



# NEW DIRECTIONS

*Connecting New Jersey - One Chapter at a Time*

## PRESIDENT'S ADDRESS

Dear New Jersey FCCLA Members, Advisers, and Alumni:

NJ FCCLA has demonstrated our resilience and commitment to the mission and purposes of our organization this school year. In spite of a pandemic lurking in our midst, our state association offered three state leadership conferences and competitive event opportunities for all our members.

Congratulations to all 2021 State Leadership Conference competitors! It was truly inspiring to see members taking an extra step to join the conference, compete, and network with members across the state. From Sam Glenn's inspirational words about keeping a positive attitude to watching Days in the Life of FCS professionals, we hope you gained important insights and motivation from this conference.

Though the year is winding down, we encourage you all to remain active in FCCLA. Remember, leadership is a year-round opportunity! Take the leap to run for a chapter office and engage yourself in servant leadership. It is truly a privilege to join a group of leaders that put the needs of others before themselves and enrich their community.

Exciting things are in store for New Jersey FCCLA as the 2020-2021 State Executive Council passes the baton to the new leaders of our state association. An amazing group of youth leaders will be representing our organization in the upcoming year, and we cannot wait to see everything that awaits us. We are beyond excited to give back to the organization that does a little more for us every day.

As we approach the summer, try to set new goals for yourself, whether it be to learn coursework in preparation for the next school year or spend time giving back to your community in hopes to accomplish Mission: A Brighter Tomorrow. We hope this summer is full of family bonding, laughs, adventure, and great memories.

Thank you all for an amazing year of FCCLA. It might not have been the year we planned, but it was great to see that even the biggest of challenges could not deter us from enjoying The Ultimate Leadership Experience. As the world begins to take strides back towards normalcy, remember to stay healthy and safe, practice gratitude, and live everyday to the fullest!

We can't wait to see you all at the 2021 Hybrid National Leadership Conference!

Best Regards,

Sophia Patel  
2020-21 State President

Jacquelyn Trotman  
2021-22 State President

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# LEADERSHIP 101

SOPHIA PATEL

2020-21 STATE PRESIDENT

"A leader is one who knows the way, goes the way and shows the way."  
- John C. Maxwell

The quote above exemplifies one of FCCLA's main priorities: to shape servant leaders who will impact their community and those around them. Each FCCLA member has the potential to become a leader in FCCLA! By hosting a chapter meeting, taking the lead on a new competitive event, or partaking in a community service initiative, FCCLA helps members discover their personal leadership style.

Setting goals, making decisions that benefit the whole, and showing initiative are all skills that develop leadership. Developing life-readiness skills prepares you to lead your own life and face difficult challenges. These skills will shape you into a proactive and efficient member of society and ensure success in any field or career. Not only will developing leadership benefit you, but it will empower those around you to do the same, creating a shared vision among members of society.

## BECOME A NJ FRIEND OF FCCLA

SOPHIA PATEL

2020-21 STATE PRESIDENT

Calling all graduating seniors! Seniors, though you are about to embark on a new chapter of your life in college and your career, your journey in FCCLA does not have to end! The NJ FCCLA alumni program, NJ Friends of FCCLA, as well as the National FCCLA alumni program, Alumni & Associates, are both amazing opportunities to pursue to stay involved and give back to our organization. These strong networks of FCCLA alumni are passionate about youth leadership, mentorship, and service to the community. As a member, you will receive opportunities to judge competitive events at our conferences, deliver workshops to members, chaperone at the National Leadership Conference, help oversee tasks of the NJ State Office, and network with professionals across the state and country.

A four-year membership for graduating seniors is only \$20! Get started by filling out the application on the NJ FCCLA website, [www.njfccla.org](http://www.njfccla.org). Give back to The Ultimate Leadership Experience today!

## COOL KIDS AND GOOD ETIQUETTE

Samhitha Mupharaphu 2020-21 First Vice President

When many people think about etiquette, they think of knowing which fork to use at a formal dinner. But there is much more to etiquette and its foundation. The word "etiquette" comes from the French word "estique," and the dictionary definition is "the customary code of polite behavior in society or among members of a particular profession or group." In other words, etiquette is basically the proper and polite behavior by which you should conduct yourself. Proper etiquette begins by showing respect for others, being honest and trustworthy, and showing kindness and courtesy to others. Etiquette is a reflection of our character and ethics. Having good etiquette is specifically important during events such as interviews, business meetings and formal dinners. Etiquette is everywhere, so here are some tips to improve your etiquette skills!

1. *Dress to Impress* - Make sure that you are dressed properly for the occasion and that your clothes are clean and presentable. Your appearance is the first thing that people notice about you and you want to make sure to have a positive first impression on them.
2. *Table Manners* - When at a formal dinner or just eating out with others, there are many table rules that you should be sure to follow. Make sure to wait until everyone is served until you start eating, chew with your mouth closed, and use the right utensils. Don't "yuck someone's yum" by refraining from criticizing the food. If dining in someone else's home, be sure to ask if they need any help with setting the table or cleaning up. For more specific details about table manners go to this website: [https://www.etiquettescholar.com/dining\\_etiquette/table\\_manners.html](https://www.etiquettescholar.com/dining_etiquette/table_manners.html)
3. *Use Your Phone Appropriately* - It is important to understand when you can use your phone and when you cannot. When someone is speaking, be sure to maintain eye contact and actively listen to them by not looking at your phone. Also, be sure to put your phone on silent for important meetings.
4. *Be Kind* - Being kind and respecting everyone around you is the most important thing that you can do. Kindness is the simplest form of etiquette; however, it makes a big impact on the people around you.

Remember, it's important to know and practice the basics of good manners, regardless of where you go!

# THE PIZZA CONNECTION

THERE IS ONE UNIVERSAL FOOD THAT CONNECTS MOST PEOPLE IN THE UNITED STATES—PARTICULARLY IN THE TRI-STATE AREA—AND THAT IS OUR FONDNESS FOR PIZZA. MEET THE NEW 2021-22 STATE EXECUTIVE COUNCIL AND READ ABOUT THEIR COMMON LOVE FOR PIZZA.



## Jacquelyn Trotman - State President

Even though New Jersey and New York are home to some of the best pizza places, I would have to say that one of the best pizzas I've ever had was at the Seafood Delight from Mystic Pizza in Mystic, Connecticut. It had shrimp, clams, and scallops—some of my favorites—and it was so cheesy! This restaurant was also special because it served as the set for the 1988 film, Mystic Pizza.

## Adedoyin Ayeni - VP of Membership

The best pizza I have ever eaten is from Tony's Italian Restaurant & Pizza in Edison. Before I had eaten there, I never really liked pizza. I remember when my family and I went there for the first time. I almost did not eat it, but my mom encouraged me to try it. It was the best pizza I had ever had. The cheese was not too salty and the crust was not too thick. It was my gateway into the world of pizza!

## Saheli Brennan - VP of Public Relations

The best pizza that I have ever had probably is down by the shore, at a place called 3 Brothers in Belmar. It is the hands-down best comfort food you will find. The pizzeria faces the beach and is surrounded by little ice cream parlors, so after we eat, we usually go stop at one of those. It is definitely a tradition that I hold near and dear to my heart.

## Anushika Sathuvalli - VP of Parliamentary Law

My favorite place to eat pizza is Wood Stack Pizza + Kitchen. I could not stop eating their pizza when I tried it! I loved how crisp and flavorful their pizza was. Whenever my friends and I go there, we always have a great time. My family loves their pizza as well!

## Ananya Singhal - Committee Chair

The best pizza I have ever eaten is at Piccolo Trattoria in Roosevelt Island, NY. This pizzeria was right next to where I use to live. It is also my go-to place when I visit NY. When I was younger, I remember going to Piccolo Trattoria then going to the Starbucks right next to it.

## Gianna DeBruyn - First Vice President

My best pizza experience has to be from Patsy's Pizzeria in New York City! My grandparents grew up in the Bronx and always raved about this pizzeria. When I was around 9 or 10 years old, we took a family trip to NYC to experience the magic. If I told you that the pizza lived up to expectations, it would be an understatement! The crust was crunchy and the cheese melted in your mouth perfectly. I will never forget this amazing pizza experience.

## Neha Patel - VP of Community Service

My favorite pizza place is Hudson & Co. in Jersey City. Their brick-oven Margarita pizza is absolutely delicious. It was perfectly cooked with a flavorful and crispy yet soft crust. As soon as you take the first bite, all the flavors rush towards your tastebuds. Their outdoor dining has an incredible view of the Manhattan skyline across the historic Hudson River. It looks beautiful at night.

