

# New Directions

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME

## President's Address

Dear FCCLA Members, Advisors, and Alumni,

Going back to school may bring you the blues, but FCCLA will lift your spirits as you "Go for the Red." The new school year is the perfect time to navigate the infinite opportunities that Family, Career and Community Leaders of America has to offer. This year, New Jersey FCCLA adopted the theme **Generation Leadership**. This theme works to unify the New Jersey Association, as well as encourage leadership development.

"Go for the Red" is the national membership campaign, which allows members and chapters to receive recognition for their membership recruitment efforts. The fall season brings exciting opportunities to develop your chapter and advocate for our organization. Beginning the school year strong with FCCLA is essential in the success of your chapter. Now is the time to show your student body all of the possibilities FCCLA has to offer.

Developing a program of work is crucial in the success of your chapter. A program of work helps you plan out your year with all of the things you would like to accomplish. An exciting program of work can encourage members to join the organization; therefore, it is important to complete it early in the school year and make it your road map throughout the year. Refer to the NJ FCCLA Program of Work for assistance.

Use public relations as an effective tool to promote your chapter. A press release is a great way to inform the community about FCCLA and the efforts of your local chapter. Almost every teen uses social media to connect with family and friends. Although social media is another great way to inform your student body about FCCLA, make sure it is used properly. Avoid using slang and messages in capital letters, which may appear as yelling. Make sure to use appropriate grammar and spelling.

In July, over 7,500 FCCLA members traveled to Nashville, TN for the 2017 National Leadership Conference. At the conference, members competed in STAR events, heard from energizing keynote speakers, and attended action-packed workshops. New Jersey FCCLA was represented in a positive manner with over 130 delegates from our state association in attendance. Our very own Shyamala Subramanian represented New Jersey FCCLA on the national stage, serving as the National Vice President of Competitive Events. Congratulations to all of the members of the New Jersey FCCLA delegation for a job well done!

The Fall Leadership Connection is the perfect opportunity to give new members a chance to see what FCCLA is all about. This conference can improve chapter involvement and guide members to find their niche in our organization. The Fall Leadership Conference is being held on Monday November 20th, at the Pines Manor in Edison, New Jersey. The State Executive Council is working hard to bring you an energizing conference.

On behalf of the State Executive Council, I'd like to wish you a wonderful school year and I hope to see you at our Fall Leadership Connection this fall!

Sincerely,  
Kelsey Jacobson, NJ FCCLA State President



NEW JERSEY

### Inside This Issue

Fall Leadership Connection  
PAGE 2

Embracing the New State Theme  
PAGE 2

How to Have a Great School Year!  
PAGE 3

Five Ways to Make New Friends  
PAGE 4

Back to School Tips  
PAGE 5

Healthy Snacks for the Fall  
PAGE 6

Meet the State Executive Council  
PAGE 7

National Leadership  
Conference in Review  
PAGE 8

Navigating the FCCLA 365 App  
PAGE 10

Using the Internet as a Study Tool  
PAGE 10

Go for the Red  
PAGE 11

Service at the FLC  
PAGE 12

# Fall Leadership Connection

By Kelsey Jacobson, State President

The 2017 Fall Leadership Connection is approaching quickly! On Monday, November 20th, New Jersey FCCLA will travel to the Pines Manor, in Edison, New Jersey, to participate in the Fall Leadership Connection. Here, members will have the opportunity to compete in Fall State Events, participate in stimulating workshops, network with other members, and participate in community service. The State Officers have worked diligently all summer to bring you an exciting and memorable conference.

Before members arrive at the Fall Leadership Connection, they can begin making an impact on their community. NJ FCCLA will be participating in community service initiatives at the FLC to serve the Ronald Mc Donald House and the Middlesex County Food Bank. Plan to have your chapter deeply involved by collecting pull tabs from the first day of school. Ask each member to bring a minimum of 3 items for the food drive and be sure to have your chapter participate in the cupcake challenge bake sale.

Another way to get involved at the Fall Leadership Connection is through competitive events. New Jersey FCCLA offers 15 competitive events at our Fall Leadership Connection. They include Apple Bake-off, Banner Competition, Caregiver Carry-All, Community Counts, Consumer Clout, Cupcake Challenge, Financing Your Future, Going Green, Lessons in Leadership, Membership Magic, Passion for Fashion, Say Yes to FCS, Spotlight on FCCLA, Tune into FCCLA, and Web Connect.

Involvement in FCCLA's Competitive Events offers members the opportunity to expand their leadership potential and develop skills for college and career readiness. This year, New Jersey FCCLA has an exciting list of competitive event themes for the Fall Leadership Connection, which can be found on the NJ FCCLA website.

Public relations is an essential part in the success of an organization. In the banner competition, members have the opportunity to create a visual public relations piece. This year's state theme is **Generation Leadership**, which will be displayed on each banner.

In the Caregiver Carry-All event, the theme is a trip to Disney World. Caregiver Carry-All serves to help members prepare to be effective caregivers. Competitors will create an activity bag to prepare a child for a trip to Disney World, while addressing developmental needs and multiple intelligences.

Go Green allows members to become innovative; taking reused and recycled items to create an object that enhances a room. This year, members will be creating a wastebasket. The wastebasket will be made using 90% recycled items.

For the crowd-pleasing cupcake challenge, the secret ingredient is a tuber vegetable. Tubers are a group of vegetables that grow underground on the root of a plant. Examples of tubers include potatoes, sweet potatoes, yams, and jicama. It's time to turn on your thinking caps and get creative; you don't see these ingredients in an everyday cupcake. This year, the proceeds from the Cupcake Challenge will be donated to the Middlesex County Food Bank.

For the guidelines about NJ FCCLA competitive events and Fall Leadership Conference, visit [www.njfccla.org](http://www.njfccla.org). The State Executive Council is looking forward to seeing you on November 20th at the Fall Leadership Connection.



