

*i*DANCE

MAGAZINE

Maddi Plonk



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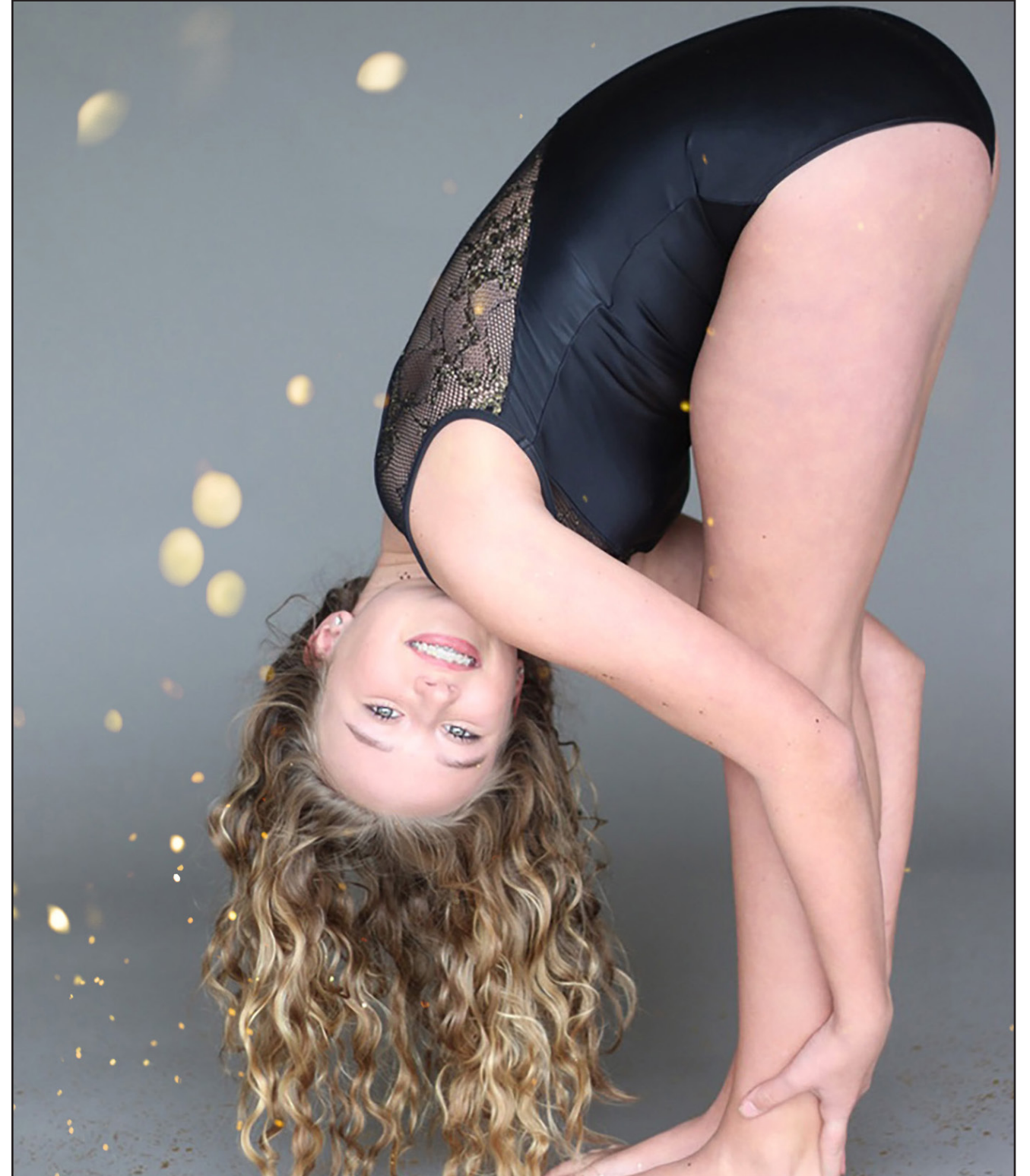
Maddi Plonk



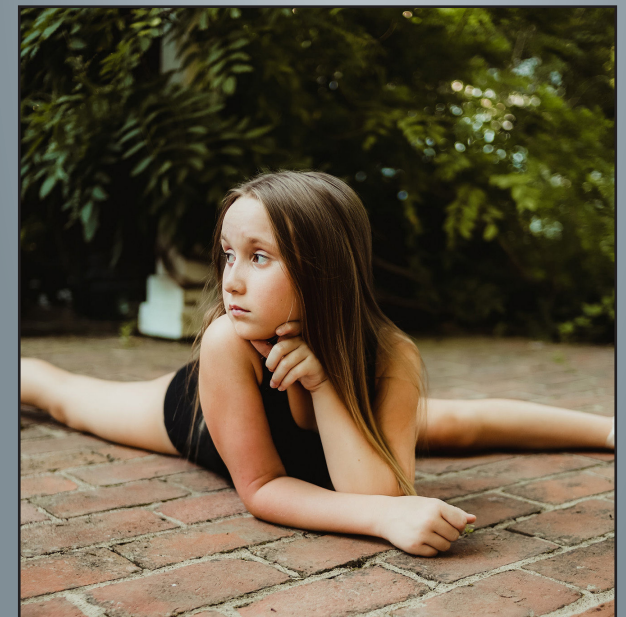
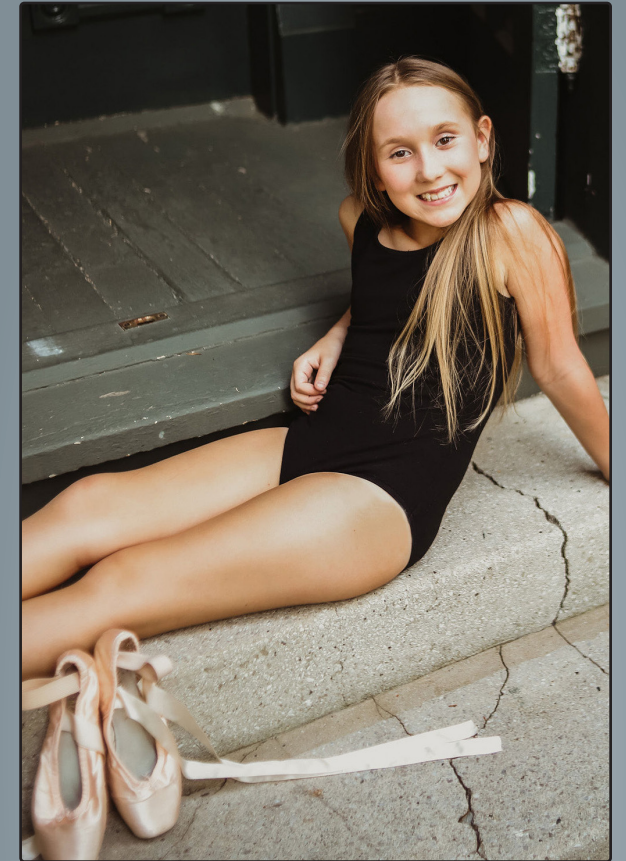
Maddi is 11 years old and has been dancing since age 3. She admires and respects all genres of dance, but especially adores performing musical theater numbers.... It allows her facial expressions and personality to shine! Her recent obsession is learning from and taking workshops with the Alvin Ailey American Dance Theater. Meeting Robert Battle and learning the Horton technique has definitely been a highlight of her training. She has also fallen in love with NYC! She recently completed her first paid professional booking. She was a principal artist and danced in Jojo Berrios' music video for her song "Closer," to be released soon. This project was directed by the talented Angelo "Doc" Velasquez. Working with Doc, Jojo and Invite Only Studios was an amazing experience and a dream come true!

When she is not competing with her dance studio, Star Struck Dance Studio in Lincolnton, NC, she enjoys travelling to train with Remy Young of ABT and Abigail Simon of Simon and Thompson Entertainment. Her dream is to move to NYC and be able to support herself through her passion.... DANCE!! Currently, Maddi is a rising 7th grader at Lincoln Charter School where she maintains honor roll status. Besides competitive dancing, she also is a cheerleader and loves giving back to her community. She enjoys volunteering with aspiring dancers and mentoring the junior cheerleaders at her school. She is most grateful for her family and the sacrifices they make to allow her to chase her dreams. Most importantly she loves and is grateful for her Lord and Savior, Jesus Christ, who has gifted her with the talent she

so lovingly shares with the world! Lastly, she tries to live by one of her favorite quotes, "why fit in when you were born to stand out?" by Dr. Seuss. For many years she struggled comparing her dancing and body to other athletes. She struggled with body image issues and bullying as well as a devastating injury where she tore hip tendon fibers almost completely through while on stage during her solo. This resulted in an extensive rehab and the letdown of missing her National competition. As she has grown, matured and physically healed, she has fully embraced herself (and her body!) and with this new found love she is now exhibiting a whole new level of dancing. She is excited to see where the next 5-10 years will take her! Maddi was recently signed to Gray Models and Talent LLC, and agent Tracy Gray.



Addison Wood



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Addison is 9 years old and has been an active dancer for 3 years at Carr Dance Academy, and is a current team member for CDA's competition team. She first began her journey with dance as a way to help her express emotions in a healthy form. Since then, Addison has found a passion for dancing and has expanded her talents to other genres of dance. Her favorite genres of dance are jazz and hip-hop, where she loves to take the stage and perform high-energy numbers.

Photo by Dana Valli



AiWorship Community Praise Dance Ministries was founded in March 2016 by Aisha Dutton. A native of Long Beach California, Aisha has been praise dancing in local churches since the age of 11. She first started teaching her own group in 2006. She has choreographed dances for many churches and groups.

