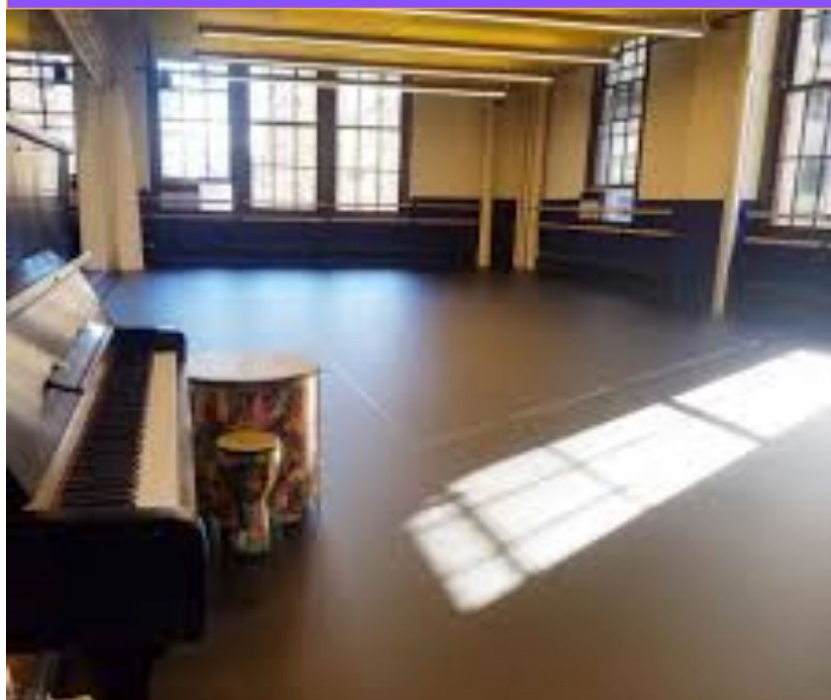


OCTOBER 19, 2020 | EDITION 7

HONOR THE BEAT

HUNTER NATIONAL HONOR SOCIETY FOR DANCE ARTS



Upcoming Reminders:



FRIDAY, OCTOBER 23RD

LAST DAY TO REGISTER FOR THE NDEO CONFERENCE

FRIDAY, OCTOBER 23RD - SUNDAY OCTOBER 25TH

NDEO VIRTUAL CONFERENCE

SATURDAY, OCTOBER 24TH

EARLY VOTING IN NYC BEGINS
VOTE! VOTE! VOTE!

SATURDAY, OCTOBER 31TH

HAPPY HALLOWEEN

***More info further down!**

IN THIS EDITION

NHSDA UPDATES

UPCOMING EVENTS & WORKSHOPS

DANCE IN THE NEWS

BOOK OF THE MONTH

ALUMNI SPOTLIGHT

GET THAT MONEY

STUDENT DISCOUNTS

DANCER HEALTH

BIRTHDAY CORNER

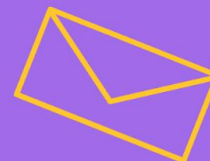
CUNY CALENDAR

HELPFUL LINKS

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

IMPORTANT!

IMPORTANT REMINDER: AGDEP NEWSLETTER EMAILS



Please be sure to add the AGDEP email to your contact email list to avoid newsletters from going to your spam folder.

Add the email address: agdephonors@gmail.com and never worry about missing an AGDEP email again!

If you are having trouble receiving AGDEP emails or need help with adding the AGDEP email to your contact list please reach out to the agdephonors@gmail.com for further assistance!

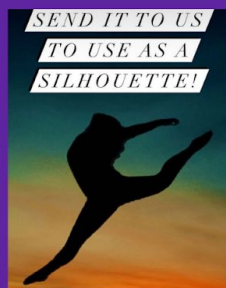
Create Our
Hunter College NHSDA logo!

REMINDER SUBMISSIONS ARE DUE 10/26

Calling all artists!!! We need your help!

We are in the process of putting together a pop-up virtual store for Hunter NHSDA apparel and we want one of you to create the logo!

SEE EXAMPLE BELOW



Logo designs can be anything! Have a great action photo shot you think might be cool? Send it as a silhouette. Check out the example on the left as a guide! Apps like "Silhouette Maker" are great for making quick silhouettes. Or just send us an awesome photo and we will take care of the silhouette!

**CONTEST
ALERT!!!**

10/26: ALL SUBMISSIONS DUE

11/2: FINALISTS ANNOUNCED

11/2-11/13: VOTE VOTE VOTE!

**WINNER ANNOUNCED
NOVEMBER 16TH!!!**

Open to all Hunter Dance/Dance Ed students,
PLUS any elementary or secondary students
taught by the Dance Ed cohorts.

