

New Directions

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME

SUMMER 2017

PRESIDENTS' ADDRESS

Dear New Jersey FCCLA Members, Advisers and Alumni:

As the weather warms up and the flowers begin to bloom, NJ FCCLA is continuing to serve our communities and prepare for the National Leadership Conference. NJ FCCLA members joined together at the 2017 State Leadership Conference in March to discover the Unlimited Possibilities that our organization has to offer. Together, we listened to great speakers and workshop presenters, participated in a community service project, and raised money for the Ronald McDonald House. The quality of projects and remarkable energy displayed at the conference exemplified the passion and love that NJ FCCLA members have for our organization. I hope that we all left the conference feeling inspired to continue staying involved with this dynamic student leadership organization.

For those qualifying in STAR events at the State Leadership Conference to compete at the national level, the 2017 National Leadership Conference will be held in Nashville, Tennessee from July 1st to 6th. Be sure to start preparing and polishing your STAR event project! It will definitely be a great experience filled with exciting workshops, interesting competitive events and fun sightseeing opportunities! This year, Shyamala Subramanian will be representing New Jersey FCCLA as the National Vice President of Competitive Events.

This is the time to say goodbye to our senior members. As you enter college or the work force, remember to use FCCLA as a foundation on which to build upon. Do not forget to stay active in FCCLA through the New Jersey FCCLA Alumni & Associates program, NJ Friends of FCCLA.

Spring symbolizes new life and new journeys. As some of the more active members in your chapter graduate, it is imperative to recruit new members. As new members enter your chapter, be sure to guide them and help them reach their leadership potential. The end of the school year also brings the opportunity for a new leadership team. Chapter officers are crucial to the development of our organization. This year, run for the leadership position you've been thinking about, compete in the competitive event that sparks your interest, and be a servant leader to those around you. A servant leader is one who puts the needs of others first. Ronald Regan once stated, "The greatest leader is not necessarily the one who does the greatest things. He is the one that gets the people to do the greatest things."

The end of the school year is also a time for recognition! Be sure to thank your chapter advisers for all their hard work and devotion to not only FCCLA, but also to every individual member's success. Remember, advisers are the backbone of every chapter. In addition to advisers, senior members also play a key part in the success of each chapter.

As nature becomes painted with color and the birds begin to sing, take some time to get involved and give back to your community - no act of service is too small! On behalf of the 2016-2017 and the 2017-18 State Executive Councils, we challenge you to set high goals for the rest of this school year and beyond, as well as put in the work to accomplish them! With the Unlimited Possibilities that NJ FCCLA offers, I am confident that we can make a difference in our schools, communities, and families.

Sara Ajani, 2016-2017 State President

Kelsey Jacobson, 2017-2018 State President



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New Jersey FCCLA held its 70th annual dynamic State Leadership Conference from March 23rd to March 24th at the Crowne Plaza in Cherry Hill, New Jersey. This conference was full of compelling speakers, exciting workshops, and of course outstanding competitive events!

Super Speakers

This year we were joined by Keith Hawkins for our opening general session. Keith spoke about being true to ourselves in a presentation called "Keeping It Real." Catherine DiGioia-Laird, FCCLA alumni and empowering leader, spoke to our attendees with the message "Think Big. Act Small."

Wonderful Workshops

This year we had an abundance of workshops, including a presentation from "The Ronald McDonald House", culinary workshops, a workshop titled "Dress to Impress" by speaker Keith Hawkins, and workshops by post-secondary schools like FIDM.

Fabulous Fun Night

After a long day of workshops and competitive events, attendees had the chance to celebrate their efforts by attending our fun night featuring an energetic dance, problem solving Escape Room style, the movie "Sing", a community service initiative involving utensil packaging for the local soup kitchen, and an escape the table challenge!

Creative Competitive Events

Members in attendance had the opportunity to compete in State or STAR Events to show off their creativity and knowledge. Check out the website for a list of winners at the SLC. Members who placed first or second in a STAR events qualified for the opportunity to represent New Jersey at the National Leadership Conference! Great job to all the competitive event participants!

