

NEW DIRECTIONS

CONNECTING NEW JERSEY - ONE CHAPTER AT A TIME

JANUARY 2018

Dear NJ FCCLA Members, Advisors and Alumni,

Helen Keller once said, "Alone we can do so little; together we can do so much." This season, use FCCLA as a backbone to complete community service. This time of year is typically focused around joy, family, friends, and food. However, for some, the winter can be a difficult time. There are so many ways you can help your community. The New Jersey FCCLA State Officers traveled to the Ronald McDonald House in New Brunswick this winter to prepare breakfast for the families who have children being treated at nearby hospitals. It was a great success.

Congratulations to all New Jersey FCCLA members who participated in the 2017 Fall Leadership Connection. This conference was very successful with outstanding competitive events, informative roundtables, exciting workshops, and a keynote from the CEO of Dude be Nice, Brent Camalich. On behalf of the State Executive Council, I would like to thank the Chapter Advisers, alumni, and school administrators for making this all possible. I would also like to congratulate everyone who participated in the competitive events for your achievements! I hope this conference empowered you to become Generation Leadership.

I encourage you to step up to the challenge this year. Take on a new leadership role, whether that is in your chapter or a state position. Becoming a State Officer is such a rewarding opportunity. Being a part of the State Executive Council gives you the chance to expand your leadership skills, serve our members, and be part of something you are passionate about. If you are interested in running for a state position, speak with your Chapter Adviser.

I look forward to seeing all of the great things New Jersey FCCLA accomplishes in the coming year!

Sincerely,
Kelsey Jacobson
NJ FCCLA State President

NEW JERSEY FCCLA

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Happy New Year **2018**



*By Bansari Patel,
First Vice President*

Technically defined, goals are “the object of a person’s ambition or effort; an aim or desired result.” Power of One is one of eight National Programs, and the only one that focuses on personal achievement. Power of One is specifically designed so that you can set reasonable goals for yourself and create plans of action to achieve them. It is often difficult to reach and accomplish a specific goal because we are so busy in our daily lives. With the help of Power of One, you can learn how to follow through with goal setting!

Power of One consists of five units and each unit addresses a different aspect of one’s life. The five units are: A Better You, Family Ties, Working on Working, Take the Lead, and Speak Out for FCCLA. The first unit, A Better You, focuses on improving personal traits and habits. The second unit, Family Ties, concentrates on strengthening the bonds and relationships that you have with your family. Working on Working, the third unit, focuses on exploring job possibilities and career interests. The fourth unit is Take the Lead, focuses on developing leadership habits and skills. Speak out for FCCLA is the fifth unit and addresses the need for increasing FCCLA’s public relations. I encourage every member to take the opportunity to complete the Power of One National Program. To complete Power of One, a member must work with their Chapter Adviser to complete one goal for each unit by the deadline of March 1, 2018 in order to be recognized at the State Leadership Conference in March.

RINGING IN A NEW YEAR WITH FCCLA

By Rhea Jhamb, Vice President of Parliamentary Law

During the New Year, FCCLA members have countless opportunities to explore various skills that are obtained through Family and Consumer Sciences education. We are Generation Leadership and it is our time to make a difference in the world! In 2018, I challenge YOU to make a difference in your FCCLA chapter with a few simple steps.

1. Reflect over the past year.

Every chapter, organization, or business has its ups and downs. Reflection is crucial for personal growth. Therefore, think about the things you want to improve this year. Start asking these questions: Have we achieved our goals as a chapter this past year? What specific things do we want to change or redirect? What fundraising/community service events were successful and which were not? These reflection questions will help you learn from your mistakes and know which direction you want to go in the new year.

2. Expand your thinking with new experiences.

There is a quote that states, “Your thinking will always be limited to your own opinions and experiences. So, expand your views, experiences and opinions as much as possible.” Not only does that apply to FCCLA, but you can challenge also yourself in your personal life. FCCLA is the “Ultimate Leadership Experience” and that includes having great communication with your chapter. This means you are listening to others’ ideas, engaging in events held by your chapter, and seeking out people with different backgrounds than you. If you are successful, your FCCLA chapter will have the opportunity to thrive in all aspects of this organization including community service, competitive events, and fundraising.

