



“STEP INTO THE LIGHT

2024 HIGH SCHOOL YOUTH ARTS CONTEST



An intercultural celebration of the inspiring work of Dr. Martin Luther King Jr. presented by the Cow Palace (Photo by George Conklin, 1964, Cow Palace)

<https://www.bates.edu/news/2015/01/15/photographing-mlk-in-1964-george-conklin-53-focused-on-the-final-frames/>

COMPETITIVE CONTEST FOR HIGH SCHOOL STUDENTS

Overview

The Cow Palace is hosting a creative competition to celebrate the birthday of Dr. King with a focus on “speaking out” and encouraging youth to share their voice respectfully and effectively.

The contest celebrates and builds on Dr. King’s historic Cow Palace appearance. Entries should be respectful to all cultures, races, religions, and orientations, and be uplifting and inspiring. Students will submit work to the Cow Palace where it will be displayed in an exhibit and reception open to the public on Thursday, January 11th 2024 from 5:00 PM to 7:00 PM. Students, their families, and friends are invited to attend.

WHO CAN ENTER?

All high school students from public, private, and alternative schools in these Bay Area counties: San Francisco, San Mateo, Alameda, Contra Costa, Marin, and Sonoma.



WHAT ARE THE IMPORTANT DATES?

- JANUARY 3rd Deadline to submit entry.
- JANUARY 4th: Deliver Exhibits
- Art & Photography should be submitted in person.
- Poetry, Essays, and TikTok may be submitted digitally by emailing SITL@cowpalace.com

HOW DO I ENTER?

Use our online entry form at: <https://tinyurl.com/23a3mkwz>

or

Scan this QR code to access our online entry form:



You also may complete the entry form enclosed and send to SITL@cowpalace.com or mail a hard copy to:

Cow Palace
“Step Into the Light” Entry
2600 Geneva Avenue
Daly City, CA 94014

There is no fee to enter the contests.

The Cow Palace staff reserves the right to reject any entry for appropriateness or safety.



WHAT CAN I WIN?

The Cow Palace will award ribbons for all class winners. Sponsors will provide generous prizes for the Best of Show winners for each section.

RULES

1. All exhibits must be the work of the exhibitor. A parent or teacher must verify this fact by signing the entry form.
2. All exhibits must be clean and presentable.
3. Artwork should be clean and dry and have a hanger on the back. Photographs must be properly mounted on black poster board.
4. Exhibits will be judged, and awards given for 1st, 2nd and 3rd in each class. A Best of Show for each section will also be awarded.
5. Decisions of the judges are final.



ENTRY DESCRIPTIONS & RULES

Section 1. LITERARY ARTS: ESSAY

- Submit a 500-word essay using one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7).
- Essays should be typed, double-spaced, in 12-point font.
- Put your name, school, and grade on its own page at the end of the document.
- Entries may be submitted electronically by emailing SITL@cowpalace.com

Class:

1. Freshmen
2. Sophomores
3. Juniors
4. Seniors

Section 2. LITERARY ARTS: POETRY

- Create a poem inspired by one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7)
- Poetry entries may be traditional (i.e. sonnets, haiku) or free verse.
- Please limit poems to one page.
- Put your name, school, and grade on its own page at the end of the document.
- Entries may be submitted electronically by emailing SITL@cowpalace.com

Class:

1. Freshmen
2. Sophomores
3. Juniors
4. Seniors



Section 3. PHOTOGRAPHY

- Submit a photograph inspired by one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7).
- Photographs must be printed and mounted on black poster board. **NO FRAMES OR GLASS.**
- A label bearing the name, address, email address, and phone number of the exhibitor must be on the back of the black poster board.
- Photos must be taken within the past 12 months of the exhibit.
- Size: minimum 5” x 7”; maximum 16” x 20”
- Photos must be submitted in person to the Cow Palace on Thursday, January 5th between 10:00 AM and 4:00 PM, at the main entrance of the arena.
- Photos may be picked up immediately after the reception (January 11th, 7:00 PM – 8:00 PM).

