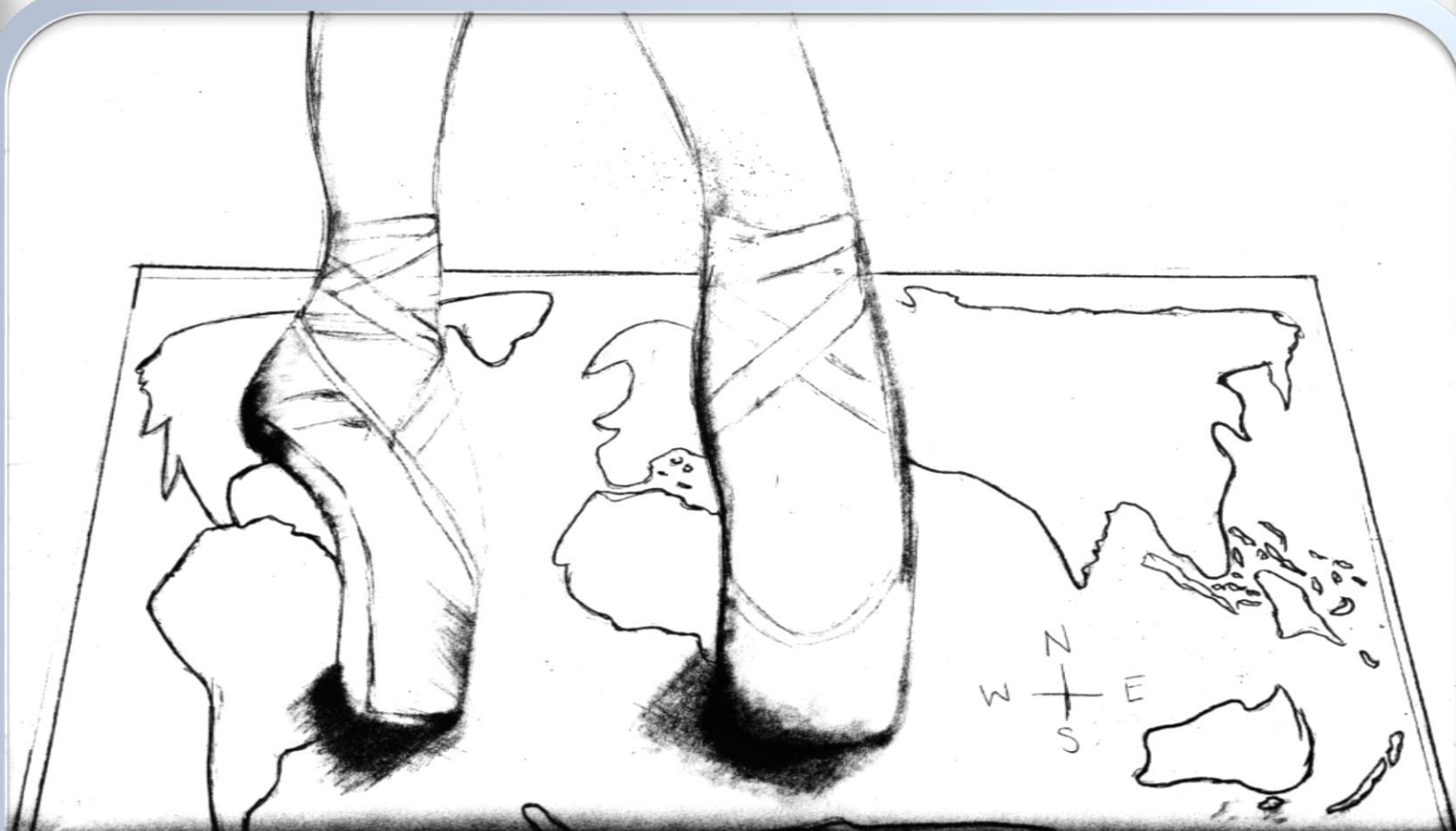
Advisor/Sponsor: Rachel Miranda

Ridge High School

*Everywhere you live, everywhere you travel, everywhere you go,
there's one thing in common ~*

Dance.