Thank you to all those who attended! We hope to see you at 2018 State Leadership Conference!

FCCLA Week Recap

By Shyamala Subramanian,
2016-2017 National VP of Competitive Events



Fundraising for NLC

By Austin John, 2016-2017 VP of Finance

From February 12th through the 17th, FCCLA members celebrated the Ultimate Leadership Experience with a week full of festivities!

The week began with a focus on family. Members across the nation took part in an FCCLA@theTable event; by planning, preparing, and sharing a meal with their families or communities, members were able to build closer relationships through the bonding experience of a family dinner. Tuesday was all about careers! Chapters everywhere hosted career days or career fairs and heard from FCCLA Alumni and professionals in Family and Consumer Sciences business and industries. On Wednesday, members planned community service initiatives to feed the needy in their communities by organizing community service projects such as delivering care kits to shelters and wrapping utensil sets for local soup kitchens. Thursday was all about being a leader. Members posted photos with their favorite leaders on social media, who were then encouraged to tag other leaders! The week culminated with an FCCLA Thunderclap on Friday at 4:30 PM EST, when a pre-scheduled message about FCCLA was sent through various social media platforms. Together, we reached over half a million people and shared with them the message of FCCLA and FCS.

This year, the 2016-2017 National Executive Council met in New York City, NY to kick off FCCLA Week with an appearance on the Today Show Plaza. Afterward, the NEC traveled to Washington D.C., to advocate for FCCLA and FCS at meetings with the Office of Career and Technical Education, National Institute of Food and Agriculture at the U.S. Department of Agriculture, and Financial Literacy Education Commission.

How did your chapter celebrate FCCLA Week? Share your posts on social media with the hashtag #FCCLAWEEK for a chance to be featured on FCCLA's social media platforms!

Spring has arrived and with that, fundraising for the National Leadership Conference should be underway as well! The 2017 National Leadership Conference is coming up soon, and chapter fundraising can help lower costs for attendees. Here are some ways to expedite the process on getting to the country music capital of the world, Nashville, TN:

Restaurant Partnerships: As school begins to wind down, homework loads start to lighten and more kids begin to have free time, partnering with local restaurants and food chains are great ways to fundraise quickly. Chipotle, Panera Bread, Chili's and Blaze Pizza are a few restaurants to start; these fundraising partnerships have amazing turnarounds. Fundraisers like these are a great way to hang out with friends, get a great meal, and help contribute to your chapter's fundraising efforts.

Ice Cream Float Sale: With warmer months on the way, ice cream begins to make a comeback to being the most popular snack. After a long, tiring day at school, a cup of ice cream and cold soda is sure to help raise spirits, along with funds. If your school permits, an ice cream soda float sale can be very profitable for your chapter!

Car Wash: Another great and quick way to raise funds for your chapter is to organize a car wash. This activity is a great team building experience while you raise money. Rally student drivers, parents, relatives and neighbors to come out to have their cars washed. If it is a hot day, sell lemonade while the car owners are waiting. Car washes and lemonade sales are a great way to beat the heat and make money.

TRAVEL SAFETY TIPS PREPARING FOR NLC

By Shyamala Subramanian,
2016-2017 National VP of Competitive Events

This summer, thousands of FCCLA members from across the nation will come together in Nashville, Tennessee to attend the 2017 National Leadership Conference! Use the following preparation and travel safety tips to ensure that your journey to Nashville goes smoothly.

1. Make sure that your project is completed, has been checked over by your adviser, and is in accordance with the National FCCLA guidelines, which may differ from the New Jersey FCCLA guidelines. Be sure to have memorized your lines and made any other necessary preparations to ensure your success in your STAR event competitions.
2. Don't forget to pack any items that you may need for last minute adjustments to your project, such as tape or scissors. If you're bringing scissors, remember to pack them in your checked baggage rather than your carry on!
3. Save yourself the stress of being held up at security by removing any prohibited items from your bag. For a full list of prohibited items, visit the TSA website, www.tsa.gov
4. Mark your bag with a personalized ribbon or luggage tag so that you can easily identify your suitcase on the baggage claim!
5. Be aware of the other passengers aboard your flight. Try not to block the aisle, and make sure your carry-on bag is small and can be stowed away safely.
6. Pack a snack or cereal bar in your carry on luggage! By the time you arrive at your hotel, you may start to get hungry.
7. Use the buddy system! When in Nashville, be sure to bring a buddy with you everywhere you go, and notify your adviser or chaperone of your whereabouts at all times.



