

PRESENTER PHOTOGRAPHS AND BIOGRAPHIES



Carissa Armstrong (*Stretching Techniques for Dance, Sports and Athletics; Nutrition for Dance, Sports and Athletics; and Dance is a Collaborative Medium*) received her MFA in Dance from Case Western Reserve University in 2002. Ms. Armstrong joined the Department of Health and Kinesiology at Texas A&M University in 2003 and was promoted to Clinical Professor in 2021. Ms. Armstrong teaches undergraduate courses in modern dance technique, dance composition, dance production, Pilates, and several dance science courses. She has been heavily involved in the development of the Dance Science Program and the continual evaluation and revision of the curriculum. Ms. Armstrong also serves as a mentor for undergraduate researchers in dance science.



Diane Cahill Bedford (*Methodology for Diminishing Negative Self-Talk in Ballet Pedagogy*) serves as Clinical Associate Professor in the Dance Science Program at Texas A&M University. She holds an MFA in Dance Performance and Choreography (2010) and a BFA in Dance and English Literature, Magna Cum Laude (2003) from Florida State University. Diane has presented on various aspects of dance and pedagogy at conferences for NDEO, IADMS, CORPS de Ballet International, Texas Dance Improvisation Festival, National Dance Society, and TAHPERD. Diane previously taught dance and directed Outreach Programming for Fort Wayne Ballet and Charleston Ballet Theatre. She also served as Professor of Dance at San Jacinto College South.



Christine Bergeron (*Stretching Techniques for Dance, Sports and Athletics; Nutrition for Dance, Sports and Athletics; and Dance is a Collaborative Medium*) served as the Director of Dance Programs and Initiatives at Texas A&M University from 2008-2022. Recently she was named as the inaugural Associate Dean for Academic Affairs for Texas A&M University new School of Performance, Visualization, & Fine Arts. Chris received a B.A. in Dance Education from the University of Akron and an M.F.A. in Choreography and Performance from Florida State University. Currently, she is seeking her Ph.D. in Dance Science from the University of Wolverhampton. She is certified in Pilates Mat through the advanced level and is an Associate Instructor for the Pilates Equipment work from the Physical Mind Institute and Balanced Body.

As a dance scientist, her research interest lies in the effectiveness of Pilates on dance training and performance. She has presented and published her research at state, national and international conferences. She is a Past-President of the National Dance Society and has served as its Dance Wellness, Co-Professional Development, and Co-Finance Chairs.



Elizabeth Jones-Boswell (*Happy Feet*) Elizabeth Jones-Boswell, M.Ed., PMA-CPT is a Master Pilates Teacher, Movement Therapist and Author. By combining Pilates' work with her dance training and studies in Bartineff and Feldenkrais, she formulated a system of exercise that works with any body. Following a severe dance injury, she underwent two back surgeries in 1980. Doctors said she would neither dance again nor be able to endure childbirth. They were wrong. Embracing the Pilates Method as a means to recovery led to her own rehabilitative techniques. Elizabeth began her Pilates training in 1982 at the Houston Ballet and continued her studies with Alan Herdman in London. She later studied with Pilates Elders, Fletcher, Gentry, and Trier. In 1984, Elizabeth founded the Physical Conditioning Centre (Houston). She developed a Pilates teacher training program for the Dance Department at Texas Woman's University (early 90's), taught at Houston Ballet Academy, has been a guest teacher at professional ballet schools and universities, and presented at previous NDS Conferences. She was granted the distinction of Master Pilates Teacher in 2000 by Ron Fletcher. She created a companion book and DVD, "Exercise for Pregnancy and Beyond: A Pilates-based Approach for Women", and four other Pilates-based DVDs. Visit her at www.pilatesrehab.org.



