

**Throwing and Growing Foundation
5th Annual Dr. Martin Luther King Jr. Program and Essay Contest**

**Friday, January 12, 2018 5:00 pm.- 6:30 pm.
The Youth and Family Center
818 Cass Ave – St Louis, MO 63106**

**The Essay Contest Theme:
Who was Martin Luther King Jr. from age 15 -25 and when did his dream begin
and what is your dream?**



General Guidelines

1. Contest is open to middle school - sophomore in high school. (Grades 6-10)
2. Dr. King had a dream! He was passionate about his dream! He also believed that everyone should have the rights to equal access and opportunities.
3. Compositions should be **500 words or less**. Headings should be **legible and include name , address, phone number, grade, school, and date**.
4. While reference materials may be used, correcting and coaching by adults are not permitted.
5. A committee of the Board of Directors of the Throwing and Growing Foundation will serve as judges, selecting the top (3) essays from all entries. Prizes will be awarded to the top three essays.
6. **1st Prize- \$75 - 2nd Prize -\$50 - 3rd Prize - \$25**
7. **NOTE:** Winners will be expected to make an oral presentation of their compositions at the program.
8. **Deadline to submit entries is Friday, January 5, 2018**

Entries should be submitted to: Throwing and Growing Foundation
P.O. Box 26014
Jennings, MO 63136
ATTN: Essay contest

**For additional information contact: Commissioner Myrle Mensey Symonds at 314-650-1008
throwingandgrowing@gmail.com or our website: throwingandgrowing.org**

“If I cannot do great things, I can do small things in a great way”- Martin Luther King Jr.