

PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Congratulations to everyone who attended the 2019 National Leadership Conference in Anaheim, California! Our state believed in ourselves, bringing back 68 gold medals, 63 silver medals, and 12 bronze medals! Thank you all for representing New Jersey in such an outstanding manner. At the conference, New Jersey members had the chance to attend workshops/-expos, network with members across the nation, and learn so much about leadership within our organization. Congratulations to Kiran Kumaranayakam for representing New Jersey and the North Atlantic Region on the National Executive Council.

Now, with summer winding down, welcome back to the start of a brand new school year! I hope everyone had an enjoyable summer full of fun, laughter, and great memories. I know going back to school can be tough, but I encourage you to take advantage of opportunities that the new school year brings. The start of the year is an amazing time to try something new. Whether it is playing a new sport, taking on a leadership role in FCCLA, or pursuing a new hobby, you never know if you will enjoy something until you try it. So, be bold and take the leap to new opportunities!

Additionally, the start of the year reveals many opportunities for FCCLA chapter growth. One of your primary goals should be to start membership off strong to ensure success for the coming year. One incentive is national FCCLA's "Go For the Red" Campaign. This campaign provides an incentive to grow membership in your chapter. If you recruit three or more members to your chapter, you can earn a free t-shirt from national FCCLA! Explain the unlimited possibilities FCCLA has to offer to your peers by encouraging them to come to general meetings and the Fall Leadership Connection on November 25th at the Pines Manor. Enhance your public relations skills by grabbing a spot at the Club Fair, creating bulletin boards, hanging up flyers about general meetings, writing press releases about your chapter's efforts, and making social media posts to reach all students!

As you start the year, make sure to set goals for yourself academically and in FCCLA. Creating a Program of Work is an amazing way to outline everything your chapter wants to accomplish by the end of the year. It will surely keep your chapter executive council on task. For reference, you can visit the NJ FCCLA website to see the 2019-2020 NJ FCCLA Program of Work.

I wish you an amazing start of the school year filled with new opportunities and experiences. The beginning of the year is crucial for you academically and in FCCLA as it sets the foundations for the rest of the year. The State Executive Council is looking forward to seeing you all at the 2019 Fall Leadership Connection!

Sincerely,
Sophia Patel
State President

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NATIONAL LEADERSHIP CONFERENCE IN REVIEW

Samhitha Mupharaphu - *First Vice President*

This year's FCCLA National Leadership Conference was held in Anaheim, California from June 30th - July 4th. Almost 170 members across New Jersey participated in the conference, getting involved in the exhilarating experience.

When members weren't working on their projects or attending any conference workshops, there were many fun excursions to see all that Anaheim has to offer. These excursions included places such as Knott's Berry Farm, Disney's California Adventure, Disney's Magic Kingdom, and many other attractions in the area!



Before the Opening General Session, New Jersey FCCLA held its state meeting. The State Executive Council put together an informative and lively meeting for their members. As the members entered the meeting room, they were given a candy bag with different candies chosen by the State Executive Council. Members were able to meet the State Executive Council for the first time and learn about them. There was also a fun ice-breaker to get the members talking to one another. After the meeting concluded, NJ FCCLA moved to the front of the Anaheim Convention Center to take a state picture and chapter pictures. The State Meeting was definitely a success!

National FCCLA started the conference with an amazing Opening General Session, which included an introduction of the National Officers, a skit, and an invigorating speech by Kyle Scheele. If you want to see more of Scheele, you can visit his website: <http://kylescheele.com/>

Throughout the conference, there were many EXPOs and workshops available for members. A new workshop that was given was Leadership Academy, which a handful of New Jersey FCCLA members participated in. The main focus was to teach students that leadership is something that you need to work on every day; leadership is a lifelong journey.

At the business meeting, the voting delegates approved the proposed amendment that moved the fiscal closing date for the organization. At this session, the fashion show took place and the members involved did an amazing job! Four New Jersey FCCLA members and their creations were showcased; congratulations to Khushi Patel, Andrea Marris, Nicole Morrone, and Rakshana Chinnasamy Sethuraj.



Towards the end of the conference, members participated in both the Awards Session for competitive events and the Closing General Sessions. The awards session went extremely well and New Jersey took home many medals. New Jersey has two big scholarship winners. The winners are Andrea Maris from John P. Stevens High School who placed first in Fashion Design and Ciara Banks, Maiyah Green, and Tanner White from Camden County Technical Schools placing second in Hospitality, Tourism, and Recreation! The full list of the results can be viewed on the NJ FCCLA website.

Overall, the 2019 National Leadership Conference in Anaheim, California was a success!