Sam Boswell (*Happy Feet*) Sam began practicing massage in 1989. In his first week of practice, he read "Myotherapy" (Bonnie Prudden) and began using the acupressure-like trigger point techniques. During that week, several clients remarked that they were pain-free for the first time in years. He was hooked. Among the courses that Sam has taken are St. John Neuromuscular Therapy, Myofascial Release, Craniosacral Therapy, Manual Lymph Drainage, Strain-Counterstrain, Kinesiotaping, Biovalent Systems Manual Therapy (Frank Lowen), Spinal Touch (for which he is a certified workshop instructor), Instrument Assisted Soft Tissue Mobilization, Mulligan Concept courses, as well as private study of the Fascial Distortion Model. In Spokane, Sam was Program Director of Massage at Apollo College (now Carrington College) and implemented a 750-course program, while teaching students and overseeing several teachers. He is a member of the American Massage Therapy Association (AMTA), a massage therapy instructor (Texas), and a continuing education provider of massage therapy.



Keisha Breaker (*Social Media Images that Attract*) is an award-winning professional dancer, choreographer, educator, and author with over 27 years of experience; she is currently utilizing her Bachelor's degree in dance from Texas Woman's University and her advanced training from the Alvin Ailey School of Dance in New York to educate and empower students through the medium of dance. She has combined her love of dance with her deep passion for poetry to reach youth through Jalia Movement Arts, where she holds classes throughout the Houston metropolx and beyond. She recently launched JMA Custom Apparel, featuring many stylish items dancers would love to wear.



Christa Davis (*A Dream Hastened. . . and Leadership Academy Graduation*) has been dancing all her life. Her background includes performance, choreography, and dance instruction at K-Collegiate levels in studio, community, public school, and university settings. Following her Ph.D. at the University of Idaho, she was privileged to present research on KRUMP with at-risk youth and kinesthetic instruction (BLISS) at state, regional, national, and international conferences, and developed KRUMP curriculum. Dr. Davis is presently a professor of Kinesiology and Health at LCSC, in Lewiston, Idaho. She integrates dance with kinesthetic learning for future Movement Science practitioners and conducts research on KRUMP, Cultural Competence, and Functional Fitness.

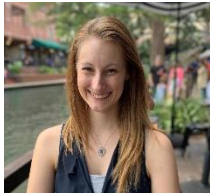


Roxanne Claire (*Body Awareness - Mindfulness Through Movement*) is a dance teacher, choreographer, and performer. Originally trained in classical ballet (R.A.D.), she studied contemporary dance in Paris with Jean Gaudin, Ruth Barnes, and Pierre Doussaint. Her work has been shown in Houston, San Francisco, and Geneva, Switzerland. She has been teaching in Houston for over 25 years. Claire was awarded a Diverseworks residency for choreography, she has also received a Texas Filmmaker's Grant, funded by the National Endowment for the Arts. She incorporates a number of mediums-video, dance writing, photography, and performance as she explores grief, loss and memory.



Ronelle Jock Eddings (*Teacher Talk . . . and Implementing a High-Quality Dance Education Program in Public Schools*) began dance lessons at the age of 4. Thus began her love of movement and performance. Ronelle continued studying dance first in a private studio and later in middle school and high school. Dance became the focus of her career pathway. Ronelle earned her Bachelor of Fine Arts in Dance Education and Master of Secondary Education with Dance Emphasis from Arizona State University and began teaching dance in public schools. Along the way she danced professionally with The Movement Source, Inc., NOVA Dancing Company, and then co-founded and co-directed Elledanceworks Dance Company for 20 years with Michele Hanlon. Career highlights include the National Dance Society K-12 Dance Educator of the Year 2021, Texas Dance Education Association Dance Educator of the Year 2019, Texas Association of Health, Physical Education, Recreation and Dance (TAHPERD) Dance Educator of the Year 2015, and The Dance Council of North Texas Larry White Award

for Dance Education 2015. Ronelle currently is one of two Directors of Dance at Creekview High School in Carrollton, TX and is the Fine Arts Department Manager.



Melissa Enge (*The Transformative Power of Social Dancing*) teaches social ballroom dancing (swing, waltz, Latin, etc.) at the University of Texas at Austin. She is the co-author of *Cross-Step Waltz: A Dancer's Guide*, with Richard Powers and Nick Enge. Melissa and Nick are the curators of the online Library of Dance, home to over 1,700 demo videos of social dance variations and an annotated bibliography of over 6,500 historical dance manuals, and the founders of the University of Dance, an online learning platform where students can learn social dancing by virtually dancing with Melissa and Nick.



