



Arizona Dance e-Star

a publication of the **Arizona Dance Coalition**

Volume 1, Issue 9

October 2011

Dear Readers,

I've been counting and it appears that in October we will have more than 7500 people *dancing!* The largest headcount goes to the *Move Your Body (Beyoncé) FlashWorkout* being held during the **Tucson Meet Yourself Folklife Festival** on October 15 at 2 pm! *Five thousand* have learned the choreography with a goal to get people *moving (65 ethnic groups performing too)*. Next runner up is the **Arizona Jazz Dance Showcase** expecting 1000 dancers from across the country. The **Arizona Swing Jam** (Oct 1-2) expects 100 students and 500 at their dances. The **Arizona Dance Festival** (ADF) will showcase 20 dance companies (90 performers). **Center Dance Ensemble, Dias Dance Life** and **Canyon Movement Company** have invited other companies to join their performances and maybe the headcount will *surpass 7500*. It is all very exciting. Hence, October is Arizona's **Dance Month** and I can't

think of a better time for ADC to launch their first *membership campaign*. We will be distributing information soon (*new perk—discounts at dancewear stores/sites*) and we invite all members to join in our efforts to promote ADC and build a strong organization that supports dance in Arizona.

Frances Cohen is offering a **free** dance class in conjunction with the ADF for ADC members, ADF participants and ticket holders! *Thank you, Frances!* Look for more “**free**” events inside, absorb the magnitude of dance in AZ, and enjoy reading the articles (pgs 7, 9,10). And don't forget to wear a costume to **Canyon Movement Company's Dusk to Dawn II** Halloween performance to get \$1 off.

Reminder ~ You can subscribe to the *Arizona Dance e-Star* (for **free**) on the right side bar on the home page of the ADC website (link below). As always, we welcome new members and those looking to help us grow.

Most sincerely,

Krystyna Parafinczuk
Editor & ADC Treasurer

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The **Arizona Dance Coalition** is a membership-based, statewide 501(c)(3) nonprofit dance organization creating connections and communication between the general public and the dance community. ADC membership is available to individuals and organizations interested in the art of dance. You may join online at AzDanceCoalition.org. All questions about membership and sponsorship can be sent to Lisa@AzDanceCoalition.org. Calendar of Events are posted online by ADC members. Article submissions, news, letters to the editor and advertising sales can be sent to Krystyna@AzDanceCoalition.org. Additional ADC contact information is on the last page.

CALENDAR OF EVENTS

SUBMISSION DEADLINE

NOVEMBER ISSUE
of the*Arizona Dance e-Star***October 25**

CALENDAR OF EVENTS listings are taken from the **Arizona Dance Coalition** website postings by ADC members. All postings of events are restricted to 501(c)(3) organizations with the exception of charitable and free events, educational workshops and master classes.

All submissions are monitored. Content may be edited.

AzDanceCoalition.org

October 1, Saturday, 7:30 pm (dinner & performance option)

Arcosanti Colly Soleri Music Center, 6433 E Doubletree Ranch Rd, Scottsdale

Human Nature Dance Theatre presents **One was the Other**

HNDT explores the uncertain present through dance, music, and voice. We have only our one unique perspective with which to understand the world. Therefore, our first drive is for relationship. It is in relationship that we recognize and understand ourselves. \$20 performance only, \$10 students; \$40 dinner & performance. Reservations are required for dinner. Please contact the Arcosanti Gallery at (928) 632-7135 between 9 am-5 pm to make reservations.

October 7-8, Friday, 7:30 pm & Saturday, 2 pm & 7:30 pm

Tempe Center for the Arts – Studio, 700 West Rio Salado Parkway, Tempe

Desert Dance Theatre presents the **ARIZONA DANCE FESTIVAL**

Each performance will showcase a different set of individual dance artists and emerging artist groups as well as professional companies from all genres and styles of dance from Arizona and other states.

A post-performance Q&A will be facilitated by the **Arizona Dance Coalition**.

