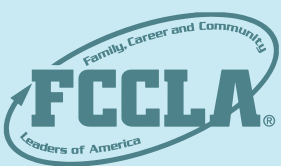


NEW DIRECTIONS

Spring 2019



**Family Fun
for the Summer**
Page 2

**Get to Know
the State Executive Council**
Page 4

Community Service
Page 5

**Summer Membership
Madness**
Page 6

Looking Forward to NLC
Page 8

Taking Down Tobacco
Page 10

The Perfect Resume
Page 10

Unplug from Social Media
Page 12

**The Leap to
Leadership Roles**
Page 14

Spring Fashion Trends
Page 15

**How to Lend a Helping Hand
in your Community**
Page 17

President's Address

Dear Members, Advisers, and Alumni,

Happy Spring! With the smell of flowers in the air and the weather getting warmer, FCCLA is more active than ever! I hope everyone enjoyed this past State Leadership Conference (SLC) in March. I was inspired to see our whole state coming together to create such a big impact in our community through the multiple community service efforts at the SLC. From listening to guest speakers to participating in interactive workshops to competing in the various competitive events, I can truly say that each and every member invented their own, unique adventure. Now that the State Leadership Conference has wound down, it's time to prepare for the upcoming National Leadership Conference in Anaheim, California! The theme for this year is "Believe in Yourself." I encourage all of you to Believe in Yourself as you work hard on your competitive events for the conference while you simultaneously develop new leadership skills and give back to your community.

For those of you not attending the National Leadership Conference, the end of the year is still a great time to plan new initiatives for your FCCLA chapter. As your chapter's elections for next year happen, don't shy away from running for a position and getting more involved in your chapter. It is an enriching experience to be able to partake in servant leadership, and FCCLA has many opportunities for you to give back to fellow members and your community.

As the year ends, don't forget to appreciate those who have guided and assisted you throughout the year. This not only includes your chapter advisers but also your teachers, friends, and family, who have dedicated their time and effort into helping you achieve greatness. Remember to keep a positive mindset and work hard throughout the spring and into the summer. I can't wait to talk to many of you at the 2019 National Leadership Conference!

Sincerely,
Sophia Patel
2019-2020 State President
New Jersey FCCLA

You Can Never Get Enough Etiquette

Sophia Patel, State President

Etiquette is a set of guidelines that emphasizes politeness, good manners, and kindness—traits that will never go out of style! Our etiquette is a reflection of our character, background, culture, and ethics. Etiquette is important at events such as interviews, formal dinners, or business meetings. Having good manners is a huge part of positive first impressions. From the dinner table to a school classroom, etiquette is everywhere! Here are some tips on how to have amazing etiquette everywhere you go:

- **Dress to Impress.** Make sure all your clothes are clean and presentable, not wrinkly. Your appearance is the first impression you give other people, so it's important to make sure it is a good one!
- **Show Respect.** Respect goes a long way in any interaction. Listen attentively and respect other's ideas, contributions, and opinions. Remember to put your phone away during a conversation because it can make the other person feel like you aren't listening.
- **Table Manners.** Make sure you sit up straight while eating, know the proper utensils to use, and not talk while chewing. Having polished table manners is a sign of sophistication and can really impress people!
- **Be Kind.** You've probably heard this many times, but it's true: Kindness Counts! Being kind to others in your daily life is the simplest form of etiquette and one of the most important. Hold the door open for those behind you and say thank you to the school staff for their hard work. Kindness is contagious, and if we all do these small acts of kindness every day, the world would be a much nicer place for all of us!

Remember, "Manners cost nothing but mean EVERYTHING!"



Family Fun for the Summer!

Samhitha Mupharaphu, First Vice President

Every year, there comes a time when the sun comes out, the days get longer, and laughter gets louder. During the school year, everyone has their own thing going on, and families rarely get a chance to sit down and talk to each other. However, over the summer, you can plan many fun activities to do with your family that will surely result in memorable moments. Here is a list of ideas for you to do with your family this summer:

1. **Have A Picnic:** You can have a picnic at a local park or have one right in your backyard. It'll be a great way to get your family together and spend quality time with one another.
2. **Backyard Camping:** If you have younger siblings in your household, this is a great activity for you to do with them! Set up a section in your backyard to lay out sleeping bags or blankets, and go stargazing. Make sure to have plenty of snacks for the night!
3. **Fruit Picking:** Picking fruit is a fun activity to do with your family. There are many esteemed farms in NJ that you can visit. They are also beautiful and provide a great backdrop for family pictures. Here are some local farms: <https://www.pickyourown.org/NJ.htm> (choose your county and scroll down).
4. **Visit a Local Lake or Beach:** New Jersey has many beautiful beaches and lakes to visit throughout the state. Visiting a lake or beach is an incredible way to spend time with family and enjoy the beautiful weather. Make sure to pack sunscreen!
5. **Go Bowling:** Bowling is a great way to get your whole family out for a night of fun or beat the heat on a hot day. The game might get a bit competitive, but the time spent together as a family will be well worth it.