3. Focus on your specific goals

As the school year starts getting busier, we start losing track of our goals for our FCCLA chapters. After your self-reflection, it is crucial to take action on aspects of the chapter you want to improve. As a chapter, set new goals you want to accomplish for the new year. The National Program, Power of One, is a great opportunity for members to practice their goal setting skills. Figure out which aspects of your chapter need help. Maybe you need to get more involved in the community or you need to fundraise. Whatever the case may be, setting attainable goals allows you to create a foundation before any other action is taken.

**NJ FCCLA wishes you
a successful 2018!**

Ways to Connect with CHAPTER MEMBERS and Build Membership

By Kiran Kumaranayakam,
Vice President of Membership

Although the school year has already started, there are still many ways to build membership and connect with members throughout your local chapter! It is never too late to recruit members and keep current ones engaged. Don't let your chapter fall behind on FCCLA spirit! Keep the enthusiasm going with fun ways to connect members with one another and interact with each other. Here are several ways you can connect with current members and recruit new members:

- To retain members, hold an FCCLA movie night so members can have fun and spend time together.
- Encourage current members to bring their friends and show them all that FCCLA has to offer. Offer a prize or reward for the member who recruits the most members. This will keep members proactive in the pursuit of successful chapter membership.
- Create a bulletin board showcasing your chapter's accomplishments at the Fall Leadership Connection to show students what you can accomplish in FCCLA! Create new patterns and designs each month to keep students engaged as they pass by!
- Have school announcements that recognize members for their accomplishments.
- To retain current members and interest new members, have FCCLA alumni come in and speak about how FCCLA has helped them in their careers and personal lives since their graduation as a member.
- Create an FCCLA video highlighting all the creative and exciting things your chapter is doing. Feature current members in the video and have them express how they feel about FCCLA and how it has helped them!

Whether it is the beginning, end, or the middle of the year, it is never too late to recruit and connect with members! Growing your chapter's membership will prove effective for maintaining membership numbers in the future.

ICEBREAKER IDEAS

By Samantha Matson,
Vice President of Community Service

Icebreakers are an important part of any meeting. Since they are one of first things to take place, they will set the tone. When an icebreaker is fun and exciting, it gives members a great feeling about the meeting to follow! Here are a few icebreakers that your chapter can use:

1. Extreme Rock/Paper/Scissors- To play this, everyone starts playing rock/paper/scissors with the person sitting next to them. The person who loses will then follow around the person who won and will cheer for them throughout the rest of the icebreaker. The winner will face someone else, and again, the person who loses will follow the winner. This will continue until there are only two players remaining who would then play the final game to see who the rock/paper/scissors champion is.

2. Human Knot- For this game, there must be groups of 6-8 people standing in a circle. Everyone must reach out and grab two different people's hands. No one can hold the hand of the person standing next to them. After linking hands, the students must work to untangle their arms and end in a circle.

3. Shoe Search- Everyone has to take one of their shoes off and place it in the designated area. When everyone has placed their shoes there, they must take a different shoe that is not theirs. Then they must look for the owner of the shoe that they picked up during the game. A question can also be given to the students that they can talk about with their partner.

4. Snowball- This game does not really involve snow, but it is still a fun way for students to learn more about each other. Members are asked to write a fun fact about themselves on a white index card. After writing them, they must crumple up the paper into a "snowball" and throw it into the middle of the room. Once everyone has done this, the students will pick up one of the papers and try to look for the person who wrote that fun fact. Once everyone finds each other, members can share their fun fact with the group.

5. Name Game- This game can be done in groups of up to 10 people standing in a circle. The first person will start by saying their name while doing a small action, for example: clapping, snapping, and other movements of that nature. The person standing next to them would then have to copy the first person by doing the same action and saying the first person's name, and then come up with their own. At the end, the last person would have to repeat all of the names and actions of everyone before them, which is why there should not be groups of more than 10 people.

6. Mingle Mingle- The name of this game comes from what is said when playing it. Students walk around the area saying "mingle, mingle...", while mimicking speaking with their hands. The proctor of this game will play music during the time students are walking. When they stop the music, the proctor will ask the group a question and the students will then move into small groups with other people who have the same answer as them.

JOIN US AT THE SLC

By Nila Aravindan, Committee Chair

After a successful Fall Leadership Connection, we turn our heads toward an exciting event for NJ FCCLA—The State Leadership Conference (SLC), which will take place March 22-23 in Cherry Hill. Jam-packed with interesting workshops, inspiring guest speakers, exciting competitions, great food, and entertainment, the SLC is one of the most exciting things about being a member in FCCLA.

