

NEW DIRECTIONS



PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, and Alumni:

Congratulations to all who attended and competed in the 2021 Hybrid National Leadership Conference this summer! Whether you were in Nashville or participating from New Jersey, this conference had something for everyone with workshops highlighting National Programs, live cooking demonstrations, motivational speakers, National Officer installations, the first-ever FCCLA diversity panel, and more! When it came to STAR Events, New Jersey performed amazingly, with 60 gold medals, 32 silver medals, and 5 bronze certificates. Even more exciting, 12 New Jersey STAR Event projects were Top 3 Finalists! Members and advisers were also recognized for Power of One, National FCCLA adviser awards, and pre-professional certifications in finance. Way to go, New Jersey!

Back-to-School season is here, and with COVID-19 numbers on the rise again, many of us still don't know exactly what school will look like. One thing we can definitely count on, though, is the importance of keeping ourselves and the people around us safe: getting vaccinated, social distancing, wearing our masks... these simple tasks can make a huge difference in our communities. You can save hundreds, maybe even thousands of lives! This school year, keep the greater good in mind by putting the needs and benefits of your community as a whole above your own. Brighter days are ahead, and if we all do our part, those days will come sooner!

It is also my pleasure to announce the 2021-2022 NJ FCCLA State Theme... Volume 75: The Leadership Legacy Lives On! As the New Jersey State Association celebrates its diamond anniversary, I invite you to continue the legacy of leadership, service, and achievement that has been a part of FCCLA for 75 years. This year, we will honor NJ FCCLA's rich history, and use it as inspiration to make history of our own! Participate in community service, recruit new members, fundraise, write press releases on achievements, work on national programs, attend conferences, run for office, compete in competitive events, and more.

I wish you luck in all of your endeavors this school year, both in FCCLA and beyond. We might not know what this year will look like or what it will bring, but I can assure you all that it will be amazing! Stay healthy and safe, and have a great school year, everyone!

Sincerely,
Jacquelyn Trotman
State President

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2021 NATIONAL LEADERSHIP CONFERENCE IN REVIEW

Gianna DeBruyn, First Vice President

Yeehaw, y'all! The 2021 National Leadership Conference, held in Nashville, Tennessee, was a conference that will go down in history. This was FCCLA's first ever Hybrid National Leadership Conference. With hybrid general sessions, workshops, keynote speakers, many award winners from New Jersey, and much more, this conference had something for everyone. Let's pull up our boots and hold onto our cowboy hats as we hear about everything this amazing conference had to offer!

Though the in-person conference was on a much smaller scale this year, it offered many amazing networking opportunities for our members. Representing NJ FCCLA in Nashville were Melanie Mendonca, Samhitha Mupharaphu, Jityaashri Curubaskaran, Mrs. DiGioia-Laird, Mrs. Thomas, Mrs. Stinson, and myself! We were all able to network with many members and advisers and form connections with people from across the country. This was definitely a conference to remember!

Many students and advisers from NJ FCCLA earned awards at this conference. Twelve competitive event projects from our state placed in the Top 3 nationally and were recognized at the general sessions! Mrs. Sue Stinson from Southern Regional School District was awarded the Educated Adviser Award. Samhitha, Jitya, and I were all recognized for being awarded the pre-professional financial literacy certification. Our very own 2020-2021 National Officer, Melanie Mendonca, led this conference with her fellow National Executive Council team to create this amazing experience for us all.

The community service initiative at this conference was in collaboration with **We Help Two** and was aimed at selling Funky Socks! All funds raised from the sock purchases went directly to children in need of foot surgery who cannot afford it, as well as providing clean drinking water to families in foreign countries. In addition, new socks were sent to a local homeless shelter. Around the entire conference, we saw members and advisers sporting their favorite pair of funky socks! If you are interested in supporting this non-profit, or possibly integrating it into one of your chapter initiatives, visit wehelptwo.com.

Between networking, award recognition, keynote speakers, general sessions, virtual and in-person workshops, funky socks, and some of the best barbeque food you will ever have, this conference was one for the books. Congratulations to all STAR Event participants and thank you to everyone who participated in the virtual conference. We hope you had a great learning experience participating in this conference. We are all very excited for the upcoming National Fall Conference in Washington, D.C.!



DRESS FOR SUCCESS: FALL FASHION TRENDS FOR BACK TO SCHOOL!

Jacquelyn Trotman, State President

With the new in-person school year, it's time to put all of those quarantine-era DIY projects, makeovers, and online shopping hauls to good use so that we're dressed for success. T-shirts and sweats may have gotten us through our Zoom classes last year, but let's face it, they're just not going to cut it this time around! Here are a few fall runway trends to bring to the classroom this school year!

Denim

This fall, denim will make its return as a fashion trend, but we'll see plenty of creative takes on this staple with "head-to-toe" denim, patchwork and acid-wash jeans, and decorated denim. The great thing about denim is that it can be styled a variety of ways; pair it with a plain white shirt, graphic tee, hoodie, or sweater, and you'll definitely be looking like a "jean-ius" this fall!

Puffer Jackets

Puffer jackets go hand-in-hand with another one of this season's fashion trends: quilted textures. Not only will they keep you warm this fall, but they'll definitely make you look good, too! Style your puffer with trousers, a roll-neck top or tee, and some chunky footwear for a fashionable and cozy look.

Large, Wide-Legged Trousers

A classier take on the baggy sweats we've been wearing for the past 15 months, show up and show out in a pair of long, wide-legged trousers. Styled with a nice tee, jacket, and the right pair of shoes, these pants can really elevate your look.

Sweater Vests

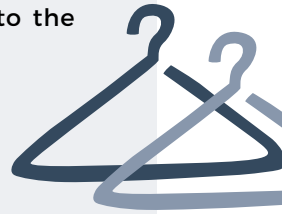
Autumn fashion is all about layering, and what better way to do so than with a cozy sweater vest?

This fall, we're saying yes to sweater vests as a fashion trend! Layer it over a polo, button-down, or tee, and style with almost any bottom and shoes to put your own spin on this preppy classic.

Leopard-Print Coats

Get a little wild this September as you explore this season's leopard-print coat trend. Coats like these will surely make a statement, and they'll be way more fun to wear! Style yours with solid pieces to ensure the pattern stands out and make the classroom your "cat" walk this year!

From statement jeans to sweater vests, these fall fashion trends will definitely have you looking "cool for school" this September!



SPOTLIGHT ON HUMAN SERVICE CAREERS

Neha Patel,
Vice President of Community Service

"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others. "These words by the influential New York Times best-selling author Mandy Hale serve to represent the essence of human service careers. If you enjoy seeing smiles on the faces of those around you, you may want to consider pursuing a career in human service. Human service professionals promote comfortable, safe, and happy lives for their clients by providing resources and care. They can make a direct impact in people's lives while enjoying the satisfaction of helping.

Human service careers focus on jobs that relate to families and human needs, including the many emotional, mental, and practical needs of everyday life. Workers in this field can help deal with the unexpected or help achieve physical improvements and needs. Human service is a broad field with five different career pathways—consumer services, counseling and mental health services, early childhood development and services, family and community services, and personal care services. However, all human service careers share a genuine passion for helping others.

CONSUMER SERVICES

Individuals struggling with financial, real estate, consumer goods, and insurance conflicts tend to receive aid from workers in consumer services. The ability of consumer service workers to think fast and communicate effectively enables them to fully understand the client's needs.

Understanding what is necessary allows consumer service workers to recommend the right products and supply the accurate type of aid. In today's market, consumer service occupations are one of the most promising in terms of the most available positions. Examples of careers in this pathway include consumer advocates, certified financial planners, financial advisors, and market researchers.

EARLY CHILDHOOD DEVELOPMENT & SERVICES

Early childhood development and service professionals nurture and teach children. These specialists provide services at before- and after-school programs, preschools, private homes, and daycare centers. All early childhood development professionals supervise the education and well-being of children under their care. The specific responsibilities attributed to each career within this career pathway will vary. Childcare workers, nannies, and teacher assistants are some examples of careers in this pathway.

COUNSELING & MENTAL HEALTH SERVICES

Individuals seeking assistance for personal, family, educational, mental health, and career choices often connect with workers in counseling and mental health services. This career pathway can involve helping families, couples, and individuals. In this field, you could be responsible for guiding others in their venture for a job, cope with addiction, or save a troubled marriage. A moderate amount of training and education is vital for most careers in this pathway, generally requiring a master's degree and professional certification. Some counseling and mental health services occupations are clinical/counseling psychologists, school counselors, rehabilitation counselors, and family counselors.



SPOTLIGHT ON HUMAN SERVICE CAREERS

continued...



