

Connecting New Jersey - One Chapter at a Time

# New Directions

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Dear Members:

As the weather begins to warm up and our thoughts turn to summer vacation, we need to keep the momentum going and continue to serve our communities. According to Share Our Strength, FCCLA's National Outreach Project, six out of seven low-income students, who eat a free or reduced-price school lunch during the academic year, do not get support during the summer. These students' needs are not being met which results in hunger. Use your time and energy to help others throughout the summer months.

The National Leadership Conference is quickly approaching and preparation should be in full swing! At the National Leadership Conference, chapter members will be continuing the momentum by showing their efforts from the past school year.

Spring is a time of rebirth and renewal, and the 2014-2015 New Jersey FCCLA State Executive Council is ready to usher in a new year with great determination to take the state association to the next level. However, any accomplishments on the state and national levels would not be possible without our great advisers, chapter members, and officers. Even if you are a newly elected officer or a member, I encourage you to reach beyond the call of duty and take the lead! Remember, leadership is a journey, not a destination. I'm sure you will all work hard to continue to improve your chapters!

If you are a graduating member or officer, encourage returning members to achieve to the best of their ability. Part of being a great leader is motivating those who come after you to accomplish more than what they see as possible. Also, know that your last State or National Leadership Conference is not the end of your involvement in FCCLA. NJ Friends of FCCLA is always encouraging graduating seniors to stay involved and give back even after high school. You can check the New Jersey FCCLA website, [fcclanj.org](http://fcclanj.org), for an application.

New Jersey FCCLA has exciting news for this upcoming year! For the first time, New Jersey FCCLA is hosting a National Cluster Meeting in New Brunswick, NJ! This is a great opportunity to show off what members in the Garden State are made of! This conference occurs in early November, and consists of events in the areas of culinary arts, fashion design, child growth and development, FCCLA knowledge, and much more. Additionally, chapters can send a team to compete in the Family and Consumer Sciences Knowledge Bowl, a team competition testing members' knowledge of all aspects of Family and Consumer Sciences.

I wish you all a successful end to the school year, and I hope to see many of you at the 2014 National Leadership Conference in San Antonio, Texas and at next year's National Cluster Meeting in New Jersey!

Sincerely,  
*Rohit Iyer*  
NJ FCCLA State President



## Ask Edna

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

By Brian Moore, Former State Officer and Rachael Gerstein, Alumnus

**As the end of the school year approaches, chapters will often hibernate for the summer and members will become disengaged- How do chapters "jumpstart" their members in September?**

**I am currently looking for a summer job, but I don't know what to include on my resume or what to talk about during an interview. Do you have any suggestions?**

Although the school year is coming to a close and class is not in session during the summer, FCCLA chapters should keep up their great work. At the end of the school year, it is important to finish the school year with a closing event and activity to recognize members for their hard work and commitment. Summer is an especially great time for chapters to begin developing a plan for the upcoming school year so when school begins in September, members will become engaged in service, leadership, fundraising and more right from the start. In the summer, the New Jersey FCCLA state officers have numerous meetings to prepare for the upcoming school year; the Program of Work, which highlights the important tasks to accomplish throughout the year, is created at this time. Local chapters can also prepare for another successful year over the summer by making a Program of Work for their chapter. Chapters can begin planning meetings, service projects, and fundraisers. Remember to develop a variety of activities that are engaging and fun. Another way to prepare for the upcoming year, is to create public relations tools. Some public relations tools to create over the summer are a bulletin board displayed in the hallway for September, a website that can be updated throughout the year, a press release for the National Leadership Conference or the accomplishments of the previous school year, or planning meetings with a public figure like the local Board of Education or district administration. To keep members informed throughout the summer, chapters can utilize e-mail, Facebook, and Twitter to have members become excited for everything FCCLA has to offer! Be sure to check the state and national websites for updates and information regarding upcoming conferences and activities! The summer is a great time to prepare for the upcoming school year, especially since you do not have to focus on school work! As a chapter, use your time over the summer wisely to set goals for the upcoming school year. With a plan and Program of Work in place, your chapter will be able to accomplish greatness during the 2014 to 2015 school year!

