

Tango Noticias

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Are High Heels A Dangerous Tango Fetish?

By Sarah R. Graff

and knee osteoarthritis. This joint disease is characterized by the breakdown of the articular cartilage surrounding the knee. The cartilage acts as a shock absorber between the bones and when it breaks down the bones begin to grind together causing pain, swelling, and decreased motion. Walking on high heels puts excessive stress on the front and back of the knee which could eventually lead to osteoarthritis (Kerrigan, Todd, and Riley 1998).

beautiful jueguitos (adornments) are done using our heels. What can we do to keep ourselves healthy while continuing to indulge in our fetish?

The most important thing you can do is find the right shoes for you. Although it can be difficult finding tango shoes that fit well, especially when ordering them from abroad, it is extremely important that your shoes fit you well to reduce the risk of injuries. If you have the luxury of travelling to Buenos Aires or even to a festival where shoe companies are selling their wares, it is important to try on the shoes and make sure they fit. Normally both feet are not equal in size so it is important to fit the larger sized foot. If you can have shoes made just for your feet this is the best

The quintessential image of tango always includes a woman's dainty foot in a high heeled shoe pointed into the floor. At milongas around the world women don high heels of various styles and heights, dancing for hours on end. High heels complete the tango look, however, is it possible that they could damage your feet, inevitably ending your social dancing life?

Doctor's studies have shown that high heeled shoes can cause short and long term damage to the body. Whether high heels are thin stilettos or thick wedges they can cause problems to women's knees, ankles, and feet. Short term damage can include back pain, sprained ankles or broken bones from turning your foot the wrong way or falling. Long term damage can include osteoarthritis in the knee (a painful, degenerative joint disease), which may develop after years of wearing high heels.

A study conducted by researchers at Harvard Medical School linked high heels

Wearing high heels can cause a variety of foot problems especially in the metatarsal bones of the foot (the area just before the toes, more commonly referred to as the ball of the foot). One common problem is called metatarsalgia which refers to general pain in the ball of the foot. It is also possible to develop metatarsal stress fracture which can be caused by unusual stress on the metatarsals. Another condition, called Morton's neuroma, is associated with pain and swelling caused by a growth of nerve tissue around the third and fourth toes. It usually develops in response to irritation and excessive pressure such as the burden of weight that high heels place on the ball of the foot.

So what is an avid tango dancer to do? We can't just throw out our 4 inch heels now can we? First of all, high heels are part of the tango fetish. Its just one element that makes tango, well, tango. Also, many



option. Shoe manufacturers in Buenos Aires will do this for you and it is not very expensive.

The shoes that you buy should also be stable. This means that the heel should be centered accurately and your foot should be firmly enclosed by the shoe. So that you can walk and dance in them, do not buy the highest heel unless it is comfortable for you. You can build-up to wearing a higher heeled shoe so if you are not used to wearing 4 inch heels then start with the height that is most comfortable for you. Also, women with a higher arched foot have more tolerance for a higher heel naturally.

The next most important thing you can do is to stretch your muscles. High heels enhance the appearance of your legs by contracting your calf muscles. Wearing high heels on a regular basis can cause these muscles to permanently contract, making walking in flat shoes or even bare feet more difficult. Sometimes it can also cause muscle cramps. You can minimize this problem by stretching your calf muscles before and after a night of dancing. The final important thing you can do to prevent injuries from dancing in high

heels is to strengthen your feet, ankles, and calves for dancing. There are many exercises available to make these parts of your body stronger and making them stronger will not only prevent injuries but it will improve your dancing. You will not only be able to execute lovely embellishments with ease but you will also be able to dance effortlessly all night long. For more information about wearing high heels you can visit these resources:

<http://www.2heels.com/dancing.html> - website devoted to wearing high heels by J. J. Leganeur. She also has a book, All About Wearing High Heels.

