

JUNE NEWS

2023-2024 Season in Review

Spotlight on Senior Giselle Chorost



Giselle is a dancer, teacher's assistant and member of the Dance Works performance company. She graduated this June with honors from the Dance Works Chapter of the National Honors Society for Dance Arts (NHSDA). Giselle will be studying public policy at Cornell University! Congratulations Giselle!

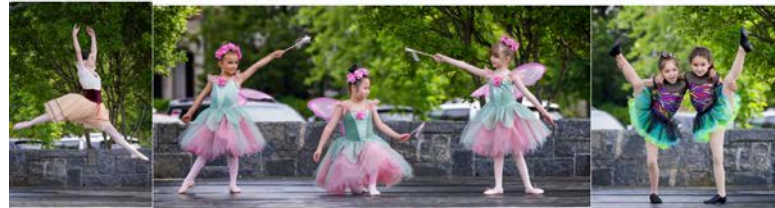
Parsons Dance performs



Joseph Cyranski from Parsons Dance performs their signature piece, "Caught", at the Dance Works 2024 Fundraiser Showcase. Dwayne Taylor A. Photography

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NHSDA Showcase at Pierson Park



Dance Works is a proud chapter of National Honors Society for Dance Arts,



recognizing outstanding artistic merit, leadership and academic achievement in students studying dance, including collaborative teamwork, motivation, and participation in performance, choreography, production & more. 14 dedicated students were recognized June 2nd at an outdoor performance in Tarrytown, overlooking the Hudson River. A portion of proceeds were donated to the March of Dimes.

Youth Choreographer moves our audience!

Dance Works proudly encourages and supports improvisation and choreography as part of our curriculum, to help develop our dancer's creative side. Dancer's soon come to realize how meaningful this process is in their lives.



8th grader, Ashley Flores, choreographed and performed her second piece this season, "Bigger", moving the audience and herself. Her instructors mentored her through the process and taught her elements in choreography as she developed her ideas and message. Ashley said "Dance has helped me overcome my fear of performing and sharing my ideas with others". Ashley is also a Junior TA who helped inspire younger students and she is a Junior Chapter NHSDA honor's award recipient.

2023 Nutcracker Excerpts & Holiday Showcase

Dance Works has had a longstanding relationship with Blythedale Children's Hospital. Prior to adopting flu-based protocols we performed for them each season. We then produced online performances for them and donated a portion of our annual Nutcracker Excerpts & Holiday show proceeds to the hospital. Each of our productions throughout the season has community outreach and funding, supporting many other missions as well including children's cancer, women's cancer and domestic violence among others. Over the years we have donated over \$106,000 to charity.



Our dancers know they are doing something way bigger than performing for their parents. All Dance Works productions have a philanthropic element and raise funds and awareness for great causes.



All performance photography in this Newsletter by Dwayne A. Taylor Photography.

Marzipan En Pointe!



L-R Jackie McLoughlin, Isabel Netroso and Eva Gutman delight the audience at the 2023!

Photos from the 20th Annual DWFS



"Pink", Performed by our new Pound Ridge studio dancers.



"You Will Be Found", Performed by our Harrison Modern/Contemporary II class.



"4 Minutes", Jazz/Hip Hop III class



Pod Classes Still Going Strong!

Pod classes are still going strong post-pandemic. Some parents can't find precisely what they are looking for in a studio setting and prefer a more custom and informal approach. If we can't accommodate your Pod in



Pictured above L-R is Nora, Maddie, June and Lila. These 2's "Adorables" were in class all season with their caregivers and over time became mostly independent learners by the time they were 3.

studio, we can bring the studio and high energy classes to your home or possibly to another venue for kiddos and adults of all ages.

The 20th Annual Dance Works Fundraiser Showcase Raises Awareness and Funds for two great causes.

On March 23rd and 24th, our studio performed in the 20th annual Dance Works Fundraiser Showcase at the Wallace Performing Arts Center's Massey Theater at Greenwich Academy, including special guest performances from Parsons Dance! The company's soloist Joseph Cyranski took to the stage to perform the compelling percussion-driven Balance of Power, and signature solo piece, Caught, two of its most treasured works.

A portion of proceeds benefit the Foundation for Women's Cancer (FWC) Move For Her campaign, and the Joe Torre Safe At Home Foundation (J TSAHF). We raised nearly \$2,900 for FWC and over \$2,700 for the J TSAHF for a total donation of over \$5,700. The Foundation for Women's Cancer is a nonprofit organization dedicated to research, increasing public awareness of gynecologic cancer risks, prevention, early detection and optimal treatment. The Joe Torre Safe at Home Foundation, also a nonprofit, is dedicated to Domestic Violence Awareness initiatives, helping to end the cycle and providing needed assistance by funding such programs as Margaret's Place, dedicated safe rooms in school for students to go where respect and confidentiality are the rule. Not everyone is safe at home.



Soloist Isabel Netrosio, a.k.a “Esmeralda” wows the crowd!

High school junior, Isabel Netrosio, wows the crowd at the Dance Works Fundraiser Showcase with her impeccable rendition and performance of “Esmeralda Variation”. “Esmeralda” was originally choreographed in 1844 by Jules Perrot. Isabel has been working hard at her craft, demonstrated by her recent invitation to enter the Joffrey Training program. She will be studying this summer with the renowned John Cranko Intensive.



Ladies of Flavor performed Hip Hop piece “Hot Flavor” at the 20th Annual Dance Works Fundraiser Showcase.



Modern/Contemporary III/IV Class perform Christina Morrison’s “Spectrum”. Pictured here Top: Talia, Bottom L-R Elsa, Micaela, Maya, Evelyn

Water you waiting for?