FAMILY & COMMUNITY SERVICES

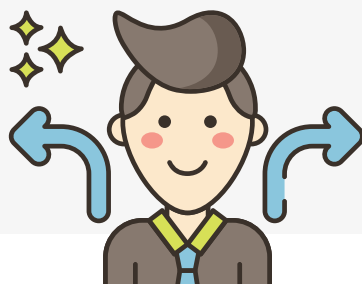
Those who are unable to help themselves often turn to family and community service workers, more commonly known as social workers. Social workers can help individuals receive financial aid; provide relief and counseling for victims of natural disasters; discover work and shelter for the homeless; and care for the elderly. Jobs in this pathway are expected to grow in the coming years, and in particular, the careers that manage the increasing elderly population. Family and community service careers include adult daycare workers, volunteer coordinators, and geriatric social workers.

PERSONAL CARE SERVICES

Personal care service workers help individuals with a personal appearance by planning and executing a regimen; dealing with hair, skin, or nails; and providing therapeutic treatments. Funeral organizers that work with families to plan funeral services and prepare bodies for public viewing are also included in this pathway.

Some occupations under this career path include cosmetologist, personal trainer, funeral directors, and skincare specialists.

As human service professionals, you'll be given the opportunity to improve the lives of others by helping them overcome their hardships. This mutually benefiting career also provides satisfaction for the workers in the field as they know that they are making the world a better place. If service is where your heart lies, this is the perfect career choice for you!



EMBRACE THE ULTIMATE LEADERSHIP EXPERIENCE AT FLC

Saheli Brennan,
JPS Chapter VP of Membership

Guess what? The Fall Leadership Connection is gearing up to be better than ever! New Jersey FCCLA is planning a hybrid conference (pending more current COVID-19 Pandemic News) in November 2021!

This year, we plan to hold numerous competitive events virtually, with a few in-person events. You and your chapter must be registered for the conference, either virtually or in-person, in order to compete. While competitive events are a great way to stay engaged in the conference, so are the live speakers and presentations that will take place both online via a pre-recording software and live in-person via streaming.

This hybrid conference will be chock-full of content. There will be extensive and exclusively online content for all attendees, along with a number of livestreamed sessions and workshops. So even if you can't make it in-person, a large amount of incredible content will still be made available to you!

If you are new or returning to FCCLA, this conference is sure to be an amazing experience for you. You will be able to meet leaders like yourself from across the state and share ideas, stories, and inspiration for the upcoming school year to help your chapter grow. New members will especially be able to learn about all of the ways to get involved with FCCLA and Family and Consumer Sciences, while returning members will be able to continue their leadership and advocacy journey.

Be sure to register your chapter for the 2021 NJ FCCLA Fall Leadership Connection. This will be an amazing opportunity to learn, grow, and flourish with friends and leaders from all across New Jersey!

VIRTUAL TOURS

Adedoyin Ayeni, Vice President of Membership

Climb the mountains of Machu Picchu, walk down the streets of Tokyo, AND visit the Taj Mahal—all from the comfort of your living room! How? With the magic of virtual reality, you can visit just about any museum, statue, or landmark from all across the world. Here are 5 places you must visit

National Museum of the United States Air Force

You might not be able to go on a plane right now, but through this tour you can learn all about aircrafts. You can see airplanes from the past and learn about the advancement of technology, as well as the history and significance of each aircraft.

The Vatican Museum

The Vatican Museum houses some of the most exquisite art in Italy and throughout the world. There is also a plethora of sights to visit. The tour gives you the opportunity to virtually visit so many places at the Vatican.

The Louvre

Ever wondered what the Mona Lisa looked like in-person? Now you can see it up close and personal without any lines. The Louvre is a museum located at the center of Paris which holds many of civilization's greatest art pieces. This historic monument is a landmark of the city and a great museum to visit to witness true artistic genius.

Google Arts Project: Street Art

For an unconventional trip, Google has given you the opportunity to view many different murals and paintings on the streets of different cities. You can hear the stories and meaning behind each of pieces.

Google & NASA's Access Mars

For a trip that is completely out of this world, visit Access Mars! Google has partnered with NASA to create a 3D replica of the planet. You can look around the planet and explore. When you first enter virtual space, you are zoomed into space on a rocket ship. Then you are given 3 options; learn, move, or travel. Through this, you have different opportunities to look around and experience what Mars looks like.

You can explore the limits of the solar system or visit a completely different country. Soar through the stars or walk down the streets of Paris. The possibilities are endless! Seize the moment today!



INCREASING MEMBERSHIP: MEMBERSHIP DRIVES

Adedoyin Ayeni - VP of Membership

One of FCCLA's main priorities is its members, which makes membership growth very important. Why is membership so important? Every member plays an important role in FCCLA so it is important to reach out in efforts to gain more. Members are the driving force of any organization. A greater number of members creates a stronger chapter. More members bring in more talent, creativity, and enthusiasm. A chapter is only as strong as its members. FCCLA also makes huge impacts on the lives of students; thus, making a change for the better for teens and young adults. It is important to spread this impact and reach as many students as possible.

FCCLA offers a plethora of programs and initiatives centered around membership growth. Go for the Red is a national membership campaign that allows chapters and members to be recognized for their membership efforts. Go For the Red has 3 units upon which the campaign is based off of. Recruit, Retain, and Recognize. The three R's are the steppingstone to understanding membership in order to strengthen your chapter.

A great way to increase membership is through membership drives. A Membership Drive is an event in which an organization promotes its name and mission in efforts to expand and grow. Successful membership drives are fun and attract members to your organization. They also give students the opportunity to network with members and learn about the organization.

HERE ARE 4 EXAMPLES OF SUCCESSFUL MEMBERSHIP DRIVES:

GAME NIGHT

You could hold a game night and invite all students to participate. During the event you can hold a trivia section where students are challenged to learn more about FCCLA. You can also include games like Pictionary, Jeopardy, Charades, Bingo and so much more!

ICE CREAM PARTY

Provide an Ice Cream Social after school. Ask each active member to bring a potential member. Provide a series of ice breakers with time to socialize. Present a short program about the benefits of joining FCCLA. On the way out, give each prospective member a membership form and an infographic about your chapter.

HOST A FAIR OR FESTIVAL

Hosting a mini fair or festival that includes fun games and activities in which students can participate. Give students the opportunity to win prizes while also introducing them to the many ways your chapter stays engaged.

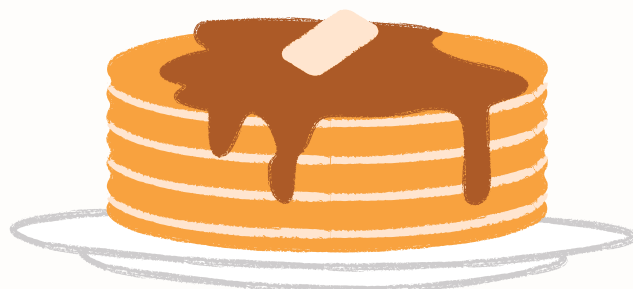
BREAKFAST BANQUET

You could also host a breakfast banquet. Encourage your members to invite a friend and watch as the activity sparks their interest! Inviting students to enjoy a meal and spend time with their friends can not only engross students in the organization but also teach them one of the many core values of FCCLA.



REMEMBER!

The year has just begun, and the possibilities are endless! Membership is important so make sure your chapter does its very best to increase members. Good Luck!



BE WHO YOU ARE: INCREASING INCLUSIVITY IN YOUR CHAPTER

Adedoyin Ayeni, VP of Membership & Saheli Brennan, JPS Chapter Officer

The 2018-2021 National FCCLA Strategic Plan identifies diversity as one of the five FCCLA Core Values. FCCLA strives to create an inclusive environment that welcomes and values all youth. We are all surrounded by people of different backgrounds, ethnicities, cultures, religions, beliefs, sexualities, and preferences. Diversity offers new ideas, experiences, and points of view. This gives people the opportunity to learn from one another. Working in diverse teams opens dialogue and promotes creativity. Diversity and inclusion drive innovation, which leads to success. Having diversity in the classroom has proven to be effective in engaging students and progressing their academic success. For all of these reasons and more, diversity, equality and equity should be celebrated.

One important aspect of creating more diversity in your chapter is bringing together people of different backgrounds. New Jersey is one of the most diverse states in the nation, made up of so many cultures and ethnicities. There are so many ways to create an inclusive environment that will embrace more members of color. For one, display the different cultures and ethnicities that are a part of your chapter. One way to do this is through a cultural fair or culture day in which members can display their background through fashion or culinary arts. These initiatives can help attract new members and promote inclusivity within your chapter. Advisers can also incorporate inclusivity into their curricula by adding units that focus on the traditions, food and fashions of other countries. Researching these topics and having students learn about their own culture and those of their peers can help to grow a healthy learning environment.

