

MINNESOTA

DANCING TIMES

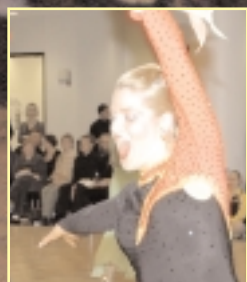


A publication of the Minnesota Chapter of USA Dance

January 2006

Star of the North 2006 is Coming!

Look for Competition Results and Photos in the March Issue



Photography by neatshots.com

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Inside this month's issue... Health & Fitness:



Pilates, Egoscue, Hair Health, Losing Weight, Ohio Star Ball review, upcoming events & more



Dancers Nite Out



- Sa, 12/31 New Year's Eve with Boogie Wonderland @ the Medina Entertainment Center, 500 Hwy. 55, Medina; Advanced tickets \$25; Tickets at the door: \$29; Doors open @ 7 pm; Music starts @ 8 pm.
- Sa, 12/31 Dancer's Studio New Year's Eve Celebration! 9 pm-12:15 am; Dancer's Studio, 99 N. Snelling Ave., St. Paul, FMI: 651.641.0777.
- Su 01/01 TC Rebels New Year's Dance and Potluck from 7-10:30 pm; bring a dish to share for the potluck; \$6/members; \$10/non-members; Harmonies Dance Center, 10726 France Avenue South, Bloomington; FMI: 952.941.0906.
- Fr 01/06 Classic Big Band at Medina Entertainment Center, 500 Highway 55, Medina; Variety Music with a free lesson at 7:30 pm; Dance at 8:30 pm; FMI: 763.478.6661 or www.medinaentertainment.com.
- Sa 01/07 Victorian Society "12th Night" Ball
- Sa 01/14 The Snow Ball, Embassy Suites, Bloomington; FMI: contact Donna Edelstein @ 763.557.6004 or thesnowballcomp@msn.com.
- Sa 01/21 **USA Dance hosts its Dance Extravaganza** at the Dance Shoppe, 2800 Fernbrook, Plymouth, with ALL 4 studios rocking with the best music!! 5 Dance Clubs represented and FREE dance lessons. \$7/person. Come and join the fun!!
- Su 01/22 **Masquerade Star Ball sponsored by MN Amateur Sports Commision, USA Dance MN and UofM Ballroom Dance Club**; 5:30-8 pm to be held at Dancers Studio, 99 N. Snelling, St. Paul; Tickets: \$20 in advance; \$25 at the door; \$7.50/students. FMI: contact Michelle @ 763.572.0418 (pre-competition practice/dress rehearsal from 3:30-5 pm).
- Fr-Su 02/17-19 **9th Annual Star of the North DanceSport Competition**, Memorial Hall, University of Minnesota, Minneapolis. Hosted by the MN Amateur Sports Commission and USA Dance. FMI: Mike @ 651.699.4857 or ek865@aol.com.

Arthur Murray Dance Studio (651) 227-3200
534 Selby Avenue, St. Paul, MN. Salsa for beginners and advanced on Wednesday 8:15 pm/\$15. Date Night variety class for beginners on Friday 6:45 pm/\$25/couple.

Black Dog Cafe & Wine Bar (651) 228-9274
308 Prince Street, St. Paul Argentine Tango night every 3rd Saturday. Lesson at 7:30, dance from 8-11 pm \$3.

Cafe Bailar Dance Club (952) 949-3016
Social dance club specializing in Latin and Ballroom dancing holding dances twice a month @ Fosters' Dancesport Studio, 816 1/2 Main Street, Hopkins. 2nd Friday and 4th Saturday every month. Lesson at 7:30 pm, dance 8:30-midnight. For more info go to <http://www.cafebailar.com>.

Cheek to Cheek Ballroom (763) 755-3644
11415 Foley Blvd., Coon Rapids, MN, 1st Friday Dance! Lesson 8-8:45pm; Dance 8:45-11pm; \$8/non-studio members; \$5/studio members, www.cheektocheekdancestudio.com

Cinema Ballroom (651) 699-5910
1560 St Clair Ave, St Paul, MN, 2nd Friday Dance! Lesson 8-9 pm; Dance 9-12 am; \$6/general admission; \$5/with student ID, www.cinemaballroom.com/spin.

DNO continued on page 23

Celebrate the New Year!

USA Dance hosts the

Dance Extravaganza!

(see ad in this issue)

(no regular monthly dance)

Health & Fitness



USA Dance MN HOTLINE
(651) 483-5467

Call for information on dance events.
Leave a message for membership information.

Ballroom Blast – Behind the Scenes...

October 29th, Richfield High School



Photography by
Yvonne Viehman & Janie Nordberg

USA Dance: Who Are We?

We are a non-profit organization formed to preserve and promote ballroom dancing, both as an art and a healthful sport. The Minnesota chapter, USA Dance MN, was formed in 1991.

Membership in **USA Dance** is open to dancers of all levels. There are several categories to choose from: Social, Competitor, Junior (17 and under), Collegiate, and Associate (professional/instructor).

USA Dance MN sponsors monthly dances and other special dance events. Members are entitled to discounts on admission to the monthly dances, as well as access to a great network for meeting other dancers.

As a member, you'll have fun dancing and meeting many new friends. For more information, call the **USA Dance MN** **HOTLINE: 651-483-5467**.

The **Minnesota Dancing Times** is published monthly by the members of the Minnesota Chapter of USA Dance, providing information and news of ballroom dancing to members and friends.

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Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (**high quality pdf or jpeg format ONLY**) or camera-ready artwork to **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie or Eileen. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high	\$80
	OR 3.5" wide x 9.5" high	
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

CLASSIFIED ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only).

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
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President's Message

Mike Jones, Incoming President of USA Dance-MN

Hello everyone! As was mentioned in the previous USA Dance-MN board minutes we opted to appoint board and executive members instead of having a general uncontested election. There were some advantages to this including expediency and saving postage. So, in addition to introducing myself, I'd like to tell you some germane info about me.

I've had the pleasure of getting to know many of you during my three previous terms on the USA Dance-MN board and most recently as Vice-President. I've been on the Host Committee and served as Volunteer Coordinator for the past four USA DanceSport National Competitions. I competed in three of them with varying degrees of success.

I've also competed in and have been an operative for the Star of the North Dance Competitions for the past few years.

I've had a lot of fun being involved with four previous "Dancin' the Night Away" shows and most recently in the "Ballroom Blast" show. I tend to participate in these things as many times as I can.

I've competed in many other local and regional events, and I've performed at many places on behalf of USABDA and USA Dance-MN. These demos and exhibitions include venues such as the Mall of America, Landmark Center, Fitzgerald Theater, River Centre and a bunch more.

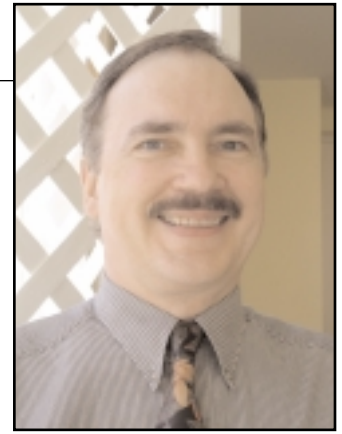
Plus, I'm a social dancer. You might run into me at most any local event. However, the monthly USA Dance-MN events are my favorite. I'm not just saying that because of my position.

I have a business called Able Homes, LLC. It's a HomeVestors franchise (i.e. We Buy Ugly Houses). All in all my life is interesting, challenging, and hectic. I love it.

I didn't mean to ramble on about myself. But I thought some people might be curious about this new president who appears to have circumvented the election process.

There are also some other new board members that we'll be introducing you to in future issues.

So now what? Well, the USA Dance-MN chapter has been, and is, on a great path. Our challenge is to thrive in a changing dance world, as well as, remain true to our core objectives. I have a few ideas and projects of my own to add to the mix. So stay tuned because I promise you an interesting run of events. Be assured that this also involves you. That's because my modus operandi will be based on "What Can USA Dance-MN Do For You?" ■



Dancing After the Storm

October 29, 2005 – Miami, Florida

While the bulk of Minnesota's competitive dancers were crawling on stage to (Ballroom) Blast away, Nels Petersen and Theresa Kimler followed the eye of hurricane Wilma into Little Cuba, sometimes referred to as Miami; a curfewed, no electricity, little water state.

For what reason you ask; to feel like they were visiting a third world country and for the Amateur Athletic Union (AAU) DanceSport Championships. As you may know, or maybe not... the AAU controls the bulk of United States Olympic events, including all Junior Olympic events. Nels and Theresa found the event a bit decimated in the wake of the hurricane and easily dominated their division at this poorly run event.

