

# *Life is Motion \* Dance is Motion \* Dance is Life*



Would you like to:

....have better balance?

....be more flexible?

....get rid of that foot, ankle, knee or hip pain?

Come to a **Health in Motion Seminar** on August 17th

**SPONSORED BY THE MICHIGAN SWING DANCE ASSOCIATION**  
**with Dr. Joe LaCaze - Doctor of Chiropractic, Flexibility Specialist,**  
**Certified Extremities Practitioner**

You will learn techniques that you can use to make sure the flexibility and balance of your body is as good as it can be. Dr. LaCaze will demonstrate how to achieve better balance and will show us how partners can stretch each other.

Dr. LaCaze specializes in finding and treating the cause of pain, dysfunction, tightness and weakness of the feet, ankles, knees, hips and pelvic area. He also is a specialist in the field of performance enhancement and balancing the musculature of the body so it will function correctly.

At Dr. LaCaze's clinic in Atlanta, he trains athletes of all levels in the seven components of athleticism. Those components are speed, strength, flexibility, agility, balance, coordination and ambidexterity. The most important ones for swing dancers are flexibility and balance. He is highly qualified and equipped to make immediate improvements in both of these.

## **SEMINAR AGENDA**

- 1 and 1/2 hour discussion on the mechanics of how the feet, ankles and knees work together to create kinetic change, in other words, motion. He will discuss the extra stresses that dancing puts on the feet and other body parts, and the problems associated with this.
- The second hour and 1/2 will be devoted to learning a series of things we can do to reduce pain and injuries. Dr. LaCaze will also include a section on preventative maintenance for our bodies. We will learn valuable stretches and how to do balance work with a partner. You won't need to come with a partner to participate.

## **REGISTRATION FORM**

**Make checks out to MSDA, PO Box 1125, Walled Lake, MI 48390**

**For more information, contact Sharon Nelson at 248-390-0515 or msdapes@att.net**

I would like \_\_\_\_\_ tickets to the seminar @ \$20 each.

I would like to schedule a private appointment(s) with Dr. LaCaze for \_\_\_\_\_ minutes.  
The rate is \$20 for each 15 minute period.

Dr. LaCaze is from the Performance for Life Clinic, 775 Johnson Ferry Rd., Atlanta, GA 30342. They accept most insurance plans.

Enclosed is a check for \$\_\_\_\_\_.

**Location, time and map on reverse side.**

Name(s): \_\_\_\_\_

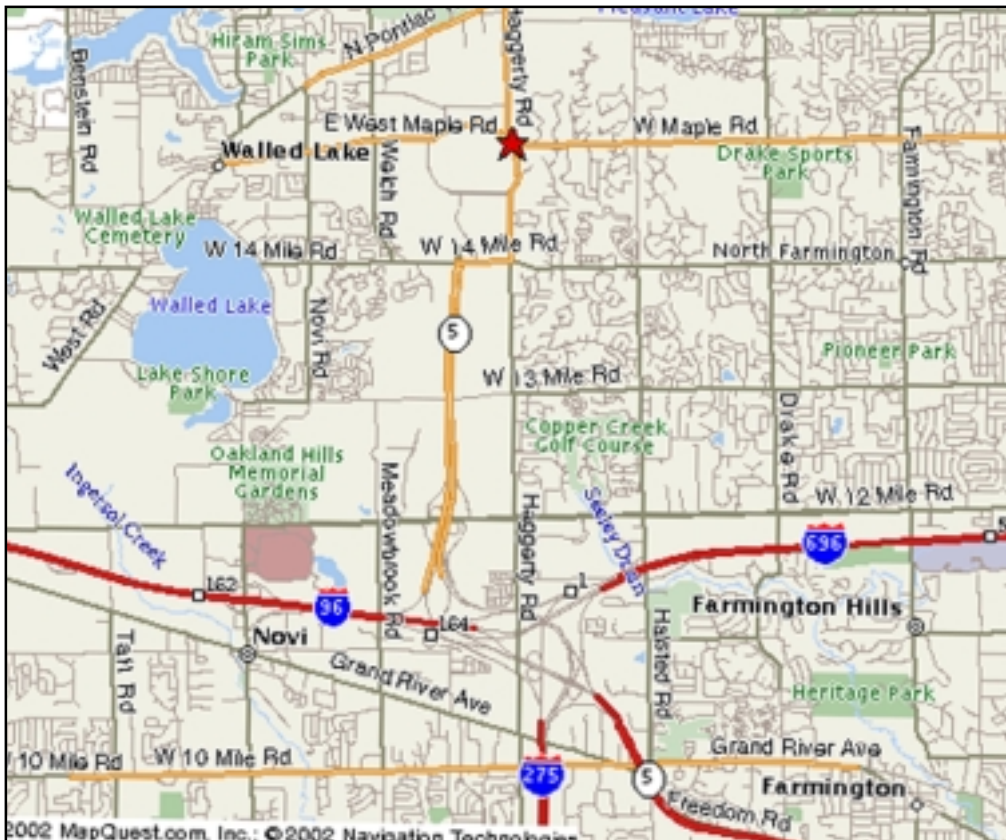
Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**TIME: 10:00 AM TO 1:30 PM**  
**at DANCE ELITE BALLROOM STUDIO**

