

Issue 1, 2017

BALLET STUDENT YEARLY



Special Features:

DIY Home Dance
Studio

How it All Went
Wrong Dance
Humor Column

Bonus:

- 2 Short
Stories!
- About the
Editor
- Ask Audra

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About the Editor

Audra Bergevin, Writer and Editor

Audra Lorraine Bergevin is a 7th grade student from Cincinnati, Ohio. She is the founder, editor, and writer of Ballet Student Yearly Magazine. She is an avid dancer at Christian Dance Alliance- where she takes ballet, pointe, and worship classes and assistant teaches a combo class for young dancers, ages 4-6. Audra also performs with Guidance Dance Company at churches, parks, and dance events.

Audra used to go to Maria's School of Dance, and she took tap, ballet, and pointe. They also put on productions where Audra was the Ugly Thug, a Villager, and a butterfly in Tangled and a party boy, soldier, snowflake, Spanish dancer, and fairy in The Nutcracker.

"There are so many reasons I love dance." Audra says. "I love it because I can express myself through movement, wear lovely costumes, and praise Jesus through it. I also love getting to dance on pointe in the pretty satin shoes. The poise, the line, and the grace- it's all so magical."

She adores going to Cincinnati Ballet. "My favorite ballet would probably be Swan Lake, but I also thought Cinderella was gorgeous. I think every dancer should go to the ballet regularly, it's very inspiring. Seeing the dancers get to do what they love, it just helps you to realize your goals and push through the repetitiveness of dance class." She says.

Audra is homeschooled and she started Ballet Student Yearly using Cover Story Middle School Writing Curriculum taught by novelist Daniel Schwabauer, who leads the students through the process of writing a magazine. She hopes it will be informative and fun for ballet students her age to read. Audra has had a total blast with the design aspect and has learned so much about writing and editing.

She was featured in Girls in Action World Magazine, a missions magazine for girls in grades 1-6. She submitted 3 'Dear GAs' articles for their March/April, May/June, and July/August magazine. Audra was very grateful for this opportunity to share her love of writing.

When Audra isn't dancing, she's writing; making videos for her YouTube channel, Adventures with Audra; playing with her border collie-lab mix, Bella; or participating in a youth group activity, like singing with the Mt. Carmel Baptist Church Joyful Sound Youth Choir.

Audra would love to have her own Christian dance studio when she grows up, where she can teach and put on ministry performances. She thinks it would be a great way to share her passion and faith with young dancers. Enjoy this special issue of Ballet Student Yearly!



*I am so excited to share this magazine with you! I hope you enjoy seeing the fruit of a year's worth of work!
Love, Audra <3*

DEAR EDITOR

Dear Editor and Dear Reader are the pages devoted to connecting with readers and answering questions! Send us some mail for a chance to be a featured reader!

"Your Articles are Very Helpful and I Enjoy Each One!"

Dear Editor,

I really enjoy Ballet Student Yearly! I think it has great advice for serious young dancers! Your articles are very helpful and I enjoy and wait for each new one every year! My favorite parts are the poems, Astounding but True articles, and the beautiful photos throughout. I loved the Dancer's Wish List article several years ago where you showed the most popular leotards, gear, and costumes for that year. I had picked up the magazine in the haircutter's and afterward convinced my mom to let me subscribe! I have been happily subscribed for 2 years.

I do have a question about the 2015 issue. In the article My Dance Story, you said you went on pointe when you were 10. I take ballet and was wondering: when is it they let you on pointe? I am 11 and have taken ballet for 3 years, if that helps.

I also have a kind suggestion for you. Many magazines have social media such as Facebook, YouTube, Pinterest, Twitter, Instagram, Snapchat, etc. If you could let your loving readers connect with your epic community that would be great.

Your faithful subscriber,

Francesca Isabelle McIntyre

Thanks, Francesca! Look on Page 4 for the Editor's response!



DEAR READER

"The BSY Team Would Like to Thank You for Your Note."

Miss Francesca,

The Ballet Student Yearly team would like to thank you for your kind note. We enjoy hearing feedback on our articles and appreciate you taking the time to share with us your thoughts.

In response to your question, it is often between the ages of 10-13 after 2-4 years of strong ballet technique. Even if you are supremely strong, you must wait until the growth plates in your feet harden up to prevent deformities or injuries.

Many studios offer pre-pointe classes, which revolve around barre exercises such as roll-ups. See if your studio offers a class like this and continue regular dance classes. In addition, try using a theraband to gain the must-needed strength.

Also make sure your dance teacher has experience and knowledge in the dance field. If she does, she'll know the right time for you to go on pointe. Some dance schools have pointe exams as well.

Thank you for your suggestion. We are starting multiple social media sites so be on the lookout for Ballet Student Yearly on Facebook, YouTube, and Pinterest. We are so excited to share the joy of dance with our prized subscribers.

Hope this helps,

Audra Bergevin

Email Us!



Do you have a question or comment about dance for the BSY team?

Send all messages to deareditor@balletstudentyearly.com

Please include name, address, phone number, and email with your note.

The Ballet Review

Our Thoughts on the First Position Documentary

By: Audra Bergevin



First Position reveals the passion competitive young dancers have for ballet and their desire to win an award at the elite Youth America Grand Prix- despite expensive fees, painful injuries, and a strong pressure from family to succeed. You'll see what back stage is like, with dancers stretching and putting on make-up and wearing gorgeous costumes with rhinestones, glitter, and sequins. With costumes, travel, private lessons, and tuition- these ballet families make big financial and time commitments.

Dancers will love to see the behind the scenes of a national competition. This documentary is sure to inspire and educate students of dance about the reality of competitive ballet. This show is currently on Netflix, so I recommend every dancer should turn it on.

Take an inside look at the lives of young dancers, meet their devoted families, watch their practices and performances, and see how they do in a rigorous competition- with so many other talented kids. The dancers (Aran, Gaya, Michaela, Rebecca, Joan Sebastian, Miko and Jules) are all training hard at home and studio, each with their own struggles and stress, which makes a documentary much more interesting.

Only a few hundred will go on to the semi-finals and an even fewer will return to the finals. The stakes are high and the pressure is, too. "We're hoping it will all pay off soon (with a company position)," Rebecca's dad remarks after noting how much her tuition has been.

In this documentary, you can see how much work dancers put into their few minutes on stage. Will the hours they spent on dance pay off with a trophy or scholarship? These dancers live for ballet, and they know it's what they want to do as a job. But will they get the opportunities to pursue a career? Will they stand out among so many other amazing ballet dancers? You'll just have to watch this movie to see.

If you love ballet, you will love this fun documentary and watch it countless times. I have! See how these talented kids follow their dreams of dancing professionally. Nothing is too much for these dancers. They pull through the difficulties, but will they rise and succeed in the YAGP?

Looking for a Dance Studio?

Christian Dance Alliance offers quality dance instruction in a Christian environment.

Check out our website to register today:

<http://www.christiandancealliance.com>



Photo Courtesy of Rick Barge Photography

Dancing POEMS



Poems that will inspire you to
discover the joy of dance.