Your experiences and accomplishments in FCCLA are great to use on a resume or during an interview! FCCLA provides its members with tremendous opportunities to develop leadership skills, such as interpersonal communications, public speaking, and so much more. Participants in competitive events learn all about time management and organization through the use of the Planning Process and by completing a project. Members who complete Power of One become expert goal-setters! There are so many ways to include your FCCLA experiences on a resume, such as community service efforts, competitive event achievements, and leadership development through conferences. During an interview, you can talk about the role you played in your chapter, whether you organized a fundraiser, planned an event, or even developed a Program of Work! FCCLA is full of opportunities to develop your 21st century skills, which make you college- and career-ready and which make you more employable. Employers love to hear about your involvement and dedication to an engaging organization like FCCLA!



## Dates for Upcoming Conferences:

National Leadership Conference: July 6-11, 2014 in San Antonio, Texas

Curriculum Connection: October 29, 2014, at RWJ Hamilton Center for Health and Wellness

National Cluster Meeting: November 7-9, 2014 in East Brunswick, New Jersey

\*Fall Leadership Connection: November 24, 2014 at the Pines Manor in Edison, New Jersey

\*Leadership Boot Camp: January 10, 2015 at John P. Stevens High School in Edison, New Jersey

\*State Leadership Conference: March 19-20, 2015 at the Crowne Plaza in Cherry Hill, New Jersey

National Leadership Conference: July 5-9, 2015 in Washington, D.C.

\*Contracts have not been signed for these conferences, so changes may be made.

These dates and locations are NOT set in stone.

## FRIENDS OF NJ FCCLA: *The Fun Doesn't Stop Here!*

*By Larissa Szilagyi, Former State Officer  
and Ryan Szemple, Alumnus*

Were you upset during the closing ceremony when the gavel was rapped at your last State Leadership Conference and you realized your high school FCCLA experience was coming to an end? Do you feel nostalgic knowing that you won't be a member of FCCLA because graduation is right around the corner? Well, have no fear because "Friends of NJ FCCLA" is here! What is Friends of NJ FCCLA? It is a dynamic organization for NJ FCCLA alumni and associates. These members help run conferences, create fun and exciting additions to events, judge competitive events, and so much more! Being a Friend of NJ FCCLA helps you stay in contact with friends you have made from all across the state! This is a great opportunity to give back to an organization that has given so much to you and Friends of NJ FCCLA also helps alumni further develop their leadership skills! Alumni experience all the benefits of FCCLA while contributing to the leadership development of America's future leaders and further expanding their professional network! To become a member of Friends of NJ FCCLA fill out the Friends of NJ FCCLA form found on our website! Become a Friend of NJ FCCLA because the fun does not stop after high school!

## ENDING THE YEAR WITH FCCLA

*By: Dominika Rybaltowski, Former State Officer*

As the school year gets shorter and shorter, so does our time with our FCCLA members. These last few meetings are a great way to recognize members for all of their accomplishments in FCCLA during the school year! Focus the meetings on all of your chapter's achievements by presenting a slideshow that recaps the achievements and the memories throughout school year. Outline ways that members can help both FCCLA and the community over the summer, and brainstorm ideas for the upcoming school year! Have members set up an end of the year celebration to bring closure to the year, and make sure to show your adviser that you appreciate all the hard work and dedication he/she had put into making FCCLA a great organization. Planning one last FCCLA chapter outing to a local park or the beach is a great way to show members that they do not have to be in school to have fun with FCCLA! Above all, make sure members end the year with FCCLA high on their list of great memories!