5 Ways to Help Your "Summer Fever"

Samhitha Mupharaphu, First Vice President

School is quickly coming to an end for the 2018-2019 year, which means summer is fast approaching! While you should be excited about that, it is also very important to make sure that you are keeping up with the other things going on your life. Make sure that you end the school year strong:

1 Set Goals: Setting personal and academic goals is a great way to illustrate to yourself where you are and where you want to go. Seeing your goals written down is one of the best steps forward when trying to achieve them.

2 Remember Your Responsibilities: Everyone has responsibilities, whether they are for school, your family, or your chapter. As the school year ends, don't let these duties fall to the wayside. In some cases, other people are relying on you to get these things done, and you do not want to let them down.

3 Motivate Yourself: You might be losing motivation to work, but do anything you can to motivate yourself! Reward yourself for doing your work but also create penalties for yourself when you feel you haven't done everything you could have!

4 Don't Procrastinate: We all tend to procrastinate, but it is important to understand that the only way to get things done is to just do them! Set aside leisure time and work time to help yourself stay on track.

5 Stay Organized: Staying organized is the best way to keep track of your responsibilities and set timelines for yourself. Studies also show that seeing your work written out motivates you to get it done.

Overall, make sure to have a positive attitude about the year ending and to keep a checklist of all these things! Focus on the finish line, and finish the 2018-2019 year off strong!



Friends of FCCLA.

**Melanie Mendonca,
Vice President of Community Service**

For graduating seniors or other FCCLA alumni, thank you for your dedication to New Jersey FCCLA. Just because you graduated high school does not mean your involvement in FCCLA has to end! Graduating seniors, alumni, and friends of the state association can join NJ Friends of FCCLA to give back to an organization that has provided them with so much. As a Friend of FCCLA, you will have the opportunity to judge competitive events at the state or national level and even help organize the conferences. You will be able to enhance your leadership skills through presenting workshops and working with current members. Without the support and help of our dedicated alumni, our conferences would simply not be possible.

To become a member, fill out the Friends of FCCLA application and mail the form and payment to the New Jersey FCCLA State Office. For more information about joining, visit the NJ FCCLA website or email njfriendsoffccla@gmail.com.

Get to Know the State Executive Council!

Samantha Matson,
Vice President of Communication

The newly-elected state officers cannot wait for the year to come! We are ready to serve you and the organization to the best of our abilities during the 2019-2020 school year. We look forward to implementing dynamic conferences, promoting generous community service opportunities, and working alongside members to develop all of our leadership potentials. Here's a closer look at our council!

Sophia Patel
Sophomore, John P. Stevens High School

Why did you join FCCLA?

"When I first entered freshmen year, there were so many clubs and organizations to join. /FCCLA, though, attracted me because of all the opportunities it had to offer me from professional conferences to leadership growth to community service initiatives to social interaction! I wanted to be part of something where I could make a difference in our community, and FCCLA gave me just that."

Chelsea Olender
Junior, Southern Regional High School

What is your favorite FCCLA memory?

"My favorite FCCLA memory was first standing on stage as a state officer in front of 600+ NJ FCCLA members and alumni. In that moment, I felt so empowered and like I was truly starting to invent my adventure. That was the moment when I realized that it was only the beginning and excited to see what else NJ FCCLA had in store for me."

Kiran Kumaranayakam
Junior, Edison High School

What is your favorite part about serving as a national officer?

"It has been one of my favorite parts of high school and I am so grateful for the opportunity to serve our organization at the national level!"

Melanie Mendonca
Sophomore, John P. Stevens High School

What is your favorite FCCLA memory?

"My favorite FCCLA memory was working together with my fellow members baking in the Foods room to help out for the after school bake sale. While baking, my friend and I joked, laughed, and had fun while making delicious food. It was definitely a good time."

Samhitha Mupharaphu
Sophomore, John P. Stevens High School

What is your favorite book?

"My favorite book is "To Kill a Mockingbird," by Harper Lee, because I think that all the themes that are referred to in her book are very important for our society today."

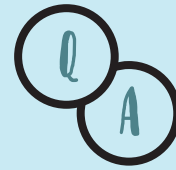
Adedoyin Ayeni
8th grade, Herbert Hoover Middle School

What do you like to do in your free time?

"I love to sing in my free time, specifically songs from Hamilton. I also enjoy dancing and playing my Clarinet."



Community Service



Melanie Mendonca, Vice President of Community Service

As the 2018-2019 school year comes to a close, NJ FCCLA would like to acknowledge chapters that have made an impact on their community and state through their stellar community service. A huge thank you to the John P. Stevens Chapter for the most food donated and Bloomfield High School Chapter for the most pull tabs donated during the State Leadership Conference.