Many students are motivated to attend the state conference because of the competitive events and the awards. This two-day event is so much more than competitive events. The SLC is an exciting experience that offers leadership opportunities for students. The keynote speakers and the messages they bring to the general sessions provide inspiration and guidance for now and in the future. Throughout the afternoon on Thursday, attendees are required to attend a minimum of two of the twelve workshops offered. The workshops are diverse and very interesting. From multimedia presentations to culinary demonstrations, there is always something new to learn and stimulate your curiosity. However, the best part of the state leadership conference is the chance to meet other students and advisers from across the state and network at the Thursday evening entertainment options, karaoke, dance, movie magic, and more. The SLC is fun, interesting and engaging.

The New Jersey State Executive Council is excited to see you at our State Leadership Conference. We promise you a wonderful learning experience as well as an enjoyable time. See you in March!

HOW TO HELP *your Advisers* PREPARE FOR THE SLC

By Bansari Patel, First Vice President

In the blink of an eye, the 2018 State Leadership Conference will be here! In order to help your adviser(s) along this journey to the State Leadership Conference, here are a few tips to keep in mind:

1. Competitive Events: Now is the time to start looking into both the State and STAR Events to see if one might interest you or any members in your chapter. One of the best aspects about being an FCCLA member is that you have the opportunity to explore numerous types of skills and careers associated with Family and Consumer Sciences. Whether you know what kind of career you want or are trying to discover one, NJ FCCLA's State Leadership Conference is where you can explore those skills and careers with NJ FCCLA State Events and FCCLA STAR (Students Taking Action with Recognition) Events. If your interests include culinary arts, fashion or interior design, child development, or leadership, you'll be able to find a competitive event that suits you. All State and STAR Event descriptions, rules, guidelines, and rating sheets can be found at www.fcclanj.org.

2. Time Management: By picking out a project early on and using proper time management to schedule meetings and due dates, your adviser will be able to help you the in the most efficient manner. This will ease any tension and stress before the conference and you will be proud of the medal you earn!

3. Encouragement: Help your adviser by promoting the State Leadership Conference in your chapter! Explain the benefits of participating in a statewide conference and encourage your friends to join in on the fun!

The State Leadership Conference is not only about competitive events; it is also about developing your leadership skills, exploring Family and Consumer Sciences, meeting members from all over New Jersey, and participating in our statewide community service projects. The State Executive Council looks forward to seeing everyone in Cherry Hill this spring!

How to Prepare for the State Leadership Conference: TIME MANAGEMENT TIPS

By Kelsey Jacobson, State President

One of the best opportunities available to FCCLA members is the chance to attend leadership conferences. The 2018 State Leadership Conference this spring is quickly approaching. It is being held from March 22-23, 2018 at the Crowne Plaza in Cherry Hill. Now is a great time to start planning for conference. Below is a check list for members and Advisers as you prepare to attend the conference.

Members:

1. Begin looking into State and STAR events to see which spikes your interest
2. Read over guidelines found on the New Jersey FCCLA Website, www.njfccla.org
3. Begin planning for the community service efforts at the SLC
4. Create a schedule of when you will work on your project
5. Make an outline for your presentation
6. Have your adviser review completed project

Advisers:

1. Conference registration is due on February 14, 2018
2. Collect Code of Conduct, Conference Permission Slip, and School Mandated Permission Slips from members
3. Money for lunch on Thursday
4. Rooming Assignments for Hotel
5. Community Service Efforts
6. Inform students of Dress Code
7. Discuss Conference Expectations

CAPITOL & CLUSTER LEADERSHIP MEETING

By Lacie Porch, Vice President of Public Relations

From November 8-12, 2017, New Jersey FCCLA members and advisers participated in Capitol Leadership and the 2017 National Cluster Meeting in Washington, D.C. During Capitol Leadership from November 8-9, State Officers joined officers from across the country to develop leadership skills and learn about advocacy and government relations. At this conference, officers were able to advocate for Family Consumer Sciences education and Perkins funding to staff members of the New Jersey Senators, Cory Booker and Robert Menendez. State Officers were also able to meet with the offices of Representatives Norcross, Pallone, Coleman, and Lance.

After Capitol Leadership came the National Cluster Meeting. From November 10-11, New Jersey FCCLA members and advisers participated in many skill events, with two teams from New Jersey participating in the FCCLA/LifeSmarts Knowledge Bowl. The team from Bridgewater-Raritan High School will be traveling to the National Leadership Conference this summer to represent New Jersey in this competition. Two of our members won awards in their skills demonstrations events: Ashley Baidowsky from John P. Stevens High School placed first in the Fashion Sketch Skill Event and Kelsey Jacobson from Southern Regional High School placed first in the FCCLA Knowledge Challenge. The 2017 National Cluster Meeting was a great experience for our members to explore and enhance their skills.