While in Miami, they also performed their smooth choreography at the World Salsa Championships to a large International crowd, where they were enthusiastically received. ■



Nels Petersen and Theresa Kimler in Top Form

Steve Vespested, An Amazing Volunteer

By Ingrid Bloom

On December 31st 2005, Steve Vespested will step down as president of USA Dance MN. Steve served as president for two years, and has been on the board for twelve years.

As USA Dance president he organized and chaired monthly board meetings. He oversaw subcommittees, advertising, facilities used for dancing, volunteers, awards, and put out fires. During Nationals, a four-day event, Steve put in 18-hour days, plus hundreds of hours leading up to the competition. One of his goals during his term as president was to have a Youth Community Education Ballroom program where junior and senior high school kids are taught by some of our top amateurs.

Steve was part of getting our local winter Star of the North started in 1997, because the regular summer games didn't include much ballroom. For five years Steve took a leadership role serving as the organizer of the Star of the North Games. Each year it requires starting six months early to get everything organized. In the first year of the Star of the North, there were 200 competitors and it keeps growing.

During the Star of the North, Steve has put in long days putting out fires and making sure everything was running as smoothly as possible. The facility has to be leased, committees have to be formed, questions to be answered, and monthly meetings to organize. Advertising, awards, and volunteers all need to be coordinated. The floor has to be setup before and removed Monday after the competition.

For several years, Steve helped backstage with Dancin the Night Away. He has taken part in the USA Dance demos including those at the Mall of America, and written articles for the newsletter. He is at almost every monthly dance of USA dance, selling tickets as a volunteer. For eight years, Steve served on the National DanceSport Council. He just recently resigned as the States Games Committee Chair, which has been changed to Sports Liaison Committee

Chair. One of the things Steve worked toward was to include ballroom dancing in other state games.

In the early 90s Steve was active with the Rochester chapter and served as their president for one term. In 1993 he changed his membership to Minneapolis. Nine years ago he met his wife Shari dancing. After a year of pursuing her as a competitive dance partner, she finally agreed on the grounds that it would remain strictly dancing. At Star of the North he proposed to her with all their dance friends standing by and cheering.

Steve says the way the chapter stepped up and hosted the four best Nationals in USA Dance history is his greatest legacy. He is very happy that Nationals made a profit this year.

What influences someone like Steve to give so much of his time and talents to others? He says, "When I latch onto something I believe in and enjoy, I give it 110 %. In the early years I enjoyed the camaraderie and social part of dancing, once I started getting involved in the administrative side there was another level of camaraderie; I gained a greater appreciation for the whole organization and how it operates. I also believe in the true definition of what a volunteer is: Giving as much as you can, as often as you can for what you believe in, without expecting rewards or accolades."

If you have enjoyed various aspects of USA Dance, formerly USABDA throughout the years, such as the monthly dances, newsletters, web site, Hot Line, music, Star of the North, demos, Dancin the Night Away, and Nationals, be sure to thank the volunteers who make it happen. We thank Steve Vespested for being an inspiration and an example to all of us. THANK YOU, STEVE. ■





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Saturday, January 21, 2006

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Studio 1: USA Dance

Studio 2: Country Two-Step
Cafe Bailar

Studio 3: MN WC Swing
TC Rebels Club

Studio 4: Four Seasons Salsa
Tango Society

All dancers are welcome. USA Dance welcomes all dance clubs including Cafe Bailar, TC Swing, Rebels West Coast Swing, Tango Society of MN, Metro Dance Club, Four Season's Dance, MN West Coast Swing Club and Country Western Two-Step enthusiasts.

The Dance Shoppe is located at 2800 Fernbrook Lane in Plymouth. Please **DO NOT CALL** the Dance Shoppe for dance details. Call our hotline at 651-483-5467 instead.

Directions: The Dance Shoppe is located one block west of Hwy. 494 and Hwy. 55. Go left (or south) at Fernbrook from 55, go one block and the Dance Shoppe is on the left. For more info call 651-483-5467. Carpooling is recommended.



Inquiring Minds Want To Know

By Anne LaTourelle

As I've been out and about in the dancing community I've been asked many times about my recent weight loss. Apparently, people are curious to learn how I did this. In order to get to the "how" I must first share the "why". For those of you who read the interview with Nathan Daniels in which he stated "If somebody asks me why I marked a certain way I have no problem with that, but you should be sure you want to know before you ask, because I will tell you," well the same goes for my teachers!

In an effort to continue to improve our dancing and win more competitions, Tom and I are always asking what we should be working on. Is it musicality, footwork, our ability to project, our connection – what is the magic answer? Part of the answer has always been "lose weight". The first time my teacher told me this, four years ago, my response was to burst into tears. This last time I decided that crying wouldn't solve anything and instead I needed to take action.

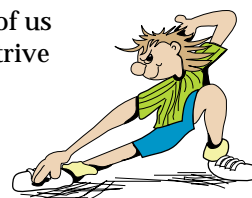
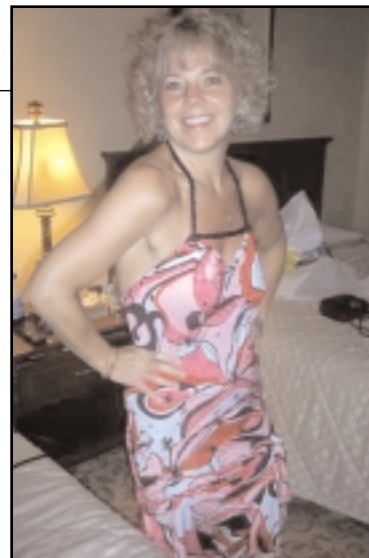
I joined LA Weight Loss. I did this for a number of reasons. First of all, I had tried losing weight on my own in the past without results. Second, by investing in my weight loss (LA Weight Loss is very expensive) I knew I would feel compelled to take it seriously. Third, I wanted a plan to help give me the mental edge I needed to reach my goal. Motivation and self-discipline are not the problem... I just didn't know what to change.

So what did I change? A lot! Their program is basically about portion control and balanced eating. No strange diet, no missing food groups, no liquid replacement meals, just old fashioned hard work. Eating less and eating better. What did I learn? I actually had to increase the amount of food I was eating and eat more protein (way more), less carbs (way less) and actually get in some dairy and veggies daily (or as much as possible). This was a tough job for someone who doesn't eat raw veggies, doesn't drink milk and lived on wheat thins, low-fat peanut butter, white rice and a few pieces of fruit.

My plan was to reach my goal in time for the final fitting of the new gown I would be wearing for nationals. After all, when I started my diet on March 4th they told me I would reach my goal in 17 weeks. With my final fitting scheduled for July the timing would be just right. That was before the month of July, when I ended up with a net loss of zero. I actually gained and lost the same few pounds over and over again. Down one, up two... you get the picture. I think the counselors at LA Weight Loss ran whenever I showed up because I kept asking them to give me something new to try (my breaking into tears in front of complete strangers was not uncommon). Not getting to my goal was not an option at this point. So my fitting came and went and I actually didn't make my goal until the week of nationals (which somehow seemed appropriate). In the end it took me 24 weeks to lose 30 lbs., and not the 17 weeks they projected.

What advice can I give you? That there is no quick fix. You have to make the right choices meal after meal, day after day, week after week, month after month. You can't just have a few good days, then allow yourself to indulge and expect to lose weight. You must be committed all day every day or no diet will work.

I can't say dancing helped me lose the weight, but I can say that dancing helped me want to lose weight. It is unrealistic for most of us to be a size four, but we can all strive to be the best that we can be for ourselves, and for our love of dance. ■



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No Starving or Compulsive Exercise Allowed:

Some Of The Twin Cities Best Dancers Share Their Diet And Exercise Regimens

Compiled by Rebecca Kanner

You don't have to run marathons or starve yourself to be fit. In honor of the New Year, five dancers dish about fitness and healthy eating. What they all have in common is that none of them exercise obsessively or believe in deprivation. From Allen's love of BodyPump, to Eric's Wait and See Plan, you're sure to find a diet and exercise plan that works for you.

Paul dances all day and I dance part of each day. We both belong to The Marsh and work out there. Our biggest challenge is continuing a fitness regimen when we are traveling, coaching, and judging.

As for food, Paul is the kind of guy who can forget to eat, and I am the kind of girl who starts planning my next meal as soon as I'm awake. We both like to cook and eat a lot of fresh produce every day – although Paul would be happy eating nothing but 'meat and potatoes'. Because we have a studio in our home in Plymouth we have the luxury of eating good food and having healthy snacks around.

We generally have at least two decent meals every day – plus frequent snacks (like bananas, apples, hard boiled eggs, applesauce, cheese, almonds, pears). Lunch might be soup and a salad – or a sandwich for him and stir-fried chicken and broccoli or tuna in an avocado for me. If we're rushed we'll heat up a frozen 'Whole Foods' or an 'Amy's' Vegetarian entrée.

