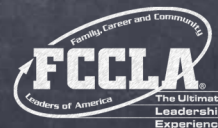


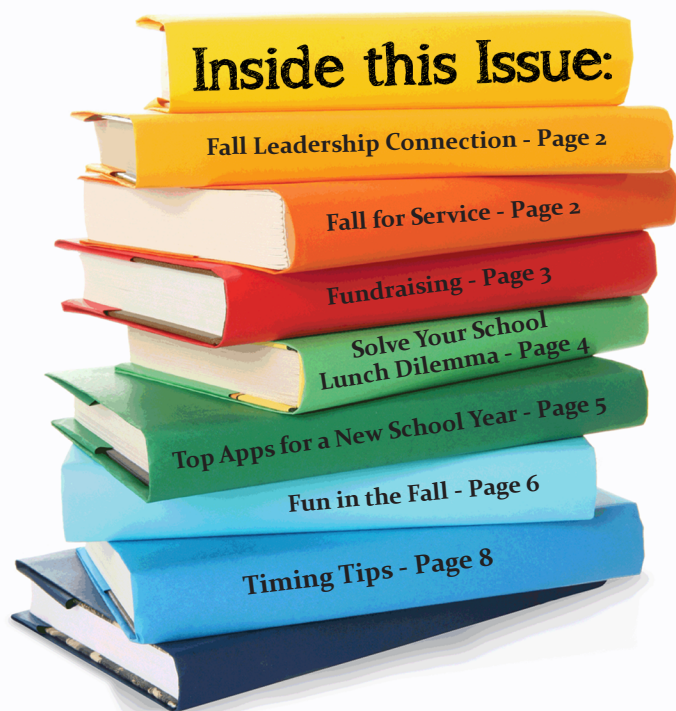
New Directions

Connecting New Jersey - One Chapter at a Time



Fall 2012

Inside this Issue:



Leadership Boot Camp: A New Challenge

By Pamela Pangaro, VP of Leadership

“Leaders aren’t born, they are made” and NJ FCCLA wants to invite all members to take on a challenge this January, join the State Officers and Trainers, and participate in our annual Leadership Boot Camp. Leadership Boot Camp is an excellent way to prepare for leadership opportunities inside and outside of FCCLA. Members who attend are able to expand their knowledge and gain ideas to strengthen their chapters, as well as experience personal growth as a young leader. Leadership Boot Camp is a one-day event that is held at JP Stevens High School in Edison, NJ. It is not only meant for student leaders, but also for the Advisers. Advisers are able to spend time with our State Adviser, Mrs. DiGioia-Laird, and learn ways to keep chapters strong and motivated. Our goal through Leadership Boot Camp is to provide our members with advanced leadership training in a relaxed, friendly, and fun environment. Mark your calendars for Saturday, January 5, 2013! Plan on attending Leadership Boot Camp as we help transform you into a better leader!

President’s Address

by Ruby Kaur, President

“NNID (not now I’m driving)”, “Stay Alive, don’t text and drive”, “It can wait”; all of these are popular slogans against texting while driving. People who text while driving are not only putting their lives in danger, but the lives of people around them. Texting while driving is 23.3 percent more dangerous than impaired driving and has become a reoccurring problem in our society, especially among teenage drivers. Sixty percent of teens admit to texting while behind the wheel; many of these teenagers said their parents or guardians also answer their texts/calls while driving.

One of FCCLA’s peer-to-peer national programs, FACTS, focuses on safe driving and educating youth and adults about problems concerning traffic safety. Through the FACTS program, members create projects to educate peers about the dangers of impaired and distracted driving whether it’s texting while driving or the use of seat belts. The program also helps BRIDGE THE GAP between youth and adults by providing opportunities for adults to set examples for their teenagers and help educate their children about traffic safety. As members of FCCLA, we should be setting the example for our peers. I challenge you to rise above the urge to glance at your phone. Be the change! Educate your peers, chapters, and parents about the dangers of texting while driving. Develop the discipline and fight the urge to check your phone while driving. You can make a difference and save lives because the text can wait. Stay safe!

Sincerely,
Ruby Kaur
New Jersey FCCLA State President

Receive Your Passport to Excellence at the 2012 Fall Leadership Connection!