**Check out our FaceBook page
for more details!**

NDEO Conference Registration **FINAL Deadline October 23, 2020**

NDEO is committed to making the 2020 NDEO Virtual Conference accessible to as many people as possible. Discounted rate registration is now CLOSED.

There are only a few spots left at the **\$195** and **\$295** rate but payment is required at the time of registration by credit card or Paypal.

**please contact NDEO at conference@ndeo.org
for any questions**

Knock
Knock

Why did the
dancer cross the
road?

Because she had
to do the
combination on
the other side!

REGISTRATION FEE OPTIONS:

- Regular Registration w/ donation (full access): \$295
- Regular Registration (full access): \$195
- ~~Reduced Fee Option 1 (full access): \$120~~ SOLD OUT
- ~~Reduced Fee Option 2 (full access): \$85~~ SOLD OUT
- ~~Reduced Fee Option 3 (full access): \$50~~ SOLD OUT

Click Here

UPCOMING DEL EVENTS

If interested, please
e-mail [Erin Lally](mailto:Erin.Lally@del.edu),
Director Dance
Education
Laboratory (DEL) at
elally@92y.org

DEL DANCE FILM: AN IMMERSIVE INTRODUCTION

Dates: October 12, 19, and 26

Time: 7:00pm – 9:00pm EST

Pricing: \$135 FREE for AGDEP students
(registration fee only)

**Instructors: Online Class with Andrew Chapman,
Alexis Garay, MA & Randi Sloan, MA**

Sign Up Now

UPCOMING EVENTS & WORKSHOPS



AGDEP Alumna & NYSDEA Leadership Award Recipient Shola K. Roberts has founded an international dance festival, Dance Grenada, that will take place on October 23rd-25th. Check out the website dancegrenada.com for details!

OCTOBER 23-25

RSVP HERE



ATTENTION JOB ALERT!



The Hunter campus schools have immediate openings for per diem substitute teachers and \$15 per hour aides/monitors , particularly for the high school.

Interested candidates should reach out to

Lisa Siegman:

lsiegman@hccs.hunter.cuny.edu

DID YOU KNOW??

Hunter students get a free unlimited zoom account through CUNY!



CLICK HERE TO
SET UP YOUR
ZOOM ACCOUNT

SET UP YOUR CUNY ZOOM ACCOUNT TODAY!

Current Zoom users at Hunter can use their existing accounts and college login credentials (@login.cuny.edu) until the college-based Zoom licensing expires!

To sign up, type the link below into your web browser and login!

[HTTPS://CUNY.ZOOM.US](https://cuny.zoom.us)



DANCE IN THE NEWS



DANCE

Ballet Hispánico Celebrates 50 Years As Ambassadors Of Latinx Dance

October 12, 2020 · 4:03 PM ET
Heard on *All Things Considered*

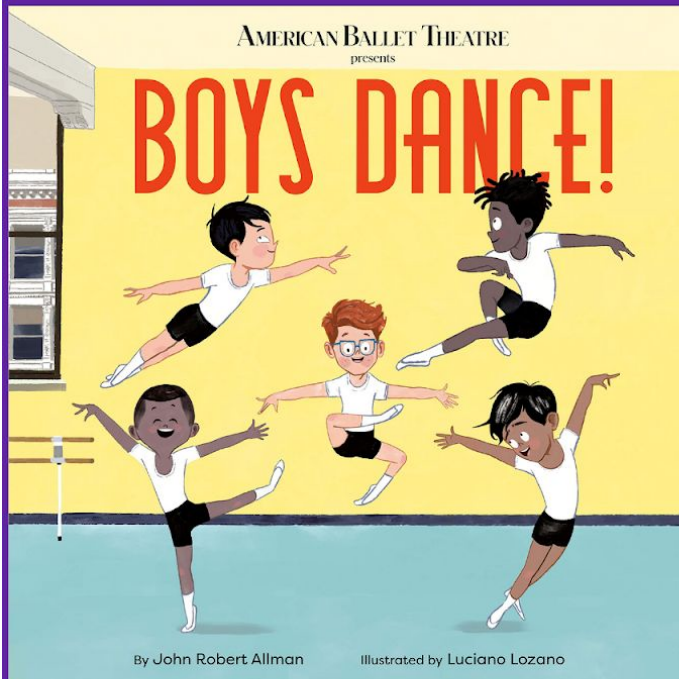


JEFF LUNDEN



BOOK OF THE MONTH

**CLICK PICTURE TO
PURCHASE ON AMAZON**



Boys who love to dance are center stage in this encouraging, positive, rhyming picture book about guys who love to pirouette, jeté, and plié. Created in partnership with the American Ballet Theatre and with the input of their company's male dancers, here is a book that shows ballet is for everyone. Written by the acclaimed author of *A Is for Audra: Broadway's Leading Ladies from A to Z*, this book subtly seeks to address the prejudice toward boys and ballet by showing the skill, hard work, strength, and smarts it takes to be a dancer.

