



Fall 1998
Volume 1, Issue 1

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The Studio
201 South Main Street
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Studio Review

Sally Meets "Peg-Leg"

In the 1950's, whenever "Peg-Leg" Bates performed on the Ed Sullivan show people ran to their televisions to watch. Sally Roth, a young girl at the time, was among his captivated audience.

"As a child, I was impressed with his ability to create intricate tap rhythms with only one leg and a peg," says Sally. "As an adult, I am equally impressed with his life message."

His message to young people is this: "In life you don't let anything stop you from pursuing your dreams." It is a motto he has lived. As a young boy, Clayton Bates lost his foot in a cotton machine accident. In those days, black children were not allowed to be treated in white hospitals. They cut his leg off below the knee on his mother's kitchen table. Still he wanted to dance. So his uncle made him a peg to use in place of his lower leg and "Peg-Leg" took it from there.

Overcoming racism, the loss of his leg and his mother's belief that dance was sinful, "Peg-Leg" pursued his dream of becoming a dancer. He traveled the vaudeville circuit throughout the 1930's and 40's and by the 50's had a national following.

Sally began showing video excerpts of his life about two years ago. She wanted her students to witness his talent and strong spirit. Then one day last fall, she decided to give "Peg-Leg" a call.

"I always regretted not contacting Fred

Astaire before he died to tell him how much he had influenced my life," explains Sally. "I didn't want to make the same mistake with "Peg-Leg."



Sally and "Peg-Leg"

So she did a little investigative work and by the third phone call was talking to "Peg-Leg" himself. In July she had the opportunity to meet him in person at the St. Louis Tap Festival.

Meeting him was just as exciting as I anticipated, she recounts. "My husband, Bob, and I took him to dinner the first night of the festival where we presented him with a plaque with the inscription: *The World's Greatest Tap Dancer / With Love From Sally Roth and Your Friends from The Studio Elkhart, IN*"

"Peg-Leg" celebrates his 91st birthday this month and his home-town is building a life size monument of him. Dancers nation-wide are making contributions to honor this man's extraordinary spirit which triumphed over extreme physical and social challenges. The Studio will proudly support the effort. We'll keep you posted on any fundraising efforts.



Darci Walk 1st Runner-up in Orlando

Darci and Lana Davis traveled to Orlando, FL in July to attend the *Dance Olympus National Dance Competition and Convention*. Darci was among 49 regional finalists competing for the title of "Dance of the Year."

The title is a prestigious one and the competition is extensive. They are looking for a dancer, who will make a good spokesperson for dance, is a quick learner and an exciting performer. Therefore, each dancer is evaluated in three different categories:

- 1) a 10 minute interview
- 2) a group audition and
- 3) a 3 minute solo performance.

"It was amazing to see the amount of discipline and talent that is out there," says Darci. "It was so wonderful to be dancing with such amazing people."

In addition to the individual performances, the 45 female and 4 male contestants rehearsed for 3 days to perform as a group in a production number choreographed by Sam Fiorello. They performed the routine at the national finals and at Disney's Epcot Center. The stage was over-flowing with talent and enthusiasm and the shows were spectacular.

"She knocked their socks off with her "All That Jazz" solo," reports Lana. "And she was a stand-out in the production number."

The winner, 24-year old Janine Trinka, was an incredible dancer. She received a tour with Dance Olympus or the cash equivalent. Darci was honored to be named 1st runner-up and was awarded a one week scholarship to Frank Hatchett's studio in NYC.

Congratulations Darci!!!!

Heather Hoffman's National Tour

It was a dream come true. Four weeks of traveling throughout the United States, dancing from dawn to dusk, and performing in several production numbers with other talented dancers- the *Dance Olympus* V.I.P. program was a big hit with Heather.

"Just working with talented dancers my own age from all over America was exciting, explains Heather. "But I also got to learn fabulous routines from a lot of great instructors, and travel to Orlando, Las Vegas, Boston, St. Louis, Houston and Chicago. It was awesome!"

