



Heart and Sole



Volume 25 Issue 4

April 2018

From the Heart (President's & VP Message)

By Larry Gogel & Anna Kovalyova



Greetings, Dancers!

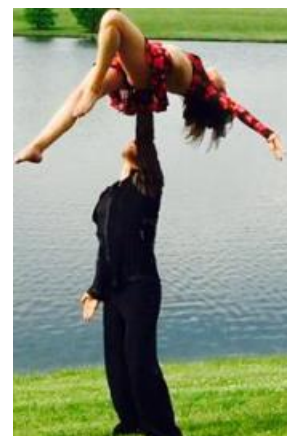
The warm weather is slowly but surely making its way across the country. Brighter sun induces our desire to go out and socialize.

Join us at the Heartland's **April party** on Saturday, **April 14th** at Riolo Dance Studio. We are pleased to welcome **Rob Jenkins** as our April dance instructor. Rob will teach **American Foxtrot** lesson to us.

Heartland USA Dance will host several thrilling exhibitions during our April dance party, including an amazing brand new routine by Chad Wright and Oksana Kulieva. **Chad and Oksana** will demonstrate their skills in **Theater Arts**, an exciting branch of ballroom dancing filled with aerial lifts, dips

and tricks. Don't miss the show!

Our paid raffle will consist of 1 complimentary admission to **Carmel Ballroom's Spring showcase** that will take place on **April 28th**. We thank Carmel Ballroom's owners, Judy and Danny Corsaro, for their generosity.



Upcoming Dance Activities:

- **Apr 20-21**, Indy Open DanceSport Competition, downtown Sheraton, <http://www.indianapolisopendancesport.com/pages/contact/> Don't miss Sat night pro exhibitions
- **Apr 21st**, Indy Dancers 35th Anniversary, Eastside Moose Lodge. Dinner and dance; special exhibitions by Heartland dancers. http://www.indydancers.com/special_dance/ID-Anniversary2018.pdf
- **Apr 28th**, Carmel Ballroom Spring showcase, spectator only tickets \$15, show and dinner \$35, <https://www.carmelballroomdance.com/>

March Dance Activities:

Heartland March dance party had a cozy atmosphere to it, with lots of healthy snacks, wonderful music by our DJ Larry and lots of general dancing! We had a very nice American Rumba group lesson by Abby McGrew. The lesson was preceded by a Swing exhibition by Abby's son, Andrew, and his dance partner, Louisa, the young talented 9 year olds currently trained at Carmel Ballroom.

This was their first performance ever and they did a great job. We are looking forward to many more performances from Andrew and Louisa! In fact, they are polishing up their Foxtrot routine and we hope to see it soon!



Heartland's dear friend, Barb Cameron, celebrated her 90th birthday during our March party. Barb was as energetic and radiant as ever! She and Larry danced an impromptu East Coast Swing performance for us. It was very, very charming! Happy Birthday, Barb! We wish you to dance well beyond your 100th birthday and we are looking forward to celebrating many more birthday dance parties with you!



We thank everyone for coming to our party and spending time with us. We hope to see you all again on Saturday, April 14th!



To view more pictures and videos from Heartland events, please visit:

<http://www.indyusadance.org/>

or Facebook: <https://www.facebook.com/pages/USA-Dance-Chapter-2022-Heartland-IN/494575663941501>

Happy dancing to all!

Larry and Anna

Heartland Board Descriptions of Vacant Positions:

Reference Bylaws Article XII, Sections H-K for the official position description for chapter officers.

