

Standing Ovations!

Birthdays, Anniversaries, Awards, etc.

DECEMBER THRU FEBRUARY

- Dec. 10 Happy Birthday Ms. Karen & Justina Ardoin
- Dec. 14 Happy Birthday Anna Fontenot
- Dec. 15 Happy Birthday Ms. Tina
- Dec. 16 Happy Birthday Alyssa Akers
- Dec. 17 Happy Birthday Abigail Alvarado
- Dec. 21 Happy Birthday Zoey Domingue
- Dec. 23 Happy Birthday Jacey Coomer
- Dec. 25 Happy Birthday Ms. Merry Joy Gerami
- Jan. 6 Happy Birthday Ms. Jade & Hailey Robertson
- Jan. 8 Happy Birthday Hannah Richard
- Jan. 14 Happy Birthday Ashton Weber & Jenny Wu
- Jan. 23 Happy Birthday Meagan Huff
- Feb. 4 Happy Birthday Bailey Auzenne
- Feb. 6 Happy Birthday Anne Barry
- Feb. 9 Happy Birthday Mr. Don Landry
- Feb. 13 Happy Birthday Sydney Guidry
- Feb. 16 Happy Birthday Ms. Rachel
- Feb. 22 Happy Birthday Emily Doucet
- Feb. 23 Happy Birthday Kylee Provost
- Feb. 25 Happy Birthday Skylyn Walker

Gerami Academy

Dance ▶ Shuffle ▶ Plie ▶ Contract ▶ Stretch ▶ Flex ▶ Turn ▶ Leap ▶ Dance

200 Arceneaux Street • Lafayette, LA • 70506 • (337) 235-6906

Rebecca Landry • Artistic Director

Established 1949

Home of Classical Connections and Jazz Extensions

NEWSLETTER

FALL 2008

Dance History

FROM DANCER MAGAZINE – OCTOBER, 2008 ISSUE

Choreographers, Professional Dancers, Pioneers in Dance

JACK COLE: The Father of Theatrical Jazz

Arguably, Jack Cole did more to popularize jazz dance than anyone else. Working in Hollywood films, Cole inspired Jerome Robbins, Bob Fosse, Tommy Tune and many other choreographers of the 1960's and 1970's. With an undeniably sexy style, Cole developed a technique that draws from modern East Indian and Asian dance styles-and red-hot jazz music.

Cole was born in 1911 in New Jersey and studied early modern dance. As a student and performer with the renowned Denishawn Dance Company directed by Ruth St. Denis and Ted Shawn, Cole learned the fundamentals of modern dance and also developed an interest in the ethnic and "oriental" dance that

was popular at the time. Later, Cole performed with Doris Humphrey and Charles Weidman, two of the most



influential modern dancers of the early 20th century.

Working in nightclubs,

Cole's style developed as a fusion of popular jazz dance steps borrowed from the social dances of the era. Overall, Cole's style is recognizable for its sequential movement and rhythms combined with a sensuality that was taboo at the time. On stage and in over 30 motion pictures, Cole's dancers are intensely kinetic, smoldering, depersonalized beings. Rita Hayworth and Marilyn Monroe, two of his most famous dancers, learned from Cole the value of a timely pause and the erotic effect of exaggerations. Check out films like "Gentlemen Prefer Blondes" and "There's No Business Like Show Business". It is Jack Cole's unmistakable style that would shape the work of many choreographers to come.

Injuries/Prevention/Recovery

The knee is a fragile joint, and anyone who's twisted or turned theirs the wrong way knows how painful and sometimes career-threatening a knee injury can be. According to the National Collegiate Athletic Association, active women are between two and seven times more likely to tear their anterior cruciate ligament (ACL) than men, depending on the level of their activity.

So what can you do to help stay away from an ACL tear? Here are their tips:

....**Pump up those hamstrings.** These muscles on the back of the leg help stabilize the knee joint, so doing exercises that make them stronger will help reduce the risk of a blown ligament.

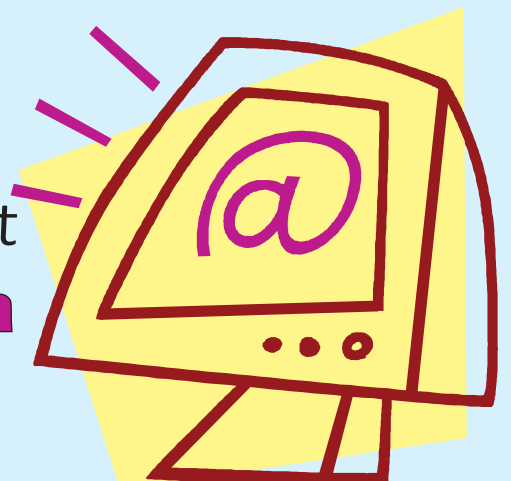
....**Use that plie.** Most injuries to the ACL happen when the knee is straight or locked, so always keep a slight bend, and keep your knee tracking over your toes!