Follow these
tips and I
guarantee
you'll have an
unforgettable
time at
#2017NLC!

GREAT SUMMER READING



By Alyssa Song, 2017-2018 VP of Leadership Development

Summer is here, which also means there is a lot of free time. Why not spend some time reading great books? Here are some of the most recommended books for you, ranging from informational texts to utopian fiction.

A text that I found enjoyable was *Unbroken* by Laura Hillenbrand. I did not realize the book was non-fiction until I saw its bibliography. *Unbroken* is an action-packed story of Olympian Louis Zamperini and his life in World War II. His early years were filled with his love for running, which culminated in his participation in the Berlin Olympics. However, when World War II began, he was ushered into war as an airman. His journey of being held captive and stranded in the middle of an ocean felt cinematic and unreal, even though it was a true story. Zamperini's story of being stranded in the Pacific Ocean tested his endurance; he fought sharks, suffered through starvation, and survived an airplane crash. Hillenbrand's writing is truly mesmerizing and spectacular and will definitely leave her readers in awe.

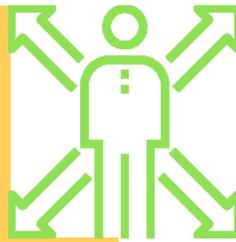
The Witch Hunter by Virginia Boecker is a fantasy fiction novel that takes place in a kingdom with witch-hunting. Elizabeth Gray, one of the most talented witch-hunters, takes a turn for the worst when she is accused of being a witch herself. As a result, she is sentenced to burn to death. However, Elizabeth's enemy, Nicholas Perevil, offers her a deal that could potentially rescue her from her death sentence. This leads to a mystical adventure involving ghosts, pirates, healers, and more. The theme of love and hate, friends and enemies, and rights and wrongs are woven into a magical tale.

The last book I am recommending, *The 7 Habits of Highly Effective Teens* by Sean Covey, may sound like something your grandmother gave you for Christmas, but it is an international bestseller for a reason. The purpose of the book is to motivate teens into being more productive and build vital habits to create better character. Sometimes, especially during the summer, we tend to slack off or become lethargic in our tasks. The book teaches the importance of building habits to become more productive to work towards end goals or dreams. Covey gives advice on taking small steps for each of the seven habits. His advice is extremely relatable to every teen; he demonstrates a deep understanding of our millennial lives, making the novel very personally appealing. In fact, after reaching the third habit, Covey recommends that exercise helps the brain and your productivity. As a result, I signed up for a 3k Color Run in late May and trained for the run two weeks in advance. *The 7 Habits of Highly Effective Teens* is truly a wonderful book that could change your perspective on how you approach life.

All of these books are highly recommended for young adult readers for the summer. Enjoy, relax, and read a book!

POWER OF ONE

By Sara Ajani, 2016-17 State President



Etiquette

By Sara Ajani, 2016-17 State President

At the 2017 State Leadership Conference, Power of One participants from across the state were given a special recognition for their hard work and completion of this national program. What exactly is Power of One you may ask? Power of One is a national program that requires individual participation; it is a great tool to strengthen your leadership and personal skills. Through five specific units - A Better You, Family Ties, Working on Working, Take the Lead, and Speak Out for FCCLA - you have the opportunity to use goal setting to develop the skills required for success in not only FCCLA, but life.

The program is the perfect way to improve yourself in a systematic manner with the guidance of your chapter adviser. By using the planning process sheet, you are able to clearly set your goals and form an action plan to lead you to success. Your goals can be small or large - as long as you improve yourself in the end; it is worth the effort. Examples of goals can be creating a resume, planning a community service initiative for your school, or working on your relationship with your siblings. Not only do you benefit personally from completing the program, but you also receive state and national recognition. Power of One is due to the state office by March 1, 2018. You will be recognized during regional meetings at the 2018 State Leadership Conference and the proceeding National Leadership Conference. I highly encourage each and every member to start in September to participate in this rewarding national program!