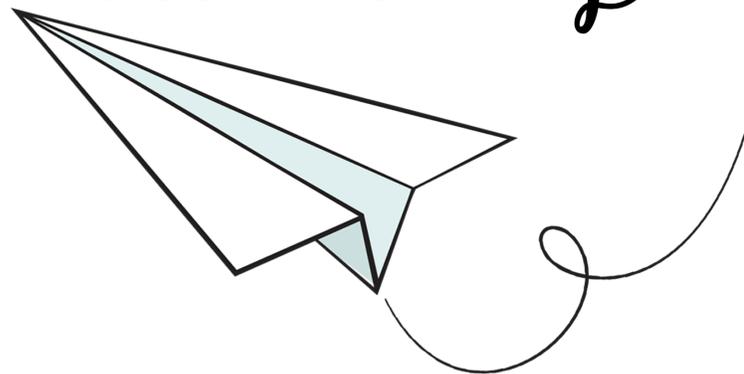
## EMBRACING THE NEW STATE THEME

By Bansari Patel, First Vice President

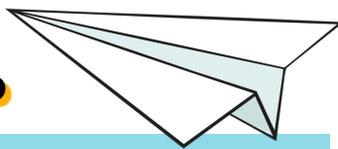
### “Generation Leadership”

is the New Jersey FCCLA 2017 - 2018 state theme. “Generation Leadership” is a phrase that ignites positive motivation among youth and a term that unites the entire New Jersey Association. It can be interpreted many different ways. It is about creating a cohesive team; one that is working towards accomplishing goals. This theme challenges FCCLA members to utilize their leadership knowledge and skills to be the key in the development of their chapter and their community. Improving the climate of any school is not going to happen just by directives given from the principal and teachers alone. It is going to take a group of inspired student leaders who are ready to make a difference to impact the student culture. That is what “Generation Leadership” is all about. “Generation Leadership” are those students who have the necessary tools and training to use their roles and talents to affect transformational change in a chapter, school's culture, and their surrounding community.

# Generation Leadership



# HOW TO...



## ...LEAD IN *Group* PROJECTS

By Alyssa Song, VP of Leadership Development

Group projects can be the “best of times or the worst of times.” There are endless stories of uncooperative groups that have individuals who slack off and leech off of someone else’s hard work; on the other hand, there are groups who effectively work together, get things done, and incorporate everyone’s ideas into the project. When your group is starting to fall apart, you are responsible for taking initiative that will lead your group project. First, make sure your group is willing to cooperate and work together. They must realize that everyone is responsible for the end result of the project. In addition, communication will be hindered if the group is not willing to cooperate. Clear up any miscommunication or lack of communication within the group.

In order to prevent members from slacking off and doing less work than others, assign tasks. Make sure the amount of work for each person is equal, so everyone has a fair part in the project. This prevents anyone in the group from being let off from doing less work than others. Give certain tasks to group members that have that strength; for example, if you are personally not good at art, but another group member is, assign the artistic portion to that person. If you assign tasks accordingly, the project will be a combination of all of the members’ strengths. After assigning tasks, remember to follow up on the work of group members. This is important because it prevents members from procrastinating and saving the group from last minute stress; this inhibits the entire group’s hard efforts if one person slacks. Following up is a great way to make sure everything is on time.

Finally, recognize your team’s hard work. One of the biggest parts of being a leader in a group project is to motivate your team to work to the best of their ability. At the end, recognize everyone’s hard work and effort they put into the project. Ultimately, being a leader is not easy; remember to be organized and productive, and it will benefit you as a leader and your whole team!

## ...Increase Productivity DURING THE DAY

By Rhea Jhamb, VP of Parliamentary Law

**Set the Right Time** - Figure out what time of day you are most effective. Some people work best at night while others tend to work best in the morning. Create a schedule that will include all of the tasks you need to complete.

**Set a goal each day/night** - When you wake up in the morning, decide what you want/need to accomplish that day. If you plan what you want to get done during the day, you will have a sense of direction and you won’t feel confused on what has to be done.

**Eliminate Frivolous Communication** - When something time consuming and important has to be finished, it is crucial to put your phone away! Your phone is one of your biggest distractions; so by putting it away, you will be able to complete your tasks faster!

**Set a Deadline** - When creating a goal and a list of tasks in the morning, make sure that everything has a specific deadline. That way, even the smallest and least important tasks get done in a timely manner.

**Batch Similar Tasks** - When you do similar tasks together, you’ll waste less time doing your work.

**Take Small Breaks** - It’s important to take small five to ten minute breaks throughout the day so that you don’t feel sluggish and bored. These will refresh your mind and help you get your work done with a clearer mind.

## ...MAKE THE MOST OF *Your School Year*

By Kelsey Jacobson, State President

**1. Stay Organized** - Staying organized is crucial for a successful school year. There are many simple things you can do to keep yourself in check. Keeping a planner allows you to prioritize your responsibilities and complete them in a timely manner. It is important to create a routine for yourself. Pack your bag, choose your outfit, and make sure all of your assignments are complete before climbing into bed. Creating a workspace is another great way to stay organized. Avoid area that possess distractions, as well as your bed. Studying in bed causes your brain to believe it should be working hard when you are in bed, rather than relaxing.

**2. Get Involved** - Getting involved in activities at school provides many benefits to students. Joining extra-curricular activities gives students the opportunity to develop skills not typically shown in the classroom. Students can make friends and create memories that will last a lifetime. In addition, colleges and employers look for students who are involved, showing persistence and dedication.

**3. Exercise** - Staying healthy is a great way to improve your school year. Exercise helps bolster the immune system, which will help prevent you from getting sick. “In a study done at the University of British Columbia, researchers found that regular aerobic exercise appears to boost the size of the hippocampus, the brain area involved in verbal memory and learning.”

**4. Ask for Help** - Students tend to form the idea that they must get through high school all by themselves. But that is not the case. Ask for help. Form relationships with your guidance counselors and teachers. If there is a concept in math class that you still do not understand once the class has ended, speak with your teacher. Teachers and Guidance Counselors want to help students succeed.

**5. Don’t overextend yourself** - Getting involved is very important during your time in middle and high school. But, there can be a time when you have too much on your plate. It is important to find the happy medium and do what makes you feel the most comfortable. Overextending yourself in extra-curricular activities leaves no time for you to relax and just be a kid.

**6. Always be prepared** - As most of us know, school can be crazy some times. One day your class will be 20 degrees while the next day it is 100 degrees. Make sure you are always prepared. Keep your locker stocked with the everyday supplies you may need. A light jacket, a healthy snack, and even an extra notebook are all great things to store in your locker.

# Five Easy Ways to Make New Friends at School

By Alyssa Song, VP of Leadership Development

1

Always get to know who you are sitting next to in each class! Each class of the day brings the opportunity to meet new people. Make simple conversation with people sitting next to you; ask simple questions or compliment them. Questions like “how was the first day of school for you?” is an easy, breezy way to start a conversation.

