

NEW DIRECTIONS



president's address

Dear New Jersey FCCLA Members, Advisers, and Alumni:

I hope you all stayed safe and healthy this summer and continue to do so this fall. I would like to congratulate everyone who attended the first ever Virtual National Leadership Conference this July! This conference was definitely a momentous part of "My Story" and National FCCLA's Story. I would like to also congratulate all STAR Events Competitors and conference participants. Regardless of the results, participating in STAR Events was an extremely valuable experience that allowed NJ FCCLA members to learn something new, develop their leadership, and contribute to the improvement of their community. In addition to STAR Events, conference attendees were able to attend general sessions, visit hundreds of booths at the Expo, learn from their peers through Red Talks, and network with attendees from across the country. We hope this conference enabled each and every one of you to shed some light during darkness and learn ways to contribute to the community from the comfort and safety of your own home.

I would also like to introduce you all to the 2020-2021 NJ FCCLA State Theme... **Mission: A Brighter Tomorrow!** As we start this new school year, take what you have learned from the national conference back to your own chapters as you innovate ways to engage members in the hope for a brighter tomorrow. The start of the new school year will be like no other before, but it provides a perfect opportunity to try something new. Some of the many ways you can start the school year off strong in FCCLA is by kicking off Power of One, setting attainable goals during remote learning; attracting new members through a Virtual Club Fair; or jumping at the opportunity to take up leadership in FCCLA and bringing fresh ideas to your chapter. You can also use this opportunity to boost your chapter's social media presence or write press releases to highlight your chapter's accomplishments in the past year or draw attention to a new, innovative initiative this upcoming year.

Outside of FCCLA, make sure to continue to challenge yourself and surpass your limits academically. Creating a schedule, organizing yourself, and setting SMART Goals are great ways to hold yourself accountable and ensure you are accomplishing all your tasks. Everyone has a different method of organization and studying, so take your time in figuring out what works best for you; it is all downhill from there.

I truly hope that you all have a unique and great start to the new school year and continue to leap at new opportunities. This year may be like no other, but I encourage you to remain positive as you set the tone and build the foundation for the rest of the year. The State Executive Council is excited to see you all at our Virtual Fall Leadership Connection this November!

Sincerely,
Sophia Patel
NJ FCCLA State President

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Get to know the State Executive Council:

What Are We Thankful For?



Sophia Patel

State President

"At this point, I am thankful for my health and my family's health as well as the technology to be able to attend school, talk to my friends, and connect with my peers globally during the COVID-19 Pandemic."



Jityaashri Gurubaskaran

Vice President of Communication

"I am thankful for all the little things in life. When the perfect song comes on to match the moment. Lazy Sunday mornings with a cup of coffee. Waking up way too early just to watch the sun rise. All these things make me extremely thankful for the life I'm living."



Samhitha Mupharaphu

First Vice President

"Something that I am thankful for in my life are my friends. I would not be the person that I am today without their help and support, and I am beyond thankful for everything they do for me!"



Gianna DeBruyn

VP of Leadership Development

"I am most thankful for my family. My mother, father, and sister always know how to bring a smile to my face when I am upset. They are my inspiration."



Ayush Jasnani

Vice President of Membership

"I am very thankful to have a family who loves me and who deeply cares about me. Their love means the world to me and I am so grateful for everything they do for me."



Saheli Brennan

Committee Chair

"I am very thankful for my family who have always been there for me. I am also so grateful for my amazing friends that are ready to blast music at any time, my ukulele, and of course, FCCLA!"



Amrutha Banda

Vice President of Public Relations

"I am most thankful for having a roof over my head, food on the table, and supportive friends and family always by my side. I am also grateful that I have the opportunity to receive a wonderful education in order to fulfill my future goals."



Amanda Chen

Committee Chair

"I am thankful for my family and friends, as they are the most amazing people I know! I am grateful that I have such great support because of them."



Maxx Navedo

VP of Community Service

"I am definitely thankful for my best friends and family. They are extremely supportive and always by my side through thick and thin."



Melanie Mendonca

National Vice President of Competitive Events

"I am very thankful for the good health of all of my friends and family during this difficult time. I am also grateful for chocolate desserts! I love any dessert with chocolate because it is truly amazing."

Virtual NLC in Review !

Samhitha Mupharaphu - *First Vice President*

This year's FCCLA National Leadership Conference was like no other! It was held in a virtual setting from July 7th - July 9th. Members across New Jersey participated in the conference, getting involved in the exhilarating and new experience. All New Jersey members were able to participate and compete in this conference free of charge because the State Executive Council covered the cost of registration. The conference was filled with different activities and sessions that members could fully participate in virtually. National Headquarters used a platform that made it seem like the participants were in an actual conference center, where they could open various doors to different rooms and actually see the stages and the backdrops.

The fun and excitement began with the Opening General Session. National FCCLA made the best possible virtual conference, bringing in all aspects of the in-person session to a virtual format. In this session, members were able to meet the National Executive Council and learn more about their story. The National Executive Council had the State Flag 'walk' virtually in which they displayed pictures of each state flag and the state officer team. The 75th Anniversary Leadership Hall of Fame Inductees were announced. In this elite group were two of New Jersey's very own alumni, Ms. Catherine DiGioia-Weinfeld and Mr. William Plastine! National FCCLA also announced the State Adviser of the Year, who was our very own NJ FCCLA State Adviser Mrs. DiGioia-Laird! The Opening Session featured an amazing speaker, Dr. Julia Garcia, who focused on the message "Never let anyone silence the story inside of you."

The Recognition Session highlighted the National Program Awards and a fantastic Fashion Show that featured the original creations of FCCLA members. The pre-recorded Business Session focused on the bylaw amendment that was passed. The amendment proposed by National FCCLA was "to streamline membership affiliation and adviser on-boarding by removing the junior, comprehensive and occupational membership categories by uniting all members under one type of membership," which passed and will take effect immediately.