Inclusivity is not limited to physical appearance; it also heavily relates to internal expression and preferences. Historically, the Lesbian, Gay, Bisexual, Transgender, Queer, Plus (LGBTQ+) community has been tormented, with incidents ranging from harmful stereotypes to brutal hate crimes. It is important that every member and every FCCLA chapter provides a safe place for our LGBTQ+ friends. A really simple way to do

this might be to have a collaborative meeting with your school's GSA (Gay-Straight Alliance). You could ask your GSA's adviser if a representative would be willing to give a presentation on LGBTQ+ issues and more school-specific ways to be more inclusive. Find ways to show—not just “tell”—your support for the LGBTQ+ community. Additionally, since people do not always identify within the gender binary (also known as “non-binary”) or with the binary pronouns of “he/him/his” and “she/her/hers,” make it a point to give members notecards to write their pronouns on at meetings; this encourages discussion about pronouns. Normalizing these kinds of conversations will help make it easier for those that do not use binary pronouns or use the name they were assigned at birth. People will now be able to use names and pronouns that make each person the most comfortable.

Within the FCS curricula, you can also propose conversations about gender expression in the form of fashion. The biggest point of conversation regarding gender expression in fashion is that clothes have no gender, and each person should be allowed to wear what makes them comfortable. It is 2021; Women can wear big, “boxy” suits. Men can wear skirts. No matter what you do, remain respectful. Listen and learn from the experiences of LGBTQ+ people and do not silence them. Ask questions as needed, but never cross any boundaries.

In general, there are many steps your chapter can take to be more inclusive. Understanding what other people are feeling will greatly impact the effectiveness of your inclusivity. Treat every member and prospective member as an individual and try your best to understand their needs. Lastly, as leaders and advocates, we need to be prepared to learn and grow along the way. Use your privilege for the better. In an ever-changing time where leadership is more hands on and necessary than ever before, speak out for what you believe in. Remember that letting people be who they are is the most valuable thing a leader can protect.

SPOTLIGHT ON FASHION AND DESIGN CAREERS

Jacquelyn Trotman, State President

Have you ever considered a career in Fashion? As we all know, FCCLA offers many workshops, competitive events, and opportunities for you to expand your fashion experience—but how will you continue your fashion career after you graduate high school? Many fashion designers will start their careers at a design studio or retail outlet. While this is a good first step, the ultimate goal for many aspiring designers is to start their own business.

With the increasing number of universities and schools offering entrepreneurship programs, students of fashion design can now prepare themselves for success in the global market. In these programs, students learn about various aspects of the fashion industry. The typical length of a fashion design program is four years, and graduate programs can take two additional years to complete.

There are hundreds of design and fine arts schools in the U.S., and many of them offer internships with leading fashion companies and design firms. These are great opportunities for students to get hands-on experiences with various industries.

Depending on the industry and size of the company, some internships may even lead to full-time jobs after earning your degree. Once graduated, fashion designers may choose to work with other professionals such as patterners, sewers, and colorists. Fashion designers are multi-talented individuals who work with various tools and techniques. They create and mix colors, research trends, and design entire lines. Fashion designers work for various establishments such as fashion boutiques, manufacturing companies, and department stores. Whether you are looking into fashion design, merchandising, or starting your own business, the fashion industry has much to offer!

SCHEDULE A VISIT!

Fashion Institute of Design & Merchandising (FIDM)

Fashion Institute of Technology (FIT)

Berkeley College

Drexel University

LIM College

Johnson and Wales University:
Merchandising and Retail

Montclair University, School of
Art and Design

Texas Woman's University

Parsons School of Design

Philadelphia University

Pratt Institute

Rhode Island School of Design

Savannah College of Art and
Design

Marist University



HOW TO START THE SCHOOL YEAR RIGHT

Amanda Chen,
Vice President of Communication

The beginning of a school year provides new opportunities and a fresh start from the summer. As we return to school virtually, in person, or in a hybrid format, there are many ways to start your year off right.

Before the first day of school, be prepared. Form any checklists you may need and consider investing in a planner to become organized for your courses. Certain courses you are taking may have required summer assignments or materials needed, so be sure to complete them in advance.

You can create your own checklists on websites like Canva or Google Task (a to-do list located on the sidebar of your Gmail account), but you can also find free online printables (pictured at right), or handwrite one!

Be sure to also become involved in different activities. FCCLA has a plethora of activities that you can take advantage of year-round! By making new friends, developing leadership skills, participating in community service, competing in competitive events, and more, you can make memorable high school experiences that you will carry for a lifetime.

Lastly, continue to stay motivated... work hard towards your goals and accomplishments! Schools have multiple resources you can utilize, so be sure to speak to teachers, tutors, counselors, or your adviser if you need any help. They're there for you!
Best of luck!

BACK TO SCHOOL checklist

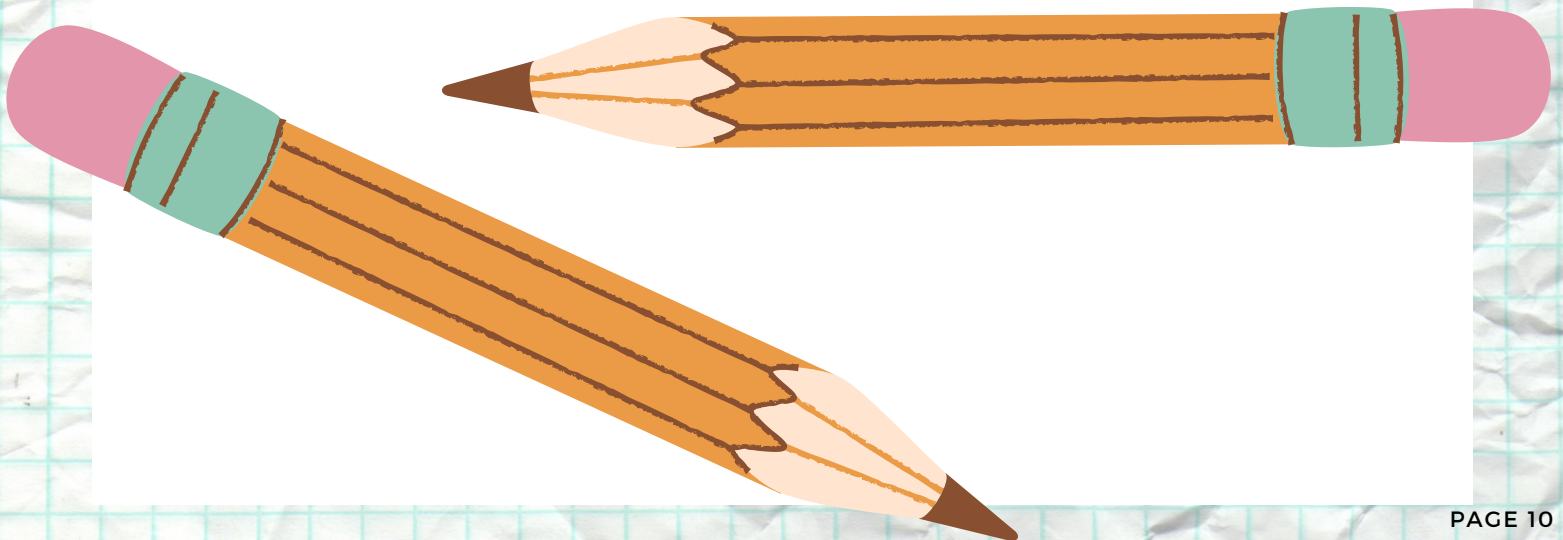
Things to Buy

- ___ School Supplies
- ___ Backpack
- ___ Lunch Box
- ___ Labels for Clothing
- ___ Lunch Packing Supplies
- ___ Healthy Snacks
- ___ New Clothes and Gym Class Clothes
- ___ School Uniform
- ___ Shoes and Gym Class Shoes
- ___ Vitamins and Cold/Flu Essentials
- ___ Water Bottle

Things to Do

- ___ Haircut
- ___ Eye Exam
- ___ Sports Physical
- ___ Copy Birth Certificate
- ___ Get Vaccination Documentation
- ___ Print Lunch Menu
- ___ Put Money in Lunch Account
- ___ Pack Backpack
- ___ Write Important Dates on Calendar
- ___ Arrange After School Care

VivaVELTORO



MIDDLE SCHOOLER'S SECTION: LEARNING TO LEAD

Saheli Brennan, John P. Stevens Chapter VP of Membership

Picture this: it's your first week of middle school. New students, new teachers, and a new building. Struggling to find your sense of community and identity. Then, you stumble along your Family and Consumer Sciences (FCS) teacher, completely unaware of what kind of journey you are about to embark on.

This is exactly how I got involved in FCCLA as a 6th grader at my middle school. I knew absolutely nothing about FCCLA or FCS education, but as soon as I stepped into the FCS classroom, I was eager to learn more.

Through FCCLA, I found a tight-knit sense of friendship and security. I was able to foster relationships that I still hold near and dear to my heart as a sophomore in high school. I was able to be involved in such an incredible organization in my most formative years, and I am not sure how I will ever be able to repay my FCS Teachers for all they did for me.

