

New Directions

Connecting New Jersey - One Chapter at a Time

Fall 2013

President's Address

By: Larissa Szylagyi, President

It's that time of the year again- the September blues! Stores are holding their "back to school sales," the National Leadership Conference post-depression is still in effect, you're done with your summer reading, and your parents are bringing you out to get the newest fall fashion. That's right- the school year is here, New Jersey FCCLA! But, have no fear! This year can be the best school year, if you set your mind for success!

For those who just returned from the National Leadership Conference, I'd like to congratulate you and thank you for representing NJ FCCLA in a spectacular way and bringing home wonderful achievements. For those who did not attend the National Leadership Conference, I hope that you have been proactively preparing for the upcoming school year. Around this time in the summer, we tend to have a complete reality check. School is just around the corner and most of us are saying, "Where did the time go? I feel like I just finished my last final yesterday!" Don't let this upset you because this school year will be filled with numerous achievements and enjoyable memories! Work to your full potential and make every second count- as long as you work hard, you can say that you never gave up!

As for FCCLA, use this time to start to develop new relationships and replenish old ones. Take time to reconnect with your advisers and members from last year because these relationships will be the foundation of a successful year. Also, begin to recruit new members for your chapter. Don't be afraid to create announcements, get your own spot at a club fair, and hang flyers up for your chapter meetings.

Use public relations efforts effectively in order to keep your chapter strong and ready for this upcoming FCCLA year. Use the end of the summer and beginning of the school year to create a program of work for your chapter. I suggest sitting down with your chapter officers and members in order to sort out what you would like to accomplish as a chapter this upcoming school year. I also recommend beginning your competitive events for the fall. The Fall Leadership Connection is a great way to stay connected to New Jersey FCCLA and achieve excellence early in the year. I encourage all of you to attend this conference in order to receive a taste of competitive events in a relaxed environment. Most of all, do not take the beginning of the year easily! Approach this year with full force and show your full potential.

The end of the summer and beginning of the school year are crucial to your grades and FCCLA chapter! Start the year off strong because the year will only be as good as you make it! Do not let the August Blue's get the best of you; this is the time to be proactive at home and within your chapter! I wish a safe, happy and diligent summer to you all! I'm looking forward to seeing all of NJ FCCLA at the Fall Leadership Connection in November!



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FCCLA ON THE GO

What better way to keep up with FCCLA than the Ultimate Leadership App! National FCCLA has created an app to keep members updated at the National Leadership Conference, Cluster Meetings, and Capitol Leadership! Members can use the Ultimate Leadership App to stay on track during conferences! Using the app is an easy way to keep up with the schedule, check out speakers and workshops for the conference, and even connect to Twitter and Facebook! This past summer, National FCCLA used the App in order to make it easier to keep up with the conference while members were running to different workshops! Download the official FCCLA App from the iTunes App store!



Another Booming Week in Music City, USA

By: Rohit Iyer, VP of Parliamentary Law

From July 5th-11th, over 110 students, advisers, and chaperones from New Jersey FCCLA participated in the National Leadership Conference in Nashville, Tennessee. Every one of our members learned how to "Discover Their Voice" through great workshops, motivational speakers, and grand attractions such as the world-famous Grand Ole Opry! The Opry is the world's longest running radio show, as well as "the show that made country music famous!" Members got into the country mood watching world-famous performers like Carrie Underwood and the Band Perry, musicians who discovered their voices and hit it big through hard work and dedication. Nashville is known for producing singers who were at one point just "wannabes" hoping for their big break and who eventually became stars.

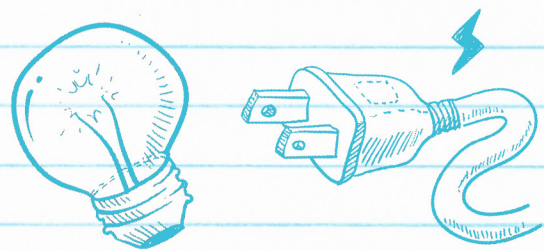
In addition to going to the Grand Ole Opry, New Jersey FCCLA mingled with New York FCCLA during a fun night on the Music City River Queen when we sailed down the Cumberland River! We were surrounded by beautiful scenery as we spent the night sailing greater Nashville, and among other things, learning how to line dance! Though the attractions in Nashville are one-of-a-kind, The Gaylord Opryland Hotel is an attraction in itself. Unlike any hotel you've ever seen before, the Gaylord Opryland in Nashville resembles a contained city! With seven waterfalls, an island, and a river, it was difficult to navigate the hotel but always interesting to explore the different parts. With so many attractions in Nashville, there was always something fun to do!