TIME TO GIVE THANKS

Adedoyin Ayeni - *Committee Chair*

Every fourth Thursday of November, millions of Americans celebrate Thanksgiving. It is a National holiday created to give thanks and spend time with family. The “F” in FCCLA stands for family, as it is the core unit of society. Make the best out of your special time with your family. Here are 4 activities to do with your family over Thanksgiving.

1

Volunteer Together

Thanksgiving is the perfect time to give back to your community. Volunteering for a local soup kitchen or your local peace corps can be a perfect activity to help people around you and spend time with your family.

2

Plan a Big Family Football Game

Playing Football is a fantastic way to gather the family, enjoy the fresh air, and have a great time.

3

Game Night

Grab your family for some good old fashioned games. From Monopoly to charades, you are bound to have an amazing time bonding with your family.

4

Family Photo Shoot

A picture keeps a moment from running away.

Grasp the moment with your loved ones by planning a family photoshoot. It is a simple and inexpensive way to make lifelong memories, as all you need is a phone/camera.

Spending time and making memories with loved ones will surely result in a wonderful Thanksgiving. Try out some of these activities, and strengthen the bonds with your family.

HOW TO INCREASE MEMBERSHIP

Gianna DeBruyn - *VP of Membership*

School is back in session and with FCCLA kicking off in your chapter, increasing membership is important. This past school year, New Jersey FCCLA had a membership increase and we want to stay on the same path. There are several methods to increase membership; remember that bringing in new members is just as important as supporting returning members.

Most schools have a new student orientation for incoming students. At these orientations, you can set up a table dedicated to FCCLA. Have chapter officers at this table inform students about everything FCCLA has to offer. You can create a trifold board or brochures to attract potential members. You can have students who are interested in joining jot down their name and email, so when it comes time for the first meeting, the student will be informed.

Another FCCLA membership campaign that you can use is Go For the Red. It provides incentives for members and chapters working to increase membership. There are many awards that chapters or members can receive for participating in Go For the Red. The Individual Award is for members who recruit 3 or more members into FCCLA by April 1st. If the applicant meets all of the qualifications and deadlines, they will receive a special Go For the Red t-shirt! There is also a chapter award offered by National FCCLA. The chapters will be awarded bronze, silver or a gold status based on how many members they recruit. If a chapter recruits 10 members, they will be awarded bronze, 15 members will be awarded a silver and 20 members is an award of a gold status! Go For the Red empowers students to recruit, retain, and recognize members; so make sure to get involved and check out <http://fcclainc.org/membership/membership-campaign.php> for more information.

Make membership a priority for your chapter!

NATIONAL FALL CONFERENCE

Sophia Patel - *State President*

Come one, come all to the 2019 National Fall Conference. From November 14th to 17th in the Lone Star State of Texas, FCCLA members from across the nation will gather for the 2019 National Fall Conference! The conference will be a great chance to network with thousands of FCCLA members, attend exhibitions, explore different career pathways, and have a blast. In addition to attending the conference, have fun sightseeing, enjoying delicious Texas barbeque, visiting Dealey Plaza, and gazing at the city's view by night.

At the conference, members can participate in Skills Demonstration Events such as Fashion Sketch, FCCLA Creed Speaking & Interpretation, FCCLA Knowledge, and much more! These events provide opportunities to demonstrate college and career-readiness skills in FCS and related occupations.

Additionally, members can take part in the FCCLA/LifeSmarts Knowledge Bowl. The Knowledge Bowl is a three-level team competition that tests members' knowledge in six content areas related to Family and Consumer Sciences Education. These content areas are: Personal Finance; Consumer Rights & Responsibilities; Technology; Health & Safety; Environment; and FCCLA Knowledge. The Knowledge Bowl will put teams through fast-paced, quiz game-styled competitions and allows members to learn more in-depth information about Family and Consumer Sciences and FCCLA. The finals will be held at the 2020 National Leadership Conference in Washington, DC!

The conference will be held at the Kay Bailey Hutchison Convention Center and Omni Dallas Hotel in Dallas, Texas. Keep in mind that registration for the conference and competitive events closes on October 15th and is available on a first-come, first-serve basis. Make sure to hurry up, register, and take advantage of this opportunity to make the National Fall Conference a part of "Your Story!"

FUN FALL FUNDRAISERS

Samhitha Mupharaphu - *First Vice President*

Schools are getting back in session and that means that the bake sales are back in session! However, if you want some other ideas for fundraisers as your school, take a look at the list below!

1 Car Wash - Holding a car wash at your school is a great way to make money! It costs close to nothing to have, but has the potential to bring in a lot of profit! Make sure to tell everyone you know to bring a car!

2 Movie Night - Who doesn't like watching the latest new movies with their friends? Host a Movie Night at your school's auditorium or somewhere with a lot of space! This is a perfect way to spend some time with your friends but also make some money for your chapter!