Additionally, the Edison High School Chapter has done an excellent job with their community service this school year. Below is an interview with Samantha Matson, a chapter member at Edison High School, about their community service throughout the year:

How has your chapter encouraged members to participate in community service initiatives?

We promote community service by explaining its importance to members by showing them how even the smallest service can make a difference in someone's life.

What community service initiatives has your chapter done this year?

We have done food drives and collections for charity. We also made pillows to bring to patients in the hospital who were suffering from breast cancer.

What has been your favorite community service memory so far?

My favorite community service memory was at the Fall Leadership Conference because when I saw the amount of food we, as a state, were able to bring together to help others, it was very inspiring. It showed how much we can accomplish as a state organization if we all work together to achieve our goals.

Thank you so much to the Edison High School Chapter for sharing their experiences with the rest of our state. We hope that your own chapter had a successful year with community service as well!

Here are some ways to end the year off strong with community service:

- Contact your local food pantry and organize a school-wide food drive. In the spring, food pantries often get fewer donations and need your help to provide for the community.
- Volunteering at the Veterans' Home or Senior Citizen's Home. This supports our fifth purpose: To promote greater understanding between youth and adults. Elders can provide a lot of insight to students with all their past experiences, and visiting them will surely put a smile on their faces!
- Address a need in your community, such as a lack of school supplies for the kids of financially unstable families. Food is not the only need in your community. There are other problems that usually do not get addressed because they are deemed less important. Start a drive for these causes such as clothing, school supplies, and pet supplies.

We hope that your chapter did a commendable job through your community service initiatives and bid you good luck for the more to come!

Fundraising for the National Leadership Conference!

Gianna DeBruyn, Vice President of Membership

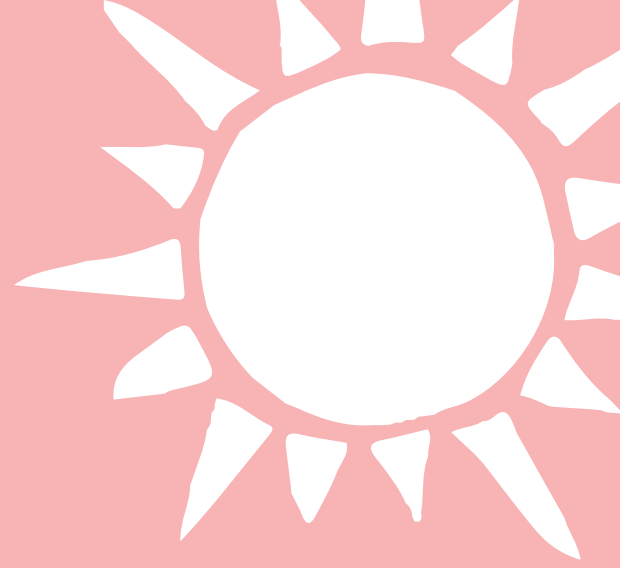
I'm sure every chapter that is planning on going to the National Leadership Conference (NLC) is excited, but I'm sure many of you are worried about the financial aspect of the trip. The State Executive Council has put together a couple of ways to help you cut down the cost of your trip.

Sponsorships

Sponsorships are a great way to collect funds for an individual member or the chapter as a whole. The most effective way to fundraise through sponsors is to target local businesses. Many local businesses will be willing to sponsor you because they can gain publicity from donating to a nonprofit organization. If you are planning to go out looking for sponsors, you will need to do some planning in advance. You will need to create a sponsorship letter that explains FCCLA and the NLC. In addition, you should send a thank you letter that is specific and can serve as a receipt for the sponsor to keep as a record of their donation.

Creative school/community fundraisers

Small fundraisers among your school or community can be highly effective. You could hold a chapter meeting where everyone brainstorms different ideas for school fundraisers. For example, you could hold a gift card raffle for teachers and administrators; have each member donate a gift card for the raffle. All of the proceeds from these fundraisers go towards the members in your chapter attending the conference. You could also hold fundraisers where each member uses the funds that they collect instead of dividing it amongst the entire chapter. Overall, your chapter could end up with great fundraisers to help your chapter financially with NLC.



Summer Membership Madness

Gianna DeBruyn, Vice President of Membership

Just because school is almost out of session doesn't mean your chapter membership efforts have to be done! Over the summer months, New Jersey FCCLA is planning on increasing membership numbers, with your chapter's help, through a couple of different strategies.

Social Media

Social Media is a great resource for increasing your public outreach and membership. We recommend that each chapter uses at least one social media platform and posts regularly on the account. To recruit new members over the summer, you can post pictures and videos from the National Leadership Conference or of events your chapter may hold (with permission of those in the photos/videos, of course). Other possible posts could be explaining FCCLA and what it's about. Being active on your social media account and promoting future initiatives is a fast and easy way to increase membership and involvement.