While being dedicated to the art of dance, Aisha is also a devoted mother and wife. She serves faithfully at her church and teaches dance there also. Aisha is a member of Word of Truth Community Center C.O.G.I.C.U. under the leadership of Bishop Reginald Givins Sr. It was through her Pastor and First Lady Lorie Givins that the opportunity to start a local dance class came into play. There were a lot of young girls and women who wanted to be apart of something great and wanted to dance but their churches or communities did not offer it. "I got tired of turning people away

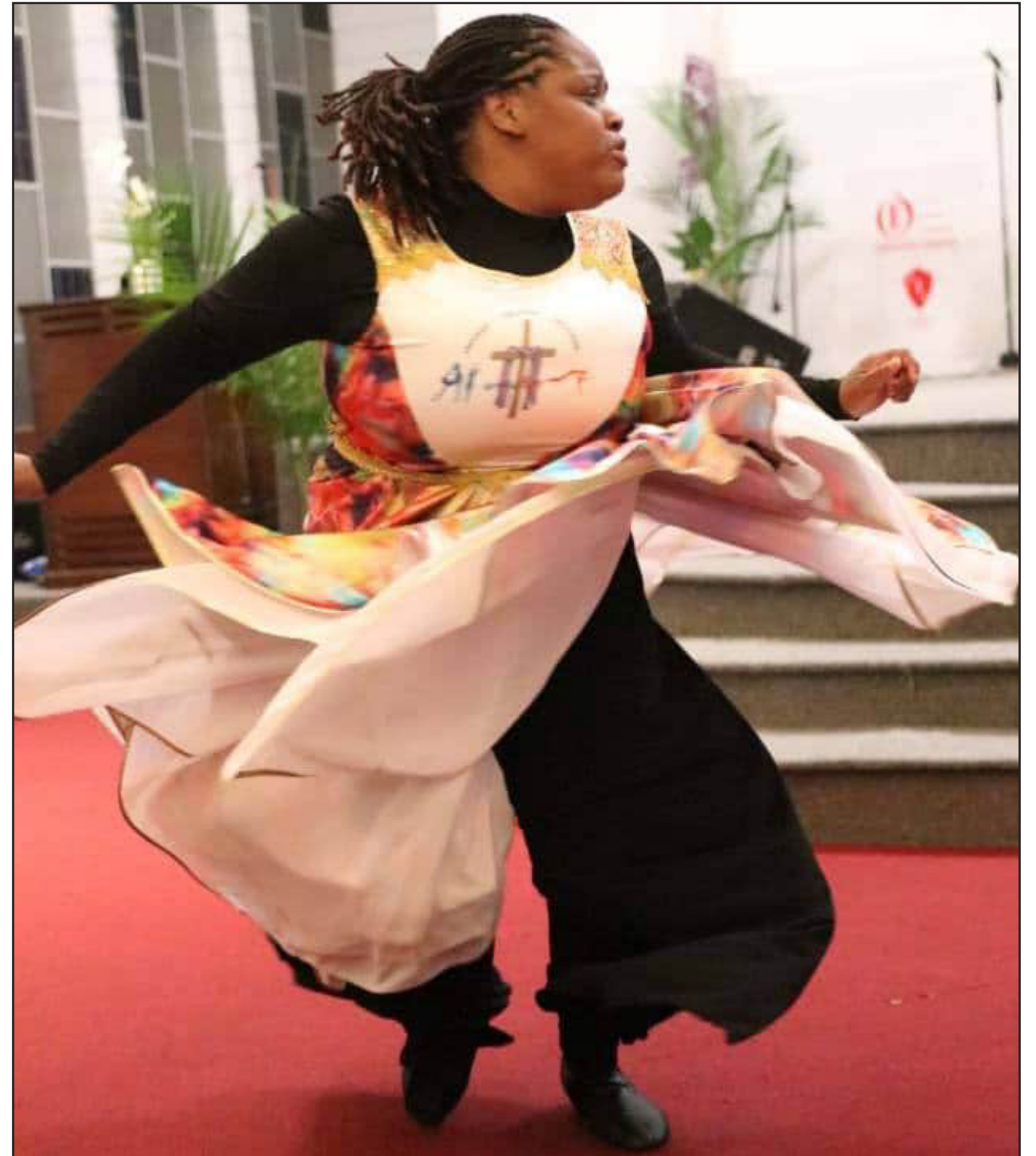
because they weren't apart of certain churches or groups so I created something that anyone could be apart of!"

"The name AiWorship is derived from the first two letters of my name. If you ask me my favorite thing to do I would say being a person of great faith in God, I love to worship." So the name is AiWorship (pronounced I worship). It's unique and it authentic.

Our ages range from 5 and up. While we are a Christian group we are a blend of different Faith's, nationalities, races, genders and so on. We welcome anyone who has a passion for dance. Everyone joins for different reasons and its my job as a mentor to hone in on every individual gift that is in each one of the students. My goal is to help them reach their goals. My focus is to build leadership, empower, enlighten and encourage. Our group is a safe place for most of the youth here. We have saved some from the

streets, from thoughts of suicide, from abuse and other harmful situations just by creating a space for them to have an outlet. We want to win our young ladies and women back from prostitution and the young men back from gangs and streets. We want to be the example that says you don't have to become a product of your environment. Don't let your situations shape you. If you have been given a gift or talent, use it boldly and let it take you places you have never been before. We are here to service the community. Although we are a Praise Dance Group, we travel outside the four walls of the church to deliver a message of hope. We have been given a gift to minister to those who are lost or who just may need a reminder that they are loved. We are the vessels and we love being used by God.

We are dancers by trade and worshippers by design. Building a dance community in unity.

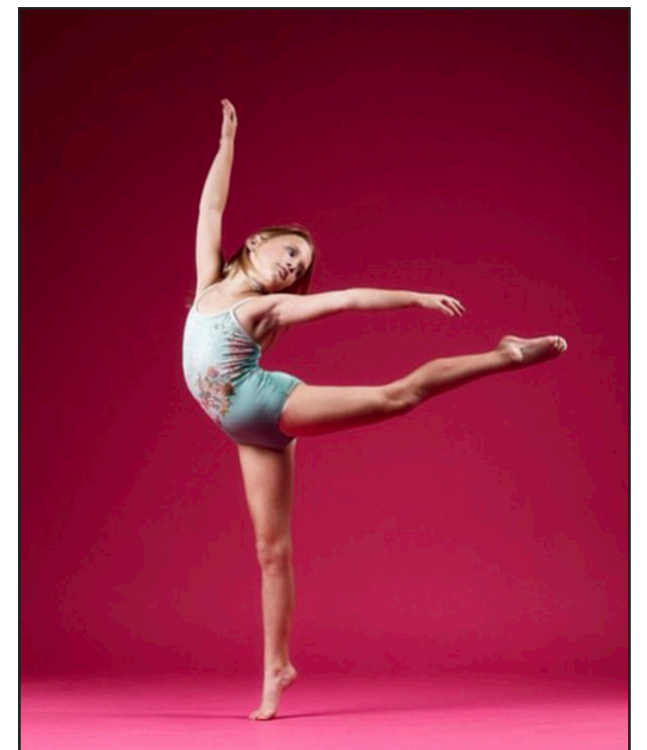
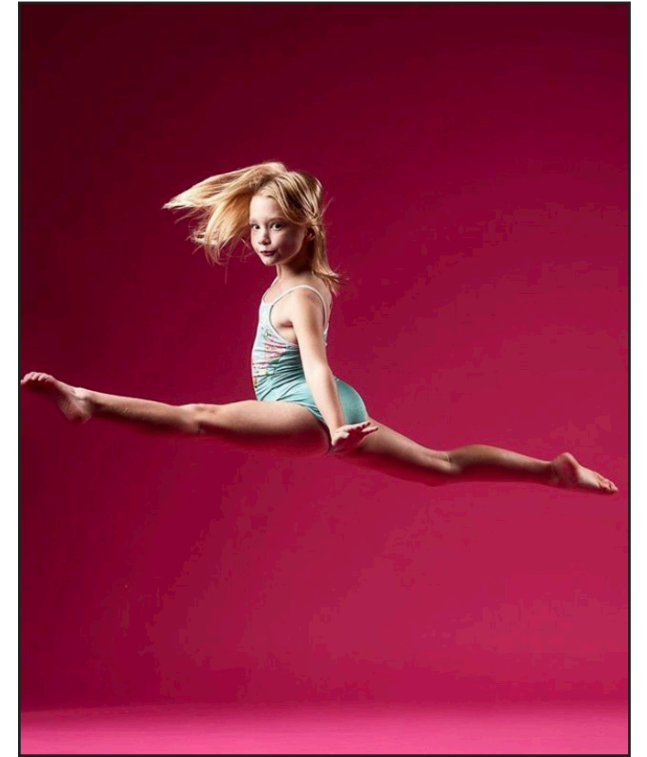




Ashlyn Rose has been a dancer since she was 2 years old. It's always been a passion of hers and she strides to be the best she can be. She's always wanting to learn new moves and focuses big time on making them perfection! She has amazing talent

and loves putting on a show. She's modeled for a few magazines and dance clothing lines. She takes pride in what she does, along with always having a blast doing it. Her goals are to be working in Broadway or as a rocket as she says haha. She really

wants to become a dance teacher and open her own studio one day so she can teach and help kids become amazing dancers. She's such an amazing, talented, caring, spunky, hard working little girl and we couldn't be more proud of her.

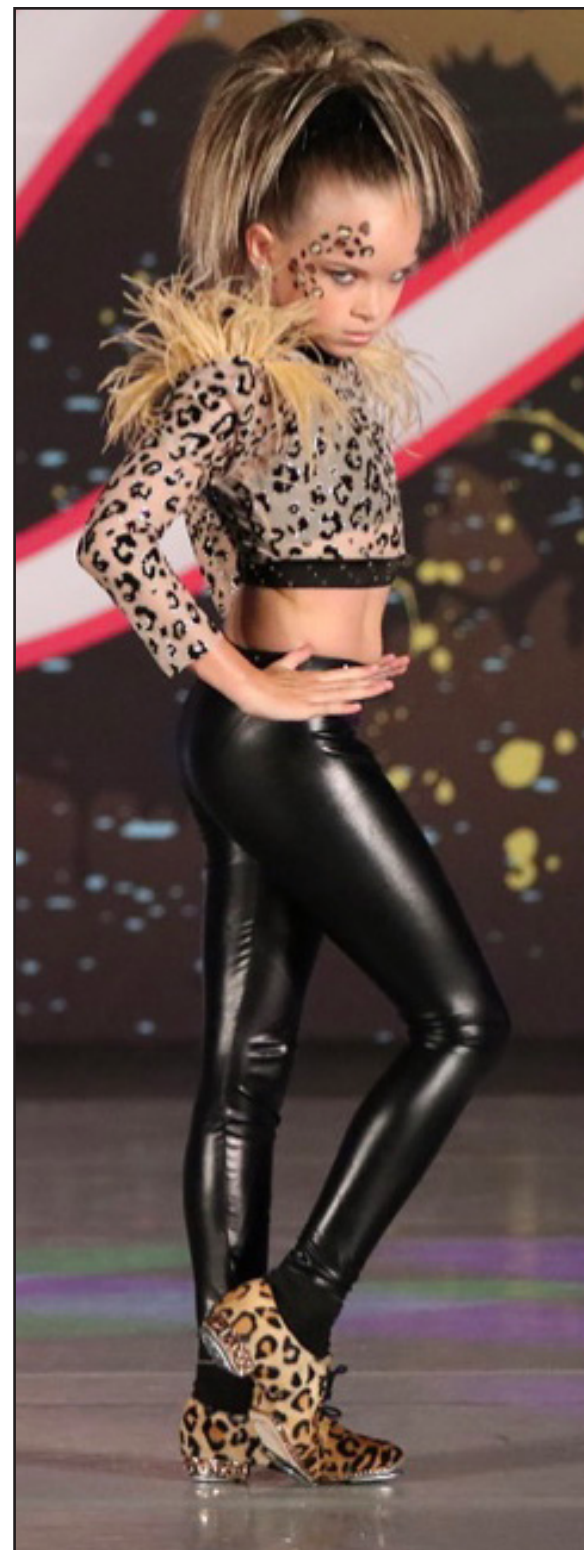




Ava Poe is 10 years old and lives in Flintstone, GA with her parents, younger brother, cat (Khloe) and dog (Jupiter). She has been dancing for 7 years and has competed for 6 years. She holds multiple national championships and titles. Her professional background includes modeling (runway, fashion and dance photography), as well as local and national commercials and photoshoots. During the summer,

fall and winter months, Ava pursues her love of clogging as a performer in the Great Smoky Mountains of Gatlinburg, TN where she performs for the tourists both on the street, in the city parades and on the mountaintop at Anakeesta. Her favorite genres of dance include clog, jazz, acro and lyrical. In her personal life, Ava has multiple scholastic academic achievements including 3rd place in the young author's contest and