TCA Box Office: 480-350-2822 or www.tempe.gov/tca ~ \$18 Adult,

\$15 Senior, \$13 Student, \$25 for 2 shows, \$12 Group of 10+. VIP Deals - \$10 Friends of Desert Dance Theatre (DDT), Arizona Dance Coalition (ADC), Arizona Presenters Alliance (APA). For more information call **Desert Dance Theatre**, 480-962-4584

Friday (7:30pm) *Ava Fleming, AZ FlamenKathak, Crossroads Performance Group, Desert Dance Theatre, Diane McNeal Hunt/Nicole L. Olson, Dulce Dance Company, Harper Piver/H Lab Performance, Human Nature Dance Theatre, MarioCo. Dance, Movement Source Dance Company, Step's Junk Funk, The Opal Collective*

Saturday (2 pm) *Ballet Etudes, Crossroads Performance Group, Desert Dance Theatre, Dulce Dance Company, Kelly Roth & Dancers, Nevada Repertory Dance Theater, Range-of-(e)Motion Silambam Phoenix, Step's Junk Funk*

Saturday (7:30 pm) *Astarte Belly Dance Troupe, Ballet Etudes, Bernadette Gaxiola/School of Ballet AZ, Britta Joy Peterson, Desert Dance Theatre, Dulce Dance Company, Kelly Roth & Dancers, Nevada Repertory Dance Theater, Range-of-(e)Motion, Step's Junk Funk*



CALENDAR OF EVENTS

October 13-16, Thursday-Sunday, 7:30 pm & 2 pm on Sunday

Herberger Theater Center, Stage West, 222 E Monroe, Phoenix

Center Dance Ensemble presents **There Is A Time To Dance**

The powerful and poignant *The Attic* by *Frances Smith Cohen* (based on *The Diary of Anne Frank*) headlines a program that also includes performances by guest companies:

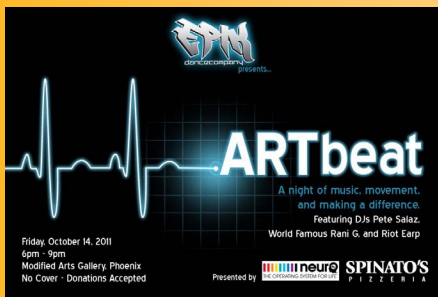
Thursday, October 13 & Saturday, October 15

CONDER/dance, *Dahl Haus dance productions*, *The Movement Source Dance Company*, *Scottsdale Community College's Instinct Dancecorps*

Friday, October 14 & Sunday, October 16

Desert Dance Theatre, *Glendale Community College's VERVE*, *Martha Hernandez*, *Terpsicore Dance Company*

Tickets: \$21.50 adults, \$17.50 seniors, \$9.50 students ~ plus fees. Box office: 602-252-8497



October 14, Friday, 6-9 pm, Modified Arts Gallery, 407 E. Roosevelt Street, Phoenix

ARTbeat – A Night of Music, Movement, and Making a Difference ~ Come enjoy a night out while you support **EPIK Dance Company** and their performance and education initiatives.

No cost to get in, but donations are accepted. Silent auction items from AZ Cardinals, Botanical Gardens, Phoenix Zoo, Phoenix

Theater, and over 50 local area restaurants, salons, spas, yoga studios and more! Cash, check and credit card will be accepted. Neuro will be on hand to supply the beverages and Spinato's pizza will be available to snack on for part of the night. DJ presentations by Pete Salaz, WF Rani G and Riot Earp will keep your ears entertained and performances from EPIK Dance Company will happen throughout the night. For more info, email epikdanceco@gmail.com or call 480-442-8082.

October 15, Saturday, 8 pm, Tempe Center for the Arts – Studio, 700 W Rio Salado Parkway, Tempe

Beyond Motion Boundaries ~ Dias Dance Life explores and redefines gravity; the relationship between the body and physics are explored and elaborated in the most challenging way. Make plans to attend this special presentation of original works by Artistic Director *Tsahai Dias* and guest choreographers celebrating the One Year Anniversary of **Dias Dance Life!**

Guest choreographer: *France Cohen*; Guest companies: *Desert Dance Theatre*, *Dulce Dance Company*, and *SAJE*. The evening will include world premiere and new production. For more information, call (602) 301-6209. Tickets: \$15 plus service or convenience fees.