## *Everyone Has a* **ROLE MODEL!**

*By: Rohit Iyer, State President*

Role models are like a blueprint for future leaders; they show us how to become great leaders while staying true to who we are. However, even our role models had their own idols; they started right where we are now, and they were able to become great leaders by watching others.

One of my greatest role models is Mohandas Gandhi. He was the father of the Indian Independence movement, and he was a firm believer in non-violence. In a time when hatred and anger were highly prevalent, he taught his followers the relatively unpopular method of using words to resolve a disagreement. Through these tenets, he won his country its independence. When I look at him, I see a leader who took the best course of action for his team.

Most people have probably identified Martin Luther King, Jr. as one of their role models, but did you know that he identified Gandhi as one of his role models too? MLK grew up to become one of the greatest leaders in American history by promoting non-violence for civil rights. You can use role models to become a better leader as well. You never know, one day, you could be someone else's role model!

## *SOAR* TO THE NLC!

*By: Trisha Gugale, Former State Officer*

New Jersey FCCLA, it is that time of the year again! The 2014 National Leadership Conference will be taking place from July 5-10 in San Antonio, Texas. San Antonio, Texas is located in South Central Texas and is home to the historic site, the Alamo, and the infamous River Walk on the Paseo del Rio. Get ready to participate in informative workshops, competitive events, listen to motivational speakers, and travel to Texas for a week full of fun leadership experiences! There will be lots to do, including onsite community service projects and leadership training. Please remember to bring baby items to the conference for the annual onsite community service project, Operation Homefront's Star Spangled Babies baby shower program! Stay involved and prepare your projects on time to have the best conference experience and to SOAR successfully to the National Leadership Conference!

## MEET THE *Officers!*

The New Jersey Family, Career and Community Leaders of America would like to introduce the State Officers for the 2014-2015 School Year:

### **Rohit Iyer,**

State President

John P. Stevens High School

### **Stephanie Zhang,**

First Vice President

John P. Stevens High School

### **Michelle Qu,**

Vice President of Membership

John P. Stevens High School

### **Julia Farhat,**

Vice President of National Programs

Manalapan High School

### **Gaby Morales,**

Vice President of  
Community Service

Burlington County  
Institute of Technology

### **Connor Shah,**

Vice President of Finance

John P. Stevens High School

### **Casey Sanders,**

Vice President of  
Leadership Development

Gloucester County  
Institute of Technology

### **Heather Paul,**

Vice President  
of Communications

Freehold Township High School

## *The 5 Rules for* **FINE DINING**

*By: Brian Moore, Former State Officer*

Etiquette and fine dining go hand-in-hand for a successful and polite leader! With proms and galas around the corner, it is time to sharpen your table etiquette for a professional and respectful appearance! Be sure to follow the Five Rules for Fine Dining:

1) Know Your Napkin's Place: When arriving at the table, place your napkin on your lap, folded towards you. Lift the napkin when needed and dab your lips on the napkin; do not wipe your lips! When finished, fold the soiled side of the napkin inward.

2) BMW: The BMW method is an easy way to know where your bread, meal, and water are located! The "B" represents your bread and butter to your left, the "M" represents your meal in the middle, and the "W" represents your water to your right! Use this acronym to make sure you are always drinking and eating your food and drinks correctly!

3) Offer Left, Pass Right: When passing any food items, especially your table's bread basket, always offer the item to the person to your left, and then pass the item to your right!

4) Using Utensils Properly: When eating, use your utensils according to their placement! Work from the outside utensils inward. For example, your salad fork will be your outer fork and your entree's fork will come after that utensil. Also, only cut your food one piece at a time.

5) Salt & Pepper: The salt and pepper shakers are like a married couple; they should never be separated and should always travel as a couple!

