

NEW DIRECTIONS

CONNECTING NJ FCCLA - ONE CHAPTER AT A TIME

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PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, Alumni and Friends:

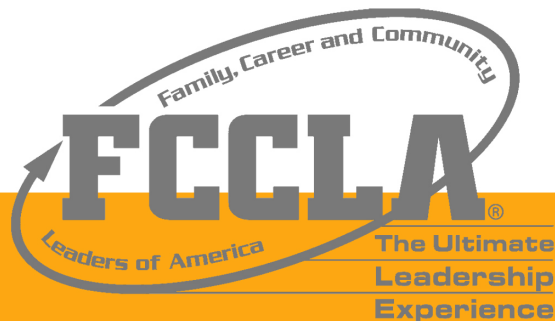
I hope everyone enjoyed yet another amazing State Leadership Conference! I am so proud to be part of such a remarkable group of leaders! This year's conference was without a doubt, the most memorable FCCLA experience I've ever had, and that is all because of the support of our dedicated members, advisers, and volunteers.

As we reflect on the happenings of the State Leadership Conference, it is time to turn our thoughts to the 2015 National Leadership Conference in Washington, D.C.! The theme of the conference is "Together We Are...Healthy!" and I am confident that New Jersey FCCLA will be well represented by all of its delegates!

Even if you aren't attending the National Leadership Conference, remember that there are always ways to stay involved with FCCLA during the rest of the school year. FCCLA emphasizes servant leadership year-round, and your chapter can stay involved in service projects over the summer, too! Look ahead to next school year and what you can do to promote FCCLA in your school, so that you can hit the ground running once September rolls around.

I wish all of you a productive spring and rewarding and fun filled summer; I hope to see many of you this July in Washington D.C.!

Sincerely,
Rohit Iyer
NJ FCCLA State President



FCCLA'S 70TH ANNIVERSARY

By Heather Paul

Seventy years ago, Future Homemakers of America (FHA) was founded by Edna P. Amidon in 1945 in Chicago, Illinois. The New Homemakers of America (NHA) coexisted, but in 1965, the two organizations joined together to continue FHA. Soon after, Home Economics Related Occupations (HERO) joined with FHA to create FHA/ HERO. In 1999, in Boston, Massachusetts, the name was officially changed to Family, Career, and Community Leaders of America. Since the beginning, FCCLA has been a dynamic student organization dedicated to helping students succeed, whether it is in social skills, communication, future endeavors, or becoming passionate about Family and Consumer Sciences. Seventy years later and FCCLA continues to flourish! The organization has continued to grow, especially with members!

Our 70th anniversary is a very important milestone! We will celebrate this event at the National Leadership Conference in Washington, D.C. Come join 7,000 members from around the nation as we commemorate this special occasion. The state officers and I look forward to seeing you there!

RECHARGING OUR CHAPTER MEMBERS AFTER SLC

By Michelle Qu

After hours, weeks, and months of hard work, the State Leadership Conference has officially ended. Members went home with numerous medals for their chapters. Many qualified to compete on the national level at the nation's capital, Washington D.C. in July. Within the next few months, there are a couple of important items to keep on your agenda before attending the National Leadership Conference.

The next three months may bring shifting the mindset of our members and chapters affected by "Spring Fever" or "Senioritis". This is when our focus turns to summer and relaxing. How do we keep the members excited and chapters active? Here is a list of ideas to start the process:

- Encourage members to run for chapter office and start the officer election process
- Hold a recognition dinner for medal winners from the state conference
- Send out thank-you letters to members who attended the spring conference
- Make a bulletin board highlighting this school year's achievements
- Recognize valuable first-year members for their involvement
- Promote the National Leadership Conference
- Plan an outstanding chapter service project
- Find and organize fun and profitable fundraising opportunities

At the start of the year, chapters were excited to recruit members to join the state association, but as the end of the school year draws to a close, we need to retain those members and work towards the next conference. Members are the building blocks of our organization. Keep the members that we have, and strive to recruit more. Together We Are Strong. Together We Are New Jersey FCCLA!

CONGRATULATIONS!