Our dinner is generally made from scratch and consists of a protein, at least one vegetable, plus squash or a sweet potato and usually a salad. We use no diet ingredients and believe that fat is flavor. We cook a lot with olive oil but also use butter.

Our bad habit is snacking after teaching late at night. I'm a big believer that you have to enjoy your life and part of that enjoyment is eating food that gives you pleasure (that includes chocolate and desserts). So if you need to loose weight because you are a serious competitor, don't snack late at night like I do. Learn to cook using a lot of vegetables which fill you up, moderate your portion size, avoid fast food, deep fried foods, salad dressing, mayonnaise, all pop, most alcohol, and having too many fancy coffee drinks. If you are on a hectic schedule and rely on fast food, go to a grocery store instead. Use their salad bar, have the deli counter slice some turkey or beef for you, buy sushi or pre-cut fruit. If that doesn't do it, get professional help. Some of the couples we coach have had great success with 'Weight Watchers' and 'LA Weight Loss'.

– **Donna Edelstein, co-owner of Time-To-Dance, along with Paul Botes**

I truly love the fitness that I get from dancing. I get a good workout from dancing at the dance clubs, but the best workout I get is from BodyPump, which I do at Time Out for Fitness. I have a great time in just an hour. I wish others could share in this experience. Even with all the other types of fitness that I have done, none compare to the enjoyment and fun that I get from BodyPump; a fun time with great results in a short time. It's more of a party than a workout. I love doing BodyPump and look forward to more and more.

– **Allen Strom, Ballroom Dancer and Fitness Instructor**

My workout is 35-40 minutes a day, and consists mainly of ab and back strengthening exercises. I have had back problems for at least 10 years, which meant I had to give up sports, but luckily I discovered ballroom dancing, which is not only an activity I can do but is actually beneficial for my condition. My workout is based on exercises learned in physical therapy after a back outage about six years ago. I haven't had major back problems for at least three years, the credit for which I give to this workout, and I know my dancing has benefited as well from developing these core muscle areas. Aside from that we also have a new puppy, who makes sure I am up and walking with her at least a mile or two each morning!

I generally eat what I want, and regulate my weight through exercise. It has become more of a challenge for me lately, though; as great a dancer as my wife is, she might be an even better cook. But she is great at including healthful, usually organic, ingredients, and I believe you can be more satisfied eating less by preparing healthier and better-tasting meals. I almost always choose whole grains when available, and include green vegetables, usually spinach, somewhere during the course of each day. My moderately high cholesterol level now is a factor in my diet, so I avoid eggs and other foods on that list, but aside from any special circumstances I think a person should eat the things they like in moderation (life without pizza is too horrible to contemplate). Right now I am 5-10 pounds above my ideal weight, and maybe someday I'll manage to get back there, but I'm having too much fun being Julie's recipe test subject.

– **Ken Kendall, Competitive Amateur Dancer**



NO STARVING... continued on page 9

I have been a runner for the last several years, averaging 6-20 miles a week depending on how busy I am. However, I find that with our new very energetic puppy, it is easier and more consistent to go on long brisk walks with her, so now I average at least 12 miles a week walking with her; (running with her turns into sporadic full-speed sprints – maybe someday I'll get her trained to go at a consistent jog/run speed). Doing 12 miles a week of brisk walking provides the same healthy effects as 12 miles of jogging – the threshold at which jogging (vigorous jogging) becomes more beneficial than just walking is 20 miles plus. Good news to those who prefer walking. I also have a few pilates DVD's that I use at home which target tone and shape areas of the body including arms, abs, thighs and hips. I especially like the arm workout which utilizes freeweights. I've done pilates for a few years now – I used to work with a wonderful personal trainer and I find, like many people, that pilates is an awesome toning and strengthening workout, beneficial to every type of sport, because it focuses so much on strengthening your core muscles. Great for better balance! Ken and I also have an awesome rowing machine – a "Concept 2" – which gets rave reviews as an all-around great workout machine. We both really enjoy using it, although we just pulled it out after having it in storage over the summer – too many other great things to do outside in the spring and summer months, but now that it's darker and colder we'll put it back into our workout routines. Those are most of my

main, consistent workout habits. In addition, I really try to eat well – lots of fruits and vegetables, almost no pre-fab-processed-empty-calorie food or fast food. If I'm going to indulge, I'd rather bake my own cookies, and know what's going into them! Finally, there's nothing like a game of high-stakes, power-croquet on a beautiful summer afternoon to really feel your body come alive!

– **Julie Jacobson, coach and former Nine-Dance Champion**

I have to admit, I eat pretty much whatever I want, whenever I want. Though my attitude seems all-inclusive, I've found that I am regimented in my eating patterns. My day starts with a banana, strong coffee, a vitamin and a Balance bar. I follow this up with two high calorie meals, one in the afternoon and the other late at night after teaching. I snack on nuts, dried fruits and cookies all day. If I had my choice, I would fill my days with steak and sushi and follow it with chocolate chip cookies, maybe when I hit the jackpot.

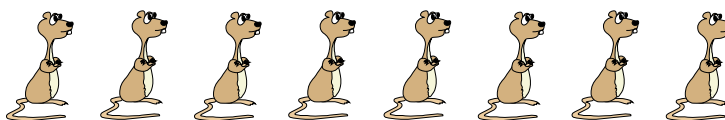


As for exercise, I used to run 20 to 30 miles per week and lift weights. These days, lacking the time and energy for fitness regimens, I have a wait and see attitude. Each morning I look in the mirror and if what I see keeps a frown off my face, then I'm free of running and weights for at least another day.

– **Eric Hudson, coach and co-owner of Cinema Ballroom** ■

The Lemming Tendency

By Anne LaTourelle



Anyone who has been to a dance competition has noticed the popular "lemming tendency" out on the dance floor. Even if there are only 3 or 4 couples on a giant floor they will somehow end up in the same corner of the dance floor. Recently I attended a Vikings game and think I might have stumbled onto why this happens.

As any lady knows when attending a stadium event the restrooms are just about guaranteed to have a line... a long line. Ladies calmly find the end of the line and create a single file queue. We wait quietly, the line is orderly and women flow in one door... the "in" while those ladies finishing leave from the other side the "exit". It is non-eventful unless running out of toilet paper, having only cold (very cold) water in the faucets and doors that won't stay close are considered "events".

Then, I witnessed the men's version of a "line" at their restroom. Now men, in their defense, rarely have a line so perhaps they just haven't been instructed in the fine art of waiting.

First of all there was no actual line. Instead, there was a crowd of men all just bunching up towards the entrance. It was basically whoever wants to push and shove and go around the edges will get in first. No sense of order at all. Plus, there were men going in both the in and the out so the men trying to exit had to push through people trying to get in. Where did they learn this? Why don't they just create a line? Apparently the biggest and pushiest win and these are the same souls we give the responsibility of leading on the dance floor!

On the dance floor this translates into "I want to do my move even if there is someone else in the same spot on the floor". Men, ladies will appreciate your creating a "queue" on the floor and holding an extra count or doing an extra turn to keep us from progressing forward to avoid the "lemming tendency". Who knows, perhaps you'll even try lining up the next time you discover a wait at your restroom. ■

Masquerade Star Ball

5:30 - 8 PM • JANUARY THE 22ND OF 2006

Dancers Studio
99 Snelling Avenue N., St. Paul, MN
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• 3:30 - 5 PM •

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The Egoscue Method®

By Jeanne Schmit



What is The Egoscue Method® and how do you say it? It's pronounced ee-gos'-que and is named after its founder, Pete Egoscue. It's a postural therapy program using a personalized series of exercises to improve body alignment. It treats musculoskeletal pain without drugs, surgery, or manipulation.

Who benefits from Egoscue? Children, seniors, professional athletes, those in chronic pain all benefit. In fact Nels Petersen, Theresa Kimler, Janie Nordberg, my husband David, I, and other dancers use this method to keep us out of pain and in top form for dancing.

How do I know if Egoscue could help me? Look at yourself in a mirror. Do your feet turn out? Is one hip or shoulder higher than the other? Can you see the back of your hands in the mirror? Can you balance more easily on one leg than the other? Do your knees turn in or out? Do your legs bow in or out?

If you answered "yes" to any of these questions, you are showing signs of joint misalignment. The body has a standard design, and deviation from it is the source of pain. Putting load on improperly aligned joints often leads to pain. Some believe that running is hard on your body and shouldn't be done after a certain age, but the truth is, bodies were designed to run, jump, twist, turn, and dance! The sport doesn't cause the pain, it's the poor alignment that sets you up for trouble.

