



PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers and Alumni:

This year, New Jersey reached new heights on the National Level! We traveled to Anaheim, California this summer with the largest delegation in New Jersey's history and returned with the highest caliber of medals our state has ever earned! Congratulations to all competitors and supporters who made this possible for our state.

As the summer ends, the prospects of a productive and exciting school year unfold! A new school year brings with it many challenges, as well as many opportunities for personal advancement and FCCLA achievement. Beginning the school year strong is a very important part of your FCCLA chapter success. The first month of school is crucial for your chapter to leave the FCCLA stamp on your school! Make sure to advocate for our organization. Make membership a priority. You can enthusiastically encourage your friends to begin their journey with FCCLA by using your own personal experiences with our great organization!

To all FCCLA seniors, I know the personal journey we are going to embark on is both exhilarating and intimidating. Remember to use all the great skills you have learned with FCCLA to help you organize and motivate your college selection process. I know that as an FCCLA member, you will succeed this school year. Good luck to everyone this fall!

Kamaria Guity

New Jersey FCCLA State President

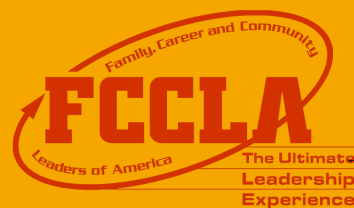
KUDOS New Jersey FCCLA!

By Katelyn Palombo, VP of Leadership

Participating in the National Leadership Conference is a fantastic experience and the memories will last a lifetime. On behalf of the New Jersey FCCLA State Executive Council, I would like to congratulate all of the members who participated in STAR Events at this year's National Leadership Conference. With the largest delegation attending in NJ FCCLA history, New Jersey members were awarded a total of 74 gold medals, 36 silver medals, and 2 bronze medals. It takes a great deal of dedicated work and determination to compete in a STAR Event on the national level; so, kudos are in order for everyone who competed. Having competed this year in a STAR Event, I personally know the effort required to produce projects that will do well in the competition. This delegation represented New Jersey FCCLA very well not only through projects, but also through friendly and cooperative behavior. Everyone was dressed appropriately and friendly to other state representative. Again, I would like to congratulate every member that put their dreams into action and made New Jersey FCCLA history.

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MEETING MANIA! NJ Fall Leadership Meeting

SNEAK PEEK

Another Successful Conference in *Sunny California*

From July 8 to July 14, New Jersey FCCLA was in Anaheim, California for the 2011 National Leadership Conference. This year New Jersey FCCLA brought the largest delegation to the National Conference since New Jersey FCCLA was formed in 1947. Over 120 students, advisers and teachers put their *Imaginations in Action* at this year's meeting. With dozens of speakers, countless workshops, multiple exhibits, and Disneyland right around the corner, it was virtually impossible for anyone not to let their imaginations kick into gear. In addition, New Jersey FCCLA saw their 2010-2011 National Officer Danny Brooks complete his term as National First Vice President at the conference.

Although New Jersey FCCLA always gets down to business at national conferences, we also know how to have fun. The first day in California, New Jersey went to Knott's Berry Farms, which is one of the oldest amusement parks in the country. The next day we attended a major league baseball game where we watched the Anaheim Angels defeat the Seattle Mariners. On Tuesday, New Jersey FCCLA visited Disney's California Adventure amusement park right down the street from the hotel. With all these attractions, there was never a dull moment during the conference.

Lastly, New Jersey FCCLA rocked the house by achieving in STAR Events and national contests. This year, New Jersey FCCLA won an overwhelming amount of gold medals at the National Leadership Conference. Also, we had three winners in the Leaders to Watch national contest, as well as the Otis Spunkmeyer Recipe Contest winner. Lastly, New Jersey FCCLA was the recipient for the Membership Award for having the greatest increase in membership in the North Atlantic region. With all these accomplishments and achievements, the 2011 National Leadership Conference was both enjoyable and very successful.