“Womens Foot Health - News” by American Association of Women Podiatrists, Inc. <http://www.aawpinc.com/news.htm>

“Knee osteoarthritis and high-heeled shoes” by Kerrigan, Todd, and Riley, May 9, 1998, The Lancet, vol. 351, issue 9113, pp. 1399- 1401.

For more information on strengthening exercises talk to your dance instructor or visit your local Pilates or Gyrokinesis studio. ■



Tango Noticias regrets to announce that

CARLOS GAVITO PASSED AWAY

Look for the article about Gavito by Bob Dronsky in the August issue

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The Penguin Offers Cool Argentine Gelato to Hot Tangueros and Tangueras

by J.J. Manning



Now that Beth Braun has opened the “Tango Under the Stars” milonga again you know its summer time and in Chicago, it is hot. If you are going out to Gidding’s Plaza in Lincoln Square, before you head to the milonga you might want to visit a wonderful Argentine establishment to help you keep cool. The Penguin, just west of Lincoln Square on Lawrence, offers homemade Argentine style gelato in a variety of flavors.

Inside a little mini-mall you will find the Penguin between a laundromat and a Korean restaurant. Although the Penguin is also a pizza place, the gelato is what reels in the customers. They have the flavors you tried in Buenos Aires and then some including dulce de leche, sambayon, ferrero rocher, and a lip puckering lemon. I tried all of them and they were all delicious.

Julio Curci and his family opened The Penguin five years ago, in August of 2000. At first they only sold ice cream but

gradually they added empanadas and pizza to their menu. The family makes everything by hand. In fact, the gelato recipe has been handed down from Julio’s great grandparents. Julio learned the business from his Father who owned a gelato shop in Buenos Aires.

Julio is not a stranger to Argentine dances. When he was living in Buenos Aires he was a folkloric dancer and he traveled to many parts of Argentina to perform. Although he doesn’t perform on the same scale here in the U.S., Julio is an instructor in Argentine folkloric dances. One folkloric dance that is familiar to many tango dancers is chacarera, which is commonly danced in Buenos Aires milongas. Although Julio does not offer classes during the summer he does offer lessons during the winter time when business at The Penguin is not as time consuming.

If you ask Julio Curci which flavor of gelato is his favorite he will tell you that it depends upon his mood. He advises trying a sorbet if you are having gelato before eating a meal but after a meal try one of the creams. He also has noticed that little girls tend to gravitate towards flavors like dulce de leche, strawberry cream, and ferrero rocher. When you visit The Penguin, they will let you try the various flavors so you can choose which one is right for your mood.

The Penguin is open every day from 4-10pm. You can stop by before the milonga on Tuesday in Lincoln Square or, if there is a group of tangueros and tangueras that are in desperate need of gelato right before closing, you can call ahead and tell them you are coming and they might stay open a little longer for you. ■

The Penguin
2723 West Lawrence
773-271-4924



WITH MISHA AND SARAH



15
august
start of upcoming
class sessions

Foundation Class

This class is designed to give students the foundations of tango technique. Absolute beginners are encouraged to start their tango experience here but seasoned dancers may find this class useful and are welcome as well. Registration is required.

Time: Mondays 8:30 – 9:30 pm
Cost: \$80 for a session of six classes.

Intermediate Class

This class is a continuation of the Foundations Class. It focuses on technique, musicality and connection with your partner. Prior tango experience or completion of Foundation Class is required. Registration is recommended.

Time: Mondays 7:15 – 8:15 pm
Cost: \$80 for a session of six classes.

Advanced Class

This class provides students with the techniques for dancing tango in the close embrace applying technical skills from the Foundation and Intermediate classes. Registration is recommended.

Time: Thursdays 7:30 – 8:30 pm
Cost: \$80 for a session of six classes.

Chicago Tango Project Practica

The practica is where you can practice what you have learned in class and ask questions. This practica is open to tango dancers of any level and any style.

Time: Thursdays
8:30 – 10:00 pm
Cost: \$10 includes
practica & refreshments.
\$5 for students
registered for classes.