## *Learning* **LEADERSHIP**

*By: Larissa Szilagyi, Former State Officer and Rachael Gerstein, Alumnus*

Leadership is defined by the dictionary as "the action of leading a group of people or an organization." However, leadership is not something that can be simply defined in a dictionary. It has many more dimensions. Leadership is a culmination of knowledge that an individual learns over their lifetime. Leadership is never a task that can be completed; rather, it is something that is continually improving with time. The knowledge and trainings one learns in their quest to becoming a great leader can help them improve their family, careers and communities. Effective leadership is inspiring confidence in others and moving them to take action. By developing leadership skills, you will be provided with a solid foundation for your future. Leadership skills that will help you improve your leadership, especially when working with others on a team, include:

- ability to delegate: trust others on your team with responsibilities
- communication: clearly explain your thoughts to your teammates
- commitment: lead by example
- positive attitude: keep your teammates motivated towards success and the goal
- time management: effectively complete your projects and tasks in a timely manner
- integrity: be honest and fair.

Leadership skills will benefit your future by allowing you to shine in any career you choose. And remember the words of John C. Maxwell, "A leader is one who knows the way, goes the way, and shows the way."



## BEING ENVIRONMENTALLY *Friendly at Home*

*By: Julia Farhat, Vice President of National Programs*

The spring and summer are perfect seasons to become environmentally friendly. There are great ways to become environmentally friendly at home. Check out these great ways:

- Plant a garden with your family! You can grow a garden just about anywhere with as much or as little space as you have. Imagine how great it will feel to taste the fruits and vegetables you have grown! Growing a garden will save you from another trip to the grocery store!
- Start a compost pile! Composting is the decaying of earth's natural scraps; for example you can use an orange peel or egg shells and turn them into organic fertilizer for your garden. For more information on starting a compost pile, visit <http://www.organicgardening.com/learn-and-grow/how-build-compost-pile>.
- Recycle! Check your town's recycling policy to see what you can and can't recycle. Recycle as much as you can and encourage your family and classmates at school to do the same!
- Spring Cleaning can be environmentally friendly if you reduce, reuse, and recycle. Create three piles when cleaning and see what can be salvaged. This can help create a cleaner and less crowded environment. Always remember to try to use environmentally friendly cleaning products or even make your own!

## *Family Fun in the* **S U M M E R !**

*By: Julia Farhat, Vice President of National Programs*

After a long and cold winter, spending time outside is much needed. Summer is a perfect time to have fun with your family outdoors. Take advantage of the beautiful weather by visiting local parks and museums. For lunch, your family could pack a picnic basket with a nutritious meal and snacks to enjoy outdoors! At the park, you could bike ride, play Frisbee, or kick a ball around with one another. If given the opportunity, camping is a great way to get in touch with nature and build relationships with your family members. If you do not live around any camp grounds, you could even pitch a tent in your backyard! Another great way to spend time with your family and give back to your community is by planning a service project—you could help at the local food bank or even participate in a park or beach clean-up! As the weather becomes warmer and summer approaches, why not go for a stroll on the boardwalk at the beach. Some beaches and boardwalks offer special events in the summertime including movies or food festivals. In the end, it does not matter what you and your family decides to do as long as you get to spend time together!

## *Stay in* **STYLE** *this Season*

*By: Trisha Gugale, Former State Officer*

It is spring, and if you are not up-to-date on the latest trends of the season, we have them here for you!

Ladies, follow these new fashion tips to stay trendy this spring:

- Orange is the new black, so lighten up your spring by using this color in your clothing, bags, and shoes.
- Boxy, cropped silhouette jackets are in, paired easily with dresses, trousers, skirts, and of course, jeans.
- Wide-leg trousers are back, perfect for all body types.
- Tea-length skirts- between midi and maxi are in this spring.
- The shift blouse, a sophisticated version of a t-shirt, is making the runways this season.
- Pretty pastels will allow you to pick your most flattering color and wear it with whatever silhouette flatters you.
- Gentlemen, we haven't forgotten you:
- Wear free-spirited abstract prints to bring wilder motifs to the table.
- Technical outerwear in bold colors is in this spring.
- Blue is the color of the season, so mix and match with different shades of blue.
- The double breasted blazer is back.
- Floral prints are everywhere and the man bag is chic.
- Bold color blocking and segmentation is a great way to add color to your outfits.