The Magic of Swan Lake (A Freeverse Poem)

Fluffy white tutus shimmer and shine
Dramatic storyline
Dainty little steps in satin pointe shoes
The sets are swirls of color
The moves are graceful and light
Dancers moving in unison
The heavy velvet curtain rises again
The swans curtsy gracefully and the cheers grow
The curtain falls a final time
Swan lake

The Ballet Barre (An Acrostic Poem)

Beautiful Dancers
hAnds on the barre
woRking on steps
StRetching
Every morning

Solo Dancer (A Cinquain Poem)

Dancer
Leaps and
Twists in the
Air beautifully
Applause



Fouette Turns (A Cinquain Poem)

Fouette
On relevé
Whip out to the side again
She does turns continually
Spinning

The Dance of Autumn (A Haiku Poem)

The red tree dances
The birds chirp their happy song
Colorful leaves fly

First Day On Pointe (A Haiku Poem)

Standing on her toes
In pretty satin pointe shoes
She's worked hard for this



The Love of Dance (A Limerick Poem)

Oh, how I love to dance!
In the beautiful cities of France
With the adoring fans
And the musical bands
And how every night I can dance

Little Girls Dancing (A Senryu Poem)

Audra Says: This poem is inspired by the class I assist. The little girls are always crashing on the slippery wooden floor, but they bounce back up and keep dancing.

Little girls dancing
They slip on the slick floor yet
They get back up again



A Dancing Dream (A Freeverse Poem)

Audra Says: This poem is about a performance I did in Dayton. It was an amazing show and I was just so happy to perform. I love being in my dance company and this poem reflects the joys of performing.

We get ready to perform
The dances we have worked so hard on
These costumes are a magnificent reward
For our hard work
I watch the other dances and I am inspired
By their movements, my excitement is fueled
All my little girl dreams of dance are coming true
I get to do what I love
Going on stage, my heart beats
I remember the choreography
While telling my story
Through facial expressions and my dancing
When it's over, I go offstage
Reminded that all these long hours at dance
Are worth it



Hope you enjoyed my dancing poems!
I had so much fun taking my inspiration
and putting it into words.
This year I learned so much about the different
types of poetry!



Victoria Morgan

—20 Years at Cincy—

Ballet Beginnings

Victoria felt her heart pumping excitedly as she made her way to Cincinnati, Ohio. She was leaving San Francisco, California. Which meant leaving her home, her career as choreographer for San Francisco Opera, and her family and friends. She shocked a lot of people for coming to be an Artistic Director for Cincinnati Ballet. Most Artistic Directors then were men and Victoria Morgan being one for such an esteemed company was certainly rare.

As she first saw downtown Cincinnati, she was instantly relieved. The bright city skyline excited her. She couldn't wait to get to work! Inspiration for the company flowed through her and all she could think about was ballet, ballet, ballet! What would she do first?

Victoria grew up in dance class, always wanting to be a ballerina. "I couldn't have done anything else. I have been obsessed, fascinated and intrigued about dance from the time I was a little girl." She told Karen Bells of Cincinnati Business Courier in a recent interview. She became a principal dancer at San Francisco Ballet and Ballet West, dancing her dream roles in classical ballets.

Coming to Cincinnati

It was 1997 when Victoria became Artistic Director for Cincinnati Ballet. She took action and made the company even more prosperous than before. Her creative skills showed through each new rendition of a ballet. Her business skills also showed, promoting her to CEO and Choreographer, a definite first for Cincinnati Ballet- her being a lady fascinated many people. "I felt the pressure of being one of the few women in a leadership position." Morgan says.



A Legacy of Accomplishments

She has included the community in the art of dance through workshops and events such as In-Step, where company dancers go to schools and other programs, and CincyDance, which provides scholarships for young dancers. Ballet Moves brings dance activities and lessons to sick kids in the hospital, cheering them up. Another branch helps kids with Cerebral Palsy and Down Syndrome develop motor skills.

Victoria Morgan has been on the boards of Dance Magazine, DanceUSA and the NEA evaluation panel. She has also been a judge for the Benois de la Danse Awards Gala and the New York International Ballet Competition. In 2009, Victoria was awarded the YWCA Career Woman of Achievement- a great honor.

In a recent YouTube video by Cincinnati Ballet about her, she encourages young dancers. "I wanted to be that ballerina out on stage... but what I didn't know was that it was actually possible to go further." She says. "It took the failures, it took the learning, it took the advice."

Morgan's Mission Today

Today, Victoria is celebrating 20 years at Cincinnati Ballet. Her most recent ballet is Coppelia, a classical comedy romance. On October 11th, she was honored at the Ohio Cancer Research's Star Award Gala which awards the city's most prominent CEOs, businessmen, and civic leaders. Victoria Morgan is Cincy's Ballerina Boss, the company's website explains. She plans on bringing in more talented dancers from all over, guest choreographers, and bringing new ideas to classical and contemporary ballets.

"I didn't know it was actually possible to go further. It took the failures, it took the learning, it took the advice."

Dear Dancer

BSY's letters to rising stars in the dance world

Tate McRae is a 13 year singer, dancer and actress from Calgary, Canada. She was on the TV show *So You Think You Can Dance: The Next Generation*. She made it to the finals, but was just short of winning. She performs and competes all over the continent and has done several acting jobs.

Dear Tate McRae,

I think you are a wonderful dancer and I loved watching you on *So You Think You Can Dance*. You were amazing with Catherine! I really enjoyed the dance you choreographed, *Unmasked*.

My name is Audra Bergevin, I'm 12, and I live in Cincinnati, Ohio. I take ballet, pointe and assistant teach a class at Christian Dance Alliance. I am also a part of Guidance Dance Company. I love dancing and your emotion and talent inspired me.

I am disappointed you didn't win, but you made it so far you should be very proud of yourself. Your salsa dance with Jonathon was so awesome, you made it seem like you've been doing it your whole life!

It's so cool that your mom is a dance teacher and you are so lucky to have ballet every morning! I hope you have enjoyed my little note and if you want to write back my address and email is below.

Sincerely,

Audra Bergevin



You can learn
more about Tate
at
www.tatemcrae.com

Melissa's Dance Dilemma

When Melissa joins the dance team, she faces a cruel bully and has to find a solution to end the fight. In the end, she discovers an important lesson about friendship.

By: Audra Bergevin

A Rough Beginning

Melissa blushed and threw off her coat before racing over to the group of girls who were already lined up at the wooden barre on the side of the room. Ms. Connie clapped her hands. "I hope your timing doesn't reflect your eagerness for dance," She muttered. Melissa shook her head, feeling the blood rush into her cheeks.

"Sorry, Ms. Connie." She felt all eyes glued to her.

"Everyone, this is Melissa Herbert. She's joining the team. Melissa, would you like to introduce yourself?"

"My name's Melissa." She started quietly. One girl, Maya, rolled her eyes. "Really?" She asked sarcastically. Some of the girls giggled. "I'm 12 and I, um, yeah." Melissa looked down.

"Okay now! Let's get started!" Ms. Connie said over the whispering. "Melissa, you can stand in front of Maya - right here." She pointed towards a space along the wall. Melissa tiptoed over, self-consciously

"And we'll go plie, plie, grande plie, releve and tendu to the next position. And from fifth position, we'll do a sous-sous hold, then sutenu to the other side." The music started and Melissa tried to focus on dance and not everyone else checking out her technique. *I'd better do well so they think I'm good and want to be friends with me.* Melissa thought, turning her leg out to tendu. "And Maya, point that foot! Don't sickle by just pointing your toes!" Ms. Connie called out. "Beautiful, Melissa! Great control and flexibility!"

