



# Texas Lions District 2-E2 2023-2024 Opportunities for Youth Diabetes Awareness Essay Contest Subject and Rules

## I. Rules Applicable to Both the District 2-E2 and MD-2 State Diabetes Essay Contests

### A. Subject and Rules

#### 1. Subject - *“Knowing Diabetes is Fighting Diabetes”*

#### **“Knowing Diabetes is Fighting Diabetes”**

Diabetes is a growing concern in the USA and around the world. One of the reasons why the incidence of diabetes is rising is because of unawareness. As a society, we should promote awareness, and one way to do this is to educate young people about diabetes. What is diabetes, signs, and symptoms, and how diabetes can be prevented and managed?

In this essay, contestants are asked to define and write about the various types of diabetes, identify the symptoms and health issues related to diabetes as well as medical treatments available to people with diabetes. The essay should include information about healthy meals and lifestyle changes that can help individuals manage their diabetes or blood sugar. Contestants are encouraged to interview and include personal stories from individuals with diabetes, medical practitioners or diet nutritionists caring for individuals with diabetes. The essay must be well organized, have good vocabulary and conform to required length.

#### 2. Application Deadlines for District 2-E2 Competition

- a. Contestants must complete the Application and have their essays and the application delivered to the Diabetes Essay Chair for District 2-E2.
  - i. Emailed applications and essays must be sent by 11:59 pm on November 28, 2023.
  - ii. Mailed applications and essays must be post marked no later than Monday,

November 27, 2023; if there is no post mark or other tracking information, then they must be received by November 28, 2023.

### 3. Contest Rules

- a. The title of the contestant's essay is not required to be the same as the subject for the essay. Contestants should be creative in the selection of an essay title and set the tone for their presentation with the title they choose.
- b. The essay should analyze the problem given in the subject and present a solution or solutions to the problem.
- c. The topic is broad and allows the contestants considerable leeway in the selection of their solution or solutions.
- d. Creative, innovative, practical, and reasonable ideas are welcome.
- e. Each Contestant is expected to personally research, write, and read or recite their essay.
- f. Research for this topic can be conducted by interviewing physicians, nurses, medical professionals, community organizations, people they know with diabetes, etc., and by using the internet and library. The essay shall be a written article to be read by the contestant which will be judged by a panel of judges in competition with other contestants.
- g. The presentation portion of the District 2-E2 contest, where the contestants will be expected to read or recite their essay, **will be held on January 20, 2024 at the third District 2-E2 Leadership Meeting, Irma Marsh Middle School, 415 Hagg Dr., Ft. Worth, TX 76114**. All contestants will be introduced during the luncheon that day, and the first-place winner will be asked to present their essay again at lunch. Additionally, the first-place winner should be prepared to represent the District at the Texas MD-2 competition in May 2024 (see below in II.B.7.). In the event that the first-place winner is unable to compete in the Texas competition, we will seek to substitute the second-place winner in that contest.
- h. The essay shall not exceed 1,500 words.
  - i. All words in the essay are counted including articles, conjunctives and pronouns. Examples: "I," "a," "the," "and" and "an."
  - ii. **Provide word count on last page of essay.**
  - iii. The essay must include a bibliography of alphabetized sources used in its composition. **Note: the bibliography is not included in the 1,500-word count.**
  - iv. Essay should be typed in double space format.
- i. The following criteria will be used for judging the essays and presentations:
  - i. Sixty percent (60%) of the score shall be based on the authenticity, current information and an application of the assigned essay topic.
  - ii. Twenty-five percent (25%) of the score shall be based on the understandability of the essay through personal presentation techniques, in the use of posture, eye contact and voice by its modulation, volume, speed and clarity.
  - iii. Fifteen percent (15%) of the score shall be based on grammar, spelling, sentence structure, pronunciation, enunciation, correct word usage, and relationship to the assigned essay topic.
- j. Video equipment may not be used in the contest.

