

José Mateo's

BALLET THEATRE

Harvard Square



THEN, HERE & NOW

THE SANCTUARY THEATRE, CAMBRIDGE, OCTOBER 18 - NOVEMBER 3, 2002

Experience the excitement of ballet close-up with intimate table seating and cocktails during the show!

"Over the last 15 years, fed by the elegant choreography of its artistic director, José Mateo's Ballet Theatre has cultivated a distinctive ballet style, a critically acclaimed repertory of original work, a school and 20-member company."

THE NEW YORK TIMES

"...Mateo is only getting better."

THE BOSTON GLOBE

"...surprising, elegant choreography and impeccable production standards..."

THE BOSTON HERALD

Jose Mateo's

BALLET THEATRE

400 Harvard Street • Cambridge • MA 02138
617.354.7467 • www.BalletTheatre.org

***Celebrate with us**
at a special wine tasting event
on Saturday, November 2, 8 PM.
Enjoy four unique wines,
especially paired with the four
new ballets on the program.

- complimentary wine
- reserved, private table seating
- post-performance "Meet the Artists"

\$100 per ticket (*\$50 is tax-deductible*)
For details call 617.354.7467 x 61

PERFORMANCE SCHEDULE

FRIDAY	OCT. 18	8 PM
SATURDAY	OCT. 19	8 PM
SUNDAY	OCT. 20	4 PM
FRIDAY	OCT. 25	8 PM
SATURDAY	OCT. 26	8 PM
SUNDAY	OCT. 27	4 PM
FRIDAY	NOV. 1	8 PM
SATURDAY	NOV. 2	8 PM*
SUNDAY	NOV. 3	4 PM

\$28 per ticket

- reserved table seating
- wine & beverages available

TO CHARGE TICKETS BY PHONE, CALL **617.354.7467**

Visa or Mastercard

TO PURCHASE TICKETS IN PERSON, VISIT **BALLET THEATRE**
Use Mass. Ave. entrance, M-F, 10AM-6PM

THEN, HERE & NOW

Two Premieres, *All in Passing* and *Still Waters*, OCT. 18 – NOV. 3, 2002



Theater & Arts Guide

THEATER DISTRICT

Blue Man Group

"A Smash!" -WBZ-TV
 Tuesday Shows Now Added!
 Thur 8, Fri 7+10, Sat 4, 7+10,
 Sun 3+6, Tues 8, Wed 8
 Ticketmaster: (617)-931-2787
 or ticketmaster.com
 Info/Groups: (617)-426-6912
 The Charles Playhouse,
 74 Warrenton St.

Shear Madness

America's Hilarious Whodunit!
 "Best Comedy of the Year!"
 - The Boston Globe
 Book Your Holiday Parties Now -
 Great Group Rates and
 Dinner Packages Available!
 Schedule: Tues. - Fri.
 Sat. at 6:30 and 9:30pm
 Sun. at 3 and 7:30pm
 The Charles Playhouse
 For individual tix: 617-426-5225
 or order online at
 www.shearmadness.com
 For group tix: 617-451-0195

"Boston's best cutting-edge theater."
 -Improper Bostonian

OUR TOWN

by Thornton Wilder
 October 25 - November 17
 Wilder's humorous story of early
 20th-century New England gets a
 21st-century spin.
 Boston Theatre Works
 at the Tremont Theatre
 276 Tremont Street
 (next to The Wang Center)
 Thu - Sat @ 8pm, Sun @ 3pm
 Mon, Oct 28 @ 7pm
 \$25/Adults; \$20/Std/Srs
 Tickets: (617) 939-9939
 or www.bostontheatreworks.com
 Info: (617) 728-4321

GREATER BOSTON

THE GIG

By Douglas J. Cohen
 Based on the 1985 Frank Gilroy
 movie, this new musical peers into
 the world of 6 ordinary guys who get
 together once a week to play jazz and
 what happens to their lives when they
 get a "real" gig!
 3-Time Tony winner,
 Stewart F. Lane directs.
 Steven Bergman music directs.
 Lyric Stage Company
 140 Clarendon Street, Boston
 Oct 18th - Nov 16th
 Call (617) 437-7172
 or www.lyricstage.com