In addition to the general sessions, there were many other opportunities available to members! The EXPO Center included almost 100 colleges and businesses. For each business or college, the member visiting was able to chat virtually with a representative and have any questions answered! Some of the booths members could visit included Army Recruiting Command and ROTC Opportunities, Career Safe, Dream Catchers Foundation, Franklin Covey, FIDM, Eastern New Mexico University, and many more! There were also many DEMOs for members and advisers to attend! These included, Cooking with the National President, Best Baking Practices, Differentiate Yourself with ACF Certification, Mask Making, etc. In addition to the demonstrations, members had the opportunity to watch Red Talks, which were given by a variety of people, from other FCCLA members from across the globe to professionals in a certain field. Red Talks included International Fashion Travel, FCCLA's Global Impact, and The Trouble with Fast Fashion. There was also a Project Showcase that presented projects from FCCLA members across the nation! All participants were rewarded points for attending any of these sessions and the people with the most points were given awards at the end of the conference. NJ FCCLA is proud of our very own member, Ishneet Kaur, for coming in first place and winning AirPods Pros!

Another exciting event at the VNLC was the virtual National Officer Election! The election process was a long and grueling process, but NJ FCCLA is excited to announce that a New Jersey FCCLA member will be representing us on the National level! Melanie Mendonca, a rising senior at John P. Stevens High School, was elected to serve as the National Vice President of Competitive Events for the 2020-2021 year!

To close off the conference, National FCCLA held a live closing session and NJ held its own recognition session for members! In these sessions, STAR Event results were announced. Congratulations to all STAR Event participants for the hard work they put into their projects, working through the obstacles the pandemic caused! Despite having to work around the constraints caused by COVID-19, FCCLA still had a very successful National Leadership Conference and presented great opportunities for its members!

Virtual NLC in Review



HOW CAN YOU STAY CONNECTED TO YOUR FCCLA COMMUNITY ONLINE

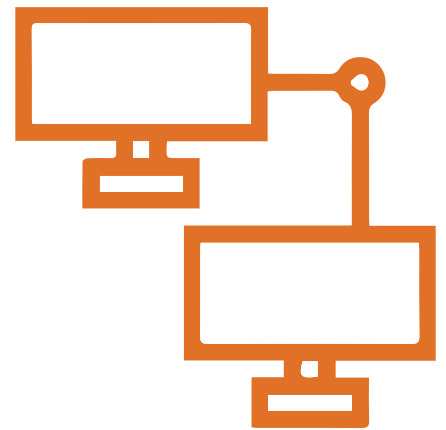
Jityaashri Gurubaskaran - *Vice President of Communication*

During summer it may have been hard to connect with your peers especially since everyone logged off their devices to enjoy the summer heat. A great way to stay involved in the FCCLA community is to follow all their social media. This way you will get all the updates on what is happening and any activities in which you can participate.

Follow @nationalfccla so you don't miss out on big updates such as the national theme for this year. They also post some great tips and advice such as "6 Habits to Becoming Successful" or "Reasons Why You Should Affiliate."

Also, follow @njfccla on Instagram and Twitter! Updates on what is happening with our state association are posted there plus fun extras! More posts such as how to start a chapter will be posted. You definitely don't want to miss out on those posts!

Another great way to keep in touch is to have a social media account for your chapter if your chapter does not already have one. Instagram is a great platform because you can take polls and get people to comment on the posts and repost it on their own stories.



It's Movie Night!

Amrutha Banda

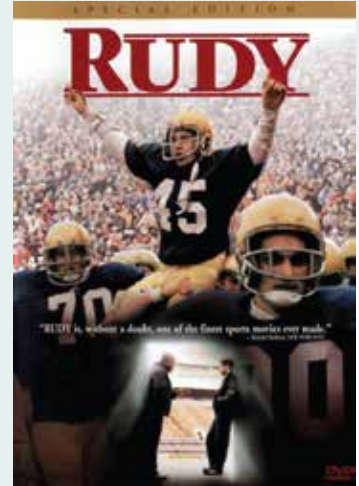
Vice President of Public Relations

Great movies hold powerful messages. They serve to entertain but also spark new ideas and inspire! Watching a good movie is also a wonderful way to pass time when you are bored or just need a stress-free getaway from reality. We compiled a list of 5 tear-jerking and inspirational movies that you will definitely enjoy!

Lady Bird

Available on Netflix

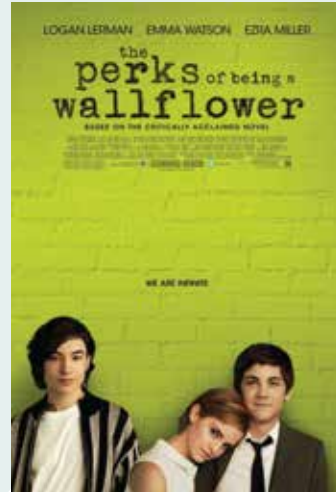
This coming-of-age comedy/drama movie is a relatable, witty, and emotional rollercoaster. A teenage girl who goes by the name, "Lady Bird," is the perfect depiction of a "rebellious" adolescent who has a rocky relationship with her mother. Lady Bird experiences the highs and lows of high school, friendships, her first love, and finally applying to college. Ultimately, she is on the road to finding herself and her beliefs. This bumpy journey of a movie is definitely a worthwhile watch!



Rudy

Available on Hulu

Rudy Ruettiger, a small-town steel mill worker, has aspirations to play football at the University of Notre Dame. Although he has big dreams, there are many obstacles in his path: bad grades, no money for tuition, and minimal athletic skills. Determination, perseverance, and dedication are all Rudy needs to translate his goals into reality. You will certainly feel inspired by watching Rudy's journey to becoming a football player!