- k. Two or more of the judges should be knowledgeable about the medical aspect of diabetes. One of the judges should be an educator knowledgeable about the English language, its grammar, sentence structure, pronunciation and correct usage.
- l. The contest shall be conducted in the English language.
- m. The contest area will have good acoustics, be free from outside noises and disturbances and have controlled access.
- n. Order of appearance before the judging panel will be determined by the Chair.
- o. Contestants shall remain outside the contest area until invited to enter by the Chair.
- p. Audience during contest will be at the discretion of the Chair.
- q. When the audience is allowed in the contest room, the audience will be informed before the first contestant not to applaud at the end of the speech, and will be reminded before each contestant delivers his/her speech of the same requirement.
- r. The audience will be asked to turn off any cell phones and/or electronic devices during the presentation portion of the contest.
  - Failure to comply with this rule could result in removal of the audience member from the contest room.
- s. **At the beginning of their presentation to the judges, the contestants will not give any self-introduction but shall state the title of their essay and then deliver the essay.**
- t. No one will be allowed either to enter or leave the contest area during the presentation of a contestant's essay.
- u. After each essay speech the audience may be asked to leave the contest area to allow judges time to score the contestant based on contest criteria.

**B. District 2-E2 Awards**

- 1. Awards for District 2-E2 Contest Winners
  - a. The 1<sup>st</sup> place winner will win a \$2,000 scholarship.
  - b. The 2<sup>nd</sup> place winner will win a \$1,500 scholarship.
  - c. The 3<sup>rd</sup> place winner will win a \$1,000 scholarship
- 2. To collect the scholarship award, the winning contestants must complete the following process:
  - a. Contest winners must complete the Scholarship Request Form, which will be provided to you after the Contest, along with proof of registration information from a university, college, junior college or vocational school.
  - b. The information should be sent to the District 2-E2 LOEB along with any supplemental information required to be submitted by the institution (i.e. scholarship forms, etc.). Send request for payment to:  
**Lions Organ and Eye Bank of District 2-E2 P.O.**  
 Box 830, Fort Worth, Texas 76101
- 3. Payment will be made directly to the designated school.

4. **The scholarship awards must be collected no later than two years following the recipient's graduation from High School.**

## **II. Rules Related to MD-2 State Contest**

### **A. Overview**

- a. A District may sponsor no more than one contestant in each contest by submitting a completed entry application (containing all requested signatures), associated documents, and the entry fee to the 2-E2 Contest Chair prior to the entry deadline.
- b. A false statement on the entry application, or associated document, causes disqualification of the contestant, with the entry fee being forfeited.
- c. There shall be no refund of any entry fee.
- d. Each contestant at the Texas MD-2 Contest shall have placed first in their respective District contest during the current Lions' year. When a first place District contestant is unable to participate in the MD-2 contest, the first alternate contestant from that District, when approved by the MD-2 Contest Chairman, may enter the contest using the original entrant's sponsorship fee.
- e. **Each contestant must be or have been a regularly enrolled student in a public high school or comparable educational program, located in Texas.**
- f. **Each contestant must be a junior, senior or immediate graduate at the time of the MD-2 contest which will be held **online** on Saturday, May 4, 2024.**

### **B. Responsibilities of contestants if participating in the Texas MD-2 State Contest** **From MD-2 State Rules**

#### **7. Responsibilities of Contestants**

- a. Each Contestant shall be required to submit the following to their sponsoring Lions Club and/or District.
  - i. Four (4) typed copies of the State Contest Application (mandatory to be completed online and copied; no handwritten applications will be accepted).
  - ii. Two (2) high quality wallet/passport photographs (such as current school picture) that are of the head-and-shoulders, glossy and in color. No paper copies of photos will be accepted. Photos not meeting this requirement will not be included in contest souvenir booklet.
  - iii. Signed Copy of the Code of Conduct and Chaperone Guidelines for MD-2 **Winning Contestant.**
  - iv. **Medical Power of Attorney** designating his/her Chaperone as the Primary Responsible Party and the State Contest Chair as the Secondary Responsible Party for MD-2 **Winning Contestant.**
  - v. Four (4) Typed Copies of the Essay, including Bibliography. **Essay changes are not permitted once received by State Contest Coordinator.**
- b. All contestants must agree to be available, upon request to participate in Lions MD-2 events and activities during the period from immediately after the contest until the end of the following year's contest.

