



Texas Lions MD-2 Opportunities for Youth
“DIABETES AWARENESS ESSAY”
Contest Rules
2016-2017



“Using Knowledge of Nutrition and Digestion to
Manage Prediabetes and Diabetes”

1. Essay Subject

“Using Knowledge of Nutrition and Digestion to Manage Prediabetes and Diabetes” *What specialized knowledge should ALL people acquire about **nutrition** and the process of **digestion** in order to assist themselves or others who are diagnosed with prediabetes or diabetes (Type 2 and Type 1) to manage their conditions more effectively...and in what ways can young people today **lead the way** to make this need for this specialized knowledge a priority in our society?*

2. 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 shall personally research, write and read his/her contest essay.
- f. Research for this topic can be conducted by interviewing physicians, nurses, medical professionals, community and organization works, etc., and by using the internet and library. The essay shall be a written article, to be read by the Contestant, to be judged by a panel of judges in competition with other Contestants.
- g. The essay shall not exceed 1500 words.
 - i. All words in the essay are counted including articles, conjunctives and pronouns. Examples: “I,” “a,” “the,” “and” and “an.”
 - ii. The essay must include a bibliography of alphabetized sources used in its composition. Note: the bibliography is not included in the 1500 word count.
 - iii. Essay should be typed in double space format.

- h. The following criteria shall be used for judging the essays:
 - 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.
- i. Video equipment may not be used in contests.
- j. Two or more of the judges should be knowledgeable about the medical aspect of diabetes.
- k. One of the judges should be an educator knowledgeable about the English language, its grammar, sentence structure, pronunciation and correct usage.
- l. All MD-2 contests shall be conducted in the English language and Contestants, during contest presentations, shall speak English.
- m. The contest area must 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 in advance at the direction of the State OFY Chair.
- o. Contestants shall remain outside the contest area until invited to enter by the Contest Official.
- p. The audience will be informed before the first contestant not to applaud at the end of the speech and reminded before each contestant delivers his/her speech of the same requirement.
- q. The audience will be asked to turn off any cell phones and/or electronic devices during the contest time.
 - i. Failure to comply with this rule could result in disqualification of a Contestant at the discretion of the Contest Official.
- r. Contestants will not give any self-introduction but shall state the title of their essay and then deliver the essay.
- s. No one will be allowed either to enter or leave the contest area during the presentation of a contestant's essay.
- t. The winners will be announced during the Texas Lions MD-2 Youth Luncheon at noon.
- u. The 1st place winner will read his/her essay at that time.

3. Awards

- a. The 1st place winner will win a \$3,000.00 scholarship.
- b. The 2nd place winner will win a \$1,000.00 scholarship.
- c. To collect the scholarship award, the Contestant must complete the following process:
 - i. Contestant winner or runner-up must complete the Scholarship Request Form along with proof of registration information from a university, college, junior college or vocational school.
 - ii. The information should be sent to the state office along with any supplemental information needed by the institution (i.e. scholarship forms, etc). Send request for payment to:

Texas Lions MD-2 State Office
P.O. Box 294509
Kerrville, TX 78029-4509
Phone: 830-257-6557
email: lionsstateoffice@md2lions.org

4. Payment will be made directly to the designated school.
5. The scholarship awards must be collected no later than two years following the recipient's graduation from High School.
6. Rules of Eligibility for Contestants
 - 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 MD-2 Contest Coordinator 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 shall have placed first in the District contest during the current Lions' year.
 - i. When a first placed 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.
 - g. Contestants shall not have been married, had a marriage annulled, cohabited with a person of the opposite sex who is unrelated to the Contestant or who has participated in the conception of a child before participation in the MD-2 contest.

7. Responsibilities of Contestants

- a. Each Contestant shall be required to submit the following to their sponsoring Lions Club and/or District.
 - i. **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.**
 - iii. **Signed Copy of the Code of Conduct and Chaperone Guidelines**
 - iv. **Medical Power of Attorney** designating his/her Chaperone as the Primary Responsible Party and the State Contest Chair as the Secondary Responsible Party.
 - v. **Four (4) Typed Copies of the Essay, including Bibliography.**
- b. Attend the Lions MD-2 Texas State Convention in San Antonio, Texas on May 19-20, 2017.
- c. Contestants are required to attend an orientation held the evening of May 19, 2017 at a time set forth by the State Chair.
 - i. Exemption of this requirement may be granted prior to the meeting by their State Contest Coordinator or the State Contest Chair.
 - ii. Contestants will have the opportunity to visit the presentation area and ask any questions they may still have about the contest.
- d. 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.

8. Responsibilities of the Sponsoring District

- a. An entry fee of \$250 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 above (Items 7 (a)(i-v) 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 24, 2017 for all Districts, except those whose contest date is held the following weekend. For those Districts the postmark date must be by Monday, May 1, 2017 and must be sent by overnight mail. The applications must be received no later than Wednesday, May 3, 2017 to be eligible.**
- 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. All contestants 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 3 meals and one night's lodging before the contest at the convention for the contestant.
- c. The sponsoring District shall be responsible for all expenses not paid by the MD-2 convention for their contestant.
- d. Comply with requirements as set forth in the Texas Lions MD-2 Opportunities for Youth contest Chaperone Guidelines.

10. Contest Coordinator Contact Information

**Lion Carolyn Stroud
1400 Rodgers Drive S
Graham, TX 76450
(940) 550-4977 (cell)
stroudcg@sbcglobal.net**

**Texas Lions MD-2 State Competition will be held in San Antonio, Texas on
May 19-20, 2017.**