2011 Most Powerful Voices
Praise Break Competition
Audition Packet

Detroit, Michigan
Dear Gospel Entertainers:

The American Heart Association’s Power To End Stroke campaign is looking for a POWERful act to open up for Stellar award winning artist, James Fortune & FIYA. If you believe you have the voice of an angel or the talent of a star, we encourage you to audition for this remarkable opportunity. Show Detroit that you have what it takes to be one of three opening acts for the American Heart Association’s 2011 Most Powerful Voices Concert on Friday, Oct. 21, at Second Ebenezer Church from 8-10 p.m.

Maintaining good health is one of the greatest struggles in life, so we want you to help us empower people in our community to take charge of their health. Power To End Stroke is an exciting national campaign that raises awareness about stroke - while embracing the culture, creativity and energy of African Americans. Stroke is not inevitable. You can take steps to prevent it. By knowing the risk factors of stroke and taking positive steps, you can protect your health.

The Most Powerful Voices Concert is a signature event of our Power to End Stroke Movement. An upbeat, interactive praisefest, this event doubles as a heart health and stroke-prevention effort. More than just uplifting music, the Most Powerful Voices Concert informs African Americans about the prevalence of heart disease, empowers them to assess their personal risk factors and family history, and inspires them to change the course of their future heart-story.

Most Powerful Voices will have you on your feet, singing praises and reassuring you that you can overcome life’s obstacles. Last year’s concert drew 2,500 participants. And now, here’s your chance to become a part of this great show.

Praise Break registration opens at noon on Sept. 12. Praise Break Auditions are open to Gospel entertainers in two categories. You can register as a “Choir” (group of 6 or more) or “Independent Artist” (group of 5 or less). The first 30 validated registrations received will secure a place in the Praise Break. Auditions will be held Thursday, Sept. 29th from 6-9 p.m. at Second Ebenezer Church.

Each entertainer will perform a one-minute a cappella selection. Those 30 performances will be reviewed by a panel of judges and narrowed down to two semi-finalists for each category along with one Wildcard contestant. These Top Five will be asked to perform live that night to a CD they must provide. The night will conclude with the selection of three winners to open the 2011 Most Powerful Voices Concert on Friday, October 21st: One (1) choir, one (1) Independent Artist and one (1) Judges Choice Overall Winner.

For questions, please contact me at 248.936.5832 or Stefanie.Worth@heart.org.

We wish you the best of luck!

Sincerely,
Stefanie P. Worth
Health Equity Regional Director
American Heart Association
The Audition Process

STEP 1: Review the audition packet.

STEP 2: Complete the Registration Application (including the required elements of Part II)

STEP 3: Record your talent on a CD. Five acts will be selected from the Round I audition to perform live to their CD selection. This song selection will be limited to five minutes. Please write your name and the title of your selection on the CD. This CD MUST accompany your registration form to be considered for the audition. CDs will not be returned.

STEP 4: Mail or hand deliver your Registration Application, Roster Sheet(s) and any Power To End Stroke Registration forms along with your CD to The Most Powerful Voices Concert – Praise Break, American Heart Association, 40 Oak Hollow, Ste. 220, Southfield, MI 48033.

STEP 5: Registration Applications will be reviewed for completeness by our audition committee. The first 30 completed registrations received will be eligible for the Praise Break. Incomplete registrations will not be considered. You will be notified of the results via email or phone.

STEP 6: The 30 eligible Praise Break groups will audition live on Thursday, September 29, 2011, at 6 p.m. Preliminary round: Each of the 30 groups will perform a one-minute a cappella selection before a panel of judges, which will include local music industry professionals. Artists will be judged on talent, stage presence, and appearance. Semi-final round: Judges will select two groups from each category and one overall group to perform live to their CD selection. Artists will again be judged on talent, stage presence, and appearance. Finalists: The top finalist for each category along with one overall finalist (may come from either category) will perform live as an opening act for James Fortune & FIYA at the Most Powerful Voices Concert on Friday, Oct. 21, 2011, at Second Ebenezer Church from 8-10 p.m. As part of the opening act, each group will perform ONE song, no longer than seven minutes in length.
ARTIST INFORMATION SHEET / REGISTRATION APPLICATION

The information you provide will only be viewed and used by the registration committee.

Please complete this form and submit it with your CD to (PLEASE PRINT):
Most Powerful Voices Praise Break, American Heart Association, 40 Oak Hollow, Ste. 220, Southfield, MI 48033

Registration opens at Noon on September 12, 2011. All fields (Part I and Part II) must be completed.

PART I:

Artist/Group Name: _______________________________________________________________

Contact Name (if different than artist): _______________________________________________

Street Address: __________________________________________________________________

City: ______________ State: __________ Zip Code: ______________

Preferred Phone Contact Number: ________________________________________________

E-Mail Address: ________________________________________________________________

Category (select one): ______ Choir (6 or more members) ______ Independent Artist (5 or less members)

Number of people auditioning in your group: ____________ (List names on attached sheet.)