Hydration plays an indispensable role in the effectiveness and enjoyment of your dance class experience. It's not just about quenching your thirst; proper hydration is crucial for maintaining optimal performance, enhancing endurance, and preventing injuries.

Water is vital for many key bodily functions such as regulating body temperature, transporting nutrients, lubricating joints, protecting organs, and getting rid of waste. Bodies lose significant amounts of fluids through sweat in dance training. In order to maintain muscle function, prevent fatigue, ensure overall well-being and prevent injuries this loss needs to be replenished.

Hydrate well a few hours before, during and after class. Consuming foods high in water such as fruits and vegetables can also help you stay hydrated. Staying hydrated throughout the day is crucial to your health.

Symptoms of dehydration can include dizziness, headache, fatigue, muscle cramps and dry mouth. In addition to impacting your class experience, dehydration can increase the risk of more serious health issues. In cases of severe dehydration it is recommended to seek medical attention and rehydrate slowly.

Health Benefits of Dance

Coming to dance class has many benefits to your physical health and well-being. It also improves your brain function and benefits your mental health. Here are just some of the many scientifically proven advantages according to the New England Journal of Medicine.

- Dance Improves:
 - ✦ condition of your heart & lungs
 - ✦ muscular tone, strength and flexibility
 - ✦ endurance
 - ✦ bone density and health
 - ✦ self-esteem
 - ✦ mood and attitude
 - ✦ Energy level
 - ✦ social connections
- Builds core strength and balance
- Reduces stress
- Decreases anxiety
- Enhances memory
- Is a wonderful form of Self-expression

Health & Wellness for Dancers

You Are What You Eat!

In 1826 France's Anthelme Brillat-Savarin wrote, "Tell me what you eat and I will tell you what you are". In the 1930's, American nutritionist, Victor Lindlahr, made the phrase, "You are what you eat" popular.

Have you ever noticed how you feel after eating and drinking anything and everything? In my mid-20's I was seeing doctors for stomach pain and a gastroenterologist suggested I keep a food diary to track all that I ate. I then had a colonoscopy, requiring me to fast with only clear liquids for at least 24 hours, among other typical preparations. Following the procedure, at the advise of my doctor, I slowly, introduced broth, mild foods and then reintroduced one new food at a time to help me try to understand the culprits affecting my pain. It took a little time but this was indeed a most valuable lesson.

Tracking what we eat is a great way to understand how we feel and what can makes us feel good and bad. The answers to functioning at our best emotionally and physically can lie in our diet. I have seen those close to me struggling with heart disease, cancer, Alzheimer's, ADHD, chronic stomach pain, anxiety, muscle spasms, fatigue, sleeplessness and other chronic health issues, and have seen them resolve or improve dramatically with dietary changes.

After one of my family members was on a long 2 decades of series of anti-anxiety and anti-depressant meds and was finally tested for food sensitivities. Once he discovered what he was "sensitive" to and eliminated those items he was able to eliminate all meds and is thriving both physically and mentally. Not everyone will have this outcome but it's worth investigating diet!

Studies have been done on identical twins to validate how diet directly impacts our health and well-being. So if you haven't yet started to pay attention to this for yourself or for your children, it's never too late to start.

Dancers need to pay particularly close attention as we need extra nutrients to support our athletic requirements. I thought I was as healthy as can be as I don't drink alcohol except for a very occasional glass of Prosecco. I don't smoke and I follow a healthy diet. My vice is sugar. I am now learning that sugar can be evil to the body causing all sorts of bodily health issues and emotional harm. I notice when I reduce my sugar intake I feel and look so much better. There are dietary answers to help everyone...even those who are like me and think they are healthy.

Today, there are apps that can help us track our our intake and understand the nutritional value and deficits. Doing so helps us develop better habits toward healthier living. My son, Michael Barletta, a personal trainer at Chelsea Piers in Stamford, introduced me to the Cronometer app, which currently tracks up to 84 nutrients and other compounds. You log your meals, snacks, drinks, etc and it tracks all your macro and micro nutrients. You can also log exercise and other health metrics. The app provides valuable health reports and charts and more to help you lead a healthier and happier life. I discovered from the app that I was grossly under my required intake for protein which surprised me beyond belief! Since adding more protein to my diet and focusing on taking in foods with larger amounts of protein I have increased my energy level and all but relieved my symptoms!

Getting all the nutrients our bodies need enhances our strength, improves balance, supports flexibility and most importantly reduces risk of injury and increases your odds for good health.

Photo Gallery Continued

More photos from our March showcase:



Ballet II - Harrison Studio Dancers L-R Cielo, Hikari & Klaudia



Jazz II - RyeBrook Studio Dancers Back Row L-R Sofia, Sheena, Samantha Bottom Row L-R Vrionne, Lucy



Happy Wedding News!

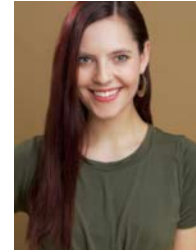
The very first Dance Works company member, our own Nicole, a.k.a. "Dorothy", was wed to Jake Enterlin 10.13.23



Our very special instructor extraordinaire, Christina Morrison, was wed to her groom, Kevin Spellman 09.23.23

Upcoming Events

Summer '24 includes guest instructors Marlon Santana, Todd Hall and Nici Davis!



REGISTRATION DEADLINE
STUDENT CHOREOGRAPHY
SHOWCASE IS NOVEMBER 15th!

Showcase date: Sun, January 26th

A portion of proceeds benefits the Valerie Fund



Dance Works

2024

Nutcracker

Experts

&

Holiday

Showcase

Sunday, 12/8



A portion of proceeds benefits the Blythedale Children's Hospital



21st Annual
DWFS
Dance Works Fundraiser Showcase
2025
Sunday, March 16th

A portion of proceeds benefits women's cancer & domestic violence initiatives TBA