1st place in the school spelling bee, where she went on to place in the top 10 in the county spelling bee. Ava is active in her church and enjoys sharing her testimony. In her free time, she enjoys reading, skateboarding and helping mentor younger dancers at her dance studio as an assistant teacher. Her future aspirations include becoming a Radio City Rockette as well as being a veterinarian.





Casey started dancing at the age 4 and by 5 was the youngest student at her dance studio competing competitively. Casey recently turned 13 and has continued to train with her studio own Ms. Hollie Faria along with the teachers through Studio Life Performing Art. Casey has entered in many competitive regionals and nationals throughout Massachusetts, Rhode Island, New Hampshire and Connecticut. Enjoys all dance classes, but has a true passion for lyrical, jazz

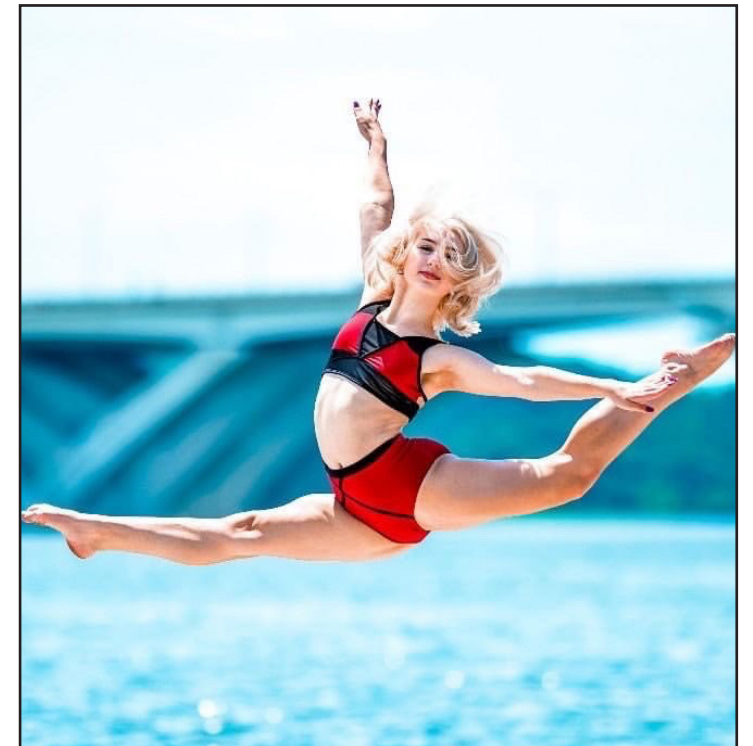
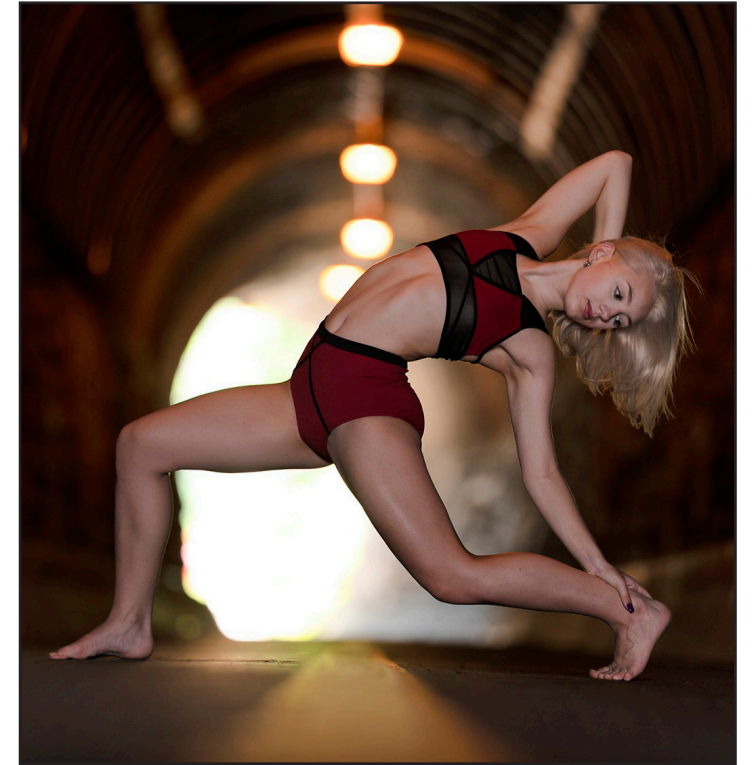
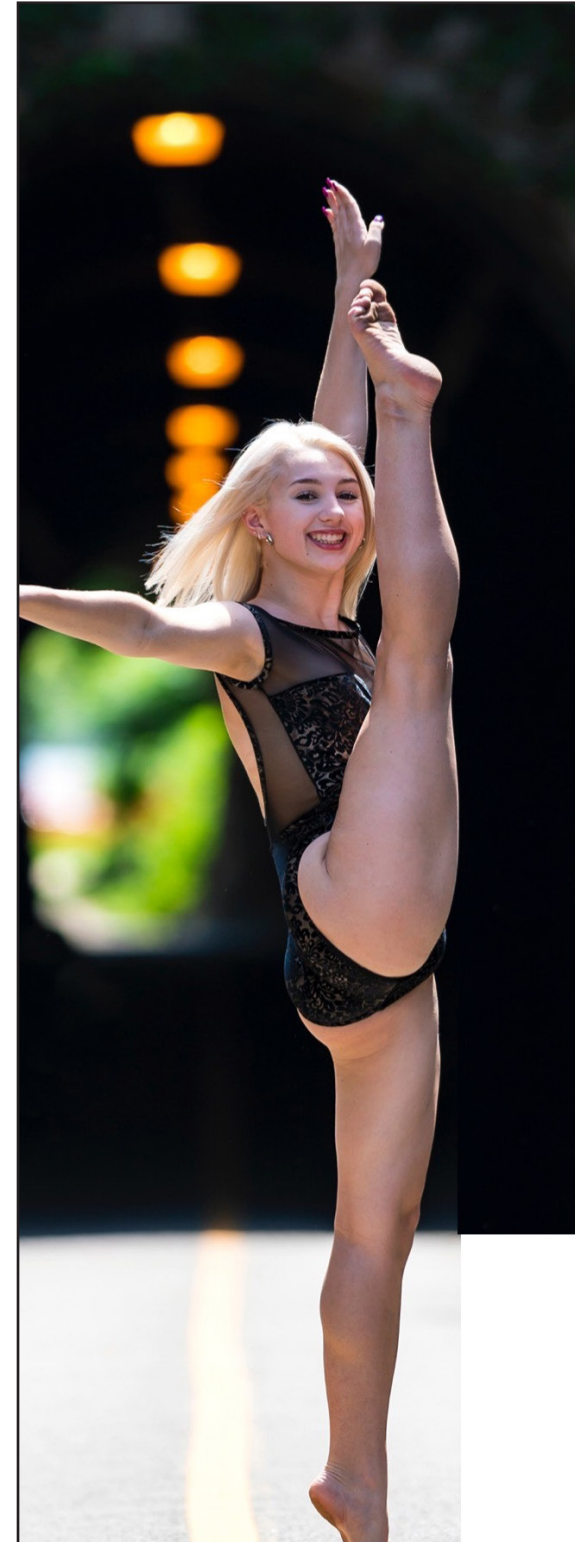
and acro. Since starting her dance journey she has achieved overall first place in mini bracket as well as the junior. Casey has also won national Titled champion while competing in Connecticut. Casey has attended special workshops to advance her skills which had also allowed for her to be recognized and awarded special scholarships to move further in her dance dream!





I am a dancer at heart! Dance is my life and my passion. I train at my local studio in Company and this is my fourth year competing. I am a Senior All Star dance team member of a professional football league too. I am Miss On Pointe this year too and that is a huge honor. I keep up my training by attending intensives and conventions and consistently attending class. Powerpak with

StarDance Alliance is one of my favorites. I have loved training with Joffrey Ballet School this summer along with many other master classes. I hope to become a professional dancer and I am working hard toward reaching this goal. I thank everyone who is helping me achieve it and supporting me along the way!





During the Youth American Grand Prix Daniel along with his partner Isabella McCool placed first in the Pas De Deux Category and were invited to the NY York Finals. He was also awarded scholarships to ABT, Peridance and Rock School of Dance. Again much success during The Universal Ballet Competition, he placed second in the Senior Male Division with his classical solo and fifth place with his contemporary solo. Daniel and Isabella also placed first in the Pas De Deux Category in the Junior Division. Daniel was

awarded scholarships to The Royal Winnipeg Ballet School, Ballet West and Complexions Contemporary Ballet. He was also the very first recipient of UBC newest award The So Danca Star Award for Best in Class.