*I took my inspiration of various styles around
the world and drew this picture as its representation.
The focal point of Dance should not be only about technique,
but rather the fun
and excitement it brings to individuals
all over the world.*



***In Support of
Dance Education
For All***

***By: Susan McGreevy-Nichols
Executive Director,
National Dance Education
Organization***



PC Dance Dynamics PAC

For over 20 years, the National Dance Education Organization has envisioned a nation that affords every citizen equal access and opportunity to quality dance arts education regardless of gender, age, race, or culture, socio-economic status, ability or interest. We were disappointed to hear disparaging and offensive comments made about boys who study ballet on a national news outlet last week. Research and anecdotal evidence indicate that dance is a powerful tool for helping children of all genders grow physically, emotionally, socially, and cognitively.

Dancing utilizes the entire body and is an excellent form of exercise for total body fitness, improving range of motion, coordination, strength, flexibility, endurance, and kinesthetic memory:

- ✚ Dance promotes psychological health by providing students with the opportunity to express their emotions and develop self-awareness.
- ✚ Dance fosters social encounters, interaction, and cooperation. Students learn to communicate ideas to others, work within a group dynamic, and understand themselves in relation to others.

- ✚ Dance provides the cognitive benefits, helping children to learn to solve problems and create meaning through movement. This teaches the student to function in and understand the world.

In the days following the controversial “Good Morning America” segment, NDEO received many poignant and powerful stories from our members about the importance of dance training in their own lives, and for their students of all genders. We were touched by the heartfelt and passionate response, and are pleased to share some of our members’ responses here:

<https://bit.ly/2KjqXg4>

Dance education matters more than ever today, and it provides life-changing benefits for all students, regardless of gender or gender expression. We stand united with our members and others in the dance community who are working passionately to advocate for access to dance education for all and for equity within the field.

News

NEW Fusion & Dance for All!

**By: Lindsey Katsetos,
NHSDA Advisor/Sponsor**

Our NEW Fusion's dancers, led by studio owner Rana Poley, are committed to giving back to the community. Through our NHSDA chapter and the non-profit Fusion Foundation, the dancers share this love by building strong relationships while growing with deep passion. ***"No Matter the obstacle, age, setback, or disability, we share dance with everyone," states Rana.***



All PC New Fusion



Through the foundation, Rana and our staff offer scholarships and class opportunities for both children and adults, and our NHSDA students are incredible contributors to the many honor society and foundation events.

Special programs are scheduled throughout the year. Our young volunteers teach and mentor dancers with special needs at the Special Holiday Dance Clinic. They participate

in holiday community performances, bake cookies, perform for residents in assisted living facilities, and make Season's Greetings cards for our troops. During "Dance a Difference Week," they join in at LEAD (Limitless, Enriched Adaptive Dance) Day of Dance, as a special needs clinic and performance experience. At both clinics, our NHSDA members promote inclusion and create a wonderful atmosphere for all participants.

"Our dancers are truly the epitome of Dancing a Difference!"



News (cont.)



PC Mount de Sales Academy

Dancers Reach across Seas of Compassion

Through the richness of dance, Mount de Sales Academy students inspire by bettering the welfare of both the local neighborhood and groups across oceans. They actively participate in performances and collaborative teamwork in which they enjoy entertaining residents in nursing homes and mentor other students. They have raised money for orphans in China and, as part of the Tutu mission, have participated in a Fall Festival to support Ailey Camp Baltimore.



Front Page Photo Credit

Gracing our front-page photo are NHSDA members at the Chattanooga Center for Creative Arts (CCA), a National Magnet School of Excellence (awarded by Magnet

Schools of America). CCA students excel in both academics and the arts and perform with national and local dance companies. Photographer: Paul Kieau

News (cont.)