By Ruby Kaur, President

This November, New Jersey FCCLA will be hosting its annual Fall Leadership Connection at the Pines Manor in Edison, New Jersey. The Fall Leadership Connection is a day filled with informative speakers, competitive events, information regarding upcoming events, and round table presentations on different STAR Events. The state officers highly recommend that you attend FLC to stay involved and help you get information about STAR Events for the Spring Conference.

The Fall Leadership Connection is a great opportunity to participate in one of the ten fall events that are offered!

- **Apple Bakeoff (12th grade only)**
- **Banner Competition**
- **Membership Magic - (new)**
- **Caregiver Carry-All**
- **Consumer Clout (new)**
- **Cupcake Challenge**
- **Go Green: Planters**
- **Lessons in Leadership**
- **Passion for Fashion - Design Challenge**
- **Tune into FCCLA**

From the popular Cupcake Challenge, designed to support our National Outreach Project, to the Apple Bakeoff, where winners receive scholarships to the Culinary Institute of America, to the new competition, Consumer Clout, where members can test their consumer skills, there is something offered to interest every member! Check out the website for more information about these interesting competitive events.

Furthermore, if you are very passionate about a STAR Event or National Programs project you have done in the past, we encourage you to take a leadership role and present a round table at the Fall Leadership Connection. If that event/program has truly inspired you, then you can take the opportunity to inspire others and make them want to participate in that event or project.

There is a change in the FLC this year. The LifeSmarts competition that is usually held during the Fall Leadership Connection has been moved to January 5, 2013 as part of the New Jersey FCCLA Leadership Boot Camp. Now, everyone has more time to master the information for LifeSmarts and participate in the competition! Plus, members normally competing in LifeSmarts, have the opportunity to participate in the exciting fall competitive events! Plan to be part of the 2012 the Fall Leadership Connection on Monday, November 19th!

Attend the 2012 Fall Leadership Connection on Monday, November 19th at the Pines Manor in Edison, NJ!

Fall for Service!

By Kristelle Ibarreta, VP of Community Service

Community Service not only boosts the attitude of those you are helping, but also boosts your spirits by knowing you helped at least one person. There are numerous ways to help others whether it is raising money, volunteering, or gathering necessities. Here are some great ideas your chapter can take part in!

- On National Homemade Bread Day, November 17, get your chapter together to bake bread and donate it to your local food kitchen.
- Hold raffles at Fall Sports! Town Football games are a great way to raise awareness about Share Our Strength and give a gift to a lucky winner! Don't be afraid to ask local shops for gifts or your school for merchandise!
- Host a Casual Friday with a fee of \$5 for your teachers. Encourage teachers to dress in jeans and an orange T-Shirt to bring awareness to Share Our Strength. Distribute flyers and make announcements about Child Hunger in the US!
- Hold a Sports Tournament! Set an entrance fee allowing you to raise money and have enough time to participate in the games! Play dodge ball, basketball, volleyball, or even powder puff football! Get active and give back!
- Have your chapter adopt its own project. Adopting a senior center or preschool will allow you to spend time with others and personally help them!

You can never go wrong helping those in need. Don't just limit yourself to these ideas; there are endless ways to give back to your community. Remember to apply for recognition on <http://nokidhungry2.org/fccla-and-no-kid-hungry> and on <https://www.fcclainc.org/content/community-service/>. Also, be sure to tell us about your projects!

Fundraising in the Fall

By Anindya Mehta

It's the beginning of the school year. Students are slowly adjusting to the demanding work schedule and their classes. Chapters are actively recruiting new members and planning activities with great fervor. It seems to be going well until the treasurer reports a chapter balance of zero dollars. Plans are washed away with the serious financial situation.

Now your chapter cannot just go about asking people for money; a dynamic fundraising plan is needed. In order to raise funds, your chapter should host a variety of events that attract the participation from students in your school. Hold a car wash and bake sale on the same day! Customers not only have the opportunity to get their cars washed but they can also purchase and enjoy baked goods like cookies or cupcakes. Seize opportunities to make money by meeting a need. School events held during the warm September days are great times to have a bottled water sale. Fall is a time for household cleanup; have a chapter garage sale! Not only are you making money, you are helping the environment as you turn someone's trash into another person's treasure. With Halloween just around the corner, another great fundraising idea is the sale of sweet festive treats that encourages the holiday spirit!