3 Shoe Drive - You can host a shoe drive in your community by reaching out to funds2orgs.com. They will provide you with some boxes to set up and once you collect the shoes and send it back to them, they will send you a check in the mail! Here is the link to work with them:
<https://funds2orgs.com/get-started/>

4 Selling T-Shirts - Make your very own T-Shirts and sell them at your school for a profit. This is a good way to get the word out about FCCLA at your school while also raising money for your chapter's needs.

5 Host a 5K Run - Now this might be a lot of work, since you need to run a whole event, but if you put your mind to it you can do it! Plan out a route for the runners to take, get plenty of food and water for your participants, and watch the event unfold in front of your eyes.

Overall, I hope that you put these fundraisers to good use with your chapters!



LifeSmarts
Learn it. Live it.



TAKING DOWN TOBACCO

Sophia Patel - *State President*

E-cigarette use, in just one year, has skyrocketed seventy-eight percent. With one in every five high schoolers and one in every twenty middle schoolers becoming addicted to the nicotine filled product, the U.S. Surgeon General has officially labeled it an epidemic. The main drivers of the epidemic include JUUL and Big Tobacco, a reference to the five largest global tobacco companies in the world.

In the U.S. alone, tobacco usage kills more than 480,000 people every year and is currently the leading cause of preventable death. FCCLA has partnered with the Campaign for Tobacco-Free Kids, a nonprofit organization, to advocate against tobacco usage as part of the national program, Student Body. The Campaign for Tobacco-Free Kids has created "Taking Down Tobacco" to help curb this epidemic. Taking Down Tobacco is a youth advocacy training program available online and in person that empowers youth to create change in their schools and communities. Online courses and resources are available for free to help us learn about the dangers of tobacco and how to use our voice to fight against it.

Getting involved is super easy! All you have to do is visit the Taking Down Tobacco website (takingdowntobacco.org), create an account, and learn about Taking Down Tobacco 101, which is an introductory course explaining tobacco's harmful effects, cunning marketing techniques used by Big Tobacco, and proven ways we can help win the fight against tobacco. From there, you can become a trainer to learn more ways to advocate in your community. After taking introductory courses, you unlock multiple courses

about contacting local officials, writing for the media, and messaging. The more courses you take, the more points and badges you gain and the higher you move up the leaderboard.

National FCCLA has created a contest; the first 25 chapters to lead a Taking Down Tobacco 101 training will win \$100. If your chapter hosts a training for at least 75 youth, you will be entered to win a \$1000 cash prize. Moreover, Kick Butts Day on March 20th is a national day of activism where students nationwide hold events to stand up against Big Tobacco. On this day, student leaders can raise awareness of the tobacco epidemic in their local communities and to local officials. Every chapter is encouraged to join the movement and host a Kick Butts Day Event. Visit the National FCCLA Website and the Kick Butts Day Website to find out how to hold your own Kick Butts Day event.

We all play an important role in the fight against tobacco. It is up to us whether we want our future to go down at the hands of smoke. With your help, we can truly **#BeTheFirst** tobacco free generation this world has ever seen.



GET TO KNOW THE STATE EXECUTIVE COUNCIL!

Adedoyin Ayeni - *Committee Chair*

Sophia Patel

State President

Grade: 11

Q: What do you love most about FCCLA?

A: What I love most about FCCLA is the fact that there is an opportunity for everyone to get involved. Whether you enjoy fashion, community service, public relations, networking, or advocacy, FCCLA has a multitude of ways you can get involved in your community!

Samhitha Mupharaphu

First Vice President

Grade: 11

Q: Why did you join FCCLA?

A: I joined FCCLA because the organization is very well known at our school and because I knew former members who had such great experiences. Also, I really loved the way the first meeting I attended went, the way the members interacted, and all the principles for which FCCLA stands.

Gianna DeBruyn

VP of Membership

Grade: 9

Q: What is your favorite competitive event & why?

A: I would say that my favorite competitive event is Illustrated Talk because the topics are endless. You can focus your project on basically anything you want as long as there is a relation with the FCS standards. For that reason, it makes doing my project so much more enjoyable and gets me excited to work on a topic about which I am passionate.

Melanie Mendonca

VP of Community Service

Grade: 11

Q: What is your favorite FCCLA memory?

A: Although I love and cherish every FCCLA memory, my favorite memory would have to be trading pins and meeting new people at the National Leadership Conference.

Chelsea Olender

VP of Leadership Development

Grade: 12

Q: What do you love most about FCCLA?

A: What I love about FCCLA is the connections I have built over the past 6 years of being a member. I have met so many people, including members, state officers, government officials, and more! Making connections has helped me gain the communication skills that I have today and will use in the future.