NLC IN ATLANTA

By Kiran Kumaranayakam, Vice President of Membership

What if FCCLA could take you further than the New Jersey State Leadership Conference? What if you had the opportunity to connect with other FCCLA members in a completely different part of the country? Well guess what...it can! The National Leadership Conference offers exactly that with countless opportunities. The National Leadership Conference gives you the opportunity to explore your leadership and acquire new skills. FCCLA members will gather from across the country to compete in STAR Events, attend leadership workshops, network with fellow members, and learn about leadership!

Don't miss the amazing opportunity to empower yourself and others as you get "InspiRED" at this year's National Leadership Conference in Atlanta, Georgia. The conference will take place June 28- July 2, 2018. Atlanta has a lot to offer, such as the Georgia Aquarium, The World of Coca-Cola, Centennial Park and many other exciting attractions. If you love nature you can check out the Atlanta Botanical Garden, which displays amazing works of arts through the use of plants. For a little entertainment, you can visit the Fox Theatre, which is a long lasting legacy in Atlanta. You can also visit the Martin Luther King Jr. National Historic site. There are many attractions and fun activities that you will be able to enjoy in Atlanta, Georgia!

By attending the National Leadership Conference, you will be able to meet fellow members from across the country and create lasting bonds with new friends. National FCCLA has a lot planned for this conference, including promoting and strengthening National Programs and recognizing outstanding members in the Go for the Red campaign. Together, the New Jersey delegation has the ability to succeed in STAR Events and the FCCLA/LifeSmarts Knowledge Bowl. There is a lot to look forward to at the 2018 National Leadership Conference, and we can't wait to see everyone there!

A Successful FLC: GENERATION LEADERSHIP

By Alyssa Song,
Vice President of Leadership Development

On November 20, 2017, NJ FCCLA members attended the Fall Leadership Connection at the Pines Manor in Edison. Participants listened to this year's keynote speaker, Brent Camalich, who described his journey with student leadership and entrepreneurship. He described how he created his business called "Dude Be Nice", a company that sells t-shirts with these three words. Camalich recalled a time when he bullied another student in high school, which inspired him to create this unique brand. It was an eye-opening story that truly taught the importance of kindness and compassion for others.

This year's state theme was "Generation Leadership," which was all about how our generation has endless opportunities in pursuing leadership. As FCCLA members, we lead by example and want to serve as role models for the members. The NJ FCCLA State Officers presented a skit about leaders during different time periods. From Martin Luther King Jr. to Bill Gates, there are countless leaders that have made a significant impact on our world today.

After the Opening General Session, there were roundtable presentations and competitive events. Roundtable topics ranged from National Programs to unique and successful fundraising ideas, such as creating a successful cupcake sale or hosting a dance marathon. Post-secondary institutions also participated in the roundtables to teach members about potential careers and college opportunities. Competitive events were also extremely successful! Specifically, the Cupcake Challenge blew members away! The special ingredient this year was a "tuber vegetable" and stirred some creativity to produce cupcakes ranging from sweet potato to taro. The sale of the cupcakes helped NJ FCCLA raise \$2000 for hurricane relief for Puerto Rico.

Leadership workshops were offered to chapter officers. In the community service workshop, FCCLA members participated in community service by wrapping and decorating utensils. They also shared different fundraising initiatives at their schools. In the President workshop, chapter presidents learned about leadership and the process of becoming a successful leader in their school and community. The purpose was to help develop character and leadership skills. Overall, the Fall Leadership Connection was a great success!

WHAT TO DO DURING FCCLA WEEK!

By Alyssa Song,
Vice President of Leadership Development

FCCLA Week is a special week that lasts from February 12-16, 2018 and celebrates this organization's mission and purposes. It commemorates our members' leadership and service to our communities and makes us proud of FCCLA! Each day of FCCLA Week is a different theme!

