



THE SPARKLER

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JOIN US FOR ANOTHER SUMMER OF EXCITING CLASSES

Our new 2010 summer class schedule will be available on Monday, March 8th. We invite you all to join us for our 4-week long summer session which will be held from July 6-August 2. We will be offering dance day camps, which include afternoon care, all of our regularly scheduled afternoon dance/ cardio classes, and we will also include new summer class additions. We encourage our students to take this opportunity to try something new, whether it be picking up an ukulele, learning how to sing or just trying a new form of dance. Our new summer schedule of classes has something for everyone to enjoy! Registration for these classes will begin on Monday, April 5th. Listed below are just a few of our new class additions for the summer:

Maori Poi Ball Class: Come and learn the beautiful and exciting dance of New Zealand. Wahine (female) dancers perform the **Maori POI**, a dance performed with balls attached to flax strings, swung rhythmically. Students will learn how to correctly use poi balls and will be taught a poi routine. Poi balls are required to take this class and will be available for purchase upon registration.

SOC "Glee" Class: This updated spin on Musical Theater takes R&B, Pop, and Standard songs to the next level by adding dance and personality to create SOC Glee! Students will learn current songs and medleys accompanied by exciting dance movements and steps. No formal vocal or dance training required, just get ready to sing, dance and have a great time!

Musical Theater Kidz: This class is for the child that loves to sing and dance. Students will be exposed to improvisational acting games, and learn song and dance routines from children's musicals such as Annie, Peter Pan, The Sound of Music, Mary Poppins and the Lion King. This class is open to children ages 4-7 years old.

Group Vocal Class: A wonderful way to participate in the study of voice in a group setting which will build confidence and self-esteem in the young singer. Lessons will deal with basic vocal technique including positive breathing habits, posture, good diction, phrasing, and interpretation of song literature. Selections from musical theater and standards will also be taught.

Hula Auana: This class focuses specifically on Hula *auana*, the modern form of the dance, which is characterized by more fluid, graceful motions — often based on and inspired by their origins in hula *kahiko*. Beautiful, harmonious island music invariably accompanies hula *auana*, using guitars, *ukulele* and other modern instruments. Students will learn mele (songs) and be taught steps and movements to tell stories of life on the islands of Hawaii.

Tahitian Ori Technique: Students will work on strengthening basic Tahitian dance steps, build individual stamina and learn a short ote'a in this class. Dancers will also learn how to *tamure*, (*impromptu dancing*) to the different pehe (beats) of the Tahitian drums.

2010 POLYNESIAN SHOWCASE

Come join us as we present our 4th annual Te Pura O Te Rahura'a Polynesian Showcase on Saturday, March 6th at 2:00 pm and 6:00 pm at the San Francisco Scottish Rite Masonic Center. Ticket prices are \$20.00 and all profits support the students in our Advanced Hula/Tahitian classes. Pre-sale show DVD's are available for purchase at the front desk for \$35.00 before March 6th and \$40.00 after March 6th. Don't miss this wonderful Polynesian production, there are only a few seats remaining so get your tickets today!

SOC CLASS PICTURE WEEK

This year's class photo week will be held from April 26-May 1. We are happy to welcome Lem Abdon Photography, who will be taking class photos this year. Lem has over 15 years of experience with dance studio portraits. Teachers will be passing out photo package envelopes in classes in the month of April. We invite all students to participate in the group photo. However, purchase of individual or group photo packages are optional. We look forward to a successful photo week!

UPCOMING DANCE COMPETITIONS

SOC dancers from our Hip Hop, Tahitian, Jazz, Vocal and Musical Theater classes will be participating in a number of dance competitions in the upcoming months. Our teachers and students have been working hard to prepare for these competitions and we look forward to all of their wonderful routines. As each competition nears, we will be posting exact performance times and venues on our announcement board. Listed below are the scheduled competition dates:

Showstopper Dance Competition	Hip Hop	March 19-21, San Mateo
Kiki Raina Tahitian Competition	Tahitian Solo	March 26-28, Merced
Spotlight Dance Competition	Hip Hop/Jazz	May 21-23, San Jose
California State Talent Competition	Vocal/MT	May 22-23, San Jose
Tahiti Fete of San Jose	Tahitian	July 2-5, San Jose

We invite all our of SOC families to come out and support all of our dancers as they compete in these great events. We wish all of our dancers the best of luck at these competitions and we are proud that you will be representing Spark of Creation Studio!

THE SOC STUDENT CORNER

SOC student Emma Perez (ADV Hula/Tahitian), was a contestant in the American Coed Pageant Nationals, held at the Hilton Walt Disney World in Florida on November 23-28, 2009. Emma's Princess division had a total of 55 contestants, and she received the 3rd place overall in her division. Emma was also given the title of Miss American Princess Talent 2010. According to Emma's mom, Cathleen, "Emma was more focused and worried about the talent portion of the competition more than anything. People were so amazed and enjoyed her dance. She performed her Tahitian dance routine three times during the competition and was even asked to do an encore performance in the pageant finals. Emma had a blast and was very happy she won the overall talent, she just enjoys being on stage and dancing."

Congratulations again to Emma and her family for such a huge accomplishment. Thank you also to Ms. Shanna who choreographed and worked with Emma on this pageant routine. All of us at SOC Studio are so proud of you!

THE PERFECT FIT: FITNESS NOTES

By: Jessica Acosta, Dance Fitness Director

Let's talk about food. I love food. Swearing off meat, poultry and seafood for two and half years has not dampened my enthusiasm for a heaping plate of delicious eats. I suspect most of you are the same way. And why not? Without food we would cease to exist.