John C. Reilly in MARTY

World Premiere Musical
 "Whaddya feel like doing tonight?"
 Don't miss "Marty", an enchanting
 new musical from the talents behind
 "Annie" and "Bye, Bye, Birdie".
 Based on the Academy Award-winning
 movie, "Marty" is the story of a
 regular guy in search of love!
STARTS THIS FRIDAY!
 HUNTINGTON THEATRE COMPANY
 BOX OFFICE: 617-266-0800
 TICKETMASTER: 617-931-ARTS
 www.huntingtontheatre.org

GREATER BOSTON

New England Premiere!
WINNER! Best Off-B'way Musical!
 "BIG LAUGHS! It's remarkable what
 intelligent wit can accomplish!"
 - The New York Times

BAT BOY: THE MUSICAL

Story & Book by Keythe Farley &
 Brian Flemming
 Music & Lyrics by Laurence O'Keefe
NOW PLAYING
 through October 26 ONLY!
 Wed - Fri @ 8; Sat 4 & 8, Sun 3 & 7
 Tix: 617-426-ARTS
 \$25 - \$31 Student Rush Avail!
 Boston Center for the Arts
 539 Tremont Street, Boston
 www.SpeakEasyStage.com

The Boston Conservatory presents

The Captain's Daughter

A new musical based on the novella
 by Alexander Pushkin.
 Book and lyrics by Adele Ahronheim,
 music by Andrei Petrov and Olga
 Petrova.
 Directed by Neil Donohoe
 At The Boston Conservatory Theatre
 31 Hemenway Street
 Thurs - Sat, Oct 24 - 26, 8pm
 Saturday, Oct 26, 2pm
 Sunday, Oct 27, 2pm & 7pm
 Call 617-912-9222

SMELLING A RAT

BY MIKE LEIGH
 "A perfectly tart comedy" - NY Times
 Part bedroom farce, part social satire
 that rivals a "Fawlty Towers" plot.
 Oct. 25 - Nov. 10
 The Nora Theatre Company
 Call: 617-491-2026
 at Boston Playwrights' Theatre
 949 Commonwealth Avenue
 Across from the Green line "B" train
 Pleasant St. stop

OUTSIDE BOSTON

The Laramie Project

By Moises Kaufman
 and the members of the
 Tectonic Theater Project
 In the aftermath of the brutal murder
 of gay college student Matthew Shep-
 ard, the town of Laramie, Wyoming
 became the focus of a national crisis
 of tolerance and acceptance. Ten ac-
 tors tell the dramatic and moving
 story of a city caught in the media
 spotlight at a time of great pain and
 sorrow.
 Tickets: \$12 - \$16
 October 22 - 27
 Spingold Theater, Brandeis University
 415 South Street, Waltham
 Call (781) 736-3400
 www.brandeis.edu/theater
 MBTA Commuter Line

OUTSIDE BOSTON

The Woman in Black A Ghost Story

Adapted by Stephen Mallatrat from
 the book by Susan Hill, this
 old-fashioned tale is full of
 mysterious shadows, misty
 graveyards and a last 5 minutes that
 will take your breath away!
 Oct 18 - Nov 3
 STONEHAM THEATRE
 395 Main Street, Stoneham
 15 min. north of Boston at the inter-
 section of Rt. 93 & Rt. 95
 Call (781) 279-2200
 www.stonehamtheatre.org

Hingham Civic Music Theatre
 Presents

Cole Porter's ANYTHING GOES

Come and be captivated by the pas-
 sengers and crew of the ocean liner
 AMERICA. The cast is first rate, and
 the music & dancing are extraordi-
 nary! For a truly enjoyable theatre ex-
 perience, join us on
 October 19, 20, 25, 26, 27
 at Hingham High School
 17 Union Street
 Hingham, MA
 Tickets \$15
 Students/seniors \$12
 For ticket info call 781-789-4327
 Group rates available 781-749-0083

BALLET

BOSTON BALLET

Presenting
ONEGIN
 Critically Acclaimed!
 ...rejected love... a fatal duel... and a
 heart-breaking climax.
 Compelling, beautiful, a passionate
 story ballet for everyone.
 At The Wang Theatre
 Oct 24 through Nov 3
 Call Telecharge today at
 800.447.7400

OPENING THIS WEEKEND!