Class:

1. Black & White
2. Color
3. Series (3 to 5 photos related to each other or built around a theme).

Section 4. FAMILY POSTER

- Create a poster with your family inspired by one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7).
- A visual poster, 24” x 36” created with your family. May be created digitally and printed, or drawn, painted, created from art materials.
- Please mount the poster on poster-board or foam core.
- Posters must be submitted in person to the Cow Palace on Friday, January 5th between 10:00 AM and 4:00 PM, at the main entrance of the arena.

Class:

1. Poster



Section 5. FINE ARTS

- Create a two-dimensional work of art inspired by one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7).
- Artwork should be finished and dry.
- Artwork should have a hanger of some sort on the back.
- Artwork must be submitted in person to the Cow Palace on Friday, January 5th between 10:00 AM and 4:00 PM, at the main entrance of the arena.
- Artwork may be picked up immediately after the reception (January 11th, 7:00 PM – 8:00 PM).
- Indicate the size of your artwork on the entry form.

Class:

- | | | |
|--------------------|--------------|----------------|
| 1. Oils & Acrylics | 4. Pen & Ink | 7. Mixed Media |
| 2. Pastels | 5. Pencil | |
| 3. Watercolors | 6. Charcoal | |

Section 6. TikTok Video

- Create a TikTok video inspired by one of the quotes from Dr. Martin Luther King Jr. found in this guide (see the “Inspiration” section on pages 6 & 7).
- Video should be less than 60 seconds.
- Entries should be emailed to SITL@cowpalace.com. Compress the file if necessary.

Class:

1. 15 second video
2. 16-60 second video



INSPIRATION

Use one of these quotes by Dr. King to inspire your entry. Include the quote somewhere on your entry, either as part of an introduction (essay, poem) or on the back of a visual entry (photograph, artwork).

**“We must use time creatively,
in the knowledge that the time
is always right to do right.”**
—Martin Luther King, Jr.

RD

**“People fail to get along because they
fear each other; they fear each other
because they don't know each other;
they don't know each other because
they have not communicated with
each other.”**
—Martin Luther King, Jr.

