



Issue

February 1st, 2018

Monthly Newsletter

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Welcome

The purpose of a newsletter is to provide specialized information every month to our Melody Lane families. We like to make sure everyone is up to date and informed about our happenings at Melody Lane. In this newsletter every month you will find information on important dates and performances, birthdays, interesting articles, and much much more.

Thank you for your continued support of Melody Lane we love having your family involved in classes here at the studio.

Make sure you request an add to our Melody Lane Families Facebook group for another awesome way to stay up to date on all the happenings at Melody Lane.

facebook.com/groups/melodylanefamily/

We have a social media contest going on to win a FREE KINDLE FIRE!!!! Go check out our Facebook page for all of the details!

Owner/Director,

SarahMarquis



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"You have to love dancing to stick to it. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no poems to be printed and sold, nothing but that single fleeting moment when you feel alive."—*Merce Cunningham*

February Important Dates

February 1st – First Baby Ballet Class

February 1st- First Adult Dance Class
16+ (free for today only)

February 3rd – Jumps Leaps Turns
and Cardio class (free for today only)
9+

February 3rd- Adult Dance Class
11am-12pm 16+ (free for today only)

February 3rd-9th – Bring a friend to
class week!

February 19th- Presidents Day No
Classes No Preschool

February 20th - No Preschool

February 24th – Summer Dance Lab
Auditions (summer dance intensive)
ages 13+ Time TBD

February 28th – Last chance to pay
for your costume!

March 17th – Ballet master class time
TBD

Are Dancers' Brains Wired Differently?

By Quinn Wharton

Dancers are masters of multi-tasking. Performing a series of steps on stage while portraying a character and making a split-second change from a single to a double pirouette is no problem, but no coincidence either. Dancers' brains appear to be programmed differently from non-dancers' brains.

Studies at the University of Maryland in partnership with the University of Houston during the past three years reveal that dancers use multiple areas of their brains simultaneously while dancing: one part controls movement without expressive intention, another part imagines movement qualities and these parts work to execute movement while also making higher-level decisions.

"When you see dancers who are dancing beautifully, their whole brain is being engaged," says Karen Kohn Bradley, associate professor emeritus and director of graduate studies in dance at the University of Maryland. "They are thinking about the sequence, focus, timing and qualities of lightness and strength all at once."

This research helps explain why professional dancers can process complex choreography in a split second. Cerebral synchronization makes dancers proficient at "enchainment"—the ability to remember chunks of steps and recognize their patterns. Bradley explains that the brain stores these patterns in lower parts (like the cerebellum), which opens up more room in the frontal lobe for expression and "creative reinventions on stage if something suddenly goes wrong," she says.

But are dancers born with these brain patterns and the ability to multi-task? According to Bradley, it's hard to say. Some dancers are innately wired like this; others have the propensity to develop these abilities over time.

Bradley believes that the information she and her colleagues have acquired is a useful approach to training people to be more expressive and more aware of the impact that this expressiveness can have on others. A trained movement analyst, she says it can be applied to many disciplines where movement and gestures matter in different contexts. Some of these are predictable, like theater or animation, and some are surprising, like diplomacy and deal-making.

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"Dancers are the athletes of God."—Albert Einstein

Are Dancers' Brains Wired Differently?

Bradley's work also has huge implications for dance education. In class, dancers typically focus on the sequence or the technique. But this engages only one part of the brain. Bradley believes more studios need to give their dancers images that help them with expressive qualities. "We've all heard of the laser beam shooting out of the leg to improve battement technique," says Bradley. "But we also need imagery that evokes feeling. For example, 'That's honey...I want molasses.' "This training also translates to the idea of musicality: Bradley believes that dancers must be trained in being expressive with or without music, using simple images or pure qualities, such as "rise up," or "be more buoyant."

Examining the power of dancers' brains continues at UM, UH and MIT, as well. University researchers have linked individual brain electrodes on dancers' heads to different sounds, enabling the dancers to signal lighting and music with their brainwaves and the touch of their feet on the floor.

Will all of this technology make better dance? Bradley says it is reassuring to know that, "ultimately, it all still depends on the sophistication and beauty of the dancer."