*By Cheryl Thompson-Morton
VP of Public Relations*

By Kamaria Unity, State President

The 2011 Fall Leadership Connection is a conference you do not want to miss! The FLC gives members the chance to discover the many opportunities FCCLA has to offer. Members will be able to partake in workshops, see an amazing general session, hear from powerful keynote speakers and spend a day the FCCLA way! This year we are introducing three exciting new fall events that all chapters should strive to participate in.

The Cupcake Challenge is a new culinary event that is jam-packed with service and fun! Participants create a recipe using a secret ingredient, design a display and have their cupcakes sold to conference attendees. All proceeds will go to this year's National Outreach Project: Share Our Strength, to fight childhood hunger! This is an amazing opportunity for members to demonstrate their skills and give back to our communities. In addition, **Go Green: Centerpieces** is calling out to all interior design students and interested members! This event challenges members to create and design centerpieces that are 100% environmentally friendly. Centerpieces demonstrate the beauty in recycled items and taking care of our environment creatively. **Caregivers Carry All** showcases an activity that prepares students for assuming the responsibility of caring for others.

The FLC is a great experience for chapters and advisers to jumpstart their FCCLA year. Make sure to register for this conference and receive "The Ultimate Leadership Experience!"

National Cluster Meeting

SNEAK PEEK

By David Shah, First Vice President

Are you still pumped up from the National Leadership Conference, and want another experience like that before next summer? Well, don't worry because planning for the National Cluster Meeting has begun. At this year's National Cluster Meetings, members will be given the opportunity to attend workshops and leadership sessions, listen to guest speakers, visit nearby attractions and famous sights, and of course have the Ultimate Leadership Experience. Members will also have the opportunity to enter a small selection of competitive events and form a Knowledge Bowl Team that will test their knowledge of Family and Consumer Sciences information. The meeting will be in Denver, Colorado on November 11-13. The Cluster Meeting is a great way to bond with your chapter and network with different people from around the nation. I encourage you to come and join FCCLA members from around the nation in "Raising the Bar."



Have you ever noticed that every magazine is filled with pages of diet information and exercise routines for readers to have their best “summer body” ever? As summer comes to a close, many people forget to keep their body in shape. The fall is busy, especially for students, and people usually forget exercise because they can hide their bodies under warm layers of clothes. New Jersey FCCLA is here with a few tips you can use during the cold months to be the healthiest you can be:

Tip 1: Keep Moving

Don't let the cold weather outside stop you from being active, and don't get lazy this winter. Participate in a sport during the winter, there are plenty options available ranging from fencing to basketball. You should be doing something active several times a week, even if it's just a brisk walk on the treadmill for 30 minutes.

Try this: When at the mall walk three laps before you start shopping.

Tip 2: Balance Protein, Fats, and Carbs

Have a little more protein and less fat. Doing so keeps you satisfied longer and will stop you from constantly wanting to snack. Also, the idea isn't to focus on what you're eating, but how much you are eating. There is a point where you can even have too much of a good thing.

Try this: Instead of having a handful of chips, try a hand full of nuts or a cheese stick.

Tip 3: Water!

When you are cold, your thirst isn't as great as when you are warm, but water is important all year round. You should be sipping water all day to keep your body healthy and not dehydrated. The more you drink, the less urge you will have to snack on unhealthy items.

Try this: Instead of having an energy drink or a sugary snack at lunch, pick up a bottle of water instead.

Tip 4: Stay social

Now, this tip isn't telling you to ditch that Friday night study session to go see a movie. This tip is here to remind you that even though school is in session, your life is now in full motion, you can always make time to see a friend and be social. This will help you beat 'cabin fever' and stay active.

Try this: Instead of going out to see a movie with a friend invite them to the gym with you or out for a walk around the town.

Tip 5: Motivation

You can't really commit to a task without having some type of motivation. Whether it is to make a sports team in the spring or to not have to worry about fitting into that bathing suit when May comes, give yourself goals and motivations to stay healthy, because when you do reach that goal and you end up where you wanted it will make you feel ten times better.