Melissa reddened, but continued through the combination. When she sutenued to the other side, Maya was frowning at her. Melissa gulped and glanced towards Ms. Connie, who was fixing someone's feet.

"Other side!" She instructed.

Melissa sighed. *Maybe this will be fine!*

Melissa's Mistake

"Maya, can you show Melissa the choreography while I work with Lindsey and Anna on their duet?" Ms. Connie asked a little later. Maya groaned. "Fine. If I have to."

Melissa lost color. "Should we go into the stu-"

"Fine!" Maya barked.

"Okay, I was just asking. Sorry."

"Come on."

Once in the studio, the girls started on the ground. "Ms. Connie's only showed you the beginning?"

Melissa nodded. Please don't insult me again.

"We go rise and slide-jump! And you're in the front row so you'll do a cartwheel and... the chicken dance!" Maya chuckled.

"Really?"

"Yep."

"Thanks, Maya!"

Ms. Connie stuck her head in. "Let's run the dance!"

The other girls filed in. Ms. Connie hooked up her phone and started the music. Melissa followed what Maya had told her but noticed everyone else was doing different choreography.

"Melissa- what on earth are you doing?"

Ms. Connie gasped, as Melissa did a disco move.

Melissa paused. "Maya, did you teach me the wrong sequence?" She felt her neck hairs prickle.

Ms. Connie, she set me up!" Maya yelled. "She just wanted me to look bad!"

"Melissa, why would you do that to Maya? Tell her you're sorry now!"

"But, Ms. Connie-"

"Now, Melissa."

"Sorry, Maya." Melissa squeaked. The girls laughed. Melissa's blood boiled.

"Practice over."

Friendless

Melissa watched as Ashley and Emily walked out of the studio together, giggling and talking about Melissa's squeaky voice. Melissa let out a sigh, gathered her things, and headed to the door alone. Other groups of friends were in front of her.

"I can't imagine what it'd be like not having friends!" One girl chirped. Melissa ran to her dad's car and started crying. After Maya had embarrassed her, she felt there was no way anyone would want to be friends with her.

The Lone Dancer

Two days later, at the next rehearsal, Melissa was late once more. "Melissa Herbert! I hope you're not making this a habit of yours!" Ms. Connie scolded.

"No, ma'am. It's just that we live far away."

"No excuses!" Ms. Connie whistled. "Quiet back there!" All the girls closed their mouths and stared at Ms. Connie. "Thank you. Now please make your way over to the barre. Melissa strode over with some other dancers.

"How are you?" One girl asked.

Melissa grinned. "Great! Thanks!"

The girl looked at another and laughed. "And you're good?" She said to her. Ouch! Melissa thought. I believed she was talking to me.

"Today will be different. I will assign a young lady to 3 barres. She will choose 5 dancers to use them along with her." Ms. Connie announced, as the older girls brought out portable barres. "Maya, Emily, and Anna! You are my leaders."

After Maya and Emily hadn't picked Melissa, she realized she would be the last picked. And it wasn't because she was the worst dancer!

Of course, Anna did pick her. "And, um, since you aren't at another, Melissa," The comment stung Melissa as she trudged over to Anna's set of barres. Tears lined her eyes and her hands trembled as all the other girls near her frowned and looked away as she placed her arm on the barre.

Rehearsal after rehearsal, Melissa would go home miserable. Maya had been spreading rumors all over about the new girl, making Melissa extremely unpopular.



She became known as 'The Lone Dancer' and every time someone called Melissa this, her face went pale.

Whenever she messed up, Maya would give her a look that made her stomach spin. Melissa often begged her mom to let her skip dance, her usual all-time favorite. "If you just get to know them, they'll like you," Her mom advised. Melissa shrugged and then said, "I should be loving dance not dreading it." Her mom nodded in agreement. Melissa continued, "And I have just the plan!"

Melissa's Plan

At dance the next week, Melissa was confident in her plan. After their usual ballet barre, Melissa walked up to Maya. "Maya, you were so graceful and had a clean line today! Absolutely gorgeous!" Maya's face went blank. "Really?" She blushed. "Thanks, Melissa!"

Melissa grinned and skipped off to her water bottle. That went better than expected.

The girls had choreography the next day and Maya was again asked to help Melissa.

When they went into the empty studio next door, Melissa complimented Maya again. "You know, I've realized I need to talk to you about something." Maya confided.

"How about after practice we stop by the café down the street?"

Maya smiled. "It's a date. Now for the group dance..."

A Friendship Starts

In the café, Melissa sipped a banana smoothie, while Maya nibbled a scone. "You've been nice to me the last few days, while I've been nasty." Maya said. "I was being so mean because I was jealous. Ms. Connie always praises your technique and corrects mine. I felt awful, so I took it out on you. I'm sorry."

Melissa beamed. "I forgive you, Maya!"

Second Chances

Melissa arrived at the studio 3 days later for her pointe class. Ms. Connie was in shock. "Melissa, you're 15 minutes early. You're never early!"

Melissa chuckled. "I want to take dance more seriously. No excuses!"

"That's my girl! If you want, I can help you with anything you have questions about."

"That'd be great! Thanks."

After all the girls arrived, the dancers warmed up in the center. Then they went over to the barre.

"I'm so glad I'm next to you," Maya whispered. During a break, Maya and Melissa sat in a corner with their water bottles.

"Your tour jete was amazing!" Maya told her new friend.

"Thanks! And your arabesques were en pointe!" Both girls laughed.

"I'm happy we're getting together for a sleepover soon." Maya said.

Melissa beamed. "Yeah I'm ecstatic."

Ms. Connie interrupted their conversation. "Back to work!"

Maya tapped Ms. Connie's shoulder and talked to her for a little while.

Then she turned to all the dancers.

"Guys, Melissa didn't set me up a few weeks ago. I taught her the wrong choreography. She's a nice person you should all get to know."

Maya looked around the room. "I'm really sorry."

Ashley piped up. "You're good, Maya!"

After class, Maya and Melissa walked out together- giggling and talking. True friends.



Enjoy this story?

Turn to page 31
for another great
tale!

Dance Insider: Worship Dance

Audra Bergevin tells the true story of how several young ladies, through prayer and movement, connect with each and continue their walk with the Lord.

When I first joined Christian Dance Alliance, I felt very shy during the weekly worship class. Often the exercises mean going out of your comfort zone- like having to pray a blessing for someone out loud.

First, Ms. Sarah gathers us in the center of the studio and tells us the worship exercise we're doing. One of my favorites is the clock, where she picks every other person in the circle to start dancing over the person to the left of them. When they're done, they tap the person they just danced over in a creative way and then return to their spot so they can be prayed over through dance. Everyone continues to start people up and then be danced over.

Another worship dance activity we do is someone says a word that reflects what she needs prayer for, such as 'courage', 'peace', or 'patience'. Everyone else prayer dances over her and then when she feels ready, she gets up and someone else goes. It is an extremely encouraging time. Lots of the girls say it's the best time of the week.

Sometimes, Ms. Sarah will share with us a message, thought, or something on her heart and we'll just meditate on it and how it applies to our lives and then express it through dance.