Follow these fashion tips, and stay in style this season!

# Being FINANCIALLY Savvy in the SUMMER

*By: Dominika Rybaltowski, Former State Officer and Brian Garsh, Alumnus*

With more spare time in the spring and summer months, it may be difficult to keep your finances in check. A few tips to keep up with your finances are:

- **BUDGET:** Budgeting your money will help you be conscious of what you spend money on. When you are aware of how much you can spend, it may prevent you from overspending and impulsive buying. Budgeting will also help you determine whether or not the purchase you want to make is sensible.
- **START A SAVINGS ACCOUNT:** Summer jobs are a good use of your free time and a simple way to save up money for the future. Put a percentage of your paycheck into a savings account or a piggy bank to use in the future. By the end of the summer, you will have money available to spend throughout the school year when you may not be working!
- **MAKE MEALS AT HOME:** Going out to eat at restaurants can be pricey, especially if you do it multiple times a week! By cooking at home instead of going out to eat, you'll be saving the money you would be paying for the same meal, and you'll be eating healthier!
- **RENT A MOVIE:** Take a trip to a Redbox located at your local supermarket. Redbox movies are inexpensive and convenient. Watching a movie is always fun with your family or with a group of friends. Movie nights are a great idea, or if it's too hot to be outside during the day, enjoy the air conditioning with a matinee movie!

By implementing even just one of these tips, you will come out ahead, financially, this summer.

## DANGEROUS Driving

*By: Trisha Gugale, Former State Officer*

The roads are filled with all kinds of drivers, ranging from experienced to not-so-experienced. In order to keep everyone safe and to reach your destination safely, it is important to recognize the importance of driving safely. First, it is important to have control over your emotions and behavior; practice defensive driving techniques, and accept responsibility for all your driving decisions. Doing so will ensure that accidents will be avoided. Dangerous driving has other effects as well. You can get your license taken away, receive tickets, or even increase the cost of your insurance. Why take the risk of speeding, texting while driving, or having road rage when you can make the right decision and perhaps save someone's life? Motor vehicle crashes are the leading cause of death for U.S. teens. To reduce this number, we must implement safe driving techniques each time we get behind the wheel!

## FIGHT ROAD CRASHES Fashionably!

*By: Rohit Iyer, State President*

Snap2Live is an organization that has partnered up with the United Nations' Decade of Action for Road Safety to reduce the #1 killer of youth in the world: road crashes. Snap2Live promotes driving safety by selling a one size fits all fashion belt in a variety of colors. 70% of their proceeds go to the United Nations' Decade of Action for Road Safety. The belts resemble vintage seatbelts, complete with a flashy buckle. FCCLA has partnered with Snap2Live to promote awareness, and FCCLA chapters and members can become involved by ordering and selling these belts. As members, we learn a lot from our national program, Families Acting for Community Traffic Safety (FACTS), and Snap2Live has provided an opportunity to make an even greater difference in our communities and the rest of the world. A portion of the proceeds from sales made by FCCLA members go to your chapters!



## Generation **STRESS**

By: Brian Moore, Former State Officer & Rachael Gerstein, Alumnus

Today's youth is one of the most stressed generations in history! A national survey suggests that 27% of teenagers experience "extreme stress" during the school year. As young leaders, we have all felt stress especially with schoolwork. It can be challenging to balance FCCLA, family obligations, chores, school, and other activities! Rather than avoid or refuse to deal with your stress, it is imperative to learn how to manage your stress properly! Managing your stress will help keep your body and mind healthy. By utilizing these methods, it will help keep your stress to a minimum:

- **Meditate:** Meditation has proved to positively influence your brain's activity and reduce stress levels!
- **Eating Healthier:** Our diet can greatly impact our mental health and stress levels. If you are a person that consumes a lot of caffeine and maintains high stress levels, you should consider substituting your usual coffee with juice or water.
- **Sleep:** Many teenagers don't know the value sleep has to our mental health. Make sure you sleep for at least 8 hours every night!
- **Exercise:** Exercise naturally relieves stress by producing endorphins and calming your body!
- **Reading:** Escape into the plot of Divergent or other interesting tales to escape your stress!
- **Laughing:** As they say, "Laughter is the best medicine." Get together with your friends for a comedic movie or a game night to relieve stress!
- **Music:** Music is said to heal the mind and soul. Indulge

## The Close of the **CTEP GRANT**

By: Brian Garsh, Alumnus

As the fiscal year comes to a close, New Jersey FCCLA is winding down its four-year partnership with Camden County College. In 2010, NJ FCCLA joined forces with Camden County College on the Career and Technical Education Partnership (CTEP) Grant. Over the last four years, we have been working very closely on the CTEP Grant to enhance Career and Technical Education (CTE) and Family and Consumer Sciences (FCS) education in New Jersey and to continue the leadership opportunities that FCCLA provides its members. Under the leadership of Margo Venable, the director of the CTEP Grant, members of the advisory committee enhanced CTE in the Human Services career cluster by developing a program of study for early childhood education. NJ FCCLA appreciates all that Margo and Camden County College has done to help us provide quality and memorable leadership experiences for our members!

## Make Powering Up **A HABIT!**

By: Rohit Iyer, State President

**This year, we learned that by powering up as leaders, we can accomplish so much! But, how do we make powering up a habit? The answer: The 7 Habits of Highly Effective Teens by Sean Covey.**

**Sean Covey's book outlines 7 habits that teenagers can adopt to help them navigate through life with vision and purpose. Let's get into a recap of each habit:**

**1) Be Proactive:** The difference between being proactive and reactive is that proactive people take ownership of their lives. To become proactive, we can all listen to our language. Being proactive means saying, "I will," instead of, "I'll try." Use proactive language. A can-do person knows that they can usually only control one thing: themselves.

**2) Begin with the End in Mind:** So many times, we begin a task and become overwhelmed at everything that needs to be done. Beginning with the end in mind means having clear goals for what you want to accomplish, so that you always know what you're working toward.

**3) Put First Things First:** If procrastination is your downfall, this habit is for you! Setting priorities in life keeps us on time and always prepared; that's something that leaders always have to be. This is the difference between having will power, and won't power. Evaluate your time management, and find out where you can improve prioritizing the more important things in life.

**4) Think Win-Win:** Instead of always believing that there are winners and there are losers, think win-win! In FCCLA, members are all winners when they put in the hard work to serve their community, complete competitive events, or finish a national program! As leaders, we are always thinking win-win! Being a win-win leader always translates to the rest of your team.

**5) Seek First to Understand, Then to Be Understood:** As young students, we learned not to judge a book by its cover. The same goes for people! If we went through life judging instead of understanding, people would never listen to each other. This habit is about first understanding other people's needs, then letting them know a solution. Communication is the key to building strong relationships, whether it is with a parent, friend, or team member.

**6) Synergize:** Synergizing means working together to create a better solution than you could alone. That's why people always say that two heads are better than one! Synergy is best when people can appreciate others' differences. Different points of view create better solutions. Learn to appreciate diversity and synergize with others!

**7) Sharpen the Saw:** Sometimes, leaders can get tired pretty easily. That's when we know it's time to "sharpen the saw." This means that we can relax, do something we enjoy, and take time to rejuvenate. Creating balance in our lives means that we can be productive while also taking the time to power ourselves up again, and care for our minds and bodies.

