



Candidate for Office



President-elect

Name: Freddie Elaine Thompson-Esters

Current Position(s): Retired Teacher

Past Position(s): 53 years of teaching for Los Angeles Unified School District (LAUSD) – Physical Education & Dance & Henry Clay Junior High School and Hollywood High School Performing Arts Center (Served as Department Chair at both LAUSD assignments)

Educational Experiences:

1991 – M.A. Educational Administration California State University, Dominguez Hills; **1989** – Adapted Physical Education Specialist, California State University,

Long Beach; **1968** – B.A. – Wichita State University

Certification/Licensure: 1968 – 2022 Retirement Credentialed Teacher California State Teacher Department

Professional Affiliations:

AAHPERD – National Dance Association 1970-2014 -- SHAPE America (one-year); National Dance Society (NDS) – 2014 thru Present; California Association for Health, Physical Education, Recreation, and Dance (CAHPERD) 1969-Present; United Teachers Association (UTLA); California Teachers Association; Bowlers Associations WIBC and TNBA; National Association for Equal Justice in America (NAEJA)

Service in Dance profession: (Community, State, Regional, National)

CAHPERD – Dance Vice President, 1981 and LA Unit VP- Dance; CAHPERD – Oral History Presentation Speaker panelist – CAHPERD’S History with Dance 2005; Director of Dance and Movement Workshop, 1981-1982; CAHPERD Foundation for the Promotion of Healthy Lifestyles 2007; CAHPERD President 2005-2006; CAHPERD Long Range Plan Oversight Committee 2001-2002; CAHPERD – Dance Educators Model Curriculum Standards & Framework Identifications of similarities and the district relations that exist among the cornerstones (MCS) and components (Framework) for effective planning; AAHPERD & SWD Dance Vice President, program planner, presider, presenter, panelist, delegate; SWD-AAHPERD – MES Content Session planner 1989; NDA – Applied Strategic Plan member 1987; NDA – Commission on Dance in Secondary Education member, 1992-1993; AAHPERD – LDC June 19, 2004 – “The Present is our Future” Washington, DC; AAHPERD Program Chair – 2011 National Convention, San Diego, California; NDA – President – 2012-2014; Past President while transitioning to NDS; NDA – AAHPERD DEOY K- 12 Committee 2006; NDS – Founding member, Board of Directors 2014-2016; 2021-present; Institute for Educators – The Music Center (2013 Five-day summer workshop); Creative Arts Summer Camp CSUDH – Humanities and Fine Arts Jubilee Choir 1986-1988

Honors/Recognitions in Dance or other fields:

NDS Service Award & Presidential Citation 2016; CAHPERD – Dance Educator of the Year 1995; Dance and Movement Directors Award; SWD/AAHPERD – Dance Educator of the Year 1995; CAHPERD – Honor Award 1995; Verne Landreth Award – Highest Recognition in CAHPERD – 2018; Emmett Ashford Award – CAHPERD – Multicultural Dynamics Section; Presidential plaques for Dance from both NDA, CAHPERD & local Unit 406 12th

Annual Dance & Movement Director's Award (1986); Outstanding Achievement Certificate – LAUSD District Model Arts LTP (1986)

Related Professional Activities:

CAHPERD conferences Dance Gala presentations; Southwest Dance, Movement and Acro-Sports Workshop Riverside, Ca and Palm Springs; Praise Dance, Lewis Metropolitan CME Church through the Music Ministry; Praise Dance conducted at Hay's Tabernacle CME Church & presentation for the CME church Annual conferences; Debutantes for Christ Director, Lewis Metropolitan CME Church through Music Ministry; Yearly recitals and performances at both Henry Clay JH and Hollywood HS Performing Arts Center

LAUSD Arts-committee member through the Arts department until retirement; BOD – Dance Engagement (Alumni Dance Company) This group of HHS alumni sponsors the Cali Camp every year Pre-K thru Higher Ed; Participates in SW – Dance & Movement, Arco-sports Workshop, National Water Dance 2016, 2018, California Plaza LA, and provides classes at Stomping Ground Studio, LA. I am proud to serve on the DE BOD.