José Mateo's Ballet Theatre

"Then, Here & Now"
 Experience ballet like never before
 with intimate table seating and
 cocktails served during the show.
 Four new ballets, including two pre-
 mieres, by José Mateo set to
 Beethoven, Bach, Mendelssohn and
 Debussy. Oct 18-Nov. 3
 The Sanctuary Theatre
 Harvard Square
 Tickets \$28
 (special wine tasting event Nov. 2 for
 \$100. Call for details)
 Call (617) 354-7467

MUSIC

THIS WEEKEND ONLY!

Benjamin Zander and the Boston Philharmonic

Launch the new 2002 - 2003 season
 with a program of all-time favorite
 masterpieces. Mozart's overture to
 the Marriage of Figaro, Dvorak's Cello
 Concerto, and Schubert's C major
 Symphony "The Great".
 Thursday, Oct. 17, 7:30 pm
 Sanders Theatre at Harvard
 Saturday, Oct 19, 8pm
 NEC's Jordan Hall
 Sunday, October 20, 3pm
 Sanders Theatre at Harvard
 Tickets \$17 - \$60
 Sanders Theatre Tickets
 617-496-2222
 NEC's Jordan Hall tickets
 617-536-2412

Civic Symphony Max Hobart, Music Director

Schumann Symphony No. 3
 Dvorak Cello Concerto
 Jules Eskin, BSQ, Cello
 Laura Carlo, WCRB, host
 Regis College, Weston
 Sunday, Oct 20 @ 3pm
 \$25/\$20
 Call (781) 768-7070

GUITAR SHOW

Vintage Guitar Show & Musician Swapmeet

Sunday Oct. 20 at 10am - 4pm.
 Auburn, MA, Elks Hall, Rt 12 South
 Exit 10 off Mass Pike
 Sunday Nov. 17 at 10am - 4pm.
 Waltham High School, Exit 27A off Rt.
 128, Waltham, MA
 admission \$7.00
 Info directions: www.bostongui-
 tarshow.com
 e-mail kkopec@charter.net
 Phone: (508) 865-5935

TOURS

DO YOU BELIEVE IN GHOSTS? WELL, DO YOU?

Join Old Town Trolley Tours of Boston
 for a "frightseeing adventure" explor-
 ing Boston's "Darker Side".
 The 2-hour tour aboard the "trolley of
 the damned" includes a walking tour
 of two burying grounds and is hosted
 by a 17th Century Gravedigger!
 Every Thursday through Monday
 6:30, 7:15 and 8:30pm
 Reservations required:
 Call (617) 269-3626



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To advertise in this directory contact Alex at 617-338-4880
 or e-mail ashear@metro-boston.com

Performance Calendar - Fall 2002

Boston Dance Alliance is including all submitted listings for this issue, but starting Dec. 15th we will list only BDA members events. To join BDA go to our website www.bostondancealliance.org. The next deadline for the calendar is 10/15 and will list November and December events. Send submissions to kdonovan@mit.edu.

September

9/6 & 9/7, Susan Rose, Green St. studios, 185 Green St., Central Square, Cambridge, 617/864-3191

9/8 at 2pm, Triveni Dance School will be presenting Classical Dances from South India at Brookline H.S. Roberts auditorium 115 Greenough St. www.trivenidance.org or call Neena Gulati @ 617-232-5485 Free

9/13-9/15, Fri.-Sun., 8 pm, Rochelle Fabb - "At First Blush," interdisciplinary, performance work that employ psychologically compelling imagery, pop culture references and absurd humor, Mobius 354 Congress St. Boston, \$12/\$10, 617-542-7416

9/14 -9/15 College Festival, Impulse Dance, September 22 Open house at 'the studio' Impulse Dance, 181 Mass Ave. 3rd floor, Boston, MA 02115, 617-536-6989 ongoing Adult Classes Jazz & Hip Hop, ImpulseDance.com.