Responsibilities of Chapter Officers:

Communications Coordinator

- Has oversight for publicity, website, email, Facebook, flyers, newsletter, etc. through volunteers or committees.
- Submits annual budget request to support communications programs.
- Develops and presents plans to the board to support promotion of chapter events.
- Solicits, writes and edits articles and ads for chapter newsletter (hardcopy, email, etc.).
- Posts chapter events to media and community online calendars and social media.
- Designs and prints flyers for chapter activities.
- Submits event information and news releases to the media.
- Coordinates contact with chapter members about regular events via email, mail, or cell.
- Monitors development and updating of a chapter website and social networking sites.
- Coordinates at least annually communications to dance studios, independent instructors, dance clubs, and others to reduce scheduling conflicts and to create a harmonious dance community.

Why dance is just as important as math in school

by Sir Ken Robinson and Lou Aronica



Stocksy

Dance — and physical activity — should have the same status in schools as math, science and language. Psst: it may even help raise test scores, says Sir Ken Robinson.

For several years, I've been a patron of the London School of Contemporary Dance. In 2016, I was invited to give the annual lecture in honor of founding principal Robert Cohan, and I decided to talk about the role of dance in schools.

Before the lecture, I tweeted the title “Why Dance Is as Important as Math in Education.” I had a lot of positive responses and a number of incredulous ones. One tweet said, “Isn't that going to be one of the shortest lectures ever?” Another said flatly, “Ken, dance is not as important as math.” One person tweeted, “So what? Telephones are more important than bananas. Ants are not as important as toilet ducks. Paper clips are more important than elbows.” (At least that was a creative response.) Some responses were more pertinent: “Is that so? Important for what and to whom? By the way I'm a math teacher.”

I'm not arguing against mathematics — it's an indispensable part of the great creative adventure of the human mind. It's also intimately involved with the dynamics of dance. Instead, this is an argument for equity in educating the whole child. I'm talking about the equal importance of dance with the other arts, languages, mathematics, sciences and the humanities in the general education of every child.

"Dance can help restore joy and stability in troubled lives and ease the tensions in schools that are disrupted by violence and bullying."

What is dance? It is the physical expression through movement and rhythm of relationships, feelings and ideas. Nobody invented dance. It is deep in the heart of every culture throughout history; dance is part of the pulse of humanity. It embraces multiple genres, styles and traditions and is constantly evolving. Its roles range from recreational to sacred and cover every form of social purpose.

Some people have long understood that dance is an essential part of life and education. In [*Dance Education around the World: Perspectives on Dance, Young People and Change*](#), researchers Charlotte Svendler Nielsen and Stephanie Burridge bring together recent studies of the value of dance in all kinds of settings: from Finland to South Africa, from Ghana to Taiwan, from New Zealand to America. The low status of dance in schools is derived in part from the high status of conventional academic work, which associates intelligence mainly with verbal and mathematical reasoning. The studies collected by Nielsen and Burridge explore how a deeper understanding of dance challenges standard conceptions of intelligence and achievement and show the transformative power of movement for people of all ages and backgrounds. Dance can help restore joy and stability in troubled lives and ease the tensions in schools disrupted by violence and bullying.

A number of professional dance companies offer programs for schools. One of them is [*Dancing Classrooms*](#), a nonprofit based in New York City, which brings ballroom dancing into elementary and middle schools in some of the most challenging districts in the country. Using dance, the organization aims to improve social relationships especially among genders and to enrich the culture of the schools by cultivating collaboration, respect and compassion. Founded in 1994 by the dancer Pierre Dulaine, the program now offers each school twenty sessions over ten weeks, culminating in a showcase.

Toni Walker, former principal of Lehigh Elementary School in Florida, shares this story from working with Dancing Classrooms. “When this young lady first came to Lehigh, the file on her was probably two inches thick,” Walker recalls. “She felt she needed to prove herself and make sure everyone knew she was strong and would fight.” The girl didn’t want to join the ballroom dancing program ... but participation wasn’t optional. Soon, she found she had a natural ability. “In the next lesson, she had a little bit of a different attitude and we didn’t have to fight with her to dance,” Walker remembers. “She just got in line.”