By Stephanie Zhang

Congratulations to all participants at the 2015 State Leadership Conference! Whatever medal you received, remember that it's a huge honor to have competed at the State Leadership Conference. You've already accomplished a lot! On behalf of the State Executive Council, I hope that you enjoyed the conference and worked on developing your leadership skills. If you have qualified to compete at the 2015 National Leadership Conference, keep working on your project! Tie up any loose ends and keep practicing your speech and presentation; remember, practice makes perfect!

Also, congratulations to all State Award Recipients!

Adviser Enthusiast Award - Karen Hunter-Gathers - Joseph Brensinger School

Spirit of Advising Award - Janet Patten - County Prep High School

Karen Opyoke Award - Carole Weidman - Egg Harbor High School

Administrators Award - Jamie Dundee - Principal of Gloucester County Institute of Technology

Distinguished Service Award - Juanita Sifflet - Supervisor of FACS for Jersey City School District

Alumni Achievement Award - Lauren Ortiz - Guidance Counselor in Newark School District

Friend of FCCLA Award - Joan Eickenmeyer - Former Chapter Adviser and FACS Retiree

THANK YOU MEMBERS!

By Casey Sanders

The 2014-2015 New Jersey State Executive Council would like to thank you for your amazing participation in the 2015 State Leadership Conference, and we hope that you discovered your Recipe for Success! Not only did New Jersey FCCLA do a fantastic job in their competitive events, but advisers and special guests were amazed by the members of New Jersey FCCLA and their professional approach to the activities, workshops, and sessions. Together We Are ready for an amazing National Leadership Conference, which will be held in Washington, D.C. this coming July! Members, we thank you for attending SLC, and are very excited to see what you can accomplish at this upcoming conference and in the upcoming school year!



**GET READY FOR THE
NATIONAL LEADERSHIP
CONFERENCE IN THE
NATION'S CAPITOL!**

STAY IN THE MINDSET OF SERVICE!

By Robit Iyer

New Jersey FCCLA had a spectacular year of community service! Collectively, chapters were able to raise for Share Our Strength, donated pounds of pull tabs to the Ronald McDonald House, and provided food banks in New Jersey with nonperishable food items.

Service is an ongoing effort, and our communities need our help all year round! There are many local opportunities for your chapters to continue community service in the spring and summer months. One of the best ways to keep members excited about FCCLA is to keep them engaged in service activities!

By Gaby Morales

Over the years, we've sat at our desks, heard lectures about our founding fathers, and read textbooks to learn about historic sites. Now, we have the amazing opportunity to see and personally experience our nation's history before our very own eyes at the 2015 National Leadership Conference in our Nation's Capitol- Washington D.C.!

There are so many activities to do such as tour the beautiful monuments, visit the three houses of government, and take a trip to a few of the 19 very impressive and diverse museums that Washington D.C. has to offer. My absolute favorite is the holocaust museum. You will without a doubt feel like you are in the midst of the events of the past by visiting these sites! If you have the time, take a trip down to the beautiful neighborhood of Georgetown to shop, grab a bite to eat, or pick up a famous cupcake from Georgetown cupcakes! Or, take in a major league baseball game at the National's Stadium. There is something for everyone to do in D.C.

Besides all of the amazing tours and attractions, you will have the opportunity to attend FCCLA's National Leadership Conference, where you will network with members from New Jersey and hundreds of members from across the entire nation. You will be able to listen to motivational speakers and attend exciting workshops with information to bring back to your chapters and tips to use in the future! Members will be able to participate in STAR events and exhibit all of their hard work and dedication!

BECOMING A FRIEND OF FCCLA



By Connor Shah

Many of us are familiar with the saying "time flies when you're having fun", unfortunately when you're a member of FCCLA, time flies extra quickly. Luckily, New Jersey FCCLA has an acclaimed alumni program that allows past members to continue to give back to our incredible organization. There is never a dull moment as a member of Friends of FCCLA. Whether it's being a volunteer, judging or consulting events, presenting workshops, networking with fellow alumni, or just continuing to make FCCLA a better organization, Friends of FCCLA is jam-packed with opportunities. The truth is that without the ongoing dedication and passion of our alumni members, our conferences and events would not be possible. A full application can be found on www.njfccla.org along with more information on joining!