The Perks of Being a Wallflower

Available on Netflix

Charlie, a shy and socially awkward high school freshman, is ambushed by the many hardships of adolescence. He breaks out of his shell and blossoms when he meets his new (senior) friend group. With them, he explores the glories of friendship, love, music, and his passion for writing. His short-lived moment of happiness disappears when his new friends leave for college. Watch this movie to understand how Charlie survives without the people who shaped his confidence and personality.

Living on One Dollar

Available on Amazon Prime

This is an award-winning documentary that outlines the journey of a group of friends trying to live in Guatemala with just \$1. The four friends encounter disease and hunger while on the fight for survival. This film perfectly showcases the struggles of extreme poverty in developing nations. You will certainly learn about the lifestyle in Guatemala through this unique voyage!

Pursuit of Happiness

Available on Amazon Prime

This is a movie based on a true story about the life of Chris Gardner, a salesman and a single-father. His already stressful life becomes more problematic when he finds out that he has been evicted from his apartment. The father and son go through the many perils of survival, happiness, and achieving the American Dream. This inspirational movie is surely a worthwhile watch!



Community Service Goes a Long Way

Maxx Navedo - *Vice President of Community Service*

The spread of the Covid-19 has brought many challenges to numerous organizations that serve their communities and people. Acts of kindness and community service are especially needed now more than ever! Did you know that before the pandemic, 1 in 10 New Jersey families were food insecure? Many children relied on schools to provide their meals, but COVID-19 made it difficult for students to get their meals from school. So, what are some community service initiatives that you and your chapter can do? Here are some examples.

GROCERY SHOPPING FOR YOUR NEIGHBORS

Delivering groceries and meals to vulnerable populations, such as senior citizen neighbors or family members, is a great way to help protect them. Show them that you care and that you are always there for them.

FOOD BANK VOLUNTEERING

You can still volunteer at food banks! Food insecurity is at an all-time high. Donating and helping at Food Banks is needed more than ever. Visit www.foodpantries.org/ to find a Food Bank near you to volunteer while using safe practices.

GIVING BLOOD

Due to COVID-19, blood donations have decreased. Giving blood during a time of need can help millions of Americans who are in need for blood transfusions and other major surgeries. Contacting your local Red Cross (www.redcross.org/give-blood.html) is a great place to look for local blood donation sites.

COMMUNITY VOLUNTEERING

New Jersey's Department of State is always looking for volunteers for jobs big and small. Volunteering for the state allows them to allocate resources and workers to other much-needed services. Visiting the NJ Department of State Volunteer and National Service website (www.nj.gov/state/volunteer.shtml) will help guide you and give you up-to-date information about community service initiatives near you.

Senior Corner: College Tips!

Melanie Mendonca - *National Vice President of Competitive Events*

Applying to college this season for the class of 2021 seniors will be like no other. With the global pandemic causing global pandemonium, there have been countless changes to applying to college this season.

1

Start your College Applications as early as possible!

College Applications may not be due for a while, but by thinking proactively and starting early, you can create a stress-free plan for yourself to get everything done in a timely manner. By starting early, you can maximize your time to produce the best essay and material possible to help you advertise yourself to the colleges you are applying to.

Pro-tip: Utilize your time-management skills in a planner to plan out all of your steps and so you stay aware of deadlines in October, November, or December.

2

Find out if the college you are applying to requires the ACT/SAT.

Because some students in the class of 2021 did not get an opportunity to even take these standardized tests, many colleges are dropping this requirement altogether! For many, taking these tests was difficult on top of additional financial burden and risk during COVID-19.

By doing your research, you may not even have to take it!

Pro-tip: Put together a college list with information on what each college offers, requires for application, approximate tuition, and deadlines. Financing Your Future is a great NJ FCCLA Fall Competitive Event that can help you organize this information!

3

Virtual Campus Tours

Colleges stepped up their game this year by offering college tours virtually! Make sure you take advantage of these tours to ask questions and familiarize yourself with the campus as best you can virtually.

Pro-tip: Attend virtual information sessions. Many of these information sessions include a mix of alum, current students, and college representatives. These information sessions are ideally where you should ask your questions because you can receive a wealth of information you might not be able to find online.

4

Your Summer Matters.

Colleges understand that this summer ended vastly different from what you imagined it to be. College admission officers understand that your summer plans changed - whether that be taking up a job, internships, classes, or service/leadership opportunities - and want to see what you did this summer to make it matter despite the challenges. Summer might have been an extremely difficult time; however, colleges want to see what you did to help support your family and what you participated in virtually - maybe FCCLA's National Leadership Conference!

5

Senioritis is not a real disease!!

The first half of your senior year matters to colleges, so make sure you're working hard to maintain your academics. Colleges understand how different and difficult this year will be with virtual schooling; however, being the strong and resilient person you are, you will overcome and succeed!

6

Take a break and relax,

This school year will be extremely busy with adjusting to the virtual world and schoolwork. Make sure you take breaks often and de-stress! You've got this!

MASK UP!

Maxx Navedo - Vice President of Community Service

Masks are vital to wear in order to stay healthy and safe during these unprecedented times. You can always buy them at the store, but what if you made your own! Making your own DIY face mask isn't as complicated as it seems. In fact, there are many ways to make them stylish, effective, and comfortable. Additionally, making your own mask is a great way to save money, reduce waste, and help the environment. Below are 3 simple masks styles that have proven to be beneficial!