CALENDAR OF EVENTS



October 15, Saturday, 5 pm, Leo Rich Theatre, 260 S Church Ave, Tucson
Grupo Folklorico I'naru (left) will perform at the **Tucson Meet Yourself Folklife Festival** for the third time. Following their performance they will participate in the street Carnival along with *Richard Noel of Sticks and Fingers* bringing unforgettable island rhythms and a dance party to the streets beginning at 8:00 pm.

Barbara y Flamencistas y Amigas (right) will perform on



the same day/event on the **Tucson Convention Center Plaza Stage** at 4 pm. TMY Folklife Festival is a **FREE** event featuring 65 ethnic and folk groups and *lots of great food!*

Read this month's article about dancing in folklife festivals and the new TMY **Move Your Body FlashWorkout** event on the last page.

October 21-22, Friday & Saturday, 8 pm, Scottsdale Center for the Performing Arts, Virginia G. Piper Theater, 7380 E. Second Street Scottsdale

Pilobolus ~ Now celebrating its 40th anniversary, this unique American company has created one of the most popular and varied bodies of work in the history of dance and continues to thrill audiences with its gravity-defying performances of extreme balance, contortion and illusion. Scottsdale performance will feature both classic and recent works, including *Particle Zoo* (1990), a quartet for men with an odd-man-out theme; *The Transformation* (2009), a shadow piece in which a young woman is transformed; *Duet* (1992), an exploration of themes of intimacy, misunderstanding and union; *Rushes* (2007), a surrealist animated dream sequence; and *Korokoro* (2011), one of its newest productions. Tickets are available for \$49 & \$59 online or through the Patron Services Box Office at (480) 499-TKTS (8587).



Photo: John Kane



October 23, Sunday, 6:30 pm, UApresents at Centennial Hall, 1020 E University Blvd, Tucson

Pilobolus ~ Back by popular demand! Celebrating 40 years of defying gravity, this incomparable dance company has delighted, dazzled and amazed audiences across the planet with their superhuman flexibility and fascinating forms that challenge the limits of the human body. Ticket range: \$15-\$46

"A mind-blowing troupe of wildly creative and physically daring dancers who leap, fly, intertwine and break all the rules." —*Newsday*

Photo: John Kane

CALENDAR OF EVENTS

October 20-21, Thursday & Friday, 7:30 pm

Margaret Gisolo Dance Studio, Physical Education Building East, Room 132, Arizona State University, Tempe

ASU Graduate Choreographic Presentations – FREE! The

Graduate Project Presentations feature original new and in-progress works by current MFA students in the School of Dance.

Choreographers *Julie Akerly, Helen Buck, Angel Crissman, Inertia*

Dewitt, Kelsey Finlayson, Amanda Ling, Britta Joy Peterson, Kristopher Pourzal, Tricia Ragsdale,

Ashlee Jo Ramsey, Denise A. Stein, and Laurel Wall-MacLane invite you to join them for a thought-provoking evening of dance.

**October 27-28, Thursday & Friday, 7:30 pm****ASU Undergraduate Choreographic Presentations – FREE!****October 24, Monday, 11:30-12:30 pm**

GateWay Community College, 108 N. 40th Street, Phoenix

Desert Dance Theatre performs a lecture demonstration including excerpts of its current repertory as part of the *Gateway to the Arts Series*.

FREE to the public.

October 28, Friday, 7:30 pm, Del E Webb Center for the Performing Arts, 1090 South Vulture Mine Road, Wickenburg, presents **Ririe-Woodbury Dance Company's ~ Polychromatic** features the world premiere of Artistic Director *Charlotte Boye-Christensen's* new dance about the great American West, created here in Wickenburg, and four diverse repertory pieces. Always striving to be at the forefront of contemporary dance, the company provides audiences with a variety of choreographic styles from pure dance to multi-media in a single evening.