Highlights of Publications/Scholarship (including choreography):

CAHPERD Journal – 1980 “The “D” is in”; CAHPERD Times Newsletter – Presidents Message – 2005-2006 “What Went Wrong” Fall 2005 vol. 68 #2; additional newsletter articles written during my presidency; Profiled in the 2nd edition of “Introduction to Physical Education – A Contemporary Careers Approach” by Robert Pestolesi and Cindi Baker 1990 # 14 Career Profiles Page 333-336; Choreographed dozens of dances & produced approximately 100 concerts/recitals/musicals using a variety of dance styles and music. **A full resume is available upon request.**

PERSONAL STATEMENT

Freddie Thompson-Esters
Candidate: President-elect

“THE FUTURE IS A DANCE THAT WE CREATE”

For over fifty-three years as a professional educator in physical education, dance education, and community advocacy in health and wellness, the following words and phrases helped shape my approach as a professional educator: every child, pre-K through twelfth grade , college students, and adults. All of these age groups should have opportunities to participate in quality, integrated dance programs, rather than a stand-alone arts curriculum or activities only through physical education experiences. Teaching in a highly diverse (yet cohesive) setting, the programs offered should embrace curriculum that was socially enriching and addresses cultures around the World.

As a dance educator, I have used my voice for dance across the fields of health, physical education, recreation, and every other part of the school curriculum. Over the years, I used my voice as an advocate to build collaboration with school boards, dance studios, and private grant organizations. I promoted dance as a field with members holding a wide-range of skills and knowledge that can help individuals teach dance in any venue. This diversity offers many opportunities to engage people of all backgrounds and ages on a variety of dance experiences as a creative expression, performance, as well as improving health and wellness.

I taught in the Los Angeles Unified School District (in the Art's Division). This District has done extensive research that demonstrates how learners experience success when exposed to art's education programs. I have been privileged to have participated in the various professional development for the art's teachers in our District. I must credit my own professional learning over the years to the LA Music Center for their support through the summer workshop “Advancing Student Engagement Through Movement, Music, Drama and Dance,” as well as the CAHPERD State Conference, the National Dance Association, and NDS. I want to see other professionals have some of these similar engaging types of sessions through our NDS programming.



Candidate for Office



Member-at-Large

Name: Melanie Cardone

Current Position(s): Germanna Community College, Fredericksburg, VA, Adjunct Professor 1/17-present • Stafford County Public Schools, Stafford, VA, Substitute Teacher 9/14-present

Past Position(s):

Mental Health America of Fredericksburg, Fredericksburg, VA, Suicide Prevention Education Program Coordinator 9/15-1/19 • D & E Counseling Center, Youngstown, OH, School Mental Health Liaison 1/08-6/13; School Based Behavioral Consultant 9/06-6/08 • Mountain View Elementary School, Greensburg, PA, Instructional Support Teacher Aide 9/02-6/05 • Allegheny East Mental Health/Mental Retardation Center, Wilkinsburg, PA, Therapist 10/92-6/93 • South Brunswick School District, South Brunswick, NJ, School Psychology Intern 1/92-6/92 • North Princeton Developmental Center, Princeton, NJ, Staff Clinical Psychologist 5/87-6/92, Habilitation Plan Coordinator 8/86-5/87 • Hazleton-Nanticoke Mental Health/Mental Retardation Center, Hazleton, PA, Psychotherapist 7/85-6/86, Intern 10/84-6/85

Educational Experiences:

- Rider University/Lawrenceville, NJ, Certification in School Psychology, June 1992
- Indiana University of Pennsylvania/Indiana, PA, Master of Arts Degree in Clinical Psychology, May 1985
- University of Scranton/Scranton, PA, Bachelor of Science Degree in Psychology, May 1982

Certification/Licensure:

School Psychologist in Pennsylvania and New Jersey Certification • PREPaRE Training of Trainers – National Association of School Psychologists • Youth and Adult Mental Health First Aid Training • Safetalk training • School Suicide Prevention Specialist Exam – American Association of Suicidology • Psychological Autopsy Training – American Association of Suicidology

Professional Affiliations:

National Dance Society • National Association of School Psychologists • American Association of Suicidology • Westmoreland Suzuki School of Music Board of Directors

Service in Dance profession: (Community, State, Regional, National, or International)

Member, Mental Health and Dance Task Force & Committee • Participant, Dance Louder Than Words Project • Member of the Dance Wellness Council • Birmingham, AL - Health and Literacy Summit – Coordinator of the Dance Promotion Booth • Portland, ME – Society of Association Management, Presenter, NDS Programming • San Antonio, TX – NDS/IAHPEDS – Co-Coordinator, On-Site Registration

Honors/Recognitions in Dance or other fields:

NDS Presidential Citation 7/17/2022 • Award for Excellence in Psychology, Spring 1982 • Graduated Magna Cum Laude, Spring 1982 • Elected to Psi Chi, Spring 1981 • Elected to Pi Gamma Mu, Spring 1981 • Elected to Delta Tau Kappa, Spring 1981 • Dean's List

Related Professional Activities:

Teaching: Human Relations, Principles of Psychology & Developmental Psychology • Suicide Prevention with members of a Teen Council • county educator/clinician, mental health services/suicide prevention in middle and high schools • consultation/counseling/behavioral intervention programs, inner-city elementary students • private instructor, students experiencing academic difficulties • Clinician: adult client caseload, partial hospitalization program • intern, school psychological services • supervisor, behavior modification program & psychological services to developmentally disabled adults in a residential facility • multidisciplinary team staff coordinator, developmentally disabled adults in a residential facility • psychotherapeutic services to adults, adolescents, and children in a community mental health facility

Highlights of Publications/Scholarship (including choreography):

Indiana University of Pennsylvania, Indiana, PA -- Designed & conducted an empirical study of the effects of close interaction distances upon the affective quality of interpersonal relationships within an interview setting. 8/83-1/85 • Involved in an empirical study of cognitive factors in the prediction of suicidal behavior among college students. 5/83-5/84 • Involved in laboratory research on the role of cognitive variables in maladaptive moods and behaviors including data collection, data analysis, computer programming and article preparation. 9/82-5/81

PERSONAL STATEMENT

Melanie Cardone

Candidate: Member-at-Large

I was extremely honored to learn of my nomination to the National Dance Society (NDS) Board of Directors to serve as Member-at-Large. From a colleague, I learned of the existence of NDS through my membership in a community organization. Subsequently, I inquired if I could attend an NDS conference at Virginia Beach, VA. This further sparked my interest in the organization. At this point, I wondered if I could be considered for membership. I was pleased to learn that I could become a member.

My thoughts then focused on what can I provide and gain from enrollment. My training has been in Psychology where I have worked both as a clinician and an educator. I had little dance experience; however, I joined and found my niche with the Wellness Council. Previously, in my professional role, I frequently prescribed participation in the arts as treatment for various mental health concerns in the clinic and in the classroom. I look forward to working with NDS members and others to gain greater understanding of mental health issues concerning educational professionals and students.

In a short time, I have met many wonderful people within NDS, and I have learned a great deal about dance from my participation. I am a true believer in lifelong learning and there is so much more for me to know.

My hope is to provide a varied perspective. Diversity promotes innovation and creativity. I bring my knowledge and my experience, but more importantly, I bring passion to whatever I do. I will bring this to our organization



Candidate for Office



Member-at-Large

Name: Alex Spitzer
Current Position(s): Professional Choreographer and Dancer, Beacon Dance, 2014-present

Past Position(s):

Artist In Residence & Workshops

Clark High School, Plano, TX, March 16-19, 1999; Murdock Elementary, Marietta, GA, October 30 - November 8, 2017; SDC and Chamberlain Ballet Co-Hosted Workshop for Dancers in Wheelchairs, Plano, Texas, 1994; SDC and ArtReach Forth Worth, Fort Worth Texas, 1996; Circle Modern Dance, Knoxville, Tennessee, 2001 – Dance Teacher Workshop; Brenau University, Gainesville, Georgia, February 21, 2003 – Dance Teacher Workshop; Booker T. Washington H.S., Dallas, Texas, January 16, 2004 – National Dance Association Conference

Guest Speaker

TWU Graduate Adaptive Physical Education Classes, 1989; TWU dance classes, 1993 and 1995; Plano Senior High School Dance and Theatre classes (1990-1999)

Spitzer Dance Company, Dallas, TX - Atlanta, GA (1992 – 2014, 2022) - Founder, President, Artistic Director, Choreographer, Dancer