You might be reading this as a prospective FCCLA member, an FCS student in middle school, or as a current chapter member or officer. No matter who you are or why you are reading this, you must be interested in FCCLA. If you are considering joining, my advice is talk to your FCS teacher as soon as you can. Not only will you be able to experience some of the most amazing conferences, meetings, and workshops you will ever see, but you will be able to carry FCCLA with you throughout the rest of your life.

If you are already a member in FCCLA, congratulations! You have accepted the call to embark on The Ultimate Leadership Experience. Especially during a pandemic, you might find it challenging to really get the best look at FCCLA. Here are some great ways to pull your chapter closer together and improve yourself as a chapter member and youth leader:

- Ask your adviser if you can have some "Tag-Along" meetings, where each member makes it a goal to introduce one new person to the chapter. This will help expand membership and broaden your chapter's audience to new people across your school. Of course, start with your friends, but make it a goal to bring someone you don't speak to often! You never know what friendships will blossom or how a new person can help your chapter!
- Start your own committee. Speak with your chapter adviser and chapter presidents. If you notice something that you want to get done or change, use that as a talking point to gather some of your chapter members together to work in cooperation to complete a task. If you are more of a shy person, this is a great way to work on your interpersonal communication skills and take initiative!
- Partake in a National Program or compete in a STAR or State Event. If you aren't sure where to start, do some research on a National FCCLA Program. FCCLA offers Career Connection, Community Service, Families Acting for Community Traffic Safety (FACTS), Families First, Financial Fitness, Power of One, Stand Up, and Student Body. Not only is this a great way to learn more about FCCLA on a larger scale, but you get to focus on something you are passionate about. As for Competitive Events, you can start with a State Event at either the Fall Leadership Connection or the State Leadership Conference or jump right into a STAR Event at the State and National Leadership Conferences. The most important thing to do is get involved and seize every single opportunity that comes to you!

Being a member of FCCLA is a great opportunity for Middle level members. The experiences are diverse and encompassing. FCCLA will never cease to provide you with a wonderful world of possibilities. Embrace and cherish it.

STRENGTHENING FAMILY IN THE KITCHEN

from thetoastykitchen.com

<https://thetoastykitchen.com/fall-pasta-salad/>
Samita Pandit, Chapter President Hightstown HS

Fall is the perfect time of year to cook delicious dishes with your family. Cooking with family is a great way to bond and create memories, as well as foster teamwork when making meals. Here are a few fall inspired dishes to help you bring the whole family together!

SALAD INGREDIENTS

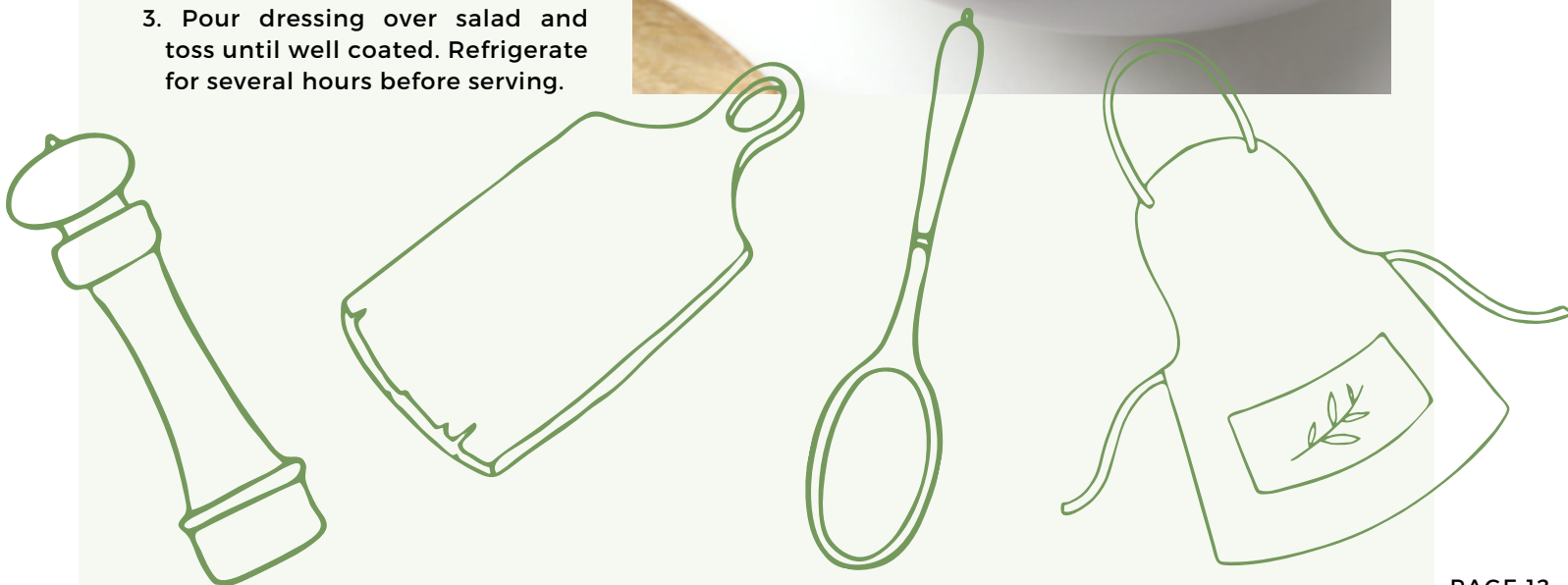
- 8 ounces rotini pasta, cooked according to package directions
- ½ cup pecans, chopped
- ½ cup dried cranberries
- 1 red onion, diced
- 2 carrots, grated
- 2 cups broccoli, chopped

DRESSING INGREDIENTS

- ½ cup olive oil
- 3 tbsp apple cider vinegar
- 1 tbsp Dijon mustard
- 1 tbsp maple syrup
- 2 tsp Italian seasoning
- ½ tsp salt
- ½ tsp pepper

DIRECTIONS

1. In a large bowl, combine cooked pasta, pecans, cranberries, onion, carrots, and broccoli. Set aside.
2. In a smaller bowl, make the dressing by whisking together olive oil, apple cider vinegar, mustard, maple syrup, Italian seasoning, salt, and pepper.
3. Pour dressing over salad and toss until well coated. Refrigerate for several hours before serving.



APPLE CRISP

from *cookingclassy.com*

<https://www.cookingclassy.com/apple-crisp/>

TOPPING INGREDIENTS

- ½ cup all purpose flour
- ½ cup old fashioned oats
- ½ cup light brown sugar, packed
- ½ tsp baking powder
- ¼ tsp ground cinnamon
- ¼ tsp salt
- ⅓ cup unsalted butter, cold and diced into cubes

FILLING INGREDIENTS

- 2 lbs. apples, sliced
- 3 tbsp unsalted butter, melted
- 2 tbsp all purpose flour
- 3 tbsp water
- 1 tbsp lemon juice
- ½ tsp vanilla extract
- ¼ cup light brown sugar
- ½ tsp ground cinnamon
- ¼ tsp salt

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Grease an 8 x 8 baking dish and set aside.
2. In a medium size bowl, whisk together flour, oats, brown sugar, baking powder, cinnamon, and salt.
3. Add diced butter and rub into the mixture until it resembles small crumbs. Chill in refrigerator while preparing the filling.
4. In a small bowl, whisk butter, flour, water, lemon juice, vanilla, brown sugar, cinnamon, and salt.
5. Place apples in a large bowl and pour butter mixture. Toss until evenly coated. Then spread evenly in baking dish.
6. Remove the topping mixture from refrigerator and sprinkle evenly over apples.
7. Bake for 35 minutes or until topping is golden brown and apples are tender.
8. Serve warm with vanilla ice cream if desired.



PUT THE “FUN” IN “FUNDRAISING”

Aditi Kudva, Vice President of Leadership Development

It's back to school season! Even though that means our summer fun is coming to a close, it also means that we can continue doing all of the things we love about FCCLA. Having fun with our chapters, preparing for competitive events, and attending conferences can make the school year exciting. These activities do cost money, and we can help our chapters by fundraising! Here are a few fundraising ideas for you to do with your chapter this year. The best part: they are perfect for in-person, hybrid, or all-virtual environments!

RUN A 5K

5K fundraisers allow community members to support your chapter while getting in some exercise and some friendly competition!

Participants can register and run the route at the determined location. To make this more of a “virtual” event, have each participant run their own route on a date and time of their choosing, and have them record their performance using a fitness-tracking app.

Make things even more exciting by rewarding your top runners!



SELL FUNKY SOCKS

We Help Two enables non-profit organizations to raise money to support their causes and contribute to other local and global service initiatives by selling pairs of socks. Sell socks with fun patterns and designs through the company **We Help Two**, and raise money for your chapter and a second cause, such as prosthetic legs for amputees, drinking water for people in Africa, sponsorships for students in Uganda, or a cause that's close to you! Find more information at wehelptwo.com.



PARTNER WITH LOCAL BUSINESSES

This past year or so has shown us all the importance of local businesses. Why not raise money for your chapter while supporting the small businesses in your community? Try holding a restaurant percentage night, where a percentage of dine-in and takeout sales go to your chapter. Or sell discount cards: coupon-esque cards purchased from your chapter that give community members deals and discounts at local businesses. It's a win-win!