Bloomfield Avenue Shoppe II  
6315 HAGGERTY RD, just north of Maple Rd.  
West Bloomfield, MI (248) 926-8522

From the south, take I-96 or I-696 to M-5 north. Turn right onto 14 Mile Road, then left onto Haggerty Road. The studio is on the right side just north of Maple Road.



This seminar will be incredibly helpful to anyone who wants to move better for any reason, whether it's dancing, playing golf or tennis, walking, doing yoga or any other activity. You will learn techniques to relieve muscle and joint pain, prevent leg cramps, backaches and headaches, and it will help you trace your symptoms to the causes, in order to deal with them.

Dr. LaCaze will not have time to do individual diagnoses during the seminar, but he is scheduling private appointments on Saturday, Sunday and Monday. See the registration form on the reverse side of this paper for more information.

**NEW MEMBERS**

The MSDA warmly welcomes the following Dancers to the club. Thanks so much for your support!

- DESIREE DeMOTT
- PAULA SPORN
- MARY ROLEY
- TINA WOOD



The MSDA has a birthday party every month for those with birthdays during that month. We announce the members' names, have a birthday dance especially for them and serve cake. We also have a gift for those present at the party in their birthday month. Please be sure to open it before leaving the party...it needs to be laminated.

|           |             |      |
|-----------|-------------|------|
| CINDY     | COCHRAN     | 8/1  |
| JANET     | MARCACCINI  | 8/1  |
| TIM       | CONSTANT    | 8/2  |
| CATHERINE | ANNONI      | 8/3  |
| IVAN      | FOX         | 8/4  |
| MARY JO   | FLANIGAN    | 8/6  |
| TONY      | SZABUNIA    | 8/12 |
| EDWARD    | CLEMENTS    | 8/12 |
| EMILIO    | TORRES      | 8/12 |
| RONALD    | KONOPKA     | 8/13 |
| MARY JANE | LAZOEN      | 8/15 |
| DAVID     | KAZMIROWSKI | 8/21 |
| SHERYL    | SILVER      | 8/22 |
| TOMMY     | WHISMAN     | 8/26 |
| ISRAEL    | HOCHBERG    | 8/27 |
| ROBIN     | STONE       | 8/28 |
| ROSEMARY  | BALDARELLI  | 8/29 |
| DAN       | TRIPP       | 8/30 |
| MURRAY    | COHEN       | 8/30 |
| SAN       | MIYAMOTO    | 8/17 |



**FUTURE PARTIES**



- September 22
- October 20
- November 17
- December 8

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**Please note: Some of the dates are not on the 3rd Sunday due to holidays or convention dates.**  
 .....

The birthday cake for our parties is provided by Dave Michalski. He gives us a great discount and will give any MSDA member a discount too. Dave's shop is located at:

**Gallery of Cakes**  
 29457 5 Mile Rd.  
 Livonia, MI 48154  
 734-427-9202

**Hours:**  
 Tues - Fri, 10 to 6  
 Saturday, 10-2:30  
 Sunday, Closed



**MSDA HEALTH AND MOTION SEMINAR**

August 17 Dance Elite Studio  
 Join Dr. LaCaze for a 3 hour seminar on how to care for your feet, ankles and knees as a dancer. Lecture, then hands on workshop in stretching and balance. See page 1. Private appts. available.