Tickets to this event are **FREE** however, seating is reserved. Limit 4 tickets. Please review the complimentary ticket policy below before reserving seats to this performance.

Complimentary Ticket Policy ~ All previously issued complimentary tickets are valid until 10 minutes prior to curtain. At that time, vacant seats may be released to persons on standby.

Wellik Series: This Wellik Series performance and residency has been made possible through financial support from the **Wellik Foundation**. Presented with support from *The National Endowment for the Arts*. Ririe-Woodbury received direct support from the NEA and designed this project to engage our community in the experience of dance.

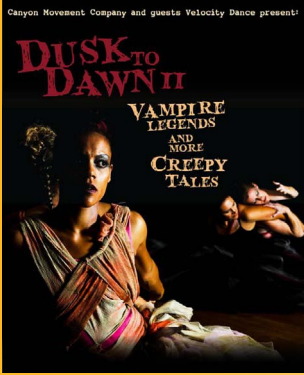
Flying E Ranch Residency & Open Rehearsals

Ririe-Woodbury Dance Company will take up residence at The Flying E Guest Ranch in Wickenburg from October 15 - 29. While in residence the company will create a new dance with Artistic Director, *Charlotte Boye-Christensen*.

October 19, 21 & 25 Open Rehearsals: 2–5 pm, FREE

Watch Charlotte and the Company create a new dance. Warehouse Studio, Benner-Nawman, located at 3450 Sabin Brown Road, Wickenburg.

CALENDAR OF EVENTS



October 28-29, Friday & Saturday, 8 pm, Saturday 3:30 pm
 Coconino High School Mini Auditorium, 2801 N Izabel St, Flagstaff
Canyon Movement Company and guests **Velocity Dance** present **Dusk to Dawn II: Vampire Legends and More Creepy Tales** Heebie-jeebies... goosebumps...shivers...willies! Want a fun frightful night to get you in the Halloween spirit? DANCES in cemeteries, ghosts reflections in the mirror, a bride hanging from the ceiling, and marionette puppets that come alive! Tickets at the door or call 928-774-3937 ~ 8 pm shows \$8/\$6 students; 3:30 pm show \$7/\$5 students; **\$1 off if wearing a Halloween costume.**

Announcements

BOARD MEMBERS WANTED

Have a passion for dance and a desire to participate in supporting the arts in Arizona? **EPIK Dance Company** (Phoenix) is looking to expand their Board of Directors with people who have skills related to business or non-profit management. The EPIK Board of Directors helps support the company's education and performance initiatives with fundraising efforts, community relations, and providing guidance to help achieve short and long-term goals. All board members must attend monthly meetings and participate in fundraising and special event support. Estimated average time commitment is ten (10) hours a month, but may vary. If you're interested, or know someone who is, please email EPIKDanceCo@gmail.com.

ADC is conducting an **Individual Membership Campaign** in October. Information will be emailed soon and will include a listing of membership benefits including discounts to performances, master classes, and more.

NOTE ~ ADC members can attend the **Arizona Dance Festival** on October 7-8 at the Tempe Center for the Arts for **\$10. Join now!**

Click the link on the last page of the *e-Star* to download an application or link to the ADC website to join *online* via PayPal.

Individual members may include photographers, videographers/editors, musicians, composers, designers, writers/critics, trainers, etc.

ADC is not just for dancers!

Non-ADC member performances, workshops, and master classes are mentioned in the **Regional Section** of the *e-Star*.

We welcome your **announcements**: job postings, auditions, scholarships, awards & recognitions, new positions, reorganizations, and invitations to participate in FlashMobs!