Local Businesses/Community

Building connections and supporting your local businesses is a fantastic way to recruit members over the summer. You can go to your local businesses and possibly partner with them through fundraisers or public events. In doing so, you can raise chapter awareness, increase membership, and improve community service efforts. This will give the small business publicity and gain the attention and excitement of your chapter and prospective FCCLA members.

Keeping the FCCLA Red

Kiran Kumaranayakam, National VP of Leadership Development

On March 28th and 29th, approximately 700 FCCLA members gathered at the Crowne Plaza in Cherry Hill for the 72nd annual State Leadership Conference. The conference was a huge success with amazing workshops, keynote speakers, and competitive events. New Jersey FCCLA is glad everyone had a great time at the 2019 State Leadership Conference!

Now that it is spring, the number of days remaining in this school year is dwindling. However, there is still time for your FCCLA journey to continue with plenty of fun ways to stay involved in your chapter:

Early Bird Fundraising - Whether you are going to this year's National Leadership Conference or are simply looking for a great way to get a head start on next year, fundraising is always a creative way to get involved! With the end of the year arriving, there are numerous ways to raise money for your chapter. For example, your chapter can offer senior farewell candy “kisses” to commemorate outgoing seniors. Your chapter can also sell ice pops and ice cream just in time for the hot weather.

Be a STAR! - If you are attending the National Leadership Conference, make sure you are working on your STAR Events! You are representing yourselves, your chapter, and your state at the National Leadership Conference; so if you want that gold medal, it takes dedication, time, and hard work! Be sure to ask your adviser for feedback in order to present your best work possible.

Three “R’s” - Although the State Leadership Conference has concluded, that does not mean your time as an FCCLA member is over. FCCLA is a year-long commitment, and your advisers are looking for chapter members to finish the year strong and begin to get your chapter established for next year. Use the three R’s (Recruit, Retain, & Recognize) to encourage membership and promote FCCLA.

Keep being engaged and attentive to your chapter throughout the school year!



Looking Forward to NLC



Kiran Kumaranayakam, National VP of Leadership Development

School is slowly winding down and warmer weather is just around the corner. There's no better way to kick off your summer than with FCCLA! Get ready for a life-changing experience this summer with over 7,000 FCCLA members from around the country. This year's National Leadership Conference will be held in Anaheim, California from June 29th to July 4th! With a conference so huge, there will be plenty to do. Members have the opportunity to participate in many activities that interest them, such as...

FCCLA Leadership Academy: The FCCLA Covey Way: This event will be held on July 1st and 2nd, where students will be equipped with life skills that will prepare them for college and career. Through this academy, students will use the Franklin Covey Leader in Me materials to help them develop their self-confidence and have an opportunity to show their growth.

Teen Talks: Members can participate in this fun-filled event through interactive workshops with members from across the country. Members will have the opportunity to learn about neighboring state associations and take away fun and engaging ideas to implement in their own chapters and states.

FCCLA Fashion Show: FCCLA is known for its incredible annual Fashion Show, where members will be showcasing their own personalized designs. This event will be held on July 3rd during the Recognition Session, so don't miss out on this showcase of creativity!

General Sessions: Lastly, don't miss out on the amazing general sessions planned for you! General sessions are where members will hear National Program updates, listen to keynote speakers, and receive recognition awards.

We are so excited to see you at this year's National Leadership Conference, where you will showcase your hard work and create lasting memories. Believe in Yourself and join us this summer in Anaheim, California!



STAR Event Tips

Khushi Patel,
Vice President of Public Relations

It's that time of the year again! The 2019 State Leadership Conference has come to an end and the National Leadership Conference is fast approaching. This is a perfect time to go back and improve your projects. Here are some tips to make your project gold medal worthy.

Proofread, Proofread, PROOFREAD! Look over all your paperwork and read through your speech, looking for spelling and grammatical errors. Reevaluate your entire project using the rubrics provided on the National FCCLA website. Make sure to also look at the national competitive event guidelines, as they can be different from state guidelines. This allows you to pinpoint the areas that you need to "tweak."

Practice, practice, PRACTICE! Present to some new faces. Have your peers or other advisers listen to your presentation. A fresh new perspective on your project is just what you need to see what aspects of your project/speech you need to improve. Use this commentary to make edits and perfect your project. Not to mention, the more you practice presenting, the more confident you will become presenting in front of judges.

Add On, Add on, ADD ON! There's always room to add on and go to the extra step with your project. So with the guidance of an adviser, see what additions you can make to your project, whether that means creating a display or adding an extra element to your speech that will make it more memorable.



Financing Your Future

Chelsea Olender,
Vice President of Parliamentary Law

As teenagers, we may tend to not put time into managing our finances. However, college is approaching and finances are becoming more important than ever. I personally have a job and have been learning personal financing skills along the way; for example, which account to use at the bank. I know teenagers like to spend money, but now is a crucial time in our lives when we cannot loosely spend what we make. We have important things coming up like car expenses, prom, college, graduation, and the National Leadership Conference! These are all things that we are excited about, and we need the finances to get us there.

