

Mr. Alex-Zan / Virginia A. Gatewood

*presents 7th Annual*

# “My Help List” Contest!

A Thinking • Writing • Reading Activity



## Entry

In 150 words or less, share in writing:

- It's important to help people because...
- List 5 things you have done to help someone or how you can help someone...

## Eligible

All students throughout Charlottesville and surrounding counties in grade categories **K-2, 3-5, 6-8, and 9-12**

## Winners

One winner from each grade category will be chosen and win a **\$100** cash prize with a gathering to be held in their honor. Winners will be announced on **NBC 29 & Alex-Zan.com**

## Contest

Monday, March 15, 2021 through Friday, April 23, 2021

**Drop or send all entries to:**

Jones Heating & Air “My Help List”

633 Rose Hill Drive • Charlottesville, VA 22903

(Please include name, address, and phone number.)

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**For more information:**

Contact Mr. Alex-Zan: (434) 202-0773 or alexzan@l-c.net,  
or visit Alex-Zan.com

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