However, the NLC was not all about the touring attractions! Members worked harder than ever on their STAR Event Projects in order to bring home a medal, and they certainly achieved that goal! With an overwhelming number of 62 gold medals, 39 silver medals, and 1 bronze medal, New Jersey FCCLA stood out and showed that hard work always pays off! Additionally, New Jersey FCCLA received the award for having the largest increase in membership in the North Atlantic Region! New Jersey was also recognized for having the largest donation to Share Our Strength in the entire nation! We donated over \$10,000 thanks to the hard work of every member from chapters all around New Jersey. With so many accomplishments and memories, the 2013 National Leadership Conference was one to remember!

Compete At Our Fall Leadership Connection

By: Trisha Gugale, VP of National Programs

Get ready New Jersey FCCLA because the Fall Leadership Connection is coming! On November 25th, members will be able to participate in leadership activities, round table presentations, and competitive events. Whatever your interest is, you can develop and improve your individual skills by competing at the Fall Leadership Connection in order to prepare yourself for the State Leadership Conference. There are 11 competitive events at our Fall Connection that include the Apple Bake-Off, Consumer Clout, Cupcake Challenge, Passion for Fashion Design Challenge, and more! Visit the NJ FCCLA website, www.fcclanj.org, for all the events and their specific guidelines. Perhaps you like to sew, maybe you would like to promote our state theme, or perhaps you love baking. Each event, whether it is a team or individual event, will give members the opportunity to practice their skills and to promote FCCLA. Speak with your adviser and motivate your chapter members to start early and get motivated for success! So get ready to attend the NJ FCCLA Fall Leadership Connection and compete in the exciting event of your choice!



"A" for Attitude

By: Julia Farhat, VP of Communications

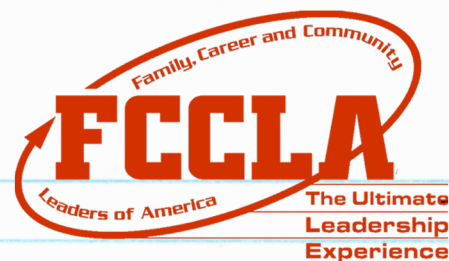
When most people refer to attitude, they do it with a negative connotation. We have all heard of "A for Effort", but how about "A for Attitude"? This means that each and every day we should give 110% to everything we do and focus on staying positive even in the most negative situations. By staying positive, you are doing something extraordinary that many people have trouble doing; you are keeping your cool and not letting even the worst situation faze you. A positive attitude can be contagious; once your peers see your positivity, they'll easily catch on and help you create a positive environment!

Scott Hamilton said, "the only disability in life is a bad attitude." A positive attitude will change your outlook on life. By focusing on the good and working on the bad you will improve yourself and the atmosphere around you. Before carrying on with your day today, just answer this simple question... are you going to look at the glass as half-empty or half-full?



ASK EDNA

FCCLA members ask our founder, Enda P. Amidon, their most challenging FCCLA questions.



Dear Edna,
I'm really interested in competing in an event at the Fall Leadership Connection, but don't know what to do? How do I choose the state event that's right for me?

Sincerely,
Ashley

Dear Ashley,
The Fall Leadership Connection is an unforgettable experience! One way to make it even better is by participating in a competitive event! The best way to choose one for yourself is by figuring out what you're most interested in. If it's baking, fashion or just your love for FCCLA- you'll definitely find something for yourself! I would recommend checking out NJ FCCLA's official website, www.fcclanj.org! Under the competitive events tab, you can find a description for each fall competitive event which will help you find one similar to your interests. You can choose from anything like the Apple Bake-Off, Passion for Fashion Design Challenge, Go Green, or Consumer Clout! If you're interested in helping out a great cause and love to bake, participate in the Cupcake Challenge! If you want to benefit your chapter with your event, try Membership Magic, Tune Into FCCLA, or the new event Web Connect! Good luck and see you at the Fall Leadership Connection!
Sincerely,
Edna

Dear Edna,
I really love FCCLA and think that I might want to become a state officer, what do I have to do to become one?
Sincerely,
Anonymous