Create a savings account.

It is easy to spend money by continuously swiping a debit card. A way to start allocating your money more effectively is by creating a student banking account. This is an account that is co-signed under your parent's name that will allow you to have savings and checking while your parents can watch where you are spending and saving your money. By creating a savings account, you can put money into it so it isn't as easy to spend. This will help you save for the important things in your life.

Keep track of your purchases.

Be wise about what you spend your money on and track what you spend. You can do this on paper or using an online spreadsheet. Keeping your receipts allows you to be "hands on" with the tracking process and know where your money went. To keep track of your receipts put them all together in order by month in one accordion folder. If you are using a debit card, another way to keep track is to use your bank's app to follow everything you have purchased for the month.

Get a summer job

Getting a summer job can afford you the opportunity to save. Take your checks and put them directly into your savings account or you can split them between your savings and checking accounts. A wage-earning job allows you to build a larger network of friends, use your time wisely, and save money!

Taking Down Tobacco



**Karishma Shenoy, First Vice President
and Vice President of Community Service**

Have you ever been in a social situation where everyone around you is vaping or using a Juul? One person starts to notice that you're not vaping and offers you some. Naturally, out of curiosity you decide to try it; you think it can't be harmful since everyone is doing it. That is false! Tobacco products like Juul and vapes can be extremely harmful and are quickly spreading to teenagers across America. Many teens are stuck in the mindset that these products aren't harmful. But did you know that in the United States alone, tobacco products kill about 480,000 people every year. The effects of these drugs are real and the numbers are increasing rapidly every year.

For generations now, tobacco and drugs have been present and negatively impacting the lives of teenagers. Whether it comes in the form of peer pressure, or it becomes the last resort to handle stressful times, tobacco is toxic, especially to young people. New tobacco products using fruity and sweet flavors are made to appeal to teenagers and young adults. It's time to take a stand. Stop tobacco and the destruction it brings.

FCCLA has partnered with The Campaign for Tobacco-Free Kids (CTFK) to spread awareness to chapters and members throughout the nation about the dangers of tobacco and how we as an organization can work to become the first Tobacco-Free Generation. In October, NJ FCCLA traveled to Washington, D.C for the Capitol Leadership Conference where CTFK gave a presentation on the dangers of tobacco products in our high schools. It was horrific to learn how much tobacco has taken over in the lives of teens and is spreading in schools.

There are many ways to advocate and spread awareness about this ongoing and critical fight to take down tobacco. Take action and advocate by organizing events in your school to address the problem and encourage others to take a stand. You can learn more about the dangerous effects and ways to advocate by taking the Taking Down Tobacco Course on www.fccla.org.

The Perfect Resume

**Khushi Patel,
Vice President of Public Relations**

Whether you are looking for a summer job or an internship, the process starts with a resume. Landing an interview, in today's job market, is a race against the clock. So, it's important that your resume, the first impression for employers, is up to standards.

Format

The perfect resume starts with the perfect format. Whether that means it is chronological, functional, or a combination, each of these formats has advantages and disadvantages. Pick the one that best suits your personality and experience. Make sure to use bullets and bolded wording to highlight important aspects of your resume, such as your accomplishments.

Make It Legible

Your resume should be easy to read. Font and style can make all the difference in the overall presentation of your resume. The font should be professional and legible, preferably "Times New Roman" or "Arial." The font size shouldn't be too small or too big, preferably a size 11 or 12. No matter what font you chose, make sure it stays consistent throughout the entire document.

Tailoring Your Resume

Tailor your resume to the needs and wants of that specific job. Include accomplishments and skills that you have which cater to the duties of that job.

Update

Keeping your resume up-to-date is crucial. Have you taken on new hobbies? Learned new skills? Add them! When your resume is updated on a regular basis, you're ready when a new opportunity presents itself. And, even if you're not job searching, there are plenty of good reasons to keep your resume in tip-top shape.

Make sure to follow the tips provided because a solidly written resume in hand can make all the difference in your job hunting experience.

How to Manage Stress

Andrea Maris, Vice President of Communications

As teenagers, we are all propelled from our once-carefree childhood into a demanding and potentially high-stress life. Stress is necessary in small doses for priorities to be determined and for efficiency to be maximized. However, excessive stress can lead to constant anxiety, the need to control, low self-esteem, depression, constant fatigue, and overall negativity. To decrease stress, find effective outlets to release or expend energy; some examples include:

1

Sleep! I know you've heard it thousands of times, but sleep is the most natural and successful medication above all else. Make a commitment to yourself to get at least 8 hours of sleep each night until it becomes a habit and you no longer find yourself dozing off in class.