2

Smile! Body language and your actions mean more than your words. A smile not only shows that you are approachable, but also makes others feel welcomed and acknowledged. It also welcomes conversation with other people.

3

Join a new club or activity! One of the best ways to create friends is to join an extracurricular organization in which you are interested. Try joining something you never tried before. Not only will the club members welcome you, but they share the same passion for that subject. After-school activities will give you some of the greatest experiences with people who share common interests. Even better, try to help others join an organization, like FCCLA, to build a group of friends!

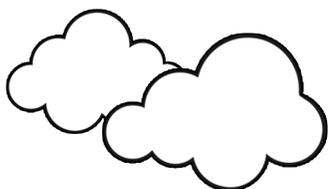
4

Eat lunch with a few people that you don't really know or want to know more about. While eating lunch with your friends seems like the most natural thing to do, it does not give much opportunity to meet new people. Inviting one or two new people to eat at your lunch table is a great way to get to know them. Remember, it is important to be approachable and willing to meet new people, regardless of judgments and assumptions.

5

Finally, unplug from your device! Whether you are listening to music through your earphones or checking your social media, storing your phone away is one of the most primary steps to meeting new people. There is no way you can be eager to meet new people when your eyes are constantly glued to your apps. The amount of time and increased awareness will give plenty of opportunities to strike up a conversation with others.

## COME TO THE Cluster MEETING



## PROMOTING FCCLA AND FCS AT THE START OF THE SCHOOL YEAR

By Lacie Porch, VP of Public Relations

Promoting FCCLA and FCS during the school year is a great way to recruit new members for your chapter. Here are some ways to promote FCCLA and FCS at the start of the school year:

1. Have a roundtable display board during open houses for your school. Open houses have always been a great way to meet new teachers and learn more about the upcoming school year. By having a roundtable display, past members of FCCLA can tell new and interested students what FCCLA is all about.

2. Host a Meet & Greet. Have a night set aside just for FCCLA. Invite potential members to the social and have slideshows, photos, and guest speakers to show how FCCLA has had an impact on their lives and how FCCLA can help others in the future.

3. Flyers are always a good idea. Make colorful, eye catching posters with pictures from past FCCLA competitions or community service projects and hang them around your school. You could also have your school advertise for FCCLA over the school's PA system during morning or afternoon announcements.

4. Bulletin Boards are another great way to advertise FCCLA and FCS. You could make a bulletin board with pictures of past service projects and what FCS courses the school offers and what the classes are like.

5. Have chapter officers go to different family consumer science classes to talk about their experiences as an FCCLA member.

6. Submit newspaper articles to your school's newspaper. These articles can include personal experiences in FCCLA, service projects and their outcomes, or upcoming meetings for potential members.

With these promotional ideas, students in your school can learn more about the great opportunities that FCCLA and FCS offer. Start promoting FCCLA and FCS today!

By Bansari Patel, First Vice President

New Jersey FCCLA invites you to continue your leadership at the 2017 National Cluster Meeting from November 10-12, 2017 in Washington, D.C. Members will be able to discover and explore the city of Washington, D.C., the U.S. Capitol, and see the imposing neoclassical monuments and buildings – including the iconic ones that house the federal government's 3 branches: the Capitol, White House, and Supreme Court. During the conference, students can network with members from New Jersey and all over the country. Students and advisers will convene to share ideas, learn about exciting programs, develop leadership skills, and compete in various skill demonstration events. During the day, members can participate in workshops, listening to motivational speakers, and participating in the annual Family and Consumer Science Knowledge Bowl. There are over 1,000 members expected to gather in Washington, D.C. for the National Cluster Meeting! Members are also sure to learn more about FCCLA and National Programs. Join New Jersey at the upcoming 2017 National Cluster Meeting to get inspired.

By Kiran Kumaranayakam, VP of Membership

“Riinnnnng”, the school bell has rung and it’s time to get back to work. Of course, many of us dread going back to school and starting our cycles of work. But when school does start, we enjoy seeing friends again and all the fun activities school brings, such as dances and school socials, and FCCLA with its endless opportunities.

As an FCCLA, member you have the power to create memorable events for your chapter. Make FCCLA fun with quality programs. When students enjoy themselves, you will increase your chapter’s membership while creating a positive image for your chapter.

Have current members speak and answer business-related questions to give your peers an insight into what FCCLA has to offer. You can also offer food and plan activities that reward prizes to get people thrilled about FCCLA. Many schools hold fashion shows that are sponsored by FCCLA, with clothes being modeled by members of FCCLA. Spread the word about your chapter’s accomplishments at these events using social media, a chapter website, and the school newspaper.

Being in FCCLA, you learn how to network with others. Do exactly that! During your school’s freshman orientation, help incoming students to their classes while filling them in on all the positive opportunities FCCLA can offer. Ask your chapter adviser if your chapter can hold a carwash, dance marathon, or breakfast to spread the word about FCCLA while also fundraising.

Going back to school does not have to be a sad thing when you can make it fun with so many different activities. Make FCCLA a focal point in your school and excite others to want to join this amazing organization. Look for the “Get Red-y for FCCLA “meeting plan on the NJ FCCLA website at [www.njfccla.org](http://www.njfccla.org).

# BACK TO SCHOOL LIFE HACKS AND DIYS

By Emily Brigham, VP of National Programs

**1. When trying to remember information for a test...** Spray an unfamiliar scent while studying and then right before your test spray the same scent. Chew an unfamiliar taste of gum while studying and chew the same flavor of gum during your test.

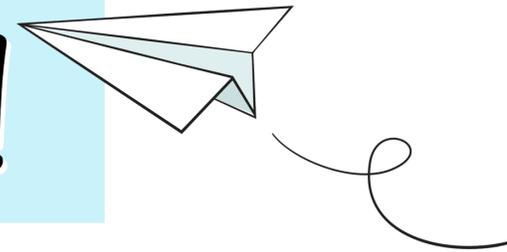
**2. How to get motivated while reading a book or textbook.** Get your favorite snack or candy and put a piece at the end of every chapter. Once you read a chapter, you get the reward! This will motivate you to keep reading.