At the end of the class, Ms. Sarah usually turns out the studio lights and everyone just dances. But it's not a free dance or open dance time. It's a time for prayer and praise dancing.

The studio often has open worship nights for friends and family of dancers to come and try a class. Although awkward at first, most everyone finds their way and ends up loving it. Even non-dancers enjoy taking the free-for-all class.

Worship dance is not about showing off tricks or learning how to do improvisational dance. It's encouraging others through prayer and scripture, using dance to talk to God and express thoughts and emotions, connect and grow with God, and share your heart through the gift of movement.

From our BLOG



Photo/SchoolofAmericanBallet

CHOOSING a DANCE STUDIO - BY: AUDRA BERGEVIN

- *Ask yourself what you are looking for.* Intense ballet technique classes or some jazz, tap, and lyrical alongside some ballet? Performance emphasis or hardcore instruction? Asking these questions will greatly help you in the decision process.
- *Use recommendation and research.* Search for dance studios near you online, in a phone book, or ask dancers you know where they go.
- *Visit the studio.* See if you can view or participate in a class. This can also help you assess your level and give you a feel for the studio. Summer classes are great opportunities for this.
- *Look at the quality of the studio.* Are there nice, hardwood sprung floors and mirrors? Are there barres on the wall or portable ones? Is there space to dance? You will want to love the space because you will probably be spending a lot of time there. Carpeted floor and a tiny mirror are sure warning signs this studio may not be for you.
- *What about tuition and fees?* Can your financial situation afford classes, costumes, camps and all the other costs that come along with dance? If not, are there scholarships or jobs you can take on to cover the fees?
- *Fit it into your schedule.* Do the programs you want to take fit into your schedule? Does it interfere with other activities, responsibilities, church, chores or schoolwork?

If you decide it's not the best fit, try other studio. You're sure to find one you love with kind, skilled teachers; a great space for dance; and all the things you look for in a studio! Good luck!

Dance Humor

*Through it all, the show must
go on.*

By: Audra Bergevin

I ran onstage, my mind bursting with choreography and the fear of, gasp, messing up! We'd practiced the scenes over and over so much I could do it backwards, I reassured myself. My dance studio was doing Tangled, a production about Rapunzel. My main role was the Ugly Thug, an optimistic lover. We came to the scene where the thugs are rescuing Flynn and the guard is guessing the password in which to get into the jail, which is over taken by the thugs. Suddenly, I realized we were too early in the music to continue. How would I let everyone else on stage know? As the dancers continued, I stood straight in their path. Having their attention, I motioned a watch on my wrist to indicate "time". Apparently, they misunderstood because everyone started searching the stage floor.

After we "knock out" a guard in the next scene, we have to drag them to the wings off stage. I pulled my guard's arm nearly out of socket, but could not get him over.

I tried making little, strong steps closer to get a better grip, but I slid on the slick wooden floor and I set off a chain reaction of dancers crashing down. I turned as red as a firetruck and dashed off the stage.

Then I remembered my poor guard and with another thug's help, I got him to the wings.

I've ruined the show, I thought sadly. Just then, there was a huge commotion backstage. Rapunzel's blonde wig had flown off into the audience and she needed something- fast. I impulsively grabbed a yellow sheet I found in the janitor's closet and fashioned into a makeshift wig. I brought it to her and she laughed. And then she smiled. "Thanks. You saved the day."

A bit later, I watched as the backstage crew tried to get the tower offstage.

It got stuck on the curtain!
Everyone was tugging when
it ripped and collapsed over
the dancers. The other
curtains closed immediately,
and the whole cast went
onstage to help get the curtain
fixed. Tears in my eyes, I knew
the show would have to be
cancelled- and after all our work!
They finally got the curtain folded
up like a big, velvet blanket and
the whole cast waited anxiously
on the stage as the front curtains
opened. I laughed harder than I
had ever laughed before. There
was the audience, on their feet-
smiling, clapping, cheering, and
shouting encore to the dancers who
kept the show going.



The Story Behind This Piece

This little story was inspired by my dance school's production of *Tangled* and the crazy dress rehearsal with towers getting caught on curtains, dancers who came on stage too early, and accidents while dragging guards offstage. While the entire curtain didn't collapse, I didn't send the cast into a watch-searching frenzy, and I didn't have to turn an old cleaning rag into a hairpiece, the story was based upon the idiom *The show must go on*.

Through all the crazy mistakes and messing-up in life, we need to persevere and find solutions and keep going. But don't worry- you don't have to do it all on your own. God will give you the strength to continue on, even when a blonde wig goes flying into the audience. He will help you and encourage you. Through prayer, He will guide you through moments where it seems all is lost- like a giant curtain falling down.

Anna May's Dancing Days

A BALLAD

There once was a bright young girl
Who went by the name Anna May
As a birthday present from her mom
She went to see the ballet

She immediately was hooked
And all through the night, she dreamed of ballet
And when she awoke, she danced around
She danced as she work and as she play

She leaped and she twirled
She jumped and she spun
She danced from the early morning
Until the day was done

Her parents grew annoyed
Her friends wondered why
She never stopped moving
She knew she just wanted to fly

The time came for school to begin
They said her habit must end
She must finish her dancing
Or the principal's office she would attend

That first day of school was a challenge for Anna
She tried her very best
The dancing ceased
But without it, she was stressed

She came home miserable
A day not spent her way
But doing hard schoolwork
She did not feel okay

She knew she must dance
The next day would be different
She loved the movement
Her dancing was so brilliant

She danced under her desk
She danced in the hallways
During recess she skipped
Knowing she wanted to dance always

Her parents, they realized
Ballet was her love
They should let her do it
From then on, her dance they were permitting of

A Dance Program You'll Never Forget!

Project Dance: A Weekend Dance Event

Project Dance has it all: 8 amazing locations in cities all over the world, master classes in all dance styles with the pros, and an open-air concert where you can perform!

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Reserve your spot today! Limited space available. See our website (projectdance.com) for more info and to register.

The Dance KITCHEN

Healthy Tropical Fruit Salad Recipe

Inspired By The Recipe from Valya's Taste of Home

Delicious, easy, fruity, and great for dancers- this tropical fruit salad is the perfect after-dance snack! You don't need a lot of ingredients, tools, experience, or time for this recipe. Just some fruit and honey from the neighborhood grocery store, a large spoon, 3 bowls, a cutting knife, a strainer, and around 30-40 minutes.

Supplies:

For the salad:

- 1 pineapple
- 12 mandarins
- 5 kiwis
- 3 mangoes
- 2 cups of cut strawberries

For the dressing:

- 1 large lemon
- 1/4 cup honey
- 2 mandarins



Inspired by the Recipe from
Valya's Taste of Home

Directions:

1. Wash and pat dry the fruit.
2. Peel the mandarins, kiwis, and pineapple.
3. Cut and slice all the fruit with a large cutting knife. Then place all the fruit in a large serving bowl.
4. Into a small bowl, squeeze the mandarins and lemon. Put it through the strainer into the last bowl and stir well. Add the honey and stir again.
5. Pour the dressing over the fruit salad and mix well until the fruit is evenly coated.
6. Let stand for 20-30 minutes. Serves 12-14



Extra Ideas

Try a variations of this fruit salad with these ideas!