"Holiday Treat" at

Whitney M. Young Magnet HS

Adapted from an article by Ania Sydlowski

While the dancers rehearsed, a surprise awaited outside their studio. Suddenly former First Lady Michelle Obama entered with an ABC-TV crew and the dancers cheered. Lively conversation ensued, the girls performed for their illustrious guest, and Ms. Obama, with her many hugs, expressed how proud she was of them. She then signed a poster of herself when she was a student dancing with the Whitney Young Dance Dept. "One of the most inspiring people in the world was taking the time to be with us and listen to what we had to say. That lifted me up in a way that nothing else ever will," noted NHSDA member Julia Rademacher-Wedd ~ **Check out Julia's own story on p. 16.**



PC ABC Good Morning America



PC More Than Dancers

Special Site for Students & Teachers

Check out the site **More Than Dancers*** for articles and films about performing, health, life lessons, and more:
<https://www.morethandancers.com>

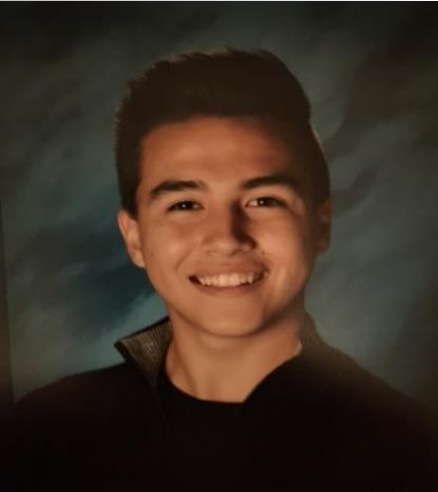
* For informational purposes, not an endorsement of any specific issue



PC © Leukemia & Lymphoma Society

Community Service & LLS

The Humphreys Able Charter School and its NHSDA members participated in Leukemia & Lymphoma's Society's **Pennies for Patients** campaign to support crucial medical services and research.



Un Ballerino Maschio, A Male Dancer

*By: Ethan Myers
2019 NHSDA Award, Honorable Mention
Arts and Communication Magnet Academy
Advisor/Sponsor: Jason Davis*

"Un Ballerino Maschio, A Male Dancer," set to Luigi Boccherini's classical composition, celebrates my personal journey from a shy, awkward boy to a passionate male dancer.

My choreography seeks to capture happiness, hope, new beginnings, and unconditional love of dance, and I have dedicated this piece to those struggling to find their identity in order to break free from negative constraints, whether they be physical or emotional.

Pre-school was when I first doubted myself. Whereas all the boys my age were participating in soccer, basketball, or swimming, I was the one and only boy to attend ballet class along with a group of girls. Too many times I heard hurtful comments like, "Only girls take ballet!" But I always smiled and simply said, "Well, it's true that more girls are learning ballet than are boys, but I won't let that stop me from doing what I love!" As a result of my

dedicated training, the desire to choreograph became an important artistic goal.

Although I reveled in the challenge of composing individualized moments, there were many times when I lost momentum or focus. During my low points, the heartfelt encouragement from my friends, mentors, and especially teachers, helped stimulate my creativity that would propel me forward.

A friend told me I look euphoric while dancing. When I jump, my feet have wings, when I twirl my pirouettes, I create a vortex on stage, and when I smile the audience feels the exuberance radiating off my grin.

I hope the audience discovers this same exuberant feeling in my original choreography.





Love Never Fails

By: Madison Balsinger

2017 NHSDA Award, Honorable Mention

Advisor/Sponsor: Tenille Redmond

Centreville High School Dance Program

Madison received the Mark Kreusch Memorial Scholarship for her extensive community service. She is now attending college.

I believe in this basic value that anything done in love is done well.

This became the inspiration for my original solo ***“Love Never Fails.”*** With heart, I recited scripture of personal importance that reiterated the theme. In turn, I took a literal interpretation for my song choice ***Turn to Stone*** and applied this podium to illustrate stillness, the end of life here on Earth. At its climax I tossed rose petals that transitioned from scarlet to bright pink and finally to pure white. The variation in color from dark to light represented a person’s transformation from hate to love.