*Repeat this phrase over and over and over...
"form follows function".*

The form is your bones, the function is your muscles (your physical activities). Bones do only what muscles tell them to do. How did your back get that way? Muscles. Regardless of any previous condition or injury, Egoscue exercise helps move your body toward proper alignment and restores normal joint function, allowing your body to heal itself.

How do people get misaligned to the point of having such problems?

Among other reasons, lack of motion. Today, unlike our ancestors, we can choose not to move. In modern life, moving appears to be optional. The less we move, the less we are capable of moving. The prevalence of sitting has led to tight and weakened gait muscles, loss of the lumbar curve, a weak, overstretched back, rounded forward shoulders and forward head.

Egoscue focuses on waking up those dormant muscles. If a muscle isn't doing the job it was intended to do, another muscle will take over, often causing pain or extreme tightness that can't be relieved simply by stretching.

Just like leading and following in ballroom dance. If the man doesn't lead, the lady will do it... and the dancing is a disaster! It's no different with your muscles. Your body has a perfect design. When your muscles do the job they were intended to do, other muscles can relax and do their job.

Egoscue is very different from physical therapy. Say you come in with shoulder pain. The physical therapist would most likely concentrate therapy on the shoulder with various treatments and exercises. An Egoscue therapist would not focus on your shoulder any more than any other area. He/she would look for dysfunctions in the whole body and give you a set of exercises designed to bring your whole body back to function. The painful area almost always results from a problem in a different part of the body.

To be successful with Egoscue, you must be self-motivated. Egoscue stresses the need for you to take responsibility for your health, to educate yourself. Pete's legal disclaimer in his book *Pain Free* states,

"...I will again urge readers who feel they need the disclaimer's protection to close these covers and leave the pages unread. My working principle as an author and exercise therapist is that the most important consultation is the one the person has with him-or herself. Health care starts with personal responsibility. Any disclaimer that suggests otherwise does a great disservice."

How can I find out more about Egoscue? I recommend you get the book "Pain Free" by Pete Egoscue. Educate yourself. He's also written three more excellent books on the topic. The books are great to get you started. People who want more help will benefit most from a private appointment with an Egoscue certified therapist who will analyze your posture and design a customized program of exercises for you to do on your own. The therapist makes sure you do the exercises correctly.

Expect to see and feel a difference at your first appointment. Nels, David, and I have traveled multiple times to San Diego for appointments. Now we're very lucky to have Michelle Tanner working with clients here in Minneapolis at my studio. Michelle spent 4 years working with Pete Egoscue in the San Diego clinic.

For more information, go to www.timeoutforfitness.com or call 612-866-0832. ■



Minnesotans at Ohio Star Ball

By Donna Edelstein

If you've ever seen 'Championship Ballroom Dancing' on PBS, the competition you admired was The Ohio Star Ball. 'Ohio' is by far the largest competition in the world and most competitive competition in North America. This year there were 14,000 pro-am, amateur and professional entries and an additional 5,000 collegiate competitors.

Every year the competition is held in Columbus Ohio the week prior to Thanksgiving. Ohio began as a one-day event and through the decades has grown into a mammoth 6-day event. The competition starts on Tuesday and runs through Sunday; requiring three separate huge ballrooms. It is such a big event that the city of Columbus provides banners downtown advertising The Ohio Star Ball!!!!

The days start early, often at 7:00 or 7:30 AM and run until quite late in the evening. This year PBS filmed the Saturday evening events, which will be edited into two shows, airing on Wednesday evenings in February.

Because Ohio is so large, many competitors do not place or make finals. They measure their success on how many rounds they can advance.

Minnesota dancers performed very well at The Ohio Star Ball with many individuals advancing to scholarship finals from first rounds, or placing in syllabus events.

Some highlights include:

Ken Kendle dancing with teacher and wife Julie Jacobson made the final of the Open Pro-Am Rising Star Smooth B placing 8th and Ellen Ardery dancing with teacher Paul Botes made the Open Senior Pro-Am Smooth final placing 6th.

In the syllabus freestyle events junior bronze competitor Natalie Palmer with Paul Botes received 17 first place awards in her smooth, rhythm, and standard events. Ladies A, Jessica Warren dancing silver standard with Paul Botes received all first and second place awards.

Marcella Groh at age 90 competed with Paul Botes (against 4 ladies) in the bronze smooth, standard and rhythm, placing 1st and 2nd in all her events.

Charlie Betts dancing with two teachers; Christine Hallberg and Jana Merten. Charlie received first place awards for his solos and received two first place awards in many of his freestyle events.

Many of you have been to Nationals in St. Paul and might recognize the names of the amateur winners, so I'll note them here.

Alexamoire Chalkevitch & Larissa Kerbel from Canada won the amateur standard, and Egor Abashkin & Katya Kanevskaya from the US were second.

In the amateur Latin, million times champions Eugene Katsevman & Maria Manusova took the top spot and Valentin Chmerkovskiy & Valerne Kozharinova were second. Nikolai Elizariev & Karina Akhmadulina who sometimes teaches here in town were 4th.

In the Junior Amateur Latin Gene Bersten & Zhana Vayntraub placed third.

The amateur Smooth was won by Howard Narvaez & Fonda Chu.

The Professional Theatre Arts event was a straight 7 couple final. Michael Adegoke & Lisa Zamarripa from Minnesota placed 5th. Holly Wright & Jonathan Bungard from Tennessee won the Theatre Arts.

In the Professional American Smooth division the current United States Champions, Nick & Lena did not compete as they chose to retire at Ohio. Veteran competitors and former US smooth champions Ben Ermis & Shalene Archer Ermis won the Pro Smooth title.

Our current United States Champions Andrei Gavrilline & Elena Kryuchkova won the Professional Latin.

Ohio this year was held the same weekend as the Worlds for Professional Standard, so our top two couples were representing the US and could not compete at Ohio. Erminio Stefano & Liene Apale won the Standard in a closely battle with second place finisher Igor Litvinov & Julia Ivleva. Peter Minkov & Julia Kornilova who sometimes teach in town made the quarter final in the standard.

The Professional American Rhythm was won by Toni Dovolani with his new partner (since the US Championships in September) Elena Grinenko. They looked fabulous and will be very hard to beat if they stay together.

One highlight of The Ohio Star Ball is the DanceSport Superbowl Team-match, which pits top dancers from six regions of the country against each other. Throughout the year open-level competitors compete in three age categories (A,B,C,) in DanceSport Superbowl Championships earning points based on their placement.

Right before Ohio, the points are finalized and competitors in all four styles are selected to represent their region in the team match. Minnesota is part of Region 4 and we had two competitors from the Twin Cities represented in the team match – Adrienne Browne with Jeff Nehrbass in the 'A smooth' and Ellen Ardery with Paul Botes in the 'C smooth'.

MINNESOTANS AT OHIO... continued on page 13

ASK DR. DANCE

by Paul Botes &
Donna Edelstein

Paul and Donna are popular coaches and adjudicators. They own Time To Dance in Plymouth and organize The Snow Ball DanceSport Competition. They can be reached at 763 557-6004.



Q I heard that the best dancers are currently from Italy? Is that true and if so, what are they doing differently? Are there new trends in dancing?

She Said:

With global partnerships being the norm it would be silly to say that the best dancers are from any single country. There are fads and fashions in dancing. Starting about 15 years ago Italians developed a more dramatic style of standard as evidenced in their early champions: Augusto Schiavo & Caterina Arzenton and Massimo Giorgianni & Alessia Manfredini. Augusto eventually chose to dance with Lyn Marriner, a British partner. Lorraine Barry, a British champion – and arguably the best standard dancer ever, chose to dance with and marry an Italian man, Lucca Barrichi.

The Italian men danced more dominant postures and a more aggressive style overall. There are certainly some fabulous Italian dancers particularly in the standard style. However, sometimes their flash and passion is created with a loss of elegance, control and footwork. It depends on the individual couple. Some are fabulous, some are good and some are “bulls in a china shop”. But you can definitely see a characteristic style in many Italians the same way you can in many Canadians.

The United States has some fabulous world-class dancers right now.

Jonathan Wilkens & Katusha Demidova in standard – as well as many of our Latin couples both professional and amateur who excel on the world stage. We also have been very innovative in Cabaret and Theatre Arts.

In my opinion the next wave of great dancers is coming from Asia – particularly China and Hong Kong. This has already been evident at The British Championships (Blackpool). There are also many fine dancers being developed in Slovenia and other Eastern European countries. In the US we are producing a strong youth/junior Latin contingent on the East Coast. Our American Smooth dancers are unparalleled.

I think that dancers from every country bring innovative elements to our world of dance. That is part of what makes this a fascinating art and sport. ■



MINNESOTANS AT OHIO... continued from page 12

The team match is run like a sporting event with colored pom-poms, and giant hands with number 1's on them. The audience sits according to Region and spectators cheer wildly for their team. This year the team match was won by Region 6, which includes California and Arizona. Our region, number 4 which includes Minnesota, Chicago and Missouri placed second, beating out the rest of the country!!