- c. Attend **Orientation online** on **Saturday, April 27, 2024**, at a time set forth by State Contest Chair.
- d. **Contests** will be held **online** on **Saturday, May 4, 2024**, at a time set forth by State Contest Chair.
- e. **Online Contest.** Contestants must be able to participate in this contest using online live audio and video communication tools. **Zoom** video conferencing app will be used for the contest.

The following are some basic guidelines for the online contest. Prior to the Contest, Contestants, District Contest Coordinators, and their Club Sponsors will be provided with additional instructions for the online contest by the State Contest Chair.

- i. Contestants must have a computer or access to a computer with a wi-fi connection, video capability (webcam) and microphone to ensure that contestants' gestures and facial expressions will be captured by their camera and their voice will be clearly captured by the microphone while delivering their essay or speech.
- ii. Contestants will be sent an email invitation by the State IT Chair to participate in the contest and be ready at their designated time.
- iii. Contestants must wear business attire for the online contest.
- iv. Contestants' speaking area must be free of distractions, noise and if necessary, the State Contest Chair will advise contestants on additional lighting needs.
- v. Contestants' speaking area should allow for maximum view of contestants without sacrificing audio quality while presenting his or her essay or speech.
- vi. Once a contestant presents his or her essay or speech, he or she may be placed in a waiting room or be asked to turn off the camera and mute the microphone until the conclusion of the contest.
- vii. After the conclusion of the contest and the results have been determined, all contestants will be invited to rejoin the online contest room, at which time, the 1st Place, 2nd Place and 3rd Place Winners will be announced by the State Contest Coordinator.
- viii. First Place Winner will read his or her essay or speech **in person at the MD2 Texas Lions Convention Youth Luncheon on Saturday, May 18, 2024, in Amarillo, Texas.**
- ix. All contestants will be recognized and receive a certificate of participation. In addition to scholarship awards, winning contestants will receive an award and a winner's certificate.
- x. If technology fails during the contest and the State Contest Chair determines that the contest can no longer continue, the State Contest Chair may pause the contest until the technology issue is resolved. A contestant may resume his or her speech or essay at the point at which the technology failed.

- 8. **Responsibilities of the Sponsoring District for Texas MD-2 Essay Contestant Entry**
  - a. An entry fee of \$250, paid by LOEB of District 2-E2, needs to be attached to each participant's application. Check to be payable to **Texas State Convention Fund.**

- b. The sponsoring District must make sure all documents listed in II. B. “7(a)(i-v)” above are completed, have all required signatures and are sent to the State Diabetes Essay Coordinator. **The deadline to postmark all applications will be Monday, April 15, 2024, for all Districts.**
- c. Complete Sponsorship District Responsibility List and attach to contestant's application/contest package. This is mandatory.

**9. Chaperone/Sponsoring Club and or District Responsibilities**

- a. Winning contestant attending the MD2 Lions Convention Youth Luncheon shall be accompanied by a parent, guardian, or designated chaperone from their sponsoring club or District to the convention.
- b. The Texas Lions MD-2 State Convention will be responsible for providing one night's lodging the day before the contest as well as the meal during the Youth Luncheon at the MD-2 State Convention for the winning contestant.
- c. The sponsoring District shall be responsible for all expenses not paid by the MD2 State Convention for their contestant.
- d. Comply with requirements as set forth in the Texas Lions MD-2 Opportunities for Youth contest Chaperone Guidelines.

**Contact information:**

Texas Lions District 2-E2 Bill Cowan Lions Organ and Eye Bank of District 2-E2 P.O. Box 830, Fort Worth, TX 76101 (864) 525-4849(cell) Email: <a href="mailto:billcowaniii@gmail.com">billcowaniii@gmail.com</a>	Texas MD-2 State Diabetes Essay Coordinator PDG Cesar Montelongo P.O. Box 562 Donna, TX 78537 (956) 460-7801 (cell) Email: <a href="mailto:MontelongCesar@sbcglobal.net">MontelongCesar@sbcglobal.net</a>
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