



JADA BLANC TAKES K.A.K DANCE AWARD

Jada Blanc, a member of the Metamorphosis Dance Company is this year's recipient of the Kathleen Armstrong Kilgour (KAK) Dance Scholarship.

The award, which honours the mother of Trinidadian writer, former dancer and now Kent State University Professor Dr Joanne Kilgour-Dowdy, is presented annually to a deserving Metamorphosis dancer for commitment and dedication to dance practice.

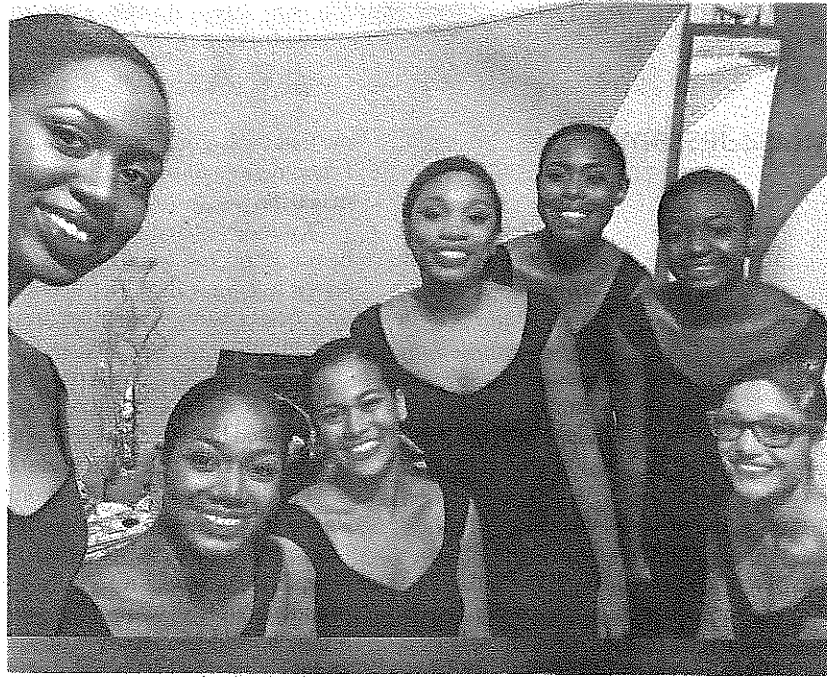
It was established to support young talented dancers of Metamorphosis financially and to prepare them to attain the necessary qualifications for eligibility into full time professional dance training.

Blanc received her award from Dr Valerie Bowrin, a former student of the Caribbean School of Dancing. At the award ceremony, Nancy Herrera, artistic director of Metamorphosis, said Blanc was also awarded for humanity along with her dance ability.

Blanc said she was extremely honoured and humbled "to have been blessed in this way".

"Thank you so much for the opportunity. I have been working extremely hard this year to prove to myself that I can actually pursue my passion for dance and, honestly, I was beginning to second guess my dream; but this has just been such an amazing surprise. Thank you so much."

The Metamorphosis Dance Company, now into its 20th year, comprises senior students of the Caribbean School of Dancing. Past KAK members include Mercedes Prevatt in 2014, Marie Lashley in 2013, Anais Hinds in 2012 and Juan Pablo Alba-Dennis in 2011.



Jada Blanc (far right) with fellow dancers (from left) Vaughn Harper, Marie Lashley, Yia Gomez, Anais Hinds, Yanick Best and Ja'Near Mc Intosh just before they hit the stage to perform. Photo: Vaughn Harper, courtesy The Metamorphosis Dance Company's Facebook page.



men are as good at this (cheating and you won't even know. deciphering your twisted mind, paygrade but what I do know is and to unconditional love, love appreciation etc. If you are insecure, talk to her. Oddly enough, security is a direct result of you knowing your woman and your fears, not else because of your treatment, threats and your intimidation campaign with you, but not her heart. /s.

one of the e-mails, there is, again, with some of you. You've seen the deep end. If you and your woman are concerned with who she's sleeping at you were supposed to do

want someone to stay with you, convincing them to? Why would you be unhappy? Part of it is because you are thinking only of your own pleasure ever that means to you.

you who use fear and intimidation to lure her back to you, or doing that to your mother,

going to use fear and intimidation in you might as well just lose her that make you feel better? Use different tactics on women you are dealing with serious emotional problems seek help. I'm not joking, I want to hear of men like you who treat women well and resort to using her.

woman as a human being, not just an object or "your" property. Face the realities of life which are not always in a woman's favor. If a woman is right, there's a strong possibility she could leave or cheat on you. Use a different way to help prevent this. Regularly, communicate with her, show her via your actions that you care about her. Perhaps you can win her heart and you'd have

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