**MID-AMERICA JUST DANCE CHAMPIONSHIPS**

Sept 12-15 Rosemont, IL  
 WC, Lindy, Hustle, Nightclub, J&J.  
 Radisson O'Hare: 847.297.8464.  
 \$100 for the weekend.  
 www.madchamps.com  
 midamericandance@aol.com  
 Rich Cooper: 847.692.4095

**2002 VIRGINIA STATE OPEN SWING DANCE CHAMPIONSHIPS**

September 19-22 McLean, VA  
 9 DJ's, 40 workshops, J & J's, all types of swing dancing.  
 Contact Hutch at 703-698-9811 or crhutch@erols.com  
<http://www.potomacswing.com>

**FIFTH ANNUAL LINDY HOP CHAMPIONSHIPS**

October 24, 25, 26, 27 2002  
 Sheraton Stamford Hotel  
 Stamford, CT 203.359.1300  
 Workshops, parties, competition.  
 4 day pass, choice of 50 workshops, two big band dances and more, only \$159. Register online at <http://www.artspectrum.org/alhc2002.htm> or call Paulette Brockington: (313) 790-2311 or [paulettebrockington@yahoo.com](mailto:paulettebrockington@yahoo.com)

**6TH ANNUAL SWING CHALLENGE AND MASQUERADE BALL**

November 1, 2, 3 Minneapolis, MN  
 Mystic Lake Casino Hotel  
[www.mysticlake.com](http://www.mysticlake.com)  
 Weekend pass: \$85.  
 Workshops, costume contests, late night dancing, 3 levels of J & J's, Strictly Swing. 952-941-0906  
<http://www.tcrebels.com>

**DALLAS DANCE**

August 29 to Sept 1  
 Fairmont Hotel, Dallas, TX  
 (800) 441-1414 \$65/weekend  
 Workshops, competitions, open dancing.  
<http://www.dallasdance.com/>

**DANCE LESSON**

Maros Reves is our guest teacher this month and will be teaching Intermediate Cha Cha. This is not pattern work, but he will show you, through your head, hand, and body movements, how to put that 'spark' into your dancing that makes people notice you. He will go over the basic step briefly at the beginning of the lesson. See bio on page 5.


**DISCOUNTS  
FOR MEMBERS**


**THE DANCE CLUB's progressive** classes begins every six weeks at the Amber House in Warren. Schedule: [http://amberhouse-danceclub.com/class\\_schedule.htm](http://amberhouse-danceclub.com/class_schedule.htm). Private lessons available. Mambo, Hustle, ChaCha - Tango - Waltz - FoxTrot - Swing - West Coast. Huge Dance Floor! Amber House, 7012 E. Nine Mile Road (Just W. of VanDyke) Warren, MI. 586-754-3434

**AMBER HOUSE's** new 6 week progressive class starts the first week after labor Day, on Monday, Sept. 9. Cindy Gerald is the instructor. Tim Constant will also return to teach Ballroom Cha Cha and Swing.

**STARDUST DANCE STUDIO**

**Discount to MSDA members for their Friday night parties.** Friday Night Dance Parties 8:00 PM - 11:00 PM. FMI: 248-356-5678. See attached class schedule. <http://stardustballroom.com>

**ROYAL OAK ARTHUR MURRAY**

Friday night parties every second Friday. Call for dates. 9:15 -10:45 PM. \$5. **Discount of \$1.00 for MSDA members.** 811 North Main Street, Royal Oak. FMI: 248-548-4770

**TROY DANCE STUDIO**

**\$1.00 discount on every event to MSDA members.** They hold scheduled Theme Parties on Tuesdays. 4963 Rochester Rd. Troy, MI 48098. Elaine Marrero, TDS. 248-689-3393.

**TROY DANCE STUDIO WEST**

6750 Orchard Lk. Rd., W.B. 248-538-4343. All classes have been moved to the Rochester location for the summer

**DANCESPORT ACADEMY OF MICHIGAN**

23666 Park, Dearborn, MI 48124 313-724-3262. The studio has Friday night open dances, \$8. Sat night dances are \$10. **\$1.00 off to MSDA members.** <http://www.dancesportacademy.com>

**DANCE ALERT**

Want to receive the latest e-mail news on dance related events in Michigan? Want to know where the hottest dance floors are? To subscribe **free** to all the latest dance news, visit her website at: <http://dancemichigan.com>.

Instructors, DJ's, Bands and Event Coordinators may advertise for free. You can print out a huge list of area dance floors or check out the Information Station at the monthly dance for her list.

**RHYTHM -N- SHOES DANCE STUDIO**

**\$1.00 discount to MSDA members on Thursday night dances.** 9 to 11 PM. Suzie Brecht is the new manager of the studio, as well as a teacher and the DJ. 2172 Franklin Rd, Bloomfield Hills. 284-334-0299. See attached schedule. RhythmNShoes@aol.com.