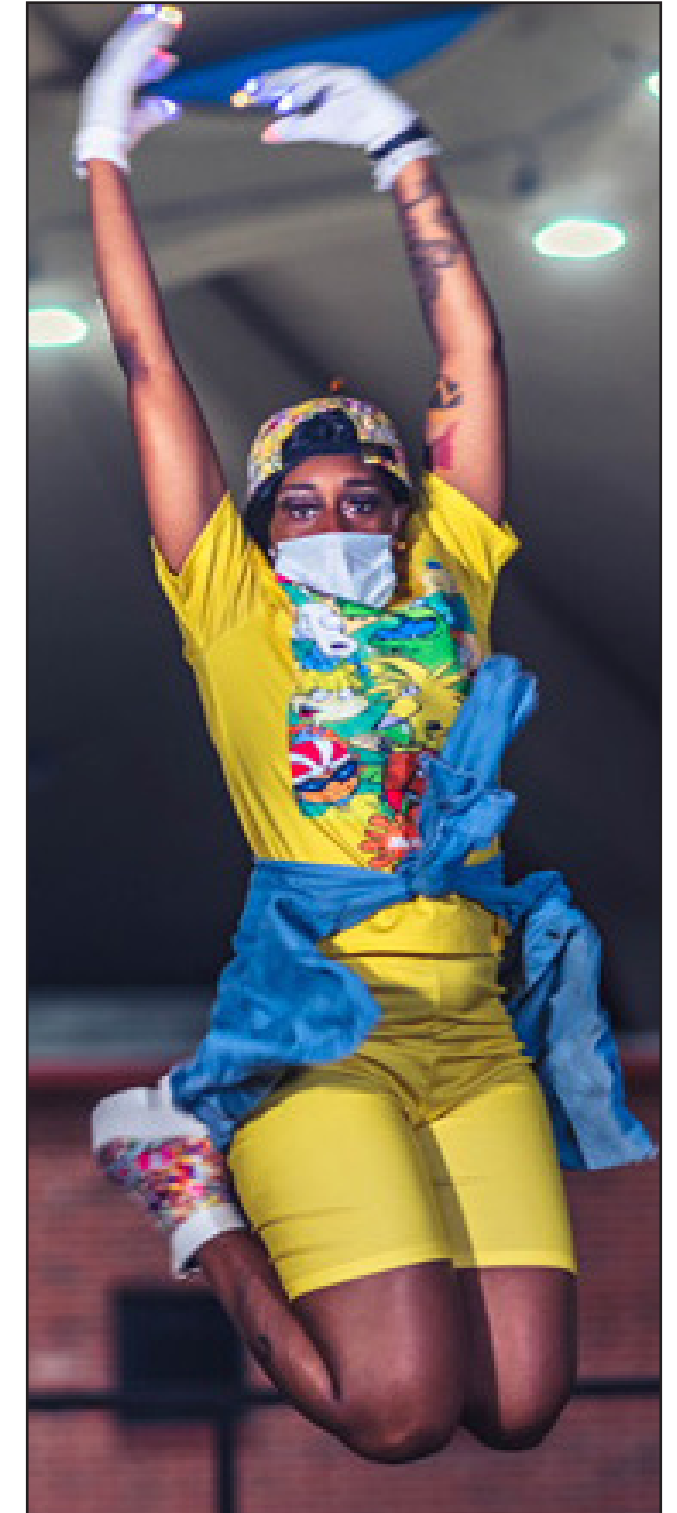
At a young age he has gotten the possibility to perform as a Guest Artist in stages such as the Sunrise Theater in Fort Pierce Florida, The Lyric Theater in Stuart Florida, Manuel Arttime Theater in Miami and The University of Arizona.

Captivating the eye of multiple experts in the field and creating a strong connection with the orients. Daniel has the natural talent of telling a story while dancing which is rare to find these days.

Each week Daniel donates his time teaching a Men's Ballet and conditioning class at St. Lucie Ballet, he has been a guest dancer with the Cuban Classical Ballet of Miami, and he is also a Ballet In The City Ambassador



DNechelle, Llc is a hip hop dancer, instructor and choreographer. She encompasses the art of dance as a form of therapy by healing through movement. With her professional resume, DNechelle has performed in music videos, live crowds at the House of Blues, choreographed theatre plays and has taught at some of the most prestigious schools and dance studios in the country, while also maintaining a solid reputation as a small business owner at DNECHELLE LLC, a mobile hip-hop and fitness company. Dance is a way of life and although it is a passion, DNechelle is not limited to dance, but is also a seven time published model who has ripped the runway for both New York Fashion Week and Houston Fashion Week. When not attending to her passions, she is a devoted Wife and Mother as well as the Houston,Tx Chapter Lead for Young People in Recovery. One day she will own Dance and fitness Academies all over the world. Her goals are to inspire uplift every Diamond in the rough around the world. Especially and specifically marginalized groups of individuals who don't have the luxury of viewing dance and yoga as something valuable. With each paid dance client she is able to offer free dance, and yoga services to women and children affected by Domestic Violence, Sexual abuse and substance abuse. Right now, Dnechelle's biggest challenge is opening up and owning her first on location Dance Academy and dealing with the effects of Covid-19. With so much uncertainty and chaos in the world right now she has transitioned to online platforms in order to continue providing dance services. She has fought long and hard to manifest the life she wants. I've experienced her journey from unpolished, unpaid and overlooked. To polished, paid and overbooked. She is truly a Diamond in the Rough.





Emilia Fiebel is a 15-year-old sophomore from Hollywood, Florida. She goes to Sheridan Technical Highschool and takes college classes on the side. Some of her favorite things to do when she isn't dancing are painting, fostering dogs, helping out at food banks, cooking, and advocating for cleaner oceans. She has been dancing for three years with her local studio, Dancers Training Spot, and is taught by her mentors Adriana Luna and Luly Agüero. Her dream is to become a professional dancer or a marine biologist. Emilia started dancing in 2017 with no experience. She

started taking regular dance classes in the beginning until her dance teachers decided to put her into a competition team. She had no strength and no flexibility, so she would go home and stretch for hours so that she could catch up with the other girls. She competed with her team later that year for the first time and fell in love with dance. She got her first solo during her second year on the team and competed against some of her fellow teammates and other kids. Today, she continues to train with her team and competes in group dances, productions and has two solos. Throughout these

three years, she has won awards and recognition like being crowned Miss Teen Magic City's Dance World in 2019, winning first place at her solo competitions, being her team's captain, winning Magic City's Dance Worlds 2020 cover model contest, winning convention scholarships, etc. She is the ambassador for dance competitions/dance companies and represents them on her social media. She loves dancing because she enjoys expressing herself through movement and telling a story and she wants to keep dancing for the rest of her life.



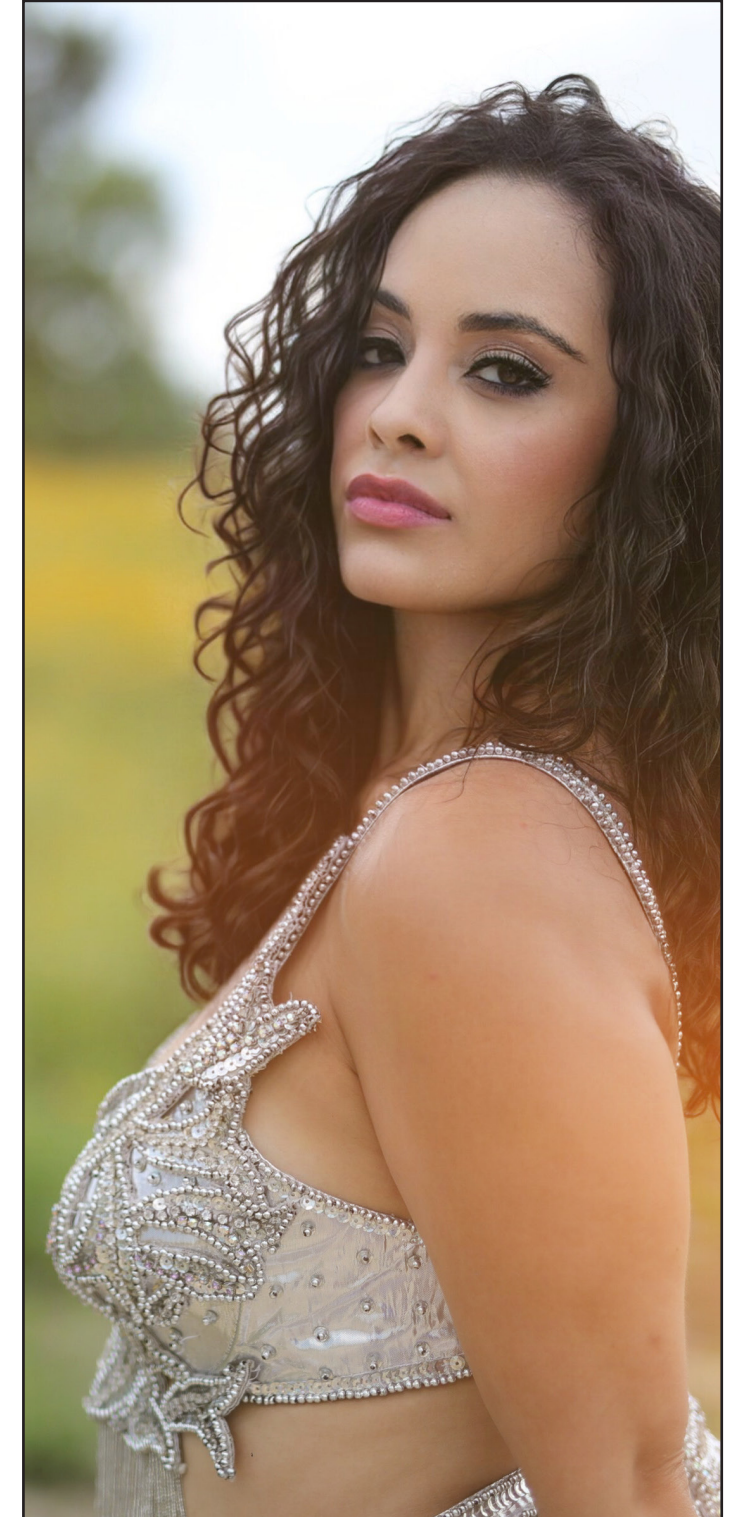
Jamie Burton

I started dancing with KPA Youth Dance Academy on scholarship at a young age then went off to start my own competition dance team in high school called Mega Movement Dance Crew which I ran for 3 years. I was accepted into Morehouse Class of 2016, but my mother was sickly so I decided to stay home and pursue a career in dance. After high school I started teaching dance at numerous studios in LA (On The Edge Dance Studio, Courtney's School of Dance, Pacific Dance Center, Palos Verdes Performing Arts Conservatory) and my choreography has been performed at the Martha B Knoebel Theater, Lula Washington Dance Theater, GS Lounge, Leimert Park, Art-Share LA, West LA College and El Camino College. My choreography has been performed at ACDA for the adjudicated concert in 2015 at Cal State Long Beach as well. I've performed with Ponybox Dance Theater, Mandala Danceworks, Strictly Addicted Dance Theater, Project 21, Eternity Dance Theater, Funderburk Dance Artists, Lula Washington Dance Theater and The Catharsis Project. What originally inspired me to start dancing was a movie called Rize which was based in LA. It was centered around how krump dance was a way out of the repetitive corruption of gang violence and drugs in the projects