Commercial sales are another way to make money. Brush up on salesmanship and sell wrapping paper, pizza, coffee packets, flavored popcorn, and candy! Keep in mind these products should be sold to friends and family. Door to door selling is dangerous. Community service initiatives and fundraising often coincide. Use your creativity and hold events like dance-a-thons for a special charity like the Children's Miracle Network. Have a portion of your chapter's bake sale proceeds go to our National Outreach Project, Share Our Strength.

The Fall Leadership Conference is quickly approaching! Get members involved by holding fundraisers to lower the costs to attend this conference. Hold a fundraiser to encourage leadership conference participation, members will be likely to participate because they are invested in the event.

The most important element of fundraising is to keep motivation high by inviting people to participate and making the events exciting. Never forget there is FUN in FUNdraising!

10 Ways to Keep a Leader On Top of Their Game

By Pamela Pangaro, VP of Leadership



With school right around the corner, many young leaders become stressed as they take on new responsibilities. Below are the top 10 ways to keep student leaders on top of their game and allow them to take on stressful situations calmly decreasing their overall stress!

1: Breathing Exercises. By practicing good breathing exercises you allow your body to relax and will prepare you for stressful situations.

2: Find a place where you can focus on yourself! Chelsea Wilson, VP of Public Relations, takes personal time by going to the beach and listening to the waves crash.

3: Find a hobby that will take your mind away from stressful situations! Ruby Kaur, NJ FCCLA President, enjoys engulfing herself in a sewing project as a way of relaxation.

4: Take a walk and reconnect with Mother Nature! Surrounding yourself with nature calms you down and allows you to focus on relaxing your mind.

5: Start Organizing. Pamela Pangaro, VP of Leadership, loves to organize even the littlest things; from a pile of papers to a whole room.

6: Have Down-Time! Allow yourself an hour before bed to have some 'me' time, but make sure it is nothing stressful. It could be reading or watching a movie.

7: Try re-energizing your body through meditation! Brian Moore, VP of Membership, enjoys meditating at least an hour a week to keep his mind sharp and relaxed.

8: Exercise! Exercising allows your muscles to release excess tension and take your mind off various situations, relieving your overall stress.

9: Read a book! Jenny Brooks, VP of Communications, loves to pick up a good book when she is stressed and escape into a new world for a little while.

10: Drink Hot Tea! Every Tea has a special way of relaxing and benefiting your mind. The herbal ingredients can calm the mind and reduce stress, while improving your health.



What's In & What's Out: Fall Must-Haves

By Ruby Kaur, President



Start this new school year off with the right wardrobe pieces. A big trend for women's clothing, which is continuing through the fall season, is asymmetrical hemlines. Whether it is a shirt, skirt, or dress an asymmetrical hemline creates a soft, yet edgy look that's perfect for a cool, fall day. It can be dressed up with the proper use of accessories and shoes. Bright neon colors are in for this fall! Make a statement with bold, neon colors paired with more neon colors! Lastly for women, a big trend is structured jackets. During the past winter and spring season, there was a trend that emphasized shoulder pads and over exaggerated shoulders; however, this season it's about structure and more sophisticated looks. Make sure you have plenty of tailored jackets for the Fall Leadership Connection so you could be the trendsetter!

Menswear has been a bit stable and neutral in the past but this fall is bringing about a big change. Look sharp for any FCCLA conference in a classic oversized, checked button up paired with a cardigan or even a vest! In the past, menswear didn't include much color, but this season, don't be afraid to throw in a bold scarf or tie. A staple piece in any man's wardrobe is a tailored sports coat; it is perfect for presenting your event in at the Fall Leadership Connection!

These are just guidelines for the upcoming season. Don't feel as though you have to go out and buy a whole new wardrobe. Use these guidelines to renew your current wardrobe and remember to incorporate some of the older pieces you left in the back of your closet! Look smart and update your image by using these tips to coordinate your fall wardrobe.

Attend the 2012 Leadership
BOOTCAMP
to participate in the
Ultimate Consumer Challenge:

LifeSmarts
the Ultimate Consumer Challenge

Solve Your School Lunch Dilemma

By Brian Moore, VP of Membership



Every student has the common school lunch dilemma: you either get tired of what your school's cafeteria serves you or your parent always packs the same lunch. Well as leaders, let's take our lunch into our own hands! Personally, I love packing my own lunch. When you pack your own lunch, you have the opportunity to pack something original, delicious, and satisfying.