Dear Anonymous,
In order to become a state officer, you need to be really dedicated to FCCLA. If you are, then you have completed the first step toward becoming a state officer! A state officer needs to represent FCCLA and what it is all about, so make sure to work your hardest throughout the school year! It is a good idea to hold a chapter officer position to get a taste of what it's like to be an FCCLA officer. I would also recommend keeping up with the state website for a state officer application that will be coming out at the beginning of the new year! Read the application over carefully for all of the responsibilities of a state officer. After submitting an application, you'll need to pass a state officer exam that tests your knowledge of FCCLA before presenting a speech and meeting the voting delegates at the State Leadership Conference in March! Good luck!
Sincerely,
Edna

Get Active At the Fall Leadership Connection

By: Tori Delano, VP of Community Service

If you plan on attending the Fall Leadership Connection this November, make sure to get your chapter involved in the statewide community service projects! This year, FCCLA will be focusing on giving back to the members of our community. During the conference, we will be fundraising and collecting items to help local and national charities!

Members of FCCLA can help by bringing in non-perishable food items and pull-tabs to the conference. Pull-tabs will be donated to the Ronald McDonald House, while all items collected from the food drive will benefit the Middlesex County Food Bank. New Jersey FCCLA will also host its annual Cupcake Challenge in order to raise money for the FCCLA National Outreach Project, Share Our Strength. During the conference, members will have the opportunity to purchase the cupcakes baked by fellow members. This past year, New Jersey was recognized for making the largest donation to Share Our Strength in the country; help us raise enough money to win this award again!

Encourage your chapter to not only participate in the 2013 Fall Leadership Connection, but to get active and give back right before Thanksgiving! Simple things, such as collecting pull-tabs from soda cans, putting aside a few canned goods from your pantry, or even buying cupcakes at our conference, can help FCCLA positively impact the community and make it a better place!



Dress for Success

By: Trisha Gugale, VP of National Programs

Image is the first impression one has of an organization; therefore it is important that every FCCLA member and adviser dresses for success at our conferences. New Jersey's Fall Leadership Connection enforces a strict dress code, as all members are required to dress in business/professional attire.

Business Attire- Males

- Slacks with a dress shirt and tie
- Dress slacks, no jeans or sweat pants
- Long sleeve shirts only (professionally pressed, optional)
- Leather oxford shoes or loafers in a dark color
- Belt to match shoes
- Dress socks in dark color, preferably black

Business Attire- Females

- Skirt suits or pant suits
- Knee length skirts
- Dress with a blazer-style jacket
- Vest with a blouse
- Formal business blouses or tops
- Stockings and pantyhose
- Closed-toe and heel leather shoes in darker neutral colors
- Appropriate accessories if necessary
- Neat hair, natural makeup and nails
- Conservative jewelry (one earring in each ear)

What NOT to Wear

- Skin-tight or revealing clothing
- Jeans
- Midriff-baring clothing
- Extremely short skirts (higher than 2 inches above the knee)
- Tube skirts
- Clothing with printing that is suggestive, obscene, or promotes illegal substances
- Sweat pants
- Rubber, beach-type flip flops

Power of One: Using Your Personal Power

By: Trisha Gugale, VP of National Programs

Stay Organized

By: Rohit Iyer, VP of Parliamentary Law

Have you ever set a goal for yourself but didn't know how to achieve it? With the help of Power of One, you can turn your goals into reality and stay organized by completing this National Program! Whether your goal may be to develop better study habits or to improve your job skills, Power of One will equip you with the necessary skills to fulfill your future goals and dreams at school, at home, and on the job. Power of One is an FCCLA National Program that empowers youth to make positive changes in their families, careers, and communities. The five units of Power of One are:

- A Better You focuses on improving yourself and your personal traits
- Family Ties centers around your interpersonal relationships and interacting with family members
- Working on Working concentrates on exploring career options and preparing you for future jobs
- Take the Lead improves your leadership qualities
- Speak Out for FCCLA empowers you to spread the word about FCCLA and the positive experiences that come from the organization

Creating self-directed projects that fall under these five units gives you an opportunity to organize, set, plan, and fulfill goals while empowering you to take charge of your lives.