of LA. I also learned from watching music videos and dance shows like Dance 360. As a person of color Dance means the world to me. I used dance as an escape my whole life to get away from the mental and physical trauma that I would experience on a daily basis. I have had to deal with gang violence, gang mentality, drugs, and wickedness as I was growing up. But no matter what as I continued to develop as an artist, I never let go of the healing properties of intrinsic dance. Dancing from the inside out and allowing the spirit to move the body in order to heal and move forward with an understanding that I had the choice to be different. I believe as a person of color we are predisposed to mental health problems at an early age and we aren't given the proper tools/ opportunity and coping skills to deal with these types of problems before they onset. Therefore art becomes second to none, and is looked down upon as something only women do, or as something that won't generate enough income to provide a living off of. This is especially true in the black household. So dance is imperative to our community because it gives us a chance to heal through expression and art. This is why dance means so much to me because it gives us the chance

to heal and change the narrative of our past into something that is more conducive to the upcoming generations of black dancers and dancers all around the world. I have a dance company in progress called Jamie Burton Dance Collective that I established in 2014. My mission for the collective is to be a space where dancers can be free to be their true authentic selves while receiving proper technique and dance instruction. Dance styles for performance are a fusion of modern and contemporary dance. JBDC is all inclusive and dancers/ artists of all colors, ages, and sizes are welcome to come and be a part of the safe space and expressive community. My ultimate goal is to use the collective to educate and inspire a broader and diverse audience by displaying engaging and interpretive choreography that shows current events, issues, hopes, and strengths that we as one people are facing on a daily basis. Dance has been around since the beginning of time and I believe we lose our connection with self when we are not able to be free in our expression, which creates a downward spiral in society. So I will continue to advocate for dance as a healing and coping mechanism with hopes that it brings at least one person to true understanding of self.





Jordana Swimmer



Jordana Swimmer is a seventeen-year-old dancer born and raised in East Rockaway, New York, who has received her dance training from three different dance schools in her area. Jordana started at The Dance Space at the age of two and was there until the age of eight. There, she studied the styles of ballet, tap, musical theatre, and reggae.

Jordana, from age nine to age thirteen, practiced her studies at Dance Workshop where she added on other styles of dance including hip hop, modern, jazz and pointe. She then continued her dance journey at Starz on Broadway and is currently still with this company. Jordana currently competes on the senior company team at Starz on

Broadway. This company competes in hip hop, jazz, lyrical and tap. Adding onto the dance studios that she has attended, Jordana also attends the Long Island High School for The Arts, where she gets her basic technique training, and learns more about the history of dance.



Kiana Sanderson



Kiana has been dancing since 1st grade. She is currently on scholarship to SMU for dance. Kiana was a member of the cast of "Dancing Queen" an original Netflix series. Kiana has danced in music videos, the Supreme video for Anastasia cosmetics and has danced for conventions such as Mary Kay. Kiana also has several titles and awards. She won first place soloist at Radix, WODCON, Tremaine and many other conventions and competitions. She has won Miss Primetime and Contemporary Idol many times as well. Her role on "Dancing Queen" made her an inspiration to a lot of dancers. Kiana has also won local, state and Nationals awards for her choreography. Kiana hopes to dance professionally and then one

day own a studio with her younger sister, Leigha.

Achievements: Kiana has been a member of Beyond Belief Dance Company since she was 10. She is currently a Super Senior there as well as a teacher for the mini prep team. Her sister Leigha dances there as well. Beyond Belief is located in Garland, Texas, formerly in Mesquite. You can learn more about our amazing studio on Insta @beyonsbeliefdancecompany or watch "Dancing Queen" on Netflix!

Credits: Photographer: @rhileephotog Rhiannon Lee



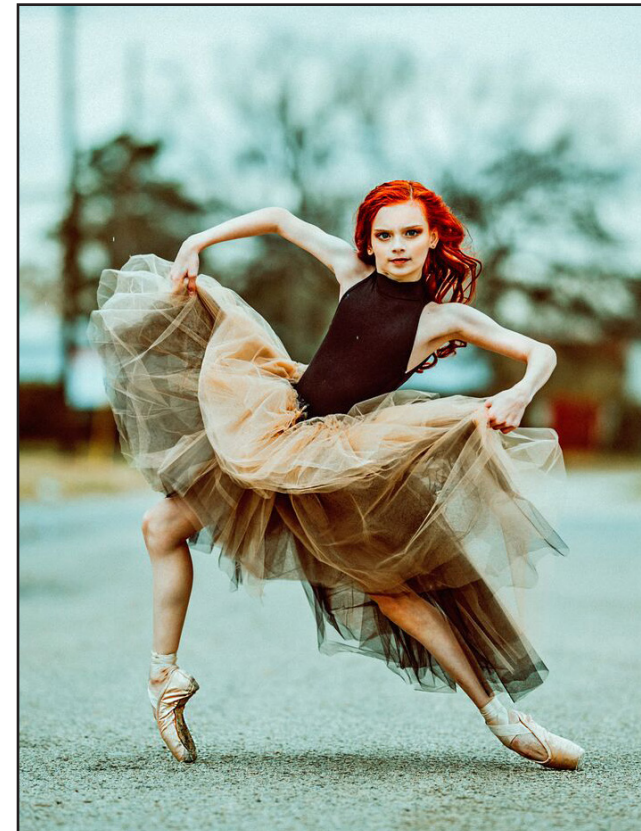
Leigha Rose Sanderson



Leigha has been dancing since age 6. She started dancing late due to being born with Spina Bifida. Leigha is a top soloist in our area and has won first place at Hollywood Vibe, Tremaine, she was also just named a Streetz Elite dancer, MDG Talent Cover Model for June and July, as well as being named a Sugarlulu feature in June. Leigha was a featured cast meme we in the Netflix Original Series "Dancing Queen." She also recently won another huge honor that will be televised later this summer. You can also see Leigha is the Anastasia cosmetics "Supreme" video. Leigha was also an assistant for Force Dance Tour this year. Leigha hopes that her health will allow her to continue dancing and one day be a professional dancer and then own a studio with her sister, Kiana.

Achievements: Leigha dances at Beyond Belief Dance company, the home of the Netflix original show "Dancing Queen." BBDC is located in a gated shopping center in Garland Texas. It is a small but fiercely competitive studio. You can learn more about BBDC on the @beyondbeliefdancecompany Instagram, or you can watch "Dancing Queen" on Netflix.

Credits: Photographer: @rhileephotog Rhiannon Lee





I started dancing when I was 3. But i actually started liking dancing when i was about 12. When I was 12 i had starting being bullied in school, and dance would be a scapegoat for me. I'd be bullied so bad that dancing would make me cry, or it would make me very mad. Im 15 now, and im still bullied to this day. I've experienced a lot throughout the years, and i would've never mad it without dance. The biggest goal i have is to finnish high school and be one if the

best dancers I can be, so i can look back at all the people who tried to tear me down and say "i made it." One of my biggest achievements of my life, is when I would go to dance and be bullied, and i would still make it through the dance class, without there being any problems. For me to be able to make it through the bullying during the dance class, so that my teammates could learn the dance and new things, was a huge achievement i accomplished myself.

One success story that i have, is when I placed 2nd in my category, because I had gone through so much that year, and managed to say "i did it" again. I'd have to say that on of the biggest challenges I've had to face is the Coronavirus, because I haven't had a scapegoat for the past few months. The only way im able to dance is if i go in my road in front of my house and dance, but its not the same as dancing in the studio with all my teammates.





Hello, I'm 8 years old and I dance since 2 years old. Dance is one of my passions. In my studio in on the elite competitive team for the last 3 years. My very most 2 favorite styles is Hip hop and tap, now I really start enjoying lyrical as well . My first year competing I had a jazz trio and we win nationals. Last year I had my first hip hop solo and my season was amazing. One of the judges even called me hip hop diva . I like to keep dancing for as long as I can