MEMBER SPOTLIGHT: Center Dance Ensemble

Center Dance Ensemble (CDE) was chosen in 1988 by the **Herberger Theater Center** as its resident modern dance company. Its founder and artistic director, **Frances Smith Cohen**, was recently featured in August's issue of **Az-Lifestyle**. It is a great article spanning six pages. Cohen is a teacher, choreographer, administrator and dance graduate from Bennington College in Vermont. She was dance director of the Jewish Community Center in Tucson for 18 years and directed the first touring company in Arizona ~ the Kadimah Dancers. In 1963 Cohen helped create Arizona Dance Arts Alliance in Tucson and in 1972 she co-founded the dance program at the University of Arizona. Cohen also created Dance Theater West with partner **Susan Silverman** and received the 1994 *Arizona Governor's Outstanding Artist Award*, the 2004 *Women Who Care Lifetime Achievement Award* and the 2010 *Childsplay's Pied Piper Award* for her contributions to art education.



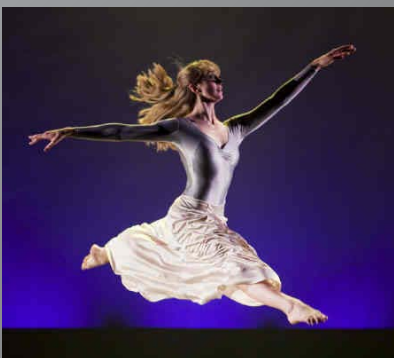
The 13 company dancers are responsible for major performance runs during the season as well as 25 weeks of rehearsal. It has performed in the following venues throughout Arizona ~ Scottsdale Center for the Performing Arts, Joseph City Center, Pima Community College Center for the Arts, and the University of Arizona's Centennial Hall and Stevie Eller Dance Theatre. Repertoire includes *Slaughter on Tenth Avenue* by choreographer **Cliff Keuter**, *NuageRising* and *It All Boils Down to Me* by Chicago choreographer **Tim O'Slynn**, *Snow Queen*, *Hamlet the Ballet*, *La Llorona*, and *The Attic* by Cohen. *The Attic* is a powerful and poignant story based on **The Diary of Anne Frank** and will be performed October 13-16 (see [Calendar of Events](#) for details). Major works for the company have also been choreographed by **Donald Dadey**, Toronto-based choreographer **Michael Montanaro** and **Robin Allen** from Vancouver.

CDE offers three educational outreach programs: **The ABC's of Dance** (Grades K-4), **Poetry 'N Motion** (grades K-8) and *field trips* (\$5 student/teacher/chaperone) to the Herberger Theater Center (Grades 4 and up) for performances of *The Attic*, *Snow Queen* and *DanceAZ/100*. To reserve seats, call **Sally Hogan** at 480-239-1530. CDE also offers extended in-school residencies integrating dance into the school curriculum with specific attention to the Arizona Arts Standards. **Diane Hunt** is the Outreach Education Director: 480-921-2125. To learn more about CDE, visit their website: centerdance.com.



2011-12 PERFORMANCES

October 13-16	There Is A Time To Dance
December 3-4, 10-11, 17-18	Snow Queen
March 22-25	Dance AZ/100
April 13-15	American Voices




Arizona Dance Coalition Projects & Regional News

Northern Arizona

Central Arizona

October 20-23, Thursday-Saturday, **Ballet Arizona** premieres *Cinderella* at Symphony Hall, Phoenix.

October 29, Saturday, **Monsters Ball**, Alwun House Gallery and Garden Stage, Phoenix.

Social Dancing - October 1-2, Saturday-Sunday, **Az Lindy Hop Society** presents **Arizona Swing Jam - Ninja Weekend**. Paragon Dance Center, 931 East Elliot Rd, Tempe. Classes begin at 11 am. Dance with Jonathan Stout and His Campus Five featuring Hilary Alexander, 8 pm. Sunday classes begin at 12 pm. Tiki House Party begins at 8 pm. 

Southern Arizona

October 1, Saturday, 4-5:30 pm, Pima Community College Dance Studio, West Campus, Tucson. **Contemporary Dance Workshop with David Maurice** - \$5.

October 5-6, Wednesday & Thursday, 7:30 pm public performances, **Arizona Jazz Dance Showcase**, University of Arizona Stevie Eller Dance Theatre, Tucson, \$12-16. 3-day event attracts almost 1000 dancers from across the country to take class, perform, see performances and audition.