SPONSOR A CAR WASH

The weather in the fall is still nice enough to provide a car wash in your community. Plan it for a Saturday when there are plenty of activities that bring cars to the school. Car washes are fun and affordable. Have fun splashing in the water while you make money for your chapter.



HAVE A RAFFLE OR AUCTION

Raffles and auctions are great ways to raise money while engaging the community. Look to local business owners for in-kind donations to serve as prizes or items to be auctioned.

Either sell tickets (for a raffle) or have community members make bids (for an auction) to win the prizes up for grabs. The ticket sales or highest bid money would go to your chapter!

These are just a few of the numerous ways that you can earn money for your chapter this year. Happy fundraising!

FCCLA OPPORTUNITIES

Amanda Chen, Vice President of Communication

As a member, FCCLA has many ways you can become involved. There is truly something for everyone. Here are some of the many opportunities we have to offer!

Conferences NJ FCCLA has three conferences offered on the state level: the Fall Leadership Connection, Leadership Bootcamp, and State Leadership Conference. Attend these engaging and fun conferences to network with members from across the state, learn from inspirational speakers and workshop presenters, compete in a competitive event, and more! The National Fall Conference, Capitol Leadership, and National Leadership Conference are additional exciting conferences held on the national level.

Competitive Events Develop teamwork skills by competing in a group or compete by yourself in FCCLA's competitive events! There are many state level competitive events offered for the Fall Leadership Connection and State Leadership Conference. Topics in culinary arts, fashion, education, hospitality, and more are covered; so you can take part in an event that interests you! Students Taking Action with Recognition (STAR) Events are offered at the State Leadership Conference and National Leadership Conference. When competing in these events at the State Leadership Conference, top winners in each event can advance to compete at the National Leadership Conference that will be held in San Diego, CA.

Community Service Give back to your community with chapter community service projects! Whether you are donating or volunteering, community service is a great way to do good with others. FreeRice.com is a great online community service initiative, as each question answered correctly corresponds to 10 grains of rice donated. Community service projects can also turn into a project for the national program, Community Service! Check out the community service tab on our state website, njfccla.org, for more ideas!

State Officer Visits Request a state officer to visit your chapter by contacting the state office (njfccla@gmail.com). We would be ecstatic to come to your chapter meeting, help you kick off the school year, provide state updates, and get to know you better!

National Programs FCCLA has eight peer-to-peer national programs that offer engaging opportunities to improve yourself, your community, and your chapter! By creating projects, each of the programs are designed for members to teach other members to create a positive impact. The eight national programs are Career Connection, Community Service, FACTS, Families First, Financial Fitness, Power of One, Stand Up, and Student Body. While Power of One requires the completion of all five units, only one unit minimum is required for the other seven programs! National Programs also contain recognition with cash prizes, a chance to be featured at NLC, and features in the Teen Times Magazine. For more information, access the student portal or the national website at fcclainc.org.

Partner Contests Participate in a partner contest individually or in a group! Safe Rides Save Lives, Take Down Tobacco, and Access from AT&T are some that offer great opportunities with chances for a cash prize.

FCCLA Week Participate in FCCLA Week in February as we celebrate FCCLA! Connect with members all over the country through social media and chapter initiatives. The 2021-2022 NJ FCCLA State Theme is Volume 75: The Leadership Legacy Lives On. Use this opportunity to showcase how you will help FCCLA make a difference as a way of continuing our state association's great legacy!

Run for a Leadership Position Run for chapter or state office! It's a wonderful way to connect with other chapter members and become involved. If you are interested in taking on a formal leadership position, talk with your chapter adviser to learn about the different possibilities.

As you can see, these are some of the many ways you can get involved. If you have any questions, feel free to contact your chapter adviser, chapter/state officers, or the state office. We are here to help you create your fantastic leadership legacy!

KINDNESS CORNER

Ananya Singhal, Committee Chair of National Programs

Kindness (n): an easy way to benefit yourself and others. Being kind allows strong relationships to form and spreads joy to other people. It is also proven to lower anxiety and release hormones to feel great. Here are some tips on being kind during the start of school:

TALK TO SOMEONE YOU DON'T KNOW

After a difficult year of online school for many, take the opportunity of the new school year to reconnect and sharpen social skills. Going back to being in-person is an adjustment for everyone, so be sure to reach out and make new friends!

TAKE SOME TIME FOR YOURSELF

The beginning of a new school year can be stressful, especially with the return to the classroom this year. Therefore, it is important to be kind to yourself and take some time to do something you enjoy. This can be anything from going for a walk to taking up a new hobby.

CREATE A GRATITUDE JOURNAL

Practicing gratitude can help you see the amazing parts of our lives and help us appreciate them. Write down 2-3 positive things that happened that day. Before you know it, you will have a journal full of all the positive things in your life!

DO SMALL GESTURES OF KINDNESS FOR THE PEOPLE AROUND YOU

This can be anything from complimenting three people every day to playing cards with your sibling to spend time with a loved one. By making the people around you feel appreciated and loved, you will feel the same!

A GOOD MOTTO TO ALWAYS GO BY IS TPWK (TREAT PEOPLE WITH KINDNESS)

A little kindness can go a long way and can be the thing that brightens up someone's day! You never know what someone is going through, so a simple smile or wave could make someone's entire day.

I hope these tips inspire you to spread kindness in the world.

"HOW DO YOU CHANGE THE WORLD? ...ONE RANDOM ACT OF KINDNESS AT A TIME!"

-Morgan Freeman



FRESHMEN CORNER

Amanda Chen, Vice President of Communication

Welcome, freshmen members! High school has many opportunities and new experiences that await you. We're so excited that you chose to become an FCCLA member, whether you are new or returning.

HERE ARE SOME TIPS TO HELP YOU MAKE THE MOST OF YOUR YEAR:

ATTEND ORIENTATION

If your school offers a freshmen orientation before school starts, take the time to tour the school and learn more about what else there is to offer. This will help you become prepared and know your schedule better! If orientation has passed or is not offered, search for a school map on your district website or ask a teacher on your first day. Your teachers only want the best for you, so feel free to reach out to them!

BECOME INVOLVED!

FCCLA has a lot to offer. By becoming an active member your freshman year, it can open many doors to new friendships, memories, and leadership opportunities. If your school has an activities fair, be sure to ask about anything that might interest you. Look more into anything that piques your interest. You never know what you might love doing!

COME UP WITH A TIME MANAGEMENT SYSTEM

Whether you choose to use a planner, calendar, or other system for organization, this can be extremely beneficial to you. Try testing out different methods to see what works best. There are several options for all of these; you can take organization-style quizzes and surveys to figure out what might suit you best if you are just starting out.



ASK QUESTIONS AND ASK FOR HELP!

If there are times you need help in your classes, feel free to ask! Your teachers, guidance counselor, and classmates are happy to help. You can form study groups and new friendships by reaching out to people in your classes. Remember, there is no shame in reaching out!

MAKE NEW FRIENDSHIPS

Many of your new classmates might be those you haven't met before. By forming new relationships, you'll have a fun experience in high school together! There are so many opportunities to meet and talk to new people, so do your best to branch out and put yourself out there!

Before you know it, freshman year will fly by fast, so be sure to make it count! Good luck!



SENIORS' SPACE: POST-SECONDARY APPLICATION TO-DO LIST

Aditi Kudva, Vice President of Leadership Development

Buckle up for senior year! Seniors, it's going to be a fast and sometimes stressful ride. Navigating the post-secondary application process can create anxiety. However, effectively managing your time and focusing on different aspects of the process can make this journey interesting and enjoyable.

First, make sure to build and finalize your list of post-secondary institutions based on your career aspirations. If you're sure you want to study a certain major, make sure that the schools on your list offer many courses within that major. To organize all the logistics of each of the colleges you plan to apply to, you can create an Excel spreadsheet and label each column as the majors, unique attractions for the college, standardized test requirements, extracurriculars, etc.

Then, start planning your college application essay. List events throughout your life that are meaningful to you and showcase your personality. After you create the list, cross off the events that you feel will be difficult to explain on paper. Keep narrowing them down until you get to one specific event that showcases who you are. Be sure your essay tells the college why you will be a good fit for their school. After writing your common application essay, make sure to have everyone around you read it. There is no such thing as enough feedback! Ask your friends, parents, teachers, and counselor to go over your essay and apply their constructive criticism to your writing.

Next, check if the college to which you are applying has any required supplemental essays. For any questions regarding the university and why you want to attend there, make sure to thoroughly research the college to find specific aspects about it that drew you to it. Write about specific buildings on the campus that interest you or courses the college offers that caught your eye. Additionally, if your parents allow you to, touring the college is always an amazing idea. It'll give you the feel of living there and offer some insights on what the next four years of your life is going to look like if you attend.