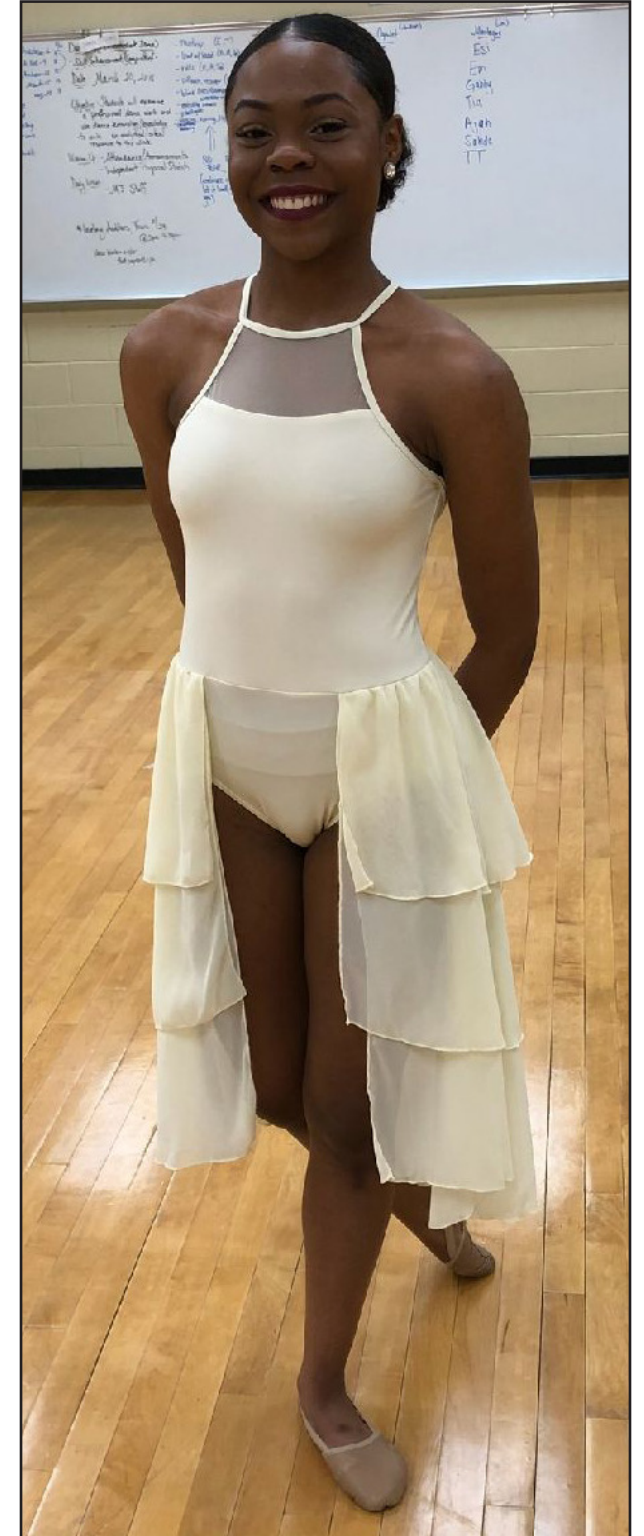
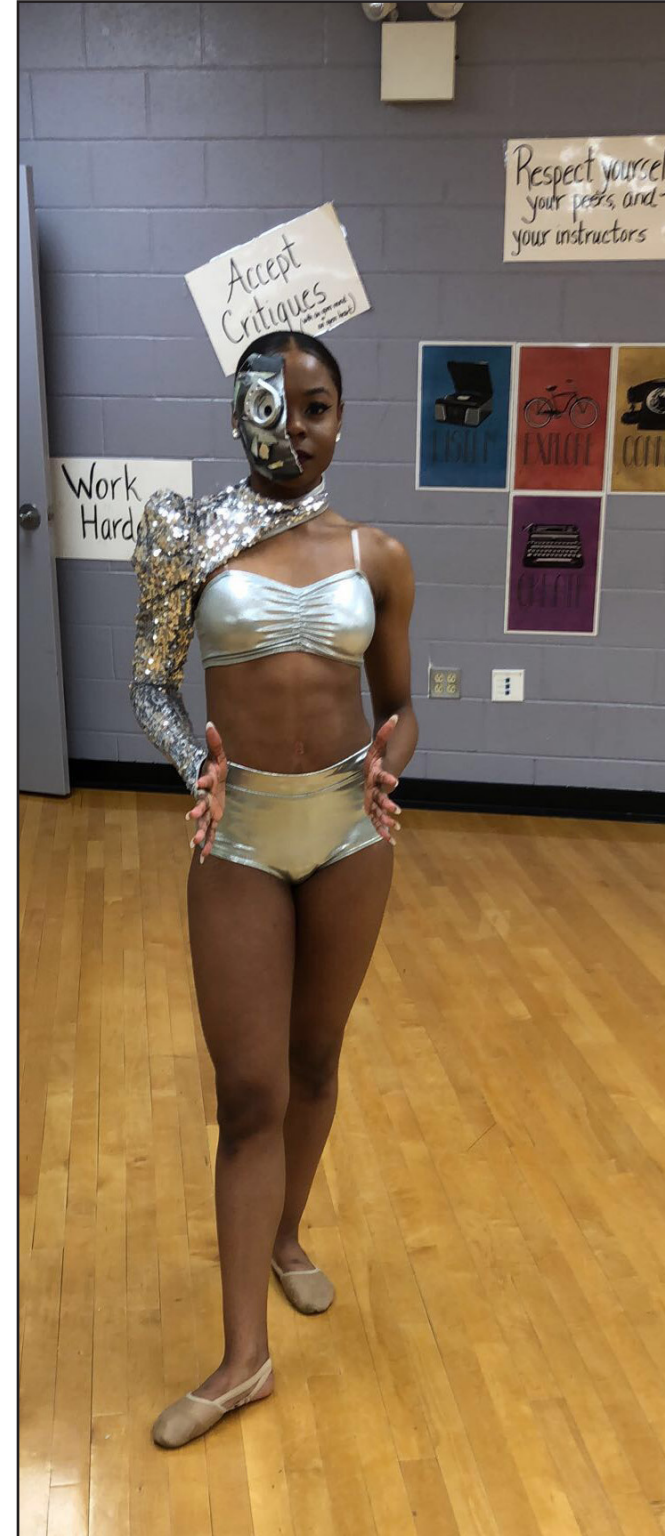
Marshae Smith



For the past four years, I have been fortunate to serve as Marshae's dance teacher at Laurel High School. Now, Marshae consistently displays the leadership and work ethic every athletic and artistic director hopes for from her elite dancers. Throughout the four years, as her dance instructor, I have learned Marshae's character, work ethic, leadership abilities and extraordinary talents. In my fourteen years of teaching, Marshae

has been one of the hardest working dancers with whom I have had the pleasure to work. As a member of the dance company during all four years of high school (one of only two students in the history of the program to be selected as a member at the start of their freshman year), Marshae has always showcased natural athleticism and exemplary abilities in the areas of ballet and modern dance. She has earned numerous awards for her technique

and creativity during competition and performance seasons. From a personal standpoint, Marshae is confident, honest, tenacious and independent. She is a hard worker who endlessly pushes to surpass the highest expectations. Her maturity, work ethic and humility are beyond her years. She served as a positive role model for the students at Laurel High School.



Nathalie Gutierrez

Nathalie Gutierrez was born in Houston, TX on October 15th, 2006. She started to take pre-ballet classes when she was 3 years old in Allegro Academy of Dance that is The House of Allegro Ballet of Houston under the Direction of Glenda & Vanessa Brown. This institution celebrates its 68th anniversary this year.

Nathalie's first public performance was on the bi-annual ballet school recital at the Wortham Center in Houston's downtown at age of 5.

Since that moment she has never stopped of being on stage every year for all different performances of the Allegro Academy of Dance. Her favorite Ballet is The Nutcracker. Allegro Ballet of Houston realizes 3 full length performances of this Masterpiece each December and Nathalie has played different roles on it, from a little girl in the Party Scene when she was 7 years old to a beautiful flower or snowflake while she is becoming in a teenager. Her most challenged performance until present has been to dance: The

Soldier Doll. Allegro Academy of Dance also offers to its dancers classes from the Royal Academy of Dance Program and Nathalie passed all the exams from Grade 1 to 5 with Merit (Silver Medal). At present she will be preparing to pass the Intermediate.

Nathalie Gutierrez belongs to Allegro Ballet of Houston Company since 2018 and as member of the Company she takes not only Ballet classes, she also takes Jazz, Tap and



Modern classes as a complement that allows her to grow as a dancer. She also has had the opportunity to perform in the Regional Dance America Southwest Festival where she has auditioned to be accepted for receiving training in different prestigious Ballet academies.

Nathalie Gutierrez has received full tuition scholarship from Ballet Magnificat in Jackson, Mississippi for the Summer Dance Intensive Program in 2019 and this year 2020, due to the COVID -19 pandemic situation, she received

as well the scholarship from the Regional Dance America for its Dance Summer Intensive Online Program.

During all those years of dance training Nathalie has learned how to be disciplined and how to manage all her time. For example, during the day she would have to attend school and at night dance classes and rehearsals. During the day she would have to find time to study for her school exams and be able to complete her homework and projects. Also during the trainings

she has learned how to keep her body healthy. She had to drink enough water, eat less junk food, and stretch everyday during the weekends. But the most important she has learned how to work in a team and how to accomplish goals, she has made life -long friendships and she has known amazing Ballet instructors who have inspired her and who have showed her the love for dancing and how dance can make a difference on her lifestyle and makes her become a better person.

Olivia Frost

Olivia started dancing when she was four and when she was 8 she started competitive dancing. Staying at studios and academy's learning how to be a team member and friend. Realizing she wanted to be on the varsity and senior teams she had to dance longer and harder than the others to get to the highest level. Taking tumbling classes from many gyms and studios to get tricks and be in the big parts of dances. With competing for other studios they have asked to have her picture taken by places to show off her tricks and talents. Olivia is a very flexible and strong dancer and has done Acro classes to learn crazy new fun tricks. Growing as a dancer and person in the dancing world. Her father had passed away when she was 11 when she had her first solo experience, she dedicated it to her biggest supporter -her dad in heaven. She had a goal to make her junior high cheer team and learn new fields of dance, going to cheer clinics and cheer gyms to learn and grow. She made cheer but also cheer captain as a freshman. She wasn't stopping there she wanted to become a bigger dancer in her high school and dance with more people. Following the next year she became a sophomore and ended up making the drill team. Going through covid restrictions and rules but never gave up because her heart was set on achieving yet another goal. With broken ear drums she still did camp, for a fractured foot and kept going to learn more dances. Olivia has been wanting to take pictures and find companies to help in this industry and has been very excited once we heard about you guys.