## Amanda Chen - VP of Communications

One of my favorite pizza places is Woodstack Pizza + Kitchen in Metuchen. I tried their Margherita pizza and loved it! Not only is the pizza amazing, but I also love dining there with my family. The interior of the restaurant is beautiful, and the staff is very kind!

## Aditi Kudva - VP of Leadership

The best pizza I have ever eaten is the penne vodka pizza from Oakwood Pizza on Oak Tree Road in Edison. It combines two of my favorite things: penne vodka pasta and pizza! Every time I have a party at my house, I get this pizza and all of my friends devour it. Now, whenever I invite my friends over, we all enjoy this pizza together. It's become a tradition.

## Samita Pandit - Committee Chair

As for pizza, I love to support the small pizzerias near me, but my absolute favorite pizza is... homemade pizza! There is something about making the dough and getting my family involved that makes me happy. And of course, pineapples, olives, and jalapeños are a must!

## FINANCIALLY FIT HABITS

**SAMHITHA MUPHARAPHU**  
**2020-21 FIRST VICE PRESIDENT**

As teenagers, right now is the perfect time to start managing our finances and creating good spending habits. With college approaching, it is important to begin preparing for it financially, during senior year or even as early as freshman year. This is a crucial time in our lives; we should use this time to our advantage. Here are some ways to start getting financially fit!

1. **Get a job!** - A job can give you the opportunity to save up your money and help you afford different things that you will need to start buying for yourself as college gets closer. It will also give you your own source of income, and a wage-earning job will definitely teach you many things!
2. **Create a student savings/checking account!** - Creating these accounts under your own name with your parents co-signing the account will help you understand how to use a checking and savings account. By creating a savings account, you can put money into it so it is not as easy to spend. This will help you save for the important things in your life.
3. **Open a student credit card!** - Opening a credit card with the permission of your parents might also be a good idea for some teenagers. When opening a credit card, you should be positive that you will be able to pay the payments every month. If you are sure of this, opening a credit card gives you the benefit of building up your credit score so that during college and directly after college, you can show banks that you can pay your bills and should be allowed to take out loans.
4. **Create a monthly budget for yourself!** - Having a budget for yourself can help you have an idea of how much you want to spend and keep you within that limit. Writing out exactly where you want portions of your money to go will help you track and not spend too much of your money. Make sure that you are tracking your purchases and spending your money wisely.

**Good luck on your financing endeavors!**

## THE BEST EVER LEADERSHIP BOOTCAMP!

**GIANNA DEBRUYN**  
**2021-22 FIRST VICE PRESIDENT**

The 2021 Leadership Bootcamp Conference was a virtual leadership experience for our members and advisers. Though this year was quite different than what we are used to, NJ FCCLA took on the virtual challenge and excelled. Through the use of Zoom meetings and online interactive websites such as MentiMeter and Goose Chase, NJ FCCLA provided its members and advisers with engaging activities!

Leading the conference were Ms. Catherine DiGioia-Weinfeld and Mr. Bill Plastine. Mr. Plastine led informative workshops on the importance of communication, accountability, virtual effectiveness, inclusion and belonging, and tips on virtual classrooms for advisers. Using the website/application MentiMeter, Mr. Platine organized a way for members from across the state to share their skill sets and ideas to fellow members on the various topics discussed. Ms. DiGioia-Weinfeld promoted topics through interactive activities such as important aspects of your life, "What's your why?", personal effectiveness, and change and resilience for advisers.

Along with Ms. DiGioia-Weinfeld and Mr. Palestine, The NJ FCCLA State Executive Council led icebreakers, FCCLA Trivia, and discussed important Information on the state and national level! In addition to the interactive activities, the SEC discussed topics such as FCCLA Week, the State Leadership Conference, running for state office, community service, and membership recruitment in a virtual setting. Along with these speakers/facilitators, the State Director, Mrs. Dworzanski, the State Adviser, Mrs. DiGioia-Laird, and guest speaker Ms. Marie Battist-Rock led informative workshops for chapter advisers.

Overall, the 2021 NJ FCCLA Leadership Bootcamp Conference was a great success and educational experience for both members and advisers! If you were not able to attend this year's Leadership Bootcamp, be sure not to miss the 2022 Leadership Bootcamp!

# MASK UP AND VACCINATE!

AYUSH JASNANI

2020-21 VICE PRESIDENT OF MEMBERSHIP

As the pandemic is an ongoing part of our lives, we must remember how to stay safe and prevent the spread of COVID-19. Preventing the spread of the Coronavirus is a part of all our social responsibilities. We owe it to our community, our family, and our peers to keep ourselves safe by following social distancing guidelines, and keep our masks on whenever we are in public. Here are some of the best ways to stay safe during the pandemic.



## Mask Up!

In order to stay safe, the number one thing you and your family can do in order to protect yourselves from COVID-19 is to wear a mask! If worn properly, a surgical mask or cloth/fabric mask is meant to help block large splashes or particles of saliva that may contain the germs from the COVID-19 virus. A well-fitting mask should provide cover from the top of the nose all the way to your chin so that it can block any possible points of entry for the germs. Though the masks may be uncomfortable, they are necessary in today's lifestyle. The Centers for Disease Control and Prevention (CDC) even recommend double masking if you can as well. A comfortable way to double mask is to place a disposable surgical mask on the inside towards your face and a cloth/fabric mask on top of that one. This will help ensure that you are doing everything you can to stop the spread!

## Get Vaccinated!

The COVID-19 vaccination has the potential to help stop the spread of the Coronavirus, as well as supply herd immunity from COVID-19. If you, your friends, or your family are eligible to get the vaccine, please be sure to register through the state of New Jersey website. People over the age of 55, individuals 16-54 who have an immunocompromising medical condition, or any other priority group should get vaccinated immediately. In addition to this, all other individuals are eligible to receive the vaccine and should register as soon as possible!

# SPOTLIGHT ON SLC!

Gianna Debruyne 2021-22 First Vice President

The 2021 NJ FCCLA State Leadership Conference was full of amazing speakers, well-rounded workshops, informative live sessions, and exciting information and activities for members and advisers! Participants were able to access information from not only NJ FCCLA, but also from five other state associations—California FCCLA, Minnesota FCCLA, North Carolina FCCLA, Ohio FCCLA, and Wisconsin FCCLA. This allowed members to view many other workshops, keynote speakers, and community service initiatives for them to bring back to their chapters. Our platform provided members with a different look at the virtual possibilities.

Along with all the presentations and sessions provided, attendees were able to partake in the Virtual SLC Ultimate Attendee Challenge! Members and advisers participating had the opportunity to compete against attendees across the platform to gain points. The competition included adding an item to your "backpack," downloading a handout, watching a presentation, visiting an exhibit booth, chatting with an exhibitor or state officer, replaying the intro video, and finding red roses across the platform. This competition was a great way to keep members engaged and competitive!

State officers, members, alumni, keynote speakers, advisers, and college representatives were all able to submit workshops and videos to the state association to be included on the FCCLA SLC platform! All of the workshops and sessions submitted were extremely engaging and informational. Thank you to everyone who submitted one!

Along with the prerecorded workshops, NJ FCCLA offered its attendees multiple live sessions. Thank you to Johnson and Wales, Berkeley College, and FIDM for the live sessions you provided for our members and advisers! Thank you to Sophia Patel and Samhitha Mupharaphu for your live Presidents' Session!

Overall, the 2021 Virtual SLC was a success! Thank you to all participants and presenters for your contributions. Look for information in September about the NJ FCCLA Fall Leadership Connection!

# SIGNIFICANT LEADERS IN HISTORY

## MELANIE MENDONCA 2020-21 NATIONAL VP OF COMPETITIVE EVENTS

### Ruth Bader Ginsburg (RBG)

Ruth Bader Ginsburg became the second-ever female Supreme Court Justice. She taught at Rutgers University Law School and then at Columbia University, where she became Columbia's first female tenured professor. During the 1970s, she was the director of the Women's Rights Project of the American Civil Liberties Union. In 1980, she was appointed to the U.S. Court of Appeals for the District of Columbia. Finally, in 1993, she was appointed to the Supreme Court and served for twenty-five years. An ardent fighter for gender equality, women's interests, and civil rights and liberties, RBG is a role model to all.

### Mahatma Gandhi

Another brave fighter for equality and peace, Mohandas Karamchand Gandhi, better known as Mahatma Gandhi, was born in 1869. After completing a law degree from the University College of Law in London, Gandhi spent time practicing law in Africa. During his return to India, he became the most important figure in the Indian freedom struggle against Britain's colonial rule. With determination and courage, he encouraged other Indians to act nonviolently and protest through civil disobedience. In 1947, he led India to freedom and independence.