There are a variety of reasons why a traditional four-year college is not right for you. Some students are not clear on their career goal while students are looking for a more affordable education. Many students study for two years at community college and then transferring to a four-year college, saving significant money on tuition and housing. In addition, students interested in some fields can start with an associate degree, and community colleges afford job training and certificates that can be valuable in the workforce.

Post-secondary education is important and figuring out your future can create anxiety and stress; nevertheless, making strides to continue your education beyond high school which will lead you to your career goals will help you to become more independent. Make the best of this process!



DINING ETIQUETTE: GETTING BACK TO RESTAURANTS

Samita Pandit, Chapter President of Hightstown HS

After a long period of time, we are finally able to enjoy dining together with our family and friends at restaurants.

HERE ARE FIVE BASIC RULES OF ETIQUETTE WHEN DINING IN A RESTAURANT:

DRESS APPROPRIATELY

Be sure to dress accordingly, as certain restaurants may contain dress codes. If you will be eating at a sophisticated restaurant or function, wear business attire such as a suit or a dress.

PLACE THE NAPKIN ON YOUR LAP

Always place the napkin on your lap to prevent making a mess. This may be done as soon as you are seated or at the time your host places their napkin on their lap. If you must use the restroom, place the napkin on your chair. You may place the napkin on the table once you finish your meal.

WAIT FOR EVERYONE TO BE SERVED

When eating in a restaurant, it is respectful to wait for everyone at your table to be served their meal before starting to eat yours.

However, if there is a long waiting period for your meal to be served, you may tell the individuals who have food in front of them to start eating so they can enjoy their meal.

DO NOT PLACE YOUR BELONGINGS ON THE TABLE

It is not appropriate to place your phone, keys, or any other belongings on the table. In addition, it is disrespectful to use your phone at the table when dining with others. If you must make a call or text, be sure to excuse yourself before you do so.

BUTTERING BREAD

Your bread must be on your bread plate or your dinner plate. Never put bread on the table. You should break off the piece you plan on eating, spread butter, and then bring it to your mouth. Never butter an entire piece of bread before eating it.

Knowing how to dress and behave in a restaurant setting makes the experience more enjoyable for everyone involved.

Bon Appetite!



A GUIDE TO SMART GOALS

Anushika Sathuvalli, Vice President of Parliamentary Law

With a new school year approaching, you may have visions and goals that you want to achieve. In order to have a clear plan of what you want to accomplish, create SMART goals for yourself. SMART is an acronym that helps you plan and create a goal with details. SMART goals have accountability and help you follow through. Let's break down the acronym.

LET'S BREAK DOWN THE ACRONYM.

SPECIFIC

The first step to creating a SMART goal is to identify exactly what you want to accomplish. This may sound simple, but if your goal is not narrow enough, then you may end up taking steps to achieve a completely different goal than you had in mind. To have a clear picture of your goal, use specific numbers and action words. Plan out what steps you need to take to meet your objective. You want your goal clear enough that if you were to read your goal to another person, they would understand. Remember your goal should have one objective, not two!

MEASURABLE

Secondly, you need to hold yourself accountable for the progress and outcome of your goal. Establish checkpoints to track how you advance in achieving your goal. One way to do this is to ask a reliable friend or family member to be your accountability partner—someone who can check in on you and make sure you are progressing in the right direction. You may need to re-evaluate your plan as you reach each checkpoint, and that is okay! Modifying your goal is a part of making sure that you are achieving the appropriate results. Furthermore, create a tangible outcome or evidence for when you accomplish your goal. This will let you know when you have achieved it.

ATTAINABLE

As you craft your goal, ask yourself if you can truly attain the goal. Do you have the resources and knowledge to accomplish the goal? If not, then attaining those resources should be your first step. As you work to achieve your goal, you may hit barriers. Acknowledging that you may have roadblocks and identifying any possible ones can clarify the attainability of your goal.

REALISTIC

You want your goal to be challenging so you can grow as a person. However, when planning for your goal it is important to be honest with yourself. The only person who genuinely knows what you are capable of is yourself. If your goal is not something you can realistically accomplish, then you may need to change parts or even the entirety of your goal. It is okay to not have an immense or dramatic goal. In fact, it is better to keep your goal smaller so you can ensure that you can reach it. After all, no matter how small your goal is, once you accomplish it you will feel very proud of yourself. Then, you can set another goal with an increasingly more challenging outcome.

TIME-BASED

Lastly, you need to determine a deadline for when you are to accomplish your goal. This will motivate you to work towards your objective as well as make sure you are prioritizing your goal. Make sure the date is specific and realistic. If you are vague about the end date, you may procrastinate taking the steps needed to accomplish your goal. You can remind yourself every day of your end date by writing it somewhere you check often like a planner or setting a reminder on your cell phone.

If you are interested in personal goal setting, try participating in FCCLA's national program, Power of One. In this program, you create goals regarding personal habits, relationships, leadership, and more. Remember, making SMART goals is not simple, but once you craft one that fits you, you will have the perfect plan to accomplish what you want. Happy goal setting!



TAKING DOWN TOBACCO: VIRTUAL ADVOCACY SYMPOSIUM IN REVIEW

Saheli Brennan,
JPS Chapter VP of Membership

This summer, on July 21, 22, and 24, the Campaign for Tobacco-Free Kids held a Virtual Advocacy Symposium for youth leaders across the country. The live Zoom sessions incorporated interesting youth speakers, panelists, and representatives from TikTok in order to train youth leaders on how to use social media for the greater good. Leaders that attended received valuable knowledge about methods to take their advocacy skills to the next level.

One of the key points of the symposium was regarding the Do Something campaign, which will be running until September 15, 2021. The campaign is meant to bring awareness to how Big Tobacco monopolies use predatory tactics to target various racial communities, social classes, the LGBTQIA+ community, teenagers, and those with mental illnesses. This is something that has been happening for decades. Big Tobacco uses the “popular, attractive, free-spirit” stereotype to persuade impressionable teenagers into engaging in tobacco usage as it would somehow make them “cooler.” Not once has any nicotine/tobacco company expressed a single concern on how their harmful practices are hurting real people all around us, further showing their lack of empathy and general inconsideration for the human race.

The Do Something campaign is promoting the mindset that fighting Big Tobacco is a social justice issue and is entering anyone that completes a 5-minute survey regarding advocacy in a chance to win a \$1500 scholarship. It is a great opportunity for anyone that is interested and is sure to help you further your advocacy journey.



You can find all of the information regarding the Campaign for Tobacco-Free Kids and the Do Something campaign below:

[Why We Should Care -- Do Something Campaign](#)

[Campaign for Tobacco-Free Kids](#)

Overall, the Advocacy Symposium was a wonderful experience full of informative details that helped everyone learn more about themselves as an advocate and a leader. The Campaign for Tobacco-Free Kids holds Symposiums like these annually and if you are interested in taking a stand against the despicable tobacco industry, then you should definitely look further into the organization. A sister organization of the Campaign for Tobacco-Free Kids, Taking Down Tobacco, offers free courses that talk about the tobacco industry, tobacco as a whole, and how to become a community representative against the tobacco industry. You can find the link to these courses here:

<https://www.takingdowntobacco.org/>

Happy advocating!



HOW YOU CAN PROTECT THE ENVIRONMENT

Jacquelyn Trotman, State President

All it takes is a few seconds on the news, an Internet search, or even a quick look out the window to notice the many issues posing threats to our environment. Not only do pollution, global warming, and resource depletion—among many other environmental concerns—endanger the natural world, but they threaten humankind as well. Here are some ways that we can prevent and counteract some of those issues to protect the environment.

CONSERVE WATER

A simple way to protect the environment and prevent resource depletion is to conserve water.

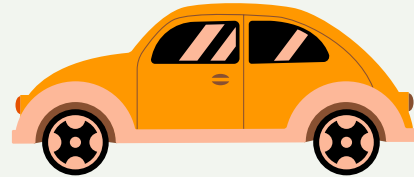
Conserving water can be as easy as turning off the faucet when you're brushing your teeth or taking shorter showers. These changes to your routine might seem small, but they'll make a big difference for freshwater ecosystems. Plus, conserving water reduces water pollution and preserves natural sources of drinking water.



REUSE

A lot of environmental issues have arisen as a result of waste. When we throw things out, they often end up in landfills, further contaminating the air and bodies of water. We can easily prevent this by reusing items.

For example, reduce your usage of plastic by using cloth shopping bags, reusable water bottles, wooden toothbrushes, and metal straws. You can also reduce textile waste by upcycling, donating clothing, and shopping at thrift stores. This protects the environment and helps you discover cool pieces!



LIMIT CAR USAGE

By limiting the amount of time you spend in your car, you can reduce greenhouse gas emissions and air pollution. Carpooling is a great way to do this; if you and others are headed to the same place, go together in one car. You can also plan trips ahead of time and combine errands into one trip; less time on the road and fewer cars means less pollution and emissions!