2

Journal- Being self-reflective and thinking about your day will lead to self improvement. Let's say you spend a day watching TV, not getting anything done. Yes, that probably was not the best decision, but you shouldn't keep all of that guilt bottled up. Instead, write your thoughts out and come up with a plan of action. You can journal whenever you want, on whatever topic you want, wherever you want.

3

Talk to someone- Talk to someone you trust about any trouble you are feeling, to prevent a build-up of tension. But, before you confide in a person you trust, ask them if they are in the right mental space (so that they won't carry all of your issues with them, making themselves more stressed). Holding all of your feelings in can lead to a lot of detrimental effects and negatively impact your life.

4

Create something- Making something tangible and creating something is a positive outlet for energy. There are hundreds of things you can create such as a scarf, a bracelet, baking, origami, or painting. As opposed to unnecessarily distracting your mind with social media, for the purpose of instant gratification, making something gives you a 3-dimensional, satisfying result.

5

Form a plan for yourself- Each night before you go to bed, write down a small list of specific goals for the next day. Don't overwhelm yourself with tasks that you won't have time to accomplish. Choose tasks for urgency and enjoyable reasons (things that need to get done and things you want to do).

We are all given this one life to live; we all deserve to wake up each day energized, and to go to bed each night fulfilled. Make a commitment to take your first steps toward your new joyous life.

Red Rose Recognition

Samantha Matson,
Vice President of Communication

The red rose is the symbol of FCCLA. The rose represents finding beauty in everyday life. In our organization, beautiful things happen every day such as teamwork and cooperation. It is beautiful because it demonstrates our collective and shared passion for FCCLA and its mission and purposes. It is beautiful because of our dedication to Family and Consumer Sciences. It is beautiful because of our FCCLA families.

Special chapters this year have gone above and beyond to spread the passion and message of FCCLA, and they deserve to be celebrated for their dedication and commitment. This attitude is responsible for the longevity of this organization. To honor these chapters, the New Jersey State Officers created the Red Rose Chapter Award to express our gratitude. Their active support efforts for state initiatives and the NJ FCCLA Program of Work is an inspiration for all members. These chapters are involved in all areas of FCCLA. They attended conferences, participated in competitive events, contributed to community outreach efforts, and brought in more membership for our state.

The State Executive Council and the entire state delegation are grateful for your dedication, passion, and contributions this past year. Congratulations to the following chapters:

Gloucester County Institute of Technology
Hunterdon County Polytech
John Adams Middle School
John P. Stevens High School
Southern Regional Middle School

We are so proud of your work during the 2018-2019 school year and cannot wait to see your chapters continue to grow and flourish during next year! To chapters who aspire to reach this level in the future, look for more information about the Red Rose Chapter and what your chapter needs to accomplish to be recognized under the membership tab on the NJ FCCLA website.

Unplug from Social Media

Saurabh Todkar,
Vice President of Leadership Development

We've all have those nights where we come home from a tiring day and go straight on our phones. This action gets very addicting and makes us lazy individuals. Researchers have found that people who use multiple social media platforms report more symptoms of anxiety and depression. Longer or more frequent use of social media also appears to predict depressive symptoms. We, as young teenagers, have been using social media as a platform for networking as well as for passing time. Social media is a great way to explore a variety of new information, but it is possible to be stuck on social media forever. Instead of coming home and opening up Instagram, Snapchat, or even Facebook, practice your culinary skills or do some exercises. A study done in 2018 states, "Teens who spend 5 hours a day on their phones are 2 times more likely to show depressive symptoms." This is becoming a growing epidemic, and we need to make an effort to positively change our lives.

There are many ways to help you disconnect yourself from social media. There are so many activities to do instead of browsing social media like cooking, biking, running, and much more. People tend to use social media when they feel lonely since networking is the main reason for the use of social media. Instead of talking to your friends on Snapchat, talk to your parents or hang out with a group of friends. Real life social interactions can dramatically decrease the amount of time spent on social media and improve self-confidence.

Getting off your phone is a worthy goal to help improve your communication skills. If you ever come home to crash on the sofa and start going through your newsfeed, remember you can always cook up a delicious meal in just 30 minutes!

Inventing your Future

Chelsea Olender,
Vice President of Parliamentary Law

As FCCLA members, we are driven to succeed. For some of us, we are focusing on pursuing higher education. As a junior in high school, I have started the college search. This past month, I toured different colleges and universities that offer the career path that I am interested in pursuing. I have learned so much over this past month, and I am excited to share the information that I have acquired with you!

Before starting to look at colleges, I recommend you decide on a career path, although entering college as an undecided major is an option. Having a clear decision about the field you wish to pursue allows you to choose the university or college that may mainly focus on that career pathway. Narrowing down what you want to major in allows you to attend open houses to learn more about the college and the requirements for that major. If you are an “undecided” major, going to an open house opens opportunities to learn more about different majors that the university offers.