This challenging project demanded only ten days to compose within a minimal space. There was no mirror, which freed me into creative consciousness with a dynamic range of movement. Each day I recorded my progress to see if my vision would be clear from the audience’s viewpoint. Ultimately, I am pleased with the outcome and believe that I communicated my message of love effectively.

Lessons Learned

Most of the lessons I have learned do not pertain to my technique or performance but rather as life lessons that have shaped my character and my future. Dance has a profound impact by establishing a sense of perseverance, professionalism, and responsibility, as well as determining my future career path.

At the age of three, I stepped into the studio where I have practiced so often ever since. I

have found persistence in striving for goals that otherwise would seem unattainable. This trait carries over to my formal education as I always put forth my best effort.

Dance activates professionalism, which will be extremely beneficial for my future endeavors. For instance, today teens and young adults are often obsessive about technology and as a result have little experience communicating effectively in person. I have even had to rise as the “communicator” between my teachers and peers as the Company Student Assistant of the Centreville Dance Company. My words vary depending on whom I am speaking with, but I am always respectful.

Most importantly, this experience has determined my career path. When I assist kindergarten dance classes that I too enjoyed as a child, I put forth my highest effort to present myself as a positive role model because my young students emulate my actions. As a natural extension of teaching, I have also performed in nursing homes where, with such warm smiles and applause, the residents express their appreciation for our visits.

Dancing as a ***“corps with purpose”*** with some wonderful foreign exchange students has inspired me in many positive ways. I have been involved in our school Dance and Spanish programs of which we sponsor cooperative projects each year. I share ideas and perform with students from such countries as Argentina and Costa Rica. These experiences have deepened my passion for the Latin culture and urge me to continue to dance and to become a bilingual nurse.

White Petals

Attention to detail, discipline, and practice, which is instilled in my heart through dance, supports my dedication to the community and

will carry me on my journey of international understanding and a healthy lifestyle. As expressed in my solo, there is an abundance of white petals to demonstrate...

Love itself is so powerful, so important to disperse ~ before one turns to stone.



PC Madison Balsinger



Broadway Bound!

By: Hannah Basler, Lacey Kohn, & Madi Sierakowski

**Advisor/Sponsor: Dori Matkowski
Dance Dynamics Performing Arts Center**

So many people hope to become professional performers. Here at Dance Dynamics Performing Arts Center, it is what we train for and many of our alumni and friends are working successfully in the performing arts world every day. It is inspiring to watch those friends we grew up with turn their dreams into a successful, rewarding profession. That is why, last November, our group took a four-day trip to New York City. We saw five of our alumni in their shows and met up with even more who are now working in this fantastic arena.

Since many of us want to pursue a career in New York City, this trip was fun, inspiring, and very informative. Our creative director and studio owner Miss Dori led the way, showing us where auditions were typically held, the best places to take classes, and of course, how to navigate the subway. We all came away from this trip with more knowledge and inspiration than before, which really changed our perspective on the performing arts world.

Entering New York City sparked excitement within all of us. It was easy to be wrapped up in the bright lights and sounds, especially when the hotel was right next to a Broadway theatre. We stayed in the middle of all the action so we could truly experience the heart of the entertainment metropolis. With Miss Dori as our tour guide, our group began the weekend by exploring the sites. Our first stop was the Capezio store, where we browsed the endless rows of dancewear and accessories because, here in Michigan, there are not many such stores around, so we had to take advantage of a place that houses some of the biggest brands in the world.



All PC Dance Dynamics PAC

We toured equally iconic sites for a visiting dancer: including the LaDuca store, Juilliard School, Metropolitan Opera House, Steps on Broadway, and taking a class at Pearl Studios...before splitting up for the night. Many students enjoyed an additional Broadway show, which was the perfect way to get into the “*City that Never Sleeps*” spirit.