If you've never been to an Ohio Star Ball it's an event you don't want to miss. But sleep before you go – because you'll be awake long days while you are there.

All the best pro-am, amateur and professional dancers from the US and Canada attend. There are dance camps with top judges, a full floor of vendors with every type of costume, shoe, video, CD, piece of jewelry imaginable, and an 'all dance, all the time' environment that is unbelievably exciting.

Donna feels privileged to have judged both The Ohio Star Ball and YCN Collegiate Nationals. She can be reached at (763) 557-6004. ■



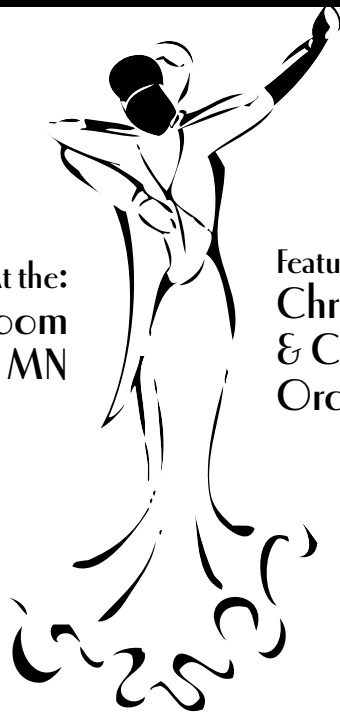
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The Knee Report

By Betsy Phillips



It was Halloween night 1978. I was a brown belt in taekwondo, preparing for my upcoming red belt test. I knew my forms, my sparring was good; the only thing between that red belt and me was a board break. Unfortunately, I had to do a flying sidekick over three kneeling people to get to the board. If you know me, you know that even a younger, thinner version of me was not meant to be flying through the air.

It was a week before the test and practice jumps (without the three people) weren't going well. I thought, "no more three-inch jumps, I've going to give it my all and see what I can really do." The result was a magnificent, soaring leap that ended with a severed ligament and lots of torn cartilage in my knee.

I had the option of ligament repair but wasn't willing to take on the year of rehab. I understand now that if I had done the repair, it would probably have been the end of my knee problems. Arthroscopic surgery cleaned up the cartilage.

I gave up taekwondo, because even with a huge metal brace I didn't feel safe and someone would have gotten injured because of my lack of focus. For eighteen years I have lived my life around that knee. I rode bicycles, swam, and walked for exercise.

Four years ago my horse stopped suddenly and I didn't. He ran back to the barn and I limped back through deep heavy snow. It was the beginning of the end.

Three years ago I went to the orthopedic surgeon. He told me that my only option was a new knee. Unfortunately artificial knees only lasted about ten years. He suggested that I stop back in about fifteen years.

I was forty-nine years old, my world was getting smaller at a rapid pace and I had few options. Because my knee hurt I walked funny. Everything was thrown out of line so my feet, back, and hips now hurt. My chiropractor, Dr. Tom Thornquist, worked miracles to keep me moving. My former dance partner, Larry Crow, was wonderfully patient, often stopping a practice session short when he could see that the pain was too much.

I gave up more and more. If I had a dance lesson, I couldn't walk the dogs that day. Special events were planned for a day that didn't have a dance lesson. My husband never complained as he quietly took over more and more of my household activities.

In last August, my friend Marlys told me she was getting a new knee. "A new knee!" I cried, "I want a new knee, but I'm too young." Something clicked in my brain. Marlys is 60, not much older than I am. "How come you get a new

knee?" She explained that there was a new knee that was built to last for twenty-five years. If that knee wore out, a plastic pad could be replaced.

I called Summit Orthopedics for an appointment with her surgeon, Dr. William Park, the same day. A cancellation got me in the next day. Dr Park took X-rays and told me that my knee was bone-on-bone. He explained why I should consider knee-replacement surgery. I have no idea what he said that day. I was too busy saying "sign me up."

On September 15th I had knee-replacement surgery. I was in the hospital for three days. They sent me home on crutches. The following two weeks were lost in a percocet-induced haze. (You'd be surprised how many people ask if you have left-over percocet. I don't, by the way, in case you are curious.) A nurse and a physical therapist came to my home to check me over and get my leg muscles back in service.

At two weeks I was walking without crutches. At three weeks, I could sit for short periods of time at my desk, but my concentration was poor. At four weeks I was using just Advil and ice so I drove again. At six weeks I did a rumba for my dogs. There was no growling or barking so I assume the performance was excellent. At seven weeks I took a dance lesson. At eight weeks I went back to see Dr Park. I don't go back for another year.

I have no pain. I have two knees that work really well. My dance instructors don't have to overlook the way I move with my left leg, I am able to walk for miles. The pain doesn't sap my energy so I can keep going all day. I see no limits to what I can do or where I can go. I am a new person; I have a new life.

If you have severe knee problems and would like to discuss this further, please feel free to contact me at StoneSongs@msn.com. ■



Winter Hair Health: Blond Isn't Always Best

An interview by Rebecca Kanner with Heather Bowman

Despite being an indicator of over-all health, and one of the biggest factors in how healthy a person looks, hair is often neglected in magazines with a focus on health. To remedy this oversight, I decided to talk with Heather Bowman, former owner of Jolie Salon and Spa, and stylist for Snowball and Star of the North, about how to keep hair beautiful throughout the winter months.

What are the best ways to keep hair healthy in a cold, dry climate?

People naturally shed over a hundred hairs a day, but during the winter, we also tend to have a lot of breakage due to dryness. To minimize dryness, wash your hair less often. Use moisturizing shampoo and conditioner, especially if you have chemically treated hair, and use conditioning treatments every three months.

I notice you never wear your hair in a ponytail. Is pulling the hair back damaging? What can active people do to keep the hair out of their face without damaging it?

When you wear dry hair in a ponytail, it doesn't have any give, and it tends to break from the mid-shaft on. A lot of people sleep in a ponytail. I typically recommend that people sleep in a loose braid if they want the hair to stay gathered and away from their face. Any tight ponytail while you're sleeping causes a significant amount of breakage.

When you're working out or dancing it's better to wind your hair into a bun instead of pulling it into a really tight ponytail.

Also, in terms of minimizing breakage, keep in mind that when your hair is wet, it's stretched to its maximum elasticity. Use a larger tooth comb when you get out of the shower, because any type of brush bristle that has a ball on the end of it grabs the hair and pulls it away from the scalp, causing breakage. If you do these things you'll notice significantly less breakage within only a couple of weeks.

Some products *control* hair, so that despite being unhealthy it *looks* good, and some actually help *repair* hair. How can a consumer tell the difference between these two types of products?

Anything that says "repair" or "restorative" helps the hair. Anyone with chemically treated hair has damaged hair, and should use products for dry and damaged hair. The exception is anybody who has fine hair. Fine hair is more easily weighed down, and chemically treated fine hair should be washed with a normal shampoo and conditioned with a more moisturizing conditioner.

Products labeled "styling aid" "fixative" or "gel" control the hair. You should take care of your hair, because there's only a certain amount of repair we can do once the damage is done to hair, and that's when you have to use the control products.

Are there certain ingredients people should look for in hair products?

Blonds should stay away from anything with citric acid or other fruit ingredients, because these ingredients cause more dryness. Citric acid is good for people with oily hair because the acid will strip the oil from the hair.

How much product is too much?

It's not a matter of how much product you use, but how well you wash it out. A lot of people don't shampoo products out of their hair very well. Focus on getting the product off your scalp by lathering and massaging the scalp with your fingertips. Product build-up can lead to dry scalp and dandruff. In fact, what looks like dandruff on some hair is actually product build-up.

Are there colors that make a person's hair look healthier?

Darker and more medium tones are naturally shinier. Blond hair isn't as shiny. Any person whose hair is colored blond should use a shine serum to help give their hair a shiny glow. While natural blonds have shiny hair, hair colored blond isn't usually shiny. Lighter dyes roughen the shaft because they use a higher volume of peroxide, so the hair feels dryer. Darker tones reflect more light, which makes the hair look fuller, thicker, and shinier. Also, darker dyes have a much lower volume of peroxide, because they're actually a stain. They preserve the integrity of the hair.

Curly hair is fuzzier, and has more texture, so curly hair dyed blond can be really dry-looking. Damaged strands of blond hair can escape and cause the phenomenon known as "fizzy hair". And, because blond dyes lack shine, they can make curly hair look damaged and dry even when it's not.

Do you recommend certain hair-colors for certain skin tones?

Yes. We stay away from very light blond when people have dark eyes, hair and skin, and vice versa. The people whose hair tone is in the medium range have a lot more options. Their natural hair color is the best in accepting color. Someone with medium hair could go blond, red, or very dark.