### Abraham Lincoln

Known as one of the greatest presidents of all time, Abraham Lincoln was the inspiring 16th president of the United States. With great courage and persistence, Lincoln led the union to victory during the Civil War and successfully kept America together as one nation. In addition to this, by signing the Emancipation Proclamation, Lincoln ended slavery in America.

### Martin Luther King, Jr.

Born in 1929, Martin Luther King, Jr. was a social activist and Baptist minister who actively fought for Civil and Human Rights. During the American Civil Rights Movement, King led nonviolent, peaceful protests to fight for justice and equality for African Americans, who were economically disadvantaged and victims of injustice. Leading significant events such as the Montgomery Bus Boycott and the 1963 March on Washington, King made his mark on Civil Rights. His work led the creation of landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964.

### Ellen Ochoa

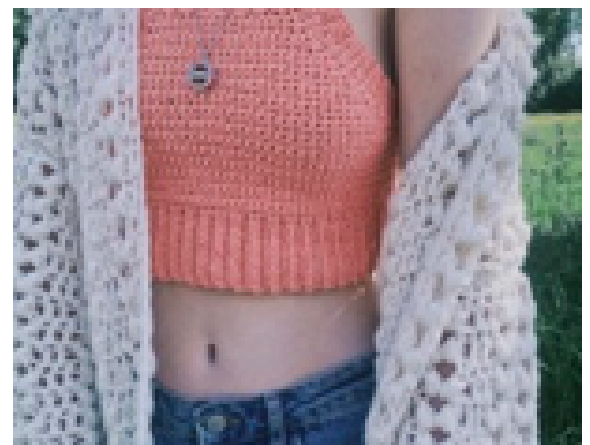
Born in 1958 in Los Angeles, California, Ellen Ochoa forged new paths for women in STEM by becoming the first Hispanic American woman to go to space! After receiving her master's and doctorate degrees from Stanford University, she went on to do research for NASA. In 1991, she was selected to become an astronaut, and two years later she made her mark on the world by going on a nine-day mission in space. After, she became the first-ever Hispanic director of the Johnson Space Center. Currently, she works to empower women to follow their passion into STEM fields.

# DIY FASHION PROJECTS FOR SPRING UPCYCLING

## MELANIE MENDONCA 2020-21 NATIONAL VP OF COMPETITIVE EVENTS

Spring trends always feel like a breath of fresh air, so get ready to be on top of your style this spring with these DIY fashion projects!

- Know how to embroider? Elevate your look by embroidering cute flowers on your garments to be trendy this fall. Whether it be a simple basic tee, pants, dress, or even purse, embroidery can go a long way to creating the best spring look for this season!
- Love to crochet? Crochet is in this season. Play with shades close to Pantone's spring color of the year, burnt coral, and bright colors to crochet something you love! Not only are crochet tops and cardigans adorable, but also extremely comfy.
- Upcycle your pair of old jeans this season to create a denim skirt! Add in fun floral embellishments or trims to make it yours.



## DEAR EDNA,

My parents are moving our family to a new town this summer. Currently, I am very active in my FCCLA Chapter. Next Fall, I want to continue with FCCLA. How can I get a chapter started in my new school if one does not exist? And, if there is a chapter, how can I get active in this new chapter with students when I don't know anyone?

Sincerely,  
Al Lone



Dear Al,

Moving to a new school can be challenging; however, networking can make it a lot easier! My advice is to determine if your new school has an FCCLA chapter. You can do this by checking the school website for the list of clubs and activities, doing a search on social media, or talking to the school's FCS teacher. If your new school does have a chapter, you can become an active member by introducing yourself to the adviser or chapter officers! You should tell them how you contributed to FCCLA at your previous school and why you would like to join at your new school! Be positive about the chapter and its members; try not to compare the old with the new. Then, be sure to immerse yourself in chapter initiatives, competitive events, community service, and more to form new relationships!

If your school does not have a chapter, I suggest that you introduce yourself to an FCS teacher, supervisor, or the person who coordinates all the co-curricular organizations in the school. By explaining how much FCCLA has impacted you and your community, it may encourage them to become an FCCLA adviser and start a new chapter with you! Then, you should follow the chapter checklist for guidelines on creating a chapter and request an adviser kit from National FCCLA. Offer your assistance to charter a new chapter and recruit the new members so that you have a quick and seamless launch for this new chapter.

I wish you all the best in your new school and on your FCCLA journey!

Sincerely,  
Edna P. Amidon  
Founder of FCCLA



## WHAT TO EXPECT AT THE NATIONAL LEADERSHIP CONFERENCE

**MELANIE MENDONCA**  
**2020-21 NATIONAL VP OF COMPETITIVE EVENTS**

On behalf of National FCCLA, I am so excited to invite you to attend the 2021 Hybrid National Leadership Conference. Attend to reset, renew, and recharge "Beyond Measure" at the NLC! Expect to experience the Ultimate Leadership Experience through the NLC virtual platform. The platform includes six "rooms" to explore, which are jam-packed with professional development opportunities for Family and Consumer Sciences educators and leadership and career exploration sessions for youth attendees.

Members can participate in state meetings, the "Say YES to FCS" signing ceremony, watch their talented peers at the Fashion Show, participate in "Show and Share", engage in Youth Presentations, explore Career Pathway Demonstrations, attend General Sessions, and so much more! Plus, you'll feel like you're right there in person by attending some of Nashville's greatest attractions virtually!

In addition, there will be a service project that could be done virtually! This year National FCCLA is partnering with We Help Two to make a positive change by selling funky socks. National FCCLA wants to make twice the impact by using the funds raised from the first 100 socks sold to provide children born around the world with club feet with corrective braces as a part of the Socks for Clubfoot program. In addition, for every pack of socks sold, one pair of socks will be donated to a local community homeless shelter. Socks can be purchased virtually (link coming soon) or on site at the in-person conference.

Whether you're attending in-person or virtually, FCCLA looks forward to seeing you lead "Beyond Measure" June 27-July 2 at the 2021 National Leadership Conference!

# HOW YOUR FAMILY & CONSUMER SCIENCES EXPERIENCE WILL LEAD YOU TO SUCCESS!

AYUSH JASNANI  
2020-21 VICE PRESIDENT OF MEMBERSHIP



Child Growth & Development, Fashion Design & Textiles, and Foundations of Food....All of these courses are examples of different Family and Consumer Sciences Education Courses, and all of these are different types of classes that will help lead you to success in your career and life. That is one of the greatest things about Family and Consumer Sciences education—it not only benefits you by preparing you for your future career, but it also prepares you for your life in general. The skills you learn, such as sewing, cooking, and financial fitness, are invaluable assets for your entire life. Some other assets that a Family and Consumer Sciences education provides you with are:

- Planning for possible careers
- Develop skills for future employment
- Time management
- Budgeting and financial management
- Understanding the importance of family
- Learning how nutrition can affect one's well being
- How to properly care for a child
- Understanding proper and effective communication techniques

## WAYS TO CELEBRATE THE END OF THE SCHOOL YEAR SAFELY

JITYAASHRI GURUBASKARAN  
2020-21 VP OF COMMUNICATION

The end of school is fast approaching, and I am sure everyone is ready to celebrate another close to the school year. While social distancing and proper COVID regulations make celebrating somewhat difficult, it's not entirely impossible.

### Keep traditions alive

If you have any traditions or rituals that you and your family did pre-COVID, keep doing them! For example, every year my family and I go out to eat as a celebration for finishing another school year. If we follow the regulations and find a COVID-safe restaurant, we can still do that.

### Have a Zoom meeting

It's the end of the year and you'll want to say goodbye to your classmates. A Zoom meeting is perfect to share your summer plans, swap info to contact each other over the summer break, and just hang out. Be creative and have fun with different themes.

### Have a socially distant picnic

Invite your friends to your backyard to come eat together. In your backyard, establish areas for each person to guarantee safe social distancing. Ask attendees to bring individual wrapped snacks to share or have everyone bring their own picnic meal. Set up a little projector to play a movie and have everyone stay in their little social distanced circles.





# HOW TO SET YOUR CHAPTER UP FOR SUCCESS IN 2021-2022

**AYUSH JASNANI**

**2020-21 VICE PRESIDENT OF MEMBERSHIP**

As we all know, membership is the lifeblood of any organization. It is the heart and soul of NJ FCCLA! Our members mean everything to us and that's why we are here to show you some ways to wrap up the end of the year in order to help you start off strong in the fall of 2021 with your chapter's membership.