9/21-9/22. Open for Dancing festival, site specific dances around Newport, RI, by Daniel McCusker, Island Moving Company, and others call newportarts.org or call 401.847.4470.

9/23, "Gu 1-4," Marjorie Morgan and Tom Plsek, Gu1: DecayRuin, at Berklee College of Music, 921 Boylston Street, 1st floor, 7:30 pm, series continues at Mobius, 3rd Monday of the month, "Gu 2-4," 10/21, 11/18, 12/16, 8pm, \$10/\$7; series price: \$25/\$15. 617-542-7416.

9/27-9/29 (Fri.-Sat., 8 pm; Sun. 3 pm, \$10/\$8) Mobius Artists Group "Variations V," by John Cage, multimedia performance piece. "Variations V," movement with interactive sound and video, Mobius, 354 Congress St. Boston, 617-542-7416

9/28, 8pm & 9/29 7pm, Kathy Hassinger Modern/Ballet,. *Emerging Artists Series* program sponsored by GSS & Cambridge Arts Council, Green St. studios, 185 Green St., Central Square, Cambridge, 617/864-3191.

October

10/3-10/12, Snappy Dance Theater The Copley Theatre, 225 Clarendon Street (between Newbury and Boylston Street), Boston, MA, Thursdays, 7pm, Fri-Sat, 8pm, Sunday, October 6, 3 pm. www.snappydance.com.

10/3, World Premiere: Queen Of The Gypsies, Portrait of Carmen Amaya, screening party, Black tie or Flamenco Flair. 8:00PM, doors open 7:30 PM, Museum of Fine Arts, Remis Aud., tickets \$75. MFA BOX OFFICE: 617-369-3770.

10/4, 8pm, World Music, Master Dancers Of Bali, \$20-30, Sanders Theatre, 45 Quincy Street, Cambridge call (617) 876-4275, spiritual trance dances, gloriously colorful costumes and fantastical masks performing five classic Balinese dances.

10/6, 2pm, Triveni Dance School, MIT's Kresge Auditorium, Mass ave. Camb. www.trivenidance.org 617-232-5485 Free

10/6, Open Floor, (open mike for dance) 6:30 sign up 7pm Showing, Green St. studios, 185 Green St., Central Square, Cambridge, 617.480.9630, *happens every first Sunday of the month*. \$3-5 donation, a monthly event for any dance style to show in-progress/completed works in an informal setting.

10/14, 11 am-2 pm The Boston Conservatory Dance Theater at the MFA, Open House, Anna Sokolow's Magritte, Magritte, premiere by Luis Fuente, work by Donald Byrd, José Limón, and Yasuko Tokunaga, and lecture by Yasuko Tokunaga, Museum of Fine Arts, Boston, 465 Huntington Ave, Boston. Call the MFA for details, 617-267-9300.

10/17: Art Bridgman/Myrna Packer Informal Performance, 7:30 PM Jackson Dance Lab, Tufts University. Free. Limited seating. Info: 617-627-2556.

10/18-11/3 Jose Mateo's Ballet Theatre presents "Here & Now" at the Sanctuary Theatre, 400 Harvard Street, Cambridge. \$28 (table seating). 617/354-7467.

10/18-10/19 2002, *Changing Skin*, contemporary dance work about transformation by Kelley Donovan & Dancers at Green St. Studios, 185 Green St., Central Square, Cambridge, call, 617/864-3191.

10/18-10/20, Harvard Dance, Loeb Drama Center, 23-26 Brattle St. Cambridge call 617-495-8683.

10/21, Marjorie Morgan & Tom Plsek, "Gu 2: Crossing the Great Stream" Mobius, 354 Congress St. Boston, 8pm, \$10/\$7, 617-542-7416.

10/22-10/25, Impulse Dance, Festival of Nations, Shriners Auditorium, Willington MA, 617-536-6989.

10/24-11/2 Monkeyhouse - "Anablep and Other Oddities," 10/24-10/26, by Nicole Harris, Karen Krolak, and Amelia O'Dowd. "Feasting," 10/31-11/2 with Sarah Carlson - Mobius, 354 Congress St. Boston, 617-542-7416.