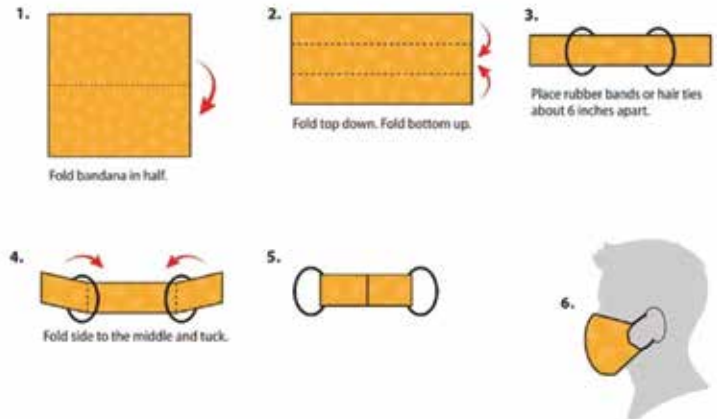
BANDANA MASK

Materials:

- Bandana/ scarf (Make sure the material of your fabric is thick and doesn't let in too much light. The less light that passes through, the better it is for your safety.)
- (2) Rubber bands/hair ties

Directions:

First fold your fabric in half. Then, fold top down and fold bottom up. Place rubbers bands or hair ties about 6 inches apart. Make sure you fold the sides to the middle!



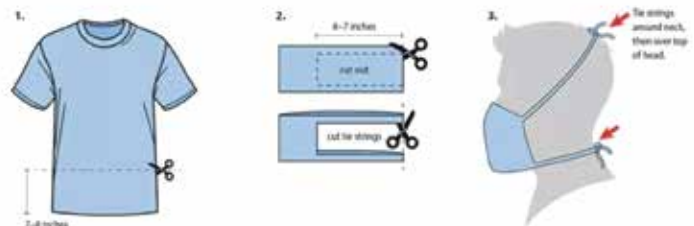
T-SHIRT MASK

Materials:

- One T-shirt (100% cotton and as opaque as possible)

Directions:

Cut 7-8 inches of the bottom of your T-shirt. Then, cut out a 6-7 inch rectangle in your fabric. Lastly, cut your tie strings.



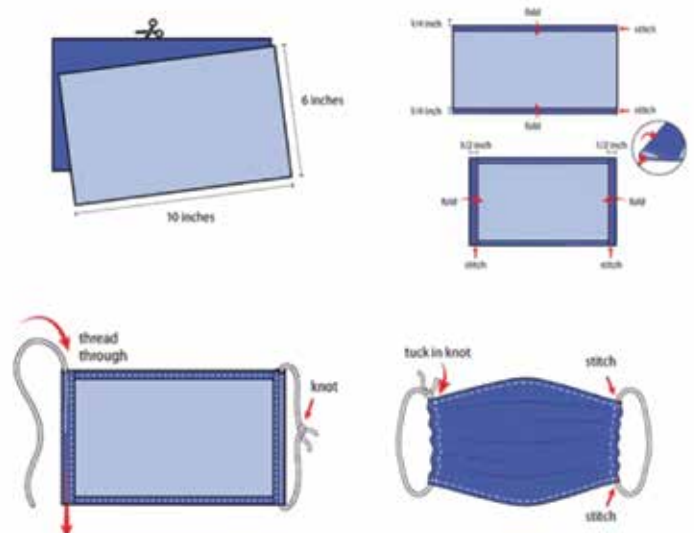
THE REGULAR MASK

Materials

- Sewing Machine or Thread and needle
- 2-6 pieces of Elastic or hair ties
- Cotton fabric (10"x6")

Directions:

This mask can be made using a sewing machine or sewn by hand. First, cut two 6 by 10 in pieces of fabric. Make a ¼" seam allowance horizontally and sew. Then, make a ½" seam allowance vertically and sew. Thread through your elastic and tie a tight knot. You can be the most creative with this mask since you have an infinite amount of colors and designs to choose from!



Now use your newfound skills and make your own DIY masks. Remember, to stay protected and Mask Up!

MEMBERSHIP IDEAS:

How to Recruit, Retain, and Recognize

Ayush Jasnani - *Vice President of Membership*

Virtual school, virtual work, virtual hangout sessions...You know what else is going virtual? FCCLA! That's right, this pandemic won't keep New Jersey FCCLA out of school! As the pandemic has changed life as we know it, New Jersey FCCLA is excited to share new and virtual methods of how to Go for the Red! Go for the Red is National FCCLA's membership campaign, which helps build chapters through bringing in new members. The three parts of the Go for the Red campaign are Recruit, Retain, and Recognize! In order to qualify for the Go for the Red Campaign this year, we will all have to be a bit more innovative with our approach to membership recruitment. Here are some ways New Jersey FCCLA suggests how to Go for the Red:

RECRUIT

The first chapter meeting of the year will be crucial when recruiting members. As chapter meetings are online this year, get the word out to your peers all by the click of a button. Make sure to send members the link to the meeting whether it is on Zoom, Google Meet, or any platform your chapter prefers using. Now that meetings are online, they will be more accessible for students to attend. Make sure to also take advantage of social media. Even a simple text to your friends or group chats will help! As new members start to join your chapter make sure you start to ask for their opinions and what they want to see in future meetings. Listening to the needs of new members will help ensure their participation in your chapter.

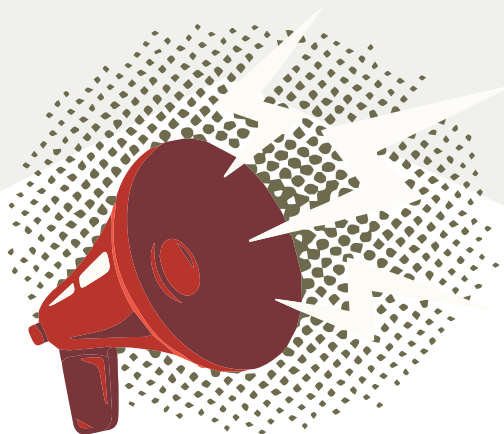
RETAIN

While adding new chapter members is important, do not lose sight of your existing members. These experienced members need to know you value them. Capitalize on their know-how to organize new fundraisers, community service efforts, and events to increase members' enjoyment in FCCLA as we all want to have fun! Some new COVID-19 edition events could be a socially distanced canned food drive at your school or a virtual culinary demonstration. Make sure to think outside of the box this school year!