When the time came to spruce up my lunch, I turned to the Rachael Ray Yum-O! Family Cookbook or the Yum-O! website: <http://www.yum-o.org/>. There are numerous lunch box recipes that you can pack such as Chicken and Asparagus Wraps, Buffalo Ranch Club Sandwiches, Pseudo Sushi, and many more! One of my personal favorites is the BPB Quesadillas because they are quick and easy to make. You can find the recipe at: <http://www.yum-o.org/recipe.php?id=283>.

Yum-O! is Rachael Ray's non-profit organization whose mission is to empower youth and their families in developing healthy relationships with food and cooking. Use the Yum-O! website to provide you and your family with healthy recipes for any meal. Maintain your healthy lifestyle through the lessons of our national program, Student Body, and organizations like Yum-O!



Nourish Your Competitive Edge

By Brian Moore, VP of Membership

Do you crave competition? Do you want other ways to compete other than FCCLA's awesome STAR events and New Jersey's state events? If you do, be a part of one of FCCLA's national contests! Although this year's national contests have not yet been posted, one annual event is the Poster Contest. This is a great opportunity to let your creativity shine. Another annual contest to look forward to in the spring is the Otis Spunkmeyer O-iginals Recipe Contest. The Otis Spunkmeyer O-iginals Recipe Contest has your chapter learn leadership, creativity, and entrepreneurship skills by creating unique recipes using Otis Spunkmeyer's cookie dough. If this contest does not interest you, be sure to keep checking the national FCCLA website for more of this year's national contests.

Top Apps for a New School Year

By Chelsea Wilson, VP of Public Relations

In today's society, technology is expanding at an incredible rate. There is no wonder why students today are embracing the smart phone trend and purchasing iPhones, Droids, & Blackberries. Smart phones, especially iPhones, present numerous applications that transform your phone into a mini-computer.

As a new school year begins, students strive to be conscientious and receive good grades, starting the year off on the right foot. Apple offers many applications in the App Store that are great tools for students. These apps will help students start the year off positively and develop their learning styles while using their smart phones! The best part is all of the apps listed below are free in the Apple App Store!



1. Evernote- This app allows you to take notes, capture pictures, and make to-do lists. It will help you stay organized and increase your productivity during the year!



2. Flashcards+- You can create flashcards for your upcoming tests or presentations. You can even search topics and find flashcard decks related to your area of study!



3. Dictionary.com- This is a great reference app! Not only does it have a dictionary, it also has a thesaurus! The app also includes a Word of the Day, which helps to expand your vocabulary.



4. iTranslate- This app allows you to translate any word into a different language of your choice. It also pronounces the word you look up, helping you learn and speak a different language correctly!



5. Kindle- The Kindle app converts your smart phone into a kindle! You can preview the first chapter of books too!

6. Google Search- This app allows you to search on Google at a faster rate. It even connects you with your Gmail account and Google Docs.



7. TED- This fascinating app provides videos with discussions on numerous topics by the world's most incredible people!



8. YourDay- You can stay connected with the current events and news in your local area with this app!

Why the Wii?

By Anindya Mehta

As the balmy, summer days roll away, we start to lose the drive to stay fit. With holidays like Halloween and Thanksgiving around the corner, all we think about is feasting on delicacy after delicacy. This time of the year is all about staying warm indoors, interacting with friends and family, and eating. Most of us would be satisfied with such a lifestyle during the winter season; however, we need to remember one key part of life: exercise.

When the cold sets in, we tend to set aside exercise because it feels like a chore to go outside for a run or simply drive to the gym in the frigid weather. We convince ourselves that it is alright to put off a good workout until the weather permits us to do so. If only we could stay active indoors without having to invest a fortune on a treadmill or a set of weights.

Luckily, Nintendo, has created an exercise program allowing people to work out indoors on its revolutionary platform known as, the Wii. The Wii is a video gaming system that uses wireless technology for gaming interaction, essentially allowing your hands to take control of character in a game. The exercise program known as Wii Fit, encourages physical activity through various interactive games, all in the comfort of your house. Various weight-loss promoting companies like "Biggest Loser" promote this product.