By the third and fourth lessons, Walker says, the student was transformed: “She carries herself differently; she speaks differently; she is kind; she is respectful; she has not had one [disciplinary notice], not one. Her mother can’t believe what she sees. It’s amazing. Amazing. The program is far greater than people understand.”

"In one evaluation, 95 percent of teachers said that, as a result of dancing together, students' abilities to cooperate and collaborate improved."

Dance education has important benefits for students' social relationships, particularly among genders and age groups. Many forms of dance, including ballroom, are inherently social. They involve moving together in synchrony and empathy, with direct physical contact. In an evaluation of Dancing Classrooms in New York City, 95 percent of teachers [*said*](#) that as a result of dancing together, there was a demonstrable improvement in students' abilities to cooperate and collaborate. In a survey in Los Angeles, 66 percent of school principals said that after being in the program, their students showed an increased acceptance of others, and 81 percent of students said they treated others with more respect. Dance has economic benefits, too. As well as being a field of employment, dance promotes many of the personal qualities that employers recognize as essential in a collaborative, adaptable workforce.

One principal was especially impressed by the improvements in reading and math scores among her fifth-grade students. “There are no ifs, ands, or buts about the program’s impact in the academic lives of our children,” says Lois Habtes of the Emanuel Benjamin Oliver Elementary School in the Virgin Islands. “When I first got here, they were failing scores. Last year — our second year in the program — they got up to 83 percent. This year, our fifth grade scored 85 percent on the reading test, the highest in the school.”

"Dance and theater are mostly seen as second-class citizens in schools."

It's not just dance, of course. The success of Dancing Classrooms is an example of the well-documented relationship between physical activity and educational achievement. The trend in most US school districts is to cut phys ed and similar programs in favor of increasing time for math, science and English. These measures have simply not improved achievement as so many policy makers assumed they would.

A panel of researchers in kinesiology and pediatrics conducted a [massive review](#) of more than 850 studies about the effects of physical activity on school-age children. Most of the studies measured the effects of 30 to 45 minutes of moderate to vigorous physical activity three to five days a week on many factors — physical factors such as obesity, cardiovascular fitness, blood pressure and bone density, as well as depression, anxiety, self-concept and academic performance. Based on strong evidence in a number of these categories, the panel firmly recommended that students should participate in one hour (or more) of moderate to vigorous physical activity a day. Looking specifically at academic performance, the panel found strong evidence to support the conclusion that “physical activity has a positive influence on memory, concentration and classroom behavior.”

Most children in public schools in the US receive some education in music and visual arts, patchy though it often is. But dance and theater are mostly seen as second-class citizens, and opportunities in the arts, in general, are lowest for students in areas of high poverty. “There are still millions of students who do not have access to any arts instruction. Many of them are in our poorer communities where the programs are arguably needed the most,” says Bob Morrison, the founder and director of Quadrant Research.

Would it be okay to have millions of students without access to math or language arts? he asks. “Of course not, and it should not be tolerated in the arts. There is a persistent myth that arts education is for the gifted and talented, but we know that the arts benefit everyone regardless of their vocational pathways,” he says. “We don’t teach math solely to create mathematicians, and we don’t teach writing solely to create the next generation of novelists. The same holds true for the arts. We teach them to create well-rounded citizens who can apply the skills, knowledge and experience from being involved in the arts to their careers and lives.”

Excerpted from the new book [You, Your Child and School: Navigate Your Way to the Best Education](#) by Sir Ken Robinson and Lou Aronica. Published by Viking, an imprint and division of Penguin Random House LLC, New York. Copyright © 2018 by Ken Robinson.

About the authors

[Sir Ken Robinson](#) is a global leader in educational reform and a New York Times bestselling author. Professor Emeritus at the University of Warwick in the UK, he advises governments, corporations, education systems, and some of the world's leading cultural organizations.