Etiquette and manners never go out of style. As you grow older, proper etiquette matters more and more. Whether it is at an interview, a presentation, or a formal dining event, proper etiquette creates a strong first impression that works to your advantage. Etiquette includes a wide variety of things, ranging from table etiquette to gym etiquette. One example of good etiquette includes what you wear. In order to play the part, you must dress the part - dressing to the occasion goes a long way. Make sure all your clothes are clean and well pressed and before any important events. Outside of appearance, a nice handshake is a major key to a positive first impression. The common rule of thumb is "web to web" - you must position your hand in the handshake in a comfortable way, and find the perfect balance between a firm and gentle hold. Another important aspect of etiquette is being an active listener. When you are conversing with others, whether it is in a professional or a casual setting, you must find a balance between speaking and listening. A good leader is a good listener. Lastly, the most important aspect of proper etiquette is respect. Everyone has a different opinion and proper etiquette includes showing respect for other people, ideas and places. Remember, polished etiquette is the key to personal and professional success!



Friendly Fashion Tricks

By Devanshi Shah, 2016-2017 VP of Community Service

The spring season means putting away your warm wool sweaters and bringing out your florals, pastel colors, and light clothes. Read below for fashion tips and tricks:



- Don't have time to iron your shirt? Put it on a hanger and hang it in your bathroom while taking a hot shower!
- If your favorite sweater or shirt is pilling (has "the fuzzies"), use a "depillar" to get rid of them!
- Are your favorite pair of white Converse high-tops starting to change color? Toss them in the wash with a detergent containing bleach or whitener!
- Use shaving cream and a washcloth to remove liquid makeup from shirt collars!
- Is your dress or skirt too long? Use a hair tie to tie a corner slightly in a knot shape. You can find this trend in stores everywhere.
- If your cardigan is looking too wide or you want to frame your figure, tie a belt outside of your cardigan!
- Are your jeans too long? Cuff the bottom 2 times. Perfect for the spring!

GO FOR THE RED

By Kelsey Jacobsen
2017-2018 State President



PROMOTE FCCLA

By Kiran Kumaranayakam,
2017-18 VP of Membership

Go for the Red is an FCCLA membership campaign that provides incentives for members and chapters working to increase membership. Go for the Red empowers members to reflect the three R's of membership: Recruit, Retain, and Recognize.

There are many ways in which members can work to increase their chapter membership. Holding fundraisers, community service events, or inviting a guest speaker to your chapter meetings are just a few of the ways to improve your membership numbers. Sponsor an event open to everyone in the school community, not just FCCLA members, is a great way to demonstrate to others what FCCLA is about. For example, a community service event shows others how you can have an impact on the community. To raise money for your chapter, one could hold a school event, such as a movie night. By holding this event, current members have the opportunity to demonstrate leadership, become involved in their chapter, and have fun. Students who are not currently involved in FCCLA have the chance to learn about the organization while participating in an exciting activity. Inviting a guest speaker to your chapter meeting gives members the chance to learn valuable information, as well as provides opportunities to invite new members to participate. Public Relation is a key role in the development of a chapter. A chapter could write press releases about past events, make a radio announcement about an upcoming event, or simply invite new members to a future chapter meeting.

This membership campaign provides two opportunities to receive recognition for an increase of members in a chapter. There is an individual award, as well as an award for a chapter. The individual award gives a member the opportunity to be awarded for the recruitment of three or more members. If the applicant meets the qualifications and deadlines, the member will receive a Go for the Red T-shirt for their recruitment efforts. The chapter award gives a chapter the opportunity to be awarded for their increase in membership through the work of the chapter. There are three statuses that a chapter can attain through membership recruitment: bronze, silver and gold. To attain bronze status, the chapter must increase membership by 10 members. To receive silver status, the chapter must recruit 15 members. To acquire gold status, a chapter must increase their membership numbers by 20 members. Upon meeting these requirements and deadlines, the chapter will receive a banner to showcase their achievements. One can find the applications for both the individual and chapter awards on the National FCCLA website, www.fcclainc.org. Both applications are due April 1st, 2018. The end of the school year is a great time to begin recruiting members for the coming school year.