## Membership Campaign:

As the year comes to a close, it is important to keep in mind that next year membership will be at the forefront of your minds as the school year starts. In order to set your chapter up for success, NJ FCCLA recommends participating in an end of the year membership campaign. An example of this would be a new recruitment campaign. In order to start off with strong membership in the upcoming school year, make sure you end the current year with FCCLA! Host a recruitment challenge by having a "What is FCCLA?" meeting. A recruitment challenge encourages current members to bring one or multiple interested students to a meeting to learn all about FCCLA.

Encourage new members with a prize or some form of recognition. This could work great in order to strengthen membership for next year.

## Retaining Membership:

Make sure to celebrate current and graduating members for all of their efforts during these virtual settings. This year was hard on everyone and it is important to celebrate their achievements and everything members have done this year, inside and outside of the chapter. Do this by hosting a virtual Zoom party for everyone and sending out a token of your appreciation to the members. Anything that you think your members would appreciate is appropriate in this situation. Make sure to have fun with it and stay safe!

# DO YOUR PART!

**MAXX NAVEDO**

**2020-21 VICE PRESIDENT OF COMMUNITY SERVICE**

The COVID-19 pandemic has brought a lot of challenges for people. Community service is needed now more than ever. Community service is always an important activity in which to invest your time and effort. 1 in 9 children in New Jersey live in a food insecure home. Many children rely on school for their meals; however, summer is right around the corner and school will not be in session, so those kids will not be able to receive their meals. Think about what you can do to help!

## Volunteer at a Food Bank

Volunteering at local food banks is one of the most important jobs! Food insecurity among children has increased due to COVID-19. To find a local food bank where you can donate and/or volunteer, visit [www.foodpantries.org](http://www.foodpantries.org).

## Park Cleanup

Now that the weather is getting warm, people want to get out of the house, which means local parks are going to have more people and more trash. It is our responsibility to keep parks free from litter and keep them clean. Not only are you helping your community but also the environment.

## Assemble First Aid Kits

Making First Aid kits with your chapter is a great way to help out your local community. You can donate the first aid kits to local shelters, schools, students, and even sell them to donate the profits.

## Plant Flowers

Planting flowers and "beautifying" a place near you that is a great way to get your chapter noticed by your community. Work with your school or local Parks Department to determine the location with the greatest need. Who doesn't like a splash of color in a dull area?



# CELEBRATE EARTH DAY ALL YEAR LONG BY PLANTING A GARDEN!

**SAHELI BRENNAN**  
**2021-22 VICE PRESIDENT OF COMMUNICATION**

## What is Earth Day?

Earth Day is a nationally recognized holiday that is dedicated to environmental awareness and protection. Earth Day was first held in the United States on April 22, 1970 and was held on April 22 again this year. Most schools spent the day teaching students about ways that we can all be more environmentally conscious. We have all heard the conversations about conserving electricity, driving less, and recycling, but not often do we hear about the abundant benefits of starting a garden. Environmental scientists note that gardens can help directly benefit the Earth by improving air and soil quality, increasing the biodiversity of an environment, can even help reduce waste if the gardener chooses to compost, and so much more!

## Environmental Benefits of Gardening

In addition to all the direct benefits that make gardening an excellent activity, gardening also helps reduce your carbon footprint. Having a garden will enable your family to have a constant source of fresh fruits and vegetables. You will reduce traveling to your nearest supermarket as frequently. By not purchasing these vegetables from grocery stores, you are also cutting down on the need for the transportation of such goods. At your local supermarket, you will notice that most fruits are packaged in clear plastic containers, and that any produce that is not pre-packaged, typically requires to be placed in plastic bags prior to purchasing. When you are growing your own food, you can skip the plastic packaging and get straight to washing and using the vegetable or fruit in your meals!

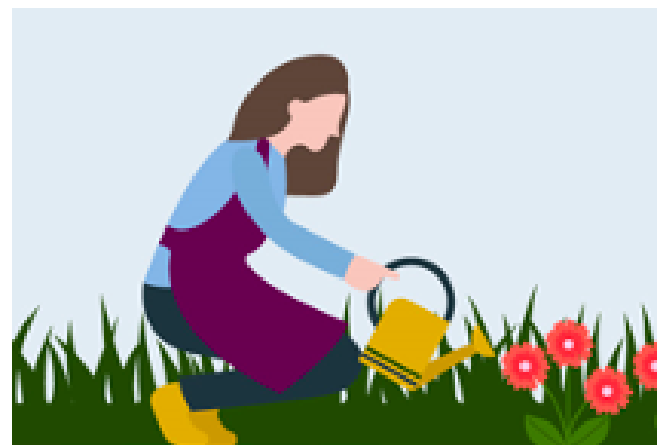
Last but not least, homegrown produce mostly is grown using organic techniques. Oftentimes, mass grown fruits and vegetables are doused in various pesticides that harm the surrounding wildlife, including animals, beneficial insects, and nearby plants. Pesticides can also contaminate the soil and water. By eliminating pesticides, you are bypassing all of these environmental consequences.



## Other Benefits of Gardening

Besides doing a favor to the environment, you might also be doing yourself a favor! Gardening has been proven to reduce stress levels and improve one's mental health. A study done in the Netherlands suggests that gardening will help lower cortisol, the stress hormone. Participating in community gardening initiatives can combat loneliness, as it provides a level of social interaction where a group of people are working towards a common goal.

Gardening can also be classified as a great form of exercise! The Centers for Disease Control and Prevention pinpoints gardening as a moderate-level activity. The American Association of Retired Persons states that "pulling weeds, reaching for various plants and tools, and twisting and bending as you plant will work new muscles in your body." Being that it is classified as exercise, and nature is known to be a place of serenity and healing, there is also evidence of gardening helping reduce the risks of diabetes, heart disease, osteoporosis, and other diseases. To add on to all of these great health benefits, as you tend to your garden outdoors, you are also getting a healthy dose of Vitamin D from the sun. Don't forget to wear sunscreen if you will be gardening for prolonged amounts of time on sunny or overcast days!



# CELEBRATE EARTH DAY ALL YEAR LONG BY PLANTING A GARDEN! CONTINUED

## How to Start Your Gardening Journey

Now that you know more about what gardening can do for you and the environment, it is time to begin planting! Use these steps to help guide you:

- Start by finding a nice spot to plant your crops. This place should get anywhere from 6-8 hours of sunlight per day. Make sure that there is some sort of water source nearby.
- Next, it is recommended that you create a raised bed. Typically, most beginner gardeners start with a 4-foot by 4-foot boundary with a depth of 1-1½ feet. If you do not want to create a raised bed, you can also use larger pots for smaller plants.
- Moving on, fill your raised bed with soil. Several gardening blogs recommend that you mix equal parts of compost for nutrients (store bought or home mixed), coconut coir for water retention, and vermiculite for water retention and soil breathability.
- Plan out which types of plants you want to grow. Find a local planting guide to determine which plants are easiest and have the highest success rate in your area.
- Find young plants at a local gardening center.
- Once you begin to see fully grown crops, it is time to harvest! All of your hard work has paid off and you can finally enjoy these delicious, home-grown fruits and vegetables. Great job!

## Resources

Check out your local hardware and gardening supply stores. You will likely be able to browse various soil selections, seeds, pre-potted plants, and gardening tools. If you need extra help, try talking to a store representative or visit a nearby farmer's market for more specific area-based tips and tricks. If your school has a Courtyard or Greenhouse Club, you might even be able to ask their adviser for their advice! Happy gardening!



## SUMMER CHAPTER BONDING

SAHELI BRENNAN

2021-22 VICE PRESIDENT OF COMMUNICATION

We have all heard of Virtual Game Days and Movie Nights as great methods of safely bonding as a chapter during the pandemic. Of course, these will remain incredible options, but it is no secret that people are becoming uninterested from seeing them happen over and over. Especially during the summer, the combined loss of interest and general busyness of everyone's lives will make it increasingly difficult to keep your members engaged in your chapter's community. This can all be solved by planning some fresh new activities with your chapter! Here are a few ideas to change things up and re-engage your chapter over the summer!

### Socially Distanced Picnic

As it gets safer to hold outdoor gatherings that properly follow all COVID-19 safety guidelines, it makes it easier to bring an audience together. To begin planning for this event, share an interest form with your chapter. Not only will this help guide what kinds of activities you end up planning, but it will help your chapter figure out an estimated attendance to plan the event using COVID-19 guidelines. *(continued)*

## SUMMER CHAPTER BONDING CONTINUED

Prior to the event, encourage your members to bring their own snacks or supply individually packed goodies to share with everyone. Choose a park or other outdoor location and survey it as well- get a gist of the location to facilitate social distance planning. Host no-contact games and activities, such as charades, Pictionary, or karaoke, and offer music on speakers so that people can socialize without ongoing activities. Consider investing in a no-contact thermometer to scan people's temperatures to further ensure the safety of all participants.