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Whitley Green (*Approaching Ballet Like Dunham and Fanga!: Welcome to Sierera Leon*) is a dance educator, teacher, and performing artist. Whitley is Middle School Dance Director for the Dallas Independent School District and serves as Adjunct Faculty in the Dance & Theater Department at The University of North Texas in Denton. She has been invited to present at dance conferences, high school, and college programs as both a guest artist and choreographer. Her training and experience include The Institute for Dunham Technique; The University of North Texas; New York University; Texas Woman's University; Dance Place in Washington, DC; Dance The Yard in Martha's Vineyard, MA; Peridance & Cumbe African and Diaspora Dance Center in New York City; and Bandan Koro African Drum & Dance Ensemble in Dallas, TX. She has also had the opportunity to perform both locally and abroad (The National Theater- Kampala, Uganda; Frederick Lowe Theater-NYC; & Radio City Hall). Whitley is also an event/portrait passionate about photographer and videographer.



Tarin Hampton (*A Dream Hastened . . . and Leadership Academy Graduation*) is currently a Professor at Norfolk State University, where she has served as the Department Chair for three years in the Department of Health, Physical Education and Exercise Science. Tarin is a two-time recipient of the prestigious Fulbright-Hayes Seminar abroad, including Morocco and Tunisia in North Africa and Ghana in West Africa. Each Seminar was for 6 weeks. She was invited on Sabbatical to the University of Cape Coast in the Central Region of Ghana, as a Senior Lecturer, where she was instrumental in assisting the Department of Music to start the Dance Major, that evolved into the Department of Music and Dance, in the Faculty of Arts. She is the current President of the National Dance Society (NDS) and the Director of the Dance Council for the International Alliance for Health, Physical Education, Dance and Sports (IAHPEDS).



Barbara Hernandez, PHD, RMCHES, CDE (*Simple and Practical Guidelines for Writing and Publishing Dance Research*) is Professor Emeritus at Lamar University, Texas. Barbara is a Lifetime Certified Dance Teacher, Certified Dance Educator, and Retired Master Certified Health Education Specialist. Dr. Hernandez was Executive Director for the National Dance Association, received eight national dance awards and is a Research Consortium National Fellow. She was founder, artistic director, and member of the *Alexandria Civic Ballet* and the *NSU Dance Repertory Company*. Barbara choreographed and danced for *USO Concert Shows*, choreographed thirty dance productions, and danced in the movie "Steel Magnolias". She authored seventeen dance publications, gave twenty-five presentations, and secured ten grants.



Vanessa Jackson (*Find Your Creative Voice in Writing: NDS Journal Pop-ups*) is an international award-winning artist-educator with a EdD (K-12 Educational Leadership), MFA (Dance), and MA (Distance Education). Her touring credits include Cuba, Korea, West Africa, and Brazil. The core of her research investigates dispositions of urban public-school fine arts educators through a lens of empathy and equity cultural responsiveness. As a social equity consultant for major arts organizations, her focus dismantles racial and gender injustices and disparities, and illusions and images that impact the Black Dancing Body. Her most recent artistic undertaking, *Daring Artists Making Noise (DAMN Dance)*, *Women Speaking from the Soul*, discovered untold stories of sexual abuse against women of color. Vanessa holds a leadership role with The Higher Education Arts Education Taskforce for Arts Education in Maryland Schools, The National Dance Society, HBCU Black Dance, and Pierians Foundation, Inc. She is an Associate Professor of Dance at Coppin State University where she teaches dance and somatic movement. Vanessa is also Founder of Mindful Living 4 Life- a mindful living lifestyle coaching practice for artists, administrators, and athletes <https://www.mindfulliving4life.com/>.



Chely Jones (*Developing Personal Expression by Applying Improvisational Movement Practices to Street Dance Forms*) is a dance educator and dance artist from Bells, TX. Jones is well known as a choreographer and instructor for Danceline Productions. She is a traveling freelance choreographer for studios and dance teams throughout Texas. She has set work on teams from Houston, Austin, and San Antonio, TX. She is currently an adjunct at Texas Woman's University in Denton, Texas, a substitute teacher for Denton ISD, and co-director for a semi-pro dance team (Chosen) in Rockwall, TX. Jones's research is focused on hip-hop and street dance forms in the context of the commercial industry and concert stage. Her work, *Paradox*, was showcased and selected for the 2021 American College Dance Association Inaugural Screendance Festival Gala.