**DELIZ DANCESPORT**

231 Eureka Road, Wyandotte, MI 48192 734-281-1969. M-F, 1pm-10pm, Sat. by appt. 734-281-1969 or delizdance@aol.com

**ARGENTINE TANGO DETROIT**

7758 Auburn Road, Utica FMI: 810-254-0560  
An instructor from Deliz DanceSport is teaching Salsa & Swing on Mondays!  
**NEW: Argentine Tango Tuesday evenings** located at: SKY CLUB  
Open at 7:00, Free Lesson at 8:00  
**Hosted by Lori Burton. DJ's Jimmy Barrios and Cisco.** 7 PM: Bachata, 8 PM: Salsa, 9 PM: Dance. Sky Club is above Sangrias across from the Royal Oak theater. **\$1.00 off all events to MSDA members.**  
LnBrtn@compserv.net  
<http://www.argentinatangodetroit.com>

**DANCE ELITE BALLROOM STUDIO**

6315 Haggerty, just north of Maple (15 Mile) in Bloomfield Avenue Shoppes II, West Bloomfield. American and International Ballroom Dancing. Group and private lessons for all ages. Competitive dance coaching. Proprietors: Tina Wood, R.N. and Maros Reves, Professional Dance Instructor. Friday night parties, 9 to midnight, \$9. **\$1.00 off to MSDA members.** 248-229-4979. <http://eliteballroom.com>

**PERSONAL TRAINER**

Muscle toning, strength & balance training to increase your dance endurance & poise. At your gym. **10% discount per session to MSDA members for first 5 training hours.** Madelyn Kleitch, ACE certified. 313-882-5422.

**COULD I HAVE THIS DANCE?**

Meagan Woodbury, MSDA member, is the lady to contact if you are a male dancer between 40 - 70, & you are interested in becoming a gentleman host on cruise ships. **\$5 discount for MSDA members.** (313) 886 -9394.

**DINNER FOR 8**

Now you can join other available, like minded, single people for evenings of fine dining and dinner theater. It's fun, it's affordable and it's without the social pressure of one on one blind dates. Life is often too busy to meet new, interesting people. <http://dinnerfor8.com>

**NEW!!! SWING TIME STUDIO/ DANCE HALL**

G-4510 VanSlyke Road- Flint  
Specializing in Swing, Ballroom, Latin, Country & Social Group Classes & Private Instruction available. 2200 sq. ft of Floating dance floor. Monthly Workshops & Dances **\$1.00 off any workshop or Dance party to MSDA members.** Instructors: Terri Sweet-Tim Johnson-Tim Constant-Dave Wolf. Contact Terri at (810) 762-0101. Jtnnsweet@aol.com

**REMINDER:** Show your **MSDA** card at GLSDC and MSSHD dances to **get in at their member prices** Just show your card and save. The GLSDC schedule is at: <http://danceaway.com/GLSDC/calendar.html>. They have a club dance every Wednesday in Flint at Bugsy's. MSSHD is on the 2nd Sunday of the month: [bbudzyn@comcast.net](mailto:bbudzyn@comcast.net) <http://www.michiganswing.com/>

**DANCE LESSON**

Jason Marker was the guest teacher at the July dance. He taught a very easy to follow, and remember (very important), beginning West Coast Swing lesson. Thank you, Jason, for the great lesson and the guest DJ'ing. Jason is teaching WCS at Rhythm & Shoes. See attached calendar.

## GUEST INSTRUCTOR MAROS REVES



Tina Wood, owner of Caring Nurses of Michigan, Inc., and a Registered Nurse by training, has started Dance Elite Ballroom Studio with Maros Reves, professional instructor. Tina picked ballroom dancing as a business opportunity because she loves to dance. Her personalized license plate LV2DNZ is only a small demonstration towards her new business commitment. As a busy mother of 2 boys, a wife and businesswoman, attempting to keep

everything glued together can be very stressful. "Dancing provides an outlet and becomes a stress buster" says Tina.

Ballroom dancing provides an opportunity to personalize a sometimes welcomed change of pace, a chance to just be yourself, to relax, to be with friends, to be creative, and a chance to feel refreshed and accompanied with a delightful bonus of getting in a good aerobic workout," comments Tina.