October 28-30, Friday-Sunday, **Ballet Tucson Gala and Season Opener**, University of Arizona Stevie Eller Dance Theatre, Tucson. Gala to feature *Firebird*, the premiere of *Ascending* and *Don Quixote Suite*.

Social Dancing - October 16 & 30, Sundays, 5-9 pm, **Salson** presents the **Sunday Salsa Social** at the Sonoran Ballroom Academy, Tucson. For live band schedule, visit **Tucson Salsa**. Beginner/Int-Adv lessons 5-6:30 pm, music 6:30-9 pm.

October 22, Saturday, 7 pm, **Tucson Lindy Hop** at the Armory Park Senior Center, Tucson. Beginners lesson 7-8 pm, dancing until 11 pm.

NOTE: When you are submitting information / photos, announcements & events, please include *complete* names of venues, locations, addresses and contact information.



FREE DANCE CLASS

Intermediate Modern Dance Class

with *Frances Cohen*

Tuesday, October 4, 6-7:30 pm

Dance Theater West, 3925 E Indian School Rd,
Phoenix

Frances Cohen is generously offering her Tuesday night class as part of the **Arizona Dance Festival** (ADF) activities. It is **free** and open to the general public *with the purchase of a ticket* to one or more ADF performances (see Calendar of Events for details/ticket purchase). *Bring your ticket to class* as proof of purchase OR buy tickets when you arrive at the studio before the class begins. Come early!

The class is **free** to **ADC Members** AND to **ADF Participants** who are performing in the show.

Please RSVP by **Monday, October 3, 2011**.
Lisa Chow, 480-962-4584 or
Lisa@AzDanceCoalition.org

Photo of the Month

Dancer from **Danza Mexica Cuahtemoc** -
an Aztec dance group from Nogales
Tucson Meet Yourself Folklife Festival
Photo by Steven Meckler

YOUR HALLOWEEN TREATS

- 👁️ Photo Tip/Trick for Leaps (concealed trampoline - shocking!)
- 👁️ Villella to retire at 75 (Miami City Ballet)
- 👁️ Dance Shorts (not the ones you wear)
- Arts Council England Rocks!
- 👁️ Cheryl! Maks! Derek! - Stars? Absolutely!
- 👁️ Pilobolus in The Economist - Dancing robots!

What is a ghost's favorite dance step?

(BOORÉ)



Arizona Dance e-Star Editor/Designer, Krystyna Parafinczuk

Contributors: Marlina Kessler, Lisa Chow, Mia Hansen, Monica Surfaro Spigelman & Gary Bacal

EXPRESSING LIVING TRADITIONS AND UNITING COMMUNITY THROUGH FOLK AND ETHNIC DANCE

For 38 years, downtown Tucson has come alive each October in a vibrant celebration of culture, self-expression and folk life. The experience is characterized by dance, art, food and interactivity—a joyful event that expresses the living traditions of Tucson communities. It's called Tucson Meet Yourself (TMY), and in an annual gathering that takes in the parks and plazas of Downtown Tucson, the Festival brings together music, dance and arts representing more than 170 artists and performers, 65 ethnic and folk groups, and more than 100,000 attendees.

“TMY invites attendees to learn about histories and cultures through our dance program, participate and enjoy how folk dancing is a way to create community,” says executive director Mia Hansen, a dancer herself who knows that the folk dancing aspects of the festival shine with particular brilliance.