Samantha Matson

VP of Communications

Grade: 12

Q: What is your favorite competitive event & why?

A: My favorite competitive event is Storybook Ethics because it allows for a lot of creativity to build props and perform a skit, which is very fun! I've also enjoyed the teamwork I experienced through this event.

Adedoyin Ayeni

Committee Chair

Grade: 9

Q: What is your favorite FCCLA memory?

A: My favorite FCCLA memory would have to be the pull out sessions during the Fall Leadership Connection last year. I learned so much about leadership and FCCLA.



GETTING READY FOR FLC!

Samhitha Mupharaphu - *First Vice President*

The school year is starting up again and that means it is time for the annual NJ FCCLA Fall Leadership Connection! The Fall Leadership Connection is being held on November 25th at the Pines Manor in Edison. This Conference is an opportunity for members from across the state to get to know one another, listen to amazing speakers, learn about the different opportunities that FCCLA has to offer, and compete in one of the fifteen competitive events provided. From the beginning of the day to the end, NJ FCCLA members will have a fantastic experience.

After the Opening General Session, members will have the opportunity to participate in roundtable presentations. There will be time allocated for students to visit the roundtable presentations from a selection of up to 25 presentations. There will be some roundtable presentations by colleges, some about STAR events, and others on the FCCLA National Programs. Adding on to these amazing presentations, there will be an amazing speaker to give us a new insight in life and our leadership qualities!

Another highlight of the conference is the opportunity for members to network with other students across the state. Communication and networking are key skills to develop as you work on your qualities as a leader. Good verbal skills are essential for you to expand your life skills. Communication and networking are just some of the many skills that FCCLA is able to teach its members. So remember, try to start a conversation with some people that you don't know at the Fall Leadership Connection!

The Fall Leadership Connection will also have a community service initiative. Be sure to collect any pull tabs for the Ronald MacDonald house and canned food for our food drive. Community service is a great way to help those in need as we learn more about ourselves!

The biggest community service initiative at the Fall Leadership Connection is the Annual Cupcake Challenge! The Cupcake Challenge is both a competitive event and a service initiative. It starts with students creating 60 cupcakes using a 'secret' ingredient. This year, the special ingredient is fruit in the drupe category. Competitors are judged on the presentation of the cupcake as well as the taste. Once the cupcakes are judged, they are sold to the FLC attendees for \$5 per 6 cupcakes or \$1 each. The money that is raised from the Cupcake Challenge gets donated for a specific cause such as Save the Children, a non-profit organization which helps children improve their lives through a better education, health care, and economic opportunities. The Cupcake Challenges is one of the best parts of the Fall Leadership Connection, so make sure that you get involved in it! You can do this by competing in the event and buying some delicious cupcakes.

Lastly, but definitely not the least, fifteen competitive events are available to challenge yourself and electrify your chapter. These events include Banner Competition, Community Counts, Financing Your Future, Go Green, Lessons in Leadership, and Passion for Fashion. Each of these events is related to a different area of Family Consumers Sciences and is guaranteed to teach you something new! Make sure to check out all of the events on the New Jersey FCCLA website: <https://www.njfccla.org/-fall-competitive-events/>

Overall, the Fall Leadership Connection is a great way to get involved in your FCCLA chapter and see what FCCLA is all about! I hope to see you this November at our Fall Leadership Connection!



BALANCING FAMILY, SCHOOL, AND EXTRACURRICULAR ACTIVITIES

Melanie Mendonca

Vice President of Community Service

School is officially in session. Fall is here, and so are all of our classes, responsibilities, and extracurricular activities. So, the busy student wonders how to manage their family life, academics, and other activities. The question that troubles every teenager: how do I balance all these aspects of my life? Well, here's your guide!

With family being the central focus of FCCLA, make sure to add in quality family time in your daily schedule. You could create a family game night or even do something as simple yet important as just eating dinner together. The possibilities are endless when it comes to spending time with your family members!

School has begun and requires your concentration and time. Goal setting, practicing practical study habits, and time management can make all the difference. Organize your duties for the week, and complete them one-by-one. Extra-curricular organizations also take time from our busy schedule, and balancing everything can be difficult. Join a club or organization that is meaningful to you, to ensure you have the best experience and lots of much-needed fun and stress-relief.

But with all this going on, make sure to take care of yourself; you are the priority and your health comes before everything else. Always keep time in your day for something that relaxes you - whether that be reading, doing yoga, or going for a run. Time management and planning is everything, so make sure to plan out your days with adequate time for everything on your to-do list. Planners are also essential for this; so, you could see your schedule and plan everything from study sessions, family time, fun organizations, and just some "me" time.

By implementing these methods, you will put yourself on the path to long-term, sustainable success and have a balanced year with family, school, and extracurricular activities.