On the day of the event, have those who helped plan the picnic arrive at the venue early. Use masking tape (or another type of environmentally friendly marker, such as chalk paint) to measure out spaces for each person. Set up refreshment tables and keep hand sanitizer and sanitation wipes nearby. Make sure that everyone is wearing a mask and is abiding by social distancing requirements once members begin to arrive.

### Virtual Campfire

Once again, be sure to send out an interest form to collect a head count. No campfire is complete without s'mores, hot cocoa, and several other snacks, so make sure that you offer a section on the interest form regarding dietary restrictions. If it is feasible, create individual snack boxes with these classic camp side snacks and set a time where your members could pick these boxes up prior to the event.

The next step is to create the atmosphere on the virtual video call platform of your choosing. Start by encouraging your members to wear PJs and share your screen of a YouTube campfire video for the visual effect. Try hosting the event at night so that the scenery is more fitting too. Open breakout rooms- some should be completely empty so that members can talk with each other, and some can highlight any fun activities of your choosing. Make sure that there is also time where the complete group is together to share ghost stories and even have a few musically inclined members perform "campfire songs!"

## FUN WITH THE FAM

AMRUTHA BANDA

2020-21 VICE PRESIDENT OF PUBLIC RELATIONS

Spending quality time is an important way to strengthen your relationship with family members. Having fun together, getting in a good laugh, and sharing moments can create beautiful memories and experiences that last a lifetime. Summer is the perfect time to get up and have some fun with the fam!

**Bake Off Challenge:** This is a great chance to get the whole family together for a little friendly competition! Decide on a theme for your baking challenge and gather some ingredients and materials to test each family member's baking abilities. Designate an area for the treats to be displayed and judged. Together, choose the winner whose dessert tastes, looks, and smells delicious!

**Picnics:** Since our lifestyles are fast paced and stressful, a great way to relax and destress is to have a fun picnic with your family! Picnics are the perfect way to enjoy some sunshine and fresh outdoor air. Pack some of your family's favorite foods, board games, a speaker to play music, and a comfy blanket...and you are all set to have a relaxing family fun day!

**Tie Dye Day:** Tie dying is a popular method to showcase your creative side. Gather your family together to create some vibrant clothing with some amazing designs! All you'll need are some white t-shirts, an assortment of different colored dyes, and some rubber bands.

**Drive-in Movies/Concerts:** Because of the pandemic, drive-in movies or concerts are the best way to watch a good movie or show in the comfort of your car with your family. Grab some popcorn, bring some blankets, and enjoy the warm summer breeze as you get some outdoor entertainment!



# SAFE DRIVING SAVES LIVES

AMRUTHA BANDA

2020-21 VICE PRESIDENT OF PUBLIC RELATIONS

When you are behind the wheel, a great sense of responsibility is now in your hands. Cars definitely do make our lives easier and more efficient, but if used recklessly, cars hold the power to destroy lives. Being a safe driver comes with a lot of experience and smart decisions. It is up to the driver to maintain safety for the passengers and fellow drivers on the road. Here are three driving rules to keep in mind.

## Be Mindful of Your Surroundings:

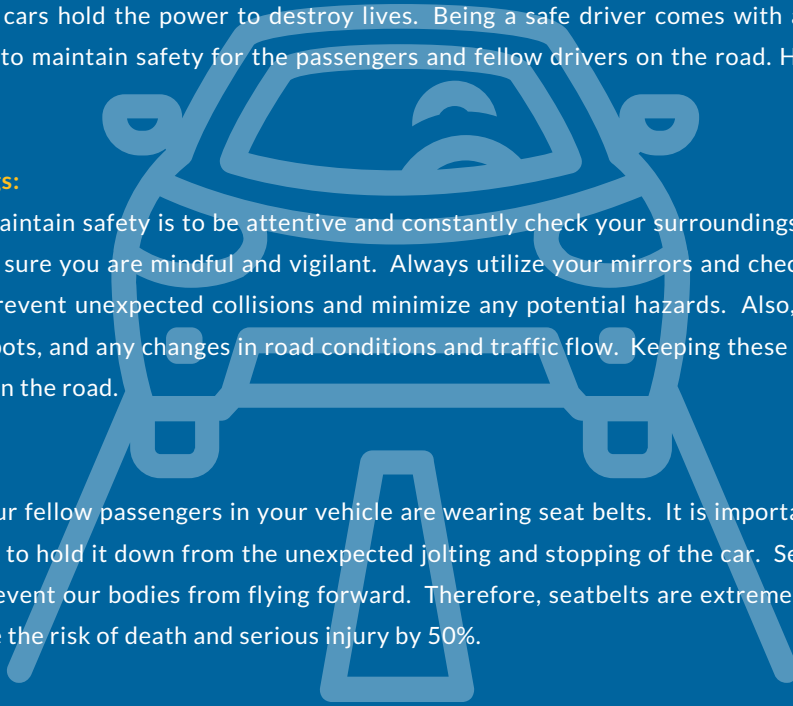
One of the most vital ways to maintain safety is to be attentive and constantly check your surroundings. It is easy to get lost in your thoughts when driving, so make sure you are mindful and vigilant. Always utilize your mirrors and check them frequently for nearby vehicles. This tactic will help prevent unexpected collisions and minimize any potential hazards. Also, watch for signals from other drivers, road signs, your blind spots, and any changes in road conditions and traffic flow. Keeping these tips in mind will give you time to react when a problem arises on the road.

## Seatbelts Save Lives:

ALWAYS make sure you and your fellow passengers in your vehicle are wearing seat belts. It is important to remember that without seatbelts your body has nothing to hold it down from the unexpected jolting and stopping of the car. Seat belts allow us to remain in place during an accident and prevent our bodies from flying forward. Therefore, seatbelts are extremely effective tools that keep us safe during collisions and reduce the risk of death and serious injury by 50%.

## Remain Calm:

In some situations, driving can cause us to feel angry, frustrated, and impatient. These emotions can strongly affect the way we drive on the road. Essentially, driving with intensified feelings serves as a distraction and limits us from being rational on the road. Take a few deep breaths, calm yourself down, and cool off so that you can maintain safety while driving.



# FOUR GAMES TO PLAY ON THE GO Anushika Sathuvalli 2021-22 VP of Parliamentary Law

It is often said that the journey is greater than the destination. Staying in a car for a long period of time on a road trip will definitely lead to boredom, especially for young children. These four no-cost games will surely keep children and some adults entertained on a road trip.

## 1. I Spy

I Spy is a classic children's game that only requires your eyes! The game is usually played between two people but can be equally fun with more. To start the game, one of the players will be designated the role of the Spy. The Spy will discreetly choose an object that all of the players can see without revealing which object they have chosen to the players. Then, the Spy will give clues about the object they picked. The clue will follow the words "I Spy with my little eye something that is \_\_\_." The objective of the game is for the other player(s) to guess what object the Spy picked. This game is great to play at long traffic signals or when stuck in traffic.

## 2. 20 Questions

20 Questions can be played with 2 or more people. In this game, Player 1 has to think of a person or a place but can not reveal who/what they are thinking of to any of the other players. Then, the other players will take turns asking questions that Player 1 can answer with either "yes" or "no." These questions should be asked to try to guess what Player 1 was thinking of. In total, only 20 questions can be asked. The game becomes very exciting when there are only a few questions left to ask. Children can use their creativity to think of unique objects that are hard to guess.

## 3. Story Starter

This game is great for big families and is sure to end with laughter! You need at least two people to play this game. The goal of the game is to create a unique and silly story by finishing the sentence of the person before you. To start, Player 1 begins a story with a sentence but leaves the end of the sentence unfinished. Player 2 will continue the sentence by finishing the previous sentence with their own idea. Player 2 will also leave the end of their sentence unfinished so it can be finished by the next player. This procedure will repeat until you end the story. This game definitely utilizes kids' imaginations!

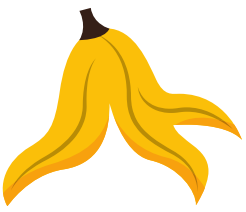
## 4. Last Letter Game

This game is perfect for long drives as just one round of the game can go on for almost an hour! This game can be played with 2 or more players. In this game, one category is chosen (for example; different places). Player 1 starts out by saying a word that fits the category chosen. Next, Player 2 has to say a word that fits the same category but must start with the letter that Player 1's response ended in. This process repeats until a player has run out of answers or repeated a word that has already been said. For a more competitive edge, you can add a time limit for giving words.

