

[R]EFLECTION



SAT. NOV. 20

4:00PM, 6:00PM & 8:00PM

SUN. NOV. 21

4:00PM & 6:00PM

THE MARCELLE

3310 SAMUEL SHEPARD DR
ST. LOUIS, MO 63103



SPECIAL THANKS:

Arts and Faith St. Louis

Tina Austin

Danny Austin

Morgan Brennen

George Brown

Brian Ebbinghaus

Ryan Luedloff

Nancy Kranzberg

Ken Kranzberg

Danny MacLaughlin

Paul Reuter

Colton Schmitz



A CONSUMING KINETICS DANCE COMPANY PRODUCTION

[R] EVOLUTION

"Those who have the privilege to know have the duty to act"

MADE POSSIBLE BY THE GENEROUS SUPPORT OF:

TAPPED STL AND ALL OUR DONORS

EXECUTIVE AND ARTISTIC DIRECTOR:

ARICA BROWN

**ASSISTANT EXECUTIVE AND
ARTISTIC DIRECTOR:**

ASHREALE MCDOWELL

ASSOCIATE DIRECTOR:

KAT NORTON

COMPANY MANAGER AND TICKET TAKER:

CYRUS COBLE

STAGE MANAGERS:

ASHREALE MCDOWELL

SOPHIA HUDDLESTON

COSTUME ASSISTANCE:

BEVERLY SONEN

BOX OFFICE MANAGER:

TINA AUSTIN

BOX OFFICE SUPPORT:

NADANI DIXON AND RACHEL STRADER

SOUND BOARD OPERATOR

KAT NORTON AND JEFF ALLEN

USHERS

KAT NORTON, CARMEN GUYNN, ASHREALE
MCDOWELL AND QUINN DORSEY

AUDIO/VIDEO TECHNICIAN:

JEFF ALLEN

AUDIO ENGINEER:

JEFF ALLEN WITH 927 MEDIA

VIDEOGRAPHER

JESSICA PIERCE

LIGHT BOARD OPERATOR:

ARICA BROWN

LIGHTING DESIGNER

BRIAN EBBINGHAUS

PHOTOGRAPHER:

DAVE MOORE AND KALINA MONDZHOLORSKA

CREATIVE DIRECTOR AND CONCERT

BRANDING:

AALIA RAHMAN

FOUNDER, ARTISTIC AND EXECUTIVE DIRECTOR

ARICA BROWN



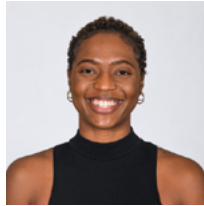
THE COMPANY



CYRUS COBLE



QUINN DORSEY



NADANI DIXON



CORALIE FRANCOIS



CARMEN GYNN



KEVIN LEE



CARLY LUCAS



TONY MARR



ASHREALE MCDOWELL



MARY MEO



ANA NISHIOKA



KAT NORTON



IZZY PERRY



MADELINE SCHNEIDER



JOSEPHINE STARR



RACHEL STRADER



JAZZMON THOMAS KAITLYN WHITEMANN

JUNIOR COMPANY



QUINN DORSEY



DOLINE COLEBURG



BRONWYN DORSEY



JOSEPHINE GERDES



SOPHIA HUDDLESTON



HANNAH JOHN

TECHNICAL TEAM



JEFF ALLEN



JESSICA PIERCE

CONSUMING KINETICS DANCE COMPANY PRESENTS

[R]EVOLUTION

DESIRED FREEDOM

Choreography: Carmen R. Guynn

Music: *L'abeille* by Jonatan Szer

Dancers: Ana Nishioka, Josephine Starr, Kevin Lee, Jazzmon Thomas, Madeline Schneider, Mary Meo, Tony L. Marr Jr., Carly Lucas, and Izzy Perry.

Costume Designer: Beverly Sonen

From the first whip that struck the backs of slaves to the knee on one's neck, the fight for equality and humanity continues through present-day times. Through the trauma and pain, a culture of people strives to keep hope in their souls, rhythm in their steps, and their heart's desire for freedom.



80%

Choreography: Arica Brown and the members of Junior Company

Music: Audio from 2018: [The Year Women Fought Back](#) and [Kids Explain Why Women Are Paid Less Than Men](#) Source: YouTube

Dancers: Bronwyn Dorsey, Hannah John, Jo Gerdes, Quinn Dorsey, and Sophia Huddleston

Understudy: Doline Colenburg

The average woman's earnings are at around 80% of the average man's.

I AM.