FALL FASHION ALERT!

Khushi Patel

Member J.P. Stevens High School

Fashion is one of the purest forms of expression. With the fall season fast approaching, new trends have arrived. Fall 2019 trends consist of bold prints, versatile fabrics, and loads of neon. Designers are putting a spin on casual and streetwear with embellishments and eccentric colors. Here are the projected trends for the season.

Plaid Madness

Plaid is a classic print in everyone's wardrobe. But for this upcoming fall season, designers are incorporating this print in everything from jumpsuits to oversized blazers.

Cargo Pants

Cargo pants have come back, and they are here to stay. They are one of the biggest trends of utilitarian workwear, as designers are coming out with them in a plethora of colors, prints, and fabrics.

Victorian Accents

Ruffled necklines and puff sleeves are on every runway for the upcoming season. Designers are putting a modern twist to this age old trend, with embellishments and leather accents.

Fashion is transient; trends come and go. It is your job as an individual to find what works for you. This does not mean to follow all the trends, but to use those trends as a guide to find your personal style.



*Style is something
each of us
already has;
all we need
to do is find it.*

-Diane von Furstenberg

CONTINUING FCS INTO COLLEGE AND BEYOND!

Samantha Matson - *VP of Communication*

Family and Consumer Sciences is a varied and fascinating area of study for many students. As FCCLA members, we learn about some of the career options, but continuing this education and exploration of FCS in college can set you up for the rest of your life. Below is a list of universities offering programs in FCS, including culinary, fashion, and degrees to become a Family and Consumer Sciences teacher. The colleges listed are located in New Jersey and neighboring states. We hope this can help you Say Yes to FCS in college!

CULINARY/DIETETICS/FOOD SCIENCE

COLLEGES & UNIVERSITIES:

College of St. Elizabeth

Morristown, NJ

Culinary Institute of America

Hyde Park, NY

Johnson & Wales University

College of Culinary Arts

Providence, RI

The Restaurant School at Walnut Hill College

Philadelphia, PA

Rutgers University

New Brunswick, NJ

Montclair State University

Montclair, NJ

GENERAL SCHOOLS FOR FCS:

Syracuse University

Syracuse, NY

Buffalo State College

Buffalo, NY

SUNY College of Oneonta

Oneonta, NY

Queens College

Flushing, NY

Indiana University of Pennsylvania

(Main Campus) Indiana, PA

University of Maryland

Princess Anne, Maryland

University of Delaware

Newark, Delaware

FASHION

COLLEGES & UNIVERSITIES:

Centenary College

Hackettstown, NJ

Drexel University

Philadelphia, PA

Berkeley College

Woodbridge, NJ

Fashion Institute of Technology

New York, NY

FIDM

San Diego, California

Johnson & Wales University

College of Culinary Arts

Providence, RI

Montclair State University

Montclair, NJ

Philadelphia University

Philadelphia, PA

Parsons School of Design

New York, NY



PROMOTE FCCLA

Khushi Patel - Member J.P. Stevens High School

With a new school year kicking in, you have the opportunity to promote your chapter and bring in new members. Members are the basis of our organization, so it's crucial to use all your resources to promote your initiatives. Here are some promotion methods:

1

Create a Bulletin Board

Bulletin boards are a fantastic way to promote FCCLA and upcoming initiatives in your chapter. Eye-catching visuals and catchy titles can attract students, get them involved in your initiatives, and lead them to becoming members. By updating the bulletin boards frequently, students will always be kept up-to-date.

2

School Newspaper

Making announcements or updates in the school newspaper is an effective way to promote your chapter. Include member accomplishments, conference updates, and community service efforts.

3

Social Media / Websites

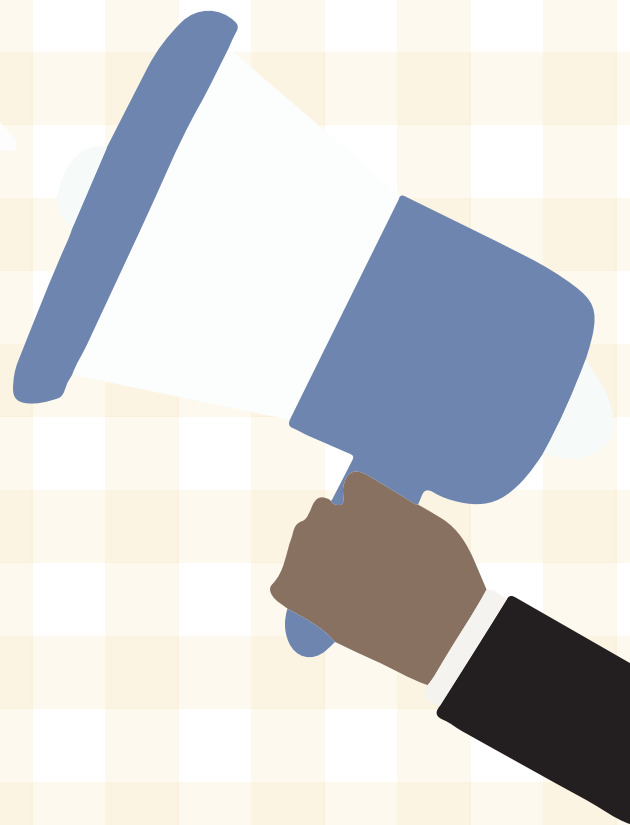
In the age of technology, this is a highly effective method to promote your chapter. By utilizing these resources, you can reach students in one of the fastest methods possible. Updating your posts and constantly staying active on the account is a great promotion method.