FCCLA rewards members who complete Power of One with national recognition as well as recognition on the official website. NJ FCCLA recognizes Power of One completers at the State leadership conference in the spring. In order to receive recognition, applications must be submitted to the NJ FCCLA state adviser by March 1st.

Everyone knows the feeling of being flustered and disorganized at some point in the school year. Papers go missing, homework isn't finished, and before you know it you're falling asleep in class! But this challenge can be solved with just a few simple organizational tips!

Tip 1: Buy and use a planner!

A planner is one of the simplest and most effective tools a student can have. Write down all homework, assignments, meetings, and events as they unfold. With your busy schedules, you can't afford to forget important responsibilities. Using a planner will help you stay on track!

Tip 2: Have all school supplies ready and accessible!

Too often, we see someone (maybe even ourselves) walk into class without a pencil, paper, calculator, etc. who turns to you saying, "Hey, can I borrow that?" Don't be that person. You should always be prepared with all necessary supplies and always have a spare; this will take a lot of stress off of your shoulders.

Tip 3: Don't procrastinate!

Procrastination is the enemy of productivity. If you have a project due in two weeks, start it tonight! If you are assigned to read sections of a textbook, read ahead! You'll feel much better about yourself knowing that you won't have to pull an all-nighter to finish the assignment. Your work is usually better when you are relaxed, so make an effort to stop procrastinating!

Using these simple tips, you can work your way toward a more organized and less stressful new school year!



Powering Up During a Chilly Season

By: Larissa Szylagyi, President

Fall is the season of pumpkin picking, trick-or-treating, and bringing out last year's cardigans! However, for members of FCCLA, fall holds a much more exciting event- the Fall Leadership Connection. This conference allows New Jersey FCCLA to come together for a relaxed, yet spirited conference. This year's state theme, "Power Up with FCCLA," inspires members to work to their potential!

This conference has a competitive event for everyone's interests. If you are new to FCCLA, this one day conference is a great opportunity to feel the energy that surrounds FCCLA programs and activities. Experienced members might want to take on the challenge of competitive events. A list of the events and their descriptions can be found on NJ FCCLA's official website, www.fcclanj.org. The Fall Leadership Connection will also have a new competition involving technology that charges members with the task of creating a website for their FCCLA chapter! Along with competitive events, we will also be hosting remarkable workshops and an inspiring keynote speaker. This year, our workshops will be focusing on National Programs. The 2013 Fall Leadership Connection will be full of electrifying fun! This is an event not to be missed!

Once the summer heat begins to cool down, the Fall Leadership Connection will be right around the corner! Take this time to begin planning with your advisers. Submit field trip forms and registrations forms before the deadline date. Motivate your members to Power up with FCCLA for the Fall Leadership Connection!

Looking for Chapter Members and the Campaign: iRecruit

By: Michelle Qu, VP of Membership

Members are the foundation and backbone of any strong organization. Without them, an association cannot exist. The new school year is a great opportunity to encourage students to join FCCLA! Start the school year off right by recruiting members to your chapter with these ideas:

- Ask current members to invite a friend to a meeting
- Put up posters promoting FCCLA
- Participate in your school's activities fair
- Create a chapter website, making sure to update it with current information
- Reward members for their participation
- Write monthly newsletters
- Organize "fun nights" for members and their families

Utilize the 2013-2014 membership campaign, iRecruit, in your own chapter! iRecruit allows members to showcase their recruiting skills on an individual, chapter, and state level. Members who participate in the program can submit an application to be recognized for their participation. Rewards include an iPod, 2014 National Leadership Conference registration, recognition in Teen Times, a VIP access pass for NLC, and more. The deadline for all applications is May 1, 2014. With these tips, members can attract students who are seeking to join something that can truly be life changing. Recruit your peers and help them join the Ultimate Leadership Experience!

Fashion for Fall: 2013 Fall Trends

By: Julia Farhat, VP of Communications

Fall is my absolute favorite time of the year, especially because of the colors! This fall, reflect nature's beauty by focusing on a neutral based color palate for your wardrobe. All shades of earthy tones, grays, navy and army greens are stylish and trendsetting especially when matched with tribal patterns. A fun twist on the typical fall neutrals is to simply just color block by adding a pop of color. A stylish fall outfit, for example, could be jeans, boots, a gray sweater and a yellow statement necklace. Colorful statement pieces are the way to go this fall. Not only are they easy to style, but they look super cute too! Statement pieces do not just have to be necklaces, they can be belts, jackets, bags, shoes or even pants! Statement pieces are any article of clothing or accessory that adds an unexpected element to a plain outfit. One of my favorite statement pieces is pants! I love pairing floral pants with comfy knit sweaters and plain neutral flats for a stylish and practical fall look.