Gayle Kassing (*Teacher Talk: A Forum for Dance Educators, Administrators, and Parents*) performed professionally in ballet, modern dance, and musical theater. She has a BFA, MA, PhD, and a MAT. She has taught dance in higher education, public schools, dance studios, and regional ballet companies. She is the lead author of *Teaching Beginning Ballet Technique* and *Dance Teaching Methods and Curriculum Design*. She is the author of *Interactive Beginning Ballet, History of Dance, Beginning Ballet, and Discovering Dance*. Dr. Kassing was an acquisitions editor at Human Kinetics. She is the award recipient of the 2010 National Dance Association Scholar/Artist, and the 2016-2017 National Dance Society Scholar.



Gladys Keeton (*Teacher Talk . . . and Discovering how Emotional Movement Responses Shape Self Identity and Expression; Fostering Creativity, Critical Thinking and Technique through an Integrated Dance Curriculum for PreK-Grade 5*) is Professor Emeritus of Dance and currently adjunct professor at Texas Woman's University. Her dance education contributions have been made through leadership in state, regional, and national organizations, serving as president for both the National Dance Society (NDS) and the National Dance Association. Gladys served as chair of the NDS's *National Dance Education Standards Framework* and has been involved in dance education certification in Texas. She was director of the TWU Repertory Dance Theatre that toured Brazil and founder, artistic director, and performer with the TWU International Dance Company. Gladys was the 2021 NDS Legacy Award recipient.



Stephanie Laranjeira (*Implementing a High-Quality Dance Education Program in Public Schools*) holds a Bachelor of Science in Dance Education and a minor in General Business from Stephen F. Austin State University. She has performed professionally with Dimensions Contemporary Ballet, a company located in East Texas as well as Full Circle Dance, a Modern dance company based in North Dallas. Stephanie has been a choreographer, instructor, and adjudicator for 7 years and has presented works across the DFW area, as well as New York City. She has been one of the Artistic Directors of the Newman Smith High School Dance Department since 2016 and is currently instructing dance levels 2, 3, and 4, as well as directing Gallery in Motion Dance Company.



Danielle Laurion *LMHP, BC-DMT, GLCMA (Creating Inclusive Learning Environments for Dance and Delta Eta Pi Meet and Greet)* is a dancer, educator, dance/movement therapist, curriculum writer, and choreographer in Omaha, Nebraska. She graduated from Columbia College Chicago with a MA in Dance/Movement Therapy and a graduate-level certificate in Laban Movement Analysis. Her undergraduate degrees are in Dance and Secondary English Education from the University of Wisconsin—Stevens Point. Currently, Danielle leads the dance program at Omaha South Magnet High School and serves as adjunct faculty at the University of Nebraska—Omaha. In addition, she directs *Reach for It*, a movement group for older adults and people with Parkinson’s, and *The Moving Company*, a modern dance company. Danielle writes dance curriculum and standards for the Omaha Public Schools, the State of Nebraska, and NDS, and co-chairs the student council for NDS.



Mary Ann Laverty (*Implementing Social and Emotional Learning into Dance Education*) is currently a dance specialist for Virginia Beach Gifted Dance Education Program and has a strong interest in world dance forms. Prior to her current appointment, she was Director of Dance at Woodside High School and Assistant Professor at Hampton University where she also directed the Community Children’s Dance Program. Dr. Laverty received her Ph.D. from New York University where she managed the Kaleidoscope Dances for Children and performed with Washington Square Repertory Dance Company. Her research is based on Charles H. Williams and the Hampton University Dance Group, 1934-1948.



