



**Texas Lions District 2-E2**  
**2025-2026**  
**Diabetes Awareness Essay Contest**



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

**A. Subject and Rules** - Diabetes has been around for a long time. It was mentioned in a medical text as far back as 1425. Diabetes has reached epic proportions and is an ongoing concern in the United States as well as around the world. 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 resources.

**1. Application Deadlines for District 2-E2 Competition**

- a. Contestants must complete the MD-2 State Common Contest Application. Contestants must have their essays and the application delivered to the Diabetes Essay Chair for District 2-E2.
  - i. Mailed applications and essays must be postmarked no later than Monday, December 8, 2025, and sent to the Diabetes Essay Contest Coordinator, Lion Wanda Desmond, P. O. Box 824, Godley, TX 76044.
  - ii. If there is no postmark or other tracking information, then they must be received by December 9, 2025.

**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 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 essay must 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.
- h. 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 17, 2026, 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.
  - i. Additionally, the first-place winner should be prepared to represent the District at the Texas MD-2 competition in May 2026 (see below). In the event the first-place winner is unable to compete in the Texas competition, the second-place winner may substitute in that contest when approved by the MD-2 State Contest Chair.
- 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. **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.**
- l. No one will be allowed either to enter or leave the contest area during the presentation of a contestant's essay.
- m. 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 1st place winner will win a \$2,000 scholarship.
  - b. The 2nd place winner will win a \$1,500 scholarship.
  - c. The 3rd place winner will win a \$1,000 scholarship
  - d. To collect the scholarship award, the Contestant must complete the following process:
    - i. Contestant winners must complete a Scholarship Request Form along with proof of registration information from a university, college, junior college, or vocational school.
    - ii. The scholarship awards must be collected no later than two years following the recipient's graduation from High School.

## **B. Rules of Eligibility for Contestants**

1. A contestant must submit a completed entry application (containing all requested signatures) and associated documents to the Lions District 2-E2 Contest Chairperson prior to the entry deadline.
2. A false statement on the entry application, or associated document, will result in the disqualification of the Contestant.
3. When a first placed district contestant is unable to participate in the MD-2 State contest, the first alternate contestant from that District, when approved by the MD-2 State Contest Chairman, may enter the contest.
4. Each contestant must be an enrolled student in a public high school or comparable educational program, located in Texas.
5. Each contestant must be a junior, senior or immediate graduate at the time of the District 2-E2 contest.

## **C. Responsibilities of Contest Winners**

1. Each Contestant shall be required to submit the following to his/her sponsoring Lions Club and/or District.
  - a. Four (4) typed copies of State Contest Application (mandatory to be completed online; no handwritten applications will be accepted).
  - b. 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.
  - c. Signed Copy of the Code of Conduct and Chaperone Guidelines for winning Contestant.
  - d. 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.
  - e. Four (4) Typed Copies of the Essay, including Bibliography
2. Essay changes are not permitted once received by State Contest Coordinator.
3. 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.
4. Orientation will be held on Saturday, May 9, 2026, and the Contest will be held on Saturday May 16, 2026, at times set forth by State Contest Chair.
5. Prior to orientation and the contest, contestants, parents, and Sponsoring
6. Lions Club contacts will be provided with additional instructions by the State Contest Coordinator.
7. Online Contest. Contestants must be able to participate in Orientation and the contest using online live audio and video communication tools.
8. Zoom video conferencing will be used for the contest.
9. Basic guidelines for the contest are as follows:
  - a. 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.
  - b. Contestants will be sent an email invitation by the State IT Chair to participate in the contest and be ready at their designated time.
  - c. Contestants must wear business attire for the online contest.
  - d. Contestants' speaking area must be free of distractions, noise and if necessary, the State Contest Chair will advise contestants on additional lighting needs.
  - e. Contestants' speaking area should allow for maximum view of contestants without sacrificing audio quality while presenting his or her essay.

10. Once a contestant presents his or her essay, he or she will be placed in a waiting room until the conclusion of the contest.
  - a. 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.
  - b. A contestant may resume his or her speech or essay at the point at which the technology failed.
  
11. 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 Chair.
  - a. 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.
  - b. 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.
  
12. 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 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.
  
13. 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 Diabetes Essay contest Chaperone Guidelines.
  - e. State Contest Coordinator Contact Information

**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.**

**District 2-E2 Contest Coordinator**  
**Lion Wanda Desmond**  
**Godley Lions Club**  
**P. O. Box 824, Godley, TX 76044**  
**Email: [essay@lsrf2e2.org](mailto:essay@lsrf2e2.org)**