Promoting FCCLA is a great way to have our organization recognized in school and in the community. The first step is to make FCCLA VISIBLE. Think of FCCLA as a "National Brand" that we want to advertise and promote throughout our schools.

How do we do that?

- We wear our FCCLA shirts often. (Morning announcements could mention FCCLA Days)
- We are ready to tell anyone who asks "What is FCCLA?" our story and why we are passionate to be a part of it.
- We make sure photos and videos of our activities and events are posted on school websites and bulletin boards outside FCS classrooms.

There are a lot of exciting ways to promote FCCLA, starting with your own chapter. For example, if your school has a Club Fair, Eighth Grade Orientation, Back to School Night, etc., create a colorful booth describing and promoting FCCLA, while also trying to recruit new members and talk to parents. At the beginning of the school year, Chapter Officers and members can also go into other Family Consumer Science (FCS) classes or business classes and spread the word regarding FCCLA's purpose and potential. Like how members help support FCCLA, teachers are similarly critical to the functioning of any school or organization. Let your teachers know what FCCLA represents and means to you. Host a Teacher Breakfast to demonstrate Teacher Appreciation. Proudly wear FCCLA shirts and explained that hospitality was a big part of FCCLA. Many chapters offer breakfast bars in hopes of spreading FCCLA's purpose and message through a focal point in our schools. These breakfasts provide teachers with food and a place to relax in the morning. Motivate your chapters to offer events that are available to teachers to help them understand the role that FCCLA plays in a student's lifestyle.

Another way of promoting FCCLA is by speaking to other organizations or clubs. Encourage other organizations or clubs in your school to partner with FCCLA on big projects. This builds good will among students groups. Spreading the word of the accomplishments of your chapter is vital to its overall strength. Likewise, letting others learn about the initiatives that your chapter has taken and the awards that they may have won will interest students and parents in the community.

In summary, FCCLA is a diverse organization built on Family and Consumer Sciences and leadership activities. Spread the word about your involvement in FCCLA and all the great accomplishments you and your chapter have enjoyed.

With the school year coming to an end, many members must prepare for SATs, ACTs, and final exams. Along with this, there can be a lot of pressure to perform well. However, it is important to remember to stay relaxed, and be confident in your abilities to do well on the test. Here are just a few Test Taking Tips that can help making the testing process easier:

- 1. Prepare in Advance:** Do not wait till the last minute! Cramming for a test will not work and it is important to plan ahead. Start studying for your tests a few weeks in advance, to assure a good score!
- 2. Eat well:** Your brain is more active on a full stomach, so make sure to eat a filling and healthy breakfast on the morning of your test. Run through some test material for 10 minutes before to keep your brain active!
- 3. Sleep well:** Sleep deprivation can be the worst thing to experience during your test. Make sure to get at least 7 hours of sleep on the night before.
- 4. Be prepared:** Easy to say, yet hard to do. Make sure you get together all of the materials you need to bring for the test, such as: pencils, ID, pens, erasers, and study materials.
- 5. Stay confident:** Once you have arrived at your testing location, stay relaxed, and be confident in yourself. Doubting yourself is the worst thing you can do during a test. Be confident in yourself, and ace that test!

TEST TAKING TIPS

By Austin John
VP of Finance

SPRING INTO SERVICE

By Devanshi Shah,
2017-2018 VP of Community Service

As the flowers blossom and grass gets green again, it is no wonder that spring is known as the season of new beginnings and change. Much like nature does, we ourselves can also strive to bring change. With warmer temperatures and bright sunshine coming our way, it's the perfect time for chapters to become active in community service.

- Schedule a spring park clean-up at your local park or hiking trail
- Plant flowers in front of your school, a community center, or a senior citizen home.
- Volunteer as a counselor at a camp for children or other groups
- Host a food drive. In the spring, food pantries often get less donations.
- As school comes to a close, help clean your school!
- With rising temperatures, sell ice cream or soda floats and donate the profits to the organization of your choice!