**SO COME ON, LET'S
MAKE OUR OWN HISTORY
IN WASHINGTON D.C.
THIS JULY!**

SPRING CLEANING MADE EASY

by Julia Farbat

Spring cleaning is not just about getting down on your hands and knees to scrub your floors, it is about reorganization and a fresh new start to a clean living space. Personally, every spring I love to clean out the clutter that has been building up around my room for the past year. I have found that it helps me to clear my head from the long winter and focus on the upcoming warmer weather. Here are some of my spring cleaning tips that I have gathered:

- 1. MAKE A LIST.** If you outline everything you want to tackle this spring, it will really help you focus on cleaning one thing at a time. Also, every time you accomplish something on that list you can check it off to give yourself a little confidence boost! (I did it!)
- 2. KEEP IT FUN.** Who said the whole family can't get involved? Make a friendly competition and assign each family member a different room to clean and whoever wins gets to pick what you are having for dinner that night! I love to listen to music, while I clean!
- 3. REORGANIZE, REORGANIZE, REORGANIZE.** How are you ever going to find your favorite T-shirt if it stuck in the back of your closet? First step is to clear out your space. Whether it is a closet, drawer, or cabinet, it is good to get everything out to see what you are working with. You might even find some hidden treasures! After everything is out of the space, it is time to start organizing. Buy some new storage bins or even use old shoe boxes to organize. Tackling a big space like a closet is overwhelming but don't get discouraged! Just keep thinking how great it is to have an organized space.
- 4. THINK OF THE SMALL THINGS.** Spring cleaning is about cleaning things that we usually forget about like blinds, cabinets, and computers. To save yourself time while spring cleaning, forget about the items that get cleaning attention regularly like bathrooms, kitchen appliances, and floors. Instead, focus on cleaning what you usually wouldn't.
- 5. GO ROOM BY ROOM.** Some experts say that by tackling one room at a time it gives you motivation to keep going. While spring cleaning, it is important to clean how you want to clean, and to clean what you want to clean. Spring cleaning is all about getting ready for warmer months and feeling better about yourself and your home.

APRIL SHOWERS, BRING MAY FLOWERS

by Gabrielle Morales

With the flowers beginning to bloom, the springtime is here. For those of you that may be an early childhood education student, babysit frequently, or engage with children, this is one of my favorite springtime activities!

FLOWER IN A CUP

What child wouldn't love to grow a beautiful flower? Children are fascinated to see how one small seed can grow into a beautiful flower by adding soil, water, and sunlight. Now, that the weather is getting warmer, and the sun is shining bright, this would be the perfect time for this activity.

Materials:

- Styrofoam cup
- pack of flower seeds/ plant seeds
- planting soil
- water
- an area with access to sunlight

Directions:

- 1) Allow the children to scoop soil into the cup half way full
- 2) Allow the children to plant their seeds
- 3) Instruct the children to add a few more scoops of soil
- 4) Let the children add water to the cup and set on a windowsill or anywhere that has access to sunlight
- 5) Check daily to witness how the flower grows every day!

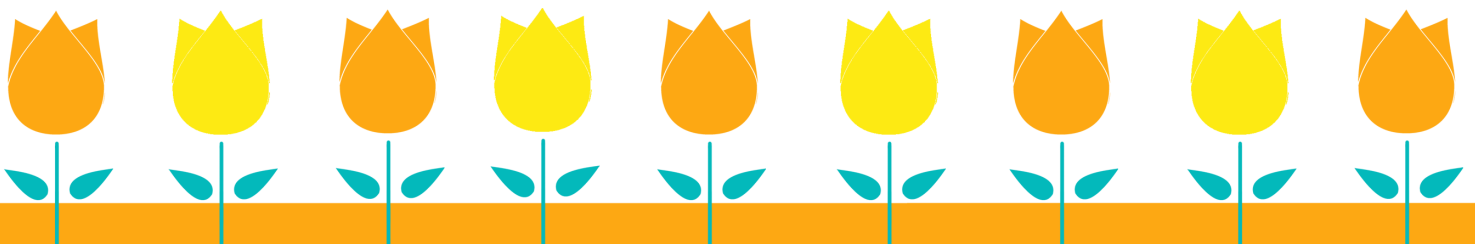
TISSUE PAPER FLOWERS

This activity is another one of my favorites, especially around the time of Mother's Day! The children feel great about being able to make something on their own to give to their loved ones. These simple flowers can also be used as spring decorations!