Radio City Magic was an experience we will never forget because we met four dancers who triumphantly made it all the way through auditions and who just wrapped up this season’s spectacular. Three of these amazing performers are now Rockettes who have inspired their peers to follow their dreams: our twins, Katie and Sarah Daniel, followed Emily King as Rockettes and then veteran Alex Hathaway joined the ensemble. Because of these graduates, we built confidence throughout our tour.

Additionally, we had the pleasure of watching alum Iain Young in the musical **Mean Girls** on Broadway. He was currently a “*swing*” in the show, which meant, due to a cast change, we were lucky to see him play the father’s role. Iain represents our studio’s well- rounded, hard-working students in many ways.

Because of our graduates, we as a company strive to uphold their ethics and commitment to the arts as they bring joy to audiences of all ages. Furthermore, they have driven our

aspirations in new directions, some of which include auditioning for Broadway, national tours, and cruise lines.

In conclusion, this New York City trip was an experience of a lifetime ~ one we will never forget! On the flight home we reflected on our experiences and returned to reality with a new sense of being. We will continue to expand our knowledge on this aspect of our lives and share these wise lessons to those whom we hope will someday look up to us.

We shall now carry on the legacy of our role models!



Our group about to watch Jain in "Mean Girls"



PC (R) Iain Young

Kudos: Iain showed his compassion when he sang on The Broadway Cares/Equity AIDS holiday recording: "Carols For A Cure."



*A Holiday Trip of a Lifetime
In NYC!*

All PC Dance DYNAMIC PAC



Heading for a tour of "Juilliard"



*Us in front of
Radio City Music Hall*



*Chatting with our
Rockettes backstage
after a show*

Confi~DANCE!

By: Rush Johnston

2018 NHSDA Award, Honorable Mention

Advisor/Sponsor: Irina Ushakova

South Carolina Governor's School for the Arts and Humanities



Rush wrote this article when she was in high school. She is now pursuing her BFA in Dance at the Peabody Conservatory of Johns Hopkins University.

Dance has taught me how to speak without words and has widened my perspective of humanity.

Dance has become both a passion and a medium for me to shine light on social justice issues and to craft my own narratives for the audience...

My thirst.

Dance has brought me immense joy and curiosity, and because I dearly want to share that feeling with others, I have founded the **Confi~DANCE Project**. I chose dance to provide confidence-boosting artistic workshops to middle school girls in my community whose families could not afford to enroll them in technique classes.

Youthful Passion, Expressive Medium

Dance has been shaping my life since my mother enrolled me in ballet class at age three. My hunger for this art form grew with me, and soon I was taking classes in a variety of genres expanding from tap, jazz, ballet, and contemporary, into musical theatre, pointe, modern, West African, and more. Inspired by this love, I began to realize I wanted to share my ideas in movement with others.

As my passion grew, I realized that I wanted to dive even deeper into my training, to strive towards a career in dance. I took a giant leap by enrolling in the South Carolina Governor's School for the Arts and Humanities in my sophomore year of high school. The Governor's School is a residential high school in Greenville, which houses a pre-professional dance program. There, I had access to faculty with professional careers in dance, who would introduce me to

technique and choreography opportunities, I had never imagined.

For some time, creative approaches to movement within choreography intrigued me, and I finally had the outlet to explore this in my Improvisation and Composition class. After staging my first piece, "*Do Something Rhythmic*," I was hooked, and **Confi~DANCE** naturally began to evolve.

Cognitive Development

I then partnered with the Frazee Dream Center to bring their students to campus and put on dance and choreography workshops. This "free preschool and afterschool program" offered under-served children ages 3-16 a well-rounded curriculum while encouraging cooperation, creativity, and emotional wellness. Overall, my project was a great success, with the girls leaving more energized and confident, and especially opening their world with a new knowledge of dance and choreography to expand upon.

The whole project was an eye-opening experience, particularly in seeing how much planning was required:

- ✚ Recruiting students as mentors,
- ✚ Coordinating transportation for the girls to get to campus,
- ✚ Developing workshops, and much more.