- Add 1/2 tsp. poppy seeds
- Add a splash of orange juice
- Add other fun fruits: grapes, watermelon, melon, blueberries, raspberries- there are so many yummy fruits to add in!

Audra Says:

Try this refreshingly flavorful salad on a hot summer day!



≡ Ask Audra ≡

Dance Advice for Serious Students

Dear Audra,

My new dance studio's dress code is very strict. I don't have the right color or style of leotards, tights, and shoes and I don't want to spend a lot on new dance clothes. I was wondering if you knew how to get good quality dancewear for a low cost?

Sincerely,

Kelsey Reed

Dear Kelsey,

There are many options you can take advantage of. Often thrift, resale, or consignment shops have fitness wear for a low cost. You can see if any dancewear stores around you have membership deals, clearance racks, or sales. Many magazines have great coupons for stores like these. Even EBay might have some good deals on leotards. Discountdance.com has many sales and quality dancewear, so I'd check them out! If you don't have much money for dance clothes, you could always do some jobs to get money for your fund. I'm sure you'll find some wonderful prices if you look for them!

Best of luck,

Audra



Dear Audra,

I am terrible at turns in dance- pirouettes, fouettes, sutenus, Chaînés, à la seconde - you name it! I really want to get better but just practicing isn't helping me. I struggle to find the balance and force to make a powerful, graceful turn. All the other girls in my class can do like four pirouettes in a row and I can hardly do a double!

Yours truly,

Willa Mae Harperly



Dear Willa Mae,

Turns are very hard and I have trouble with them also. First of all don't give up. If you keep working on them, they will improve. The other girls in your class maybe have been dancing longer or it just comes easier to them. With these tips, you'll consistently be doing more than a double!

To prevent dizziness and keep yourself balanced, try spotting a point on the wall that is at your eye level and will not move. Every time you turn away from it, whip your head around really fast so you see it again. Keep your eyes on it the whole time.

Don't bend your legs while turning. Straighten them as much as possible. Also, pretend you have a string going out of the top of your head pulling you up. Lengthen, lengthen, lengthen your back- but keep your shoulders down!

There are so many videos and articles about turns on the internet- you'll want to check them out! Their tips can be very insightful.

The best thing you can do for your turns is hold your core tight. You can do crunches, planks, and Pilates to help strengthen your abs. While turning, keep it strong and engaged and you will have much better turns!

Another tip is to get a Spinboard or Turnboard to practice with. This is very helpful! They come in many colors and you can usually find a good deal online.

Remember these tips and you will have the best turns in class! And if you still have problems, talk to your teacher- she'll definitely help you out!

Hope this helps!

Audra



DIY HOME DANCE STUDIO

Ever wanted a place to practice dance when you're not at the studio? Now you can have the experience of a dance studio in your house! It's easy, affordable, and these directions will help you to fully maximize your home practice space.

You Will Need:

- A space in your house
 - Marley flooring, wooden boards, etc. (If you don't have wood flooring already)
 - Mirror
 - Portable barre or wooden one for wall
 - CD Player
 - Optional: Wall decals, dance paintings and decor, yoga/fitness equipment
1. Find a space in your house with room for large jumps and turns. Preferably with wood flooring, not cement. Also, take into consideration that it is in a place that will not disturb other family members.
 2. Get Marley flooring or wooden boards for the floor if it's not already wood. Harlequin Dance Floors has great portable and permanent Marley, wood, and vinyl flooring solutions that are perfect for dancers.
 3. Find a large mirror for the wall. I recommend checking Craig's List, eBay, or yard sales for good deals. You can find installation instructions and tips online.
 4. Get a portable barre or attach one to the wall. Vita Vibe has quality barres that are low-cost.
 5. Place a CD player near the studio for practice use.

DANCE STUDIO INSPIRATION



This little dance space is perfect for barrework and small traveling steps and fits nicely in a small house. Plus, we love the cute colors!

WHERE CAN YOU MAKE
YOUR
STUDIO?

- Your basement
- Your attic
- Your bedroom
- Your garage
- An unused guest bedroom
- An empty corner of a room



This little room has cubbies for storing dance gear, slick wood floors, and gorgeous ballet pink walls.



This colorful and bright basement studio also serves as a media center!

Dance Journal: Power to Redeem

I did a dance with Guidance recently called Power to Redeem, where we all started off bound in iron shackles. At the end, we were set free. Today I'm going to share with you the amazing message of the dance.

My hands are bound as I crawl onto the stage. My friends have long iron chains around their waists, wrists, and hands. We are stuck in darkness and sin; our black hoods cover our sad faces. We dance with depression, being pulled by others' chains. We are trapped in worry and stress and feel alone. Our lives are centered on *our* problems and the things *we* do wrong. Our hearts break with our mourning. We pity ourselves and our miserable existence. Joy is never seen in our dark lives and we have all lost hope in freedom.

Then we meet Jesus. Our chains tumble off, our hoods come down, and our eyes rise to the Savior. We move with joy and freedom. We are redeemed and forgiven by His' blood. We have peace in the Lord's goodness and mercy. Our days of darkness and chains are over, we are the Children of God. We are no longer bound by our mistakes and imperfections, but are free in *Christ*. We no longer focus on ourselves and our imperfections every day, our days are now filled with telling others and letting God free *them* from their heavy burdens. We skip off the stage, rejoicing in our new life with God.



Want to see the dance?

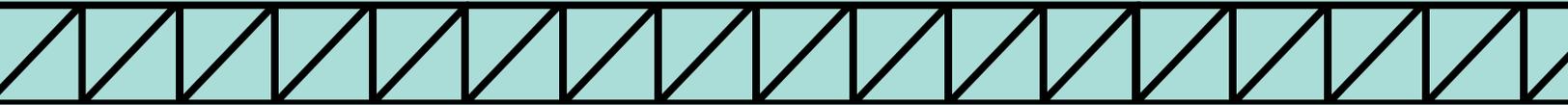
Go to:

<https://vimeo.com/168189989>

Not Alone

By: Audra Bergevin

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." - Deuteronomy 31:8



Lexi's Problem

"Okay girls, I have booked a performance for us at White Hills Nursing Home in three weeks!"

The dancers cheered.

"We'll be performing our 3 group dances and I'm giving Lexi a solo!" Ms. Anna smiled at Lexi, whose face was blank.

"Lexi, you have a solo called 'Not Alone' by a band named Family Force 5. I know you'll be great!"

Lexi shut her eyes. She imagined her grandpa saying how much he was looking forward to her performance. Her heart ached - She missed him so much. Ever since he passed on, Lexi felt different. She was missing their long discussions, their heartfelt conversations, and their humorous debates. He always came to her shows and cheered her on. He always listened to her dreams, worries, and problems. He was her great friend- maybe even her best friend.

Lexi worried she would never find joy again. Would she ever fill that deep gap in her soul?

Ms. Anna cleared her throat. Lexi looked up. "Unless you don't think you can. It's all good, Lexi. Honestly, it might actually help you cope."

Lexi put on a fake grin. "A solo, Ms. Anna? That's, um, that's great. I'll get back to you. I mean, after my grandpa-"

"Oh, Lexi. I understand you're missing him, but I thought you really wanted a solo and I choreographed this just for you!" Ms. Anna put her hand on Lexi's shoulder.