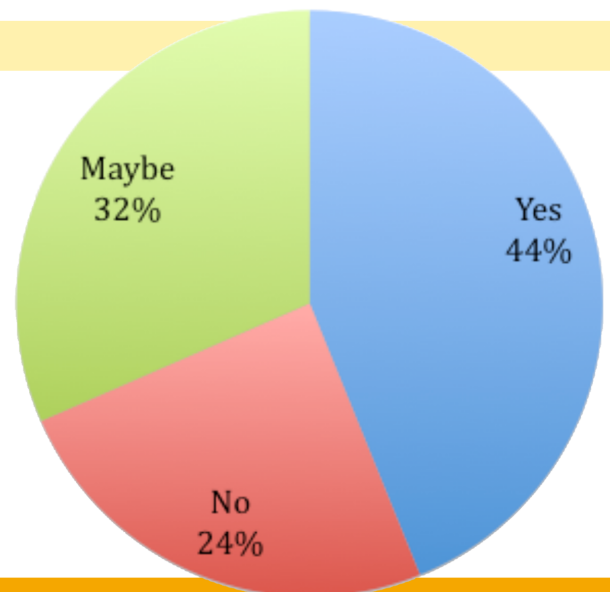
Try this: Instead of doing these tips to impress someone, do them for yourself!

By Pam Pangrango, VP of Communication

FCCLA Says...

Do you think that the same close group of friends you had last year will continue to remain as close with you during the upcoming school year?

Survey compiled by: David Shah, First Vice President



MEMBERSHIP *Matters*

By: Carl Archut, Jr., Vice President of Membership

Are you ready to hit the ground running with FCCLA this year? I am determined to help you improve your membership. Membership recruitment is a very important activity at the beginning of the year; so, chapter officers and member must consider how you to recruit members as soon as possible. There are many ways to recruit members, some ideas include:

1. Ask! Don't be shy, speak up and ask people to try participating FCCLA. You will be surprised that word of mouth is one of the best ways to increase new membership.
2. At the beginning of the year, have a display of what FCCLA is all about. This could also give you a chance to display past projects.
3. Develop an effective chapter website. With a chapter website, you can foster better communication and show prospective members what your chapter is doing and how they can get involved.
4. Create an FCCLA bulletin board to inform prospective members about FCCLA: what it is and how to get involved.
5. At the start of the year, make sure that you have daily announcements informing everyone who is interested in becoming an FCCLA member to contact your chapter adviser.
6. Sponsor an event to draw attention to your chapter at the beginning of the year.

7. Social Networking involvement-create a page for your FCCLA Chapter to keep new members informed about chapter activities.

8. Create an incentive for members who affiliate by September 30th, 2011. (i.e.: a t-shirt)

9. Encourage each of your current members to bring a friend to your next meeting. Your chapter size could be doubled if all the perspective members decided to join after that meeting!

10. Pin Day! Wear the FCCLA logo on a pin the first few weeks of school! This will give you the opportunity to tell students about FCCLA and recruit perspective members!

I am excited to hear how successful your membership recruitment is progressing. If you have any questions or need a couple more strategies to get your chapter started off on the right foot, please feel free to contact me! Good luck New Jersey FCCLA with all of your Membership Recruitment strategies!

Saving Money THROUGHOUT THE YEAR

*By Ryan Szemple
VP of Parliamentary Procedure*

It's that time of year again, the inevitable month of September, when summer comes to an end and students and teachers have to return to school for another year of education. I'm sure that during this summer numerous teens had summer jobs that helped them pay for their gas, trips to the movies, or various dinners at restaurants with friends. However, with the return of the school year, many students will have to work less hours, or give up their jobs entirely. With the loss of a steady income and the expenses that come with being a student, the most valuable information to a teen is how to spend and save money wisely.

Have you ever gone to a store and thought about buying something, only to stop yourself, realizing that the item was a trinket you really don't need. Frivolous spending is a very hard habit to break. To spend your money wisely, you will have to determine which items are necessities and which are not, and only purchase the items that you absolutely need. If a purchase is inevitable, one big way to save money and cut down on ex-

penses is to use coupons. A coupon could be the difference between spending ten or twenty dollars. Even though coupon savings may not be much, collectively the savings will eventually add up. To spend and save wisely you need to think before you spend and try to save every dollar.

