

Datebook

Season finale: Philharmonia
offers a stirring 'Creation' **E2**

SONOMA
WINE COUNTRY



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DANCE

A whirl of dazzle, brilliance

By Allan Ulrich
CHRONICLE DANCE
CORRESPONDENT

Christopher Wheeldon's "Number Nine" is, in reality, the seventh ballet the English choreographer has prepared for the San Francisco Ballet. But who's counting? Who had time, as this delectable paint-box of a dance flooded the War Memorial Opera House stage Friday evening at its world premiere?

Set in less than two weeks and danced by four principal couples and eight corps pair, the work disarms in its breathless trajectory and almost symbiotic relationship

San Francisco Ballet: Program 7. Dances by Fokine, Zanolli, Wheeldon. Through April 19. War Memorial Opera House, 301 Van Ness, San Francisco. \$20-\$265. (415) 865-2000. www.sfballet.org

with Michael Torke's postminimalist orchestral romp, "Ash." Wheeldon catches the score's jaunty syncopations and seems to toss them back at the composer.

Nineteen minutes have rarely passed so quickly. In comparison with Wheeldon's more meditative, more luxuriously phrased "Ghosts" (on the alternate Ballet program), "Number Nine" discloses no subtext, flies through stage space at high velocity and, in its phrasing, often gives the impression of being created on the spot.

You see that at the micro level. Corps folks can't seem to enter without twirling into position. Almost no woman can be lifted without etching a rond de jambe before her ascent. And none can

Ballet continues on E3

Above: Joy Upshaw (left) and Debbie Deutsch train on the track at Palo Alto's Gunn High School. Below: Upshaw talks with daughter Windy Margerum, 11, after the workout. Upshaw recently set two world records for women 50 and up.

HEALTH & FITNESS

At 50, she's right on track

By Sam Whiting
CHRONICLE STAFF WRITER

One week after her 50th birthday, Joy Upshaw was right where she wanted to be, 120 feet from the sand. It wasn't a beach, it wasn't outdoors, and it wasn't even in California.

It was in Albuquerque at the USA Masters Indoor Track & Field Championships, and Upshaw, who lives in Lafayette, was in the long jump, her first event in the 50-and-over age group. Down the runway she came, knees high, elbows pumping, her track pals alongside clapping in rhythm.

"I hit it right," she recalls, "and I knew it was far." What she didn't know was how far, 17 feet, 10 inches — a new indoor world record for women 50 and over, wiping out the old mark by 4 inches.

Upshaw continues on E4



Gold-medal tips

Coach Joy Upshaw, who recently broke two world's records in Masters Track, gives her five tips for healthy living:

1. Say "Hi" with a smile to everyone you meet.
2. Make quality time for friends and family.
3. Have good posture.
4. Pace yourself
5. Live "joyfully!"

WHAT I DO Kathy Kennedy, Voice Coach

Putting a song in students' hearts

By Edward Guthmann
SPECIAL TO THE CHRONICLE

Paying the bills on a pop singer's income is a rocky road. That's what Kathy Kennedy, a Bay Area music veteran who sings with Big Bang Beat and the Soul Delights, discovered.

In 1995, Kennedy became a voice coach to supplement her performing income. She sees students at her home in the Berkeley hills, and also at the Voice Studio on Potrero Hill, which she co-owns with singer Katie Guthorn. Kennedy is single, and was born and raised in North Oakland.

I teach the Seth Riggs method. It's called speech level singing and it teaches you to how to go from one part of your voice into the next. Nego-

tiating the bridges from chest voice into head voice, back and forth seamlessly.

It's a lot healthier for your voice. I've had sing-

ers come in with nodules on their vocal cords. That can happen if they push their voice too hard, or yell up from the chest to hit the high notes. That totally strains the voice.

I also teach the Seth Riggs method to other voice teachers — I went to Austria, Slovenia and Poland in 2009. And I still take lessons from Seth. He's in his 80s, lives in L.A., and we do a weekly Skype lesson.

Voice continues on E4



Brant Ward / The Chronicle

Kathy Kennedy gives advice to a student during a voice exercise at the Voice Studio in San Francisco. She also sees students in her Berkeley home.

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