10/25-27, Paul Taylor Dance Company, 7:30/8/3 p.m., Fleet Celebrity Series, Shubert Theatre, 617-482-6661.

10/25-26 Shared choreographers concert, Dance Complex, 536 Mass Ave. Cambridge, (617) 547-9363.

10/27, 3:00 pm, Ken Pierce Baroque Dance Company, Susan Liu, Charles Garth, Maris Wolff, and Renaissonics on, First Church in Cambridge 11 Garden St. Cambridge, 617 661-3353.

10/30, 7:30pm, Kelley Donovan & Dancers, Club Passim, All Hallow's Eve, 47 Palmer St., (under the globe corner bookstore), Harvard Square 781-321-6188.

EVERY 30 DAYS OR 3,000 MILES***- by Dorea D'Agostino***

Regular care and maintenance keeps our vehicles and appliances running smoothly. For optimal physical performance, we need to treat our bodies the same way. Unfortunately, we live in a disposable society...it's easy to run our machines into the ground, send them to the landfill and go get a newer, better one at Target. But until there's a discount chain for new bodies, we need to maintain our health and fitness with proper diet, exercise and rest.

Proper diet means consuming enough calories each day from a variety of foods. Depending on our size and the intensity and frequency of the dance and exercise training in which we participate, we may need anywhere from 2000 to 4000 (or more) calories per day in a healthy balance of carbohydrate, protein and fat. Most people thrive on a diet from which 50-60% of the calories are carbohydrates, 20-30% are proteins and 20-30% are from fats. Carbohydrates (vegetables, fruits and grains) are our primary source of fuel. Proteins provide amino acids, necessary for tissue building and repair and also provide fuel for exercise. Fats provide an energy reserve in our bodies, protect our vital organs, help regulate our temperature and make possible our absorption of vitamins A, D, E and K from food. (A registered dietitian can help an individual develop a healthy diet.) We also need to stay hydrated; most of us need 5 to 10 liters of water each day depending on the intensity of our exercise and the climate we exercise in.

Too often exercise increases our stress. We've all seen athletes burst into tears of fatigue and exhaustion at the end of a competition. We've all had or known people who have had stress fractures and muscle pulls from exercise or competition. It really doesn't have to be that way. Learning to listen to our bodies as we exercise is an important skill. As we pay attention to our needs, our bodies reward us with good performance; ignore our needs and our bodies try to teach us not to do that with injuries. One way to begin listening to ourselves during exercise is to slow our breath. Try this: take a walk and count how many steps you take as you inhale and exhale. What happens when you deepen your breath? Can you keep the same pace, but increase your steps per breath? When we are under stress, our breath is short and shallow. Lengthening our breath during exercise helps keep us relaxed. (A fascinating book on this subject is Body, Mind and Sport by John Douillard.)

Exercise and rest complement each other as do light and dark. Adequate rest lets the body operate at its maximum potential and reduces its stress. We each have our own requirement for rest, which changes as we change and grow older. Try this experiment: for seven days get whatever amount of sleep you need to feel rested. Don't let anything get in the way. Pay attention to how you feel on the eighth day.

In addition to getting enough sleep, resting the body means stretching each muscle group for a minimum of 30 seconds each after exercise and helping our muscle tissue recover by receiving regular massage or bodywork. Massage helps our muscle cells release waste products which are created during exercise, speeds the healing of injured tissue, increases flexibility and provides natural pain relief, in addition to other health benefits.

We only get one body in this lifetime...take care of it!

Dorea D'Agostino is a licensed and certified massage therapist/movement educator in Central Square, Cambridge since 1995. She is currently pursuing a degree in Exercise Physiology at U-Mass Boston. Dorea D'Agostino, CMT, 44 Pearl St. Central Square, 617-499-2957.

Pam Newton's regularly scheduled column will appear in the November/December issue.



Kelley Donovan & Dancers present Changing Skin, and evening of works that includes Chasing a Thicker Skin, pictured here. These contemporary dance works about transformation will be presented at Green St. Studios, 185 Green St., Central Square, Cambridge on October 18th and 19th. Call 617/864-3191 for more information.