....**Wear a brace.** If you have pain in your knees, it's better to be safe and less chic than risk an injury.

Look for us on the web!

Stay up to date
with what's going on at the studio at
www.geramiacademy.com

Coming Soon!



Dancer Inspiration

Videos/Music

Ballet DVD – Budding ballerinas will love the 40-minute Prima Princessa Presents Swan Lake DVD. This video is narrated by a tutu-clad fairy who transports young girls to segments of the Paris Opera Ballet's Swan Lake and teaches classic steps in between acts, demonstrated by the School of American Ballet students.

BY PRIMA PRINCESSA PRODUCTIONS, LLC

Tap Video – Instructed by Brazilian artist Christiane Matallo, The Art of Tap Dance (style DVD 01) incorporates samba influences into the classic art form. This DVD features more than 60 minutes of beginning tap steps, choreography and an interactive game.

BY SO DANCA

Looking Good

Dance Clothing/Accessories

Check out www.leosdancewear.com and look for “LOVE DANCE” Flip Flops (Style F124). They come in whole sizes and in black and white. Perfect for those sore feet after dance class.

Into Ballroom Dance? Go to www.stephaniedanceshoes.com for the latest in ballroom shoes that will take you into a world of comfort. Whether in dance class or just going out on the town, your feet will never feel this good in any other shoe.

Need lightweight pointe shoe pads? Log on to www.eurotard.com. They are called Feather Lites and they are the lightest and thinnest pointe shoe pad out there. One size fits all....

Want your own ballet barre to practice at home? PortaBarres offered by “on pointe enterprises.” Web site is www.en-pointe.com. Order for the Holidays. They even come in pink!!

Dance Tidbits

Eating Right

Five foods that are more fattening than you think:

1. Soft, large pretzel – 483 calories & 4.4 grams of fat
2. Chef's salad with 2 ounces Thousand Island Dressing – 860 calories & 61 grams of fat
3. Blueberry Muffin – 444 calories & 21.7 grams of fat
4. Turkey, bacon, and avocado club sandwich on wheat bread – 660 calories & 38.5 grams of fat.
5. Mixed, dry-roasted nuts (1 cup) – 814 calories & 70.5 grams of fat.

Dance Chat

Student Information

Gerami's questionnaire that went out several weeks ago enlightened the Faculty on their student's achievements, likes, dislikes, and aspirations!!!

For instance, did you know....

that **Andrea Gallo** made a 98 test score in French IV? She truly understands the terminology in Ballet classes at Gerami's!

that **Anna Claire Duhon's** dancing makes her happy and her brothers makes her mad!!

that **Ashton Weber** loves pizza and Dr. Thunder.

that **Aztrid Guillen** wants to be a Firefighter when she grows up.

that **Blair Anderson** loves V8 Splash!!!

that **Brittini Holder's** favorite Disney character is “Bambi”.

that **Caroline Melancon** wants to change her name to “Sabrina”.

that **Chae & Chayne Champagne** are not the only twins in their family. They have older twin brothers!!!

that **Courtney Benoit** wants to have dance schools all over the U.S. and work with the Alvin Ailey Dance School!

that **Cydney Akers** would love to visit Italy!!

that **Emily Doucet** wants to be a medical Doctor or a Veterinarian...

that “Boys” make **Jaci Philliber** mad. We understand that concept.

that **Jenny Wu** wants to be Hurricane Doctor!!

if **Maddie Brown** won one million dollars, she would buy a rollercoaster, a trampoline, and then a cloud..

that the happiest day in **Mallori Taylor's** life was the 2008 Dance Revue.

that **Rebecca Fishers's** favorite vacation spot is “Toledo Bend”.

that **Sonja Mugnier** would like to be Ms. Ashley for 24 hours.

that **Morgan Comeaux** would like to be a back-up dancer for Chris Brown, just for 24 hours....

Personally Yours

Faculty Information

Ashley Trahan is a Senior in Nursing at UL-Lafayette. She still plans on teaching at Gerami's when she graduates. Looks like we will have an “in house” Nurse at Gerami Academy.

Gracey Domingue is Captain of the Ragin Jazz Dance Team at UL-Lafayette and loves Cinderella & Tinkerbell.

Jessica Menard attends LSU-Eunice and keeps a full schedule at Gerami's.

Tina DeRouen plans to be shrimping in Grand Chenier 10 years from now. We think she will have to limit this activity to the week-ends.

Karen Segura says that these occupations interest her. Bon Bon Taster, Queen, and a Mattress Tester. You go Karen!!!

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