Materials:

- colored tissue paper (cut into squares)
- pipe cleaners
- a stapler

Directions: Lay out a few different colored squares of tissue paper and a few pipe cleaners. Let each child poke a hole through the center of each square as they push them down the pipe cleaner and stack them. After they have their desired pattern of colors, assist the child in pinching the bottom of the stack of tissue paper so that it bunches up into a beautiful layered flower. Staple the pinched bottom to keep each flower secure. I hope your "little ones" enjoy these springtime activities!



DOOR OF OPPORTUNITIES

By Michelle Qu

Buzz... Buzz- time for the birds, butterflies, and bees to start appearing. As the season is getting warmer, the door for fundraising opens wider. There are now more opportunities for members to fundraise for their chapters and save up for the national conference. There are endless ideas and events to do and here are just a few:

- Have a Kiss a Senior Goodbye candy-gram
- Sell candies, snacks, cold drinks
- Hold car washes
- Have a Give-back Dinner Night
- Start a Pie/Cake Auction
- Sell Little Caesars Pizza Box Kit
- Have a Teacher Jeans Day
- Start a Fun Night
- Host a clothing drive
- Host a cook-off
- Sponsor a Mother's Day Plant Sale
- Host a bake sale

The list can go on and the ideas are endless. Fundraising is all about attracting a larger group of people to support the chapter. Regardless, if certain classes are raising money or entire chapters are working together, anything can be done to increase the amount of money being earned!

STEP UP TO LEADERSHIP!

By Robit Iyer

Taking on a leadership role in your chapter has many positive benefits. The main reason to become an officer is to make a difference in an organization and your school. Leadership positions help you in a variety of ways like helping you to develop your leadership skills. These leadership skills will not only come in handy in school and FCCLA today, but college and later in life. If you want to be an officer that makes an impact, make sure you “walk your talk!” Do your best to communicate your passion for FCCLA by engaging in your chapter's activities and working for the benefit of the organization as a whole.

Although it is easier to have your voice heard as an officer, remember that there are always ways to make a difference in FCCLA! Join a committee, participate in service activities, and advocate for the organization! As Donald McGannon once said, “Leadership is action, not position.” Use your actions to positively benefit FCCLA and you too can be a leader!

LEADING THE WAY WITH FCCLA!

By Casey Sanders

The end of a school year can be stressful with final exams and projects taking over... everything else fall to the backburner. The end of the year can be successful—not stressful—with the help of FCCLA. Some of the skills you have learned throughout your time as a member will help you end the year on a high note.

- **Time Management:** Manage time wisely by blocking out an hour or two each day to work on projects or tasks, so that you are not doing everything last minute.
- **Collaborate:** Sometimes tasks can be a lot for one person to handle. Do not be afraid to call on a friend or fellow FCCLA member for backup.
- **Organize:** Make sure you know where all of your testing or project materials are. Keep your work area tidy and free of distraction, so that when it is time to work you are fully focused on the task at hand.
- **Fun:** While work is important, it is necessary to have a healthy balance of work and play. Organizing fun events with your FCCLA chapter can be a great way to unwind and reflect on the efforts of fellow members.

Use these tips to Lead the Way with FCCLA to an amazing end of the school year!

KEEPING FCCLA ON THE RADAR

By Stephanie Zhang

Although the State Leadership Conference is over, keep your chapter members engaged! Don't let FCCLA take a back seat this summer, but take the initiative to start preparing for the upcoming school year. Set up community service events, fundraisers, and regular chapter meetings in the final months of the school year! Keep in touch with members and inform them about future events via social media or e-mail. If you are participating in a STAR event at the 2015 National Leadership Conference, practice your speech and put the finishing touches on your project so that you're fully prepared! Also, be sure to plan fun activities like a monument tour or museum visit to do in Washington D.C. There is always something to do in our Nation's Capital. No matter what you plan to do this spring and summer, stay connected with FCCLA!