Choreography: Ashreale McDowell

Music: *This Bitter Earth* by Dinah Washington/Max Richter

Dancers:

Saturday: Jazzmon Thomas (4:00pm), Coralie-Michele Francois (6:00pm & 8:00pm)

Sunday: Coralie-Michele Francois (4:00pm) and Jazzmon Thomas (6:00pm)

*"The most disrespected person in America is the black woman. The most unprotected person in America is the black woman. The most neglected person in America is the black woman."
-Malcolm X*



"DIFFERENCE"

Choreography: Rachel Strader

Music: *Patterns* by Christophe Filippi

Dancers: Quinn Dorsey, Coralie Francois, Mary Meo, Josephine Starr and Kaitlyn Whiteman

Some are born with everything, some are born with nothing. What you have after that is up to you. For many, creating a life you love feels like you're moving in slow motion, while for others, the goal isn't so far away. We may all have an equal shot at creating the life we desire,

but the obstacles that stand in our way range dramatically. That's the difference.



TOO MUCH. NOT ENOUGH.

Choreography: Kat Norton in collaboration with dancers Cy Coble, Quinn Dorsey, Kevin Lee, Carly Lucas, Mary Meo, Izzy Perry, Madeline Schneider, Josephine Starr

Music: *Interlude 1* by alt-J, *Darker Things* by Lily Kershaw, *Tomorrow* by Miner

Section 1 - Checked and Unchecked Boxes

For many people, the journey to staying mentally and emotionally well is packaged in a series of checked and unchecked boxes. "If I could just... meditate more often, work out more frequently, sleep more, eat only the right things, drink more water, journal daily, cultivate more friendships, complete more work, lose some weight, take the right vitamins... then I wouldn't struggle like this."

Our world is filled with monetized solutions for personal wellbeing. In many ways, this is wonderful because it gives us so many avenues to explore and empowers us to take the lead in our own wellness journeys. But there is a piece of the conversation that is much less talked about.

When we have checked all the boxes; when we have dotted all the "i's" and crossed all the "t's"; when we have spent more time trying to get to and maintain that space of wellness than we have actually spent feeling well... Then what?

Section 2 - I'm Doing My Best For You

If we are lucky, we have a support person in our lives that we trust. This is the person we can be messy with. It is the person we can be ugly with. They are our person through good times and bad. But that doesn't mean that the person we lean on most is not also struggling. This

is a brief interlude of two people who are trying their best - both for themselves and for each other.

Section 3 - The Far Edge of the Storm

Research shows that emotions carry a set amount of energy. The energy behind anger, or fear, or sadness, and even delight, rise to an arc; a high point; a crescendo. And once that peak has been met, the energy will start to fade away - at least, for a little while.

In this scene, we explore staying in the moment of our emotions and acknowledging that inevitable decline of power they can hold over us. The difficult times in our lives won't always be as hard as they might feel right now. The fear that brings us to panic will run out of steam. We cannot cry forever. Eventually, the energy behind the emotion dissipates.

When we can plan for this arc of energy behind difficult emotions, we can see the light on the other side. We can see hope. We can hold on a little longer to make it through.

A Call to Action:

Now, more than ever, we must increase the conversation around mental health to change the way people talk about and receive care for overall wellness. Millions of children – as many as 1 in 5 – struggle with mental health. And one in four adults experience a mental health challenge in a given year.

Like most diseases of the body, mental illness has many causes – from genetics to other biological, environmental and social / cultural factors. And just as with most diseases, mental illnesses are no one's fault.

When we think about cancer, heart disease, or diabetes, we don't wait years to treat them. We begin with prevention and we try immediately to reverse these symptoms. But did you know that it typically takes ten years from the first time someone has mental health concerns until they get a correct diagnosis and proper treatment?

The mental health crisis is fueled by a pervasive and devastating stigma, preventing millions of individuals from being able to seek the critical treatment they need. Many people struggle to cover the high out of pocket costs tied to specialized support services, prescription medications, and recommended dietary supplements and supporting therapeutic services.

There are also many social and cultural barriers that prevent individuals from accessing care. Stigma, misinformation, shame and fear remain as significant roadblocks to these life saving and life changing supports. Our children deserve better. We deserve better.

We envision a world in which mental health is not associated with shame or judgment and all people feel empowered to openly discuss and address their individual mental health needs.

Mental wellness must be accepted as a critical part of overall health. All people are deserving of care that is inclusive of prevention services, early identification, intervention for those at risk, and integrated care supports for those who need them, with recovery as the goal.

We must act together to end the silence, reduce stigma, push for more accessible mental health care options, and engage our community to inspire hope at this essential moment.