WINTER HAIR HEALTH continued on page 17

What do you think of the red hair craze celebrities like Tyra Banks and Marcia Cross have started?

The trend toward red hair started in France eight or nine years ago. It's been a significant trend here in the U.S. for the past six years. We had a huge number of clients getting red then – whether it was in solid tones or in panels and striping of red. The trend faded out for the last few years but now we're seeing a resurgence because of the Hollywood scene.

Many people can wear very bold reds. The unfortunate part of coloring your hair red, and having it professionally done, is that the color doesn't last very long. A lot of people get discouraged when the red fades and switch to a different color. If they were to keep going with the red each time they colored their hair the color would last longer and longer. But I love it. I think it's great, obviously. (Heather's hair is dark brown with subtle red highlights).

How many times a year can you color your hair before it dries out?

If you're consistently getting the same color, a responsible hairdresser is going to keep retouching the roots and not pulling the color all the way through the hair. Especially

with blond coloring, if the color is pulled through each time it's going to cause breakage and damage – the integrity of the hair will be shot.

Darker colors, which are more of a stain, can be colored roots to end every four to six weeks. Stains cause the hair to look more shiny, and they coat the cuticle so that hair feels better.

To contact Heather Bowman for an appointment, please call (651) 647-6557 ■



Dancing Injuries and Chiropractic Care

Submitted by Dr. Tom Thornquist, D.C.

Spinal injuries can restrict range of motion, reduce strength, slow reflexes, shorten endurance, and decrease performance. Chiropractic care for these types of injuries has become increasingly popular. Professional sports teams, Olympic trainers, and competitive athletes are employing chiropractic doctors – because they demand results.

Chiropractors are experts in the care of the bones, nerves, muscles, and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health.

Chiropractic care helps restore function to spinal joints that are fixated and not moving properly. Besides helping to relieve pain, chiropractic care can also help reduce inflammation. Muscles, tendons, and ligaments depend upon proper joint movement for peak performance. Injuries to these tissues can reduce range of motion, decrease blood supply, and literally “take you out of the game.”

Normalizing spinal function helps speed the healing of these soft tissues and reduce the de-conditioning effect of being on the sidelines, watching others dance on by.

Whether you golf, play tennis, bicycle, or dance, the best treatment for sports injuries is prevention!

Ask your Doctor of Chiropractic for a care plan based on your age, condition, and health objectives. Find out if chiropractic care can help restore your health, improve your performance, and increase your competitive edge. ■

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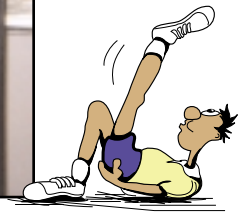
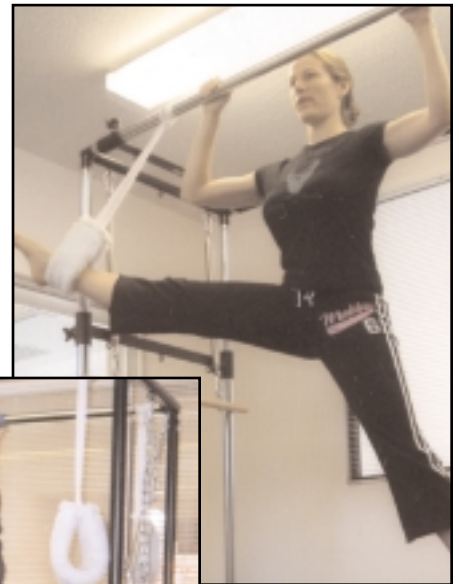
By Penny Karch

In the past eight years of teaching Pilates, I have learned that everyone benefits in their own unique way. The invaluable benefits include increased physical and mental conditioning, as well as improved circulation. This is due to movement from the core: Transversus Abdominis.

Deep healthy breathing that comes from using our lungs increases our intake capacity; strength, and flexibility without added bulk and stiffness. Healthy bones and joints give us improved posture, balance, and coordination.

By finding your transversus abdominus and using this awesome gift you can improve energy, and stamina. Pilates also provides stress relief, reduction of body aches, and prevention of re-injury from misused muscles and joints.

I've been known as a Pilates purist, which makes me proud. I have found a program that fits into my life and I can teach others how to move effortlessly with grace and strength. Pilates – You have to try it to believe it. ■



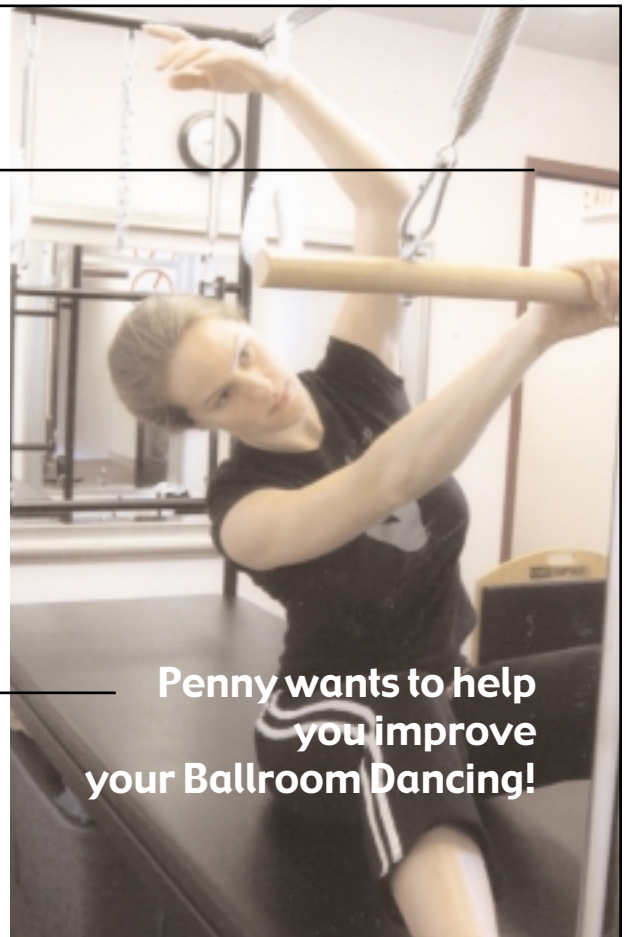
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Penny has been teaching Pilates for the past 9 years. Her background started with dance, personal fitness and weight training leading into her true passion of Pilates.

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USA Dance's December Monthly dance...

December 17th, Cinema Ballroom
St. Paul, Minnesota



Photography by
Theresa Kimler

Dance Demo News

Submitted by Ingrid Bloom, Dance Demo Coordinator



Everyone had a great time at our last demo at Temple Israel on November 20th. Gary Stroik & Carol Post delighted the crowd with their cabaret, foxtrot, quickstep and Viennese waltz. Art and Cheri Rolnick performed a Viennese waltz, foxtrot, waltz and their Don Juan Tango. Susan and Arthur Hellmann demonstrated their polka, old time waltz and dixieland swing. Lynne Schulz and Sandy Navin demonstrated swing, cha cha, rumba, waltz and foxtrot with Art, Cheri, Susan and Art.

We appreciate all of you for representing USA Dance and bringing delight to the members of Temple Israel. Thank you to Larry Schedin for all his help. If you are working on routines with a partner, or with a group, please consider joining us for future demos. We need dancers of all levels. The next demo scheduled will be on February 12th. If you want to be part of this demo please email, Ingrid Bloom; ibloom@ibdancing.com or call 612-722-7414. ■