For private lessons, performances or
information on class registration call:
773.575.6906 or visit us online:

tangoproject.com

Chicago Tango

CHICAGO MILONGAS

MONDAYS

Malena

1st, 3rd Monday of the month.
Mariposa, 346 N. Justine St., #300
Chicago, 8:30pm – 12am; \$10
Contact: George Drivakos 847.845.2669

Milonga Rubia

2nd Monday of the month.
Mariposa, 346 N. Justine St., #300, Chicago,
8:30pm – 1:00am, \$10.
\$8 after 10pm. Contact: Phoebe J.
Grant at 312.342.4335 or
WindyCityTango@yahoo.com.

Milonga del Morocho

4th Monday of the month.
Mariposa, 346 N. Justine St., #300, Chicago,
8:30pm – 1:00am, \$10; \$8 after 10pm
Contact Contact: Phoebe J. Grant at 312.342-
4335 or WindyCityTango@yahoo.com.

Cousin's Restaurant

3038 W. Irving Park Rd., Chicago. 9pm to
midnight - \$5. Tom Aksoy at 773.968.0101 or
www.chicagotangoloop.com

TUESDAY

Tango Under The Stars

Giddings Plaza 4729 N. Lincoln Ave., Chicago.
8-11pm - \$5, Contact: Beth Braun at
847-846-5611 or BethDance1@aol.com

Tango Chicago Tuesday Night Milonga

Tango Chicago Dance Centre. 1043 W.
Madison, Chicago, 8:30 pm – 12 midnight, \$10.
Al Gates at 312.850.1078 or
www.tangochicago.com

Milonga at Kabak

Kabak Supper Club and Vodka Room
1090 South Milwaukee Avenue, Wheeling
8:30pm-12 midnight, \$10 includes milonga
& 1 drink. Contact: Vadim Muchnik 847.
My-Kabak or Netza Roldan 312.287.8406
MyTangonet@yahoo.com www.mykabak.com

WEDNESDAY

Cousin's Restaurant

2833 N. Broadway, Chicago.
9pm– midnight, \$5. Contact: Somer
773.807.5704; Agape 708.945.4140,
findagapepappas@yahoo.com or visit www.
tangoardiente.com

THURSDAY

“Entre Amigos” Cabana Nights

Pasha Restaurant & Club, 642 N. Clark, Chicago
(312.397.0100), 9pm to midnight, \$7 cover.
Contact: Jorge Nieras at 312-397-0100 or
D'Antoni Productions at 312-217-0304
or visit www.21tango.com

FRIDAY

Milonga Vida

1st and 3rd Fridays of the month

Milonga Vida-Blue Moon

4th Friday, when there are 5 Fridays in a
month. 346 N. Justine Street, #300 Chicago,
9pm-2am; \$12. \$8 students with I.D. Contact:
Bethdance1@aol.com, 847.846.5611;
MariLiz7@aol.com, 630.254.5628.

Los Besos Milongita

2nd Friday of the month. 346 N. Justine Street,
#300 Chicago, 9pm - 2am; \$12; Ellen's sweets
& savories; BYOB. Contact: Ellen & Oleg
Mashkovich at una_emocion@yahoo.com

Nuestro Tango

Last Friday of the month.
Latvian Community Center, 4146 N.
Elston Ave., Chicago 8:30pm – 12:30 am;
\$10, Contact: 262.942.4587 Valentina,
773.279.9414 Carmen, 312.342.4335 Phoebe or
WindyCityTango@Yahoo.com

SATURDAY

Recuerdo Tango Club

6137 N. Northwest Highway, Chicago IL,
9pm.–?, \$15. Hosted by Carlos & Melisa Favre
contact: tango@recuerdoclub.com

La Pachanga

1st & 3rd Saturdays
942 W. Lake Street, Chicago. 9pm - 2am
\$15 - BYOB. Contact Douglas at
773.218.9516 or lapachanganight.com

