

New Directions

Connecting New Jersey - One Chapter at a Time

Fall 2015



President's Address

Dear FCCLA Members, Advisers, and Alumni,

Although back-to-school blues don't sound like a real medical illness, it's a very real condition. Fortunately, there is a cure! Fall is the perfect time for a dose of New Jersey Family, Career and Community Leaders of America; everyone is learning about our dynamic youth leadership organization, new members are being recruited, fundraisers are flourishing, and members are able to show off their twenty-first century life skills at our annual Fall Leadership Connection. The new school year is filled with possibilities for you to get involved and have the Ultimate Leadership Experience!

On behalf of the State Executive Council, I would like to congratulate all the attendees who competed in a STAR Event at the National Leadership Conference in Washington, D.C. The New Jersey delegation earned 73 gold medals, 46 silver medals, and 5 bronze medals! It takes a lot of hard work and dedication to meet the demands of a STAR Event. Not only was New Jersey represented very well through the quality of our projects, but also through our professionalism. I am so excited to be counted among such a dynamic group of youth leaders like you! Our success would not have been possible without the support of our dedicated members, alumni, and advisers.

Start the year off strong by recruiting new members! Now is the ideal time to let your student body know the unique leadership opportunities FCCLA has to offer. Activity Fairs are the perfect outlet to inform students about the many competitive events, national programs, conferences, and community service projects that take place year-round in our organization. Creating a strong positive image within your school, coupled with a strong Program of Work, will definitely have students eager to join FCCLA!

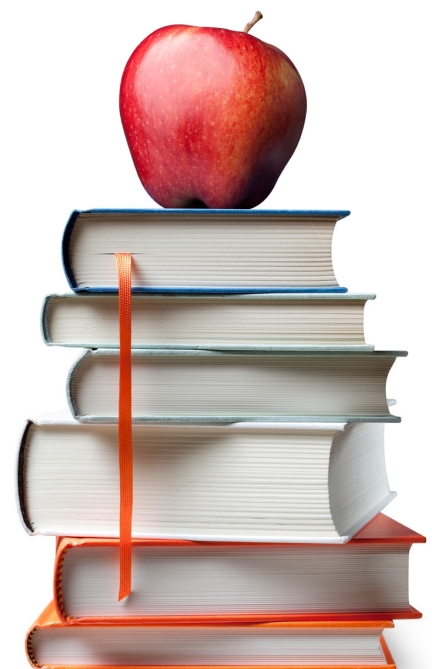
NJ FCCLA has adopted the national theme "Empower" for the upcoming school year. The theme will be reflected in all our conferences and initiatives. The Fall Leadership Connection is a great way for you to show us your interpretation of the theme and start the new school year with a bang! This conference will be held on Monday, November 23, 2015 at the Pines Manor in Edison. I encourage you to attend this amazing conference for the opportunity to learn more about FCCLA and network with other leaders from your state!

I wish you all a happy fall and productive start to the new school year. Remember—if you're feeling the back-to-school blues, just use your membership in FCCLA as a prescription for relief!

Sincerely,

Sanjina Namasiwayam

New Jersey FCCLA State President



Join Us At the 2015 Fall Leadership Connection

National Leadership Meeting In Review

Nataly Zaks, VP of Leadership Development

The 2015 Fall Leadership Connection is coming soon, and it is a conference that you do not want to miss! On Monday, November 23rd at the Pines Manor in Edison, members will be able to participate in competitive events, leadership building activities, and round-table presentations. The 13 competitive events this year are the Apple Bake-Off, Banner, Care-Giver Carry-All, Consumer Clout, Cupcake Challenge, Financing your Future, Going Green: Wall Hanging, Lessons in Leadership, Membership Magic, Passion for Fashion Design Challenge, Spotlight on FCCLA, Tune into FCCLA, and Web Connect. Each of the events offered this year will give members the opportunity to practice their leadership skills and demonstrate their Family and Consumer Sciences knowledge.

In addition to competitive events, members will also be supporting some very worthy community service projects! We will be collecting pull-tabs for the Ronald McDonald House and non-perishable food for the Middlesex County Food Bank. We will also be selling cupcakes from our Cupcake Challenge, and all proceeds will be supporting the State Outreach Project, Share Our Strength. For more information about the conference and all of the competitive events, visit www.fcclanj.org. Make sure to speak with your adviser and your chapter members about competing in a competitive event and supporting our NJ FCCLA community service efforts! I hope to see you at the Fall Leadership Connection!

Michelle Qu, VP of Community Service

“The 2015 National Leadership Conference of the Family, Career and Community Leaders of America is now in session!” Members and advisers prepared for months by fundraising and fine-tuning projects; it’s hard to believe that the National Leadership Conference has already come and gone. This past July, over 160 members, advisers, alumni, and chaperones traveled to Washington, D.C. to participate in competitive events, attend exciting general sessions, and gain information from captivating workshops. Members of the New Jersey delegation enjoyed meeting people from all over the country as they navigated the Ultimate Leadership Experience!