According to the American Heart Association, only 30 minutes of your day, devoted to moderate exercise, is needed to achieve great cardiovascular health. Of course, you must commit to daily exercise to achieve desired results. With its state-of-the-art motion detecting sensors, the Wii recognizes every motion your body makes from your torso, hands, arms, and legs. Through Wii Fit and its other sporting games like tennis, swimming, soccer, and boxing, one can develop and tone his or her different muscle groups! According to the Live Strong foundation, just 30 minutes of exercise, for five days a week, can prevent major diseases like diabetes, heart disease, hypertension, and high cholesterol.

Say goodbye to an inactive winter! With the Wii and Wii Fit, one is guaranteed a healthier lifestyle. This daily exercise routine will make your workout experience more exciting and less burdensome, especially in the winter, because you are indoors!

Like Birds of a Feather, Thanksgiving Makes Families Better!

By Jenny Brooks, VP of Communications

People may not notice, but perhaps the reason Family is listed first in the acronym 'FCCLA' is because it is the most important element in life. Your families are the ones who are always there for you, even if you don't notice at times. Many days we get caught up in life and forget about appreciating our families; luckily there is one day out of the year to remind us. Thanksgiving unites families and friends for a cause as simple as being grateful for their life and the people in it.

Thanksgiving began in 1621 when the Wampanoag Indians and Plymouth Colonists shared a feast. Their harvest was good and they gave thanks for their bounty. These days we have things like decorations, parades, cartoons, and foods that focus on Thanksgiving; unfortunately, the celebration has lost some of its significance due to time. Instead of counting one's blessings, many people worry about the food tasting right! No matter their reason for gathering, the main benefit is that Thanksgiving encourages family unity.

FCCLA has a lot in common with Thanksgiving due to the fact that the family is the central focus of FCCLA. So, this Thanksgiving, plan family activities in addition to the traditional Thanksgiving meal. Spend time together playing games or doing a festive project. Participate in a community service project and celebrate the day by spreading joy to others. Keep Thanksgiving activities in mind as November rolls around! Gobble! Gobble!

Family and Consumer Sciences Current Events!

By Maxine LeSaux, 1st VP

A July news article on the Internet explained the recent national push for stronger Financial Literacy Education in schools. The federal government started pushing this initiative after the 2008 Financial Crisis, stating that the recession "exposed Americans' flawed understanding of personal finance." The secretary of Education, Arne Duncan, is planning a curriculum, starting as early as three years old, which integrates financial related activities into classroom lessons. Many states do not offer financial education courses in secondary schools. The hope is that through financial education, students will obtain essential skills to become proficient in financial literacy. Leaders on both sides of the political spectrum are in agreement that this step is essential for the greater well-being of the country's future.

New Jersey has been at the vanguard of this initiative. On June 17, 2009, the state adopted its own financial literacy standards. The new standards require all students graduating after 2013 to complete 2.5 credits in financial education. All Family and Consumer Sciences educators are certified to teach these courses as well as business and mathematics teachers since lessons pertain to their respective subject area.

Since 1990, FCCLA has sponsored a national peer education program called Financial Fitness that encourages members to apply positive financial habits to real life situations. This demonstrates the lifetime benefits of involvement in FCCLA and the many ways FCCLA is ahead of the country on vital educational issues. As you develop your Chapter's program of work, plan to include Financial Fitness as a national program your chapter takes part in.

Fun In The Fall

By Jenny Brooks, VP of Communication

That crisp autumn breeze is in the air! Although summer is over, the fun continues into fall! Members from across the state shared their favorite activities to do during the fresh fall season!

- * Jumping in Leaves! - Steve Gallagher, Senior At GCIT
- * Playing Soccer! - Connor Shah, Sophomore At John P. Stevens
- * Running Cross Country! - Ashleigh Clayton, Junior At Ocean Township
- * Going to Bonfires! - Sam Darnall, Junior At GCIT
- * Baking Pumpkin Pie! - Nicole Eldridge, Senior At Freehold Township
- * Photographing The Trees Changing Colors! - Priyanka Patel, Senior At John P. Stevens
- * Shopping! - Gina Buchel, Senior At Freehold Township
- * Pumpkin Picking! - Katie Scollay, Senior At Ocean Township
- * Trick-Or-Treating! - Larissa Szilagyi, Junior At John P. Stevens
- * Going Hiking! - Rachel Cheng, Senior At John P. Stevens
- * Attending the Fall Leadership Connection! - Dominika Rybaltowski, Junior At Freehold Township
- * Pumpkin Carving With Family! - Jennifer Roman, Senior At John P. Stevens

Timing Tips

By Kristelle Ibarreta, VP of Community Service

Many students today procrastinate with their busy schedules. Students are taking on more responsibilities through school, work, sports, and other extra-curricular activities. Procrastination is a tough habit to overcome, but with these tips anyone can learn good time management!