[Lou Aronica](#) is the author of four novels and coauthor of several works of nonfiction, including the national bestseller "The Culture Code" (with Clotilde Rapaille), "The Element" and "Finding Your Element."

e-mail: alexishier@yahoo.com

Continental Dance Club
Schedule for April
Dance Lesson: 6:00 – 7:00 pm
Dance Lesson: Cha Cha
Large Ballroom
Beginner Lesson: 6:00 – 7:00 pm
Dance Lesson: Cha Cha
Small Ballroom

April Music*
April 1 Roger Greenawalt - DJ
April 8 Blue Notes
April 15 Mike McCarty Trio
April 22 Dave Lowe
April 29 Monica Lung – DJ

*Schedules are subject to change.

Member Classifieds

E-mail of personal information for members and non-members is confidential and for the exclusive use of USA Dance officials and designees and may not be shared, sold, or rented without the prior approval of the USA Dance Governing Council.

Heartland Ballroom Dancers does not endorse any particular studio or instructor but recognizes that good instruction is available from a variety of people throughout Central Indiana.



Newsletter Deadline

The *Heart and Sole* submission deadline is the 20th of the month. Call Nancy at 317-849-6373 to be included.

Please keep your addresses up-to-date. It is very important that you keep your e-mail address up-to-date with your chapter Newsletter Editor and Membership Chairman. Send changes to the editor who will forward them to National Membership or update yourself online.

Don't forget to let us both know.

Dress Code Reminder

Please remember that appropriate dress for our chapter dances includes: slacks/skirts, nice shirts/blouses, dresses and dance shoes. Please do not dance in bare feet. On occasion we modify the dress code for special theme dances but when we do so, we will announce it in our newsletter and on the web site.

Web Sites of Interest

(see our web site www.indyusadance.org/local-resources)




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RON'S SUNDAY NIGHT DANCE



at the
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1st and 3rd Sunday of each month

Dates are listed below.

**Please note date changes for January, February, April & May*

COUPLES & SINGLES ALL WELCOME

Doors Open: 5:45 p.m.

Dancing: 6:00 p.m. to 10:00 p.m.

ADMISSION \$10.00

Dress Code – Casual (No tank tops or shorts, please)

Cash Bar Open: 6:00 p.m. to 10:00 p.m.

(ALL BEVERAGES MUST BE PURCHASED AT THE ATRIUM)

MUST BE 21 OR OVER TO ATTEND

BRING YOUR OWN TABLE SNACKS • Chips and Pretzels will be furnished

Mix of Music by DJ Ron Fentz

East Coast Swing, Cha-Cha, Free Style, Waltz, Fox Trot, Line Dances (Single & Couples),

Jitterbug, West Coast Swing, Night Club 2, Love Songs, Country 2 step

2018 SUNDAY DANCE DATES

January 7 & 28th (4th Sunday)

February 11 (2nd Sunday) & 18

March 4 & 18

April 8 (2nd Sunday) & 22 (4th Sunday)

May 6 & 27 (4th Sunday)

June 3 & 17

July 1 & 15

August 5 & 19

September 2 & 16

October T.B.A.

November T.B.A.

December T.B.A.

****Please note the above day / date changes – FOR, JANUARY, FEBRUARY, APRIL & MAY****

For more information, contact Ron Fentz at 317.443.4462 ronfentz@aol.com



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USA Dance 4/14

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Check out our Full Calendar on the Website
502 N. Capitol Avenue (2nd Floor)



Heartland Ballroom Dancers' April Dance

Saturday, April 14, 2018



8:30 PM – 10:30 PM at Riolo Dance
502 N. Capitol Avenue

American Foxtrot Lesson with
Rob and Melissa Jenkins at 7:30 PM

Dancers of all ages and skill levels welcome.