Just like every year, keeping warm in practical clothing is always in style. Fall marks the beginning of a new school year. With school starting, life quickly becomes busy and sometimes hectic, so dressing comfortable and practical is ideal. Wearing boots and knits is the best way to stay comfortable and warm while still staying in style. Tweeds and leathers are very warm and rarely go out of style, and are appropriate for the fall, as well as the winter months. Leggings, flats, oversized sweaters and jeans make a cold school just a little bit warmer and cozier. I do not know about your school, but I know my school's temperature is always changing. One classroom is as hot as a desert and the next room is almost as cold as the arctic. To avoid getting sick from these outrageous temperature changes, my recommendation is to dress in layers. Sweaters, scarves, jackets, don't be afraid to layer! It's very fashionable and easy to do.

Fall is my absolute favorite season. With so many outfit options, an assortment of unique styles, colors and layering, what's not to love!?

Today's Telegram: The Do's and Don'ts of Social Media

By: Julia Farhat, VP of Communications

Almost every teen in the United States uses social media to communicate with friends, family, coaches, and advisers. From Facebook to Twitter, there are dozens of social media sites that can assist you in communicating with others. While it may be fun, social media should be used responsibly. What many teens do not realize is how hazardous social media can be if it is not used appropriately. Here's a list of Do's and Don'ts for using social media:

- Don't say anything you wouldn't say to someone in person.
- Do avoid slang and sarcasm while communicating over the internet
- Don't respond to a negative message if you are angry or upset. Instead wait until you have calmed down and are able to think of an appropriate positive response.
- Do take the time to read the message instead of just skimming to avoid misinterpretation.
- Don't use all capital letters when typing a friendly message as this is interpreted as yelling.
- Do re-read a message before clicking "send" to ensure what you wanted to say is stated.
- Do ask the recipient a question if a message they sent was unclear to avoid confusion and misinterpretation.
- Do remember that what is said over social media is permanent and cannot be taken back.

Always remember that online communication is much different than a face-to-face conversation. Body language, sarcasm, and tone cannot be typed out and sent out over the internet. Make sure to stay safe and responsible for your actions over the internet!

Learning to Juggle School, Sports, FCCLA, and Family and Friends

By: Michelle Qu, VP of Membership

Ringggggggg! The bell rings as everyone rushes to their lockers, itching to get home. Packing your bag, you remember that you have soccer practice after school, along with an FCCLA meeting. You sigh in defeat as you realize that you still haven't even begun the essay that's due in two days and that the book you've been meaning to start hasn't been touched. Being in high school is so stressful, how can you balance all of your activities? With careful time management, there's a way to fit all your activities and even some time for yourself:

- Write down all of your activities and assignments in a planner.
- Schedule hang-outs with friends on days that you have less work to complete
- If you have two activities scheduled for the same time, prioritize them and request the information from the activity you are not attending beforehand
- When completing homework, turn off all of your electronics and find a quiet room to work in to avoid any distractions.
- Concentrate in school to prevent doing any extra work at home.
- Make a checklist of all important tasks that must be completed throughout the day.

By organizing yourself, you'll be able to relax and complete every task at hand. Once you've taken care of all of your responsibilities, "sharpen your saw" by relaxing and re-energizing yourself by reading a book, taking a nap, or just catching up on the latest episodes of your favorite television show!

5 Ways To Collaborate with Your Adviser

By Brian Moore, First Vice President

Collaborating with your chapter adviser is the key to a smoothly run chapter. Your chapter adviser is your mentor, guide, and coach! Your adviser's years of experience add to the value of your chapter and can bring numerous benefits to any ideas you may have; without your adviser, it would be impossible to run a chapter! As student leaders, we should be able to collaborate with our chapter advisers at all times. With the approaching school year, be sure to start collaborating with your advisers using the methods listed below:

- 1 **Staying After School:** Many advisers love to stay after school with students because this is the time when they can solely concentrate on FCCLA, rather than schoolwork.
- 2 **E-Mail:** Advisers should always be kept on the loop about your chapter's activities. Always be sure to send your adviser an e-mail at least once a week with any updates or ideas for your chapter.
- 3 **Meeting Once a Week:** A face-to-face meeting at least once a week will strengthen your relationship with your adviser and keep it healthy and exciting. If you can't have a formal meeting, stop by to see if everything is running the way it should be! Maintaining a good relationship leads towards good collaboration.
- 4 **Outside of FCCLA Activities:** Having a personal connection with your chapter adviser outside of FCCLA helps inspire ideas for FCCLA. Be sure to spend time with your adviser outside of his/her office or classroom. Get to know him/her as not just your adviser, but as a person as well!
- 5 **Be a Helping Hand:** Advisers always need our help. Whether your adviser needs help with an FCCLA task or non-FCCLA task, be his/her #1 volunteer!



Food For Thought

By: *Tori Delano,*

VP of Community Service

Have you ever heard of the saying “Breakfast is the most important meal of the day?” Imagine your day without breakfast and feeling hungry all morning. Having to get from class to class with a roaring headache and an aching stomach. Unfortunately, this is the reality for over 16 million children in America today, and the problem doesn’t stop at breakfast. 1 in 5 children wake up every morning not knowing where their next meal is coming from. Children who are hungry, not only have a hard time working in school, but completely lack the energy needed to get through the day. As a way to stop this continuing epidemic, Share Our Strength, an organization aiming to end childhood hunger by 2015, launched its “No Kid Hungry” campaign.

In 2011, FCCLA partnered with Share Our Strength, making it the National Outreach Project. FCCLA joined the “No Kid Hungry” campaign and is working with Share Our Strength to raise money to provide nutritional meal programs to children across America. These programs include breakfast to students during school, and educational programs for families regarding affordable meal planning. They are striving to end childhood hunger by 2015.

FCCLA made Share Our Strength the National Outreach Project in order to encourage members to work within chapters to help fight against childhood hunger. Chapters can help support Share Our Strength through fundraising within their schools, raising awareness of childhood hunger, and having school food drives to collect non-perishable items.

New Jersey FCCLA has already shown its dedication to ending childhood hunger. At the 2013 National Leadership Conference, NJ FCCLA was recognized for having the largest donation to Share Our Strength in the entire nation, having donated over \$10,000. Next time you sit down at the breakfast table, think about some ways you can ensure that every other child in America has the opportunity to sit down at the breakfast table and have a healthy meal like you.

A Twist On Your Typical American Pie Warm Apple-Buttermilk Custard Pie

Ingredients

Crust:

1/2 (15-ounce) package refrigerated pie dough (such as Pillsbury)
Cooking spray

Streusel:

1/3 cup all-purpose flour
1/3 cup packed brown sugar
1/2 teaspoon ground cinnamon
2 1/2 tablespoons chilled butter, cut into small pieces

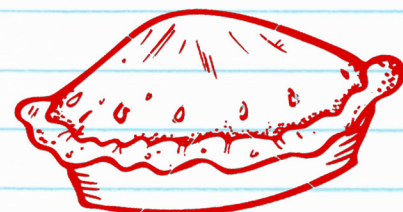
Filling:

5 cups sliced peeled Granny Smith apple (about 2 pounds)
1 cup granulated sugar, divided
1/2 teaspoon ground cinnamon
2 tablespoons all-purpose flour
1/4 teaspoon salt
3 large eggs
1 3/4 cups fat-free buttermilk
1 teaspoon vanilla extract

Preparation

1. Preheat oven to 325°.
2. To prepare crust, roll dough into a 14-inch circle; fit into a 9-inch deep-dish pie plate coated with cooking spray. Fold edges under; flute. Place pie plate in refrigerator until ready to use.
3. To prepare streusel, lightly spoon 1/3 cup flour into a dry measuring cup; level with a knife. Combine 1/3 cup flour, brown sugar, and 1/2 teaspoon cinnamon in a medium bowl; cut in butter with a pastry blender or 2 knives until the mixture resembles coarse meal. Place streusel in refrigerator.
4. To prepare the filling, heat a large nonstick skillet coated with cooking spray over medium heat. Add sliced apple, 1/4 cup granulated sugar, and 1/2 teaspoon cinnamon; cook 10 minutes or until the apple is tender, stirring mixture occasionally. Spoon the apple mixture into prepared crust.
5. Combine remaining 3/4 cup granulated sugar, 2 tablespoons flour, salt, and eggs, stirring with a whisk. Stir in buttermilk and vanilla. Pour over apple mixture. Bake at 325° for 30 minutes. Reduce oven temperature to 300° (do not remove pie from oven); sprinkle streusel over pie. Bake at 300° for 40 minutes or until set. Let stand 1 hour before serving.