Playing these four games with children will help create memories and bonds that are unforgettable. Enjoy playing these games to help you enjoy the journey

# REDUCING WASTE WITH COMPOSTING

AMANDA CHEN  
2021-22 VICE PRESIDENT OF COMMUNICATION



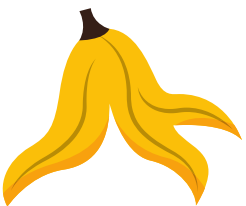
Did you know that America wastes around 40% of its food? Spoiled produce, uneaten leftovers, unsold food in stores — food waste is all around us. However, there are many ways for us to do our part in lowering food waste. One method of reducing food waste is through composting, which is an easy way to turn your waste into healthy nutrients for soil! It is a great way to create gardens, and is safer for the environment.

## What You Need to Get Started:

A compost bin, food materials (examples include: scraps of fruit, vegetable, coffee grounds, eggshells, shredded newspaper), and soil

## Steps:

1. Store your food materials and scraps in a container. Try to use the examples listed above. To avoid odors, you can store your air-tight container in the back of the fridge. Avoid using meat, oils, and dairy products in your compost, as it may smell bad and attract animals.
2. Have a composting bin, which can be as simple as a trash can! You are also able to leave your compost as a pile with no bin, but it may be easier to keep in a composting bin.
3. Make a compost of both greens and browns. “Greens” include food scraps and grass clippings, which will add nitrogen. “Browns” include egg cartons, newspapers, and dried leaves, which are carbon rich items. Try to shred paper products before adding them to the compost! Green materials are typically more wet, and brown are more dry, so you want to layer your compost by adding browns on the bottom and greens on the top.
4. Add a 1-inch layer of soil over your pile. This is the catalyst layer!
5. Continue to layer in the brown-green pattern, leaving around one inch in each layer. You will want to have more browns than greens.
6. Wait for your mix to turn into compost! It may take a year for everything to break down. Try rotating the pile once every 7-10 days, but make sure it is wet and the air is flowing throughout. A bad smelling compost may not be decomposing correctly, in which case simply readjust your ratio in the mix. Best of luck!



# SKIN PROTECTION: STAYING SAFE IN THE SUMMER

AMANDA CHEN

2021-22 VICE PRESIDENT OF COMMUNICATION

With summer approaching, many are excited for the sunshine and to spend time outdoors! In fact, “the sunshine vitamin,” Vitamin D, is received by sunlight exposure, which keeps your bones, teeth, and muscles healthy by regulating calcium. However, the sun radiates ultraviolet waves, which can cause skin damage, aging, and cancer, with painful heat rashes, sunburns, and growth of skin cancer if not prevented well. The good news? You can do your part in staying safe!



Here are 4 Ways to Protect Your Skin:

## 1. Wear Sunscreen

Sunscreen can be quickly applied and have lasting effects! There are many types, so you want to ensure you are choosing one suitable to your needs, as well as your predicted time spent outdoors. Depending on whether you spend one hour or five, you may need to reapply sunscreen or find a sunscreen that can last for the intended time. The American Academy of Dermatology advises to use sunscreen that has at least SPF 30. It is said that the higher the SPF number, the higher protection you will get. Be sure to check the labels for expiration dates!

## 2. Know the Weather, Know the Times

Depending on the weather, it can be easy to predict if there will be a lot of sunshine. However, even on cloudy or cool days, wearing sunscreen can still protect your skin from the sun’s rays. From the times of 10 AM - 2 PM, the sun is most intense, so plan your day accordingly and be sure to wear protective gear, sunscreen, and stay under the shade!

## 3. Be Cool and Wear Sunglasses!

Sunglasses—they’re more than just a fashion statement! Wearing sunglasses with UVA and UVB protection can protect your eyes. You will want to choose sunglasses wisely, as ultraviolet rays from the sun can be harmful. Not all sunglasses offer the same protection, and some don’t do a good job of blocking UV light, which widens the pupil and lets more light in instead. Checking for UVA and UVB protection in sunglasses is a great way to ensure safe eyewear.

## 4. Wear Protective Hats and Caps

Another stylish and safe choice is to wear protective hats and caps! With a wide brim on a sun hat, it will keep your face, neck, and eyes in the shade. Wearing hats and caps with straps are also a great way to ensure it is secured in the event you are doing physical activities.

Even though there may be lasting negative effects if you do not protect your skin outdoors, going outside is still important, as you could experience vitamin D deficiency without it. Be sure to maintain a safe balance and while keeping yourself safe!

# MOVIES TO INSPIRE YOUNG LEADERS

SAHELI BRENNAN

2021-22 VICE PRESIDENT OF PUBLIC RELATIONS

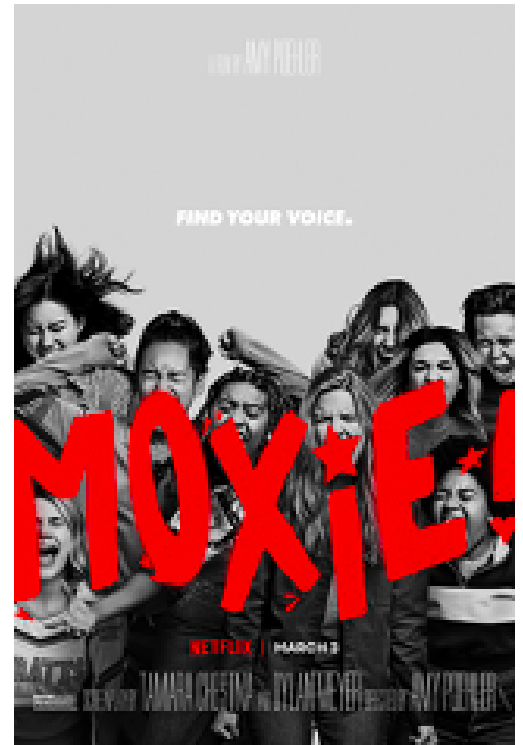
**Movie:** Moxie

**Where Can I Watch It?:** Netflix

**Age Rating:** PG-13

In the face of sexism at her high school, our main character, Vivian, decides to take matters into her own hands and fight against it. She rallies up a group of fellow teen girls at her school and together, they form a force called “Moxie.” Over time, they become unstoppable, battling various challenges to make their school a more inclusive, aware, and educated place of learning.

Watch Vivian go through an intense character development where she learns to stand up for herself and fight for what she believes in. We see the necessity of outspokenness and passion in her work and cause. Of course, with any movement, there are obstacles, and Moxie is no exception. Throughout the movie, they face strong opposition, but no matter what, they do not give up. As a new movie, it remains relevant to real world events today, which makes it a great eye-opener and source of inspiration for all.



**Movie:** Soul

**Where Can I Watch It?:** Disney+

**Age Rating:** PG

Soul tells the tale of a man whose true spark in life is jazz music. Sadly, like many musicians, he had a hard time breaking through to get to his end goal of being a well-known jazz musician, but finally got his chance. Right before this, however, he travels to another dimension to help another character find their spark, and discovers what it truly means to have purpose in life.

This animated family movie takes us on a journey that reminds us that all of us have a purpose. We watch the main character, Joe, stumble into challenges and roadblocks, seeing him lose his way, but no matter what he goes through, we are reminded that even though it might take a couple tries to find out what we were meant to do, we will always get there in the end. The movie acts as a reinforcement to never lose hope and that a situation can always improve. An invigorating story, Soul shows all of us that we have to work through the tough times and never let anything stop us from chasing our destiny.





# QUALITIES TO DRIVE A BRIGHTER TOMORROW

MAXX NAVEDO

2020-21 VICE PRESIDENT OF COMMUNITY SERVICE

## Integrity

Integrity is defined as “the quality of being honest and having strong moral principles; moral uprightness.” This trait is necessary to have as a leader because leadership requires accountability and truthfulness. Your community needs to be able to trust you and view you as an inspiration, mentor, and role model. Without integrity, it is far too difficult to help pave the way for new leaders.

To develop a greater sense of integrity, begin by being as truthful as possible and admitting your mistakes and shortcomings. Be humble and hold yourself to good morals. Always make sure that when it comes to leadership in your community, you think of your community first. Leading a community is not a selfish task; selflessness plays a key role in having strong morals, so make sure that you are doing your best to make decisions on what is best for the entire group. Make sure that you are also holding yourself accountable. Be responsible and get things done when you say you will; if you miss a deadline or need the extra time, admit to that. As someone acting as a light (of sorts) to the rest of the community, it is your responsibility to also show them that no one is perfect and that it is okay to make mistakes so long as you do your best to correct them and learn from them.

