



**ANNOUNCING THE
THIRD ANNUAL
ESSAY COMPETITION**

First Place Award \$400 / Second Place Award \$100

Any High School Junior or Senior in the counties of Sacramento, El Dorado, and Yolo is eligible to enter the **SSVMS** Essay Competition. Results will be available in time for inclusion in college application packets.

◆Contestants Must Address One of the Following Essay Topics◆

Each Person's Health Should Be,

1) the collective responsibility of all of us, because:

or,

2) the individual responsibility of each of us, because:

or,

3) a combination of individual and collective responsibility, because:

- ◆Entries must be received by 5:00 p.m. April 6, 2010
- ◆The winning essays will be announced on April 30, 2010
- ◆The winning essays will be published in SSV Medicine
- ◆The First Place winner will be awarded \$400
- ◆The Second Place winner will be awarded \$100

◆Guidelines for Submitting an Essay◆

Essay Contest

Sierra Sacramento Valley Medical Society

*Essays submitted for consideration must follow these guidelines.
Failure to do so will disqualify the essay from the contest.*

1. Your name should *not* appear anywhere on the essay.
2. On the front of the essay, in the upper right hand corner type the following:
 - a. 2010 Sierra Sacramento Valley Medical Society Essay
 - b. The title of your essay
 - c. Any random 5 digit number to be used in identifying your essay
3. On a separate, or subsequent page, type the following information:
 - a. The title of the essay
 - b. Your name and address
 - c. Your phone number (include area code)
 - d. Your e-mail address
 - e. Your selected 5 digit identifier number
 - f. The name of your school and year (junior or senior)
4. Entries must be 1,250 words or less and typewritten.
5. Limit one entry per author, English only.
6. Entries must be received by 5:00 p.m. April 6, 2010, either by
 - a. E-mail (as an attachment) to: cstincelli@ssvms.org
 - or,
 - b. Mail to: Attention: Essay Contest, Sierra Sacramento Valley Medical Society,
5380 Elvas Ave., #100, Sacramento, CA 95819-2396

Additional Information

- Entries remain the property of the Medical Society and will not be returned to authors.
- Editorial Committee members, whose children or grandchildren submit essays, are excluded as judges for any and all entries; however, relatives of SSVMS members are eligible to submit essays.
- In the unlikely event that no essay is adequate in the judges' opinion, no winner will be named, and the award will be reserved for the following year's contest.
- The winning essays will be announced April 30, 2010 and will be published in *SSV Medicine*.
- Winning authors will receive \$400 First Place Award and \$100 Second Place Award.
- The announcement and guidelines can also be viewed at www.ssvms.org/essaycontest/student.pdf
- For questions contact: Chris Stincelli, Sierra Sacramento Valley Medical Society (916) 452-2671.

The Sierra Sacramento Valley Medical Society (SSVMS) is a non-profit, voluntary organization of medical doctors and doctors of osteopathy dedicated to promoting and developing the science and art of medicine, to conserving and protecting the public health, and to cooperate with organizations of like purposes. Sierra Sacramento Valley Medicine is the official publication of SSVMS.

December 2009