RECOGNIZE

As always, FCCLA chapters should be recognizing their members' achievements! Recognizing achievements boosts your members' confidence and makes them want to do more for their chapter and community! Starting a member of the month program in your chapter is a great way to recognize outstanding members for their contributions to your chapter! As some schools might not be open to decorate a bulletin board in person, Padlet is an excellent way to create a virtual bulletin board recognizing different members and raise awareness of new initiatives in your chapter!

This school year is setting itself up to be a year like no other. Make FCCLA a beacon of light in your school by providing dynamic and engaging activities. Make it a great FCCLA year with an exciting chapter by recruiting, retaining and recognizing members!



VIRTUAL LEARNING MOTIVATION & BACK TO SCHOOL TIPS

Ayush Jasnani - Vice President of Membership

After 3 months of a socially distanced and hopefully a fun summer vacation, it's time to go back to school! Whether you are attending school in person or virtually this fall, it is extremely exciting to leap into the new school year! To succeed in your academic endeavors, it is essential that we stay motivated and try to keep our peers around us motivated. We have already experienced a taste of virtual learning during the spring/summer of 2020. Your approach might have been filled with procrastination, but now it is time to change those unhealthy habits into ones that will encourage and prepare us for the school year. Here are some effective ways to stay motivated and have a great school year!



1

Create a Weekly Schedule:

Creating a weekly schedule can help you much more than a daily schedule. Planning out your week in advance can lead to an increase in productivity as you mentally prepare yourself for everything you have to get done that week. It also helps you plan out your free time and can save you from forgetting homework or FCCLA tasks!

2

Attend Class and Do Homework in Two Different Places:

As middle and high schoolers, we used to spend our entire day going from class to class in school and then coming back to our desks at home to finish homework. As that is not possible for most of us, attending class in a more comfortable place in your house and doing homework in your workspace can prove to be more effective. Try and attend online class from places like your backyard or a comfy couch and then do work in a place where you can focus, such as your desk.

3

Set Alarms

It is going to be easy to forget about an important Zoom call or a scheduled test/quiz on Google Forms, so make sure to set alarms to remind yourself of what is going on in your week! Get up before your first class, get dressed, and eat breakfast. Prepare for a workday. Teachers usually have their Zoom calls at the same time of day so you should use your smartphone to set recurring alarms for these calls, which will make sure you are not missing anything important!

4

Use Online Platforms to the Max!

Keep your camera on and encourage your friends to as well. It is polite and shows your teacher you are ready to work. It's the closest some of us can get to interacting with our classmates and best resembles the live classroom experience. Don't shy away from chatting with your friends using Zoom's private chat feature, it's okay to do it once in a while, just make sure to focus and listen to your teacher, as you are more accountable for your own education than ever!

5

Listen to your Gym Teachers:

Make sure you are getting that exercise in by going outside to have some fun! A change of scenery between online lectures can be refreshing for the brain and help you retain the information!

How to Organize Your Chapters in a Virtual Setting

Samhitha Mupharaphu - *First Vice President*

As we all learn how to function and adapt during this difficult time, it is important to continue to stay as active and engaged as possible. Although it is a struggle to not be able to go out frequently and visit friends, you can still do things from your home in a virtual setting, to best replicate a version of “normal.” Maintaining your chapter can be a great way for you to have a sense of normalcy as well as create a positive experience for your peers. Interaction with your peers and developing leadership skills is still important, especially during a pandemic when members feel isolated. There are many ways to organize your chapter virtually and create opportunities for members to interact.

1. CREATE A GOOGLE CLASSROOM:

Having a Google Classroom for your chapter will be a great way to update everyone at the same time and keep everyone on the same page virtually. This can reach all your members and is extremely easy to use! There are also features where you can assign work or put out links/any other information that you need people to know. If you cannot make a Google Classroom, having a group chat is always a great alternative. Some options for group chats are Google Hangouts, GroupMe, WhatsApp, Telegram, Slack, and Signal!

2. CREATE FUN VIDEOS/ONLINE TRENDS TO PROMOTE YOUR CHAPTER AT YOUR SCHOOL:

Put together some new internet trends with your FCCLA chapter and create fun content to grab the attention of new members! Maybe use some trends on Tik Tok and create your own twist of the video with your chapter. For example, you put a spin on the “catch and throw an object to each other” trend, using different clips that everyone films on their own.

3. HAVE VIRTUAL MEETINGS:

Virtual meetings where members can see each other on screen is one of the best ways to get members involved and excited for meetings! At a time when most people are lacking social interaction, having these real time meetings could be very beneficial. For chapter meetings that are professional and business like, using platforms such as Zoom and Google Meeting would be optimal, as they have features such as sharing screens. For meetings that are a little more casual, you can use apps like Houseparty, Bunch, and FaceTime! With these apps you can play games virtually, play music, and do other fun things that are features on the app!

4. DOING FUN ACTIVITIES VIRTUALLY:

You don't need to always focus on work at your meetings! Have fun meetings with your chapter every now and then! Some fun ideas would be breakout rooms, virtual game nights, and movie nights! Zoom would be a great option for meetings such as this, as they have many different features such as putting attendees in breakout rooms and screen sharing. For a movie night, you can also use extensions such as Netflix Party, Disney+ Party, MyCircle TV, and Watch2Gether!

These are just some ideas to start the year. Remember to think creatively and have fun when organizing virtual meetings!! There are still so many ways you can have fun and stay safe!



FALL FASHION ALERT

Melanie Mendonca

National Vice President of Competitive Events

One of the best ways we express ourselves every day is through fashion! What we proudly wear is what we proudly represent. The styles of this season remain relevant despite the pandemic and will help you look your best for your back-to-school Zoom calls! Fall 2020 trends include a comeback of the fabulous 80's, versatile fabrics, and loads of prints! Below are the projected trends for Fall 2020!