Monday: "FCCLA Promo Day" A possible way to celebrate the first day of FCCLA Week is to post on social media about what FCCLA means to you and how it has impacted your life. How has FCCLA contributed to your personal growth as a middle or high school student? [#PromoteFCCLA](#)

Tuesday: "Careers in Action" A possible way to participate is to host a college or career fair at your school. You can include Family and Consumer Sciences related occupations or college preparation. Planning for your future is a smart way to find a career path fit for you or discover an occupation that you have a passion for. [#FCCLACareers](#)

Wednesday: "Say Thanks" Coincidentally, this is the same date as Valentine's Day! This day is a great time to thank family and friends that have given you support in your journey through FCCLA. Their support has given many members the opportunity to participate at the local, state, or national level. They have helped us achieve our goals, and they deserve our thanks! [#FCCLAIsthankful](#)

Thursday: "Make an Impact" This day focuses on helping others and giving back to your community. A possible activity could be participating in a community service event or taking the lead in a local project! Making an impact is all about inspiring others and helping those in need. [#FCCLAImpact](#)

Friday: "Unite in Red" A great way to show how FCCLA has InspiRED you on the chapter level is to wear red clothing to school. Wearing red is a great way to get recognition for the organization as well as inspire others to participate! [#FCCLAUnites](#)

Ultimately, FCCLA Week is the time to recognize and be proud of this organization. Get the word out and celebrate the endless opportunities FCCLA gives you!

WEBSITE & SOCIAL MEDIA CONNECTION

By Chelsea Olender, Vice President of Communication

The New Jersey FCCLA website and social media networks have an abundance of information to offer members. By visiting the New Jersey FCCLA website and following us on social media, you can more about how to become involved in the organization. Stay informed at all times! By becoming connected, you will be up-to-date with everything regarding New Jersey FCCLA.

Follow New Jersey FCCLA on social media:

Facebook: @NJ FCCLA

Instagram: @nj_fccla

Twitter: @nj_fccla

By connecting with New Jersey FCCLA through social media, you can receive information about what NJ FCCLA is up to every time we post. This will keep you up-to-date on leadership conferences, New Jersey FCCLA members' and chapters' accomplishments, community service, and much more.

The New Jersey FCCLA Website, www.njfccla.org, provides you with tons of information, such as FCCLA history, membership, leadership conferences/meetings, how to run for the State Executive Council, competitive events, community service, and the New Directions Newsletter. By visiting the website, you can see what New Jersey FCCLA is all about!



MOVIES TO WATCH

By Akshat Kulkarni, Committee Chair

This winter, whether you're with family, friends, or alone, there are a variety of new movies you can indulge in. The family friendly and feel good movie, *Coco*, features a boy who envisions becoming a musician despite the lack of support and discouragement from his family. In theatres now, it's a great movie with a very important message: to follow your heart and be what you wish to become. Another family friendly and top 10 highest grossing movie of all time with \$1.26 billion is *Beauty and the Beast*. This movie features a beast who kidnaps Belle, who eventually learns to see the good that's underneath the Beast. With a very important message about learning not to judge someone by the exterior, this movie is great for everyone in the family. When most of the children are asleep, and the teenagers and adults are still awake, you can watch *Wonder Woman*. This movie is packed with action, suspense, thrill, and drama that will you keep you engaged for the entire 2.5 hours. *Coco* is in theatres right now, while *Beauty and the Beast* and *Wonder Woman* are available for rent or purchase.

Dress for Success

PROFESSIONAL ATTIRE VS. BUSINESS CASUAL

By Chelsea Olender,
Vice President of Communication

Knowing the difference between professional attire and business casual attire is the key to dressing for success in the workplace! Business casual attire is designed to be less formal than traditional business wear attire, but it is still expected to give off a professional impression. Careers that have a have a stricter dress code policy expect professional business attire on a daily basis.

Business casual can sometimes be confusing and complicated. For women, the best way to dress in business casual is to wear dress pants with a nice blouse or a dress that is no more than an inch or two above the knee and footwear of neutral colors. Men should wear collared shirts, dress slacks, and a belt around the waist. Blazers and sweaters are smart options to wear as well, depending on the weather. Keeping an eye on your peers will help you make good decisions about how to dress from day-to-day.

Professional business attire can be very precise and is usually used at formal meetings, business presentations, and job interviews. For women, one should have their hair tied back, minimal makeup, and pale nail polish to appear clean and polished. For clothing, one should wear nude panty-hose, a pressed, collared, button down shirt, skirt suits or pant suits that are of neutral colors (navy, dark grey, brown, or tan) with the skirts being a little below the knee, and dress shoes (pumps, flats, or heels) no more than 2.5 inches with no platform. For men, one should wear a full suit with a matching jacket and pants with a belt, pressed collared shirt (solid, striped, or simple pattern) with a tie. The bottom of the tie should barely cover the belt buckle. The individual should pair dark leather shoes with dark socks, with no cologne or visible tattoos or piercings. A briefcase or portfolio case is a very professional accessory for anyone to use.