"Thank you, Ms. Anna. I really appreciate it." Lexi said, as her thoughts returned to grandpa. She remembered how a month ago, mom had called her in to tell her he was very close to meeting the Lord.

Lexi felt like her heart shattered when the news soaked in. Now Lexi wondered if her heart would ever mend. It was only a matter of days before her grandpa died. Lexi had hated with everything in her to have to say goodbye. How could she say farewell to a friend she loved so much? The tears glistened in her eyes just thinking about the moment. She wished she could just talk to him one more time. Before she left, Ms. Anna stopped her. "I'm very sorry, Lexi, if I hurt your feelings. I know how you're hurting and if you ever need someone to talk to I'm here for you, honey." Ms. Anna brought in Lexi for a hug. "You're a very talented dancer, Lexi. Do you know that?"

Lexi thanked her and went outside to her dad's car. She had no idea what to do. Her mom would probably say do it, but would she be able to do it without him there?

Everyday, she missed him more and more. She feared that once she got on stage, she would look for grandpa's kind countenance in the audience and when she wouldn't see it, be reminded of their goodbye. It was risky. Too risky. She didn't want to be embarrassed in front of so many people.

What Should Lexi Do?

Lexi headed upstairs upon getting home. She put her dance bag in her room and glanced at the clock. 8:30pm. Lexi yawned. She had to get this whole solo thing sorted out. She went across the hallway to her parents' room.

"Hey mom, can we talk about something?" Lexi sat on her mom's bed and sighed.

"Of course, Lexi. I'm always here for you." Her mom closed the book she was reading and set it down beside her. "What's bothering you?"

"Today at dance, Ms. Anna announced that we're performing at a nursing home... and I have a solo."

"That's great, honey!"

"No, it's not great." Lexi corrected. How would she explain this to her mom?

"Lexi you've always dreamed of doing a solo. I'm sure you'll do amazing!"

"But, mom, this will be my first time performing since grandpa..." Lexi tried to hold the tears back, but it felt like she was holding back the ocean. "I miss him, mom. I miss him a lot."

Her mom passed her a tissue. "I know, Lexi. You two were so close."

Lexi nodded. "Yeah."

"Still, I think you should take the opportunity.

It's not everyday you can have a solo."

Lexi wiped her eyes. "Grandpa always came to my shows - whether it was my recital in town or my competition states away. It'll be weird not having him there."

"Yes, Lexi. It'll be weird. But there'll be grandmas and grandpas there who miss their grand kids and think of how happy you will make them." Lexi's mom reasoned.

"That's true. But what if -"

"No 'what if', Lexi. You'll dance wonderfully."

"You think?"

"I know, honey."

"Okay, mom. I'll think about it. Thanks."

Lexi got up.

"I really hope you'll do it."

Lexi shrugged and started walking out the door.

"Grandpa would want you to."

Lexi turned around to face her mom.

"I'm going to bed now."

"Goodnight, Lexi."

Practice Number One

Lexi opened the door to the dance studio. She had solo practice that night and was anxious that Ms. Anna would bring up grandpa again like she had at the last group rehearsal.

Lexi just told her that she would decide by the time her solo rehearsals rolled around if she would perform or not.

Inside, there was Lexi's teacher, sitting by her dance bag.

"Hello, Lexi." Ms. Anna said with a smile.

"Hi, Ms. Anna." Lexi slid on her lyrical shoes, called dance paws.

"So, I'm assuming you're doing the solo?"

Lexi turned red at the question. Would Ms. Anna get mad? The thought gave Lexi a knot in the stomach. She sat down on the wood floor.

"I'm not sure yet, but I'm starting to think I will."

"Lexi, you said you'd decide by tonight. Yes or no?" Ms. Anna looked as worried as Lexi.

"Well, it's just that... I guess I'm just having some extreme conflict inside. It's like the old me is offering her life's allowance for this solo, but everything's different since he's gone and the me now just doesn't know if she can be able to do it, Ms. Anna. I'm so sorry."

"Lexi, I really get that you're struggling, but I don't want us to invest our time and energy if you can't do it. I support your decision both ways,

but I need some notice if you're not doing it. Please, Lexi, are you doing it or not?"

Lexi took a deep breath, tears stinging her eyes. "Yes. I am doing it." The knot in her stomach tightened. Surely, Ms. Anna would understand if she ended up not doing it- right?

"Great! I've changed some of the lyrics of the song to fit your story. Let's have a listen." Ms. Anna walked over to the radio and hit 'play'. Ms. Anna started doing a beautiful, emotional dance to the song. Lexi listened to lyrics:

*So alone
Without you
I'm holding on to the memories
Photographs
They can't last
It's killing me cause I miss you
It'll be okay
I breathe in
Just knowing that you loved me
Yeah I'm holding back the tears now
Someone tell me that I'm not alone*

Ms. Anna stopped the music.

"So, what do you think?"

Lexi grinned. "I am so excited." Tears drizzled down her face.

Lexi knew how much she could bring to the dance.

*It will be hard, she thought,
but I'll make it.*

Show Time

The morning of the show, Lexi's heart was beating fast. She knew her dances very well, but what if she got nervous before her performance? Would Ms. Anna kick her off the team? Lexi didn't want that to happen.

She went through her morning routine, thinking through the choreography again and again. She pushed out the dissolving thoughts of grandpa, which were becoming less and less every day. This worried Lexi.

She didn't want to forget. She didn't want to lose the memories of his face, his voice, the way he smiled at her when she asked hard questions. She never wanted that to leave. She wanted to lock it all away forever. But, to her dismay, those little details faded softly into a distant sliver of Lexi's heart. She kept sneaking peeks at her beautiful costume- a light blue dress with ribbons around the arms and a shimmery, flowy skirt that was low in the back and higher in the front. Lexi adored it.

In the car on the way to White Hills, her

mother encouraged her.

"Try to take your bottled up emotions, your stress and sadness and anger and thoughts, and pour them all out into your solo."

That thought brought in a new perspective for Lexi. She would do exactly as her mom said. She would take all these worries and problems of hers and all the sadness in her soul and express it in her facial expressions and movement.

Lexi realized that just choreography is okay, but expressiveness creates a whole new layer of meaning for the audience.

The group dances went well, but Lexi was saving her emotions and energy for her solo - the grand finale.

She was helped into her costume and then she added a quick spritz of hairspray to her intricately braided bun. Lexi took a deep breath and headed to the wings of the makeshift stage.

"Share with the audience your story. Show them what it's like to lose someone. Let them not they are not alone." Ms. Anna whispered. Lexi nodded.

"Thanks, Ms. Anna."

Ms. Anna smiled and turned on the music. Lexi walked slowly to the center, every step in time with the music. She seemed to put so much effort into her large steps, it created a mournful effect. When the choreography began, what Lexi was so worried about happening happened.

She thought of grandpa.

Instead of running away or searching the crowd, she put it into her dance, her face, her soul and she brought the audience into her world. She once again had someone to let in on her secrets, fears, and dreams. She felt relief- a burden lifted. She soared with every jump, knowing and truly believing that she was not alone. She had God on her side and no matter what He would take care of her.

As she curtsied, the audience clapped and cheered. Those who could stand in a standing ovation. Many were smiling, a few even tearing up, Lexi beamed and headed off to the backstage area.

