**What is the topic and why is it important to you?**

**What is the story or example that explains it?**

**What have you learned about this topic? What is the message of hope or inspiration?**

**Are there any quotes or sayings that were helpful in learning the lesson or what you took away from this experience? (please cite any sources that are not your own words)**

**How would you like to be named? (i.e. first name, anonymous)** \_\_\_\_\_\_\_\_\_

**Is there a special day of the year you want your submission on?** \_\_\_\_\_\_\_\_\_