Dressing for success is knowing how to dress in a business setting. Many people make assumptions about what you do for a living based on your appearance. Your clothing reflects the image that tells others how to act around you or how they treat you. Your image can lead you to greater opportunities and your level of success.

WINTER COMMUNITY SERVICE OPPORTUNITIES FOR CHAPTERS

By Samantha Matson, Vice President of Community Service

The winter season is always a fun time to spend with family and friends, but it is also a great time to give back to your community! These months are filled with holidays, and one of the best ways to get into the holiday spirit is by giving.

1. Valentine's Party at a Nursing Home- Many people who live at nursing homes are not visited by their loved ones often. Especially during the holidays, their family may be busy and unable to visit their elderly relatives staying at a nursing home. A great chapter service project could be setting up a small party for one of the holidays. You can bring food such as cookies, fruit, and warm drinks. Members can also bring board games, cards, and crafts to do with the residents. It is a great way to connect with members of your community.

2. New Year's Resolution to Help- The tradition of creating a New Year's Resolution has been going on for generations. It is a way for us to set goals that will help us improve and that can make a difference in our lives for the upcoming year. This year, a New Year's Resolution that you can make is one of service in 2018. Set a goal and create a plan for yourself and your chapter about the amount of service that you will do during the New Year. When you write goals down, you are more likely to complete them, which is why it would be helpful to write down your goals for community service.

3. Toy Drive- One of the staples of the holiday season is receiving gifts, and for children, these are toys. But for families who cannot afford to buy their children a lot of toys around the holidays, a toy drive can be a good project to make people smile. These drives are simple to organize; you can make flyers, set up a drop-off location for the toys, and find a charity that would accept them. Some charities that accept toys are the Salvation Army, Toys for Tots, local homeless shelters, and charities in local churches.

SERVICE AT THE SLC

By Samantha Matson, Vice President of Community Service

It is the winter, but before you know it, it will be time to prepare for the State Leadership Conference! And along with preparing for competitive events, it is important to also prepare for participation in the community service initiatives. Community Service is one of the National Programs of our organization, which is why it is important for every chapter and every member to take part in service projects that New Jersey FCCLA implements. This spring, you and your chapter can donate non-perishable food items for the Food Bank of South Jersey or donate wish list items for the Ronald McDonald House.

The Food Bank of South Jersey is a food bank that supplies food to countless families who live in the South Jersey area. By donating food, you are giving to those who cannot afford a meal and you are making a large difference in their lives.

The Ronald McDonald House provides space for families to live near the hospital while their child undergoes treatment. Every wish list item donated goes to the families who need help during a challenging moment in their lives. The Ronald McDonald wish list includes: plastic wrap, aluminum foil, zip lock bags, paper towels, toilet paper, paper napkins, dishwasher detergent, individually packaged snack items, granola bars, fruit cups, 100 calorie snack packs, coffee, tea bags, sugar and sweeteners, peanut butter, and popcorn.

The State Leadership Conference is just around the corner, so make sure to begin thinking about the service projects for the conference. We can't wait to see you there!

KEEPING WARM IN WINTER

By Nila Aravindan,
Committee Chair

When the tips of your ears and nose turn red and when your breath starts to become visible in the cold air, winter is truly here. Winter fashion is finding an equilibrium between bulky coats and accessories while remaining fashionable and warm. Here are a few ways to stay cozy in the cold while being up-to-date with the latest trends.



Glen Plaid

This pattern has just recently become extremely popular. Usually featuring a shade of gray, glen plaid is a very minimalistic design that pairs well with almost any color. Try skirts, dresses, pants, and pea coats in this pattern.



Sweaters

Last year's oversized sweater & leggings combo is slowly fading away. This season's sweater trends include your ruffled and balloon sleeved sweaters. The statement sleeve sweaters are best worn with skinny jeans and boots to dress up, or sneakers for everyday casual wear.



Fur

Wearing fur is the perfect classy and glamorous look while staying warm and cozy. Fur jackets are the epitome of 2017-2018 street style. Pair a fur jacket or vest with tight fitting pants or a denim skirt. Faux fur of course.