4

Word of Mouth

This method has been tried, tested, and proven to be highly effective. Informing your friends in your chapter about all the interesting initiatives in which you are involved will promote FCCLA and bring in new members.

With the use of these promotion methods, you are sure to make the best of the school year and all the initiatives your chapter has to offer!



LEADERSHIP BOOTCAMP

Samantha Matson
VP of Communication

What do you think about when you hear "boot camp"? The military? Fitness? Leadership? New Jersey FCCLA is excited to present the 2020 Leadership Bootcamp coming up in January to get all of our members into leadership shape! It might seem far away, but in reality, it's just around the corner. Fall is the perfect time to get ready for all that this training has to offer.

This thrilling conference offers something for all members. We learn about leadership, get to know each other, play games and icebreakers, and enjoy the experience. The skills we learn are valuable and applicable to our lives. We learn about communication, goal setting, and our leadership style. These lessons help us accelerate our personal growth, which is why you will benefit immensely from attending this conference.

The leadership training that occurs at this conference is like no other New Jersey FCCLA event. It is a day completely dedicated to learning about how to become the best leader you can be. Not only do we learn from the trainers, we also learn from each other through activities or by sharing our personal experiences. The connections we make with other members during Leadership Bootcamp can be just as impactful to developing leadership as a workshop or presentation because it allows you to hear and learn from another student like yourself. Grow your connections and network with your peers at Leadership Bootcamp this winter.

It will be hosted at **John P. Stevens High School in Edison on January 11th, 2020**. Talk to your chapter adviser about conference registration to make sure you don't miss out on this great opportunity. Leadership Bootcamp is a great way to energize your chapter on a cold January day. We hope to see you and your chapter there!



LEAD 4 CHANGE

Melanie Mendonca
Vice President of Community Service

Lead4Change Student Leadership Program is a free leadership and service program, and it is this year's National Outreach Program announced by National FCCLA. This program teaches students important leadership skills through its Leadership Curriculum and Framework for Community Service. This program provides educators the ability to integrate leadership training and community service into the curriculum. Moreover, it empowers 6th-12th grades by teaching students various valuable life skills that will benefit them in the long run, while promoting 21st Century Skills. Over 1.5 million students have tested this program with success. By enrolling in Lead4Change, an educator can provide their students with the ability to make a difference in their community and achieve wide-scale goals.

JOINING IS SIMPLE!

1. Create your member profile
2. Teach the lessons
(students can teach them too!)
3. Share your story in the
Lead4Change Challenge

The Lead4Change Challenge awards up to \$10,000 for their school or charity, so be sure to combine your Star Events with this program to help your chapter!

For additional information go to:
<https://www.lead4change.org/>

HEALTHY LUNCH FOR THE NEW SCHOOL YEAR

Samantha Matson

Vice President of Communication

The school year is right around the corner, and it's important to eat healthy and balanced meals to keep your mind and body sharp. Here is an idea for a delicious school lunch!

CHIPOTLE RANCH WRAP (The Creative Bite)

Prep Time: 10 minutes

Servings : 6 (you can make them in advance for a few days of school at a time)

Ingredients:

- 1 cup nonfat plain Greek yogurt
- 4 ounces softened cream cheese
- 2 Tablespoons ranch seasoning
- 1 chipotle in adobo finely diced
- 6 wraps
- 2 cups rotisserie chicken cubed (optional)
- 2 cups cherry tomatoes halved
- 3 cups baby spinach
- 1 bunch green onions

Directions:

1. Blend the yogurt, cream cheese, ranch, and chipotle in a food processor.
2. Spread ¼ cup of the mixture down the center of each wrap.
3. Top each wrap with chicken, tomatoes, spinach, and green onions.
4. Fold the wrap.
5. Wrap and refrigerate until the day you want to bring it to school for lunch.



