

AUGUST 24, 2020 | EDITION 3

HONOR THE BEAT

HUNTER NATIONAL HONOR SOCIETY FOR DANCE ARTS



Upcoming Reminders:



WEDNESDAY, AUG 26TH
FALL SEMESTER
CLASSES BEGIN

SUNDAY, AUG 30TH
NHSDA INFO SESSION
7:00 - 8:30PM

**REMINDER: REGISTER FOR PAY
WHAT YOU CAN OPTION BY:
WEDNESDAY, SEPTEMBER 9TH
FOR:
NDEO 2020 "VIRTUAL
CONFERENCE"
TAKING PLACE 10/23- 10/25**

***More info further down!**

IN THIS EDITION

NHSDA EVENTS

**UPCOMING EVENTS
& WORKSHOPS**

DANCE IN THE NEWS

BOOK OF THE MONTH

ALUMNI SPOTLIGHT

GET THAT MONEY

STUDENT DISCOUNTS

DANCER HEALTH

BIRTHDAY CORNER

CUNY CALENDAR

HELPFUL LINKS

Learn with us today, lead with us tomorrow, dance with us always.

Join Us!



NHSDA INFO SESSION

Join us for our Bi-monthly NHSDA Info Sessions!

The next Info Session will be:
Sunday, August 30th
7:00 - 8:30 PM

We will start with general support about the start of the Fall semester (navigating Blackboard/Zoom, who to contact for financial aid questions, etc...), then move into specific questions about the Honor Society and all the benefits of joining!

[CLICK HERE](#) to RSVP by 8/28!



**What is the best
dance to pair
with chips?**

Salsa!

UPCOMING EVENTS & WORKSHOPS



**DANCE
AT HUNTER**

**FALL 2020
VIRTUAL
KICK-OFF**

**August 26, 2020
1:15 PM – 2:30 PM
on Zoom**

**Email dance@hunter.cuny.edu
for Zoom ID & to join our dept.
email list for future events**

FALL 2020 VIRTUAL KICK-OFF

WEDNESDAY, AUGUST 26, 2020

1:15 - 2:30 PM

EMAIL DANCE@HUNTER.CUNY.EDU FOR ZOOM ID
AND TO JOIN THE DEPT.

[CLICK HERE](#)
TO ADD THIS EVENT TO YOUR CALENDAR

UPCOMING EVENTS & WORKSHOPS

FALL VIRTUAL CLASS SCHEDULE

With Nicole Ohr

Monday - Intermediate Tap

5:15-6:15 via ZOOM.

Donations: Hydrocephalus Association

Zoom ID: 712 352 8875

Password: NAO2020

Tuesday - Basic Tap

1:15-2:15 American Tap Dance Foundation

Friday - Beginner Tap

5:00-6:00 Steps on Broadway

Saturday - Advanced Beginner Tap

5:00-6:00 Steps on Broadway



Email Nicole.Ohr@gmail.com for more information

SPOTTED!

CLICK HERE
to watch

See how many friends & fellow
dance educators you can spot in
this awesome recap video from
the 2020 NYSDEA
Winter Conference



*Click The Link To
starting dancing!*



CHECK IT OUT:
PLIÉ FOR THE PEOPLE



"Plié For The People" is a YouTube channel that offers free ballet
classes online, designed for dancing at home. The goal is to bring
ballet to more people! Anyone can try it at **NO COST!**

Taught by our fellow AGDEP scholar Mimi Liu!

Mimi offers a variety of different level ballet classes for all ages! Grab
anything in your home to use as a ballet barre and get ready to move.



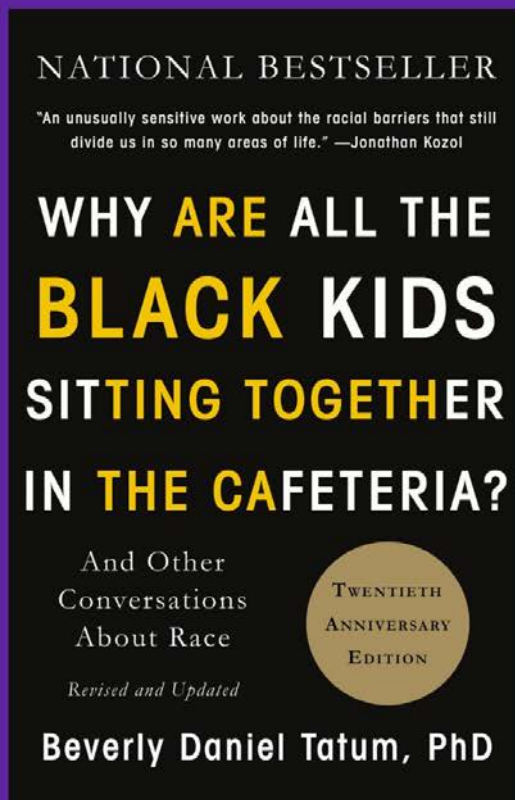
DANCE IN THE NEWS

DANCE[®]
magazine



The Graham Company
Is Making Quarantine
Magic With its Archives

BOOK OF THE MONTH



**CLICK PICTURE
TO PURCHASE
ON AMAZON**

***SHARED FROM AMAZON WEBSITE**

Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.