**3. Feeling stressed?** Here is a DIY stress ball you can make at home. Materials needed: 1 cup of corn starch, A funnel, 1/2 cup of water, A water bottle, Water balloon

Instructions:

1. Mix the corn starch, water, and food coloring together in a bowl.
2. Take this mixture and use the funnel to get the mixture into the water bottle.
3. Blow up the balloon. The size doesn’t matter, just make sure there is enough room for the mixture to fit in there with extra space.
4. Take the open side of the blown up balloon and put it over the opening of the water. Now you can pour the mixture into it.
5. Once all of the mixture is in the balloon, let out any extra air that is left in the balloon.
6. After all the air is out, just tie the balloon and know you have your own DIY stress ball for the school year!

# Back to School!



## BACK TO SCHOOL TIPS

By Emily Brigham, VP of National Programs

### 1. Before School

- Pick and lay out your clothes the night before. This will save time in the morning.
- Make your lunch the night before. This is another way to save time in the morning.
- Attend your school’s orientation: you can meet new people and hear about what’s going to happen in your classes this year.
- Make sure to eat breakfast every morning! It’s a great way to start your day.

### 2. During School

- Organize your classes by colored binder or folder: you will be able to find each class so much easier because you will be looking for the color that corresponds to that class.
- Get involved with co-curricular activities (like FCCLA!) at your school. You will discover your passions and find friends with those same passions.
- Talk to new people. There is a good chance that your friends aren’t going to be in all of your classes, so talk to the person next to you in class. They could even become your best friend!

### 3. After School

- Make yourself a homework area: this area is for you to do your homework effectively with no distractions.
- Do your homework as soon as you get home from school. Doing your homework first gives you the freedom to relax or do something fun the rest of the night.
- Make a list of academic goals you want to achieve. Once you write them down, you can create an action plan outlining how you are going to accomplish them.

# HEALTHY SNACK IDEAS FOR THE FALL

By Austin John, VP of Finance

With the school year coming back into session and fall sports commencing, on-the-go snacks, such as granola bars, are the way to go. Instead of buying sugary, store-bought granola bars in bulk, there's a healthier, much tastier way to make them at home. And, adding pumpkin to any recipe screams the arrival of fall. With that said, here's an extremely easy, healthy, vegan, and delicious no-bake recipe for a Pumpkin Pie Energy Bar!

## PUMPKIN PIE ENERGY BAR

### Ingredients:

- 1 cup pitted dates
- ½ cup raw cashews
- 2 Tablespoons raw pumpkin seeds
- 2 Tablespoons unsweetened shredded coconut
- ⅓ cup vegan vanilla or pumpkin protein powder
- 1 teaspoon ground cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ cup pure pumpkin puree

### Directions:

1. Combine all ingredients in a food processor. It will take some time to become smooth, but you may also leave it chunky if you like.
2. Line parchment paper in an 8x8 in baking pan. Wetting your hands, take the sticky mixture and press it into the pan.
3. Use a wet spoon to smoothen the top.
4. You may garnish with chopped pecans or more coconut or pumpkin seeds, and press them into the bar.
5. Freeze for 2-3 hours until solid.
6. Enjoy! Always store in a fridge or freezer.



# Smart Back to School Shopping

By Bansari Patel, First Vice President

It's time to head back to school. If you're overwhelmed by all you need to buy and organize, don't hit the panic button just yet. These tips will help you save money and reduce stress, too. If done right, one of the most exciting experiences at the start of a new school year can be shopping for back to school supplies. When shopping for the new school year, be sure to stay on a budget and not fall into the annual back to school trap!

Start by taking an inventory of the supplies you already have. You'll be amazed at the forgotten notebooks, pens, markers and rulers you can find in a drawer or last year's backpack. Buy the essentials first, including notebooks, calculators, erasers; save the extras for later. Pens, pencils and other small items are used every day, for every class, but they do not need to be very expensive. For the bigger items such as calculators, feel free to splurge a little since you will probably use the same one during your entire middle and high school experience. Also remember to buy your basics in bulk to stock up for the year. Items like paper, pencils, erasers and tape all go on sale as soon as school starts, and stocking up in September means you're set for the rest of the school year.

Once you have all your essentials, you can purchase the extras you want to make school more enjoyable, such as locker decorations. It is also a great idea to purchase inexpensive stickers from a craft store to decorate notebooks and binders and give your school supplies a personal touch!

Start early and look for bargains. The best bargains are often available at back-to-school sales. Keeping your supply list in your car or your purse will help you shop for supplies as you do your other errands. And last but not the least; compare prices online and in flyers before heading out to shop. See which stores have a price match policy and which are running the best sales. Be sure to look through circulars for coupons and shop during sales to get the most for your money. Good luck during the upcoming school year!

# Seasonal Fundraising

By Austin John, VP of Finance

Welcome Back! The school year is just beginning and it is time for FCCLA to take the reins. Fundraising is a large part of the leadership experience and it is important for your chapter to be able to fund its initiatives. As the sun is shining and the wind dies down, a cup of ice cream with a cold carbonated beverage alongside it has a refreshing appeal. Another perfect fundraising opportunity is iced coffee/bubble tea sales. Appealing to the student body of your school is the most important factor when it comes to fundraising. Iced coffee and Bubble tea have been found to be consumed by more than 68% of high school students. Selling these cups at a dollar or a dollar and fifty cents may not seem like much, but over a few days, this can turn into a really profitable fundraiser. With active members bringing in donations and pushing for sales, your FCCLA chapter can have a very successful fiscal year!

# STATE EXECUTIVE COUNCIL INTRODUCTIONS

By Rhea Jhamb



## **Kelsey Jacobson** **State President**

*Q: What is your favorite memory in FCCLA?*

A: My favorite memory of FCCLA was attending the State Leadership Conference during my seventh grade year. It was my first year of participation in FCCLA and the State Leadership Conference gave me the opportunity to meet others with the same passion for FCCLA.



## **Bansari Patel** **First Vice President**

*Q: If you could have one superpower, what would it be and how would you use it?*

A: I would love to fly so that I could go anywhere I wanted at any time.



## **Alyssa Song** **Vice President of Leadership Development**

*Q: If you could be any animal, what would you want to be?*

A: A Golden Retriever because they are so cute and very friendly!



## **Chelsea Olender** **Vice President of Communications**

*Q: What is your favorite movie?*

A: My favorite Disney movie has to be Zootopia. I believe the movie Zootopia shows kids to not judge a book by its cover and shows children to chase their dreams, because if you work hard you can always accomplish what you want to achieve.



## **Samantha Matson** **Vice President of Community Service**

*Q: What would you spend all of your time doing?*

A: If I could, I would spend all of my time reading! It's a great way to pass time and I find reading very relaxing.