Most of us realize that food is the fuel that runs the machines that our are bodies. Like any other machine, the better the fuel, the better the machine's performance. You wouldn't put 87 octane in a Lamborghini. At least, not if you want it to perform as it was intended. I could tell you what the US Department of Agriculture food pyramid says but you can just as easily find that information on their website, www.mypyramid.gov. It shows you what the recommended daily servings are for grains, fruits, vegetables, dairy and proteins are. But I'd like to think that part of the reason you read this column is not only for the kernels of factual information I sporadically include but also for whatever personal anecdotes I share.

Full disclosure: I'm no nutritionist but years of continuous athletic activities, exercising and dancing has shown me a thing or two about what type of food works for my body and for the rigors I put my body through. I work out in some form or another everyday but, as I discussed in a previous column, I change up my exercise routine so that I'm not doing the same thing everyday. Some days I concentrate on cardio; other days it's strength training. I make the effort to tailor my intake of food to whatever exercises I'll be performing that day. Carbohydrates are an excellent source of energy. On days I know I'll be doing a lot of cardio, I try to consume more good carbs throughout the day, such as brown rice, whole grain breads, beans, fruits. As much as I can, I stay away from white rice, white bread and other processed food because the healthy part of those grains have been mostly stripped away by the processing, leaving sugar and preservatives for your body to contend with. On days when I lift weights or perform other forms of muscle strengthening like yoga, I try to consume more protein throughout the day. Protein promotes muscle growth and repair making it an integral dietary component for anyone looking to build and strengthen their muscles. I'm a huge fan of eggs so a fried egg sandwich is one of my favorite ways to start the day. Since I'm a vegetarian, I get the rest of my protein from lentils, soy products like tofu and soy milk, nuts, dairy. You carnivores out there probably know that you'd do well with fish, poultry and lean meats that haven't been drenched in flour and deep fried.

No one likes to diet, myself included. So I don't restrict myself from the foods I want to eat, like chocolate and cake. I just make sure I keep such things in moderation and stay consistent with my exercise regimen. Additionally, the more of the healthier foods you include in your daily consumption, the less likely you will want to eat things that may not be too good for you. When you feel yourself reaching for that last glazed Krispy Kreme donut, why not reach for an apple instead? It's not as exciting but it will satisfy your temporary craving for something sweet.

And, finally, as a general rule, do your best to stay away from foods that have ingredients that sound like they were created in a lab instead of something naturally occurring. After all, if it's something you can't even pronounce, is it something you want in your body?

Thou shouldst eat to live; not live to eat. ~ Socrates

**SPRING BREAK - MAR 29 - APR 4 - STUDIO CLOSED
CLASSES RESUME MONDAY APRIL 5, 2010**

TAHITI FETE CLASS UPDATES

As Tahiti Fete of San Jose nears, we would like to update all participating families with important information and dates as we continue to prepare for this exciting event.

- **Class schedule updates:** There will be no Tahiti Fete classes held on Friday, March 5th, March 26th and April 2nd. Tamari'i classes will be combined beginning April 9th from 5:00-6:30 pm and vahine classes will be held from 6:30-8:30.
- **Costume workshops:** We will conduct a series of costume workshops beginning on Friday, April 9th, during classes. Parents must attend this first workshop to receive all materials and important costume information. Please bring scissors, needles, fishing line or strong nylon thread to this first workshop.
- **June full dress rehearsal dates:** Regularly scheduled classes will still be held at SOC Studio in the month of June. We have scheduled the following additional dates for our full group rehearsals, which will be held at the Terra Bay Gymnasium in South San Francisco: **Sunday, June 6, 13, and 27 from 3:30-7:00 and Friday, June 25 from 6:30-8:30.** All of these additional group rehearsals are mandatory for all participants.
- **Tickets & Performance schedule:** The adult ahuroa group is scheduled to perform on Sun., July 4th and all other groups will perform on Mon., July 5th. All group tickets have been purchased and will be distributed to families in May. If any other families need additional tickets, they are available for purchase online at www.tahitifete.com. We invite all SOC families to come out and support our cast of over 100 dancers and musicians perform at the largest Tahitian competition held outside of Tahiti. It is sure to be an exciting and eventful weekend.
- **Group hotel information:** The San Jose Hilton will be the host hotel for our group during the competition weekend. Our negotiated group rate is \$89.00 a night for one king bed or two double beds. Please mention "SOC Studio" when making your reservation to guarantee this rate.
- **Fundraising information:** Our parent fundraising group has been organizing Friday food sales to help with costs for our Tahiti Fete costumes. We will continue to have food sales throughout the month of May. Only students and families who actively participate in these fundraisers by volunteering or donating food items will receive credit from these sales. If you are interested in donating food or volunteering, please see the front office staff.

CALENDAR OF EVENTS

Mar 1-10	Tuition due
Mar 5	Polynesian Showcase stage rehearsals
Mar 6	Polynesian Showcase fundraiser
Mar 19-21	Showstopper Dance Competition
Mar 26-28	Kiki Raina Tahitian Dance Competition
Mar 29-Apr 4	Spring Break NO CLASSES
Apr 5	Classes Resume
Apr 5-10	Tuition Due

CLASS COSTUME INFORMATION

All costumes for our June recital and April class photo week will be passed out to all students throughout the months of March and April. All costume balance information is now available at the front desk. Please note that costumes will only be given to students if costume balances are paid in full. If you have any questions regarding costumes, please see the front office staff.

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