From personal experience, I know that having a car can be very expensive. With the rising costs of gas, financial difficulties can be associated with many activities that require car transportation. However, here are a few tips for all car owners. First, when driving anywhere, always try to determine your travel route before you get behind the wheel. When you drive around in a car just for the sake of driving, you are wasting your money and putting wear and tear on the vehicle. Secondly, seek to find the cheapest gas station that is also reputable. Combine car trips to be efficient. Stop at the grocery store on the way home from the movies. I you can follow these tips, spending and saving money during the school year can become very profitable.

THE *Leadership* KING



*Katelyn Palombo,
VP of Leadership*

Have you been looking for ways to increase your leadership skills while having fun? Well, why not watch *The Lion King*? Although this movie was probably a favorite for most because of the entertaining plot, *The Lion King* has great examples of different leadership styles. Mufasa is patient, understanding, and encouraging, while also independent as he teaches his son to be king. In contrast, Scar's style is in juxtaposition to Mufasa's leadership style. Scar is manipulative, deceitful and power hungry. His main objective is to have power; he has little regard for the other lions or animals. Finally, Simba develops his leadership throughout the movie and because of the adversity he faces. A close examination of the characters in the movie will make the movie even more meaningful to you. *The Lion King* is a wonderful movie to which many people can relate. It is also a movie you can learn something new from each time you watch it. The next time you watch *The Lion King*, look carefully, you may learn more about yourself and become a better leader.



Ask EDNA

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

Dear Edna,

I've heard about FCCLA and I'm really interested in joining. The only problem is that we don't have a chapter in my school. How can I start one, and what are the requirements?

Thank You,
Interested NJ Student

Dear Interested Student,

In FCCLA, chapter membership is important. As with any organization, membership and interest are necessary if the organization expects to grow. So, if you want to start a new chapter but don't know now, follow these four simple steps:

1. Make sure you have a certified Family and Consumer Sciences teacher in your school.
2. Advisers need to seek approval from the administration and there will be paperwork to complete. Teachers interested in starting a chapter in their school should call our state office at: (732) 452-2862 or email our State Adviser, Mrs. Patricia DiGioia-Laird, at fcclanj@verizon.net.
3. Promote the organization to develop the membership. To affiliate a chapter you need a minimum of 12 students in your chapter. The more members, the more opportunities you have to be a successful chapter.
4. Plan service and fundraising activities that will interest members. Stay updated on what is going on statewide by checking the state website: njfccla.org. There you can find ideas and tips in everything involving FCCLA. It will also help keep your chapter updated our outreach projects and opportunities at the fall and state conferences.

Are you tired of the same routine? Are you ready to take the journey of a lifetime? Well, it is recruitment time, and New Jersey FCCLA wants you to join our Leadership recruits! Next year on January 11th, your State Executive Council will be hosting The Leadership Boot Camp. During this training you will jump right in to team building activities, meet fellow leaders from across the state, and of course learn a lot about leadership. If you've been to this training conference last year, you know how much you can get from it, and this year we plan to show you new strategies to further develop your leadership skills. Along with new friends and a boost in your leadership potential, members who attend also get a T-shirt and The Ultimate Officer Handbook and Training Manual. Members who have come to previous trainings rave about the great time they had, and also all the new things they learned about FCCLA. This training is a must for anyone who wants to be in a leadership position. So come on New Jersey FCCLA! Plan to enlist in the Leadership Boot Camp!

By Cheryl Thompson-Morton, VP of Public Relations



SEPTEMBER BACK TO SCHOOL TIPS

By David Shah, First Vice President

After a summer of sleeping in, not remembering what day of the week it is, and doing things according to your own schedule, the first day of school can be a rude awakening. Whether it's your first day of middle school or your senior year, the sound of that first school bell signals a new year filled with new opportunities, new problems, new friends, new classes and hopefully for all, a new sense of maturity.

Whether you can't wait for the first day of school or are dreading the day, everyone can benefit from a couple back to school tips for the upcoming school year.

The beginning of the school year always has pressure, whether it is academic, social, or time management. The first week of school always seems to be the busiest and most intimidating time; so worry about things that you need to, and don't worry about the things that aren't important. I have compiled a list of do's and don'ts to make this start of the school year less stressful and more fun!