## **Emily Brigham** **Vice President of National Programs**

*Q: What is your favorite memory in FCCLA?*

A: My favorite memory in FCCLA is my first State Leadership Conference which was when I really fell in love with everything FCCLA has to offer.



## **Rhea Jhamb** **Vice President of Parliamentary Law**

*Q: If you could have one superpower, what would it be and how would you use it?*

A: If I could have one superpower I would want to be able to have super speed. This is because I would be able to do everything faster and then have more time to sleep and rest. It would also be really cool to run anywhere I want within seconds.



## **Lacie Porch** **Vice President of Public Relations**

*Q: Where would you spend all of your time if you could?*

A: I would spend all of my time in Barnes and Nobles or a library if I could. I adore the atmosphere. I love the never ending supply of books around me. I also love hearing recommendations from people around me as to what books I should read next.



## **Austin John** **Vice President of Finance**

*Q: If you could have one superpower, what would it be and how would you use it?*

A: If I could have one superpower, it would be the ability to be transparent. A good leader is honest and transparent with everyone and that is what I aspire to be.



## **Kiran Kumaranayakam** **Vice President of Membership**

*Q: If you could be any animal, what would you be?*

A: If I could I would love to be an elephant. They are lucky and adorable to me.



## **Nila Aravindan** **Committee Chair**

*Q: What is your favorite memory in FCCLA?*

A: My favorite memory in FCCLA would definitely be the fashion show during the 2017 State Leadership Conference. It was an enjoyable AND educational experience, as I learned how to walk confidently down the runway and was also able to showcase the garments on which I worked so hard!



## **Akshat Kulkarni** **Committee Chair**

*Q: What is your favorite movie?*

A: The Longest Yard.

# THE FIRST EVER FCCLA NLC FASHION SHOW IN REVIEW

*By Nila Aravindan, Committee Chair*

With energizing music pounding and the adrenaline rushing, ten members stepped onto the FCCLA NLC stage, strutting every beat, making FCCLA history.

Family and Consumer Science subject matters, such as Culinary Arts and Child Growth and Development, have been the center of FCCLA's National Programs and Competitive Events since the 1980's. But fashion has always struggled for the spotlight. FCCLA has started recognizing students who have a passion for fashion in the past ten years with the inclusion of the STAR events Fashion Construction and Fashion Design. It has been an uphill climb for fashion to join the spotlight—and for FCCLA to hold a fashion show at this year's NLC.

We applaud FCCLA for encouraging our fashion driven students. See what the 2016 The Report from the United States Congress Joint Economic Committee says about the Fashion Industry: "In fact, the fashion industry is a global industry, where fashion designers, manufacturers, merchandisers, and retailers from all over the world collaborate to design, manufacture, and sell clothing, shoes, and accessories. The industry is characterized by short product life cycles, erratic consumer demand, an abundance of product variety, and complex supply chains. The fashion industry across the U.S. - from New York City and Los Angeles to Columbus, Ohio, and Providence, Rhode Island - is thriving and the jobs being created demand a higher level of education and pay better than once was the case in this industry. The U.S. fashion industry has evolved from one based on manufacturing to one based on ideas and design."

This year FCCLA chose ten talented individuals to exhibit their masterpieces. FOUR were from our home state of New Jersey, and all four were awarded National gold medals in the STAR events: Mikhayla Sabo, Jennine Abramsky, Ashley Baidowsky, and myself, Nila Aravindan.

Back stage, rehearsals were truly frightening. An event like this had never before taken place, and anything could go wrong. However, our coordinator/trainer was a professional who had organized legitimate fashion shows all around the country. And our announcer was a representative from the Fashion Institute of Design and Merchandising, FIDM. When FCCLA holds a fashion show, they really hold a fashion show!

And so, the first ever FCCLA Fashion Show at the National Leadership Conference commenced its monumental moment at the recognition session in front of thousands of members. The members began by walking in a sequence across the stage and filed front and center. Then, the announcer called them one by one as she spoke about their garment and involvement in FCCLA while they posed for one minute in front of the audience. After the final model, the music started up again and all ten girls filed back behind the screens.

The ten students gave it their all, blood pumping, eyes focused straight ahead. The outcome was a short and sweet fashion show with a variety of styles from the grunge 90's, to sophisticated career wear, from a modest velvet gown, to a casual jumpsuit. This first NLC Fashion Show will forever be the momentous event that catapulted fashion into the spotlight of FCCLA.



# FOLLOW UP OF THE NATIONAL LEADERSHIP CONFERENCE

*By Rhea Jhamb, VP of Parliamentary Law*

From July 2nd to the 6th, over 7,000 Family, Career, and Community Leaders of America (FCCLA) members, advisers, alumni, and guests from all around the country gathered together in the music capital, Nashville, Tennessee, for the 2017 National Leadership Conference. Approximately 130 youth leaders, advisers, alumni, and chaperones from New Jersey went to the conference to represent the Garden State. BCIT, Bridgewater-Raritan HS, Camden County Technical, Edison High, Egg Harbor HS, Gateway Regional HS, GCIT, John P. Stevens HS, Hunterdon County Polytech, Parsippany Hills HS, Rutherford HS, Shawnee HS, Southern Regional MS & HS all attended the conference this year!

FCCLA is The Ultimate Leadership Experience that guides young men and women to become leaders. Participation in national programs, STAR events, and the different workshops that were held at the conference allowed members to challenge their creative and critical thinking and helped them become stronger leaders in their families, careers, and communities. NJ FCCLA members came to the conference with positive attitudes that reflected in our collective success. New Jersey took home 52 gold and 45 silver medals!

This year at the 2017 National Leadership Conference, the state delegation had the opportunity to elect two voting delegates to represent New Jersey. State Officers Samantha Matson, a sophomore from Edison High School, and Rhea Jhamb, a senior from John P. Stevens High School, attendada meetings and met the national officer candidates to make a decision about how New Jersey would cast their votes. The two also represented New Jersey at the 2017 Business meeting. This year, a bylaw amendment was proposed to the organization that suggested the realignment of the regions based on membership. The amendment failed and the regions remain the same. There were over 100 voting delegates from across the country that represented the beliefs of their respective states. It was amazing to experience firsthand the "student-led" aspect of the organization. It was a great way to motivate young leaders to speak out for their beliefs and thoughts.