Recipe retrieved from www.myrecipes.com



Get Moving

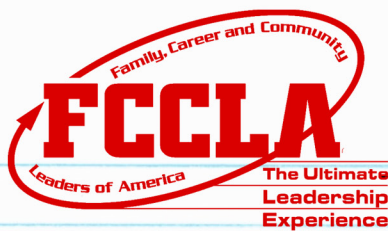
By: Rohit Iyer, VP of Parliamentary Law

Summer inspires many people to make changes in their lives by exercising more and being fit, and while this works for some, many people fall off of the bandwagon without accomplishing their goals. The key to fitness is consistency and setting goals for yourself!

If you're not used to exercising, don't worry! Small steps lead to good results. Start with a jog for 30 seconds, walk for a minute, and jog again. Programs like this will help you build a foundation for more strenuous exercise and will help build up your endurance and improve your exercise habits.

One of the biggest aspects of fitness is nutrition. Think about it like this: if you had a Lamborghini, would you put regular gas in it? Of course not! You'd fill it with premium gas. Likewise, to become fit you need nutritious food instead of junk food. A great way to kick start great nutrition is by completing the FCCLA National Program Student Body. This program helps you learn how to be fit, eat right, and make healthy choices. You'll be surprised by the great results you see!

The most important thing to remember is, you're not exercising or eating right just to look good. That may be a contributing factor, but ultimately you are doing this to be healthier and hopefully lead a more active and fulfilling life!



The Ultimate Training Experience

By: Larissa Szylagyi, President

Aristotle once said, "Excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit." The ultimate leader cannot achieve their highest potential without practice and training! This past June, the 2013-2014 State Executive Council attended State Officer Training in order to improve our leadership skills and become the best leaders we can be for NJ FCCLA.

For three days, the State Executive Council (SEC) worked hard to prepare ourselves for our term as State Officers. We received one of the best training sessions from our trainers, Mrs. DiGioia Laird, Catherine DiGioia-Laird, Vincent Milazzo, Brian Garsh, Lauren Ortiz, Ryan Szemple, Danny Brooks, and Carl Archut. Each trainer had a specific field that they were trained in to benefit the 2013-2014 State Officers. These trainers put this year's State Executive Council through hours of intensive workshops focusing on public speaking, parliamentary procedure, proper social media/face-to-face etiquette, business writing, and much more. The State Officers and the trainers worked hard to organize our upcoming year in FCCLA. We spent tireless nights brainstorming the state theme, developing new/current competitive events, and creating the Program of Work. I'd like to thank our trainers on behalf of the SEC for taking the time to teach us their techniques so we can grow as leaders. Thanks to the hard work of our remarkable trainers, the 2013-2014 State Officer team is well on its way to an exhilarating and successful year leading New Jersey FCCLA!

You can participate in an ultimate training experience by attending the 2014 Leadership Bootcamp in January!

Understanding the Five Practices

By: Michelle Qu, VP of Membership

The Student Leadership Challenge by James M. Kouzes and Barry Z. Posner teaches students how they can be leaders in their communities, regardless of age or experience. To show how we can all become exemplary leaders, they offer the Five Practices of Exemplary Leaders:

- **Model the Way**- Set the example for others to follow.
- **Inspire a Shared Vision**- Imagine the future with exciting possibilities while encouraging others to do the same.
- **Challenge the Process**- Take risks and look for innovative ways to improve yourself and your situation.
- **Enable Others to Act**- Collaborate with others by building trust and new relationships.
- **Encourage the Heart**- Show appreciation for individual accomplishments and celebrate the little things.

All 5 of these practices have proven to help individuals become strong leaders. The book provides examples of teenagers just like us who have become leaders in their classrooms, sports teams, and communities using these practices! The Student Leadership Challenge "inspires the reader and show us that running into bumps along the way is not only normal, but that you can approach the challenges with confidence and practical solutions." Reading the Student Leadership Challenge will truly help you become a leader in your family, career, and community!