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### **For Immediate Release**

### **UNFETTERED: HIGH RELEASE AT FIFTEEN, MAY 29 & 30**

High Release Dance Company, a collaborative modern dance company based in Silicon Valley, is proud to present **Unfettered: High Release at Fifteen** on May 29 & 30, 2009, at the Cubberley Theatre in Palo Alto. The show features original works by High Release and marks the fifteenth year of the company performing in the Bay Area.

High Release was founded in 1994 by a group of modern dancers who wanted to perform and choreograph yet still have time for their families, careers and other interests. Dancers rehearse year-round and perform at local concerts and dance festivals, while preparing pieces for this full-length concert held every two years.

“We tend to draw from our personal experiences for choreographic inspiration,” says Jennifer Eaton, who has been with High Release since 2003. “This had been a crazy couple of years for many of us, with births, deaths, job changes and other major life events—you’ll see these themes cropping up in our pieces.”

High Release has a unique, collaborative structure that allows each member to act as dancer, choreographer and director and to have an equal say in company decisions. Its members are all talented dancers who also lead busy work and family lives—engineers, writers, teachers, Pilates trainers, students, parents of young children. The company has performed at West Wave Dance Festival/Summerfest and Collaboration! Music and Dance, and in venues such as ODC Theatre and the Cowell Theatre.

The dancers and choreographers are from diverse dance backgrounds and employ a range of movement styles. Some long-time members—Jennifer Eaton, Elena Grindley, Christie Strasia and Erika Tingey—are still with the group. Virginia Bock, I-Heng McComb and Jennifer Mellor joined prior to the 2007 show, and this will be the first High Release show for newcomers Kimberly Baxter, Laurie Bramlage, Jen Costillo and Ana Macias.

#### **Unfettered: High Release Dance at Fifteen**

May 29 & 30 at 8:00pm  
Cubberley Theatre  
4000 Middlefield Road, Palo Alto

#### Tickets:

\$15/\$12 advance purchase through the web site at [www.HighRelease.org](http://www.HighRelease.org)  
\$18/\$15 at the Cubberley Theatre the evening of the performance