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July 28, 2000

Greetings Youth Coordinator:

This is an introductory letter from Focus On Healing, Inc. a non profit education, training and service organization that focuses on prevention and wellness approaches in integrated healthcare. We have a youth component **FOH HELP Youth Training Program**, started in 1995 to encourage and introduce youth to career choices in integrated healthcare. The program has trained over 100 youth in reflexology nationally and locally who have participated in numerous health fairs and expos under the direction of Dr. Njideka N. Olatunde.

Njideka, as she prefers to be called, is a recognized reflexology master, leader, teacher and author, who had a vision of training the next generation of integrated healthcare practitioners to care for and service to the elderly. The program operation has been self funded and directed. This year through the support of family, colleagues and the community FOH will award its first annual **FOH Cathy L. Hughes Youth Scholarship** to 7 youth ages 13-17 for the best one page essay titled: ***“What Does It Mean To Be Healthy and How Do You Maintain It”?***

This is an invitation from Focus On Healing inviting the youth of your organization to participate in our essay scholarship contest. I have enclosed for your review our scholarship guidelines, application, and flyer.

For more information call (301) 779-8005 code 3 or e-mail: fohnno@cs.com.

Sincerely,

Candyce Balton
Events Coordinator

ESSAY GUIDELINES

Essay Title: ***What Does It Mean To Be Healthy and How Do You Maintain It ?***

- Essay must be **original** (Parental guidance encouraged; entries suspected not to be written by youth entrant subject to disqualification)
- Essay **must** address the topic: **What Does It Mean To Be Healthy and How Do You Maintain It?**
- Entries **must** be typed; double spaced and not spelling errors
- Entries **must** have a cover sheet with entrant's name; address; phone number (no name should appear on the essay page)
- Entries **must** be submitted with completed essay scholarship application form
- Essays will be judged on **originality; content; and quality**
- Essays will be judged by a panel of writers, teachers, community leaders and healthcare practitioners
- Essay **deadline** is **February 28,2001** (entries post mark later will not be accepted)
- Essays become the property of **Focus On Healing, Inc.** and will not be returned
- Mail entry to: **FOH POB 26132 Washington, DC 20001**
- FOH Cathy L. Hughes Youth Scholarships will be announced on **March 19, 2001**

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Detach here and send this form attached to essay.

FOH Cathy L. Hughes Youth Scholarship Application Form

Name _____ DOB _____
Age _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____
Day _____ Evening _____

Ethnicity ___ African American ___ Hispanic ___ Asian ___ White ___ Native American

___ Other _____ Sex ___ Male ___ Female

School _____ Grade _____

City _____ State _____

Favorite Subject _____ Career Goal _____

Parent/Guardian _____ Contact # _____

Signature _____ Date _____

“Congratulations You Are A Winner”

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