PART II

As part of your Praise Break registration, each person in your group must complete at least one of the following heart-health/stroke prevention awareness efforts:

- Like our new page on Facebook: Sign in to your Facebook account and search for American Heart Association Health Equity in Michigan.
- Follow us on Twitter at www.twitter.com/AHA_SEMI.
- Sign up to help us spread the word about heart health and stroke prevention on the attached form.

Praise Break auditions will be limited to the first 30 registrations received after 12 p.m. (noon), Sept. 12th. Incomplete registrations will not be considered.
ROSTER SHEET FOR (ARTIST/GROUP NAME)  

Please copy as many sheets as needed to include all members of your group. Complete applicable sections. (For example, if you like us on Facebook, include your profile name; follow us on Twitter, give us your Twitter name. You then wouldn’t need to sign up as an ambassador to complete your registration (but you can). However, if a member of your group is not on Facebook or Twitter, they will need to complete an ambassador sign-up and check “yes.”)

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Page _____ of _____
POWER TO END STROKE AMBASSADOR SIGN-UP
(You can still sign up if you’ve liked us on Facebook or follow us on Twitter)

Becoming a Power To End Stroke Ambassador simply means that you’re committed to taking charge of your health and helping those around you do the same. You start by sizing up your own healthy living goals, then share information we provide with your family members, co-workers, place of worship, hairdresser or barber or even your child’s school. We provide you with tips and resources; you help us spread the word. After all, a family history of heart disease doesn’t have to take you with it.

I would like to help my community lead heart-healthier lives!
Reach out to: church • work • social groups • fraternities/sororities • family reunions • barber & beauty shops • More!

Name: ______________________________________________________________________________________

Organization: ______________________________________________________________________________

Preferred Contact Address: ______________________________________________________________________

City/State/Zip: _________________________________________________________________________________

Preferred phone: ____________________________ (Work ____  Personal ____)

Alternate Phone: _______________________________________________________________________________

**Email: ____________________________________________________________

**Providing your email address helps us use valuable donor dollars to save lives instead of buying postage. Thank you!)

Thank you!
One of the most valuable ways you can contribute to the campaign is simply by becoming familiar with the facts and including them in your conversations. Here are some of the points we hope you’ll commit to learning and share with others:

The Facts About Stroke and African Americans
While anyone can have a stroke, knowing about and managing risk factors reduces risk. African Americans are among those least aware of stroke risk factors, despite having a high prevalence of high blood pressure, obesity and tobacco use. In fact:

- Blacks have almost twice the risk of first-ever strokes compared to whites.
- Blacks have higher death rates for stroke compared to whites.
- The prevalence of high blood pressure in African Americans in the United States is the highest in the world.
- Among non-Hispanic blacks age 20 and older, 62.9 percent of men and 77.2 percent of women are overweight or obese.
- In 2002, 28.8 percent of black or African-Americans only, used any tobacco product. Heavy cigarette smoking approximately doubles a person’s risk for stroke when compared to light smokers.
- Black women have higher prevalence rates of high blood pressure, obesity, physical inactivity, and diabetes than white women.

General Stroke Statistics
- About 700,000 Americans will have a new or recurrent stroke this year — that’s someone every 45 seconds.
- Stroke is the nation’s No. 3 killer and a leading cause of severe, long-term disability.
- Over 157,000 people will die from a stroke this year.
- 14 percent of people who survive a first stroke or TIA (transient ischemic attack) will have another one within one year.
- The length of time to recover from a stroke depends on severity. From 50 to 70 percent of stroke survivors regain functional independence, but 15 to 30 percent are permanently disabled. Twenty percent require institutionalized care at three months after onset.

The Recommendations
- It’s important to see a healthcare provider and to have blood pressure and cholesterol levels checked on a regular basis.
- Each of us should know our blood pressure numbers and keep track of our cholesterol numbers too.
- Optimum blood pressure is less than 120/80. Prehypertension is blood pressure from 120-139/80-89. Blood pressure that’s 140/90 or higher should be treated through diet and exercise or, if lifestyle changes don’t work, with medication.
- Optimum total cholesterol is less than 200. If total cholesterol is 240 or higher, it’s considered high risk and should be treated with diet and some type of moderate physical activity or, if lifestyle changes don’t work, with medication.
- Cholesterol is divided into two types: HDL (good) and LDL (bad). It’s important to keep LDL under 130. Desirable levels of HDL are 40 or higher (the higher the better — an HDL of 60 mg/dL and above is considered protective against heart disease).
- Blood sugar levels should be checked regularly to screen for high blood sugar or diabetes, especially if it runs in your family. A random glucose test (non-fasting) reading of 185 or more, or a fasting test reading of 126 or more, indicates that you may be diabetic. Prediabetes, also called impaired fasting glucose, is a fasting test reading of 100-125.
- Taking prescribed medication and following recommended dietary changes can keep diabetes under control.
- Overweight and obesity should be addressed with a sensible diet and physical activity. A weight loss of even 10 to 20 pounds can reduce the risk of heart disease and stroke.
- Those who don’t smoke should never start. Those who do should quit immediately. Quitting cigarettes can lower the risk of heart disease and stroke.
- Regular physical activity is important because it helps control blood pressure, cholesterol and weight.