

*From your Arkansas State Chair for American Heritage for 2019-2020*

Dear Arkansas Sisters,

My name is Susi Olson and I'd like to invite you to participate in this year's American Heritage Competition. There are many categories for you to consider. The theme for this year is ***"Rise and Shine Your Light on the 19th Amendment."***

If you are interested in participating, go to the National web site, [www.dar.org](http://www.dar.org). Click on the Members tab, log in, and then go to the Committees tab. Choose American Heritage. There you will find all the categories and all the requirements for each category. The entry form is also located there.

The categories are:

- Art and Sculpture
- Crafts
- Fiber Arts
- Literature and Drama
- Music.

Be creative keeping in mind this year's theme. All entries, with the exception of Fiber Arts, should be submitted to the appropriate National Vice Chair. You will find that information on the web site.

Your Fiber Arts entries must be accompanied by photographs and any supporting documentation for your project and sent to me. **DO NOT** send the original project. The deadline for your entry to me is January 31, 2020.

The most significant change to the Fiber Arts Category this year is that **no machine quilting** on quilts or wall hangings will be acceptable. This is explained on the web site.

My contact information is below. If you have any questions, please contact me by email, text, or phone. I hope you will join with me to *"Rise and Shine Your Light on the 19th Amendment!"*

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