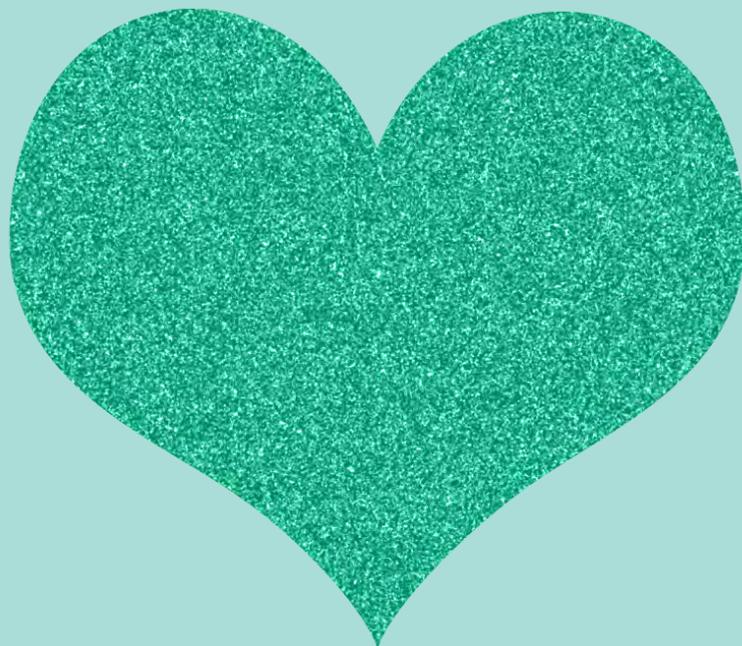
Not Alone

Her friends hugged her and Ms. Anna told her over and over again how well she did. Lexi was crying, with joy and relief and she said to herself that the very last bit of sadness deep in her heart slid down her cheek.

Walking over to her mom, Lexi was stopped by an older man who very closely resembled Lexi's grandpa. Lexi was trembling with all that had happened.

"You danced beautifully today, Your dancing reminds me of my granddaughter. I haven't seen her in years and I've been really missing her. I didn't know if I'd ever be as happy as I was when I was with her, but watching you dance reminded me I'm not alone and that God is with me always."

And Lexi, crying, ran into his open arms.



Bible Verses about God's Comfort

"THE LORD IS A REFUGE FOR THE OPPRESSED, A STRONGHOLD IN TIMES OF TROUBLE."

- PSALM 9:9

"AND SURELY I AM WITH YOU ALWAYS, TO THE VERY END OF THE AGE."

- MATTHEW 28:20B

"CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU."

- I PETER 5:7

"HE HEALS THE BROKENHEARTED AND BINDS UP THEIR WOUNDS."

- PSALM 147:3

"WHEN ANXIETY WAS GREAT WITHIN ME, YOUR CONSOLATION BROUGHT ME JOY."

- PSALM 94:19

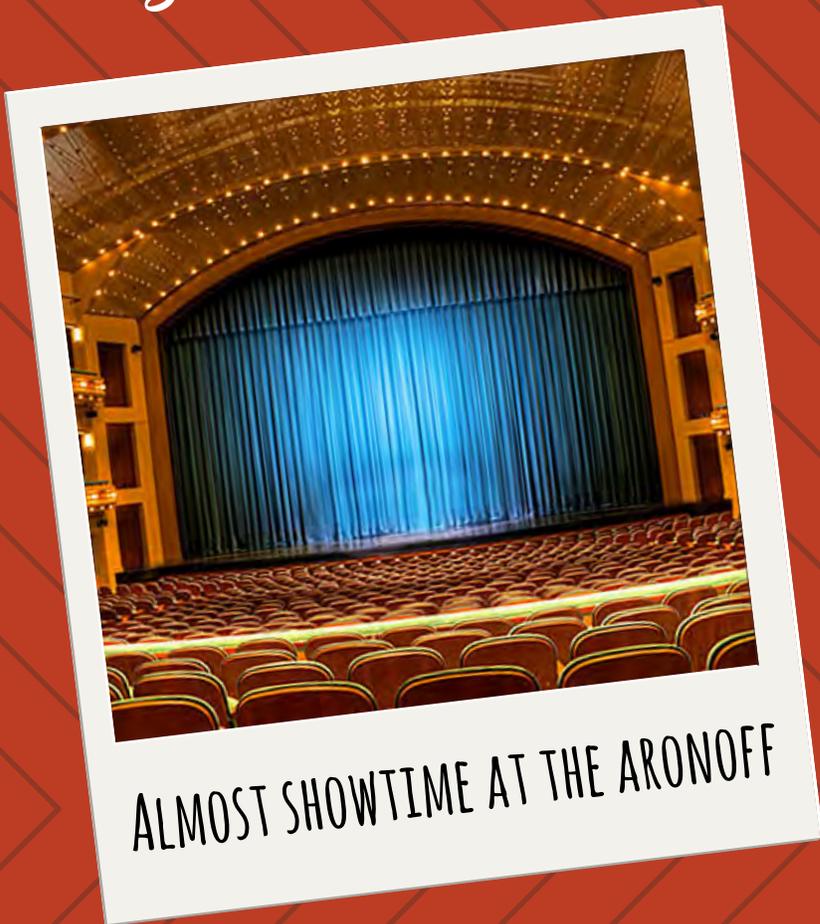
"FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND. "

- ISAIAH 41:10

The Aronoff Center for the Arts

Driving Directions to the Home Theater of the Cincinnati Ballet

Aronoff Center for the Arts
650 Walnut Street
Cincinnati, OH 45202-2517



1. Get on I-75 S in Glendale from E Sharon Rd
2. Follow I-75 S to 7th St Viaduct in Cincinnati
3. Take exit 1E from I-75 S
4. Take W 7th St to Walnut St
5. The Aronoff Center is at 650 Walnut St

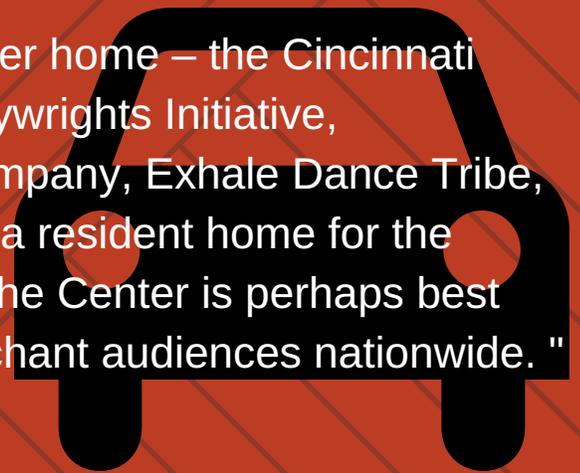
About the Aronoff

"The Aronoff Center for the Arts is better known to Cincinnatians as simply The Aronoff – a nod to Senator Stanley Aronoff, whose vision for a performing arts center in his hometown came to fruition in 1995.

The Aronoff Center is home to three versatile performance spaces. The 2,700-seat Procter & Gamble Hall hosts major events, while the 437-seat Jarson-Kaplan Theater is the ideal setting for local theater and dance presentations. The Fifth Third Bank Theater seats up to 150 and can be configured for more intimate events.