Print Madness

From patchwork to houndstooth and punky plaid, print fabric is in. These fabrics are being incorporated into everything from sweaters to dresses to skirts to capes and more!

Grey is Golden

Fall 2020's look is metallic and gray. From the cool, graphite greys on the runways, grey is the new neutral to look for. Especially the punky metallic greys on sequin tops, dresses, and more.

Exaggerated Accents

The 80's made a comeback with exaggerated accents. Designers are putting a modern twist on these old classic trends with exaggerations and metallic accents.

Use these trends to help you find your style!

"Life's too short to wear boring clothes."

- Carly Cushnie and Michelle Ochs



Free Apps to Enhance Your Stay-At-Home Experience

Jityaashri Gurubaskaran - Vice President of Communication

Staying at home can be incredibly relaxing at first, but then you must start to wonder, “what else can I do?” The boredom that not even mindlessly scrolling through your social media can solve. Well, here are a couple of apps that can cure that boredom and enhance your stay-at-home experience!

Staying at home doesn't mean you should give up exercising entirely! Exercising your body is a good thing and keeps you healthy in the long run.

Zombies, Run!

This app gives you a storyline to follow. You are a runner in a world where zombies have taken over. You must collect items, such as food and other material, and bring them back to your home base without the zombies getting to you. There are also plenty of missions to complete! Just put in some headphones and start a mission whenever you go out to run or walk. The best part is that while you are running or walking there could be zombies coming after you so you must change your route or go faster in order to get away!

Fitness Coach

In case you prefer staying at home or in the vicinity, this is a perfect app! It allows you to build a workout plan and watch different workout videos every day. It also has a calendar that checks off every day you work out so you can see how much hard work you put into it!

Staying at home means finding new hobbies to strengthen not only your body but also your mind.

Duolingo

This is the perfect app to start learning a new language! It is very easy and fun to get into once you start. There are a plethora of languages available from, including Spanish, German, Italian, French, and more! It also has reminders that tell you to do your daily set amount of time so you can start speaking the language even better. Who knows, maybe one day you'll get to travel and put your new skills to good use!

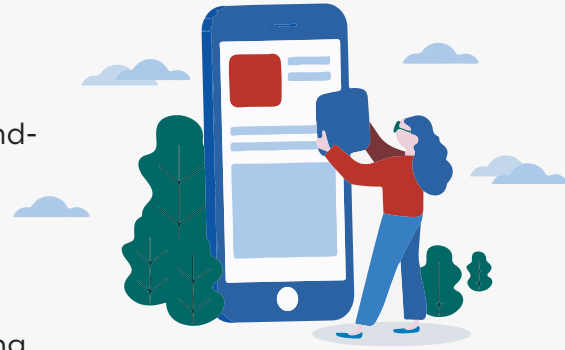
Wordscapes

This app is a fun game, a mix between a crossword puzzle and word anagrams. It's a great way to relieve stress by sitting back and trying to figure out what words you could make from the letters given to you that would fit in the boxes.

And a fun bonus!

Mario Kart Tour

A personal favorite of mine. Mario Kart is a classic, and now it has been made into a free app! Once you start racing and figure out your style, whether it is sabotaging the other player with banana peels or focusing purely on getting ahead, you'll have a blast! It is also multiplayer, so connect with your friends and play games together online.



Freshman Corner:

Making New Friends During a Pandemic

Amanda Chen - State Committee Chair

The beginning of this extraordinary school year is one to remember and is bringing a lot of change! Without face-to-face interactions, the process of meeting new people has taken a turn in our lives. However, with technology and other resources, making new friends during a pandemic is not as hard as you may think!

TIP 1:

REACH OUT TO OTHER MEMBERS IN YOUR CHAPTER!

After all, you will be working with chapter members during the school year! Regardless of grade level, you may find yourself with the same interests, and you can even form a conversation about FCCLA! Utilizing emails, Google Hangouts, or reaching out to someone in the chat box during a zoom meeting, there are a plethora of virtual communication options to use.

A sample conversation starter would be: "Hey! I'm (insert your name here)! I think we met at a roundtable at FLC. Super excited to be working with you!" or a simple "Hi!" would suffice. If this is your first year of FCCLA, don't hesitate to ask any questions; those are also great ways to get to know fellow members and officers!

TIP 2:

SAY HELLO TO CLASSMATES!

If you are a freshman, you will likely have classmates you have never met before, regardless of which middle school you attended! Reach out to someone after a Zoom meeting and start a conversation.

For example, "Hi! I'm (insert your name), we have the Interior Design class together. It was nice meeting you today!" is a short and easy way to introduce yourself!

TIP 3:

ZOOM ETIQUETTE GOES A LONG WAY

As far as Google Meet and Zoom calls go, keep track of your body language, posture, and attitude! Even though this may be harder virtually, people are drawn more to people who look approachable, so a simple smile can be a great first impression. Make sure your camera background is not too distracting!

TIP 4:

CHANNEL YOUR CONFIDENCE!

Regardless if you are an extrovert, ambivert, or introvert, sometimes all you need is some confidence. With this virtual world, it is easy to reach out to someone through text, emails, and more! Simply being the first one to start a new chat can be an easy way to get to know someone better.

TIP 5:

CONNECTIONS!

In-person or virtual, being yourself is always a great way to make new friends. If you are nervous, you can ask your friends to introduce you to their friends from the other middle school! Starting a giant group chat is an easy way to meet and network with new people. FCCLA meetings are another great way to meet new members.

Ideas for a Fun Virtual Spooky Season

Gianna DeBruyn *Vice President of Leadership Development*

We all love Halloween. Between the creative costumes, scares that make you jump, and the free candy, the spooky season has so much potential for a good time. Due to the current Pandemic, we may not be able to live out the full Halloween experience in all its glory. Now, do not let this bring down your spooky spirits. Here are a few ways to have a fun Halloween while practicing social distancing!