Fun and buoyant illustrations show boys of a variety of ages and ethnicities, making this the ideal book for any boy who loves dance. An afterword with photos and interviews with some of ABT's male dancers completes this empowering and joyful picture book.

***SHARED FROM AMAZON WEBSITE**



ALUMNI SPOTLIGHT

Cory Nova Villegas



What did you study in undergrad?

I initially went to Lehman College for my undergrad from 2014-2015 where I had the opportunity to learn Dunham technique from Michael Manswell. I then went to Hunter College, majoring in Dance, with a concentration in Latin & Caribbean studies. I've been a latin dancer my whole life, so my goal was to connect Latin & Caribbean studies to concert dance. I didn't know if this was possible. In high school, my dance teacher was in *Forces of Nature*, Abdel R. Salaam's dance company, & trained with Pearl Primus. A lot of the work she cast me in were Afro-Caribbean & Graham based. This furthered my desire to dive deeper into my Latin roots. Once pursuing this at Hunter College, the style, the history, it all became clear.

Did you go immediately to grad school?

I had the awesome opportunity to be a part of the BA/MA Dance Education program at Hunter College, so I was able to complete my graduate degree while completing my undergraduate degree. I started the program in the Fall of 2015. The biggest perk was that while you're an undergrad student, you can take grad courses with grad students. I didn't have the stress about being at Hunter late at night because I could take daytime classes. Tuition was also perk.

Which classes at Hunter were your favorite & which were most useful?

My favorite class at Hunter had to have been a Dominican History course I took my freshman year. I felt like I was learning about things I cared about; about who I really am. At Hunter I always felt like I was searching for tools to use to adapt in the urban settings in which I taught. So for me, the courses that really prepared me for after graduation had to have been both Choreographic Projects in undergrad and Performance & Presentation in grad school. Both were choreographic courses that allowed me to explore who I truly was as an artist. It wasn't always easy having to justify the value of Latin Dance in concert dance & vice versa; much like I still have to justify my work with my company now, when applying to festivals. This also helped me really think about the type of educator I wanted to be to students who grew up in the same area as I did & really lead all my classes with "I am" statements. I also found a love for lighting design at Hunter. We had an amazing production manager named Roderick Murray.

Interviewed by NHSDA Secretary Nicole Ohr

Why do you feel dance education is so important?

For me it's a respect thing. As dancers & artists, the arts aren't given the same prestige as other subjects. Dance Education allows the spreading & teaching of dance so that these narratives could change.

How was the transition from grad school?

My transition wasn't conventional. I ran away from teaching because I didn't want to be hindered creatively. Instead, I became a teaching artist & freelance choreographer straight out of grad school. It was the only way to ensure my creative freedom. Interestingly while doing this, I got a call about a job opening at my former high school, Herbert H. Lehman High School in the Bronx. The thing I ran from, I ended up doing & loving. In November 2019, I officially began working at Lehman.

What styles do you teach in your curriculum?

In my classroom, I make sure to cover all social dance styles. It's important that my students learn & grow in the things with which they are familiar. I generally start with African dance (basic sabar principles), & gradually migrate through house dance, hip hop, reggae, & lastly Latin styles (merengue, bachata, salsa, salsa fusion). My students are mostly hispanic & black. Originally I had more female students. Now dance is considered both a PE class & an arts elective. 80% of my students are male so I tend to use a more aerobic approach to dance & less dance terminology. My favorite style to teach is Salsa. I think it is so rich in culture & has so much history.

What teaching advice do you have for AGDEP students?

Be yourself. Students sense fraudulence, but love when you're you. That is where you form true connections.

When did you start your dance company?

I started Soul Dance Co. after the 2019 salon series I had at Hunter, titled "Calle Soul: Soul Street." I fought for Salsa to be put on the Kaye Theater stage & be respected as dance. After, I knew there was more to be said & explored, so I grabbed my Co-Founders Kevin Williams & Kaila M. Skates & went for it. I generally make myself the main character in my work. I talk about the stories I grew up hearing as a kid & the things I witnessed as an adult. The ultimate goal would be to see my work premiere on NYC Center Stage

CONTACT Info

Website: SoulDanceCo.com

CONTACT Info

Facebook: Soul Dance Co.: The Soul Experience LLC



HUNTER FREEBIES / PERKS

EACH NEWSLETTER WE WILL HIGHLIGHT A FEW
AWESOME PERKS YOU CAN GET AS A STUDENT
AT HUNTER - WITH JUST YOUR STUDENT ID!