Links to Resources:

[Mental Health Coalition](#)

[Nami](#)

[MHA](#)

[Child Mind Institute](#)

[Bring Change to Mind](#)

[The Trevor Project](#)



DIVISION

÷

Music: Poetry by Rachel Aalyiah Jackson

Choreography: Arica Brown in collaboration with dancers Cyrus Coble, Nadani Dixon, Coralie-Michele Francois, Kevin Lee, Carly Lucas, Ana Nishioka, Izzy Perry, Josephine Starr, Jazzmon Thomas and Kaitlyn Whiteman.

Costume provided by dancers.

Special thanks to Kevin Lee for his ongoing collaboration

Young poet Rachel Aalyiah Jackson's poem "÷" ("Division") examines the literal and figurative divides of race and class as symbolized by the Delmar divide. As a native St. Louisan, she states that she has grown up witnessing segregation and the poem is a call to embrace differences. Jackson is a student at Webster University majoring in Music and Audio Engineering. The recent graduate of Metro High School was a finalist in the Teen Talent Competition, held each year at the Fox Theatre. "I want people to hear my voice not just as a black woman, but as a daughter, a mental health advocate, a leader, and poet," says Jackson.

This piece is made possible by the The Arts & Faith St. Louis through a commission by an anonymous donor.

To view the full poem, scroll/flip to the end of the program.





Seltzer & Seltzer, L.C.

7751 Carondelet Ave., Suite 708

Clayton, MO 63105

(314) 862-1720

<http://www.seltzerseltzerlaw.com>



Congratulations to all of the dancers
at CKDC for an excellent performance!



Sweet not Salty's mission is to spread
kindness and speak out against bullying,
one cupcake at a time.

Follow us on Instagram!
@sweet.not.salty_cupcakes

Good Luck
this weekend,
Jazzmon!

- EDWARD JONES FAMILY YMCA



5 THINGS YOU CAN'T UN-KNOW

Decades of studies indicate that serious health issues (like cancer, infertility, and asthma) are on a rise and due in some part to our ongoing exposure to toxic chemicals

NUMBER OF INGREDIENTS
BANNED OR RESTRICTED
FROM PERSONAL CARE PRODUCTS

1,400
IN THE EUROPEAN UNION

600
IN CANADA

30
IN THE UNITED STATES

The U.S. has not passed a major federal law governing the cosmetics industry since

1938
(that is over 80 years)

The FDA does not have the authority to remove harmful ingredients from the products we put on our bodies every day.

There are more than **80,000**
CHEMICALS on the market today. Many don't have any safety data. This is particularly true of those used in the skin-care and beauty industries.

BEAUTYCOUNTER

OUR CLEAN PROMISE

Over 1,800 questionable ingredients are never used in our formulations. We call this The Never List.

OUR MISSION

To get safer products into the hands of everyone.



JOANNA BROWNING
314.280.2115
joannabrowning@me.com

**NEW CLIENT DISCOUNT: 20% OFF
WITH CODE: CLEANFORALL20**

beautycounter.com/joannabrowning

instagram: @joannabrowning
facebook.com/groups/safesmartbeautifuliving

ONE FREE INFRARED WORKOUT

Unlimited, 24-Hour Access
to Virtually Instructed,
Infrared Sauna Workouts

HOT ISO // HOT YOGA // HOT PILATES
HOT BARRE NONE // HOT WARRIOR
HOT CORE // HOT BUNS // HOT BANDS
HOT CYCLE // HOT BLAST



(314) 899-9679 | [HOTWORX.NET/STUDIO/STLOUIS-MIDTOWN](https://www.hotworx.net/studio/stlouis-midtown)

3763 FOREST PARK AVE. SUITE D, ST. LOUIS, MO 63108



With 9+ years of experience, Nicole has built an amazing career in the beauty industry. She has traveled nationally to study her craft, service wedding parties, work on stage productions, and to work with celebrities. Even though she has worked with many celebrities, Nicole prides herself on making all women look and feel red carpet ready. As an artist, Nicole specializes in natural yet glamorous makeup looks. Her clients are always impressed with how clean their makeup is and how long it lasts. Her favorite part of her business is helping women glow from within and exude confidence through their enhanced beauty. An appointment with Nicole is rarely just about makeup. As a woman of God Nicole avails herself to be a vessel. As she is led- she will pour into, encourage, and even pray with her clients when needed. She cherishes the connection she has with her clientele.



Contact today for a
booking:
<https://www.nicolebeautywellness.com>
nikkiperkins10@gmail.com

TAMM AVE

Since 2013

A NEIGHBORHOOD JOINT



dpu

DANCE

together, we dance

A COMMUNITY FOR THE COMMUNITY.
JOIN OUR FAMILY TODAY!
ENROLLMENT STILL OPEN!



Congratulations on a
beautiful performance
CKDC & Ms. Josie!