The national conference itself was amazing but one of the best parts of the trip was experiencing Nashville. New Jersey FCCLA embraced the southern lifestyle by visiting the Grand Ole Opry! We also enjoyed line dancing and a great musical show on the General Jackson River Boat!

Overall, this conference was a success for our state and a great experience for the members. The State Executive Council suggests you plan to attend the 2018 National Leadership Conference and set your sights on Atlanta, Georgia!

# “Believer”

## BY IMAGINE DRAGONS: OVERCOMING ADVERSITY



By Alyssa Song, VP of Leadership Development

A recent song that has become popular this summer is “Believer” by Imagine Dragons. The song is from their newest album called “Evolve” released in late June. The song is essentially about someone who was once in pain, but the rough times in their lives made them “believers”. A “believer”, according to Dan Reynolds, the Imagine Dragon “front man”, is someone who rises above the pain or challenges they faced in their life to become a stronger person. For Reynolds, he faced tremendous amounts of emotional pain in his life. He wrote the song as a way to accept his pain and difficulty and embrace them to make it his strength.

In many ways, the term “believer” can be applied to FCCLA members like us. For many students, public speaking is always dreaded. It takes courage, strength, and endless experience to stand in front of an audience and give a speech. While it is a challenge for many members, officers, and even advisors, adversity is what truly builds skill and character. For example, if you wrote a speech but never rehearsed or practiced reading it, you would have a terrible experience when giving the actual speech to an audience. You would stumble on certain lines and mix words up because you did not prepare to the best of your ability. However, feeling the consequences of the lack of preparation will only make you a stronger speaker in the future. Facing failure and difficulty will only build you higher.

Many of us can also become “believers” when learning to become leaders. Leaders often have to help guide a team that may face multiple challenges; the team could be too unfamiliar with each other, have different expectations of their roles, or be very uncooperative and unwilling to compromise. While there are hardships to leadership, being a “believer” in this situation means uniting a team and bringing out personal strengths. Ultimately, the experience and difficulty a leader sometimes faces will only build one’s leadership skills.

# FALL FAMILY FUN

By Samantha Matson, VP of Community Service

Fall is a great season to spend time outdoors with family. Not too warm, not too cold, it’s the perfect time for activities in nature. Here are a few things that your family can do this coming fall.

- 1. Fruit/Vegetable Picking:** There are many fresh fruits and vegetables available to pick this season, including: pumpkins around Halloween, apples, and much more.
- 2. Go on a Hike:** Fall weather is perfect for hiking, and it is a fun activity for the whole family.
- 3. Carve Pumpkins:** This is great to do around Halloween for decorations.
- 4. Visit a Sunflower Farm:** Sunflower farms are full of beautiful flowers and are great for going on a walk or taking family photos.
- 5. Walk Through a Corn Maze:** Corn mazes are a good day activity where your whole family can work together to get to the end of the maze.
- 6. Bake a Pie:** Since there are so many great fruits and vegetables in season, pies are a delicious way to use them. You can make pumpkin pie, apple pie, and so much more.



## FCCLA WORD SEARCH

U V G K D B R X P E A H O I C M G L Y N  
V Q Z D B Z A W E L U U P I Q K O E T D  
E Y M E C Q J X C A P U E A L M G A I K  
P R C X A I R C D B E L H G T N Z D N X  
Y I C V Z M F B H H P L Q D W N X E U S  
W L H B B G E V I T I T E P M O C R M T  
I M I S F E B R U A R Y T V A K E S M C  
C S L M R E C D I A Z F H D F B O J O A  
R L J E A E P Y D C I D N S S C U S C F  
A H U R M F D V S N A M L E T Y H T W K  
M Z D A R M S A M E U W M Y G A L O K C  
O D M Q A U S R E B Q I Q Q D U R P J J  
P U J J P U S O K L T R M M X X V G N J  
M E F M B Y S Q A N E J V H H X H Y B M  
H C M U V K D O E D S H F I O R N D D B  
E W Z S Z M D E R E U V K D E G K H N D  
K S C X Z M T O N X H B P F C V C T Q X  
A T I W D J S R E E R A C U P O N J C T  
C L X U H E L Q G X B D C S T R W V R N  
Y Y K H W R Z Q A W R D E I G H T X C K

- The A in FCCLA stands for what?
- The first C in FCCLA stands for what?
- The second C in FCCLA stands for what?
- State and Star events are what?
- Families Acting for Community Traffic Safety.
- The F in FCCLA stands for what?
- Family Career and Community Leaders of America.
- FCCLA Week is in what month?
- The L in FCCLA stands for what?
- The Ultimate \_\_\_\_\_ Experience.
- What is the FCCLA flower?
- Students Taking Action with Recognition.
- Students Taking On Prevention.
- \_\_\_\_\_ is the official FCCLA magazine.
- There are \_\_\_\_\_ FCCLA Purposes.

## USING SOCIAL MEDIA

By Chelsea Olender, VP of Communications

When involved with social media, there are many good things to enjoy; unfortunately, there are many concerns of which to be aware, as well. Social media can present a risk for young users. Although social networking can help inspire young adults and encourage them to be more confident, there are many risks that can affect teens now and in the future.

Always consider the risk factors of social networking. A few of the dangers include cyber bullying and stranger danger. This past year, 52 percent of young adults have been cyber bullied, which is a huge concern. Never contribute to or encourage cyber bullying. When using social media, you must take into consideration that people might not be presenting themselves as who they really are. Strangers can be lurking on your account every day, and that's why it is safer to keep your accounts private.

As students, we have to study for tests, complete piles and piles of homework, and go over lessons that were learned throughout the day. It can be hard to balance school work, your social life, and extra-curricular activities. Social media platforms such as Snapchat, Instagram, Twitter, and Facebook can become a huge distraction. Students that spend large amounts of time looking at social media accounts can begin to have a hard time keeping up with their school work, and in turn it can lead to lower grades.

Social media can impact your future. Prospective employers and colleges tend to search you on the Internet. Be cautious and astute, and make good decisions when using social media. Being selective about what you are posting and who you "friend" will help you in the future. When you are posting pictures and messages on social media, you are representing yourself and creating an image of your character. Remember, anything you post online is there forever.

There are many good things that can happen on social media that help counteract the bad. Being active on social media encourages young adults to start becoming more advanced with their technology skills. Also, young adults can become more involved with the organizations in which they would like to participate. By having social media, students can show who they really are and feel as if social media is a privilege.