Other Positions

DUENDE DANCE THEATER, Atlanta, GA (2001 - 2008), Choreographer, Dancer; Infinity Dance Theatre, New York City, NY (1999), Choreographer, Dancer; THE BACKPORCH SCHOOL (K-12, an interest-based school) Aug. 1999- March 2000 – Faculty; Creative Movement and Creative Writing; COBB COUNTY YWCA (2000-2001) - Hospital Advocacy Team, On Call Rape Crisis Advocate – Volunteer at Hospital; DENTON COUNTY FRIENDS OF THE FAMILY (1997-1999) - Sexual Assault Advocacy Team, On Call Rape Crisis Advocate – Volunteer at Hospital; SOUTHERN METHODIST UNIVERSITY (August 1994 - April 1995) Foreign Language Learning Center; Research and communicating on the Internet, Mosaic, and Email; CULTURAL AFFAIRS OFFICE - City of Plano (June 1994 - August 1994) Office Assistant- Internship; Answer phones, Storefront School for the Arts; COLLIN COUNTY COMMUNITY COLLEGE (September 1992 -May 1993) Theatre Department - Box Office Manager; Responsible for ticket sales and information requests by telephone and in person; COLLIN COUNTY COMMUNITY COLLEGE (January 1992 - August 1992) Athletic Department, Office Assistant

Educational Experiences:

A.A.S. Design Media Production Technology, Chattahoochee Technical College (August 2013)
Bachelor of Arts in Dance, Texas Woman's University, 1999.
Studied Dance and Choreography at Southern Methodist University, 1995
Dance Major, Collin County Community College, 1990-1994
Cleveland Ballet Dancing Wheels, weeklong workshop, Cleveland, OH, August 1993

Professional Affiliations:

- Secretary, Board of Directors, Beacon Dance, Atlanta, Georgia, 2014-present
- National Dance Society (NDS)
- National Dance Association
- Texas Association for Health, Physical Education, Recreation and Dance
- Texas Very Special Arts Association
- Independent Choreographer's Coalition
- Arthrogryposis Multiplex Congenita Support Inc.

Service in Dance Profession:

- Performing Arts Grant Review Panel, Texas Commission on the Arts, 1997–1998 (two-year term)
- Committee Member, Presidents Advisory Committee, NDS

Honors/Recognitions in Dance or other fields:

First dancer in a wheelchair to receive a four-year Bachelors of Arts degree in Dance in the USA and the world

Publications

Nearly 40 articles have been written that focused on personal dance works • published works in three books (2002, 2003, & 2007) and three magazines (1993, 1995, 2005) • focus of two Podcast/Blogs (July 2022, May 2014) • television appearances (1991, 2001)

Related Professional Activities:

Artistic Director of nearly 60 full dance concerts and stage productions with own and others' dance companies • had touring experience with more than 30 performances.

Highlights of Publications/Scholarship (including choreography):

Choreographed over 100 dances and following are some of the longer pieces: *Lonely Road*, 35 minutes, October 1, 1998, Denton, Texas, *Pandora's Box*, 43 minutes, February 28, 1999, Plano, TX and University of North Texas, Denton, TX; *Firedance*, 12 minutes, New York City, New York, October 29, 1999; *Waterguns & Wheelchairs*, 12 Minutes, October 12, 2002, Austell, Georgia; *What The Words Were Never Meant to Say*, 15 minutes, January 22, 2005, Decatur, Georgia; *Taking Flight*, 35 minutes, June 18, 2005, Decatur, Georgia; *A Laugh N' A ½*, 30 minutes, October 21, 2005, Decatur, Georgia; *Fires of the Heart*, 25 minutes, February 17, 2006, Decatur, Georgia; *Whose am I?*, 30 minutes, November 4, 2022, Marietta, Georgia **A full resume is available upon request.**

PERSONAL STATEMENT

Alex Spitzer

Candidate: Member-at-Large

I have been a member of the National Dance Society for nearly four years. I love our motto of *Dance For All* and it is founded in the belief that dance is an inclusive, healthy, lifelong activity that should be available to everyone. In my senior year in high school, after seeing an article about a dancer in a wheelchair and taking that article to my theatre teacher, who also taught a dance class. He was willing to give me the opportunity to take a dance class and try it. That one opportunity has led me to dancing professionally for 33 years and getting a Bachelor of Arts in Dance from Texas Woman's University.

If I get the opportunity to serve as a member-at-large on the Board of Directors for the National Dance Society, I want to start helping dancers with disabilities and dance companies that work people with disabilities, connect with each other and learn from each other in different ways than they have previously. With that helping, I want to develop dance education strategies for disabled and abled. There are different levels of dance for disabled individuals. Some that will need to be specialized. Others where someone disabled, or in a wheelchair, can be involved in regular dance classes or workshops either in public/private schools, colleges, or professionally. I want to work with dance educators and help them know how they can be inclusive with disabled and able body students together in the same class. This is the beginning and some of my vision for dance and disability. I would love to see this grow through the National Dance Society.