



LAM had an amazing turnout for auditions.

Dancers are working hard to give you a stellar performance.

MVCC, Sunday December 20th at 3pm

Ticket info will be announced and posted at the studio

Vacation Schedule – Dancer Closed

Thanksgiving – November 25th – 28th

Christmas – December 23rd – January 3rd

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Dancenter Dispatch

November – December 2015



Michaela working hard during Saturday morning jazz tech



Everybody seems crazy for kale right now. Some experts even argue that it's the superfood of superfoods. One cup has only 33 calories, but contains over 100 percent of your daily value of vitamin C, 200 percent of vitamin A, ten % each of folate and calcium, and even a couple grams of protein. But the vegetable in its raw form can be a bit rough (it's known as a go-to digestive aid for a reason). How can you make it tastier? San Francisco Ballet soloist Jennifer Stahl fries them up into crunchy chips. Here's her recipe, which she recently shared with *Pointe*:

1. Chop one bunch of kale into inch-long strips.
 2. Heat coconut or olive oil in a pan over medium heat.
 3. Add minced garlic cloves to the oil. Let garlic brown slightly.
 4. Add chopped kale.
 5. Squeeze the juice of half a lemon (or more if you love lemon!) onto kale.
 6. Season with salt and pepper.
 7. Stir for just a few minutes until kale softens.
- Remove from heat, cool and enjoy!



Dancenter Dispatch

November – December 2015

**Trevor Jones is back! Teaching
Jazz class on Mondays. Age 9+.
Sign up now**



Miss Christy Saturday jazz



Ballet 1-2nd year





Can't help but share these photos of Cristiana Cavallo. She is one of Dancenter's former students and we love her. Incredible person inside and out. She recently performed with her company and 10,000 Maniacs.



Start off the season on a healthy note: Have some trout, one of the healthiest fish you can include in your diet. It's filled with omega-3 fatty acids and protein, and also has low levels of contaminants like mercury. Try this recipe for **Baked Trout with Shiitake Mushrooms, Tomatoes and Ginger** from National Ballet of Canada principal Sonia Rodriguez.

Ingredients:

Nonstick cooking spray
 2 whole rainbow trout (about 12 ounces each), cleaned, boned, butterflied
 2 green onions, chopped
 2 large fresh shiitake mushrooms, stemmed, caps thinly sliced
 1/2 cup chopped seeded tomatoes
 2 teaspoons minced peeled fresh ginger
 2 garlic cloves, minced
 4 teaspoons soy sauce (Rodriguez uses the low sodium option)
 2 teaspoons Asian sesame oil
 Fresh cilantro sprigs

Directions:

1. Preheat oven to 400°F.
2. Line large-rimmed baking sheet with foil and coat with nonstick spray.
3. Sprinkle fish with salt and pepper. Open fish like a book and arrange, skin side down, on prepared baking sheet.
4. Mix onions, mushrooms, tomatoes, ginger and garlic in a bowl. Sprinkle mixture over fish. Drizzle fish with soy sauce and sesame oil, then top with cilantro sprigs. Bake uncovered until fish is opaque in center, about 20 minutes.



Dancenter Dispatch

November – December 2015



March 11th – 13th 2016 the Stanley Theater



April 15th – 17th 2016 the Stanley Theater



April 1st – 3rd 2016 Buffalo, NY



We dance for *laughter*,

We dance for *tears*,

We dance for *madness*,

We dance for *fears*,

We dance for *hopes*,

We dance for *screams*,

We are the *dancers*,

We create the *dreams*



Dancer Dispatch

November – December 2015

Birthday Parties!!



Happy

Birthday

November

Alyssa Casserah
Alexandria Wlock
Alyssa Weibel
Dakota Bailey
Ashley Peterson
Madeline Kattato
Anisa Garcia
Gabriella Bilodeau
Rachel Kopek
Julia Callahan
Gabriella Grabski
Nahjyah Ferguson
Samantha Cresci
Hannah Goerner
Lily Giannatelli
Keegan Robinson

December

Mishiay De La Cruz
Aryana Schneeman
Rachael Balandis
Nicole Zunigo
Kayleigh Pratt
Deanna DiBrango

Have your dancer's birthday party at Dancer. Inquire at the desk for more information.



Happy Holidays from
Dancer of Utica

MISSION STATEMENT:

It is our philosophy that the experience of dance should be positive and rewarding while learning the discipline required for to reach personal goals; be it furthering their career to dance professionally or to develop poise and coordination on a recreational level.

Each class is structured to the age and abilities of our dancers and is taught by highly trained, qualified, adult dance educators. Our classes are designed to teach muscle development, coordination, balance, rhythm, grace and poise. Dancers will gain independence and confidence, build positive self-image and learn to interact with others. Our main objective is for each student to learn the joy and appreciation of music and dance.

We strive to create an innovative approach to dance training recognizing diversity, encouraging unanimous participation, and ensuring achievement by all students.

Comments, questions, suggestions? Any articles you'd like to see in future issues? Any articles you'd like to submit? We'd love to hear from you—send an email to calibuxtonpham@gmail.com