Because the beloved activity, trick-or-treating, may not be a possibility this year, there is a twist you can put on this to make it safer, while still getting your sweets! This concept is called Booing! First, you pack up a brown paper lunch bag and fill it with individually wrapped candies your friends and family will enjoy. Then, you attach a card similar to the image. After your booing bag of treats is ready, you go to a friend or family member's house and drop it at their front door. Once the bag has been delivered, you ring their doorbell and quickly run away, leaving your bag of treats. Once you are home, you can either message them and let them know it is you who left the candy or let them leave it up for their imagination. Remember, always do this with clean hands and a mask to prevent the spread of COVID-19.

Another way to have a fun Halloween experience is to host a Virtual Halloween party! You can use any platforms such as Zoom, Google meets, Skype, and many more. If you decide to use Zoom, the host can share his or her screen to play games such as Halloween Themed Bingo (distribute bingo cards before hand), Halloween Jeopardy, or a Kahoot! There are so many options for games and activities through these virtual meeting platforms.

Overall, the possibilities are endless when it comes to an exciting social distancing spooky season. With the right amount of effort, you can make Halloween this year better than it has ever been in the past. Though it may be a different experience, there is nothing stopping us all from having a great time.

Improving Mental Health

Gianna DeBruyn *Vice President of Leadership Development*

As we all know, the past few months have taken a toll on our mental health due to quarantine. It has been hard to keep in touch with friends and family which may have caused our relationships and mental health to suffer. Though you may have struggled through these unprecedented times, here are a few ways to improve your mental health through engaging with your community and organization.

There are many ways to engage with your organization. NJ FCCLA is offering virtual leadership conferences in place of our past in-person meetings. Attending these conferences will help you stay in the loop of everything happening on the state and national level. On the chapter level, there are many ways to keep your chapter members involved. Using tools such as Zoom and Google Meets, you can host chapter meetings to keep chapter members informed. Contact your chapter adviser and chapter president to begin virtual chapter meetings, if you do not have them in place already.

Staying involved in your community is a great way to improve mental health. Ways to do this are donating to local food banks in your area and keeping up with the latest news put out by your town or school relating to updates with COVID-19. Most school districts have a plan in place about when and how we will be attending school this fall, whether it is virtual or in person. Are you up-to-date on your district plan? If not, visit your school's website or social media pages, for there is bound to be information on the topic.

Staying engaged with your community and organization are two very effective ways to improve your mental health. We all struggle with mental health and it is very important to share ways to improve it. Your mental health is important to us, and through communication with peers and family you see an increase in your productivity, happiness, and strength in relationships. If you ever need someone to talk to about declining mental health, your advisors, parents, teachers, and chapter members are a great place to start.

Pumpkin Spice Cupcakes

A wonderful treat to enjoy after Thanksgiving dinner, this fall-flavored cupcake is the best dessert to make with friends and family alike!

Yields: 24 cupcakes
Prep Time: About 20 Minutes
Total Time: 45 minutes + Cooling Time

INGREDIENTS

3/4 cup butter, softened
2-1/2 cups sugar
3 large eggs, room temperature
1 can (15 ounces) solid-pack pumpkin
2-1/3 cups all-purpose flour
1 tablespoon pumpkin pie spice
1 teaspoon baking powder
1 teaspoon ground cinnamon
3/4 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon ground ginger
1 cup buttermilk

FROSTING:

1 package (8 ounces) cream cheese, softened
1/2 cup butter, softened
4 cups confectioners' sugar
1 teaspoon vanilla extract
2 teaspoons ground cinnamon



DIRECTIONS

1. Preheat your oven to 350°. Cream the butter and sugar in a large bowl until it is light and fluffy. Beat one egg into the mixture at a time. Add your pumpkin. In a separate bowl, sift together the flour, pumpkin pie spice, baking powder, cinnamon, salt, baking soda, and ground ginger. Add the dry mixture to the creamed mixture, alternating with the buttermilk until fully incorporated. Be careful to not over mix.
2. Fill approximately 24 lined muffin cups $\frac{3}{4}$ full. Bake for about 20-25 minutes or until a toothpick pushed into the center of each cupcake comes out clean. Let the cupcakes cool for about 10 minutes before taking them out of the muffin tin and transferring onto a wire rack to cool completely.
3. In another large bowl, beat the cream cheese and butter until the mixture is fluffy. Beat the confectioner's sugar, cinnamon, and vanilla into the cream cheese and butter until it is smooth. Frost the cupcakes and refrigerate the rest.
4. Decorate as you please or leave them as is. Enjoy with a nice cup of hot apple cider (optional!).



What to Expect at the 2020 FLC!

Sophia Patel - *State President*

BREAKING NEWS! The Fall Leadership Conference is back and better than ever! Get ready for the first ever combined CTSO Fall Leadership Conference! Joining FCCLA this year are five other Career and Technical Student Organizations who are ecstatic about providing you with one of the most unique, virtual conference experiences in the history of our organization.

Join us remotely from November 16th through November 19th to discover your leadership potential, learn from a variety of workshop presenters and speakers, learn through participation in competitive events and network with not only FCCLA members, but also members from various CTSOs across the state. The conference will take up approximately 2 hours each day and start after school hours. Currently, there are over 25 competitive events available for NJ FCCLA members which will soon be sent out to all chapter advisers for their members. Learn more about Family and Consumer Sciences and develop real world skills as you compete in areas such as child growth and development, leadership, fashion, culinary/food and more! Everyone who participates in competitive events will be recognized at an Awards Session at the conclusion of the conference!