SOURCE OF INSPIRATION

Still I Rise


BY MAYA ANGELOU

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise

I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

ALUMNI SPOTLIGHT - BIANCA MEGARO

MEET BIANCA MEGARO



@joshpachecography



Bianca Megaro is a 2018 Graduate of the Hunter College AGDEP program

Where did you go to school for undergrad and what did you study?

I did my undergrad at Hunter College, I studied dance with a double minor in sociology and music. During my senior year I decided to apply to the BA/MA program and I got in! So technically, I went immediately to grad school but it was combined with my undergrad degree.

Were there any classes at Hunter that you would say really prepared you for after graduation?

I loved my literacy class, which had educators from all different content areas. We learned some amazing techniques for teaching, and got to tweak them for our content and try them out on each other. Helping someone plan a lesson outside of your own content area can be eye opening for your own lesson planning. I also really loved my Aesthetics class, and have used many of the concepts learned, with my own students to help them create their own choreography. Lastly, my Methods classes helped me gain practical skills that were useful in lesson planning. The most important thing gained from the AGDEP program though, was a support network of like minded dance educators that I can reach out to at anytime.

How was your transition out of Grad School?

Since I didn't take a break between my BA and MA, I had felt a tad burnt out and a little bit lost. After years of measuring my life in school years and terms, everything became open ended. I took some time to find myself, which I discovered will be a never ending process. We constantly evolve as people, dancers, educators, etc. I have been taking time to chase the dream of being a performer while also taking every opportunity to explore the many kinds of dance education opportunities that exist.

What styles of dance do you cover in your classroom?

My curriculum includes a lot of jazz, musical theater, contemporary and cultural dances, along with collaborative choreography projects.

What is your current job?

I've been working for the DOE as a Substitute Teacher for the past 2 years along with working for Go Dance after school, Queens Theater in the Park, and World Class Talent Experience.. Due to the shut down I have been working at a Regional Enrichment Center (REC) where I work with kids ages 1-8. I also work as a dance instructor for a virtual camp program, Camp Connect Live, stationed in Georgia but I have students from all over the U.S. which is pretty awesome! I come back to Hunter College as often as possible to help with CST exam prep and digication process (if you ever need support feel free to find me!).

Any advice and how to prepare future teachers for that transition?

Trust your instinct, always. No one knows you better than you. Try it all. Any opportunity that presents itself, be sure to take it. Remember that Kathleen Issac and the rest of the dance education faculty have prepared you well for the field and that your peers are your support group. There is always someone to reach out to for help both in and out of the class room.

Interviewed by NHSDA Treasurer , Nicole Ohr

CONTACT Info

E-Mail: biancamegaro@gmail.com

CONTACT Info

YouTube:

youtube.com/watch?v=u6nt52NJ5ys



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AWESOME PERKS YOU CAN GET AS A STUDENT AT
HUNTER - WITH JUST YOUR STUDENT ID!

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- Geography
- Mathematics
- Office & Productivity
- Qualitative
- Scientific
- Security
- Statistics

Click this link



<http://www.hunter.cuny.edu/it/it-services/software>

KNOW ABOUT ANY OTHER GREAT PERKS WE MISSED?
DROP US A NOTE AT AGDEPHONORS@GMAIL.COM TO LET US KNOW!

GET THAT MONEY

**DID YOU KNOW THAT
YOU COULD SET UP A
PAYMENT PLAN FOR
TUITION?**

- Easy online enrollment
- Flexible payment options
- No interest
- Your class seat is saved

**For more information,
go to**

<https://mycollegepaymentplan.com/cuny>

Calling All Artists

Green Space is open for rentals of up to five (5) people, with new safety protocols in place that can be viewed on their website.



Rates start at \$10/hr!!! Check the availability calendar [HERE](#) before emailing Info@GreenSpaceStudio.org or calling (718) 956-3037 to book.