HOW TO BE HEALTHY IN THE SPRING

By Heather Paul

Winter typically brings many unhealthy habits. Many people find themselves indulging in comfort foods which include chocolate, candies, and the infamous carbohydrates while sitting on the couch under a blanket watching Netflix. As the new season begins, it is a great time to rid ourselves of unhealthy habits and kick off the warmer weather with healthier habits. One of my favorite ways to enjoy the nice weather is to take walks. Walking is one of the best ways exercise daily. Also, you are able breathe in some fresh air, especially after being locked indoors all winter. If you prefer, you could jog or run, which is another great way to get some exercise! Finally, the snow has disappeared and it is a great time to go explore some scenic views whether you go to the beach or explore a woodland area. The beautiful scenery will be refreshing and relaxing. In the spring and summer, more varieties of fruit and vegetables will be available and in season. Locally grown fruits and vegetables will also be more obtainable. Gardening is a good way to spend some time outside and watch fruits and vegetables grow in your own backyard. Fruits and vegetables that you grow contain fewer preservatives and may be better quality than what you find at the grocery store! Add some healthy habits into your spring!

SPRINGTIME FASHION TRENDS

By Stephanie Zhang

With warm weather and blooming flowers greeting us, it's time to put away the winter coat and scarf. Stay a step ahead with these Spring 2015 trends as they take the streets by storm. With long silhouettes tied at the waist, Kimonos are all the rage and can be made from a variety of fabrics from khaki to silky polyester, in almost any color or print. Also, one-shouldered tops and dresses have become a show-stopper and are perfect for a casual day with friends or for an evening dinner. If you don't want to do a one-shouldered gown, shirtdresses are the perfect solution. With drop waists, double high slits, and more, shirtdresses are easy, casual, and chic. Also, fringe and tassels have returned from the Wild, Wild West and have made an appearance in skirts, shirts, jackets, and dresses to add a bit of fun and flair to your outfit. Fall may have brought us plaid, but Spring is calling for the return of charming picnic-wear -- gingham. In any color and size, this print is ready for its comeback. Although the colors are classic, red, black, and white are huge for this spring. Even though this classic color combination is not something new, the various textures, patterns, and silhouettes are trendy and sophisticated. Break out of the winter doldrums by using these trends to liven up your wardrobe for the spring.

HAVE FUN WITH YOUR CHAPTER!

By Julia Farbat

After a long, cold, and snowy winter, it is finally spring! I'm sure you and your chapter are absolutely thrilled about the change in season, so why not celebrate? There are a variety of ways to celebrate.

- Have a spring celebration! Encourage chapter members to each bring a friend that is not already in FCCLA. You will have a blast and may even increase membership!
- FCCLA @ the Table is a fun activity to do with your chapter! Take the challenge, make some sandwiches, chop up some fruit and veggies, and go have a chapter picnic!
- Spring is a great time to do community service. Enlist chapter members to do a beach or park clean up. You will have fun with your chapter friends while giving back to the community.
- As school comes to an end and graduation creeps closer, senior members will be missed. Throw a senior member farewell celebration and encourage senior members to become alumni!

There are so many fun activities to do with you chapter in the spring, but the most important part is to celebrate one another and your accomplishments from the year. Have fun!

FIVE WAYS TO BE ENVIRONMENTALLY FRIENDLY

by Heather Paul

#1: SAVE ELECTRICITY!

As the warm weather approaches, it is a great time to save some electricity. Think about it, the weather is typically around same temperature most people keep their houses at. Open your windows instead of wasting electricity by using your air conditioning!

#2: BECOME LESS RELIANT ON CARS.

During the snow-filled winter, many people relied on cars for transportation, only to have gas emissions negatively impact our environment. Be environmentally friendly, when possible, by walking or riding your bike to your location instead of driving!

#3: START A COMPOST PILE.

Did you know that in some communities, there is just so much trash and not enough room for it? All this trash is destroying the wildlife and nature. You can reduce the amount of garbage you produce by starting a compost pile. Although it is a small step, starting a compost pile is heading toward a positive direction. Old fruit, fruit peels, vegetables, and other natural food that you would normally throw out, eventually should be put in a pile and left outside in a compost pile to become soil fertilizer.