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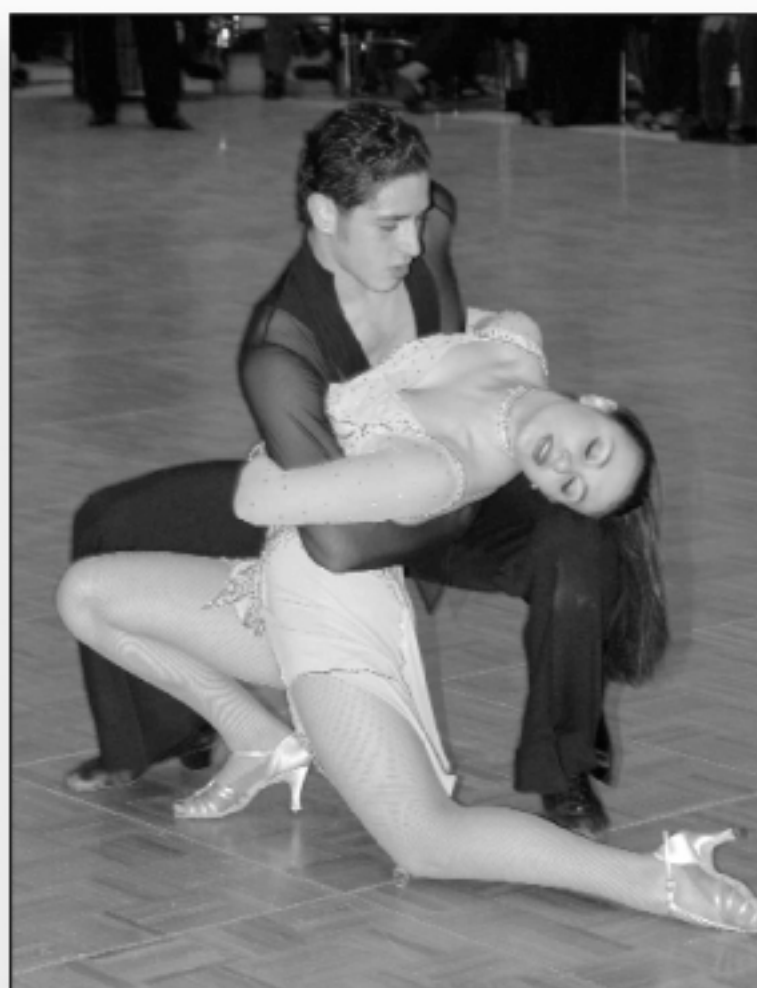
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☛ **Contact Lynne Schulz at 952-545-2989 or lynneschulz@cpinternet.com**

Red Satin Pumps with Rhinestones all over upper and lower heel area - gorgeous!, suede dancing soles, by Celebrity, 2 1/2 in. heel, USA Size 7 1/2 to 8N; great for holiday parties even if you don't dance!, \$50 or best offer.

☛ **Contact Lynn Kohlasch at 612-243-8800 or lkohlasch@earthlink.net**

Latin/Rhythm Fuchsia & Blue Dress. Beautifully stoned with sassy short skirt and open back. Size 4-8. Asking \$550.

☛ **Contact Theresa at 651-773-3511 or theresakimler@yahoo.com**

Size 2-6 Blue Beauty. Deep royal blue gown with elegant fit and stoning detail on bodice. Effortless movement, latest multi-tonal stones, fabric from London. Designed by LeNique just for USA Dance Nationals. \$2400.

Size 2-8 Cutting edge mango yellow ballgown. Designs to Shine created this stunning dress when she was designing for "Dancing with the Stars." Dress has extra fluidity thanks to feathers on the hem and slit on the right leg. This color can't be missed on the floor! \$2200.

Size 2-6 Grecian-inspired white ballgown. Effortless movement and beauty will be felt when wearing this gown. One arm bare, bell-sleeve on left, slits on hem with scarves for softness. Gold/AB stoning and accessories complete the look of a goddess. \$2000.

☛ **Contact Eileen @ 651-636-6306 or eileen@arcilla.net**

Bright Blue Satin Smooth/Standard Gown. Get noticed in a bright shiny satin gown. Full skirt and cut makes you feel like you're floating! Open back with fully stoned inset and skirt hemmed with satin band. Cut is flattering for many figures. Comes with matching earrings, hair piece, neckband and arm bands. Professionally designed/created by Flair Designs. Size 4-8. Asking \$1200.

Lavender Latin/Rhythm Dress. Lavender latin/rhythm dress with halter style top, ruffled hem and open back. Entire dress stoned in different colored stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

Mint Green Smooth/Standard Gown. Elegant mint green dress can be used for both smooth/standard. Unique stoning and draped chiffon with stretch satin bodice and chiffon skirt makes this dress feel light as a feather. Comes with matching earrings, necklace and armbands. Made for Movement. Size 2-6. Asking \$900.

☛ **Please call Anne @ 763-550-1223**

1st time offered, stunning hot pink American Smooth Gown which skims your body and creates great lines. Surplice look neckline with heavily stoned flounce, long sleeves with cut-outs and stoned flounce at wrist, V-back with stoned flounce. The lines of this gown are beautiful and the color really pops. Try it on, only 4 months old. Made for Movement. Size 6-10. Asking \$1200. Call Anne @ 612-280-7818.

Championship level gown. Get the latest style without paying full price! Brilliant turquoise American Smooth gown loaded with stones in a figure flattering pattern! Off the shoulder style with very sexy open back and side slit for great kicks. Slinky fabric really moves and is comfortable. Matching tie for the gentlemen! Can be tailored to fit! Call Anne for more information. Size 8-12. Asking \$900.

Beautiful bright coral standard gown. Size 8 to 12. Made by Marsha Wiest Hines who described this color as "yummy"! Velvet and chiffon with beautiful coral and gold sleeves floats, bodice accents decorated heavily with beautiful colored stones. Very light weight to dance in and with an open back and V-front will fit many sizes and figures. These gowns really stretch to fit a large variety of figures... so try it on! Asking \$750.

Catch the judge's eyes and show up well against dark floors with a beautiful light pink gown. This very feminine dress includes a deep V-front, long sleeves and a stunning draped cowl in back. Stones cover this entire gown and the stretchy material shows them off with great movement. Will fit and flatter many figure types and stretches to fit many sizes (8-12+). I'm willing to contribute towards alterations. You won't know until you try! Asking \$900.

☛ **Contact Donna @ 763-557-6004**

Size 2-6 Dynamic deep purple ballgown with side slit has only been worn for Professional shows. Can be worn for smooth or standard. Two beautiful sets of accessories compliment this gown. One set has a rhinestone hip belt with matching cuff bracelets and neck scarf. The other set includes a fuchsia choker and cuffs. Asking \$850.

☛ **Contact Janie @ 763-797-5230 or janienordberg@comcast.net**

American Smooth Sunshine Yellow! You'll feel the energy in this gown. Slinky fabric moves with you. Assymetrical design collar, one full sleeve has bracelet style cuff with matching arm and wrist band, dropped waist belt solidly stoned, multi color AB stoning throughout! Made for Movement. Size 2-10. Asking \$1000.

American Smooth Black & Fuschia ballgown. Striking gown with black stretch lace bodice, 3 layered chiffon skirt, dynamic fuschia chiffon wrap on one sleeve, AB color stoning. Size 2-8. Asking \$700.

Latin/Rhythm Orange Flame! Don't miss your chance to try this one! This 2-piece rhythm dress is "one-of-a-kind" with assymetrical style sleeves and skirt. Sun AB stoning throughout. Beautiful braided detail belt and straps on top with matching wrist bands, necklace and earrings. Size 2-10. Asking \$900.

Latin/Rhythm Stunning Red. You'll feel like a champion in this dress with bracelet-style cuffs on sleeves and AB stoned matching hipster belt. Has full open back and slit in assymetrical skirt. Size 2-10. Asking \$800.

Gold/Rose-Red Rhythm Dress. Get noticed in this one of a kind dress! Beautiful Rose-Red lace overlays shimmering gold, bell sleeves and flared skirt add great movement. Light Siam AB stoning adds the finishing touch to this fabulous dress! Rose hair piece. Size 2-6. Steal deal at \$600.

Fuschia Rhythm Dress. Gorgeous Rose/fuschia/Amethyst AB stoning, bell sleeves, asymmetrical skirt, low back cut. Shows great movement on the dance floor! Size 2-8. Asking \$400.

1/2 price Rhythm shoes! Sz 8W USA DanceSport Capezio. \$50. Worn once.

☛ **Contact Nora @ 651-489-4511.**

Unique White Latin/Rhythm Dress, size 2-4. Covered in stones and flower shaped beading with matching bracelets. Asking \$1400. Payment plan acceptable.

Elegant Black Latin/Rhythm Dress, size 2-6. Looks best on long bodices. Comes with matching bracelets and earrings. Asking \$900. Payment plan acceptable.

Turquoise Satin Smooth/Standard Gown, size 2-6. Beautifully cut back will enhance your backline and drapy front looks elegant. Comes with beautiful matching necklace, earrings and bracelets. Asking \$900. Payment plan acceptable.

White and Black Smooth/Standard Gown, size 2-6. Open back with beautiful black sheer sash around the front. Stunning on the floor! Comes with long white gloves and matching bracelet and earrings. Asking \$1200. Payment plan acceptable.

☛ **Call Shannon 651-266-3415 for details.**

Brand New American Smooth Ballgown, size 2-6, professionally made in Hong Kong. Sky blue lace bodice adorned with rhinestones, 2 layered chiffon skirt in blue and white. Long sleeves. Extremely elegant. Never worn, asking for \$350.

☛ **Contact Cheri at 763-544-6724 or e-mail artncheri@aol.com**

Dresses, dresses, dresses for sale! Our formation team has consolidated all the dresses we have for sale. We have sizes 2-10 available in both Smooth and Standard. You can try on many different styles and colors. These dresses are for sale, however, many can be rented as well.