\$10 REHEARSAL
SPACE IS HERE

Shoutout to the

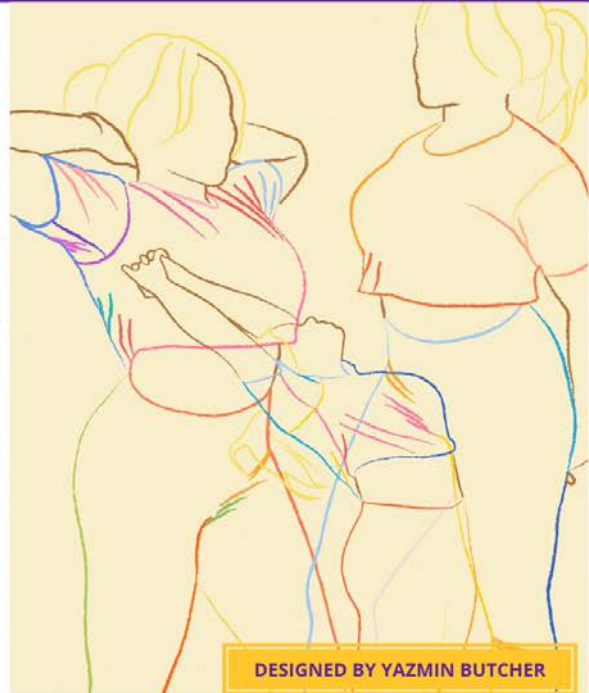
DANCE/NYC'S
NEW YORK CITY
DANCE
REHEARSAL
SPACE SUBSIDY
PROGRAM,
MADE POSSIBLE
BY THE ANDREW
W. MELLON
FOUNDATION.

DANCER HEALTH

Hunched Over Your Computer All Day?

These Stretches Are For You

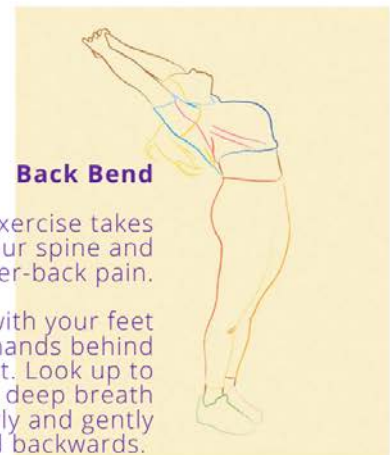
»»—————««
"Stretching can act as an antidote to the positions and postures you've taken all day," - Vancouver-based yoga teacher and massage therapist Anne Jones. "...all of the sitting that we do and the negative health effects it has on our body."



Pec Stretch

What it helps: This stretch helps to release tight pectoral muscles (major muscles in the upper chest) and combat poor posture.

How to do it: Interlock your hands behind the back, keeping your arms straight while pulling your hands down towards the floor. Squeeze your shoulder blades together.



Back Bend

What it helps: This exercise takes pressure off your spine and reduces lower-back pain.

How to do it: Stand with your feet together with your hands behind your hips for support. Look up to the ceiling and take a deep breath in. As you exhale, slowly and gently bend backwards.

[CLICK HERE](#) to see the full slide show
Source: Nadia Ebrahim, Refinery29

REBECCA'S RECIPES

Healthy, While Tasting Good



Recipe for Energy Truffles from Rebecca Dietzel's Cookbook-in-Progress



Whether you are heading back to school, back to work, or just out for a walk, you could probably use an energy boost. This simple, 3 ingredient recipe will deliver just that. Medjool dates are high in minerals like calcium and magnesium, which are important for muscle work. They also supply glucose to the blood stream in a slow, steady manner. This means cells get a steady source of fuel to burn for energy production. The hemp hearts (also called hemp seeds) are high in omega 3 essential fatty acid, which is a potent anti-inflammatory fat. Hemp is also a surprisingly good source of protein and minerals. Cacao powder is a strong anti-oxidant, which helps repair damage to body tissues. Anti-oxidants also help your immune system kill bacteria and viruses. The fats in cacao powder provide slow-burning fuel, ensuring you can make it through your dance class, workout, or long walk.

ENERGY TRUFFLES

16 Medjool dates, pitted and sliced into quarters
1 cup hemp hearts
4 Tablespoons cacao powder (or unsweetened cocoa powder)

Put everything in the food processor fitted with the chopping blade.
Process until it's smooth and sticks together when you pinch a bit between your fingers.
Roll into 1" diameter balls.
That's it!
As options, you can roll the truffles in cacao powder or press a bit of salt into the top.

Rebecca Dietzel is an Ayurvedic practitioner and biochemist. She draws on the traditions of Eastern and Western science to teach people how to care for their bodies and create balance through food and daily life choices. She is an assistant adjunct professor at Hunter College.

NDEO Conference Registration is OPEN!

Registration Deadline: October 19, 2020

NDEO is committed to making the 2020 NDEO Virtual Conference accessible to as many people as possible. In addition to our Regular Registration fee, we are offering several discounted rates. Discounted rates are available through September 9, 2020. All registration options are for the full conference and open to all members; there are no one-day or student registration rates. All registration rates bestow the same full conference access to the registrant.