Large Scarves

Billowy scarves have hit the streets very recently, especially worn wrapped around your neck, stopping right near your chin. Wear them in a large plaid pattern and pair them with your classic trench coat and thigh high boots or with a fitted dress.

Fun Activities for Your Family this Winter!

By Emily Brigham,
Vice President of National Programs

Play in the snow: Luckily we live in a state where we can enjoy some snow! Go out with your family and make a snowman, go sledding, or have a snowball fight. Make sure to do something fun in the snow with your family.

Have a family movie day: Instead of having a movie night with your family, you can have an entire movie day! When it's super cold outside and you are finished playing, find a movie series you and your family love! Then you can spend hours watching movies and enjoying your family's company.

Make food together: To go with your movie day, a good way to bond with your family is to make delicious foods. Warm, comfort food is perfect for a cold snow day. Good comfort foods can include macaroni and cheese, mash potatoes, or chicken noodle soup.

Play games: There are so many types of games you can play with your family! You and your family could spend hours playing all sorts of board games, card games, or video games. If you want, you could even have a tournament for a little friendly family competition.

FINDING THE JANUARY DEALS THIS YEAR!

By Emily Brigham,
Vice President of National Programs

Many products and items go on sale in January right at the start of the new year:

Winter Clothing- Since many people bought their coats before the season started, stores discount coats and other outerwear that still haven't been sold.

Cars- A hot item in the New Year are cars. Many people are looking for a new ride in the new year, which makes better deals for consumers.

Gym Memberships- Another great deal in January are gym memberships. After the holiday season and many large meals, a lot of people are looking for a way to work off all the food they ate in a short time. Gyms recognize how many people are looking for a gym, so they are likely to give better deals for new members in January.

The New Year is a great time for consumers to take advantage of the after-holiday deals at many stores, so do some research to help you save some money and stretch your dollar!

HOROSCOPES/2018 OUTLOOK

By Lacie Porch, Vice President of Public Relations



AQUARIUS

Aquarius (January 20th - February 18th) - 2018 will be a time of balance for you. Along with balance, the New Year will bring new adjustments and compromises for you. 2018 will also be a great year for you to explore emotions of those around you. This year will be a good year to work on improving your relationships with those around you, particularly new ones.



PISCES

Pisces (February 18th - March 20th) - This year is a great year to express your desires or ambitions and to explore different choices that may be new to you. To get the best rewards that 2018 can bring you, make sure you plan thoroughly and are ready to make this change.



ARIES

Aries (March 21st - April 19th) - 2018 is the year for you to realize your dreams and buckle down and tackle them. This is the year for you to go after those important decisions that you have been putting off. Try to keep more organized and plan your thoughts more thoroughly in order to accomplish your goals.



TAURUS

Taurus (April 20th - May 20th) - This year is the year for you to relax and rest. As the new year comes, you will be able to relax in a physical and mental point of view. Now is a great time to take a step back and analyze what is most important to you. 2018 is the time for you to focus on the more important aspects of your life.



GEMINI

Gemini (May 21st - June 20th) - 2018 will be a great time for you to jump into those projects you have been putting off. As the New Year comes, so will a new burst of energy for you. Just make sure you are not taking on too many new projects that you cannot handle.



CANCER

Cancer (June 21st - July 22nd) - As 2018 approaches, so does a new wave of optimism and positivity. With this new-found positivity, you will be able to gain more confidence in yourself and the ideas you have for the New Year. 2018 will be a great year for you to explore your own personal growth and how to improve your daily life.



LEO

Leo (July 23rd - August 22nd) - This year will be a time of developing your personal and professional choices. 2018 will be a great time for you to become more focused with the people around you and to help those in need.



VIRGO

Virgo (August 23rd - September 22nd) - 2018 will be a hectic year for you. This year will be a great time for you to be able to put your problem-solving skills to the test. Keep yourself focused on your goals even if it means taking a risk.



LIBRA

Libra (September 23rd - October 22nd) - In the New Year, it would be a good time to focus on those around you, rather than your personal life. This is a great time to make new friends instead of just sticking with your closest friends.



SCORPIO

Scorpio (October 23rd - November 21st) - 2018 will be the year of serenity. This is a great year for you to go out and have fun rather than keeping a low-profile like before. 2018 is a time for laughter, fun, and happiness for you. Embrace it head on.



SAGITTARIUS

Sagittarius (November 22nd - December 21st) - This year will bring a new sense of security for you. The frustrations and problems you have been facing will disappear. In 2018, you will feel a new wave of energy as you are able to overcome the challenges that you have been facing.