Source: Karenruhren. "Are Dancers' Brains Wired Differently?" *Dancemagazine*, Dancemagazine, 3 Oct. 2017, www.dancemagazine.com/are-dancers-brains-wired-differently-2470173139.html.

WE NOW OFFER ADULT DANCE CLASSES THURSDAYS AND SATURDAYS!

Students Of The Month

The students listed below have come to class regularly and on time, have good classroom etiquette, help others, accomplished new skills, and always give 100%. Each month teachers enter in students who have been doing all of the above. At random we draw students from Melody Lane to get our Student of the month award. Each of these students will receive a Melody Lane student of the month Water

Tessie Jo Coscart- Melody Lane Singers

Camille Tetreault-Dance

Rose Hansen-Dance

Emily Holtzinger- Dance

Brooke Bauer- Dance

Madysyn Gohl- Dance

Monica Munoz –Drama

Brooklynn Worthington- Dance

Staff Spotlight

Our February staff spotlight is Miss Paige

Miss Paige is a vital and important part of our team she teaches almost all of our dance explorer's classes and a couple of our older classes! Miss Paige grew up taking at Miss Sarah's Studio until she retired! This is her second year teaching at Melody Lane along with being in school and working another job! We are so lucky to have Miss Paige help shape and mold our little dancers! A couple fun facts about Miss Paige, she is an avid pet rescuer she always finds lost pets and helps them get back home! She is also our awesome photographer Gary Delp's daughter! If you appreciate Miss Paige give her a hug and tell her how amazing she is!



February Birthdays

Happy Birthday!

Ashlynn Nelson

Mack Dolsen

Cora Loeser

Reed Loeser

Mykenzie Valencia

Ella Meyer

Jacob Mcritchie

Brooke Bauer

Miles Case

Amya Hart

Emily Holtzinger

Brooklyn Worthington

Shay Hood

Olivia Algeria

Rachel Roberts

Chloe Johnson

Rory Lacy

Alex Ackerman

Madison Ince

Lainey Chaney

How Theater for Young People Could Save the World

By Lauren Gunderson

March 20th is World Theater for Children and Young People Day. Some of you might be thinking, “Oh lord, why do we need a day to celebrate actors being silly, wearing bright colors and singing obnoxiously at squirming kiddos and bored parents?”

But if you think that’s what Theatre for Young People is, you’re missing out on truly powerful, hilarious, bold, engaging, surprising theater that might just save the world.

Around the world artists are creating a new stripe of Theatre for Young People that combines the elegance of dance, the innovation of devised theater, the freshness of new plays, the magnetism of puppetry and the inciting energy of new musicals. Kids have access to more and more mature theatrical visions premiering from Washington, D.C.’s Kennedy Center to Atlanta’s Synchronicity Theatre to San Francisco’s Handful Players to Ireland to Adelaide to Kosovo to Cape Town.

These plays range from re-imagined fairy tales and adaptations of favorite books to brand-new plays and electric new musicals about everything from physics to bullying to the American Civil War.

But how could theater, especially theater for young people, really matter in a world as fraught and disparity-scattered as ours?

Not to sound overly grand (too late), but so much of the toxicity in this world comes from a collective draining of empathy. We don’t understand each other, and we don’t want to. But theater invites us — no, forces us — to empathize.

As my friend Bill English of San Francisco’s SF Playhouse says, theater is like a gym for empathy. It’s where we can go to build up the muscles of compassion, to practice listening and understanding and engaging with people that are not just like ourselves. We practice sitting down, paying attention and learning from other people’s actions. We practice caring.

Kids need this kind of practice even more than adults do. This is going to be their planet and they’ve got more time to apply that empathy and make a difference. Buddhist roshi Joan Halifax challenges us to actively and specifically teach children empathy. Why not take your child to the theater to do just that.

In fact “Take A Child to the Theatre Today” is the campaign theme of The International Association of Theaters for Young Audiences for the next three years.

If you take a child to the theater, not only will they practice empathy, they might also laugh uproariously, or come home singing about science, or want to know more about history, or tell you what happened at school today, or spend all dinner discussing music, or learn how to handle conflict, or start becoming future patrons of the arts.

On March 20th, take a child to the theater. Take them all the time. And don’t “sit back, relax, and enjoy the show.” Lean forward, engage and start changing the world for the better.

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