HALLOWEEN DONE RIGHT

Gianna DeBruyn - *VP of Membership*



Halloween is known for its spooky decorations and creative costumes. But getting the perfect costumes and decorations doesn't mean you have to break the bank. I have gathered ideas you can check out so your Halloween this year is the best that it can be!

COSTUMES

Of course you can go with the classic ghost with a white sheet and cut out eyes, but it's not the most interesting costume possible. Here is a list of some creative DIY costumes:

1. Smarty Pants - take any shirt and pants and glue on the candy, Smarties, all over the pants (still in the wrapper). Put on a pair of glasses and suspenders for an extra touch.
2. Thing "1" and Thing "2" - All you need is a red shirt and paint (white and black). Paint a white circle in the middle of the shirt, and with black paint write "Thing 1" and "Thing 2."
3. Pineapple - Wear all yellow and get green construction paper. Cut the paper into 8" leaves and glue them onto a green headband.

DECORATIONS

Decorations can make and break your party. But you don't need to go to the store and spend loads of money on decorations. Here are some DIY decorations to make your house ready for the spooky season:

1. Candy Corn Garland - Take a needle and thread some embroidery floss through it. CAREFULLY poke a hole in each piece of candy corn and push it onto the embroidery floss. Soon enough you'll have a long colorful garland to place anywhere you want.
2. Bat Branch Centerpiece - Go outside and collect small twigs (about 15") and cut out small bat shapes out of black construction paper. Tie the twigs together with twine. Glue on the small bats to the twigs. Place the twigs into a vase and place on your table.

Let your creativity flow and try out some of these DIY costumes and decorations. Have fun making your Halloween extra spooky!



COMMUNITY SERVICE OPPORTUNITIES

Melanie Mendonca

Vice President of Community Service

INCLUDING FLC COMPETITION

As the school year starts, so does your FCCLA chapter. Kickstart a great year with community service initiatives to bond with your fellow members; work together toward a successful community service initiative! Some ideas include:

HOST A DRIVE

Running a drive to collect items can definitely make a large impact in your community and bring your chapter together to work towards a feasible goal.

Food Drives

Food drives are very much needed as food pantries get depleted during the summer. Most food donations originate from school organizations who are on break during the summer months.

Clothing Drives

With chilly weather right around the corner, help your community fight back against the cold with a warm coat and clothes!

School Supplies Drive

School is back in session and so is the need to go to back to school shopping. Help out students who need supplies for school by running a supply drive!

VOLUNTEER

Volunteering at various locations can significantly impact your chapter and their knowledge of how to make a difference in the community.

Nursing Home

Connect and learn something new while volunteering at your local nursing home.

Veterans Home

Our veterans are noble figures that have fought to protect our country. Volunteering at a veterans home can open your mind, and it is a great way to pay homage to our veterans.

Local Food Pantry

Bond with your friends while sorting out food or packing food to give the people in your community who need your aide.

For the Fall Leadership Connection, we will be donating pull tabs to the Ronald McDonald House and run our statewide food drive. Create goals within your chapter to increase donations!

Plan time for your chapter to participate in the Community Counts Fall Competitive Event. This is a chapter/team event that promotes local and state initiatives that fight hunger through informing your chapter, participating in a service project, participating in the cupcake challenge, and the state food drive.

I wish your chapter good luck and a successful year of community service initiatives to come!

POWER OF ONE

Chelsea Olender

VP of Leadership Development

FCCLA offers so many opportunities through competitive events, leadership opportunities, community service initiatives, and most importantly national programs! FCCLA offers eight different national programs. One of the eight is Power of One, which helps you focus on ways to improve yourself and the world around you.

Power of one has 5 different units that include A Better You, Working on Working, Speak out for FCCLA, Family Ties, and Take the Lead. You create one goal for each unit that applies to something that is important to you. Here are some examples below:

1. A Better You:

Create goals to eat healthy, exercise more, or study more effectively.

2. Working on Working:

Research a particular career field and start looking at different options to be career ready.

3. Speak out for FCCLA:

Promote FCS and membership in your chapter and community.

4. Family Ties:

Work to improve your family relations through game night or sit-down dinners.

5. Take the Lead:

Chair a committee or lead a project.

Take the opportunity this year to participate in the Power of One. It will help you build yourself to be college and career ready. Additionally, participants in Power of One will be recognized at the State Leadership Conference. Take advantage of the opportunity of a lifetime to be the ultimate leader!



Khushi Patel

Member J.P. Stevens High School

With the new school year in full gear, it is important to get back into the swing of things. Here are some tips to help you prepare for the upcoming school year.

1. Get a Planner/Agenda

Planners are ESSENTIAL for organization, from taking tests and doing homework to managing extra-curricular and personal time. By keeping a planner, you can manage all these aspects of your life and even add some room for free time.