Lisa O’Dear Lewis (*Appalachian Flatfoot Porch Dancing*) is originally, from North Carolina, Dr. Lewis started her professional dance training under master teachers, Mallory Graham, and Danny Hctor. She later studied in NYC under the legendary jazz teacher Frank Hatchett and tap professional Maurice Hines at Hines-Hatchett studio (currently Broadway Dance Center). Dr. Lewis developed online tap dance components for tap beginners while instructing tap dance at Middle Tennessee State University, which developed into a book; “Beginning Tap Dance” published by Human Kinetics. Dr. Lewis has presented nationally and internationally, and her area of study is Dance and Mental health. She is currently a Full Professor in the Health and Human Performance department at Austin Peay State University in Clarksville, Tennessee.



Bede Leyendecker (*The Art of Castanets (Castañuelas/Palillos)*), a native of Laredo, Texas, taught dance in higher education for thirty two years in her home town. After retirement, she and a group of former students formed Almas Gitanas Danza Española, a 501(c)(3) organization that is dedicated to the preservation, promotion and performance of the dances of Spain. The dancers seek to preserve the beauty of the choreographic works by notable artists that they worked with over the years and to educate the general public about this beautiful art. She now serves as Almas Gitanas Danza Española’s artistic and executive director.



Jenée Marquis (*Advocating for Youth Dance: Results from the Dance Physical Activity Question on the YRBS; Movement Foundations and Combinations in American Cabaret Style Belly Dance; and NDS Leadership Academy Graduation*) began her career in higher education by joining the Towson University PETE program in 2020. Her dual roles as Clinical Faculty and Internship Coordinator have provided her with the opportunity to improve and refine internship experiences, edTPA preparation, and intern mentoring within the program. She is also the faculty advisor for the PETE Majors Club, serves on the SHAPE Maryland Board, and is on the leadership team of the National Dance Society. Prior to Towson, Jenée taught middle school health and physical education, coached cheerleading, and served as athletics director in Georgia and South Carolina.



Dr. Tyler Nolting (*Advocating for Youth Dance: Results from the Dance Physical Activity Question on the YRBS*) is an assistant professor of public health at Austin Peay State University with nearly 15 years of public health teaching experience at the university level. He earned all three of his university degrees through Indiana University's School of Public Health-Bloomington: a B.S. in Kinesiology; an MPH; and a Ph.D. in Health Behavior. Dr. Nolting is also a Master-Certified Health Education Specialist®. His current research focuses on mixed methodology, health equity, men's health, and health communication. Dr. Nolting enjoys spending time with family, songwriting, sports, and reading.



Alexander Pandiscio (*Developing Healthy Hip Articulation in Ballet Dancers*) has taught ballet to dancers of all ages in the Houston area since 2004. His unique background in kinesiology and sports medicine has made him a sought-out teacher, especially for dancers recovering from injury, young students going en pointe, adult students, and advanced dancers preparing for competition. Alex began studying ballet at Ballet Workshop of New England, and later studied on full scholarship at American Ballet Theater, Royal Danish Ballet, and San Francisco Ballet Schools. Mr. Pandiscio danced with the Massachusetts Youth Ballet, San Francisco Ballet, and Houston Ballet. As a member of Houston Ballet (2003-2010) he danced featured roles in renowned ballets. In 2007, Mr. Pandiscio joined the teaching staff at Uptown Dance Centre in Houston, TX, and later became the company's Ballet Master and Company Manager. Alex graduated summa cum laude from Rice University with a BA in Kinesiology (Sports Medicine) and a minor in Business. While at Rice, he was the recipient of the Brotzen Award, a fellowship that enabled him to spend a summer in Vienna, Austria studying ballet kinesiology with master teacher Judith Reyn-Stroux. After graduating college, he completed the year-long Teacher Training Program at Canada's National Ballet School, where he taught in all levels of the Professional Ballet Program. Following his return to Houston, Mr. Pandiscio joined the faculty at Houston Ballet Academy, teaching extensively throughout the Lower School, Boys Program, and Adult Program, and serving as a liaison between artistic staff and the body conditioning staff. In 2019, he opened the Bayou City Ballet School, realizing a decades-long dream of creating a professional ballet training program in a small school setting.



