



**Texas Lions MD-2**  
**Opportunities for Youth Contests.**  
**"DIABETES AWARENESS ESSAY"**  
2025-2026 ONLINE Contest Rules



**“Managing Diabetes and the Emotional Impact on Adolescents”**

**1. Essay Subject**

This essay asks you to discuss the specific challenges adolescents face Managing Diabetes while balancing school, work, and social life. potentially leading to emotional distress or burnout and identify coping mechanisms and available resource.

**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. Pre-recorded presentations are not allowed for online contests.
- f. Research for this topic can be conducted by interviewing physicians, nurses, medical professionals, family members, community organizations 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 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." Provide word count on last page of essay.
  - 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. Two or more of the judges should be knowledgeable about the medical aspect of diabetes.
- j. One of the judges should be an educator knowledgeable about the English language, its grammar, sentence structure, pronunciation, and correct usage.
- k. All MD-2 contests shall be conducted in the English language.

## **2. Awards**

- a. The 1<sup>st</sup> place winner will win a \$3,000.00 scholarship.
- b. The 2<sup>nd</sup> place winner will win a \$2,000.00 scholarship.
- c. The 3<sup>rd</sup> place winner will win a \$1,000.00 scholarship
- d. 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**

**[lionsstateoffice@texaslions.org](mailto:lionsstateoffice@texaslions.org)**

3. Payment will be made directly to the scholarship/financial aid office of the designated school
4. The scholarship awards must be collected no later than two years following the recipient's graduation from High School

### **3. 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, associated document, or violation of contest rules 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 State Contest Chair, may enter the contest using the original entrant's sponsorship fee.
  - ii. **If District has only one contestant, District may sponsor the contestant in the MD-2 Contest.**
- 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 or senior at the time of the MD-2 contest.

### **4. Responsibilities of Contestants**

- a. Each Contestant shall be required to submit the following to his/her sponsoring Lions Club and/or District.
  - i. **Four (4) typed copies** of State Contest Application (mandatory to be completed online; 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 may not be able to be included in convention or contest souvenir booklet.
  - iii. Signed Copy of the Code of Conduct and Chaperone Guidelines for 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 winning Contestant.

- v. **Four (4) Typed Copies of the Essay**, including Bibliography
- b. Essay changes are not permitted once received by State Contest Coordinator.
- c. Winning contestants must agree to be available at the State Opportunities for Youth Luncheon and 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.
- d. **Orientation** will be held on **Saturday, May 9, 2026**, and the **Contest** will be held on **Saturday May16, 2026**, at times set forth by State Contest Chair.
- e. Prior to orientation and the contest, contestants, parents, and Sponsoring Lions Club contacts will be provided with additional instructions by the State Contest Coordinator.
- f. **Online Contest.** Contestants must be able to participate in Orientation and the contest using online live audio and video communication tools. **Zoom** video conferencing will be used for the contest.
- g. **Basic guidelines** for the contest are as follows:
  - 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.
  - 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.
  - vi. Once a contestant presents his or her essay, he or she will be placed in a waiting room until the conclusion of the contest.  
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.

- 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 1<sup>st</sup> Place, 2<sup>nd</sup> Place, and 3<sup>rd</sup> Place Winners will be announced by the State Contest Chair.
- viii. First Place Winner will be required to present his or her essay **at the MD-2 Texas Lions Convention Youth Luncheon on Saturday, May 28, 2065, in Odessa, Texas.** First Place Winners who do not attend the State convention to present their essays will forfeit their scholarship award unless there is a medical or family emergency. High School graduation or school trips do not qualify as an emergency.
- 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.

#### **5. Responsibilities of the Sponsoring District**

- a. An entry fee of \$250.00 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 20, 2026, for all Districts.**
- c. Complete Sponsorship District Responsibility List and attach to contestant's application/contest package. **This is mandatory.**

#### **6. Chaperone/Sponsoring Club and or District Responsibilities**

- a. Winning contestant attending the MD-2 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 MD-2 State Convention for their contestant.
- d. Comply with requirements as set forth in the Texas Lions MD-2 Opportunities for Youth contest Chaperone Guidelines.

7. **State Contest Coordinator Contact Information**
8. **PDG Cesar Montelongo**  
**P.O. Box 562**  
**Donna, TX 78537**  
**(956) 460-7801 (cell),**  
**Email: [montelongcesar@sbcglobal.net](mailto:montelongcesar@sbcglobal.net)**

**Make sure to include your check with your packet**