If you are unable to afford any of the registration options at this time and wish to attend the conference, please contact NDEO at conference@ndeo.org

REGISTRATION FEE OPTIONS

- Regular Registration (full access): \$195
- Reduced Fee Option 1 (full access): \$120 ends 9/9/20
- Reduced Fee Option 2 (full access): \$85 ends 9/9/20
- Reduced Fee Option 3 (full access): \$50 ends 9/9/20

Click Here

NEW YORK JOB OPPORTUNITIES FROM NDEO



Kids Jazz/Lyrical/Hip Hop/Musical Theatre Instructors The Dance Studio, Brooklyn, NY

The Dance Studio is searching for highly motivated, outgoing, and enthusiastic teachers for part-time Teacher positions in Brooklyn for kids age 3-10. Experience teaching dance to children ages 3+. Salary will be based on experience and certification (if any).

Call 347-492-5792

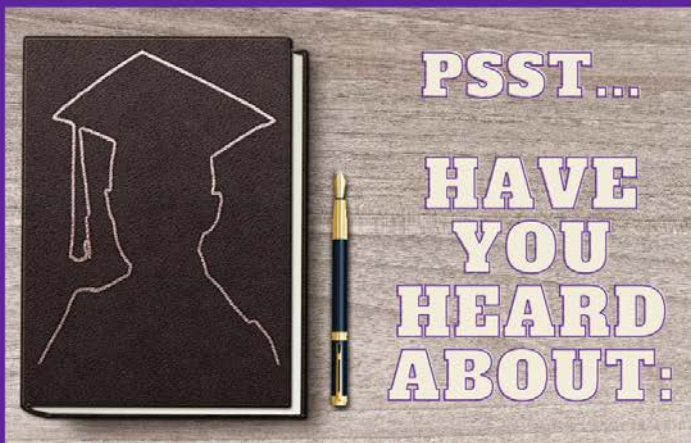
<http://themovementstudio.us/>



African American Diaspora Dancers Ruddur Dance, NYC, NY

Artistic Director Christopher Rudd is looking for male and female dancers of the African Diaspora. Dancers should have professional experience, excellent modern, ballet, and partnering technique. Aerial work is a plus but not required. Applicants should be prepared to work at a high technical and artistic level, be a responsible group member, and be open to working collaboratively with fellow artists. To be considered please send your resume, headshot and performance reel to us.

<https://www.ruddurdance.com/about-me/job-opportunities/>



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UNTIL SEPTEMBER 30TH: COURSERA IS OFFERING FREE TUITION to undergraduate & graduate students with a verified college or university email address.

Enroll in a class on or before 9/30/2020 to have FREE access for at least two months from date of enrollment to complete them.

After free access concludes, you have 3 options to continue the coursework:

1) pay to enroll 2) apply for financial aid, or 3) audit the course for free.

[CLICK HERE](#) to sign up for free access before 9/30



BDAY CORNER

AUGUST 2020

- 2** ● Chanel Holmes, MA
- 4** ● Roxanne Wickham, MA
- 6** ● Andréa Cesar, MA
- 12** ● Riia Pulakka, BA
- 15** ● Shelley Franklin, MA
- 22** ● Pearl Marasigsan, Alumni
- 22** ● Traci Peterson, Faculty
- 23** ● Kenya Joy Gibson, MA
- 30** ● Gia Binner, MFA

SEPTEMBER 2020

- 4** ● Regina Nejman, MFA
- 5** ● Boram Yi, MA
- 6** ● Reyna Fox, MA
- 11** ● Kelly Bojos, MA
- 15** ● Abigail Kenoyer, BA/MA
- 20** ● Karina Varela, MA
- 25** ● Olivia Howard, MA



CUNY CALENDAR

AUGUST 2020

- 3** ● Last day to withdraw from Summer Session 2 course with a grade of "W."
- 26** ● First day of classes for the Fall Semester
- 30** ● NHSDA Info Session!

SEPTEMBER 2020

- 1** ● Late registration ends
- 7** ● College Closed: Labor Day
- 18-20** ● No Classes Scheduled
- 28** ● No Classes Scheduled
- 29** ● Classes follow MONDAY schedule



Happy Birthday from NHSDA!





QUESTIONS?

WANT YOUR UPCOMING EVENT
FEATURED IN FUTURE EDITIONS?
INTERESTED IN JOINING NHSDA?

Let's chat!
You can reach us at:

Email: agdephonors@gmail.com
Instagram: @Hunter.NHSDA
Facebook: @Hunter.NHSDA

HELPFUL LINKS

- [Help Desk](#)
- [Email Kathleen Isaac, Director](#)
- [Email for General Inquiries](#)
- [Full Student Freebie List](#)
- [Dance Education Program Overview](#)
- [Hunter NHSDA Instagram](#)
- [Hunter NHSDA Facebook](#)
- [Subscribe to this Newsletter \(please share!\)](#)