Once you decided a career path, it is time to start the college search. When looking at institutions, you have many options; whether you want to attend a small or large university, if you want to school in or outside of New Jersey, and more. These are some big decisions to be made! When visiting colleges, try to attend open houses or make appointments with people that work specifically in the department in which you want to study. This way, you can receive more information about what programs are offered. When visiting, go with a parent or guardian; they will help you make a good decision about your education. Make sure you jot down lots of information, such as their required test scores, what standardized testing they prefer, tips about the essay, the process of applications, how many letters of recommendation, and more. Some colleges may offer special programs where you have the opportunity to be placed in a 5-year program so you get your bachelor's and master's degree in 5 years rather than 6 years. These programs may admit students

differently than the standard enrollment at the university.

Overall, college is a very important decision in your life. You should not feel pressured in this process. Make the time (earlier rather than later) to research and sort out the information needed to make your decision. This gives time to focus on your decision during your senior year rather than looking at colleges for the first time. I always suggest starting early!

I wish all the juniors luck in their application process and getting accepted to their desired school. Congratulations to our accepted seniors as they will move on to pursuing higher education!



How FCS Prepares You

Samantha Matson,
Vice President of Communication

Fast forward into the future--you just graduated college and moved into your first apartment, all by yourself. That should be easy enough; after all, you finished college and are an adult, right? But that all changes when you realize...you have to cook a meal for yourself and you don't know how to cook. Or you ripped your sweater and can't sew it yourself. When a real issue arises, are you prepared to problem solve?

... There is a solution: take Family and Consumer Sciences classes!

Being an adult means more than just having more freedom; it means having more responsibility. We need the proper tools to learn how to maintain our jobs, support ourselves and our basic needs, budget, cook, and so much more. However, these skills are not something we learn in our average classes; we can only learn them through Family and Consumer Sciences education.

Cooking is one of the most vital skills to have in life because it provides a way to support yourself and gives you a way to take care of your body through healthy eating habits. By taking a culinary arts class, you learn how to budget when buying food, a required skill for adults that will lead to financial stability. Fashion classes can give us the tools to do simple repairs on clothing or other materials, saving money and time. These classes also make us informed fashion consumers ready to compare retail and discounted prices. Child growth and development classes help us learn about the ways to care for and interact with children. This is helpful if you wanted to start a family in the distant future. These classes not only teach you these basic skills but also so many more 21st century life skills. Learning these skills is essential, and every teen should take advantage of the opportunity to take Family and Consumer Sciences in middle and high school before it is too late.

Family and Consumer Sciences education is the secret ingredient to being prepared for adult life. Now, it's up to us to make sure it doesn't stay a secret. Tell your friends about culinary, fashion, financial literacy, and child growth classes so they can experience these amazing opportunities and learn everything they need for the future!

The Leap to Leadership Roles

Aashraya Singiri,
Vice President of Public Relations

Calling all leaders! Calling all leaders! We are looking for leaders who can take on new roles in FCCLA! Leaders empower, encourage, inspire, and help others in any way they can. Leadership roles are extremely beneficial and a great learning experience. These roles provide skills and knowledge that may not be learned otherwise. FCCLA provides a variety of leadership roles at the chapter, state, and national levels.

By taking the next step in your FCCLA career, you will not only gain the experience of a lifetime but also learn crucial leadership skills. Being a chapter officer can give you an edge and equip you with several skills such as managing money for your chapter, raising funds, publicizing events, and so much more. Chapter leadership gives you a way develop your skills and do it all for a greater good. Being a leader can improve your communication skills, management of a variety of tasks, as well as prepare you for college and career. Think about assuming a leadership role in your chapter. Contact your chapter adviser and consult with them about leadership opportunities and increase your involvement within your chapter. Make sure to have fun and learn as much as you can along the way as you embark on the "Ultimate Leadership Experience!"

Spring Fashion Trends

Kiran Kumaranyakam, National Vice President of Competitive Events

Spring trends always feel like a breath of fresh air, so get ready to be on top of your style this spring with these five fashion trends!

Mixing colors and patterns: If you're new to mixing different prints, start small and go for switching out your normal white blouse for a fun floral pattern, or change out your trusty black flats for a pair of cheetah print loafers. Once you go bold with your statement pieces, you'll be much more prone to taking bigger fashion risks—and before you know it you'll be turning heads as you strut your stuff in plaids, stripes, and florals!

Cardigans: Sweaters took a sweeter turn for spring 2019. Pullovers are great, but cardigans offer more versatility. Buttoned-up or left undone, oversize or shrunken, consider this silhouette the one to have. Cardigans are the perfect complement to any top and will keep you cozy and fashionable!