I learned that cognitive development and explorations are extremely feasible, and dance is an incredible way to serve others. This

experience was exactly what I needed for my future goals.

Future Dreams

In the future, I hope to utilize this experience as a choreographer and owner of a dance-based nonprofit organization in the Middle East. I hope to apply my studies in Arabic and dance, as well as my undergraduate research, to create a curriculum that emphasizes the relationship of culture to international dance forms. I also want to enhance the cognitive development of displaced youth, especially in refugee camps, who cannot access conventional means of

education. We must use dance to facilitate developmental skills, including teamwork and memorization, so that the transition into traditional classrooms will not be as severe or difficult. Dancing should bring joy to children in times of turmoil for themselves and their families.

Ultimately, I will share the love, happiness, curiosity, depth, and growth dance has brought to my life with as many people as I can, especially for those who are not able access it on their own.



Reaching and Leaping with Confi-DANCE!

PC Rush Johnston



All PC Julia Rademacher-Wedd

Minds and Bodies, Beautiful and Strong

By: Julia Rademacher-Wedd

2019 NHSDA Award, Honorable Mention

Advisor/Sponsor: Halley Crandall

Whitney M. Young Magnet High School

I feel at home in the studio and in my identity as a dancer. The art gives me a place where I know I belong ~ no matter where I go, I will always participate in the dance community.

Folk Dance, Ballet, Auditions, and More

I began dancing as soon as I could walk, and specifically with a group of international folk dancers who met weekly at my house. As a toddler, I learned dances from around the world. Reaching up to hold hands with the adults around me, we all would shuffle our feet to traditional songs from Eastern Europe and Western Asia.

When I was three years old, I took my first ballet class. Even in my early studio years, I knew I would someday be one of the older dancers like those whom I had admired telling stories with their bodies. I never thought there could be a better way to spend my time than dancing.

Dance offers a physical and emotional space where I can go so that school, along with the stress attached to it, would not consume me. For a few hours each day I work on something that does not require sitting at a desk. Dance gives me conviction that I am good at something, that my body is strong, has purpose, and value beyond which gender-constructs might attempt to lay out for me.

Auditioning for pre-professional companies and summer intensives offers a chance to practice self-presentation as it exists in the adult world and this acceptance would fill me with a sense of recognition. Both the pre-professional

companies with which I dance are supportive communities in which I can truly be myself. I love the classmates and teachers who have helped me grow into the person that I am. I love the opportunity to perform, to share, and to inspire others to dance.

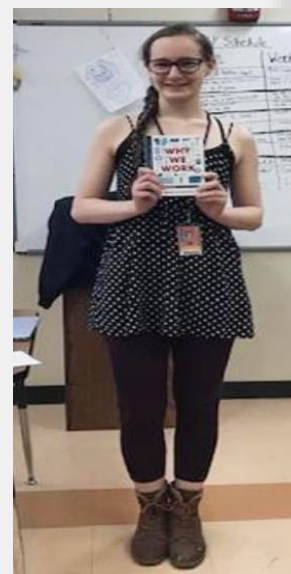
Teaching Dance is its Own Reward

My dance school employs me as a ballet teacher for three to seven-year-olds, which means I help children just like me discover the joy of movement. ***Making sure my students enjoy dance is my most important goal as a teacher.***

Regardless of what profession I go into, I hope to teach dance for the rest of my life so I can share the activity, which has become the defining aspect of my youth. There is nothing more special than a life shared with other dancers, working for and achieving something both difficult and rewarding.

Dance is an unending challenge, an evolving art form, and one that connects people across the world. Whether through ballet, contemporary, or international folk dancing, I want to encourage all ages to dance and find confidence in their own fortitude and in their own bodies, because the most important knowledge that I developed through dance is this:

All our minds and bodies are beautiful and strong!



Julia receives a scholastic award

*Wishing All
Peace & Joy
Dancing into the New Year!*



PC Central Midwest Ballet Academy



Dance Arts Now!

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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!

Learn more: nhstda-ndeo.org/danceartsnow

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