PH: (636) 287 - 6110

W: [HTTPS://DPU.DANCE](https://dpu.dance)

E: INFO@DPU.DANCE



*Creating educational and life
experiences outside the classroom*



**We offer competitive
priced tutoring in
person and online. Just
\$15 per hour
www.stomptheworld.org**

**6815 Gravois Ave, St. Louis, MO 63116
314-696-2146**

DIVISION.

Makes me think about separate but equal
Look it up
Even its sign resembles some type of hierarchy
Draw it up
It's repeatedly subtracting black bodies from my city
'Cause ever since Micheal Brown STL ain't been too pretty
It why you won't listen to this young black woman's voice
These words fall from my lips, I call it music, you call it noise
But don't pity me
'Cause I am the epitome
Of a life doing a 360
That's just...division
But life taught me about hope
Life taught me that St. Louis city ain't gotta struggle no more
Once I gave my heart to Yahweh
He gave me new opportunities
I'm no longer following Yall's Way
It's Gods' Way
Is what separated a sinner(center) from a point guard you see
The ball is in God's hand
I'm posted up
So He can dish it to me

Listen to me
Helping my city is a mission to me
In addition to thee
Transition to be
The better me
Expeditiously
Focusing on expanding unity
In my community you see

Division

To be honest, we're more divided than ever
Different religions and race
Hating is truly what's bringing us together

But I got faith in us
The first step to building a new foundation is trust
Hand in Hand one step at a time we must
Learn how to love ourselves and forgive the past
Let's recycle positive energy and throw negativity into the trash
At last, I must ask
Where do you see yourself in five years?
Will you still be the same person or have you overcome your fears?

Let's talk Division

But it's all about Unity

I know you hear the repetition in my poem
But sometimes it's hard not to get violent like Malcolm
X-MAN here comes the Storm
Ing the capital
After that, I had to take a sabbatical
Tryna register all this collateral
Damage to my country

While I was focusing on school
Some of my peers thought it was funny
But I'm not here to talk about politics
I'm here to talk about harmony
Like the time I fell in love with music at the Powell symphony
I watched as the conductor lifted his hands
before the music began
I felt at peace

His right hand danced leading the beat of the orchestra
But it was something about the left hand that made me feel free
Like Leonard Berntstien
The music moved me
It was magical like Carlos Kleiber
I listened to the harmonies, I listened to the unison and I listened to the love,
Even though each instrument was different it sounded beautiful

Let's talk about Unity

With my poetry, I want to be the conductor
I understand that each one of y'all is different
But all you have to do is take a second and listen

Listen to the words that fall from my lips
Listen to my words that I call music
Listen to the voices that were once quiet
Listen to the people and listen to the riots
Listen

Listen and try to understand each other
Unity is about accepting our differences
That's what make orchestras and symphonies so beautiful
Despite the division, they manage to still come together
When we come together we can create harmony

UPCOMING EVENTS:

CKDC KIDS PERFORM AT AMBUSH HALFTIME

NOV. 26 | 5:00PM | THE FAMILY ARENA

STUDENT BLACK AND WHITE DANCE CONCERT

DEC. 3 - 5 | 4:00-6:00PM | THE MARCELLE

CKDC KIDS PERFORM AT CWE WINDOW WALK

DEC. 4 | NOON

COMPANY AUDITIONS

JAN. 8 | 10:00AM - 12:30PM | CKDC

Our mission is to make dance accessible to all and expose the healing art of movement to our communities.

Our vision is to use our unlimited passion for movement to build a diverse and welcoming community rooted in wellness and equity.

CKDC is an arts community that reflects the diverse identities of the residents of St. Louis and its surrounding region. We demonstrate and practice a commitment to racial and cultural equity through the dance styles we offer, by fusing different dance styles into our works, and by centering diversity in hiring teaching artists and company members. We are committed to using dance to incubate a compassionate shared experience with creative practices that center and celebrate diverse cultures, and to make classes and performances accessible to those who are marginalized by systemic economic oppression and neglect.

Through both our concerts and through our organizational mission and vision, CKDC hopes to model how every single person has the power to create change, even when it doesn't seem possible. More importantly, we seek to continue using dance and performance arts as vehicles for community organizing, culture-shifting, and public activism. We believe that not only is dance a catalyst for life in motion, but that dance can cultivate change on a larger scale, impact business practices, and encourage community members of all backgrounds and experiences towards social action.

Consuming Kinetics Dance Company is a Kranzberg Arts Foundation Resident and a member of the .ZACK Incubator.



465 North Taylor Avenue, St. Louis, MO 63108
ckdc.org | (314) 546-1477 | info@ckdc.org