#4: PLANT SOME TREES AND START A GARDEN!

Today, there are so many building and industrialized areas that the amount of trees are exponentially decreasing. Trees help cleanse the air as well as provide shelter for animals such as squirrels. Planting trees can help the environment! Having a garden allows you to grow your own goods, leading to a smaller need for store bought fruits and vegetables. It's also a great way to use your compost pile!

#5: RECYCLE.

Recycling saves energy, reduces pollution, preserves natural resources, and saves space used for waste disposal. It does not take much effort to throw your recyclables into another basket. Although recycling should be done all year round, it's never too late to start now!



SPRING RECIPES



CHICKEN AND STRAWBERRY SALAD YIELD: 4 SERVINGS RECIPE PREP TIME: 20 MINUTES

Dressing Ingredients:

- 1 tablespoon sugar
- 2 tablespoons balsamic vinegar
- 1 tablespoon water
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

Salad Ingredients:

- 4 cups torn romaine lettuce
- 4 cups arugula
- 2 cups quartered strawberries
- 1/3 cup vertically sliced red onion
- 12 ounces skinless, boneless rotisserie chicken breast, sliced
- 2 tablespoons unsalted cashews, halved
- 1/2 cup (2 ounces) crumbled blue cheese

Instructions:

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
1. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently.
2. Place about 2 cups chicken mixture on each of 4 plates.
3. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese.
4. To serve, drizzle about 4 teaspoons dressing over each serving and enjoy!

RHUBARB-APPLE PIE, YIELD: 12 SERVINGS RECIPE TIME: HANDS-ON: 28 MINUTES TOTAL: 1 HOUR, 13 MINUTES (PLUS COOLING TIME)

Ingredients:

- 1/2 (14.1-ounce) package refrigerated pie dough (such as Pillsbury)
- Cooking spray
- 3 1/2 cups sliced fresh rhubarb (about 1 1/4 pounds)
- 1 cup granulated sugar
- 1 tablespoon fresh lemon juice
- 2 Granny Smith apples, peeled, cored, and sliced
- 1/2 teaspoon ground cinnamon
- 3/8 teaspoon salt, divided
- 4.22 ounces all-purpose flour (about 1 cup), divided
- 1/2 cup packed brown sugar
- 6 tablespoons cold butter, cut into small pieces
- 1/3 cup chopped walnut halves

Instructions:

1. Preheat oven to 425°.
2. Place pie dough on a lightly floured work surface and roll it into a 12-inch circle.
3. Fit dough into a 9-inch pie plate coated with cooking spray.
4. Turn edges under; flute.
5. Combine rhubarb, granulated sugar, juice, and apples and toss.
6. Sprinkle the rhubarb mixture with cinnamon, 1/4 teaspoon salt, and 3 tablespoons flour and toss.
7. Spoon rhubarb mixture into prepared crust.
8. Weigh or lightly spoon remaining 3.38 ounces flour (about 3/4 cup) into a dry measuring cup and level with a knife.
9. Combine 3.38 ounces flour, remaining 1/8 teaspoon salt, and brown sugar in a medium bowl. Cut butter into flour mixture with a pastry blender or two knives until mixture resembles coarse meal.
10. Stir in walnuts. Sprinkle butter mixture evenly over rhubarb mixture. Bake at 425° for 15 minutes.
11. Reduce oven temperature to 375° (do not remove pie). Bake at 375° for 30 minutes or until golden and bubbly (shield edges of crust with foil if it gets too brown). Let pie stand on a cooling rack for 15 minutes before slicing.

MANAGING MONEY FROM A SUMMER JOB

By Connor Shah

Lifeguard, camp counselor, or mall employee; whatever your summer job may be, it is extremely important that your hard earned money is managed responsibly! Luckily, you save and spend your money wisely by following these simple tips.

SAVE, SAVE, SAVE: Saving money doesn't have to be daunting! It may be hard to resist temptations, however, every penny adds up. Saving just 50 cents a day adds up to 183 dollars in a year! Next time you are worried about saving, remember that regardless the amount, a penny saved is a penny earned!

