



## DISTRICT 2-X1 LIONS CLUBS



### 2023-2024 Diabetes Awareness Essay Contest Rules

#### Essay Subject:

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 can diabetes 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.

#### Basic Rules and Qualifications ( Eligibility )

- Contestant **must** be sponsored by a Lions Club from District 2-X1
- A Club may sponsor only one contestant for every contest by submitting contest entry application, associated documents, and the entry fee to the District Contest Chair.
- Application fee is **\$100 per contestant**, provided by the sponsoring Lions Club, payable to '**2-x1 Charities Inc.**'
- A false statement on the entry application or associated document causes disqualification with the entry fee being forfeited. There shall be no refund on any entry fee.
- A contestant can apply for multiple contests at both District 2X1 and MD-2 state LOFY contest.
- Contestant **must** be Junior or Senior high school enrolled in a secondary educational institution (public or private school) or comparable educational program in District 2X1
- The title of the contestant's essay doesn't have to be the same as the subject for the essay, however, the essay should analyze the problem given in the subject and present a solution or solutions to the problem
- The essay should not exceed 1,500 words, exclude cited bibliography.
- Award and monetary award (TBD) will be given to 1st and 2nd place winners .  
A Club may sponsor only one contestant for every contest by submitting contest entry application, associated documents, and the entry fee to the District Contest Chair.
- Only the First place winner will advance to participate in the State level competition to be held on line on May 4, 2024.

## Responsibility of the Contestants

- Each contestant **shall** submit the following to the sponsoring Lions Club, all in the application packet :- Completed District 2X1 Contest Application , can be found on this link:  
<https://lionsdistrict2X1.org/forms/>
  - Four (4) copies of typed, double-spaced essay, including Bibliography. Essay changes are not permitted once received by the District Contest Coordinator
  - Two (2) high quality wallet size/passport photographs , , head and shoulder, glossy and in color. Photos not meeting this requirement will not be included in the contest souvenir booklet.
  - Signed copy of Code of Conduct\* and Chaperone Guidelines\*.
  - Signed Medical Power of Attorney\* designating contestants Chaperones as Primary Responsible Party\* and the State Contest chair as the Secondary Responsible Party.
  - Failure to send **ALL** items above will result in **disqualification**
- **All contestants must be able to participate in the contest using online live audio and video communication via ZOOM on Saturday March 23, 2024 starting at 9:00 AM**
- \* Copies of State's LOFY contest rules/ forms are available at MD-2 website at :  
<https://texaslions.org/diabetesessay-contest/>
- **Prior to the contest, contestants and club sponsors will be provided with additional instruction for the on-line contest to be use by the contest chair on Friday March 15, 2024**

## Responsibility of the Sponsoring Club:

- Where do we find contestant(s)?
  - School principals, counselors, and/or Science/English teachers.
  - Youth Groups and Youth Programs.
  - Family, friends or colleague
- Application fee is **\$100 per contestant**, provided by the sponsoring Lions Club, payable to '**2-x1 Charities Inc, attached to application packet.**
- Sponsoring Club must ensure **all** documents listed above ( see Responsibility of the Contestant documents ) are completed and signed for each contestant to be sent to the Contest Chair listed in the Contest Rules (last Page).  
**Deadline post mark will be Wednesday Mar. 1, 2024**
- Complete the "Contestant Checklist " and place it on top of the completed application packet.
- At the State level contest, chaperone/sponsoring Club must comply with the requirements set forth in the MD-2 Texas Lions LOFY contest Chaperone Guidelines

## 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 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 in competition with other Contestants.*
- g. The essay shall not exceed 1500 words.
1. 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.
  2. The essay must include a bibliography of alphabetized sources used in its composition.
- Note: the bibliography is not included in the 1500 word count.
3. Essay should be typed in double space format
- h. All contest must be conducted in English
- i. Criteria for judging
1. Sixty percent (60%) –based on the authenticity, current information and an application of the assigned essay topic
  2. Twenty five percent ( 25%) understandability of the essay through presentation techniques
  3. Fifteen percent ( 15% ) grammar, spelling, sentence structure, pronunciation, enunciation, correct word usage and relationship to the assigned essay topic
- j. All judges should be knowledgeable of the subject

