

# Call for Entries!

## UCP Central PA/ SchmidtKramer *expressions* contest 2016-17

# Express yourself...

- your words or pictures
- your imagination
- your effort
- your creation
- your style

*(but it's still our rules!)*



**this could be you!**

Shown above, SchmidtKramer attorney Abbie Trone presents a Certificate of Excellence and check in the amount of \$100 to Bella Pykosh of St. Joseph School for her first place writing expression in last year's UCP/SchmidtKramer Expressions Contest.

## THE PURPOSE OF THE CONTEST

is to encourage school-age children and youth in grades 3-12 to express themselves on the topic of *life without limits for people of all abilities*. Are you living with a particular challenge, disability, or special need? Do you have a friend, sibling or other family member who is? *If so, share your experience with us. It just might prove to be a winner!*

### *excerpt from a winning expression*

*"...About a month later, we are sitting in the waiting room, waiting for my surgery. All I am thinking about is everything that I've been through; all of the things that I couldn't do. My life had limit after limit. I couldn't be independent, I couldn't comprehend all that I read, I couldn't communicate. I am so lucky that I have this opportunity. My life came with a limit... I will beat it."*

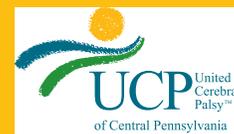
~ Bella Pykosh, 2016 Writing Expression  
First place, Grade 7-8, St. Joseph School

## WHAT ARE ACCEPTABLE FORMS OF EXPRESSION?

- Original writing:
  - Essay
  - Poetry
  - Short Story
- Original picture:
  - Photo
  - Drawing or painting (no 3D pictures please!)

## WHAT'S IN IT FOR YOU?

- OPPORTUNITY FOR CASH PRIZES
- PUBLIC RECOGNITION
- BRAGGING RIGHTS!



**LEARN MORE. SUBMIT YOUR ENTRY.**  
**WWW.EXPRESSIONSCONTEST.ORG**  
**OR CONTACT LYNDA BOWEN 717.975.0611**  
**Deadline for entries: Friday, March 3, 2017**