OPEN A CHECKING/ SAVINGS ACCOUNT: Another great idea is to set up your very own savings account. It is less tempting to spend your money when it is in a bank, and most banks offer interest bearing accounts. Having a checking account teaches you how to manage and monitor your money and spending.

CREATE A WEEKLY BUDGET: Sometimes spending can get a little out of hand. An easy way to fix that is to create a weekly budget customized to your income and spending habits. For example, setting a weekly budget of \$50 limits you from spending over that amount.



ASK EDNA

Dear Edna,
Some of my friends are interested in joining FCCLA. How can I get them involved in the spring and summer months?

Although the State Leadership Conference is over, there are plenty of ways to get new and returning members involved in chapter activities! Even if some members will not be attending the 2015 National Leadership Conference, they can still participate in fundraising and community service initiatives! Hold a car wash, bake sale, or a community summer carnival! Get a head start for the upcoming school year by raising money for future conferences and other expenses. Also, volunteering at a food bank or spending time with patients at a senior citizen home is a great way for new and returning members to bond with each other while giving back to the community! Also, by holding regular chapter meetings, members will stay informed and up to date about future plans. Don't let summer fun distract your chapter from keeping up the great work! The summer is a great way to engage members and prepare for the 2015-2016 school year!

Sincerely,
Edna

USING FCCLA SKILLS AFTER GRADUATION

By Gabrielle Morales

Being an FCCLA member helps put us "one step ahead of the game," by providing us with essential skills and endless opportunities that many others students may not have. Let's take advantage of it! Just because many of us will be graduating, does not mean we have to leave FCCLA and the many lessons behind. As members, we have learned skills that are essential for life after high school such as communication skills, how to present ourselves professionally, how to speak in a public setting, professional writing, and so much more. After graduating, why not use what you have learned to apply for a summer job position that relates to family and consumer sciences? You can apply to work at a day care, a restaurant, a retail store, or even apply for an internship. The possibilities are endless! Your experience and professionalism will not fail to bring you success. I'm sure that many of us plan on taking our education and training a step further after high school. Organization, responsibility, and time management are just a few of the very important skills learned through FCCLA that will be so useful in your future. Whether you are a graduate, or have a few more years to go, FCCLA and our skills and experiences will stay with us forever.

LEAVING A LEGACY

By Connor Shah

It's true that all good things have to come to an end, but it is important that before you leave anything you do, you leave an everlasting legacy. Not only is it important to be remembered for your accomplishments and efforts, but it is crucial that all your efforts continue to thrive after you leave. A few ideas of leaving a legacy could be:

- Creating and implementing a program or initiative
- Mentoring an officer or member
- Setting an example of how to be an exemplary member and inspiring others to walk in your footsteps

As a departing senior, I tried my best to leave my footprint in my chapter and New Jersey FCCLA, and I hope that all of you do as well.

FOUNDATIONS FOR A FANTASTIC FUTURE

By Casey Sanders

With another school year coming to a close, many of you may begin to find yourselves faced with some pretty tough decisions, such as which colleges to attend, internships or jobs to go after, and how to transition into a more independent life setting. Here are some rules of the road to help you plan out your future and pick the school that's right for you!

- Divide prospective colleges into three categories: top-choice/dream schools, schools you will be likely to get in to, and safety schools that you will definitely get in to. This will help you reach your fullest potential, as well as guarantee you find a school that's right for you.
- Seek recommendations from teachers, administrators, co-workers or employers, and of course, your FCCLA adviser!
- Focus on goals specific to your academics: decide what you want to get out of your college experience.
- Investigate housing options: if you're attending a college far away or out of state, you will most likely find yourself in a dorm and living with a roommate. Figure out what styles of living facilities are offered, and choose what is right for you. Bring some pictures or trinkets from home to place around your dorm and remind you of your friends and family. Customize the space to feel like home.
- Attend college fairs to meet with representatives, such as staff or students/alumni, in order to get a more in depth look into what the college is like.

College is a new experience. You'll be in a new place, a new dorm room, maybe even in a city you've never been to before. You may be on your own and away from your family, but you will not be alone. Surround yourself with new people; become friends with your Residence Assistants (RA's) as well as your roommate (you will be living together, after all), and join clubs or sports teams to meet people like you and make the most of your college experience.