Leadership Bootcamp Recap

By Samantha Matson, 2017-2018 VP of Communication

Leadership Bootcamp is an amazing dynamic one-day conference held in January that helps members develop leadership and personal skills by listening to various presentations and participating in engaging activities. The 2017 Leadership Bootcamp took place at the Prudential Center on January 7th. Members learned tons of useful information about leadership through fun and educational workshops. There were two tracks for this leadership training: the Lieutenant Track and the Sergeant Track, each attending to different levels of experience within the organization. One of the most interesting topics of this conference was the FISH principles: Play, Make Their Day, Be Present, and Choose Your Attitude. These ideals help increase productivity and make tasks that would otherwise be dull more fun.

Not only did members learn a lot about leadership, the FISH principles, and more, but they were also able to watch a New Jersey Devils game after the workshops. It was a fun experience for all members, and overall an energetic atmosphere for members. We hope to see even more members come out for Leadership Bootcamp next year! See you there!

Fruity Fun!

By Samantha Matson,
2017-2018 VP of Communication

Cute Caterpillars! (LEFT)

You Need: Extra long toothpicks, green grapes, chocolate chips, and cream cheese or frosting

Directions:

1. Thread the grapes onto each toothpick until there's no toothpick sticking out.
2. Apply a dab of cream cheese as "glue" to the chocolate chips.
3. Attach the chocolate chips as eyes.
4. Enjoy!

Fruit Pinwheel! (RIGHT)

You Need: Pinwheel kabobs, and small pieces of fruit (any type)

Directions:

1. Put pieces of fruit on a pinwheel kabob in any pattern you would like.
2. Enjoy!



SUMMER PROJECTS

By Kelsey Jacobsen, 2017-2018 State President

This summer is a fantastic time to begin the development of your chapter for the upcoming school year. Getting together with your chapter to plan ways to increase membership is one of the many ways to stay involved with FCCLA over the summer.

There are many events which could be held over the course of the school year that could improve your chapter membership. A movie night is a wonderful fundraiser that also serves as a public relation for FCCLA. Members could hold this event on a weekend in the school's cafeteria or gymnasium. The chapter could create snacks to sell such as popcorn and cookies. In order to promote this event, students could place an ad in the newspaper or create a radio announcement. To show the movie, members could rent a screen and projector, borrow them from a classroom, or create your own screen from a bed sheet.

This event could be adjusted to be held during the course of the school year. To make this event successful during the holiday season, try showing a popular holiday movie or to hold this event in the spring or summer, hold the event indoors.

Another event you could hold with your chapter as a community service project and to increase membership is a carwash. In order to grab the attention of the community, there needs to be a creative component to your service. Instead of charging a fee for the wash, you could ask for canned goods. For example, most student-led car washes charge \$5 for a wash, but your chapter could ask for 5 nonperishable food items. The items collected could be donated to your local food bank to benefit families in need.

There are Unlimited Possibilities when it comes to holding chapter events. Almost anything can be accomplished when members put their minds together.

FUN SUMMER ACTIVITIES FOR Members

By Emily Brigham,
2017-2018 VP of National Programs

FCCLA members have countless events and activities to attend during the school year, but the summer is a time for members to take advantage of some extra time and can take part in fun activities.

One activity that an FCCLA member can take part in is the National Leadership Conference. If you qualified for the National Leadership Conference in Nashville, it is an opportunity that is like no other and members should take advantage of this opportunity. With the conference in Nashville this year, there are many different attractions you and your chapter can see while you are not competing or attending any of your other obligations. You can visit the Grand Ole Opry, the Country Music Hall of Fame and Museum, the Dan and Shay concert put on for FCCLA members, the Nashville Shores Water Park, and the General Jackson Riverboat Cruise to just name a few exciting activities to do. Once you arrive in Nashville and find yourself with some free time, exploring the city could also be something exciting for your chapter; you never know what you might find!