EMERGENCY SUPPORT & SERVICES:

[THE PURPLE APRON FOOD PANTRY](#)

[MOBILE FOOD PANTRIES](#)

[EMERGENCY FUNDING/COVID-19 RELIEF AID](#)

[LONG-TERM LAPTOP LOAN](#)

[MOBILE HOTSPOT LOANS / INTERNET & WIFI](#)

[PANDEMIC UNEMPLOYMENT ASSISTANCE](#)

[DEPARTMENT OF EDUCATION FREE MEAL PLAN](#)

[FOOD CARDS](#)

[DACA/TPS RENEWALS](#)

[LEGAL IMMIGRATION CONSULTATIONS](#)

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

EDTPA, EAS AND CST VOUCHERS

STUDENTS MUST HAVE
COMPLETED FAFSA TO
DEMONSTRATE FINANCIAL
NEED

DEADLINE: OCTOBER 30TH

**CLICK BELOW TO APPLY FOR
A VOUCHER**

**VOUCHER
APPLICATION**

DANCER HEALTH

The Muscle You Should Never Neglect If You Want to Avoid Injury

Dancers are often on their feet for up to 12 hours a day. Not surprisingly, that can lead to a lot of fatigue in the lower leg muscles. And when muscles are tired, the rate of injury increases.

10 Tips for Stronger Calves:

Mayes recommends implementing 16-24 heel raises into your daily class & an additional 30-35 heel raises 3x a week on your own.

1. Raise your heel at a speed of 1 second up, 1 second down
2. Do it in parallel, on a single leg.
3. Keep the knee neutral
4. Go through your full range of motion.
 - a. Do not rest or sit in the joints.
5. Keep your toes long and flat.
6. Rise smoothly, without jerks.
7. Rise vertically, no forward momentum.
8. Keep the calf active the whole time.
9. Maintain good ankle/foot alignment.
 - a. Rise through center of the foot.
10. Feel the muscle burn in the belly of the calf.
 - a. If felt elsewhere, check alignment & technique.

One muscle in particular turns out to make a huge difference:

An in-house study at The Australian Ballet has shown that **improving calf-strength** endurance can reduce ankle injuries by half.



[CLICK HERE](#) to read the full article. Source: Emma Sandall, Dance Magazine

SPREAD THE WORD, NOT THE FLU!



**SIGN UP TO RESERVE YOUR FLU
SHOT TODAY!**

DATES:

OCTOBER 29, OCTOBER 30, NOVEMBER 11,
NOVEMBER 12

TIME: 10 AM-3 PM ET

LOCATION:

THE FRIEDMAN HEALTH CENTER FOR THE
PERFORMING ARTS
729 SEVENTH AVENUE
12TH FLOOR
NEW YORK, NY 10019

*Click Here
for an
appointment*

Over 200,000 Americans are hospitalized each year due to flu-related complications. Luckily, you can significantly reduce your risk of the flu by receiving your annual flu shot.

This year, The Actors Fund will once again partner with Mount Sinai to offer free flu shots for those who are uninsured in our community! Your flu vaccine will be easy, free, convenient and safe.



See It Through

by
Edgar Albert Guest

When you're up against a trouble,
Meet it squarely, face to face;
Lift your chin and set your
shoulders,
Plant your feet and take a brace.
When it's vain to try to dodge it,
Do the best that you can do;
You may fail, but you may conquer,
See it through!

Black may be the clouds about
you
And your future may seem
grim,
But don't let your nerve desert
you;
Keep yourself in fighting trim.
If the worst is bound to happen,
Spite of all that you can do,
Running from it will not save you,
See it through!

Even hope may seem but futile,
When with troubles you're
beset,
But remember you are facing
Just what other men have met.
You may fail, but fall still fighting;
Don't give up, whate'er you do;
Eyes front, head high to the finish.



BDAY CORNER

OCTOBER 2020

- 1** • Nadia Conway, BA
- 2** • Portia Wells, BA
- 5** • Bianca Megaro, Alumna
- 17** • Jody Gottfried Arnhold
- 19** • Elizabeth Skeoch, MA
- 20** • Dorrie Silver, MA
- 21** • Katherine De La Cruz, Alumna
- 23** • Sarah Isoke Days, BA

NOVEMBER 2020

- 23** • Sarah Greene, MA
- 26** • Jazsmine McDonald, MA



CUNY CALENDAR

OCTOBER 2020

- 5** • Happy World Teachers Day!
- 12** • College Closed: Happy Indigenous Peoples' Day!
- 14** • Classes follow MONDAY schedule
- 31** • HAPPY HALLOWEEN!

NOVEMBER 2020

- 1-2** • Feliz día de los Muertos!
- 3** • ELECTION DAY - VOTE VOTE VOTE!
- 25** • Classes follow FRIDAY schedule
- 26-29** • College Closed: Happy Thanksgiving!

Happy Birthday from NHSDD!



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 \(please share!\)](#)