Early 2000's: This fashion trend is bringing nostalgia to those who dare to try this upcoming trend. Bring back simple statement pieces or indulge in velvet; the fashions of the early 2000's are becoming a popular trend. Not ready to go all out with this trend? Cargo pants and boot cut denim with just a slight flare will help you achieve the look.

Sorbet hue's: While pastels are not exactly revolutionary for Spring, designers like Marc Jacobs, Gabriela Hearst, and Maryam Nassir Zadeh gave these colors a sweet new spin. Sorbet hues like limón, pistachio, and peach are taking center stage, and these hues are making their way into spring 2019!

Denim Redone: There is no denying that denim has been a focal part of fashion for years. This year, the looks feel truly new. Some trends, like embroidered denim and embellished hems, got their boost from runway appearances. Others like low-waisted, straight leg and striped jeans have come out of the streetwear scene as well. Don't forget a denim jacket to compliment all your looks!



We know you're eager to get your hands on spring fashion. Take your style to the next level by keeping a lookout for these 5 trends this season.

Balancing Academics & Enjoyment

Hardik Veguru,
Vice President of Parliamentary Law

With the pressure of having to complete numerous homework assignments every night and study for exams while trying to grab dinner with friends, life can start to feel a bit overwhelming. The aspect of maintaining decent grades and a vivacious social life simultaneously can be very difficult to students exploring the teenage world of constant highs and lows. Thus, it is important to find the right balance between academics and enjoyment. By keeping a few of these tips in mind, students can alleviate the stress they feel.

1. **Maintain a Schedule.** Allot specific times during the day for things like homework, laundry, hanging out with friends, playing sports, etc. If you don't manage your time, it can be difficult to remain consistent in getting your work done. Therefore, a schedule will provide set times that will motivate you to work efficiently and experience the thrill of life.
2. **Don't Procrastinate!** Procrastination is a major problem with students as they leave everything for the last minute. Procrastination only leads to more stress and not reaching your full academic potential. Instead, complete work ahead of time or as soon as it is assigned, which will provide time for you to enjoy other aspects of your life without the constant stressful reminder that your work has to be completed.
3. **Prioritize your Work.** Although hanging with friends or watching the latest shows on Netflix are very appealing, these are aspects of your life that should come second to your own school work. There are several tests and homework assignments that must be completed which define your future and the potential you can reach. Friends and TV shows will always be there for you but you only have one chance at these assignments and tests so it is important to prioritize your education.
4. **Set Goals.** By setting new goals every day, you will only become more motivated to accomplish as much as you can while enjoying every minute of it. Whether it is attaining a perfect grade on your science project or giving the best gift you possibly can to your best friend, setting goals will allow you to thrive both academically and socially.
5. **Maintain a healthy lifestyle.** Amidst the stress of homework assignments and exams in addition to the desire to hang out with friends, it is important to maintain your health by consuming the right foods and receiving the correct amount of sleep. Doing so will give you what you need to balance the academic life with the social life.

The desire to find the balance between academics and enjoyment is always something that every student struggles with during their lifetime. However, it is important for the student to work to unravel that fine line that evenly splits both aspects, allowing for a healthier life!

FCCLA Planning Process

-  Identify Concerns
-  Set a Goal
-  Form a Plan
-  Act
-  Follow-Up

Be a Helping Hand in Your Community

Chelsea Olender, Vice President of Membership

Volunteering offers vital help to those in need in your community and provides people with a sense of purpose. As summer is fast approaching we are looking forward many new volunteering opportunities that will become available. Here are five volunteer ideas to partake in this summer!

- 1.Tutoring- If you are interested in teaching as a career, this is a great place to start. Tutoring allows you to help out young kids who may not understand their school work, homework, or quizzes.
- 2.Park/Beach Clean ups- Picture a beautiful summer day at the beach where the sun is out and the birds are chirping but there is litter all over the sand. As people travel to the Jersey Shore for the summer break, they litter every day and ruin the grounds of nature. A great way to volunteer and help out your community is picking up litter to help save the planet! Cleaning up the beach or park can be enjoyable on a delightful, warm day and can be a great bonding experience if you get your friends and family involved, too!
- 3.Coaching- Many of us love sports. With the summer sports approaching, you can be a helping hand and teach a newbie the sport you love. Coaching is exciting when you are watching others enjoy what you have taught them!
- 4.Community Garden- If your community or school has a garden, this is a perfect way to help out in your town. You can be of assistance in your community garden by planting trees, flowers, and other plants that they may need. You can also help take care of the plants by watering them as needed. If you don't already have a community garden, you should look into starting one. Community gardens are a great way to spend time out in the sun with your neighbors and get to know each other a little better.
- 5.Lemonade Stand- Kids love having a lemonade stand where neighborhood friends become entrepreneurs. Creating a lemonade stand can be fun! Provide your school with refreshing lemonade and donate the proceeds to special causes like a local animal shelter or a food bank.

Take the initiative and get involved in your community this summer through volunteering opportunities!