Being on social media is a huge responsibility; don't abuse it and stay safe. Using social media is always fun, but always be careful and know how to handle yourself. Young adults have the power to use their social media sites for good or bad. Chose the right road because it will affect you in the future!

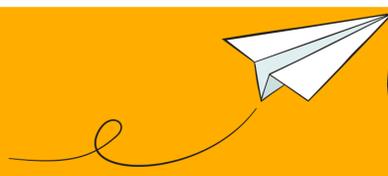
## Navigating the FCCLA 365 APP

By Akshat Kulkarni, Committee Chair

The FCCLA 365 app found on the Google Play store and the Apple app store is designed to aid FCCLA members and advisers by giving them an organized plan of a national meeting. It has many uses and can be operated by anyone with a smartphone or tablet, so let us dive right in. Once you've downloaded the app, you're given the option of downloading a guide that is concurrent with the conference you are attending.

Once you open the guide the first thing recommended is creating an account, which allows you to post pictures and collaborate with members from around the country. On the top left of the app you can view conference maps and a schedule of the entire conference. In that schedule, you can bookmark events that appeal to you or are required for you, such as your competition time and location. In the inbox section are important notifications that relate to the conference in some way. You can also see a list of sponsors and exhibitors at that event to give thanks to or shop from in the future. Additionally, a list of speakers at the conference is included for you to communicate further if you so choose.

There is a photo album where you can view the many photos taken at the conference, including your own that will serve as a reminder of the memories you create. Another great feature the app has is a list of the colleges that are attending, and if any of them interest you, you can go visit their stations and talk to a representative. Finally, general information and the entire program can be found and downloaded on this app for you to revisit at any time, making the FCCLA app not only useful but also very effective in the long-run.



## Using the Internet as a Study Tool

By Akshat Kulkarni, Committee Chair

The past decade has borne witness to the growth of the Internet and the role it now plays in the lives of just about all members of society. Through constant innovation, the span of the Internet's capabilities in aiding human society has become boundless. Contrary to common thought that the Internet is but a form of entertainment, access to the web of knowledge that is the Internet has emerged to be the world's most potent and groundbreaking study tool.

The primary function of the Internet is to connect millions of people from all around the world and facilitate an efficient flow of information to all its users, essentially breaking the previous limitations of space and time. This is precisely why there is no concrete way to categorize the Internet as a study tool, as the possibilities of its use is truly endless. Home to millions of instructional articles and videos, students (or any curious member of society) can further their knowledge on a previously learned topic or learn something that they had not known before. One can even have access to qualified online tutors ready to give a user one-on-one academic assistance, all at the tip of a finger.

A traveling cloud of information, the most impressive aspect of the Internet is that it can be accessed from almost anywhere. This comes into play through resources such as Quizlet, which can be used to create online flashcards that can be accessed anytime, anywhere by any on the go user. Through programs such as Khan Academy, individuals can even create a personalized academic program custom to their needs and goals to further their education beyond the bounds of the classroom; classrooms can be integrated online for people that are unable to attend a traditional school setting.

Collaborative work with the use of Google Drive has enabled people from around the world to accomplish a single goal. Big businesses use data from Google to build a social profile of you so the advertisements you see are customized to the liking of the viewers. The easy accessibility to an endless plethora of information as well as educational resources offered by the Internet have created a culture of students and adults who are driven to go beyond what is placed in front of them and venture into the depths of knowledge that can be found "online."

## Why Should We Compost?

By Chelsea Olender, VP of Communications



Compost is decayed organic materials turned into a plant fertilizer. Composting is a method of creating plant fertilizer that is healthy for the environment and makes better nutrients for the plants at the same time.

Composting can be done with many different kinds of organic materials. These materials include cardboard, coffee grinds, eggshells, fireplace ashes, fruits, vegetables, grass clippings, fur, straw, house plants, leaves, newspaper, nut shells, paper, saw dust, tea bags, wood chips, and yard trimmings. By composting, we reduce the amount of objects that have to go in landfills. When you reduce the amount of objects in landfills, you also reduce the chemicals in the air while saving money on garbage removal. Composting improves the soil and provides better nutrients for your plants. Next time you think about throwing an apple core or banana peel away, think about starting to compost to create better nutrients for your soil!

## MAKING THE MOST OUT OF NATIONAL PROGRAMS!

By Emily Brigham, VP of National Programs

What are the National Programs? FCCLA has 8 National Programs with various topics which include:

- Career Connection: Learn how to explore careers to make you successful.
- Financial Fitness: Learn how to manage your money.
- Community Service: Discover how you can make a difference in your community by taking action.
- Power of One: Make a positive change starting with you! Create goals, a plan, and celebrate completing them.
- Families First: Through this peer education program, teach others the importance of family.
- FACTS (Families Acting for Community Traffic Safety): Teach your peers the importance of safe driving and decrease the number of car crash deaths for America's youth.
- Student Body: In this program you can learn to become a healthier person and live a healthy lifestyle.
- STOP (Students Taking On Prevention) the Violence: Recognize, report, and reduce youth violence through this program.

Each of these National Programs relates to FCCLA's mission and purposes and helps our members become better leaders! Now, YOU can get involved in a National Program!

- Get a group from your chapter or do one by yourself, then choose a program.
- Next, create a plan for your project. A good place to start is to make a goal. What do you want to accomplish by doing this program?
- After creating your plan, take action! Do a service by teaching your peers and improving yourself at the same time. Take action that relates to the National Program that you choose.
- Once you complete the project, submit the application for the National Program you chose and turn it in by the due date, March 1st.
- Now it's time to wait to see if you won an award and national recognition.

Get started on your National Programs today!

## Go for the Red

By Kiran Kumaranayakam, VP of Membership



FCCLA is built upon its members. Our members are a focal point in the success of this organization. FCCLA encourages current members to recruit and inspire others to join us in our pursuit of leadership. Thus, sparking the campaign, Go for the Red.

The Go for the Red membership campaign provides incentives for members that go the extra mile in helping their chapters increase FCCLA membership. This program provides awards and recognition for individuals and chapters across the country. Individuals have the opportunity to be awarded for recruiting 3 or more members into their chapter. If applicants meet all of the requirements and the deadline, they have the opportunity to receive a Go for the Red T-shirt!

Chapters are rewarded with medals based on the amount of members they bring into their chapters. Bronze is awarded if there is an increase of 10 members in their chapter. Silver if there is an increase of 15 and gold if there is an increase of 20 or more members. If applicants meet all of the requirements and qualifications, they will receive an FCCLA banner, which showcases their effort and achievement.