## Open-Mindedness

Being open-minded means “willing to consider new ideas; unprejudiced,” and is key for any leader. As the world is frequently changing and new innovations and ideas are coming to the surface, it is important to listen to and consider all sides of the story and points of view before deciding anything. As a leader, it is also important to be willing to compromise and find solutions that work for everyone. Without synergizing to come up with a positive solution, plenty of groups can be torn apart. Open-mindedness, more often than not, drives positive change, so it is important to never lose this quality as a leader.

# QUALITIES TO DRIVE A BRIGHTER TOMORROW CONT'D

In order to be open-minded, start off by delving into your listening skills. Think about what you can do to improve your interpersonal skills. Having strong communication from the start will boost your approachability, which will spark conversations and give you practice with being open-minded in real situations. Additionally, do your best to remain neutral in heated debates. Take in everything each side has to say unless it is something that truly cannot happen or goes against the morals of the community. Once you listen to everything that everyone has to say, be sure to spend time reviewing the key points, strategies, and information provided before making a final decision. Think things over a few times and strive for a solution that pleases everyone and drives the state of your community forward.

## Confidence

Confidence is “the feeling or belief that one can rely on someone or something; firm trust.” People commonly note that confidence radiates, so it is important to start with yourself. Have confidence in your actions and decisions—the quickest way to do this is by making sure all that you do aligns with what you truly believe in.

Be outspoken and stand up for your beliefs. While there may be people that disagree with you, it is important to not let it get to you; be sure to maintain resilience. Don't forget that you are doing as best as you can. Outside factors that can contribute to your confidence is making sure that you are always prepared and having clear discussion points. Confident leaders drive positive change, and while it is by no means easy, it is by all means necessary.

# SPRING CLEANING ORGANIZATION TIPS!

JITYAASHRI GURUBASKARAN  
2020-21 VICE PRESIDENT OF COMMUNICATION

Spring clean is necessary now more than ever. After a year of being stuck in our homes, there are bound to be things that need to be cleaned. By doing this, it will feel like you're hitting refresh before the summer.

- Go room by room.
  - Taking your house apart one room at a time makes deep cleaning more effective. Focusing on too many rooms at once could make you lose track of what you were doing.
- Clear the clutter
  - Everyone has been guilty of hoarding and frequenting Amazon; meaning, there's probably a lot of clutter. To sort through all this, you should make four piles: trash, store, put away, or give away.
  - Some questions to ask yourself while cleaning:
    - Do I really need this?
    - Will I use it often?
    - Can someone else use it more than I do?
    - Is it something I can't use right now?
    - Is it important for later or a different time?



## • Computers

We've spent the entire year on different online meetings, both kids and adults alike. Spring cleaning is an excellent reason to finally clean out your laptop since it is something very important that you use daily. You can start by wiping it down in case the keyboards are sticky. Then go through all of your files to organize them into folders for school, FCCLA, family, etc. It is going to make working on your computer feel so much better if it's all neat and organized.

## • Workspace and Bedroom

Two of the most important places and the ones we frequent the most. Change out your winter or spring sheets for summer ones and break out the lighter comforter. As for the workspace, changing it up might be a fun idea. It could stimulate your brain more when you work next time. Use new organization techniques for everything on your desk or move things around. Remember, a clean workspace equals a clear head.

# APPLICATION OF FCCLA AFTER GRADUATING

The Family, Career, and Community Leaders of America is a very special organization for multiple reasons – from our community service initiatives to the impact of Family and Consumer Sciences education. One of the best parts of FCCLA is the change it enacts in the world and within its members.

FCCLA turns students into leaders and provides them with many opportunities to grow as people. One skill that members develop in FCCLA is public speaking. Through chapter meetings, leadership conferences, and competitive events, FCCLA members are encouraged to speak in front of groups and find a way to articulate their thoughts. Public speaking is a skill that is integral to many careers because leadership can be found in all fields.

One value that FCCLA teaches is the value of networking with others. The state and national leadership conferences have different networking sessions where members can speak with others from around the state and country to make new friends and learn ways to improve their chapter. This skill is very important in regards to improving your interpersonal communication skills, which can help in the future with things like obtaining a job in your chosen career. Knowing others that can help you grow and find new strengths is something that helps in every aspect of life no matter your age or profession.

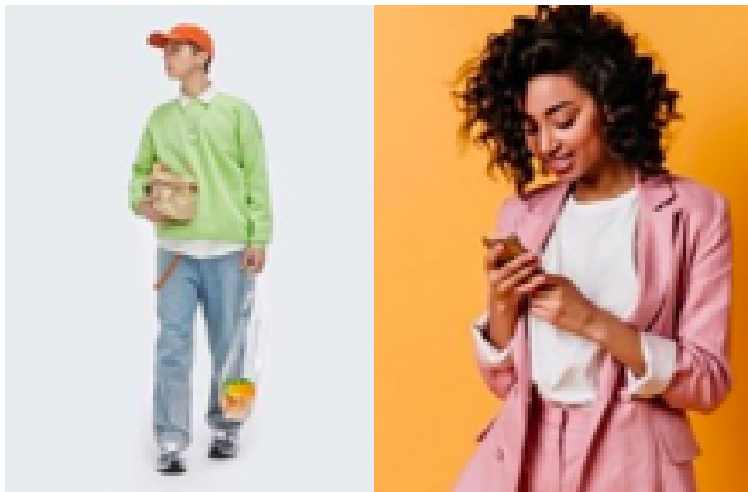
Lastly, a crucial skill learned through FCCLA is teamwork. When organizing all of the organization's initiatives, being a part of a leadership council, or participating in a group event, teamwork is crucial. Through FCCLA, members learn to work with one another and develop their ability to synergize. Many career pathways, organizations, and jobs require teamwork because you will always need to work with people in the future. Overall, FCCLA is an organization that promotes growth and teaches people life-long skills.

# SPRING FASHION TRENDS

MAXX NAVEDO  
2020-21 VICE PRESIDENT  
OF COMMUNITY SERVICE

Fashion, even in a pandemic, is still as busy as ever and hasn't gone anywhere. This spring comes with many new and unique styles. Some of these new spring trends are pastel colors, black masks, camp collar shirts, baggy jeans, and more!

Camp Collar Shirts is one of the ideal garments to wear to a laid-back social occasion like hanging out with friends or an outdoor barbecue. Camp Collar Shirts come in a variety of colors and material, so there is something for everyone.



Pastel Colors are always associated with springtime. Colors such as mauve, baby blue, periwinkle, magic mint, and lavender, just to name a few. Pastel colors are perfect for the spring and summer, as they suit a variety of skin tones. All tones of pastel colors will elevate your style, and they are one of the chicest colors of the season.

Due to Covid-19, we have to wear face masks almost everywhere. When it comes to protecting your health, you might as well do it in style. Black face masks are sleek and attractive. They match with almost any outfit. You can choose a softer mask for easier breathing or choose something with embellishments if you feel like trying something new. Who doesn't love to look good while protecting yourself and others?



**“FASHION IS LIKE EATING.  
YOU SHOULDN'T STICK TO  
THE SAME MENU.”  
KENZO TAKADA**

# CELEBRATING SENIORS IN A SOCIALLY DISTANCED WORLD

ADITI KUDVA, 2021-22 VICE PRESIDENT OF LEADERSHIP  
JACQUELYN TROTMAN, 2021-22 STATE PRESIDENT

## Celebrating Seniors in a Socially Distanced World

Adjusting to the “new normal” that the pandemic has brought about has been difficult for all of us, especially our seniors. Between virtual classes, not being able to see friends, and changes to senior festivities, it’s almost as if their high school experience is incomplete. But it doesn’t have to be that way. Here are some ways that we, as members of the community, can celebrate the Class of 2021.

1. A possible event that seniors can engage in to lift their spirits up a little could be a drive by car parade. They can design posters with their school colors and tape it to their cars. Additionally, seniors can get window paint and decorate their car windows. Then, they can all parade through the street with their friends and make this a parade to remember!
2. As the weather gets warmer, there’s nothing better than enjoying the great outdoors! Grab a small group of friends and head to a local park or for a picnic with games and graduation-themed snacks. Make sure to wear masks and obey all other social distancing procedures.
3. Due to the lockdown, seniors were not able to take many pictures with their friends. So, a graduation photoshoot would be just the event to make up for this! Seniors can dress up, find a photographer, and visit a park to take the pictures! These pictures can be framed and hung up in their rooms, so seniors can remember how they made the best of their time during the pandemic. (Ensure to follow all safety protocols.)