Do - Eat breakfast. I doubt anyone wants to meet new friends while their stomach is aching for food. Imagine how difficult it is to try to focus in class when you're more worried about what you're eating for lunch! An easy solution would be to fill your body up with something substantial in the morning. In this newsletter, we have a recipe you can make on the go that will fill you up, and it is delicious too!

Don't Procrastinate - Whether it's calling a friend back or completing a simple homework assignment, don't procrastinate. Buy a planner, write what needs to be done and set deadlines. That's the only way you can beat off this reoccurring mindset.

Do - Invest in good school supplies and remember them for class every day. We all have that one friend that never has a pen, pencil, eraser or a calculator. Don't be that friend, go out early and get your shopping done.

Do - Always have an extra pair of gym clothes in your bag, or your locker. I can't emphasize this tip enough. You never know when you'll need it. I constantly forgot my gym clothes in my dryer at home or spilled something on myself at lunch and needed to change.

Hopefully with all these tips you'll feel more comfortable on your first day and have a successful school year!

TASTEFULLY SIMPLE

By Carl Archut, Jr., Vice President of Membership

Did you ever get up in the morning and not have enough time to fix yourself breakfast? Studies have shown that children who eat breakfast daily usually have a longer attention span, do better on tests and are happier! Below you will find a recipe you can make on the go that is nutritious and delicious.

Old-Fashion Oatmeal

Ingredients

- * 1/4 cup coarsely chopped walnuts
- * 1 tablespoon honey
- * 3 cups water
- * 2 cups old-fashioned oats
- * 1 teaspoon salt
- * 1 cup unsweetened apples juice
- * 1 cup finely chopped peeled apple
- * 1/4 cup (packed) golden brown sugar
- * 1/4 cup raisins
- * 1/2 teaspoon ground cinnamon
- * 1/2 cup nonfat vanilla yogurt

1. Stir chopped walnuts in small nonstick skillet over medium heat until lightly toasted, about 3 minutes.
2. Drizzle honey over and stir until honey thickens and coats nuts, about 2 minutes. Remove skillet from heat. Stir to loosen nuts from skillet and cool.
3. Bring 3 cups water to boil in heavy medium saucepan.
4. Add oats and salt and stir over medium heat until oats are softened and very thick, about 5 minutes.
5. Stir in apple juice, chopped apple, brown sugar, raisins and cinnamon.
6. Reduce heat to low, cover and cook until apples are tender, about 5 minutes.
7. Divide cereal among 4 bowls. Top with vanilla yogurt and honey-toasted walnuts and serve.

This recipe takes about 10 minutes to complete and will help you start your day off on the right foot with FCCLA! Whether on the go, playing sports or exercising: remember to Eat Right, Be Fit and Make Healthy Choices!

NATIONAL OUTREACH PROJECT

By Cori Falco, VP of Community Service



Statistics show the 17 million children who struggle with hunger often have trouble reaching their full potential academically, are more susceptible to illness and don't develop at the same rate as other children around them. At the 2011 National Leadership Conference, the National Executive Council introduced this year's FCCLA National Outreach Project, Share Our Strength. Members of FCCLA from across the nation will join this non-profit organization in their mission to end childhood hunger by 2015 by raising both funds and awareness for the cause. Share Our Strength has worked to end childhood hunger since 1984. For over twenty years, Share Our Strength has impacted the lives of many by supporting school breakfast programs, helping eligible families enroll in SNAP (ensuring access to after school and summer programs that provide snacks or meals), and educating families to prepare healthy, affordable meals. You can take your first step to get involved by taking the No Kid Hungry pledge at www.strength.org/fccla. On the same web page, you will find fundraising ideas and information on their events, like the Great American Bake Sale. Below are additional community service ideas for your chapter:

- Sell tickets to a school dance with a Go Orange theme in honor of Share Our Strength and childhood hunger
- Coordinate a pancake breakfast with your school
- Visit a local elementary or middle school to help kids learn how to eat healthy
- Create a public service announcement on nutritious, affordable eating and/or childhood hunger to air at your school or send to teachers to show in their classrooms
- Coordinate a day for students to take hunger personally and fast for 12 hours

The possibilities to raise awareness and funds are endless! Be on the lookout for more community service ideas that will be issued to chapter advisers and will be available on our state website www.fcclanj.org this month."