To get started in recruiting members in your school, there are many activities and ideas that can help you get started. For example, if your school has a Club Fair at the start of the year, Eighth Grade Orientation, or Back to School Night, create a colorful booth describing and promoting FCCLA while trying to recruit new members and talking to parents. Activities like this can help you entice new members to join your chapter while keeping current members excited and inspired.

Create games and interactive activities to help advocate membership in your chapter. Showcase and share personal experiences and memories with your peers to help inspire them to join. Talk to your chapter adviser about going into FCS classes to speak about all the great opportunities that this organization offers. Inviting a guest speaker to a chapter meeting and opening the invitation to non-members gives students who are not a part of FCCLA an opportunity to learn valuable information. Your chapter can even create announcements about what is being done in your FCCLA chapter to encourage non-members to come to a meeting and find out more about FCCLA.

Members use the three R's—recruit, retain, and recognize—which is exactly what FCCLA strives to do in the Go for the Red campaign. Inspire new members to join, as well as current ones to stay, and recognize members that go the extra mile in helping your local FCCLA chapter reach its full potential.

The goal of this program is to inspire current members to improve membership in your local chapter and recognize members and chapters that go the extra mile to help our organization expand membership. If you would like to get involved in the Go for the Red Campaign, go to <http://fcclainc.org/membership/membership-campaign.php>. Get started on your chapter's membership this year!

# Chapter Community Service Projects

By Samantha Matson, VP of Community Service

A great back to school project to bring your chapter together this year is a community service project! You have the power to make an impact on your community by shining a light of hope and positivity on those who might not have it. When looking for a service project, remember to first research the needs of your community before you make the final decision. Here is a list of a few projects you and your chapter can try out this year:

- Donate proceeds from a bake sale. Your chapter could pick a charity that means a lot to you, such as Share Our Strength or the Ronald McDonald House, and have a bake sale to raise funds. Then, you can donate the proceeds to the charity of your choice.
- Visit a nursing home. Many of the people who stay at a nursing home are not visited often. You and your chapter could visit them around a holiday and bring snacks and games. It's a fun experience for the residents and the chapter members.
- Send cards to soldiers serving overseas. Soldiers risk their lives for our safety, and this is a way to show our appreciation and gratitude for everything they do for us.
- Clean a local park. Often, parks are filled with litter, and you have the power to make it better for your community. While your chapter is picking up the trash, you can also put signs up around the park stressing the need to recycle and dispose of trash properly.
- Create/Participate in a charity walk. Your chapter can start a walk for a charity that is important to them, or you can participate in a walk as a group. It is a great bonding experience, and you are also raising money for a charity.

## SERVICE AT THE FLC

By Samantha Matson, VP of Community Service

Community service is an important aspect of all NJ FCCLA conferences. The first state conference on the NJ FCCLA calendar is the Fall Leadership Connection. This is what you need to know about our service efforts at the FLC!

On Monday, November 20th, NJ FCCLA is sponsoring a food drive of nonperishable food items. This includes: canned food, cereal, granola bars, crackers, rice, canned vegetables, peanut butter, canned tuna, uncooked pasta, etc. The food will be donated to the Middlesex County Food Bank. This food pantry distributes food to 80 smaller food pantries and 25 other agencies, such as shelters, social service agencies, and programs for women and children. When you donate food here, you are making a difference in the lives of so many families who do not have the money to buy food; this is the only way they can eat and nourish their family. This project touches so many lives; so, make sure to set goals for your chapter's participation. Make it a competition and give kudos to the top contributor. Perhaps, you could also involve the entire school community by making announcements and putting flyers up about the initiative.

Two additional service initiatives are taking place: collecting pull tabs for the Ronald McDonald House and a gigantic cupcake sale. Be sure your chapter has an entry in the Cupcake Challenge; then, the sale of these delicious treats will also benefit the Middlesex County Food Bank. The money will allow them to buy other essential items that they are lacking such as fresh produce or turkeys for Thanksgiving. In order to participate in this cupcake sale, bring \$5 dollars to the conference and you will go home with 6 delicious cupcakes for your family. At the Fall Leadership Connection, you can make a sweet difference in the lives of others.

By Nila Aravindan,  
Committee Chair

## Upcycle a Sweater

Autumn is here, which means two things: Sweaters and fall cleaning! Sweaters are versatile, comfortable, stylish, and a staple piece of autumn clothing, yet they can shrink or fall out of style quickly. There's a greener way to rid your closet of all your unwanted sweaters: Upcycling. Instead of tossing those old sweaters in your fall cleaning pile, follow this guide on making the most out of your obsolete or hand-me-down sweaters by upcycling them into two awesome projects!

**Pillowcase** Materials: Old Sweater, Pillow Form, Fabric Scissors, Lightweight Fusible Interfacing, Pins, Sewing Machine

1. Line up your pillow form to the body of your sweater and draw a line marking the placement of the pillow.
2. Cut on the markings. Do not cut along the side-seams. You will end up with 2 identical pieces of the sweater.
3. Cut two pieces of interfacing the same shape as the sweater pieces.
4. Fuse the interfacing on the WRONG sides of the sweater pieces using an iron and a damp cloth.
5. Pin both pieces together with right sides together. (So interfacing side will be facing up). Leave marks for an opening on one side for pillow, unless you have a sweater with buttons.
6. Sew on all sides except at the opening. Clip your corners for a perfect edge.
7. Turn case right-side-out. Use a point-turner for a perfect and pointed edge. Insert the pillow through the opening.
8. Sew the remaining opening using an invisible stitch.

**Beanie** Materials: Old Sweater, Sewing kit, Fabric Scissors, Ruler, Fabric Glue gun

1. Cut your sweater right under the armpit of the sleeve on a straight line.
2. Then, cut down the side seam of one side.
3. You will end up with one long piece of fabric. Wrap it around your head to see what length you will need for your beanie.
4. Mark your length and trim the fabric.
5. Fold the fabric into threes. You will end up with a three layer tiny rectangle piece of fabric. From this, you will create 3 "domes" by cutting a curve on the fabric.
6. You may either glue or sew the next part. If using glue, glue on the wrong side of the fabric and attach the sides together. If sewing, bring right sides together and sew on the side.
7. Sew or glue up the 3 curves on top. You will end up with a small hole on the very top of the beanie. You can glue the sides together.
8. Flip it inside out. Enjoy!