**Awards:**

- Certificate will be awarded to all participants. Scholarship award (TBD) will be given to 1st and 2nd place winners
- When there is only one applicant , no monetary award will be given , however applicant will be eligible to advance to the State level contest.
- To collect District scholarship award , the contestant winner must send a request to 2X1 Charities Inc. Treasurer via email with proof of registration information from the university/college or educational institution the contestant winner is enrolling along with any supplemental information needed by the institution .
- Contestant winner and/or runner-up must complete the Scholarship Request Form available on our District's website ([https://lionsdistrict2x1.org/ forms/](https://lionsdistrict2x1.org/forms/)) along with proof of registration information from a university, college, junior college, or vocational school. The information should be sent along with any supplemental information needed by the institution (i.e., scholarship forms, etc).
- Send request for payment to: 2-X1 Charity Inc.  
Treasurer PDG Keith Murray 8524 Ranchview Dr. #3096 Irving, TX 75063  
(979) 492-7310  
kd.murray@tx.rr.com
- Scholarship award will be paid by 2X1 Charities Inc, directly to scholarship/financial aid/bursars office of the designated school.
- The scholarship award must be collected no later than two years following the recipients graduation from High school.

## ONLINE CONTEST: Basic Guidelines

The following are some basic guidelines for the online contest. Prior to the Contest, Contestants and their Club sponsors will be provided with additional instruction for the online contests to be used by the LOFY 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 Diabetes Awareness Essay Chair and/or LOFY 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 LOFY 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 their essay or speech, he or she may be placed in a waiting room until the conclusion of the contest.
- vii. After the conclusion of the contest and the results have been determined, all contestants will be readmitted to rejoin the online contest room, at which time the winners will be announced by the LOFY Contest chairs.
- viii. First Place Winner may be asked to present his or her essay or speech in person at **District 2X1 Convention on Saturday, April 13, 2024** and will advance to the state level contest
- 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 LOFY Contest Chair determines that the contest can no longer continue, the LOFY Contest Chair may pause the contest until the technology issue is resolved. A contestant may resume their speech or essay at the point at which the technology failed.
- xi. If the 1st placed winner contestant is unable to participate in the MD-2 Contest, District 2-X1 LOFY Chair-with MD-2 State OFY Contest Chairman approval, will advance the 2nd Place winner to MD-2 Contest instead.
- xii. Contestant who will advance to MD-2 State Contest (as stated in items ix and x above) will be contacted by MD-2 Contest Coordinator regarding detail information for:
  - Virtual Contest Orientation on Saturday, April 27, 2024.
  - Virtual MD-2 State OFY Contest on Saturday, May 4, 2024.
- xiii. Contestant who win 1st Place at State Contest level must agree to attend MD-2 Opportunity for Youth Luncheon, Saturday, May 18, 2024 in Amarillo, TX and participate in Lions of Texas MD-2 events and activities during the period immediately after the contest until the end of the following year's contest. If this contestant is unable to attend, unless there is a medical or family emergency, the State Convention will forfeit their scholarship award. High school graduation or any school trip do not qualify as an emergency.

**Important dates:**

**District 2X1**

- Mar. 1, 2024- Submission deadline for the Essay.
- Mar. 15, 2024- Essays sent to judges
- Mar. 23, 2024– Essay presentation judging done by ZOOM. Winner announcement
- April 13, 2024 – 1<sup>st</sup> Place winner essay presentation at the District 2-X1 Convention, TBA

**MD-2 Lions of Texas**

- Deadline to postmark all applications for the State LOFY Contests – April 15, 2024
- Sat. May 4, 2024 – MD -2 LOFY State Contest ( On Line )
- Saturday May 18, 2024 Saturday MD-2 Convention – LOFY State first place winners presents winning essay, speech at the LOFY luncheon in Amarillo, TX

For more information please contact: District 2X1 Chair of Diabetes Awareness Essay Contest

**Lion Gloria Mathur**

**8705 Baltusrol Dr.**

**Flower Mound, TX 75022**

**Email: [gmathur120@gmail.com](mailto:gmathur120@gmail.com)**

**Ph: (972) 896-9953**

**Submit completed application, all required documents, and payment (check payable to ‘2X1 Charities’), to Lion Gloria’s address above.**