

Dear Elizabeth,

I hope this letter finds you well and in the highest spirits despite the current state of the world during this global pandemic. Thank you so much for accepting me as a recipient of the Pamela Howar Vocational Award. Although currently there is uncertainty in the world in regards to COVID-19, quarantine, and the stay at home order, this award grants me the privilege of at least having the ability to move forward with my plans virtually. I truly appreciate your family's commitment to helping people who work in the arts, especially at a time when funding and grants are constantly being reallocated to other fields of study and recreation.

I know you have known the Best Friends Foundation for a long time and your mother Mrs. Howar helped them so much throughout the years. I am honored to receive the Pamela Howar Vocational Award. I plan to use these funds to continue my education in the field of Movement-Based Therapy. I currently have begun the enrollment process back into University to finish my BA in the coming year via an online campus. Due to the spread of Corona, most universities have gone back to the drawing board to reconfigure how starting a year looks like "social distanced". In the meantime, I've been exploring my options for completion and received the credits needed to complete my BA. However, my overall goal is to begin a Master's Program in Psychology with a concentration on Dance Therapy.

In the next few years, I will continue to offer more classes, workshops, and lectures with the hope of truly developing a format that is personalized and codified to my style of movement and teaching. This will be done virtually for now and hopefully in person as we continue to move toward getting control of the spread of Corona. Currently, I have switched my entire clientele online, including the offerings I have for children including yoga, yoga therapy, dance fitness, and a variety of movement-based workshops that can be done safely in living rooms or outside.

I recently had the opportunity to work on a video with the Best Friends Foundation that continues to spread our message on Anti Bullying. Emotional Intelligence is where we leave so many children behind in the public school system and now that the students have to socially distance themselves from one another, it may be even harder to understand the importance of how students individually impact their social circles. I was honored to be a part of the Best Friends' creative resolution to the mentoring project they started in February. We used dance and music to share the message of anti-bullying and hopefully, the students received it with warm and inviting hearts.

I will continue to work with Best Friends as I transition my career and hope to bring resources that will contribute to this mission that Elayne Bennett started. I would like to see how Best Friends can continue to impact many generations of students. I firmly believe that continuing my education in the power of movement and dance in actively teaching emotional intelligence and accountability will help me have an impact on lives in even more profound ways, inevitably leading to individual transformation and healing.

Thank you again for this opportunity! I look forward to sharing my journey with you in the months to come. Best wishes as I am sure you are affected by the current state of the world. I wish you safety and perseverance.

Warmest regards,

Rosalynd Harris