**This book has made a difference in millions of teenagers just like you and me! I highly recommend reading this book this summer and absorbing all the information and lessons in it. You'll come out a better leader than ever before!**

## *Fun Summertime Activities* **WHEN WORKING WITH LITTLE ONES**

*By: Gabrielle Morales, Vice President of Community Service*

Calling all babysitters, older siblings, or anyone working with a little one this summer! Babysitting is a very large responsibility and one you should be prepared for. Activities should be fun yet safe for the children in your care. Are you searching for new ideas and activities to engage in with a little one this summer? Below are some universal ideas that take advantage of the summer weather!

### **Bubble Fun**

What child doesn't love blowing bubbles? All you need is food coloring and bubble solution for this activity, which you can find reasonably priced at the local dollar store. Try adding a couple drops of one color to the bubbly solution, or combining colors such as red and blue to make purple. This activity teaches the child about shapes and colors. If it is a rainy day, pour the colored liquid into a disposable bowl and have the child blow the bubbles onto a sheet of construction paper. It turns the bubbles into a work of art!

### **Chalk it up**

Drawing with chalk is also a simple yet fun activity for children. They can set their imagination free or practice their letters or numbers.

### **The Classics**

As always, don't forget the classic outdoor games that we all played as children! Hop-Scotch, Red Light/Green Light, "Simon Says" or even Hide & Seek are great, go-to activities to play. Hula-hooping and jump-rope are also favorites! These are great activities for all ages.

### **Yummy Popsicles**

With warm weather, refreshing treats are needed. Rather than buying sugary popsicles, try making them! There are so many endless varieties to be made. Try pouring your favorite fruit juice, yogurt or even pudding into a Popsicle mold. You can even add your favorite fresh fruit into the mold. Have your child help you by choosing what fruit they would like to put into the mixture; it is a great way to engage them in creating a healthy treat to complete a wonderful summer day!

Enjoy these activities with your little ones this summer!

## **KEEP READING FOR** *Fun this Summer*

*By: Heather Paul, Vice President of Communications*

When school starts do you feel like you have cobwebs on your brain? During the summer, it is important to keep your mind active by reading. Not only does it help you remember the material that you learned during the year, but it also can benefit you in the courses you take in the future.

Summer is the time when you can unwind, relax, and just enjoy your life. A common complaint from teens is that they would enjoy reading better if they could choose the books that they have to read. Well, summer is a perfect time to choose your own books. Reading is fun because you can do it whenever and wherever. If you're relaxing on a beach or if it's a rainy day, reading is always a good activity. Also, reading is an effective way to continue learning in the summer. Reading can lead you to a new world. It can open your eyes to other people's perspectives. You can interpret a book in any way that you want to, and you can visualize a world of your own with the book.

Reading is more enjoyable when you have a book of your choosing to read. One book, I recommend is Lois Lowry's *The Giver*, which is a phenomenal book about a "perfect" world where everything and everyone is the same. A boy named Jonas has the privilege to receive the good and bad memories of the past from *The Giver*. You may want to read the book before the movie comes out on August 15, 2014!

Reading can honestly be a luxurious activity, and I recommend for everyone to do it whether it's sunny, rainy, windy, or cloudy. I hope that reading will be in your summer schedule!

## *Summertime* **SAFETY**

*By: Stephanie Zhang, First Vice President*

As the weather turns warmer, summer activities are a great way to bond with one another and have fun! Sports, such as football, volleyball, are an enjoyable time for everyone-- but should be played with special precautions due to the warm weather. Remember to drink plenty of water and to stretch properly before and after any physical activity to prevent a pulled muscle or soreness! Even in the summer, it's important to warm up muscles before playing sports. And ... do not forget sunscreen! The sun is at its peak between 10 A.M. and 2 P.M., so, play outside during off peak times. As wonderful as it is to play all day in the summer sun, it's definitely no fun to have a sunburn. By taking into account these reminders, you're all set for an enjoyable and safe summer fun!



## Simple and Easy SUMMER RECIPES!

By: Julia Farhat, Vice President of National Programs

### Mamas homemade ice cream cake

This ice cream cake is so delicious and simple to make as the warmer days approach!

