



2017 Lions District 2-S3



**DIABETES AWARENESS ESSAY
Contest Rules**

***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 essays 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 contestant considerable leeway in the selection of their solution or solutions.
- d. Creative, innovative, practical, and reasonable ideas are welcomed.
- 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 workers, 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. Example: “I,” “a,” “the,” “and,” and “an.”
 - ii. The essay must include a bibliography of 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 aspects 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 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 to not 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. 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 2S3 Luncheon at noon.
- u. The 1st place winner will read his/her essay at that time

3. Awards

- a. Local Lake Travis Lions Club judging will take place on **January 3, 2017** at Maudie's Restaurant, 12506 Shops Parkway, beginning at 6pm. Winner will receive \$100.00
- b. District 2-S3 Level competition will be on **January 28, 2017** at the Mid-Winter Conference at Wimberley H.S., Wimberley, TX. The 1st place winner will receive a \$500.00 scholarship. The 2nd place winner will receive a \$250.00 scholarship.
- c. State (Texas) competition will be on **May 19-20, 2017** at the MD-2S3 Texas State Convention in San Antonio, TX. The 1st place winner will receive a \$3,000.00 scholarship. The 2nd Place winner will receive a \$1,000.00 scholarship.

4. Rules of Eligibility for Contestants

- a. A Club may sponsor no more than one Contestant in each contest by submitting completed entry application (containing all requested signatures) and associated documents. **Students wanting to compete must contact Anna Rowlan, Youth Opportunities Chair no later than November 16, 2016 with their intention to participate and to fill out an Entry Application and complete all other entry documentation. Actual Essays do not have to be submitted at this time – only need to register at this time.**

- b. A false statement on the entry application, or associated documents, causes disqualification of the Contestant.
- c. Each contestant must be or have been a regularly enrolled student in a public high school or comparable educational program, located in Texas,
- d. Each contestant must be a junior, senior or immediate graduate at the time of the MD-2 contest.
- e. 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.

5. Responsibilities of Contestants

- a. Each contestant shall be required to submit the following to **Anna Rowlan, the Lake Travis Youth Opportunities Chairperson** by **November 16, 2016**.
 - i. **State Contest Application** (mandatory to be completed online and copied; no handwritten applications will be accepted). (do **not** include the entry fee nor governor's signature). **Anna Rowlan, Chair**, will provide the Application Form..
 - ii. **Two (2) high quality wallet/passport photographs (such as a current school picture) that are of the head and shoulders, glossy, and in color.**
 - iii. **Signed Copy of Code of Conduct and Chaperone guidelines.** **Anna Rowlan, Chair**, will provide the Forms.
 - iv. **Medical Power of Attorney** designating his/her Chaperone as the Primary Responsible Party and the District Contest Chair as the Secondary Responsible Party. **Anna Rowlan, Chair**, will provide the Form.
 - v. Submitted to **Anna Rowlan, Chair**, by **December 28, 2016**: **Four (4) Printed Copies of the Essay, including bibliography.**
- b. The sponsoring Club must make sure that the Winner's documents, outlined above, are completed, have all the required signatures and are mailed (postmarked) to the District Coordinator by **January 18, 2016**.
- c. The Lake Travis Lions Club winner must attend the 2S3 Lions Mid-Winter Conference **January 28, 2017**, in Wimberly, TX (This is the District 2-S3 competition).
- d. Contestants are required to attend an orientation at **8:00 AM January 28, 2017**
- e. Contestants may visit the presentation area and ask any questions they may still have about the contest.
- f. Contest winners are required to compete in San Antonio at the MD-2 contests **May 19-20, 2017**. Expenses will be paid by District 2-S3 and MD-2.

6. Chaperone/Sponsoring Club Responsibilities

- a. All Contestants shall be accompanied by a chaperone from their sponsoring Club to the Mid-Winter Conference in Wimberly, TX.
- b. The Mid-Winter Conference will be responsible for providing a Luncheon to the Contestant and 2 parents.
- c. The sponsoring Club shall be responsible for all expenses to and from the Mid-Winter Conference.

7. Lake Travis Lions Club Diabetes Awareness Essay Contest Chairperson Information:

Lion Anna Rowlan
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District competition will be held during the Mid-Winter Conference at the Wimberley High School in Wimberley, Texas, January 28, 2017

State competition will be held during the Texas State 2S3 Lions Convention in San Antonio, TX, May 19-20, 2017