If you are not attending the National Leadership Conference this year, you could get a head start on some community service projects and getting involved in your community. There are many different ways for members or chapters to partake in community service. See Devanshi Shah's article, "Spring into Service!" for some ideas. Other wonderful activities that an FCCLA member could do are activities involving chapter bonding. No matter what size of chapter you are in, there are Unlimited Possibilities that you can do to have bonding time with your chapter. Because of the beautiful weather, the amount of activities you could do is endless; you can go swimming in a pool or a local lake, go to an amusement park, go camping, visit a zoo or aquarium, and visit a museum – these are just some things you and your chapter can go do! Another great idea for some chapter bonding is having a barbecue. Having delicious food, listening to music, swimming, playing lawn games, and watching movies are great ways to include your whole chapter in a group bonding experience.

The summer is a time to take advantage of opportunities. Whether competing at the National Leadership Conference or preparing for next year or just having fun as a chapter, make the most out of your summer because it doesn't last all year.

WATER SAFETY

By Samantha Matson,
2017-2018 VP of Communication

With the start of summer around the corner, it's important to remain safe when having fun at the pool or the beach. Here are a few things to remember before you are near the water:

Near the Pool:

1. Always make sure to know the depth of the water in which you are swimming.
2. If you are not a confident swimmer, make sure to stay near an adult at ALL times. If there is a lifeguard, stay in view.
3. When you are near the edge of the pool, do not run; running provides risk of slipping or falling into the pool.

Near the Beach:

1. Don't be the farthest one out in the ocean.
2. Make sure you know where the nearest lifeguard is at ALL times.
3. Always swim with the tide.
4. Make sure to pay attention to wave warnings posted; don't swim if there is risk of dangerous conditions.

If you pay attention to these things, you'll have a fun and safe time at the pool or beach!

Summer SAFETY

By Chelsea Olender
2017-18 VP of Communications

With summertime fast approaching, everyone is fantasizing of a paradise of relaxation and serenity. Although a period such as summer should not be worrisome in the slightest, it is vital to remember to take safety precautions. Whether you are traveling on vacation, home playing sports or participating in other activities, there is an abundance of methods you can follow in order to remain safe.

When you are traveling on vacation, there are many ways in which you are able to participate while also staying safe. If you are staying at a hotel, you must be aware of your surroundings in the hotel. Although the hotel may be nice, there will be strangers in the facility. Upon arriving, be sure to look around and be aware of who is around you at all times. Be sure to know the fire escape route, which is located on the hotel door. When in your hotel room, do not leave the door open, and keep it locked at all times. If someone is to knock in order to enter, look to see who it is before you open the door. When you are in public, refrain from exposing your room number.

Some more general information on safety while traveling would be to travel in groups and be wary of strangers, carry your cell phone at all times, have the phone numbers of everyone in your group, and locate safety exits. A beneficial acronym to follow would be "R.E.D." "R.E.D." stands for "React, Evaluate, and Decide." Take information seriously, judge the level of threat to your safety and others around you, and decide on an immediate action, such as seeking assistance. If you are going on vacation with family and friends, be sure to let them know where you are at all times. When in airports, know where your terminal and gate are. In doing this, you know where you are supposed to go, and if you are to be separated from your party, then you can easily relocate and rejoin them.

If you are not traveling but instead staying home this summer, there are still vast arrays of enjoyable summer activities to participate in. While going outside, whether it is to kick a soccer ball, throw a baseball, or just to take a stroll with friends, be sure to wear sunscreen with an SPF of at least 15. "SPF" means "sun protector factor". SPF is a relative measurement of how long the sunscreen would protect you from the ultraviolet light of the sun. An SPF of 15 would allow you to spend 15 times longer in the sun than you could without protection. Additionally, when outdoors, make sure you drink plenty of water a day, rather than drinking unhealthy choices like soda and energy drinks. Each day you should drink about 2 liters of water. Summer time is exhilarating, entertaining, and relaxing, but we also have to be safe and responsible for ourselves and our actions. Be sure to know when and how you put yourself out there, and be careful as to how you do. Be respectful and be a leader everywhere you go. Have a safe and happy summer!