#### Ingredients:

- (2) ½ gallons of ice cream (any flavor)
- (1) tub of cool whip
- (1) box of Oreo cookies (or any cookie preferred)

#### Directions:

1. Allow ice cream to soften before packing ½ gallon of ice cream into an 8"x12" glass casserole dish.
2. Place a layer of crushed cookies on top of the ice cream.
3. Pack the other ½ gallon of ice cream on top of crushed cookie layer.
4. Place another layer of crushed cookies on top.
5. Spread cool whip on top.
6. Allow the ice cream cake to freeze in the freezer for 4 hours.
7. Decorate the cake to your liking and enjoy!

**\*WARNING: EVERYONE WILL WANT TO SHARE!\***

### Aunt Kims Garden-Pasta

I love when I visit my Aunt Kim because she always makes this delicious and fresh pasta. Your family and friends will be asking for more!

#### Ingredients:

Corn  
Chopped garlic  
Cherry tomatoes  
Olive oil  
Salt  
Pepper  
Pasta

Grated parmesan cheese

\*Quantities & ingredients can vary according to taste.

#### Directions:

1. Heat oven to 425 degrees Fahrenheit.
2. In a large roasting pan, combine the amount you would like of corn, chopped garlic, and cherry tomatoes. Use olive oil, salt, and pepper to season the vegetables and enhance their flavors.
3. Bake for 45 minutes or until roasted.
4. Toss the roasted veggies with the pasta and grated cheese in a large mixing bowl.
5. Serve and enjoy!

## LIVING A Healthy Lifestyle

By: Michelle Qu, Vice President of Membership

Summer is a great time to get involved in living a healthy life style! With a lot of fresh fruits and vegetables in season, they are both plentiful and affordable! Fruits and veggies go great in salads and are a healthy side dish! Instead of going out to eat, try cooking more at home; it can be healthy and more affordable! Take advantage of the warm weather and go out for a jog or bike ride around your neighborhood or around your local park! You'll also get the chance to soak in some Vitamin D! Improve your mental health by meditating outside or trying yoga—both are a great way to relieve stress and relax the mind. Setting yourself up for a healthy life style may seem like a daunting task, but by making improvements one day at a time you'll develop a habit that will improve your life for good!

## Summertime SMOOTHIES

By: Casey Sanders, Vice President of Leadership Development

Summer - It's a time to kick back and relax. The days get longer, the weather gets nicer, and the sun gets a whole lot brighter. While we all love that nostalgic ice cream truck jingle, there are many healthy alternatives to quick and easy summer time treats that are good for you too! It's important to stay healthy and hydrated during those hot summer months, and smoothies are the way to go; taking only minutes to prepare, you hardly ever have to leave the pool.

- Frozen or fresh fruit, ice, and low fat or non-dairy milk, even veggies make for a great snack that you can take on the go. Here are a few simple tips and recipes to help you get the perfect healthy, summery drink.
- Freeze your own fruit! It's cheaper than buying it in the frozen section!
- Non-dairy milk is a delicious, healthier alternative to the real deal
- Smoothies are a great way to sneak veggies in to your lifestyle
- Ice cubes are great for thickening up your smoothies, making it feel like you're indulging in that delicious Mr. Softee Snowcone from childhood!

### Just Peachy!

What you need:

- ✓ 2 cups of frozen, unsweetened peaches
- ✓ 2 fresh or frozen bananas
- ✓ 1 cup of fat free or almond milk

Place everything in a blender and blend on high to desired thickness.

Serves 2



### Refreshing Melon Smoothie!

What you need:

- ✓ 4 cups of watermelon
- ✓ 2 cups of frozen strawberries
- ✓ Water to blend

Cut up the watermelon and add to the blender with water  
Blend on high until smooth  
Add the frozen strawberries and blend to desired thickness

Serves 4