All aspects of the Festival—food ways, arts demonstrations and dances—are viewed as an immersive experience that generates a sense of community where no separation between cultures is apparent once engaged, says Hansen. This year, from October 14-16, more than 55 ethnic dance groups expect to perform folk dances within the Festival's six stages. Included are long-time participants *Lajkonik Polish Dancers*, *Tir Coniall and Maguire Academy Irish Dancers*, *Leikaringen Norwegian* and *VASA Swedish dancers*, *Mari Kaneta Suzuyuki Kai Japanese*, *Ballet Folklorico Tapatio*, *La Paloma*, *San Juan* and a visiting group from Banamichi, Sonora - *Xunutz*, and the *Filipino American Sampaguita Club*, *Arirang Korean* and *Tucson Sino Dancers*. Newcomers include *Saguaro Stompers Cloggers*, and *Caribbean Carnival Dancers* as well as a whole array of dance groups from Tucson Unified School District. Six Belly Dance groups and four Polynesian groups will perform in a testament to the continued popularity of these styles. Indigenous dancers from the *Tohono O'odham* and *Pascua Yaqui Tribe* will perform at the finale of the festival in honor of the original people of this region. TMY presents these dancers an opportunity where they receive recognition for their work, and in turn, the community is educated and entertained.

In addition to viewing dancers, dance workshops are offered to engage Festival goers in a variety of genres including *hula*, *tango*, *salsa*, *polka*, *schottis* and *Irish* country dances. There's opportunity for all to engage in their mutual enthusiasm for folk dance. The folk dance component of TMY broadens local understanding of folk dance as part of ethnic tradition. For example, some dances, like the Yaqui ceremonial dance, reflect complex cultural messages passed from generation to generation. Some dances may be sacred while others have a social or recreational element.

Joanna Schmit of *Lajkonik* has been sharing Polish customs with TMY festival goers for 13 years. “Festivals keep our group motivated and TMY was the primary reason we formed,” says Joanna. “They give us a reason to learn new dances, increase our repertoire of authentic folk dances, and build our costume inventory. We also become better performers with our many rehearsals. *Lajkonik* helps bring and keep the Polish community together.”

Elena Mitchell, program manager of *Grupo Folklorico Inaru* (Phoenix), agrees. This is the third year the group will perform at TMY. “TMY promotes and celebrates the diverse community here in Arizona,” says Mitchell. “We are reminded that the world encompasses many countries, each with distinct diversity in all aspects of their culture and customs, yet all with a common thread that unite us.”

Whether dancing or just sitting it out to observe the Festival spectacle of lively, colorful, traditional dancing, TMY is “teaching heritage and roots and giving all a great folk dance experience,” says Hansen. “Costumes, the music, the instruments carried by the dancers and even the rustling of skirts all add to the Festival's color, sounds, beauty and meaning,” continues Hansen, who invites all to view the Festival program at TucsonMeetYourself.org.

About the Author — Mia Hansen is the Executive Director of Tucson Meet Yourself, a dancer, choreographer, organizer, producer, grant writer, stage manager, and former member of Up With People. She has worked with Ballet Tucson, Gaslight Theatre, Sons of Orpheus and the Balalaika Orchestra. Six years ago she dived into the world of nonprofits and is making a difference in Tucson's cultural climate. To contact Mia, email Mia@TucsonMeetYourself.org

Tucson to hold the largest “Move Your Body” FlashWorkout event!

Mirea Sharifi, Tucson Meet Yourself Folklife Festival Health & Wellness Coordinator, has organized more than 50 FREE community dance classes, teaching more than 5000 participants in Tucson, in anticipation of the first FlashWorkout on **Saturday, October 15th at 2 pm** at the **Tucson Meet Yourself Folklife Festival** (downtown Tucson)! The goal is to emphasize the importance of having physical activity as part of our daily lives. For a schedule of our FREE classes and info, visit Tucson Move Your Body Community [Class Schedule](#) | [Tucson Meet Yourself](#) or email: Mirea@tucsonmeetyourself.org

COSTUME MAINTENANCE TIP

by Marlina Kessler

When performing, backstage floors can be dirty. Bring a small laundry basket for costumes and a bath mat to keep your feet clean.



Horror Bath Mat

MUSIC SOURCE TIP

by Krystyna Parafinczuk

TuneFind.com will help you find that song that captured your interest on a TV program or movie. The website lists TV programs by day and alphabetically, movies (not just recent), and a huge *browse by artist* section. If you don't see your show/movie, you can request they search for it. TuneFind has been in existence since 2005 and holds 25,800 songs, 12,200 artists, and 9,400 episodes and movies.

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JOIN ADC



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

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

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