PLANT A TREE

The rise in emissions of greenhouse gases like CO₂ causes air pollution.

With deforestation and natural disasters contributing to the removal of trees, which absorb CO₂, this poses an even greater environmental threat.

Luckily, there's a simple way to help deter all of this: plant some trees!



TURN OFF THE LIGHTS

You can effortlessly conserve energy by turning lights out when they are not in use. It's as simple as remembering to turn them off whenever you leave a room; the environment—and your electricity bill—will thank you!

Protecting the environment might seem like a challenge with all the environmental issues that we are facing, but it doesn't have to be. If we all make these small changes, we will be on our way to living in a clean and thriving environment!

A PENNY SAVED IS A PENNY EARNED

MONEY MANAGEMENT TIPS FROM STATE OFFICERS

Anushika Sathuvalli, Vice President of Parliamentary Law

Money management is an essential skill that teaches you to regulate and track your spending as well as saving. Practicing effective money management as a teenager will allow you to form healthy spending habits that will last you a lifetime. These habits will greatly help you when you enter the workforce. Moreover, if you are currently earning an income, then it is crucial to know how to control your money. To help learn more about how to effectively manage your money, our State Officers have shared their own tips and advice.

Balance the Books: Keep a Record of Expenses

"Keep a record of your expenses, as it is important to know where your money goes. Organize the numbers by categories to easily see what your money is going towards and to ensure you are spending it wisely. Tracking your expenses can help you recognize negative spending behaviors that can easily be changed. You can even set up saving goals and try to cut down on unnecessary expenses. Many teenagers and adults spend money on food or coffee; those habits tend to be very costly. Tracking expenses helps you become more financially aware."

-Neha Patel, Vice President of Community Service

Deal or No Deal?: Spend Money Sensibly While Shopping

"Learn to be a better shopper by taking advantage of sales, coupons, discounts, rewards, etc. Think about comparison shopping and take price, quality/longevity, etc. into consideration to make sure you're getting a good product/service without draining your wallet."

-Jacquelyn Trotman, State President

"Make sure that you are spending your money wisely when shopping. It is often hard to differentiate between items that you need versus want. One great way to do this is by asking yourself what purpose the product serves. Of course, you want to reward yourself occasionally but still be moderate with your personal spending."

-Anushika Sathuvalli, Vice President of Parliamentary Law

Early Bird Gets the Worm!: Start Saving Early

"Creating a savings plan when budgeting money is key! You don't have many financial responsibilities in high school, so it is a great time to start forming strong saving habits. My best tip is to dedicate a minimum of 50% of your income to your savings. You will be grateful in the long run!"

-Gianna DeBruyn, First Vice President

Vice President of Membership Adedoyin Ayeni adds:

"One management tip that I have is to start saving money as soon as possible. Having an emergency fund can help you in many situations."

Following these tips can ensure that you have a good start of your money management journey. If you are interested in money management, try participating in FCCLA's National Program, Financial Fitness. You will learn and teach others about earning, spending, saving, and protecting money. Remember time is money, so start making proper financial choices early!



FUN WAYS TO FALL INTO COMMUNITY SERVICE

Neha Patel, Vice President of Community Service

As the weather gets colder and the leaves start to change color, there are numerous opportunities open for serving the community. This fall season, understand the essence of service by participating in community service initiatives with your chapters. Community service is a great way to build relationships with new members while also improving the quality of life in your community. By seeing the direct impact that you bring to your community, you are prone to develop a richer perspective of the world in which you live in. Here are a few examples of community service initiatives.

TRICK-OR-TREAT WITH THE UNDERPRIVILEGED

Remember all the incredible trick-or-treating Halloween memories you made when you were younger? Halloween should be a fun and memorable holiday for all children. However, many afterschool programs do not have the resources to create these memorable Halloween experiences. Check your local children's programs to see if they need volunteers to help create exciting and fun Halloween memories.

CLOTHING DRIVE

As the weather starts to cool, clean out your closet and recycle your old winter clothes in an environmentally friendly way. Try to bring your items to organizations like the American Red Cross, Goodwill, and Planet Aid. These charities offer various opportunities to donate and recycle unwanted clothes, even pieces that are not in wearable condition. Save textiles from the landfill to help protect the environment.

FOOD DRIVES AT THANKSGIVING

Imagine how many families could be blessed with a delicious Thanksgiving dinner if everyone chipped in and donated a few non-perishable food items. Work with your local food pantry to ensure members in your community have a festive holiday.

Your chapter can organize a food drive aimed towards collecting instant mashed potatoes, canned yams, canned beans, jars of gravy, fruit juices, macaroni and cheese, muffin mixes, and much more. Your efforts will put smiles on the faces of so many families.

PARK CLEAN-UP

During the fall months, many outdoor sporting events are held at local parks and complexes. These events often lead to an increase in litter and debris. If you take a look under the bleachers, you will find candy wrappers, plastic water bottles, snack bags, and much more. Plan a date with your chapter to collect waste from these areas. Picking up litter helps create a safe and clean environment for us and all the wildlife that share this beautiful world with us!

SEASONAL CLEAN-UP

Have you ever noticed how there are piles of leaves in some yards in your neighborhood? There is something that you can do! As trees lose their leaves, you can offer to tidy up the landscaping of neighbors and elderly relatives. Take time out of your day to help those in need of some physical assistance in the community. This is a perfect example of learning the importance of being a good citizen while getting in some exercise.



These are just a few examples. Remember that there is always something you can do to make a difference. Consider what other people are experiencing and open up your heart. Learn to put others before yourself! Send information and pictures to the state office about your chapter's service initiatives. I look forward to a successful year of community service projects that make an impact on your community!

CONGRATULATIONS TO THE TOP 3 STAR EVENT FINALISTS

CAREER INVESTIGATION

2nd Place

Arianna Harley
Camden County Technical School

CHAPTER SERVICE PROJECT PORTFOLIO

2nd Place

Mayce Fleming, Eli Gerth & Kristen Weingart
Hunterdon County Polytech

FASHION CONSTRUCTION

1st Place

Jermaine Simmons
Henry Snyder High School

2nd Place

Faith Kitchens
Henry Snyder High School

INTERPERSONAL COMMUNICATION

1st Place

Diya Pottangadi
John P. Stevens High School

NUTRITION AND WELLNESS

2nd Place

Nitya Angadala, Shriya Jitendran &
Shivangi Kori
John P. Stevens High School

PROFESSIONAL PRESENTATION

2nd Place

Pragya Bhatia, Keya Patel & Aashi Tamoli
John P. Stevens High School

3rd Place

Aiza Mughal, Shree Singhal & Harita Trivedi
John P. Stevens High School

PROMOTE & PUBLICIZE FCCLA!

2nd Place

Gracy Bhardwaj, Amelia Dsouza & Ananya
Rangaswami
John P. Stevens High School

PUBLIC POLICY ADVOCATE

1st Place

Adedoyin Ayeni & Shrinidhi Ramachandran
Edison High School

SPORTS NUTRITION

2nd Place

Pushti Shah
John P. Stevens High School

SUSTAINABILITY CHALLENGE

3rd Place

Jacquelyn Trotman
John P. Stevens High School

MENTAL HEALTH: BALANCING SCHOOL WORK & RELAXATION

Ananya Singhal,
Committee Chair of National
Programs

With the fast-paced society we live in, it can be easy to be swept up into the chaos. Therefore, it is important to balance both school life and relaxation to avoid burnout. Some suggestions on how to do this are:

Journaling

Journaling can help get worries off of your mind, reflect on the things happening in your life, and set goals for your future. Some parts of your journal could include gratitude lists, how you went out of your way to help someone, or just putting your emotions onto a piece of paper. A tip is to separate this from your planner to allow your brain to associate this with relaxation.

Creating boundaries

Our brain associates certain places with certain activities (for example, your bed with sleeping). When we do many tasks in one place, the brain can get confused. That is why it is best to create a place where you do work and a separate place where you relax so your brain can get in the right mindset.

Mindfulness

Mindfulness, such as meditation, has many benefits, including relaxation. Studies have shown that it can reduce stress and anxiety while also improving your focus. Mindfulness also gives us a chance to slow down and focus on ourselves and serves as a check-in, which we all need regularly.

Planning

Planning is essential to avoid procrastination, which in turn leads to less stress. Writing everything down in a planner and listing all of your tasks help you accomplish them on time. It is also beneficial to schedule time for doing the things you enjoy, such as walking the dog, playing with your friends, or baking some bread.

Always remember that taking care of yourself is a basic and important activity. These suggestions can guide you to a path of better life balance. Never forget that practicing self-care is also being productive.

INTEGRATING FCCLA INTO THE CLASSROOM

Susan Stinson; FCCLA Adviser, Southern Regional School District
New Adviser Handbook 2021

FCCLA, as the only Career and Technical Student Organization (CTSO) for students involved in Family and Consumer Sciences courses, should be integrated within all the courses that are taught under the FCS umbrella. FCCLA offers the adviser/teacher resources that can become the springboard for student development.