SUNDAY

Cousin's Restaurant

2833 N. Broadway, Chicago, 8pm-11:30pm,
\$5. Contact: Somer 773.807.5704, Agape
708.945.4140 or visit www.tangoardiente.com

CHICAGO PRACTICAS

THURSDAY

Chicago Tango Project Practica

Dance Connection Studio
3117 N. Clybourn, Chicago, 8:30 to 10:00
pm Hosted by Sarah Graff and Misha Goro.
Advanced Class prior to practica from 7:30-
8:30pm. Drop-in practica \$10. Registered
students \$5. Contact Sarah & Misha at
773.575.6906 or www.tangoproject.com

Argentine Tango Club at the University of Chicago

Ida Noyes, 1212 E 59th Street, 1st floor
8-10pm, free to U of C students,
faculty and staff, and \$5 to the general public
http://tango.uchicago.edu

Tango a la Leroy y Phoebe

Mariposa, 346 N. Justine St., #300
Chicago, 7:30pm – 9:30p. Practica with
instructions. First 1.25 hour class instructed
by Leroy Hearon Jr, Phoebe J. Grant and/or
guest instructor. Contact: Phoebe Grant
312.342.4335, WindyCityTango@Yahoo.com

FRIDAYS

Tango Chicago Dance Centre

1043 W. Madison, Chicago. Practica 7:30p.m.-
11:00 p.m, open to all levels, \$12. Contact: Al
Gates at 312.850.1078, www.tangochicago.com

SUNDAYS

Academy V Music / Dance Practica

Dance Center Chicago, 3868 N. Lincoln Ave.
6-8:30pm - \$8; \$5 with student I. D.
Contact: Charlotte Vikstrom at 773-493-0666
or argentango@usa.net

Tango Sentido Productions Practica

Drucker Center, 1535 N. Dayton St.
Chicago, 6pm – 9pm, \$10. Contact: Dany
Novakovich 312.296.1955, 773.550.2646,
info@TangoInChicago.com,
www.tangoinchicago.com

ON-GOING CLASSES

Check the teachers' pages on our website
www.tangonoticias.com

Central Tango

FAYETTEVILLE, AR

Contacts: Elayne Hency at Elayne's Dance-The Art of Social Dance; www.elaynesdance.com, info@elaynesdance.com 479.521.6683

DENVER AND BOULDER, CO

Contacts: www.ragtime.org/dance/; www.danceoftheheart.com; Boulder - Deb Sclar: deb@danceoftheheart.com; Denver - www.mercurycafe.com; Chas Gale at (303) 320-4020, hotchango@msn.com, www.thetangohouse.com; Colorado Springs www.tangospings.com

ATLANTA, GA

Contacts: www.atlantatangofestival.com

CHAMPAIGN-URBANA, IL

Contacts: www.centragtango.com; Joe Grohens: joe@joegrohens.com; www.tango.joegrohens.com, 217.378.4751, Ron Weigel: TangoSociety@aol.com; 217.328.1311

AMES / DES MOINES, IA

Contacts: Valerie Williams: www.vjw.biz/docs/amessocdnc.htm; v@vjw.biz; 515.232.7374;

FAIRFIELD / IOWA CITY, IA

Contacts: <http://soli.inav.net/~dance/tango.html>, Fairfield Tango Community - Sheryll Ryan: sryan@humanfactors.com, 641.233.1011, Kelly Custer: 641.472.1001 Iowa City Tango Community - Greg Kovaciny tangoic@yahoo.com

INDIANAPOLIS, IN

Contacts: www.tangoindy.org; info@tangoindy.org, David Crosley: dcrosley@challenge-inc.com; 317.407.8181
Barb Bill: 513-321-3546; bbillcinci@yahoo.com

WEST LAFAYETTE, IN

Contacts: <http://web.ics.purdue.edu/~tango>
Michelle Murphy:
mcmurphy@psych.purdue.edu

ANN ARBOR, MI

Contacts: www.umich.edu/~umtango;
umtango@umich.edu; 734.327.0642 or
734.564.0811