USA Dance Members: \$8 Non-members: \$12 Full Time Student: \$6
For more information: call: 317-759-0171 email: indyusadance@gmail.com
website: www.indyusadance.org



May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	<div>  <p>Heartland Ballroom Dancers' May Dance</p> <p>Saturday, May 12, 2018 8:30 to 10:30 PM at Riolo Dance 502 N. Capitol Ave.</p> <p>Dancers of all ages and skill levels welcome. Refreshments provided.</p> <p>Peabody Lesson at 7:30 PM by John Berry</p> </div>				12
13 Mother's Day 	14					19
20	21					26
27 Indy 500 	28					



For more information: call: 317-759-0171 email: indyusadance@gmail.com website: www.indyusadance.org

USA Dance Members: \$8 Non-members: \$12 Full Time Student: \$6

BOOGIE BEAT

A Listing of Places to Dance in Central Indiana. Call to see if the events listed are being held before going.

Tuesdays:

Tango Indy meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See www.tangoindy.com for details.

Indy Dancers meet at various locations. Call Dance Line 767-5665 for information.

Wednesdays

IS Dances (formerly Indianapolis Senior Center Dances) – New Downtown Y, 2nd Floor : Wednesdays- Group Lesson 11 AM, Dance 1:00 PM - 3:00 PM.

Thursdays:

Tango Indy meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See www.tangoindy.com for details.

Fridays: (selected dates unless noted–see web sites for exact dates)

Dean & Company @Academy of Dance Arts (121st & Cumberland) 8-10 pm. See ADAdancers.com

[Fred Astaire Indy North](#), 820 E. 116th & Guilford 317-207-9191: Open dance 9-11 pm \$10; drinks & snacks free.

[Starlite Ballroom](#), 5720 Guion Rd., Open Dance 7:30-10pm, \$10/person including lesson & snacks. Info call 317-430-5029

Web site: www.indianapolisdancelessons.com for more info on classes/parties, rentals.

[Carmel Ballroom](#), 111 Medical Drive, Carmel 46032, 7:30-10:30pm, \$10 incl lesson & snacks, 317-698-8535

[Aurelia Dance Studio](#) (Roslender), 3198 E. State Road 32, Westfield, IN 46074. Website:

<http://www.aureliadancestudio.com/> - tel. 317-496-5254 Open dances on selected Friday nights. Call for schedule.

Any Swing Goes dances will be on selected Friday nights; Contact Charlotte Heiney at 317-445-5224 for more info

IS Dances (formerly Indianapolis Senior Center Dances) – New Downtown YMCA: Fridays - Lesson 5:45 PM, Dance 7 - 9 PM www.MonicaLung.com (317) 590-2655

Saturdays: (selected dates – see web sites for details)

[Riolo Dance Studio](#) --502 N. Capitol (second floor) for more info, call 317-490-6739 or check www.riolodance.com

Sundays:

[Continental Dance Club](#) weekly dance at Starlite Ballroom. Lesson 5:45-6:45 pm; Dance 7:15-10 pm. Info: call 767-4040.

Indy Swing Dance Club meets twice a month at Madam Walker Theater. For more info, call 691-1239 or check indyswing.org

Dance Indy Swing Dance Club at Riolo Dance. from 2:00-6:00 pm on selected dates. See web site

For an additional list of dancing opportunities, please visit our website at: indyusadance.org

April 14 - April Dance Party

**7:30 pm – American Foxtrot Lesson
with Rob and Melissa Jenkins of Riolo**

Dance: 8:30 – 10: 30 pm

Admission: \$8 Members

\$12 Nonmembers

\$6 Full Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd Fl

May 12 - May Dance Party

**7:30 pm Peabody Lesson
with John Berry**

Dance: 8:30 – 10: 30 pm

Admission: \$8 Members

\$12 Nonmembers

\$6 Full Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd Fl

Heartland Ballroom Dancers

564 Conner Creek Dr.

Fishers, IN 46038

Advertising Rates

Full Page: \$50 per month

Half Page: \$25 per month

Qtr. Page: \$15 per month

Business Card: \$7 per month

Call the (317) 849-6373 for further details.

Rates for long-term contracts negotiable.

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