☛ **Contact Carol 952-926-7648 or 952-351-1779**

American Size 2-8. Classic black sleeveless gown has handkerchief skirt. Midnight blue AB stones accented throughout gown. Both fabric and simplicity of design will fit many figures. Asking \$800.

American/Standard Size 4-8. Dynamic color blend of sky and earth tones literally "glows" with over 50 gross of rare Gold AB. Heavily stoned contrasting bodice and wristlet in Capri and Ocean Blue draw attention. Complementary bracelets, gloves, scarfs and jewelry transforms the look this dress to suit either style. Lightweight, maintenance-free makes this gown a "must-have". Asking \$1000.

Standard Size 2-10. Dramatic midnight blue penne velvet gown has overlay of Capri blue chiffon Guinivere-sleeves and peek-thru shirt. Designed to fit any figure, it is surprisingly cool and comfortable. Travels great, and is maintenance free. Asking \$1600.

Swaplines is a monthly feature offering members and subscribers the chance to sell their dance merchandise. Advertisements for partnerships are not published in this column. Please include your area code when submitting advertisements for Swaplines.

Competition Calendar

January 13-15, 2006

**USA Dance Manhattan Amateur Classic
Lerner Hall, Columbia University**

Sponsored by Greater NY Chapter. USA Dance sanctioned.
For more information www.nyusabda.org.

January 14, 2006

The Snow Ball – Embassy Suites, Bloomington, Mn.

Professional show by 4-time undefeated US Pro Smooth Champions
Michael Mead and Toni Redpath. For more information contact Donna
Edelstein 763-557-6004 or thesnowballcomp@msn.com.

January 28, 2006

**Royal Palm USA DanceSport Championship
Gold Coast Ballroom, Coconut Creek, Fla.**

Hosted by Royal Palm Chapter. Sanctioned by USA DanceSport.
For more information contact Bernard Matos, 561-625-9510,
email: b@brny.net; website: www.usabdaroyalpalm.org.

January 28, 2006

NorCal Winter Frolic – Palo Alto Elks Lodge, Palo Alto, Ca.

Organized by NorCal chapter. Contact James Kleinrath DDS,
650-591-6757, email: president@usabda-norcal.org;
website: usabda-norcal.org.

February 10-11, 2006

Smoky Mountain Dancesport Championships – Marriot, Knoxville, Tn.

Sanctioned by USA Dance. Hosted by Greater Knoxville Chapter.
Contact Tim McGhee at 865-386-7843;
website: www.usabda-knoxville.us.

February 17-19, 2006

**9th Annual Star of the North DanceSport Competition
Memorial Hall, University of Minnesota, Minneapolis, Mn.**

Hosted by the Minnesota Amateur Sports Commission, USA Dance
MN and the U of M Ballroom Dance Club. For more information
contact Mike at 651-699-4857 or ek865@aol.com.

February 24-25, 2006

Triangle Open USA Dancesport Championship – Durham, N.C.

USA Dancesport sanctioned. For more information contact Wayne
Crowder at 336-623-4961; email: waynec@nuvox.net.

February 25, 2006

**Heart of Florida Dancesport Classic
Stardust Dance Center, Plant City, Fla.**

Organized by the Heart of Florida Chapter. Contact 863-686-6072;
email: patrickon1395@earthlink.net or Klinejd@tampabay.rr.com.

DNO continued from page 2

Dancers Studio

(651) 641-0777

www.dancersstudio.com, 99 Snelling Ave. N. St. Paul, MN.
Every Friday night, Beginning and Advanced lesson at 8 pm,
Dance 9-10 pm. \$15-25/non-members.

Hidden Haven Country Club

(763) 434-4626

20520 NE Polk St., Cedar, MN Every Sunday from 6-10 pm.
Classic country and rock-and-roll, the band is Ringer.

Loring Pasta Bar

<http://www.loringcafe.com/pastabar> Sunday nights have
tango or other latin music from 6-9 pm.

Medina Entertainment Center

(763) 478-6661

<http://www.medinaentertainment.com> 500 Highway 55,
Medina. Wednesdays, Big Band Dances, Lesson 7 pm,
Dance 8-11 pm.

MN West Coast Swing Dance Club

(651) 777-5599

<http://www.mnwestcoastswingdanceclub.com>, B-Dale Club,
2100 N. Dale St., Roseville. Dances 2nd & 4th Fridays. Lesson
7:30 pm, Dance 8:30 pm. \$5/WCS members, \$8/non-members.

Rebels Swing Dance Club

(952) 941-0906

<http://www.tcrebels.com> Harmonies Dance Center, 10726
France Avenue South, Bloomington. Two Sundays per month,
Dances 7 pm. \$5/Rebels members, \$8/non-members.

Shakopee Ballroom

(952) 445-0412

2400 East 4th Avenue, Shakopee. Every other Friday they offer
either ballroom or swing or dance bands; lesson at 7:30 pm and
band begins at 8 pm. Other dances scheduled occasionally.

Social Dance Studio

(612) 869-2158

www.socialdancestudio.com St. Paul and Minneapolis,
1st Fridays-Latin Dance Parties 9-12 midnight. \$5/person.

Tango Society of Minnesota

(763) 576-3349

www.mntango.org 2nd Saturdays, DanceSport Studio,
816 1/2 Main Street, Hopkins. Introductory lesson 8 pm,
Dance 9 pm - 1 am. \$10.

Tiburon Restaurant

1201 Harmon Place, Minneapolis **Band:** Salsa del Soul playing
Salsa every Friday! Big wood dance floor, reasonably priced late
night menu and drink specials and valet parking; cover charge
starts @ 9:30 pm.

Twin City Ballroom Dance Club

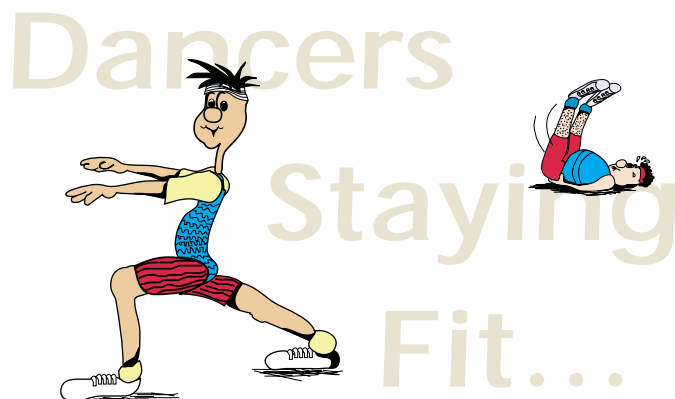
(651) 735-2233

<http://twincityballroom.com> 7166 10th Street North, Oakdale
(corner of 694 and 10th St. N.). M-W: Lessons 8 pm, Fridays:
Lesson 9 pm, Dance 10-11:30 pm, Sundays: Lesson 8 pm,
Dance 9-10:30 pm. \$7/\$2 off with Univ. ID.

Wabasha Street Caves

(651) 224-1191

215 S. Wabasha St., St. Paul. Thursdays are "Swing Night" with
big bands! Lesson 6:15 pm, Dance 7-10 pm. \$7 cover charge.



February Issue Teaser

Don't miss next month's coverage of...

"The Love Issue"

&

Get Ready for Star of the North 2006

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter of USA Dance

6130 IVES LN N
PLYMOUTH, MN 55442-1247

ADDRESS SERVICE REQUESTED

Dance Contacts

Pros

Scott Anderson.....	612-816-4446
Paul Botes & Donna Edelstein, Mpls	763-557-6004
Nathan Daniels	763-545-8690
Wendi Davies.....	973-449-7654
Robert & Jennifer Foster	952-938-0048
Donna Frykman, St. Paul	651-777-5447
Michelle Haley	651-699-5910
David Hanson	218-722-0742
Eric Hudson	651-699-5910
Julie Jacobson	651-261-6442
James M. Krolak.....	763-229-9852
Jay Larson	651-699-5910
Monica Mohn	612-874-0747
Marusz Olszewski	612-242-5159
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584

Services

Made for Movement: costume design, production, tailoring (Marsha Wiest Hines)	952-595-0003
Satin Stitches Ltd.: custom designed dancewear (Deborah J. Nelson)	763-323-9507 or 1-800-48SATIN

Studios

Arthur Murray Dance Studio St. Paul	651-227-3200
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
On Your Toes, St. Louis Park.....	952-928-7803
Social Dance Studio, Mpls	612-869-2158

Clubs

Café Bailar	www.cafebailar.com
East Meets West Swing Dance Club	952-949-3016
MN West Coast Swing Club	651-426-8658
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota.....	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467

USA Dance MN HOTLINE
(651) 483-5467

www.usabda-mn.org

Next Newsletter Deadline: January 10th, 2006