CAPRICORN

Capricorn (December 22nd - January 19th) - 2018 will be a great year for you to explore your hidden talents and resources you may not have noticed. This year will bring new personal development and growth for you. This year is the time for you to take power for the things that you want in life. Your practicality will come in handy in your professional and personal life this year.



Winter Treats

By Rhea Jhamb, Vice President of Parliamentary Law
and Akshat Kulkarni, Committee Chair

The weather outside may be frightful, but these snacks are so delightful! The cold winter is the perfect season to get cozy with a great cup of hot chocolate and some delicious treats! Whether you're a chef or someone who just enjoys food, try these ideas proven to keep you warm. Not only are these snack ideas delicious, but they are also a great way to get in the kitchen with your family and have a great time!

Peppermint Pretzel Marshmallow Fudge- Pinterest

Ingredients

- ½ cup unsalted butter, melted
- 2 cups packed dark brown sugar
- 2 cups granulated sugar
- ½ cup light corn syrup
- 1 cup half and half
- ¼ to ½ teaspoon sea salt
- 10 ounces bittersweet chocolate chips
- 2 teaspoons pure vanilla extract
- 2 ½ cups mini marshmallows
- ½ cup crushed peppermint candy
- 1 cup crushed pretzels

Instructions

1. Lightly spray a 9x13-inch baking pan with non-stick cooking spray. Line with parchment paper and lightly grease the parchment paper. Sprinkle the bottom of the pan with 1 cup of mini marshmallows, half of the peppermint candy, and half of the pretzel pieces.
2. In a medium, heavy-bottom saucepan stir together butter, brown sugar, granulated sugar, corn syrup, half and half, and sea salt over medium heat.
3. Bring mixture to a boil and reduce heat to low. Allow to simmer for three minutes, stirring occasionally.
4. Add the chocolate chips and stir until completely melted and combined. The mixture will still be simmering as you stir in the chocolate so be careful!
5. Clip a candy thermometer to the edge of the pot and watch as the mixture comes to 234 degrees F. There's no need to stir the mixture as it comes up to temperature.
6. Once the mixture reaches 234 degrees F, remove from heat and allow to cool for 10 minutes.
7. Add vanilla extract and ½ cup mini marshmallows to the still warm chocolate fudge. Using electric hand beaters, beat the mixture together until marshmallows are completely melted and combined, about 3 minutes.
8. While the mixture is still warm, pour it over the marshmallows, peppermint, and pretzels in the prepared pan. Immediately sprinkle the top of the fudge with the remaining marshmallows, peppermint, and pretzels. Press in just slightly while the fudge is still warm.
9. Cover the pan in plastic wrap or foil and allow to rest in the refrigerator for at least 4 hours or until solid through.
10. Once cooled, remove from the pan and slice into small cubes.
11. Wrap individually and share with everyone!

Blizzard Cookies - Pinterest

Ingredients

- 1 cup butter softened to room temperature
- 4 oz cream cheese softened to room temperature
- 1 cup sugar
- ½ cup brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 3 ½ cups all-purpose flour
- 1 tsp cornstarch
- 1 tsp baking soda
- ¼ tsp salt
- 1 ½ cups premium white chocolate chips
- ¼ cup colored sprinkles

Instructions

1. In a mixer, cream together butter and cream cheese until well-combined.
2. Add sugars and beat on medium-high speed for 2 minutes, until light and fluffy. Pause mid-way through to scrape down the sides of the bowl.
3. Add egg and beat until combined.
4. Stir in vanilla extract.
5. In separate, medium-sized bowl, whisk together flour, cornstarch, baking soda, and salt.
6. With mixer on low speed, gradually add flour mixture until completely combined.
7. Stir in white chocolate chips (low-speed), and pause to scrape down the sides of the bowl.
8. Add colored sprinkles and stir until just combined (by hand is preferable, but the dough is quite sticky and thick, so you may mix briefly on low-speed).
9. Cover and transfer to refrigerator to chill for 30 minutes. Meanwhile, preheat oven to 350F and line cookie sheets with parchment paper.
10. Once cookie dough has chilled, remove from fridge and scoop/roll into 1 ½ inch balls. Place on parchment paper and slightly flatten with your hand or with the bottom of a clean glass. Add additional sprinkles if desired.
11. Bake for 8-10 minutes, remove from oven and allow to cool for at least 10 minutes on cookie sheet before transferring to cooling rack to cool completely.