The *Dance Olympus* V.I.P. program is designed to prepare serious dancers for the excitement and the demanding lifestyle of a professional dancer. Dancers are selected for the program by auditions conducted throughout the U.S. each summer. Heather auditioned in the summer of 1997 and was selected as a 1998 V.I.P. dancer. She spent the following school-year raising funds to support her summer of travel.

Dancers from The Studio attended the Chicago Dance Olympus workshop and says Heather in action.

"She looked incredible," states Stephanie. "Her long legs and strong stage presence commanded the audience's attention during the evening performance. And each day she came into the classroom cheerful, energetic and ready to demonstrate dance combinations."

When asked what will stand out as her favorite part of her memorable summer, Heather replies, "The people. All the relationships that were created with the dancers, instructors and coordinators. It was just an awesome experience!"



Setting "SMART" Goals A Note from the Directors

One of the key ingredients of success - be it in dance, scholastics or any other area - is the ability to set realistic goals and design an effective plan to reach them. People who clearly know what they want and how they are going to get it are most likely to achieve their goals. One technique for setting and attaining dance goals is the SMART system. SMART stands for Specific, Measurable, Action-oriented, Realistic and Timed.

Specific goals establish a definite direction. They guide dancers toward achieving their goals. For example, saying you want to be more limber is a vague goal. A specific goal would be to do the splits before Thanksgiving break.

Measurable goals help chart progress. They act as mini goals that lead to the overall, specific goal. By recording your starting point status, you can monitor your improvement as you move toward your final goals. This written record will encourage more progress and reinforce your desire for attainment. For example, the student wishing to do the splits would measure how many inches from the floor s/he started at and then monitor her/his progress each week. S/he records her first measurement at 9 inches on the right leg and 12 inches on the left, then sees improvement as her measurements drop to 0" on the right and 2" on the left by Thanksgiving.

Realistic goals are those that are attainable. It is great to set inspiring goals but you must be able to achieve them or they are pointless. Unrealistic goals such as "I want to be able to do both splits in two days" lead to failure. It is better to set small attainable goals than attempt impossible ones. Little victories are confidence builders.

Timed goals give you a focal point. Setting a time limit gives your plan a purpose with a sense of urgency. A completion date will help you to formulate, design and achieve your goal. If a date is not predetermined by an event, then select a specific day, month and year to achieve your goal.

After you have set your SMART goals, review them weekly. You may need to reevaluate, change or revise your previous goals. After spot-checking your goals, you can proceed with your new, updated action plans.

Sliney named Middlebury's Jr Miss

With her ballet dance to "Schindler's List," (choreographed by Nancy Palenick), **The Studio's** Meaghann Sliney captured the attention of the judges and the title of *Middlebury's Jr. Miss 1998*. We all wish her luck in February when she will compete for the Indiana title in Indianapolis.

Like to be a 1999 Leo Model

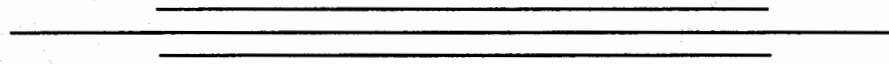
Last year three students from **The Studio** auditioned in Chicago to model dancewear for "Leo's 1998-99 Dancewear and Costume Catalog." Stephanie Like was selected. We look forward to seeing her in this year's book.

Boost Your Self-Esteem

Self-esteem is a basic human need necessary for normal, healthy development. Individuals with positive self-esteem have better resistance, more energy, and a greater capacity for regeneration.

In his book, **The Six Pillars of Self-Esteem**, Nathaniel Brandon, PhD, describes six practices that are essential to positive self-esteem:

- 1) Live consciously - be aware of what impacts your interests, values and goals.
- 2) Be self-accepting - be respectful and compassionate with yourself.
- 3) Be self-responsible - recognize that you are in charge of your own choices and actions.
- 4) Be self-assertive - stand up for your convictions, values and feelings.
- 5) Live purposefully - set your goals and follow the steps to achieve them.
- 6) Live with integrity - be loyal to your principles, keep your promises and honor your commitments.



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