Several arts organizations call the Aronoff Center home – the Cincinnati Ballet, Cincinnati Music Theatre, Cincinnati Playwrights Initiative, Contemporary Dance Theater, de la Dance Company, Exhale Dance Tribe, and MamLuft & Co. Dance. The Aronoff is also a resident home for the Cincinnati Boychoir and its headquarters. But the Center is perhaps best known for the touring Broadway shows that enchant audiences nationwide. "

- Cincinnati Arts Association



QUICK AND YUMMY CHEESY RAVIOLI BAKE

Inspired by the Recipe by Lil' Luna's

This recipe is so easy and delicious, everyone wanted seconds! Dancers will enjoy how fast this dish comes up, perfect for a busy week of classes!

Instead of just cheese ravioli and tomato sauce, we changed it up with a cheese tomato sauce and both meat and cheese pasta. You can dream any combination of pastas and sauces you want!

You Will Need:

- 1 20oz package of beef ravioli
- 1 20oz package of cheese ravioli
- 1 24oz can of 6 cheese tomato sauce
- 1 24oz can of traditional tomato sauce
 - 1 tsp. basil
- 2 cups of shredded mozzarella cheese

1. Cook both packages of pasta as directed on package.
2. Pour sauces into a medium saucepan and add basil. Cook on stove top, stirring occasionally, until warm.
3. Put pasta and sauce in a large pan and spread out evenly, stirring to coat pasta in sauce. Sprinkle cheese over pasta and sauce.
4. Bake for 12 minutes or until cheese is melted.



Serve with green beans, a baguette, and milk.

Behind the Scenes of Ballet Student Yearly

Ever wondered how this magazine was made? Editor, Audra Bergevin, explains the process in this special article!

Part 1: Writing

I watch the video lesson, where Mr. Schwabauer instructs us on how to write the piece. Then I fill out any student pages that help you plan your writing. Next I write out the rough draft in my notebook and edit the piece before moving on.

Part 2: Putting the Magazine Together

After I had finished writing every article, I began to create the magazine. While this is hard work because of technology complications, I used a great site to put it together. I used Canva and they allowed me to access fonts, backgrounds, icons and more.



Meeting Program Author,
Daniel Schwabauer!

It took me about 15-20 hours to complete the magazine and lots of editing and fixing.

Part 3: The Finished Magazine

We had the magazine printed professionally and gave copies out. All my hard work had paid off and friends and family could read the magazine!

MADE IN *Canva*

I used a site called Canva. Not only do they have a magazine template, but they also offer flyer, social media, poster, and card templates! Canva only let me put 30 pages into a magazine so I had to start a new one and merge them. Besides that, it's amazing.

Acknowledgements

I would like to thank, first of all, my magnificent family for supporting my writing and dance and for always believing in me. You have all been a great help with this magazine.

Mom, I appreciate all of the sacrifices you make for my dance classes. They are my favorite thing in the world and I couldn't thank you enough for the opportunities you allow me to pursue. I love you so much!

A special thanks to my sister, Grace, for giving me her encouraging advice and for always making me laugh. You are an amazing person and I wish you the best.

My dance teachers: Ms. Sarah, Ms. Emily, and Ms. Jessica; for providing me with an excellent dance education and for being so kind to me. I love being in your classes- you are all wonderful and have fueled my passion for dance. You all continue to inspire me every week.

Thank you to all my extended family for reading my material and being so excited for me. Grandma Ellison, Grandma Bergevin, my Aunt Lori, and family in Chicago and Colorado. I am so thankful to have you in my life.

Ally Jo Buck, Courtney Spry, and Maddie Black, you three are my best friends and I love you all so much. You are all very funny, kind, and love Jesus with all your hearts and I am extremely glad I know you. You always help me out and are so sweet.

My epic friends at dance: Laura Taormina, Sara Petron, Gabi Grey, Amanda Bunse, Emma Kirk, Kalynn DeLorenze and all the girls on Guidance. I can't wait to get to know you even better. You are all very talented dancers and I have learned so much from performing and dancing with you.

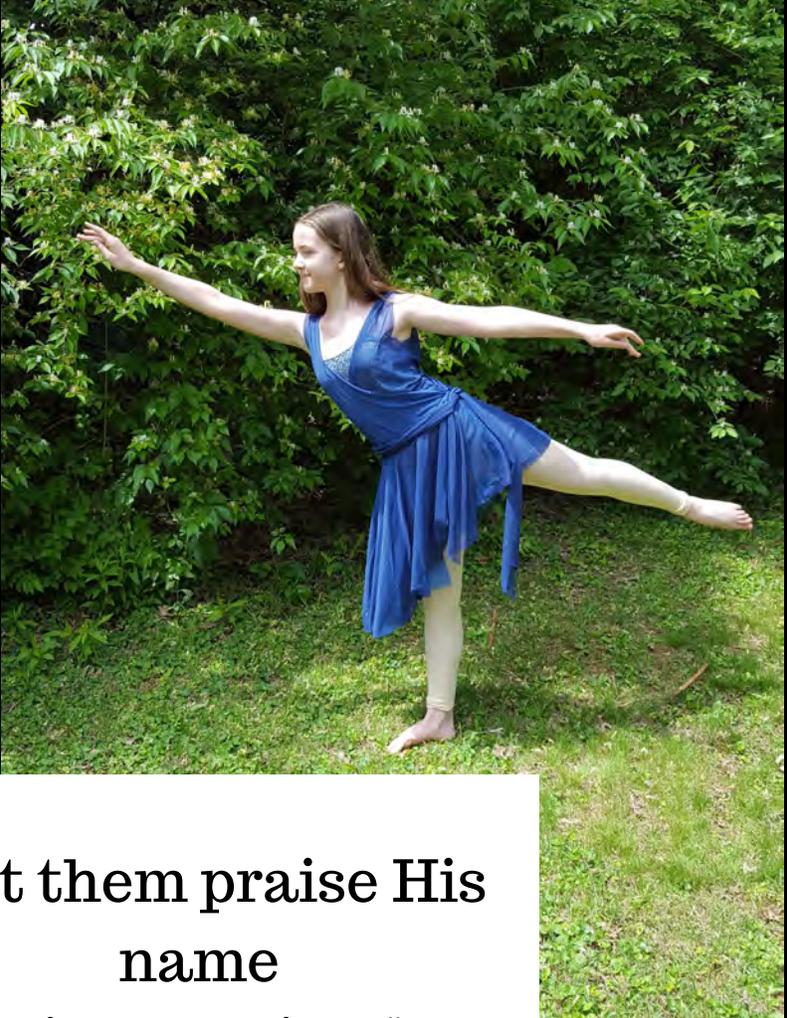
I am very grateful for Christian Dance Alliance and Guidance Dance Company, who provide young dancers with performance and teaching opportunities and Christian influences. I always love coming to class, knowing how much I will get out of it and seeing my improvement every week.

Last but definitely not least, I would like to thank the Lord for the friends, classes, events, and joys He brings into my life. I am very blessed and am so excited for what the future holds for me- as a dancer, teacher, student, and Christian.

Audra Bergevin

Writer and Editor, Ballet Student Yearly





"Let them praise His
name
with dancing."
- Psalm 149:3