Tip 1: Get ORGANIZED!

Organization is key to good time management. Allowing yourself to get organized will make it easier for you to plan out your goals in the future.

Tip 2: #REALITY Check

Realize the time you spend on activities. Take a look at what you do on a daily basis and identify your "time-wasters." Make sure you plan and include fun activities to allow yourself to relax from your stressful schedule.

Tip 3: Always have a PLANNER!

A planner is key to good time management whether it is an actual planner or on your phone. It is better to have something to look at as well as write down to keep your busy schedule in the back of your mind. Remember- do NOT just write down what you have to do, include the time you want to spend on each activity.

Tip 4: PRIORITIZE!

It is always easier to do the easiest things first. Challenge yourself to "Eat Your Frog" and get the hardest things done first.

Tip 5: STICK to it!

Stick to the times you set for yourself. You might have to say no to other things like going out with friends, but in the end you will keep the promise you set for yourself and accomplish more.

Briefcase Secrets!

By Chelsea Wilson, VP of Public Relations

We see them all the time and they never leave our state officers' sides. They are essential tools for the New Jersey State Executive Council. Although they are a part of the image of a state officer, have you ever wondered what is inside these common, must-have bags? The state officer briefcase encloses important assignments and tasks that all officers must complete. This familiar, black satchel, however, is unique to every officer. The 2012-2013 NJ State Executive Council shared their top 5 must-have items that can be found in their briefcases.

- Ruby Kaur, State President- Lifesavers Mints, Post-Its, Chap Stick, a highlighter, & a sewing kit
- Maxine LeSaux, First Vice President- Bobby pins, a book, a phone charger, & an extra pair of stockings
- Brian Moore, VP of Membership- Nook, Purell, a flash drive, Wisps, & hair gel
- Anindya Mehta, VP of Finance- Cough drops, a note pad, Post-Its, business cards, & highlighters
- Kristelle Ibarreta, VP of Community Service - Cell Phone, Candy, bobby pins, Kindle, & her lucky charm from her grandmother
- Pamela Pangaro, VP of Leadership- Tic-Tacs, a portfolio with paper, pens & a planner.
- Chelsea Wilson, VP of Public Relations- Safety pins, a toothbrush, candy, & extra stockings
- Jennifer Brooks, VP of Communications- Cell phone, a water bottle, tissues and a digital camera

The New Jersey State Officers make their briefcases their own by adding personal items that get them through the day. Many of the items exhibit the officers' proactive approach on their daily lives. Being proactive is the ability to prepare for any incident and maintain a positive attitude; it is a skill that is beneficial to all leaders. Next time you pack your bag for a leadership or business meeting, consider these essential items and the ones that may further your proactive approach to the unexpected.

Recruit! Recruit! Recruit!

By Brain Moore, VP of Membership

Recruit! Recruit! Recruit! One of your main focuses for the beginning of the school year should be recruiting new members for your chapter. I am sure if you are currently reading this article, you are a dedicated member of FCCLA that envisions your chapter reaching new horizons. If you didn't already know, FCCLA uses a membership tool called the 3 R's of Membership, which are:

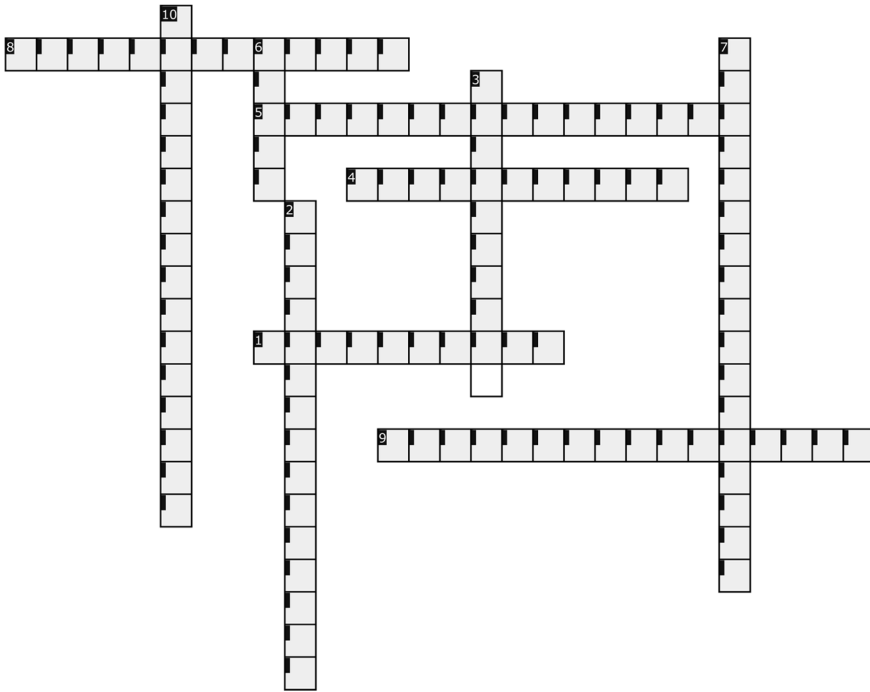
Recruit, Retain & Recognize.

You use each of the three R's throughout the year. Now that your school has a fresh batch of students, you must seize as many members as you can!

Some ways to recruit members are through fundraisers, social events, and communication with parents and students. Popular ways to gain members involve hosting an ice cream social and having an informational booth at a school open house. Membership strategies including slogans and fun posters are great ways to reach out to new members. Remember to be creative and develop fresh ideas that would work best for your chapter! A great way to get endless membership ideas is to request the 2012-2013 membership kit from the national FCCLA website at this link:<http://fcclainc.org/content/membership/>. Check with your chapter adviser because he/she was sent a membership packet in early September. Hit the ground running this year through your chapter's membership efforts!

National Programs Crossword Puzzle

By Chelsea Wilson, VP of Public Relations



Across:

1. This program develops members' leadership skills and career aspirations through cooperative, individualized, & competitive activities.
4. This program inspires youth to eat right, be fit, & make healthy choices. It aims to help members make responsible decisions about their health and develop healthy lifestyles while teaching others.
5. This program helps members target career goals through 6 units: Plug In, Sign On, Program, Link Up, Access Skills, & Integrate.
8. This program helps members gain the understanding of how families work with 5 units: Families Today, You-Me-Us, Meet the Challenge, Balancing Family & Career, & Parent Practice.
9. This program helps members develop, plan, carry out, and evaluate projects that improves their communities while building trustworthiness, respect, responsibility, & citizenship.

Down:

2. This program encourages members to reduce youth violence through peer education. Members learn to recognize, report, & reduce school violence.
3. This program helps members set goals, work to achieve them, & enjoy the results. It includes: A Better You, Family Ties, Working on Working, Take the Lead, & Speak Out for FCCLA.
6. This program focuses on saving living by promoting traffic safety with 5 units: Think SMART, Buckle Up, Arrive Alive, Speak Up, & Bridge the Gap.
7. This program increases leadership by focusing on the 6 essentials of leadership: Model Good Character, Solve Problems, Foster Positive Relationships, Manage Conflict, Build Teams, & Educate Peers.
10. This program helps members sharpen skills in money management, consumerism, & financial planning with 5 units: Banking Basics, Cash Control, Making Money, Consumer Clout, & Financing Your Future.

Pumpkin Cookie Recipe

By Maxine LeSaux, 1st VP

One of my favorite fall ingredients is Pumpkin! The flavor is so vivid and rich that your mouth erupts with warm spices and autumn flavors. This recipe is a perfect addition to any fall family get-together.

Ingredients- Yields 3 Dozen Cookies

Cookies

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 1/2 cups white sugar
- 1 cup canned pumpkin puree
- 1 egg
- 1 teaspoon vanilla extract

Frosting

- 2 cups confectioners' sugar
- 3 tablespoons milk
- 1 tablespoon melted butter
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside.
2. In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet with a tablespoonful; flatten slightly.
3. Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.
4. To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.