



Hollywood Swingin' News

October 2011

Edition 2

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Upcoming Events

Student of the Month

September
Kiara Davis

October . . .

November . . .

December . . .

January . . .

February . . .

March . . .

April . . .

May . . .

Show Your Pink for Breast Cancer Awareness

According to the National Breast Cancer Foundation, breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Each year it is estimated that nearly 200,000 women will be diagnosed with breast cancer and more than 40,000 will die. Approximately 1,700 men will also be diagnosed with breast cancer and 450 will die each year. However, 8 out of 10 breast lumps are benign, or not cancerous.

October is National Breast Cancer Awareness month and you guessed it; **PINK** is its official color. During this month you'll see thousands of people supporting breast cancer awareness by wearing the color **PINK**. From professional athletes to company websites to cancer walk/run participants, all showing their support for a disease that affects so many Americans. All around Minnesota several breast cancer events are taking place; and not just during October but all year long. Here at HSD; we would like you to help us show our support. During the week of October 17 HSD will show its support for breast cancer by asking teachers, parents and students to wear something pink to class. It can be as small as a ribbon or wrist band or come in an all **PINK**.

Costume payment due this month

Parents, your first costume payment is due by October 16, 2011. Costume payments are split into two payments for your convenience and you are required to pay the first half by October 16 and the remaining balance by November 5. Remember, HSD will not order your child a costume without the fee paid in full by the final due date. Please read over the costume cost below to find what your child's costume(s) will cost.

Age/Class	No. of Costumes	Total Cost
3 to 4 years	1	\$85
4 to 6 years	2	\$170
7 to 11 years	2	\$170
12 years to teen	2	\$180
Adult Men	1	\$75
Adult Women	1	\$85*
Open Dance	1	\$20
Production	1	\$90*
Dance Team	1	\$90*

*Sizes X-Large to 3X will be \$110

Holiday Closures

Halloween

Oct 31

Thanksgiving

Nov 23 – 27

Winter Break

Dec 24 – Jan 4

Spring Break

Apr 2 – Apr 14

Where to find us

Hollywood Studio of
Dance
2128 West Broadway
612-521-6780

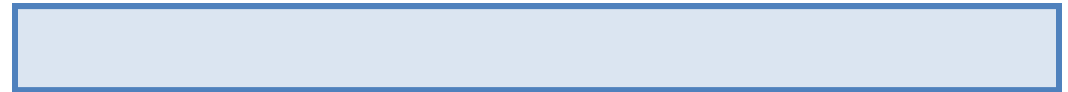
Contact us

info@
hollywoodstudioofdance.org

Hollywood Health

Welcome to Hollywood Health! Here you can find information related to health and fitness. We are not saying, students and parents need to be dieting, however, we believe that health and fitness together is vital to living longer and maintaining a healthy body.

Each month HSD will write about a different health or fitness tip along with a recipe to share with parents and students. A different recipe will be selected to share with parents and students. Recipes need not be dietary, just healthy. Have a recipe to share? Email it to: info@hollywoodstudioofdance.org.



Selecting healthier food choices does not involve eating food you don't like; it simply means substituting foods high in calories for foods with less calories. You can have the "less healthy" food items; just remember all things in moderation. The next time you're thinking about food try substituting it with a healthier food choice. Try one of these choices listed below.

Healthier Food Choices	Less Healthier Food Choices
Baked or Grilled Chicken	Fried Chicken
Low Fat Yogurt	Ice Cream
Baked Potato	French Fries
Bagels or English Muffin	Doughnuts or Pastries
Pretzels or Plain Popcorn	Potato Chips

Recipe of the month

Mini Ice Cream Sandwiches

- 1/2 cup light vanilla ice cream or frozen yogurt, softened at room temperature
- 24 vanilla wafer cookies (1 1/2 inches in diameter)
- 1 ounce dark or bittersweet chocolate (60% to 70% cocoa solids), finely chopped

Directions

Line a shallow storage container with wax paper. Put a small scoop of ice cream (about 2 teaspoons) on a cookie and top with another cookie. Roll the ice cream sandwich in the chopped chocolate so the chocolate adheres to the ice cream. Place in the wax paper-lined container. Repeat with the remaining ingredients until you have 12 ice cream sandwiches.

The Birthday Corner

Savana Price – 10/4



Ceyonn Wade – 10/14

Happy Birthday to you all!