Although many school districts consider FCCLA a “club”, it is more than that. FCCLA has the mission:

To promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner, and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation. (<https://fcclainc.org/about>)

FCCLA has made available to advisers many resources that can be seamlessly integrated within the coursework of the subject matter being studied. FCCLA is designed to be a part of your everyday Family and Consumer Sciences curriculum. From Competitive Events to National Programs, there are multiple resources for supplementing and improving your curriculum. FCCLA members explore career opportunities and build real world skills by developing projects, engaging and participating in events, and competing regionally and nationally for scholarships and awards.

Here are a few ways you can start integrating FCCLA:

- **Build leadership roles in each class.** Student leaders to help take attendance, gather homework, set out materials, and lead in-class discussions.
- **Use STAR Events and Skill Demonstration Events as classroom projects.** The directions for each are found in the Competitive Events Guide and include everything from project directions to grading rubrics.
 - By using these competitive events, students dig into elements of the event that are specifically of interest to them. The grading rubrics included give the teacher the opportunity to use what is appropriate for their class and modify for their use. Events which I have integrated into my Middle School Curriculum include; Toys the Teach and Career Investigation. Both events have been modified to fit within my quarterly class, but the finished project many times becomes the springboard to a student participating in competition on the State/National level.
- **FCCLA National Programs contain curriculum and lesson plans.**
 - This year would become a perfect time to begin integrating the FREE Power of One materials available on the FCCLA website. Students create a plan to reach a personal goal within a specific time frame. My middle school students will be focusing on their own Personal Goal as they start the year. <https://fcclainc.org/engage/national-programs>
- **Competitive Events provide great advantages to students:**
 - Competitive Events provide creative opportunities for all members to get involved. With all of the events that are available there is truly something that can appeal to everyone. The competitive drive that many have can be satisfied by FCCLA's Competitive Events.
 - Events provide the opportunity to explore career paths and strengthen college- and career- ready skills.
 - Students always want to achieve more which provides a great retention tool for members.
 - Encourage members to improve year-to-year and watch their growth continue.





INTEGRATING FCCLA INTO THE CLASSROOM

continued...

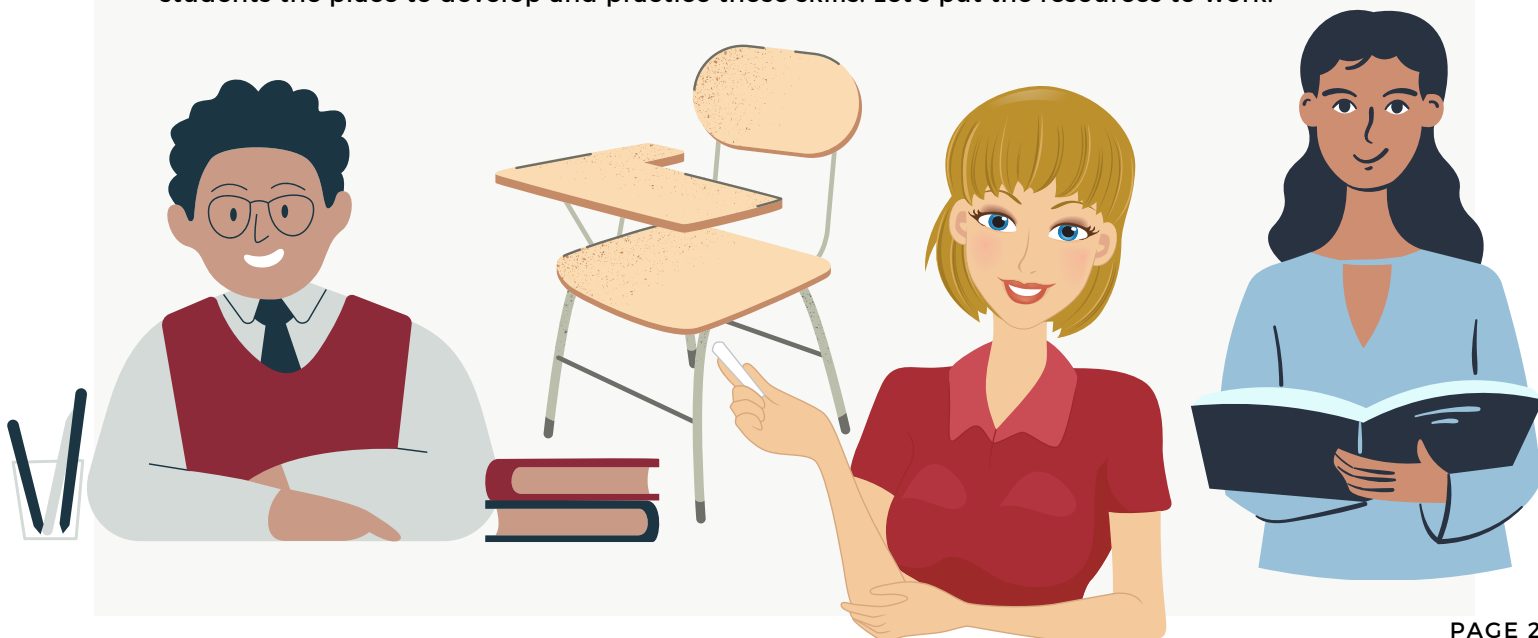
- **National Program Integration**

- Although there are many National Programs, and it can seem overwhelming, FCCLA has created a crosswalk for advisers within the Adviser Handbook, page 32.
<https://fcclainc.org/sites/default/files/New%20Adviser%20Handbook%202021.pdf>

The chart provided links the program, competitive events, FCS standards and projects that can be implemented.

Program	Competitive Event Examples	Possible Class to Implement Into	National FCS Standards	Class Project
 COMMUNITY SERVICE Learn, lead, and serve in your community.	Chapter Service Project, Digital Stories for Change, Focus on Children, Professional Presentation, National Programs in Action, and Sustainability Challenge	Any	(Dependent upon unit and class)	Service learning can be a valuable opportunity for your students. The important thing is to provide reflection and authentic learning for your students. Some examples might include: <ul style="list-style-type: none"> • Habitat for Humanity (Housing) • Canned Food Drive (Career/Family Leadership) • Baby Book Drive (Child Development) • Blanket Collection (Clothing Construction) • Assisting with Parents-as-Teachers (Child Development) • Lead4Change • For classroom ideas and resources visit fcclainc.org/engage/national-programs
 POWER of ONE Find and use your personal power.	This can be used in every STAR Event	Career and Family Leadership, Consumer Services	(Dependent upon unit and class)	The key is to remember that these are truly projects that students chose to complete. The project range will be large, depending on the needs the student identifies. Start with the Planning Process for an easy way to help students identify what area in which to begin. The five units are: <ul style="list-style-type: none"> • Take the Lead • A Better You • Speak out for FCCLA • Working on Working • Family Ties • For classroom ideas and resources visit fcclainc.org/engage/national-programs

As educators we have set our goals to help educate the next generation of leaders; those who can think creatively and critically to make the world a better place. FCCLA offers us and our students the place to develop and practice those skills. Let's put the resources to work.



NEW JERSEY

FAMILY, CAREER & COMMUNITY LEADERS OF AMERICA

MISSION

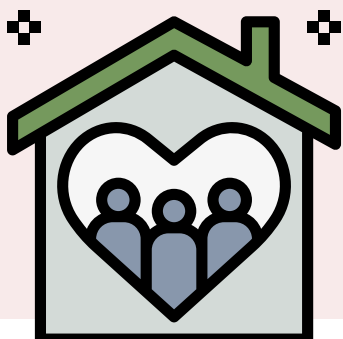
To promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of family member, wage earner and community leader, members develop skills for life through: character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation.

PURPOSES

- to provide opportunities for personal development and preparation for adult life
- to strengthen the function of the family as a basic unit of society
- to encourage democracy through cooperative action in the home and community
- to encourage individual and group involvement in helping achieve global cooperation and harmony
- to promote greater understanding between youth and adults
- to provide opportunities for making decisions and for assuming responsibilities.
- to prepare for the multiple roles of men and women in today's society
- to promote Family and Consumer Sciences and related occupations

CREED

We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.
For we have the clear consciousness of seeking old and precious values.
For we are the builders of homes, Homes for America's future, Homes where living will be the expression of everything that is good and fair,
Homes where truth and love and security and faith will be realities, not dreams.
We are the Family, Career and Community Leaders of America.
We face the future with warm courage and high hope.



FCCLA CORE VALUES

Leadership

Provide a unique opportunity for youth to learn how to be an effective leader through positive youth development strategies.

Character

Encourage further development of positive character traits such as honesty, integrity, fair play, and determination.

Diversity

Create an inclusive environment that welcomes and values all youth.

Excellence

Teach youth the value of pursuing their full potential in all areas of their lives.

Teamwork

Support individual growth while working with others towards a common goal.