Maros Reves began his dance career at the early age of 9 in the Czech Republic. By 1993, Maros was already a Junior Slovak Champion in the S Category which is the highest ranking a dancer can achieve. Maros has been tutored by many highly qualified individuals, including: 1) Ralf Muller and Olga Muller-Omeltchenko, World Amateur Champions; 2) Alan Fletcher, World premiere coach and judge; 3) Collin James, premiere coach and judge; 4) Glennis Dee, U.S. coach and judge; 5) Sam Sodano, Arthur Murray Chairman and owner of Ohio Star Ball where major championships are held and; 6) Bill Sparks, undefeated U.S. Latin Dance Champion; 7) Mr. Dusan Paska, is considered the best coach in Slovakia and a dance judge.

Maros' many accomplishments include Latin American Dance Champion 1993, Standard Dance Champion 1992, Standard Dance Champion with Kristine Horvathova in May 1992 and the Dance Champion in Michalovciach 1991.

Upon arriving in the United States in 1995, Maros quickly mastered the English language and U.S. dancing styles. Starting with a handful of eager students, Maros began to teach Social Dancers, Competitive Dancers, Amateur Couples, Professionals and Ice Skater Christopher Bowman's team. Maros loved this time in his life but still had the American Dream to own his own studio. It was at this time that he met Tina Wood and together they opened Dance Elite Ballroom Studio, Inc. in West Bloomfield. Maros' dream is now a reality.

## DANCERS ARE MORE LIKELY TO GET MORTON'S NEUROMA by Dr. Joe LaCaze

When I covered the Grand Nationals in Atlanta, this past May, I worked personally with about forty people over the course of the weekend. Six of those people had presently, or had in the past, a condition known as Morton's Neuroma. Of all the patients that I saw in my practice in

Atlanta in the last year, I only had two with that condition. Statistically, that is remarkable. The percentages show that, of the dancers, 15 in 100 had the condition. In my practice last year, only about two in 600 had the condition.

So let's look at Morton's Neuroma. It is also known as Morton's, Morton's Foot, or Morton's Toe. It usually occurs between the third and fourth toes. Here is what happens. Parts of two different nerves combine there, making the combined nerve a little large in the first place. Then, if it has prolonged compression, with the nerve getting squeezed together from both sides, the nerve will get irritated. The more irritated it gets, the more likelihood that it will develop a nodule on the nerve, which can be felt or even seen. But most importantly, it is immensely painful.

Who is inclined to get a Morton's Neuroma? The research says that women are much more likely to get it than men. Children seldom, if ever, develop this condition. So the question is: "What do women do differently than men or children?" The answer is that women are much more inclined to wear high-heeled and/or tight fitting shoes. Both tend to create and then aggravate the problem.

Your question is probably, "What does this have to do with dancing?" Well, it is bad enough to walk straight ahead in tight fitting shoes and/or high-heeled shoes. But that is only one plane of movement - straight ahead. Dancers constantly move in three planes of movement - straight ahead, side to side, and around in a circle. Also, for most swing dances, the movement is confined to a relatively small area, compounding the problem.

There are the problems associated with Morton's Neuroma. What are some of the solutions? From my experience, I have found that we can throw some of the most obvious solutions right out the window. If you love to dance, no one will ever convince you that you should stop to avoid the pain. If you think you look better on the dance floor in high heels, that is probably what you are going to wear.

Here are some solutions you can probably deal with. First, try not to wear tight fitting shoes, if possible. That will give your foot more room to move around in your shoes, and will cause much less compression of your toes. Next, try to find someone who is knowledgeable, to make sure your feet are moving correctly in the first place. There are 26 bones in the foot and, if just one of those bones is not moving the way it should, it affects the overall mechanics of your foot. Given enough time, it will affect your whole body. Also, it is essential that you pay attention to the flexibility of the muscles in your lower leg and feet.

Sharon has invited me up to Detroit to give a talk on how to take better care of your feet, knees and hips. I am getting involved in dance and I am delighted to come up and teach you what I know. I will be sharing some things with you that will hopefully keep you out of pain. But mostly, I am interested in teaching dancers simple things that will positively affect your performance on the dance floor, as well as in other aspects of your life.

**Date: August 17      Location: Dance Elite Studio**  
**Time: 10 AM to 1:30 PM**

MICHIGAN SWING DANCE ASSOCIATION  
SHARON NELSON  
PO BOX 1125  
WALLED LAKE, MI 48390  
<http://msda.org>  
[msdapres@msda.org](mailto:msdapres@msda.org)



HEY, YOU GUYS!!!!  
THE PARTY IS SUNDAY,  
AUGUST 18, 2002!!

# Health in Motion Seminar

August 17th

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## Details Inside