Paisley Villada Canham



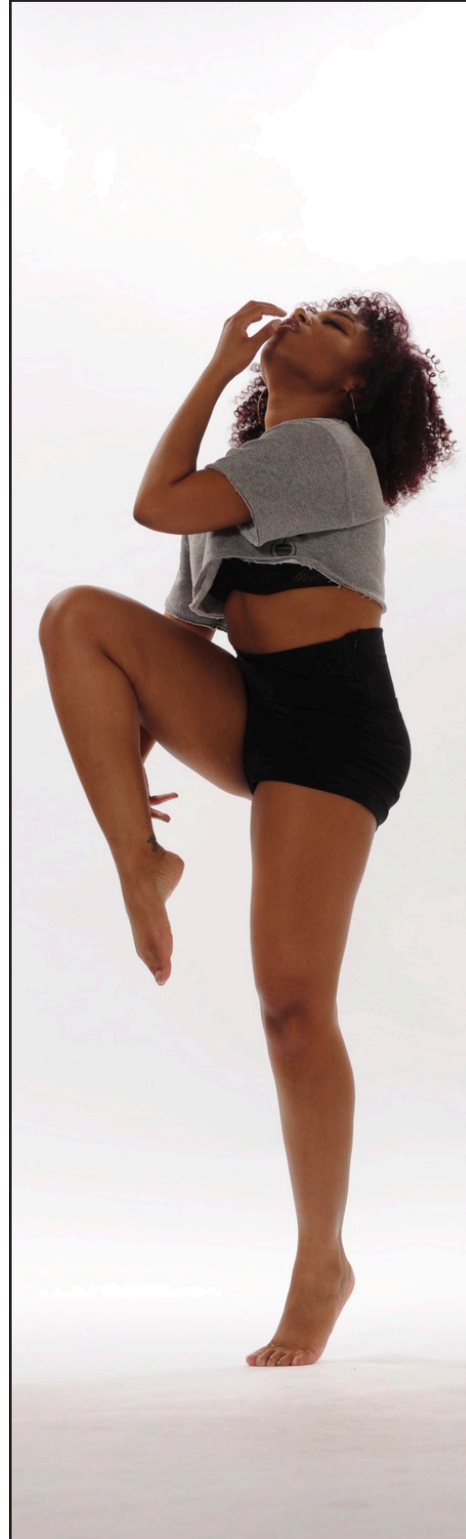
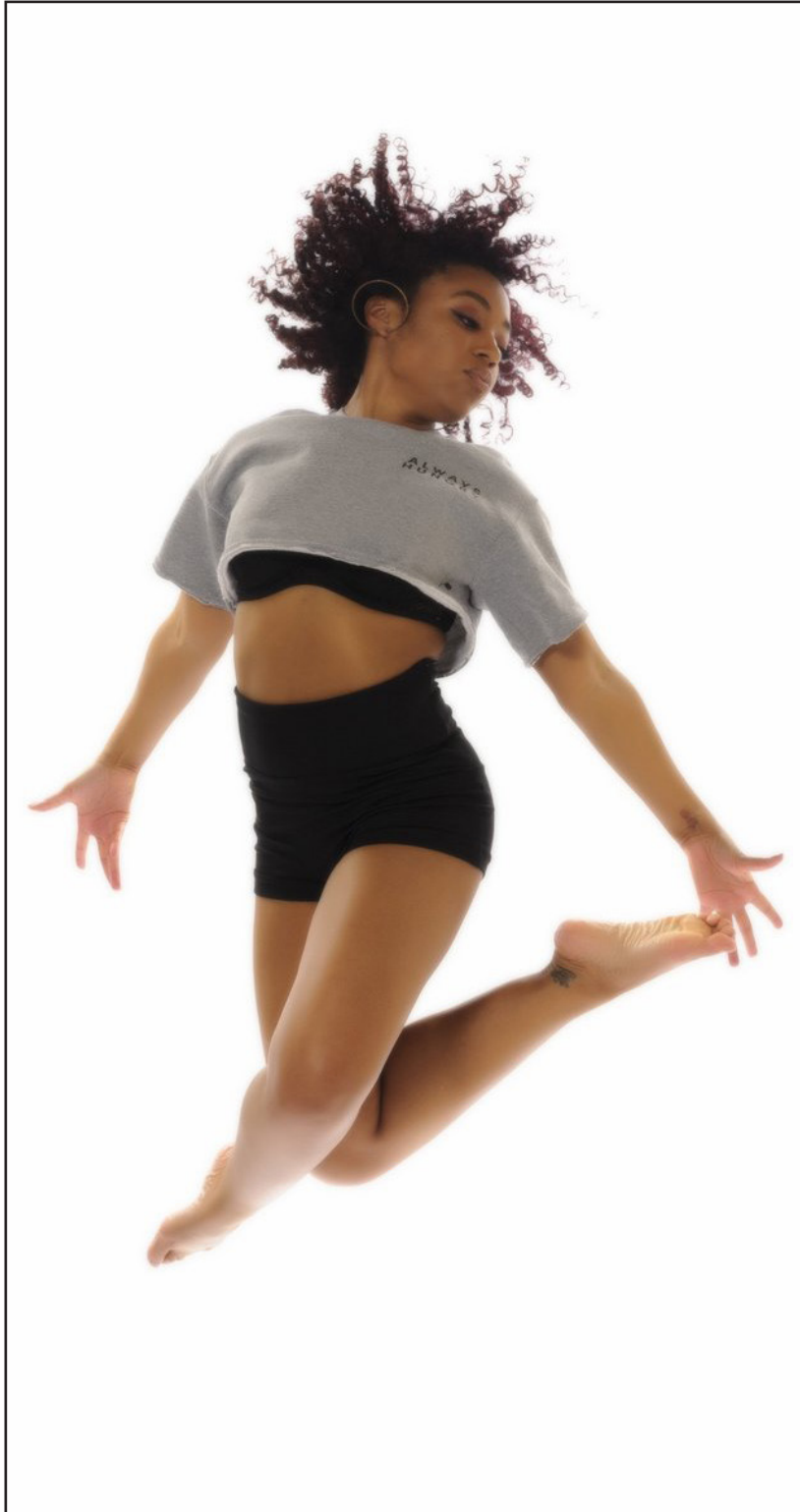
Paisley was born with the love for dance and music in her bones. Anytime she would hear a song as a baby she'd start wiggling or bobbing her head to the beat. Once she became able to walk she'd have dance battles with her dad, and spin and twirl everywhere she went. At the age of 3 she was enrolled into Beyond The Barre Dance Academy which has come to be her second home, from the moment she started in studio Paisley knew she wanted to be a competitive dancer and was sure to let the studio director know

every chance she had. At age 5 her hard work and dedication paid off and her dream became a reality! She was asked to join the Mini apprentice competition team. This started a new chapter in her dance life and she was ready to take it head on. At the young age of 6 Paisley puts in an average of 5-6 hours in studio dance a week ranging in styles from ballet, lyrical, hip-hop and jazz. She has performed in a number of recitals having multiple performances in each the thrill of racing to change

gives her a burst of energy. She has been presented and awarded for having the most team spirit. She attends dance conventions and any other opportunities she's offered, she refuses to stop even after hours of consecutive classes she still wants more. At home her free time is spent choreographing her own dances or practicing her team dances. She lives to perform and dreams one day she will own her own studio and help others find the passion she has for dance.

B.Medeiros photography





Starting dance when I was only four, I have gone on to dance and/or choreograph for several artists and companies including Steve Harvey, Tyler Perry, Ginuwine, Calvin Richardson, the Sacramento Kings, AyHollywood, GiGi Torres, Tank, and Snoop Dogg. I have also had the opportunity to act as Director for UNC's first coed dance team, UNC Kamikazi and lead instructor at both Bravo Academy of Dance and Faulkners Dance and Gymnastics, but can currently be found at home teaching adults and youth through my own nonprofit organization and studio, Motiv8 Incorporated!

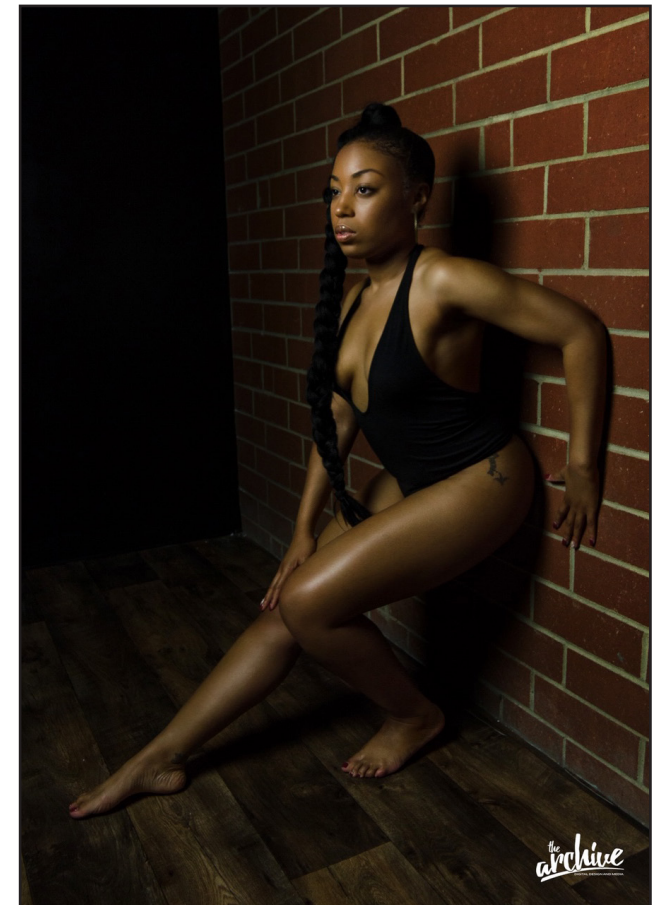
I am a graduate of the University of North Carolina at Chapel Hill with a BA in Psychology and Sociology with a concentration in Law and Cognitive Science. I am currently

in pursuit of her a degree in MS Clinical Mental Health Counseling! Over the years, I have worked tirelessly to ensure that the young women were supported, loved and encouraged. I had a vision and executed a plan to address mental health challenges via dance to traditional therapeutic techniques and interventions. My work is much needed in communities that are plagued by stigma and limited healthcare resources.

Much of my time has been spent volunteering her time and skills to Eustress Inc., a non-profit organization aimed to raise mental health awareness in Black and Brown communities, by hosting dance sessions to connect the dots with mental health. I have a

strong desire to help those in need, especially the next generation, and am well on my way to shifting the narrative of mental health in the Black community. By providing a unique dance class that promotes emotional, social, cognitive and physical integration to women of color for the purpose of improving health and fitness while tackling the issue of self-care and mental health, I am helping the 16% of Black America that had a diagnosable mental illness in the past year and beyond.

My work has been seen on Tyler Perry Studios, BET, BETH, Essence, XONecole, Spirituality & Health Magazine, 102Jamz, Foxy 107/104, Spectacular Magazine, The CW, and more!