Our seniors deserve to be celebrated for their last four years of hard work and amazing achievements as they enter the next chapter of their lives. It’s been a tough year, but activities like these will ensure a great end to their high school experience!

# ENDING THE YEAR STRONG WITH FCCLA

JITYAASHRI GURUBASKARAN,  
2020-21 VICE PRESIDENT OF COMMUNICATION  
ADEDOYIN AYENI, 2021-22 VICE PRESIDENT OF MEMBERSHIP

This school year has been a whirlwind of emotions. After being told to flatten the curve through social distancing, chapters had to find new and innovative ways to stay active. Throughout this year we have had to find ways to keep members engaged. The innovation and resilience exhibited throughout NJ FCCLA has been inspiring. With the school year coming to a close, it is essential that chapters maintain momentum. Chapters and members need not put their FCCLA journey on pause for the summer. There are plenty of things you could do to wrap up this year while also preparing for next year. Here are 5 effective ways to stay active.

## 1. Social Media

This year, FCCLA learned so many new ways to use social media. Making a social media page for your chapter can be a great way to stay in contact over the summer. Having an Instagram page or Twitter can help your chapter attract new members. Posting about FCCLA and its great opportunities can kick off your FCCLA chapter page. Creating and keeping an active social media presence can promote future activities as well as boost member morale. Ultimately, social media can set your chapter up for an extraordinary new school year.

## 1. Membership Development

Due to the pandemic, NJ FCCLA took a huge hit when it comes to membership. Membership is important, so begin planning ways to strengthen membership for the coming year. Hosting an end-of-year recognition party demonstrates appreciation for active members. One idea is to create a bulletin board in your school highlighting the different achievements your chapter has made this year. All in all, keeping in mind the three R’s of FCCLA (Recruit, Retain, & Recognize) can help your chapter end the year strong and plan for the coming year.

# ENDING THE YEAR STRONG WITH FCCLA (CONT'D)

## Power of One

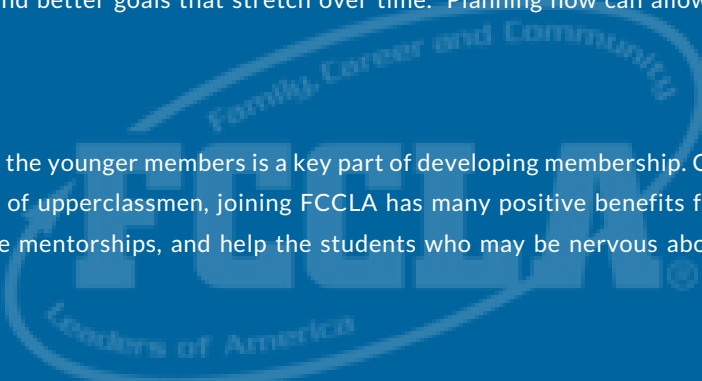
Power of One is a peer education program in which students find and use their personal power. This is an amazing National Program, and the earlier you begin the more you can get done. Everyone has special goals that they want to accomplish. By starting Power of One early, you can make bigger and better goals that stretch over time. Planning now can allow you to combine your project into a chapter initiative.

## Contact Younger Students

Having your chapter connect with the younger members is a key part of developing membership. Contact 8th graders who are entering high school. Through the support of upperclassmen, joining FCCLA has many positive benefits for the younger members. It is also a great way to boost morale, create mentorships, and help the students who may be nervous about entering high school. Remember, leaders help create more leaders.

## Elect Officers

Electing chapter officers for the coming year is a smart way to end the year strong. Setting up a council now helps your chapter stay active through the summer. Offer virtual training for next year. Chapter leaders can help you strengthen the chapter through planning and creating a Program of Work. Forming a council can help you build momentum and set your chapter up for 2021-22 success.



## SPRING/SUMMER RECIPES

### PEACH CRUMBLE FROM DELISH.COM

#### Ingredients:

#### FOR THE PEACHES

- 6 large peaches, sliced (about 2 1/2 lb.)
- 1/4 c. granulated sugar
- Juice of 1/2 lemon
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- Pinch of kosher salt

#### FOR THE TOPPING

- 1 1/2 c. all-purpose flour
- 1 c. packed brown sugar
- 1/2 tsp. kosher salt
- 1/4 tsp. ground cinnamon
- 1/2 c. (1 stick) melted butter
- Vanilla ice cream, for serving

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#### Directions:

1. Preheat the oven to 375°F.
2. Peaches: In a large bowl, combine peaches, sugar, lemon juice, cinnamon, ginger, and salt.
3. Topping: In a medium bowl, combine flour, brown sugar, salt, and cinnamon. Pour in melted butter and stir until mixture resembles coarse crumbs.
4. Pour peaches and juices into a large baking dish. Sprinkle crumb topping evenly over peaches.
5. Bake until topping is golden and peaches are bubbling, 45 to 50 minutes.

# SPRING/SUMMER RECIPES

## SAVORY THAI TURKEY LETTUCE WRAPS

FROM GOOD HOUSEKEEPING

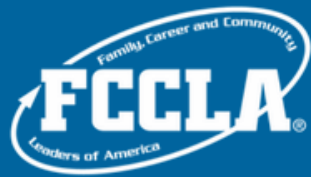
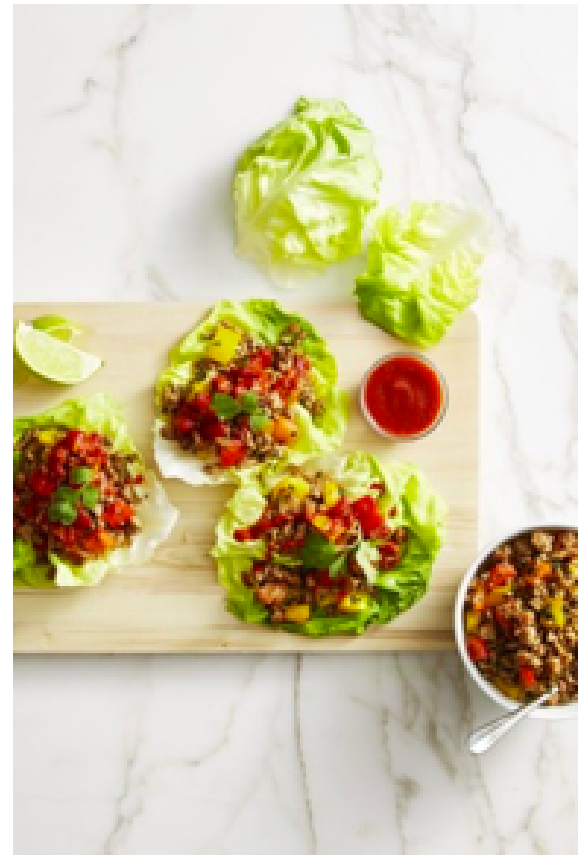
AMRUTHA BANDA  
2020-21 VP OF PUBLIC RELATIONS

### Ingredients:

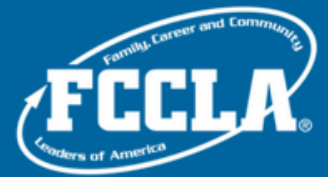
- 2 medium bell peppers, seeded and chopped
- 1 tbs. vegetable oil
- 3 cloves garlic, chopped
- 1 lb. ground turkey
- 2 tbs. fish sauce
- 1/4 c. packed fresh cilantro, chopped
- 1/4 c. packed fresh mint leaves, chopped
- 3 tbs. lime juice
- 1/2 tsp. sugar
- Lettuce cups and Sriracha Hot Sauce, for serving

### Directions:

1. In a 12-inch skillet on medium-high, cook bell peppers in vegetable oil for 3 minutes.
2. Then, add the garlic and cook for 30 seconds.
3. Then, add ground turkey and fish sauce. Cook for 5 minutes in order to break up meat.
4. Stir in cilantro, mint leaves, lime juice and sugar.
5. Optional: serve in lettuce cups with Sriracha hot sauce



## 2021-2022 STATE EXECUTIVE COUNCIL



**JACQUELYN TROTMAN**  
State President

**GIANNA DEBRUYN**  
First Vice President

**ADEDOYIN AYENI**  
Vice President of Membership

**NEHA PATEL**  
Vice President of Community Service

**SAHELI BRENNAN**  
Vice President of Public Relations

**AMANDA CHEN**  
Vice President of Communication

**ADITI KUDVA**  
Vice President of Leadership

**SAMITA PANDIT**  
Committee Chair

**ANANYA SINGHAL**  
Committee Chair