DETROIT, MI

Contacts: Amy & Ray: MotorCityMilongueros.com, 313-655-4680, www.MotorCityMilongueros.com; AmyandRay@wowway.com, Metro-Detroit area: Argentine Tango Detroit, Lori Burton: Lori@argentinetangodetroit.com;
<http://www.argentinetangodetroit.com>
586.254.0560

TWIN CITIES, MN

Contacts: www.mntango.org www.geocities.com/twincitiestango Steve Lee: 612.729.5306, Lois Donnay: donnay@donnay.net, 612.822.8436; Frank Williams: Frankw@tc.umn.edu, 612.379.4565. For a weekly update of Twin Cities tango activities <http://mntango.org/mailmn/listinfo> and subscribe to 'TSOM'- announce.

KANSAS CITY, MO

Contacts: Korey Ireland; at <http://www.ko-arts.com/tango.html>; korey@ko-arts.com; or 816.931.9545

MT. VERNON, MO

Contacts: Karen Whitesell: www.thelearningdepot.com/murrays-1/;
417.471.1001; Fax 417.471.1002

ST. LOUIS, MO

Contacts: St. Louis Argentine Tango Yahoo Group: http://groups.yahoo.com/group/St_Louis_Tango/ and <http://cec.wustl.edu/~hs3/> Tango St. Louis: <http://www.tangostlouis.com/> Roxanne McKenny: www.tangoteacher.com, 314.324.0887.
Carter Maier: tngomn@hotmail.com.
Estella & Randy: tangoartists@tangorosa.com, www.tangorosa.com, 314.849.3007;
Rick Barbarash: 314-993-3698, rbarbarash@yahoo.com, Milonga Sin Nombre-Monthly Alternative Milonga:<http://home.earthlink.net/~rbarbarash/analternativemilonga>
Tango at Washington University: www.gatewaytango.org, Shaun Sellers: sellers@wustl.edu, 314.935.6098

ALBUQUERQUE/SANTA FE, NM

Contacts: The Tango Club of Albuquerque at www.geocities.com/tango_abq/special.html Paul Akmajian tango_abq@yahoo.com AasVe

LAS VEGAS, NV

Cont: Allison, Gabriel; www.tangosilhouette.com

TULSA, OK

Contacts: Fred and Jessica Stowell; fjstowell@aol.com

CINCINNATI, OH

Contacts: Fred and Jessica Stowell; fjstowell@aol.com; or Virginina Malton at vmalton@yahoo.com Barbara Bill @ bbillcinci@yahoo.com and Patricia Paz @ pato_paz@hotmail.com www.CincinnatiTangoZone.com

CLEVELAND, OH

Contacts: www.tangocleveland.com
Tim Pogors: TimmyTango@aol.com, 440-748-2204; Greg Messina 330.554.8900; atanguerita@yahoo.com or 330.608.4444

PITTSBURG, PA

Contacts: PATangoS – Pittsburgh Argentine Tango Society at www.pitt.edu/~mchp/PATTangoWeb.htm, Trini or Sean patangos@yahoo.com or 412.521.1478

MADISON, WI

Madison Tango Society, info@madisontango.org <http://www.madisontango.org/> 608-236-0198
Nicole Stevens: 608-213-8301, milongamadison@yahoo.com

MILWAUKEE, WI

Contacts: www.wisconsintango.com or www.milwaukeetango.com
Marek Sztokowski: tangomarek@yahoo.com

MONTREAL, QUEBEC, CANADA

Contacts: www.festivaldetangodemontreal.qc.ca

TORONTO, ONTARIO CANADA

Contacts: www.tangoacademy.org; Musharraf Farooqi at info@tangoacademy.org or 416.536.8446.

Please send any information regarding contact information for Argentine tango events in the Midwest to central_tango@yahoo.com and we will be sure to update each community's contact listing. Also, let us know if you'd like your community featured in an upcoming issue.