Elisa De La Rosa (*TEX-MEX Contemporary Fusion*) is a native of the Rio Grande Valley (TX), Latinx dance artist, choreographer, educator, performer, and founding artistic director of *De La Rosa Dance Company*. De La Rosa, assistant professor of dance at Texas Woman's University, is the artistic director of the TWU Dance *International Dance Company*, and teaches contemporary and cultural dance techniques, choreography, theories of teaching, improvisation, dance composition, performance, and supervises student dance teachers. Prior to teaching at TWU, she was a dance educator for 14 years in middle and high school in Texas dance programs. She was selected as an Aldine INSPIRE speaker, and teacher of the year for her campus, and was selected as an Aldine ISD's top three secondary teacher of the year district finalist in 2018. In 2017, her students in Aldine ISD were selected to perform at The National Dance Education Organization National Conference in San Antonio, TX. De La Rosa holds a BA in Dance with Secondary Teacher Certification from TWU and a MFA in Dance from Montclair State University.



Lacreacia Sanders (*Hip-Hop Groove Party; Teacher Talk . . . and Living Rooms to Ballrooms, Sock Hops to TikTok: Personal History in Pedagogy*) is an Associate Professor of Dance at Tarrant County College Northwest Campus. She holds an MFA from Texas Woman's University and a BESS from Texas State University. She is director of the Mosaic Dance Project community engagement company. With her philosophy of using multiple genres of dance to reach diverse populations, she enjoys guest teaching and choreography with schools, studios, and community organizations. Her honors include the Chancellor's Award for Exemplary Teaching, TAHPERD Dance Educator of the Year, and the NDS Master Dance Educator of the Year. Lacreacia has served as a Fort Worth Arts Council Grants Panelist, VP for Dance of TAHPERD, and board member with NDS.



BJ Santos (*Building Dance in the Physical Education Program*) received a BS from the University of Virginia (Health and Physical Education) and an MS from James Madison University (Kinesiology). An avid dance student, she has incorporated dance into her physical education classes at the elementary, middle, and high school levels. Before her retirement on July 1, 2020, she taught at Albemarle County Lab Schools, Murray High School, and the Community Public Charter School. She is a founding member of the National Dance Society and contributed to the Standards for that organization. She received the P-12 Master Dance Educator of the Year in Physical Education (2018, NDS), the SHAPE Southern District K-12 Dance Educator of the Year (2017) and VAHPERD Dance Educator of the Year K-12 (2016).



Cheryl Stafford (*Advocating for Youth Dance: Results from the Dance Physical Activity Question on the YRBS and NDS Leadership Academy Graduation*) has worked 40+ years as a professional dancer, singer, director, and choreographer. Classically trained in Ballet, Modern Dance and Voice at the University of Cincinnati Conservatory, she also studied Historical Dance with many noted scholars and authors and founded her own company *The Cincinnati Court Dancers* in 1980. Ms. Stafford danced in the PBS/BBC Television Series "Dancing" and can be seen performing historical dance clips on the "American Memories" web pages of the Library of Congress. She has performed at Lincoln Center, Kennedy Center, Boston Early Music Festival and with numerous dance and music ensembles across the United States.



Constanza Zurita Valdebenito (*Advocating for Youth Dance: Results from the Dance Physical Activity Question on the YRBS*) was born in Arica, Chile. She is currently completing an M.S. in Computer Science and Quantitative Methods with a concentration in Predictive Analytics at Austin Peay State University. Ms. Zurita Valdebenito has a B.S. in Mechanical Engineering from the University of Tarapacá (UTA). Professionally, she has worked as an intern for Benexia and Imerys, international companies with locations in Chile. Since 2020, she has been working as a teacher assistant for the Department of Mechanical Engineering at UTA. Ms. Zurita Valdebenito is passionate about sports, music, traveling, and reading.



Sandy Weeks (*Leadership Academy Graduation*) is a retired professor in the Department of Health and Human Performance and interim associate provost/associate vice president for academic affairs at Texas A&M University-Commerce. She has a PhD in Dance and Related Arts from Texas Woman's University and a MEd and BSPE from the University of Mississippi. Sandy, NDS Past President, served as associate editor of the National Dance Society's *Journal* and parliamentarian. She was the 2016 NDS Honor Award Recipient. Sandy also served in various offices in the Texas Association for HPERD and the Southern District AAHPERD, as well as leadership roles in the American Alliance for HPERD (now SHAPE America).