Additionally, this is an amazing opportunity to learn more about FCCLA if you are a new member. State Officers and select chapter officers will be hosting “roundtable presentations” in which you can learn more from your peers about our organization and the various opportunities such as National Programs, community service, membership recruitment, competitive events and more!

There is a place for everyone at this conference, and I guarantee you will not regret participating. Unite with us as we fulfill our Mission: A Brighter Tomorrow at this conference! This conference will be packed with workshops, leadership training opportunities, networking, keynote speakers, motivation, and fun. This is definitely an experience you don’t want to miss! Hope to see you there!

Power of One: Why Participate & How to Get Started

Amanda Chen - *State Committee Chair*

Have you ever wondered what your future career would look like, only to realize you did not know what you wanted to become? Have you wanted a better relationship between your family, but never got around to it? Do you have a bad habit you never changed? Luckily for you, FCCLA offers a National Program called Power of One! This program contains 5 units to help you develop yourself in different areas by practicing and achieving SMART goals. The 5 Units offered are:

- A Better You: Improves personal traits
- Family Ties: Get along better with family members
- Working on Working: Explore work options, prepare for a career, or sharpen skills useful in business
- Take the Lead: Develop leadership qualities
- Speak Out for FCCLA: Tell others about positive experiences in FCCLA

It is simple to get started! Talk with your adviser about a Power of One Packet. Then go to the National Programs tab at fcclainc.org, and click on Power of One to download the editable file: Power of One FCCLA Recognition Application.

Developing self-directed projects for each unit will make this National Program personal and relevant! Be sure to meet with your chapter adviser to get feedback and have your projects approved. One tip is to identify what you genuinely want to accomplish. For example, if you are struggling with time management, you can learn to effectively manage your time by setting up a schedule and planner in "A Better You." The editable application will allow you to document your accomplishments and results!

Resources, information sheets, and project examples can be found on the National website for your convenience. Achieve goals that will make positive changes and take this opportunity to become well-rounded in different areas of your life!

Finished achieving your projects? Amazing work! Have your chapter adviser sign your Power of One application and submit it to the FCCLA portal by March 2, 2021 for recognition! Participants in this program receive recognition at FCCLA's National Leadership Conference as well as on the FCCLA website! Make it your mission to develop a brighter tomorrow by completing your Power of One today!

Who Said Fundraising Had to Be In-Person?

Saheli Brennan - *State Committee Chair*

Here are two interesting and enjoyable fundraising initiatives to help boost your chapter's finances during this pandemic.

VIRTUAL 5K

With this fundraising initiative, you are not only promoting staying healthy through exercise, but also having the opportunity to reach a wide audience with something so versatile.

These 5Ks can be done from anywhere and require little set up. Have all your participants download the same mobile exercise tracker with a GPS. There are a wide variety of free apps available, such as RunKeeper, Nike Run Club, Endomondo, and so many more. Each participant can submit a screenshot of their completed route through a Google Form (free) or other data compiling form or program.

The best part is that you can allow different types of movement! Participants could run, walk, bike, rollerblade-- whatever kind of place-to-place aerobic exercise they would like--while social distancing. Each participant can use their own route and just complete the same distance rather than gathering in a central location.

Encourage fellow classmates and members to get their own family, friend, teacher, or business to sponsor them for participating in this challenge. Ask them to contact potential sponsors to sponsor a specific kilometer that their participant runs or the whole 5K and/or ask participants for a small entry fee.

As you can see, there are so many ways that you can hold this type of fundraiser. Not only is this good for your chapter monetarily, but it also promotes self-care and exercising for a healthier lifestyle. This is also a great project for the Student Body National Program! This type of event is a win-win for all!



Who Said Fundraising Had to Be In-Person? (Cont.)

VIRTUAL TALENT SHOW

Another great fundraising opportunity is to call on your members to host an interactive talent show via Zoom, Google Meet, or another video platform. Not only is this an awesome opportunity to show off your extremely talented members, but it is also a cool way to engage new audiences (therefore, serving as another purpose of promoting membership!) through music, cooking, sewing/fashion, and more.

Especially during quarantine, this is something a lot of celebrities are doing, too! For example, musical artist Katy Perry held livestreams for the month of August every Sunday, called "Smile Sundays," to promote the release of her new album, Smile. Even New Jersey as a whole held a televised event called "Jersey 4 Jersey" that featured several celebrities from New Jersey to help raise spirits in the wake of COVID-19. Overall, this is a wonderful idea that can help promote your chapter and the events that you plan on having in the future.

What makes this so easy is that you only need a few people and a video chat/livestream or video editing platform to execute this! You can have trivia during breaks, transition periods, or talk about new events. This type of virtual show can gain a lot of attention and you can accomplish increasing membership, promoting your events or community service initiatives, and fundraise all in one event!



Fun Fall Recipes

Saheli Brennan - *State Committee Chair*

Refreshing summer fruit flavors after spending the day outside and smoky barbeque by the fire can be hard to bid adieu as the fall begins. Thankfully, food is a gift that can be shared year-round and NJ FCCLA has got you covered with some equally delicious fall-flavored dishes!

Baked Apple Crisps

With the warming fall flavors of cinnamon and apple, these Baked Apple Crisps are the perfect autumn snack!

Yields: About 2 Servings

Prep Time: 5 Minutes

Total Time: 3 Hours

Ingredients:

2 apples, thinly sliced

2 tsp. of Sugar

½ tsp. of Cinnamon



Directions:

1. Preheat your oven to 200 degrees. Mix the cinnamon and sugar together in a large bowl. Toss together the apples and cinnamon-sugar mixture.
2. Place a metal rack inside a rimmed baking sheet. Lay the apple slices on top of the rack so that no slices overlap.
3. Bake the apples for 2-3 hours, flipping the apples halfway through. The apples should be crisp, but still a bit flexible. Note that the apples will continue to crisp as they cool.
4. Let the crisps cool fully and enjoy!