PIZZA

The Best Thing I Ever Ate:



Whether it's the stuffed crust or cheesy center that makes your favorite pizza the best, New Jersey is home to some amazing local pizzerias! Here are some of your State Executive Council's favorite pizza spots.

Elizabeth, NJ is known for many things. JP Pizza is one of them! The JP special is a large cheese pizza, toppings of your choice, the most delicious thin crust, robust tomato sauce and cheesiest cover of joy. This pizza accompanied by a large drink is nothing short of perfection!

My fellow state officer in Edison, David, lives near a small corner restaurant that is known for its pizza. After a workout, he and his friends never forget to stop by Tony's Pizzeria! Tony's is a spilt restaurant divided into fine Italian Cuisine on one side and more casual pizza on the other. Their most well-known pizza is the fully loaded cheese steak pizza. With their signature crust as the base, they top it off with fresh mozzarella, finely sliced beef, caramelized onions and peppers, and their secret seasonings. Tony's is a must have if you're in the neighborhood.

Down in the Southern Region in Burlington, New Jersey is a small pizzeria called Legend's. My fellow state officer Cheryl says that this is the best pizza ever, with a thick crust, and an amazing cheese blend this pizza is among the best around!

If you ever get a chance to visit one of these towns, be sure to pick up a slice! I promise you will love it!

By Kamaria Quity, State President

T-SHIRT TIME

By Cori Falco, VP of Community Service

The school year is beginning and it's time to gather all of your supplies, along with something to carry them in! Get prepared and recycle an old t-shirt to redesign it into a trendy tote bag to carry all of your smaller school supplies with these steps below:

1. For your first step, lay your t-shirt front side-up on a table or flat surface.
2. Use a marker to carefully free-hand draw a deep U-shape around the neckline; This will be the opening of your bag.
3. Use sheers to cut off the sleeves of the shirt, including the seams that connect the sleeves to the body of the shirt. Lines may be drawn for guidance.
4. Use the sheers again to cut out the U-shape drawn earlier. Be sure to cut the front and back of the shirt simultaneously.
5. For this step, head over to the sewing machine to hem parts of the bag. Turn the shirt inside out and create a half-inch hem where both sleeves were cut as well as the U-shape opening.
6. Once the hems have been finished, the bag is almost done. Leave the shirt inside out and sew from corner to corner along the bottom with a half-inch space from the edge. Repeat this two or three times in order to create a secure bottom for your bag.
7. Turn the shirt right-side-out and you now have a tote bag! For an extra step, consider tie-dying, embroidering, beading, adding fringe or patches, etc.

THE THREAD

*Cheryl Thompson-Morton,
VP of Public Relations*

Have you ever had a moment where you had a closet full of clothes but still felt like you had nothing to wear? Oftentimes, as a new school year begins, people stress out trying to decide what to wear. I've been there countless times, but over the years I have created certain tips help to make choosing outfits a little less stressful and a lot more fun. First, determine what image you are trying to portray this year. Are you going for a romantic, bohemian or sophisticated look? Or are you more of the sporty, urban, or edgy type? Knowing the vibe you wish to convey will help you choose the pieces that will fit your desired look. Secondly, ask yourself if the outfit you want to wear is appropriate for school. Do not wear anything that may distract yourself or anyone else from learning. Finally, do not go out and spend a lot of money for one outfit. You probably have most of what you need in your closet anyway, and accessories can transform any wardrobe for less. If you must buy new clothes, remember to buy some classic pieces you can continuously wear along with a few trendy pieces. Also, be sure that all pieces can be mixed and matched to ensure maximum use of your money and wardrobe. Best of luck on your school year and your wardrobe.

Raise the Bar

AT LEADERSHIP CONFERENCE OPPORTUNITIES!

FALL LEADERSHIP CONNECTION NOVEMBER 21, 2011
NATIONAL CLUSTER MEETING NOVEMBER 11-13, 2011
NJ FCCLA LEADERSHIP BOOTCAMP JANUARY 11, 2012