RD

Greatness is determined by Service

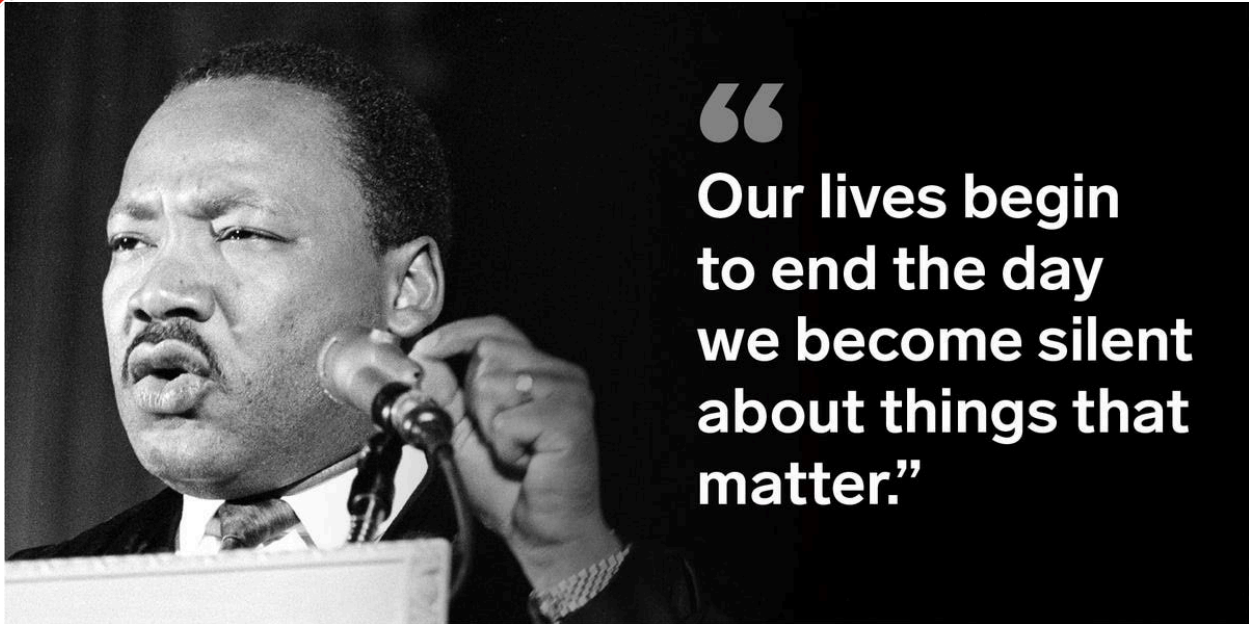
Dr. MLK

**“Not everybody can be
famous but everybody can
be great, because greatness
is determined by service.”**

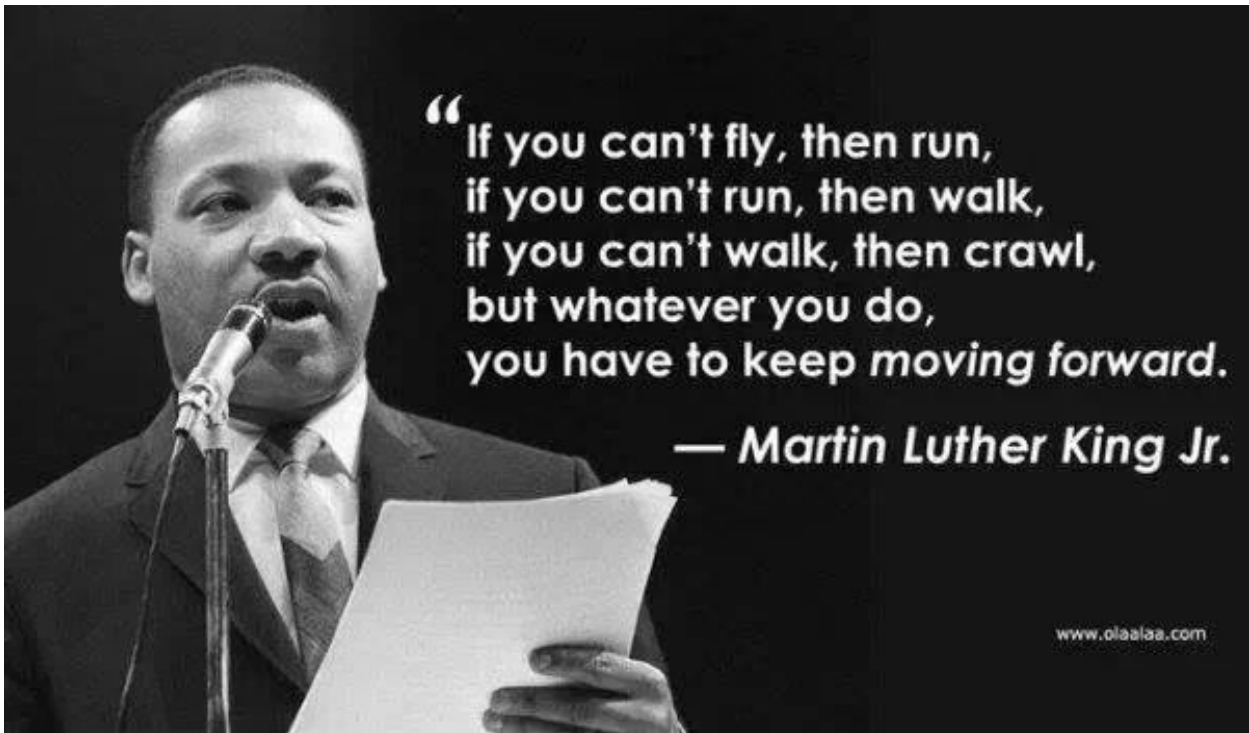
BB@

**“We know through painful
experience that freedom is
never voluntarily given by
the oppressor, it must be
demanded by the oppressed.”**
—Martin Luther King, Jr.

RD



“
Our lives begin
to end the day
we become silent
about things that
matter.”



“
If you can't fly, then run,
if you can't run, then walk,
if you can't walk, then crawl,
but whatever you do,
you have to keep *moving forward*.

— Martin Luther King Jr.

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