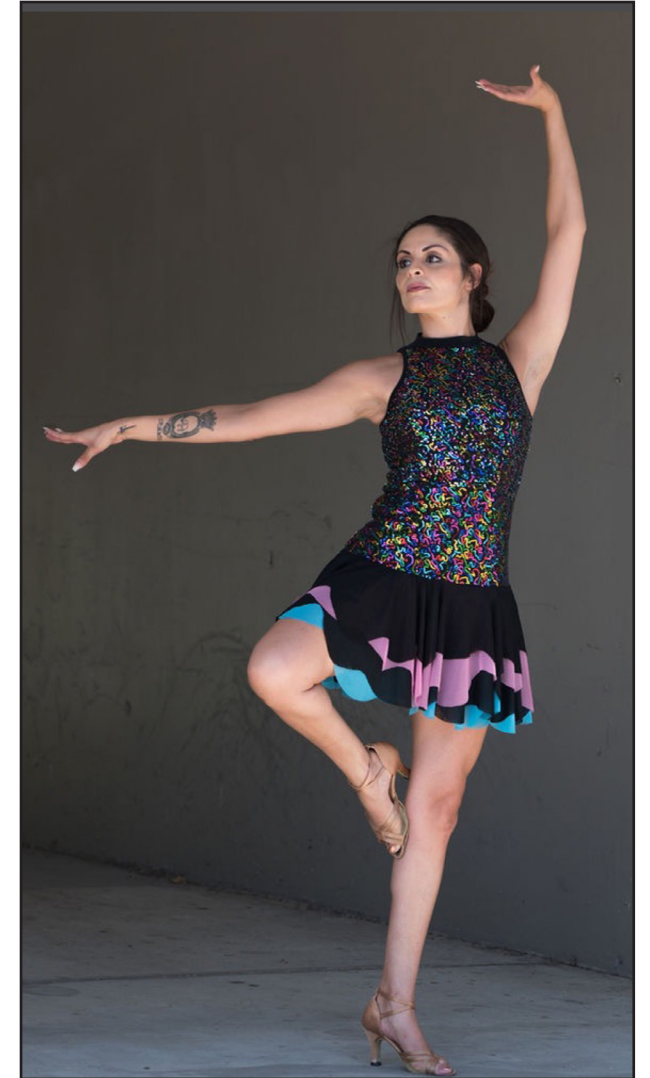
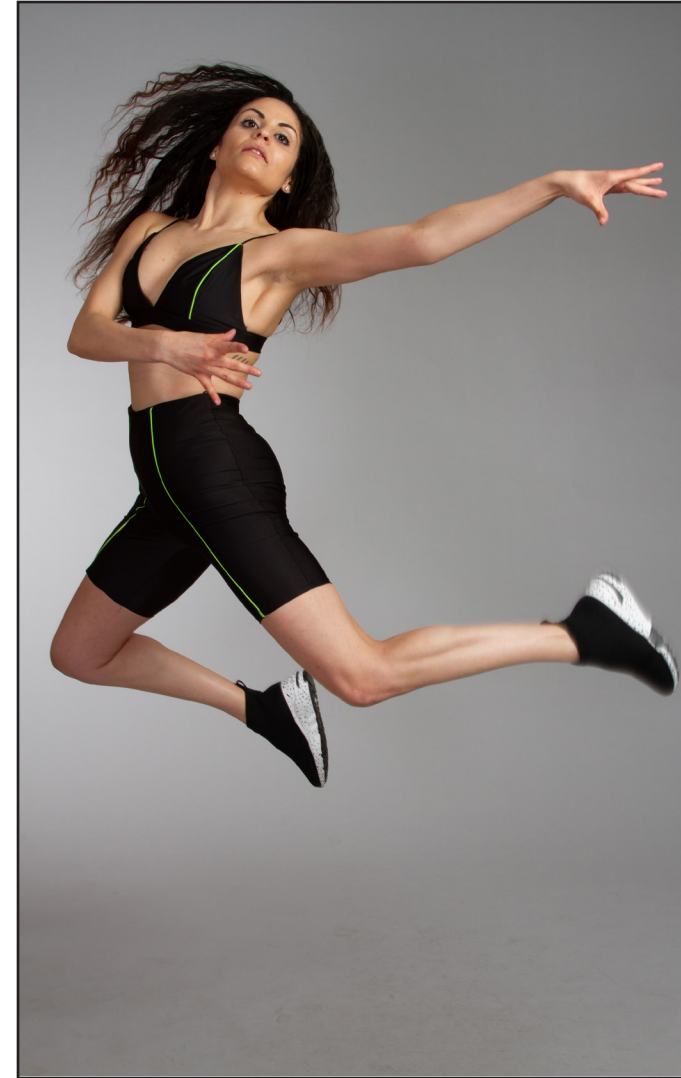


Ruby Messina

Born Ruby Messina and known as "MzRuby" or Coach Ruby; Ruby has shown exceptional work as an entertainer, public figure, entrepreneur, influencer, and model. Ruby was born in Sicily, Italy where she was inspired to classical music and became influenced in classical dancing. She moved to the United States at the age of 4 where her influence in cultural awareness grew into her interest in learning cultural and social dances with the training of her mother who was a driven Olympic swimmer, dancer

with some acting roles in theater in her town (Barranquilla, Colombia) and later a certified photographer of Southern California. Ruby became most modeled as well as managed by her mother in the commercial world but MzRuby began her dance journey very young performing in Colombian Carnival events, Monday Mornings Opening Announcement Day at her elementary school, talent shows, as well as competed in teams from 4th grade and on. She began as a Latin/cultural dancer, to competing on HipHop teams and

her profound interest in growth brought technique into her skill building in classical dancing which later became core components throughout her high school learning. From tap to ballet and modern to jazz, Ruby danced on production teams and on Paso De Oro (Steps of Gold) Dance Company's Latin Jazz Team; the company's high level trained team and the second youngest professional dancer from La Miranda, California now located in Norwalk. When she graduated high school: Ruby



Messina taught catechism, was involved in Saint Philip Benizi's Youth Band and choreographed youth dance pieces while attending to California State University, Fullerton where she majored in Entertainment Management & Dance also competed/performed on the Salsa Competitive team as dancer; secretary and sports council Representative for the team. She was on LCC hiphop team in middle school and on the drill team for hiphop dance in elementary school. She even danced on cheer teams up to freshmen year of high school, has

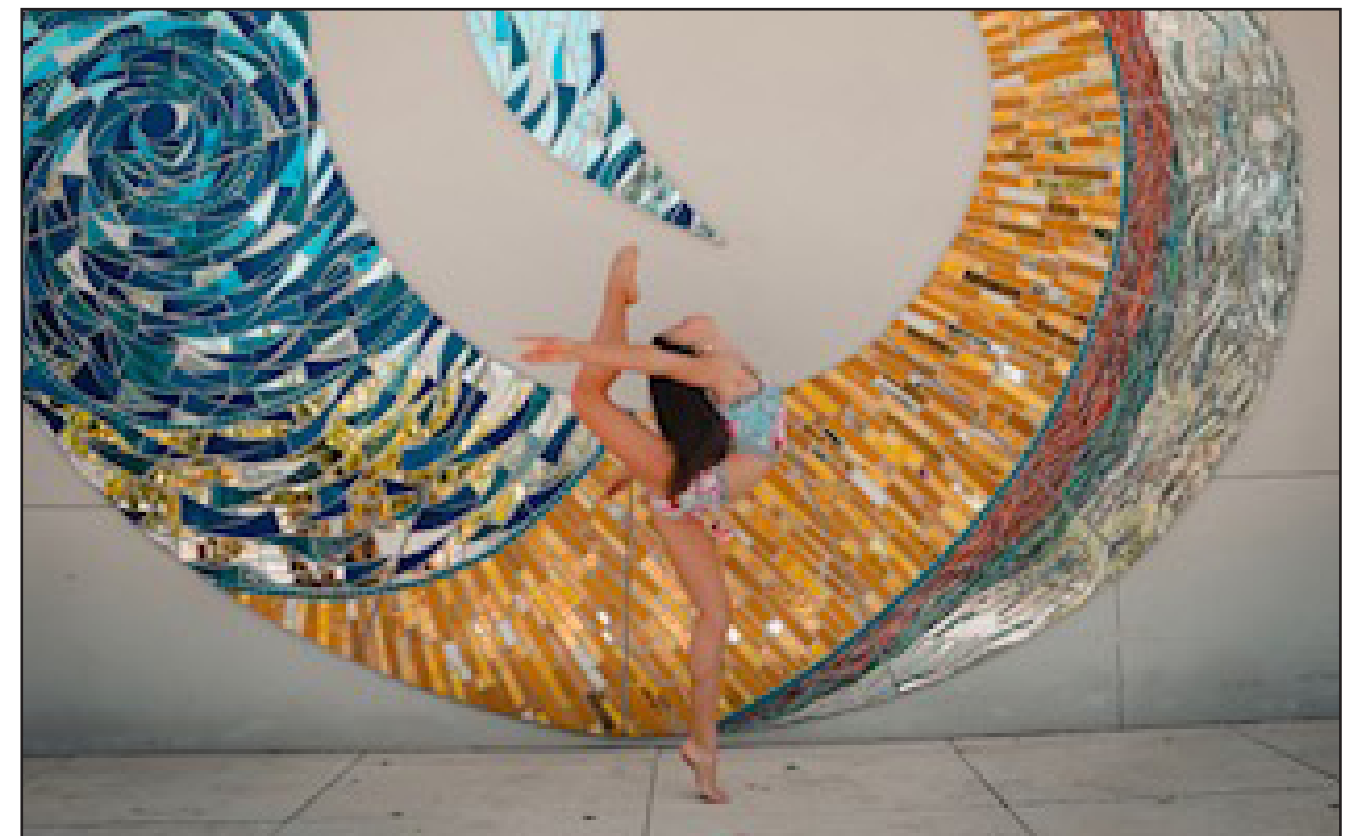
taken gymnastics, tai chi, defense and MMA-UFC classes. Ruby has too made much impact in her community as she began coaching dance/cheer teams at the age of twelve through boys and girls clubs of Fullerton. Won youth of the month consistently earning her a spot as teen volunteer she opened her own dance/cheer program encouraged by Mike Lozano (Branch Director) later other branches in the district officially opened the program and Ruby Messina became star performer for the city of Fullerton and the County of Orange as well as

youth of the year state wise in the mid 2000s. She has been honorably recognized nationally and has built relations internationally. Now a profound dancer and athletic model, coach in competitive dance both recreational & commercial; trains in strength & conditioning concentrating on core building, stamina & flexibility without injury is continuing her education in dance and building educational opportunities for young dancers driven by passion seeking an opportunity in commercial dance at twenty-nine years of age.



I took my first ballet class when I was 2 and a half years old. My mom put me in different activities and in the summer of 2015 I went to a dance summer camp and that's when I discovered dance was my passion. I joined the competition team that year and never looked back. The following year I auditioned for a visual and performing arts school where I continue to be part of their dance magnet program. I have taken some amazing dance intensives at Joffrey Ballet, Miami City Ballet, and Stars Dance Company. I am currently also on my school's dance team. My favorite styles of dance are ballroom, lyrical, acro, contemporary, ballet, and jazz. I love to show the world my individuality and passion for dancing. Dancing allows me to express my most genuine self!

Julia Rose Photography

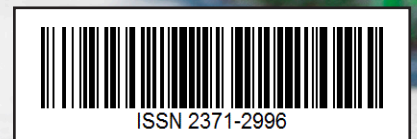
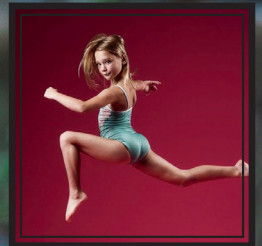


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Clara Chenault



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