2. Get Involved

Getting involved in your school is a great way to pursue your interests and to get to know your peers better.

3. Set Goals

Write out a list of goals you want to achieve for the year. Take a look at these goals on a weekly basis, and take steps in order to achieve those goals. Power of One is an FCCLA National Program that can help you work towards achieving your goals!

4. Do NOT procrastinate

Procrastination makes easy things hard and hard things even harder, so avoid it at all costs. Dedicating time every day to do your work, and following up on your agenda, will make sure you stay on top of your game.

Every new school year is your chance to get a new start, make new friends, and accomplish your goals. You have the potential to make this year one of the best ones yet!

GET ORGANIZED

Chelsea Olender

VP of Leadership Development

During the school year, it can be hard to stay organized between school, work, community service, sports, and FCCLA. Keeping your grades up with all the extracurricular activities and applying for college can be stressful. Being organized can help bring your stress levels and anxiety down. Some of us have cluttered backpacks, rooms, and lockers. To help start off the school year strong, here are some tips.

Using a planner can be very effective.

Planners can be used to write down plans, activities, schedules, and homework. Once you have completed a task just check it off to stay on track and organized.

Color Coding

An easy way to organize your backpack is by color coding classes by notebooks. By getting different colored notebooks, it is easier to associate your notebooks with a specific class. You can also color code your hand written notes with colors and highlighters to easily identify items. This makes it easier to study for a test and snatch an A!

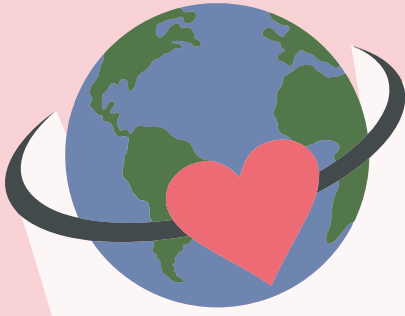
Reduce and eliminate clutter.

Take things out of binders that you don't need. At the end of each marking period, go through your binders and notes to decide what you need and what to trash.

Plan, organize, and declutter—this is the secret to a productive school year!



RED ROSE CHAPTER AWARD



GO GREEN

Chelsea Olender

VP of Leadership Development

Keeping our planet healthy is more important than ever. All throughout our lives we were taught to reduce, reuse, and recycle. Going Green can be done in simple and exciting ways. Listed below are some of the easy ways for teens to become environmentally effective.

Reusable bags

Instead of using the plastic bags given by the stores, invest in a reusable bag. They can cost anywhere from \$0.50-0.99. This helps the environment by not disposing of as much plastic in landfills and is an easy way to make a difference. Reusable bags can come in many different colors, shapes, sizes, and designs.

Metal Straws

Metal straws reduce the amount of plastic straws ending up in our oceans. Reducing the use of plastic straws also diminishes plastic pollution.

Reusable Water Bottles

Using a reusable water bottle instead of plastic also reduces earth's plastic pollution. Reusable water bottles are an easy and cheap way to help contribute to a healthier environment.

Water Usage

Cut down the amount of water you use in a day. To save some water, turn the sink off when brushing your teeth and take shorter showers. This allows us to save some water in a really easy way.

It is our job to protect our planet, so take the next step and make a difference in your world by following these tips.

Samantha Matson

VP of Communication

What is the Red Rose Chapter Award? And how can my chapter win it? The Red Rose Chapter Award is a chapter recognition program to celebrate schools that go above and beyond to support NJ FCCLA. It goes to chapters who are dedicated to fulfilling the Program of Work, and who are motivated to stand out in all areas of FCCLA including: membership, competitive events, community service, and leadership conferences.

At the 2019 State Leadership Conference, 5 chapters were given this award: John Adams Middle School, Southern Regional Middle School, Gloucester County Institute of Technology, Hunterdon County Polytech, and John P. Stevens High School. This year, your chapter can be one of them!

While this award requires hard work to achieve, it is something that all chapters are capable of. In order to be named a Red Rose Chapter, you must complete the 6 required elements and earn 20 additional points out of 53 available points connected to other activities for your chapter to accomplish. The full list of requirements and additional point opportunities are found on the membership tab on the website.

As you begin the year, identify the required elements and focus on how your chapter will achieve the desired results. Once that plan is in motion, begin to isolate ways to gather the additional 20 points. Some of the additional points include: having a chapter social media page, completing a national program, advocating for FCCLA with a public official, creating a chapter bulletin board, and so much more. There are a lot of exciting and fun options, which makes it possible for your chapter to pick the goals most attainable for you.

This year you and your chapter can be a Red Rose Chapter! Start making your goals and plans to achieve them, and maybe we will be announcing your school in 2020 for this award!