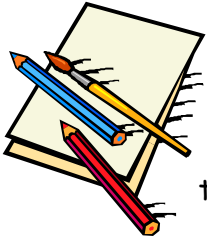


# Kaua'i Peace Project



## Kahuna Valley's Writing & Art Contest!



### Theme: "Peace from the Inside Out"

Are you ready to win some cool prizes? Come and enter an island-wide writing and art contest where you can get your voice heard and share your thoughts and creativity on how to achieve "peace from the inside out!"

#### IDEAS:

What does "peace from the inside out" mean to you? How does a peaceful life start with you... Consider how junk food, drugs, or peer pressure affects your physical health and emotional state of mind. Or think about how you find the peace within when you're helping others or doing something you really enjoy. Who is the person you go to (a role model or mentor) that helps you to believe in yourself, or has helped you to be at peace when life is at its most challenging? These are just a few ideas....come up with your own and have fun sharing your thoughts!



#### GUIDELINES:

1. You can choose to make your submission either a drawing or artwork or you can write something.
2. Essay or poetry entries are limited to 400 words and should be typed or legibly handwritten on 8½" x 11" paper.
3. Write your name, school, age, contact phone number, and the name of your favorite role model or mentor on the top right-hand corner of your written submission, or on the back of your art work.
4. Mail your entry to the contest sponsor: **Kahuna Valley, Peace Contest, P.O. Box 1921, Kapaa, HI, 96746. Submissions must arrive at the post office box on or before 11/10/05.**
5. Winners will be announced at the Kaua'i Peace Project gala event on **Saturday, November 19, 2005 at 7:00 pm.** Submissions will be displayed at the Radisson Beach Resort as space permits.

#### COOL PRIZES!

All winners receive free entry to the Evening Benefit Concert on November 19 starring slack key guitarist, 'Makana'. **Grand Prize: IPOD, 2<sup>nd</sup> Prize: Billabong Body Board, 3<sup>rd</sup> Prize: Portable CD Player.** Honorable mentions receive CD'S, movie passes, Jamba Juice smoothies, Coldstone Ice Cream, Borders book coupons & more...! Good luck and Mahalo for your participation! For more information and a list of our fab sponsors, visit [www.kahunavalley.org](http://www.kahunavalley.org).