After months of preparation, members presented their STAR Event projects in the national arena. New Jersey is very proud to return home with a total of 73 gold medals, 46 silver medals, and 5 bronze medals. As if those numbers were not impressive enough, several teams received national ranking and scholarship opportunities for their success in the STAR Events. Special congratulations to Michelle Qu from JPS FCCLA who won 1st place in the nation for Fashion Construction. The team from GC surpassed their own expectations when they were recognized as 3rd place in the nation for skills and teamwork in the Culinary Arts STAR Event. The JPS FCCLA Senior Parliamentary Procedure team was recognized for outstanding achievement for two consecutive years and received a 3rd place this year. Congratulations to all members on their hard work and dedication!

Additionally, the FACS Knowledge Bowl team from John P. Stevens High School advanced to the final round of competition, which took place at the Business Session of the conference. The New Jersey team composed of Sanjna Namiyam, Samika Parab, Nikita Patil, Michelle Qu, and Connor Shah placed second in the entire nation!

New Jersey FCCLA is also very excited to announce that we made history at the National Leadership Conference! For the first time in the history of our State Association, two officers from New Jersey were elected onto the National Executive Council from the same school. Congratulations to Rohit Iyer, National VP of Finance, and Stephanie Zhang, National VP of Competitive Events! In his position, Rohit will also be serving on the Board of Directors for two years while Stephanie will serve on the Competitive Events Advisory Team through 2017. New Jersey FCCLA is fortunate to have such capable students represent our state on the national level!

Once again, congratulations to everyone who participated in the 2015 National Leadership Conference! After our experience in the Nation’s Capitol, New Jersey FCCLA is excited to attend the 2016 National Leadership Conference in San Diego, California!



Congratulations to our two National Officers!

New Jersey FCCLA is proud to recognize two of our members, Stephanie Zhang and Rohit Iyer, for being elected to the National Executive Council! This is the first time in New Jersey FCCLA history that two of our members have been elected to serve on the same council. In their positions, Stephanie, the National VP of Competitive Events, and Rohit, the National VP of Finance, will serve on the Competitive Events Advisory Team and the National Board of Directors, respectively, for two years. Congratulations Stephanie and Rohit!



Meet the 2015-16 New Jersey Officer Team



Stephanie Zhang
Position: National VP of Competitive Events
Grade: 12

What is your favorite FCCLA memory?
My favorite FCCLA memory is being announced as the 2015-2016 National VP of Competitive Events. The best part is that I get to work on the Competitive Events. STAR Events are very important to our NJ members; they get students involved and committed to attending conferences. The outcomes are so wonderful because members grow academically and personally; they become college and career ready.



Sanjna Namasivayam
Position: State President
Grade: 12

What do you love most about FCCLA?
What I love most about FCCLA are the people I've met through my journey. They have impacted my life positively in unimaginable ways. I would have never imagined the people on my council and chapter to be some of my best friends, but they are because of FCCLA!



Adriana Pasquale
Position: VP of Public Relations
Grade: 12

What is your favorite food and how does it relate to leadership?
My favorite food is apples. Apples represent teaching. This relates to leadership because teachers are leaders, and good leaders are always learning.



Heather Paul
Position: First Vice-President
Grade: 11

What is your favorite competitive event?
My favorite competitive event is the Cupcake Challenge! I love baking cupcakes, decorating them, and having them sit on a creative display. During my freshman year I created a pineapple coconut cupcake which sat on a surfboard. Last year, I created an apple butter and pumpkin cupcake on a wagon.



Michelle Qu
Position: VP of Community Service
Grade: 12

What is your favorite FCCLA memory?
My favorite FCCLA memory is from the 2014 National Leadership Conference when the JP Stevens Knowledge Bowl team became the national champions! We won in the final round, and the competition was really close. The months of studying and preparing for the national competition had paid off and were totally worth it.



Rohit Iyer
Position: National VP of Finance
Grade: 12

If you could be any cartoon character, who would it be and why?
I would be Jimmy Neutron because life would be awesome if I was as smart as him, and that was my favorite show growing up!



Alex Wang
Position: VP of Membership
Grade: 12

What would you do if you received \$1,000,000?
If I received a million dollars, I would buy some new things and travel to a few places, but I would save a good portion of it!



Sylvia Melendez
Position: VP of National Programs
Grade: 12

What type of candy are you?
If I was a candy, I would definitely be bubble gum because I like to give everything a little pop!



Nataly Zaks
Position: VP of Leadership
Grade: 12

What cartoon character are you and why?
I would be Spongebob. He's so happy all the time, and I hope to love my job one day as much as he loves his!

"Inside Out" Movie Review

Adriana Pasquale, VP of Public Relations

During the NJ FCCLA state officer training, the State Executive Council went to see the Pixar movie Inside Out. Riley, the main character in the movie, is a happy 11 year old girl who lives in the Midwest and loves hockey, her friends, her team, and her family. Her life is flipped upside-down when her parents make the decision to move to San Francisco. Riley's emotions do their best to guide her through this difficult time in her life and try to help her remain the happy hockey-loving girl she always was. Nonetheless, the pressure and hassle of life brings Sadness to the front of her emotion headquarters. Unfortunately, Joy and Sadness are accidentally swept into the extensive reaches of Riley's mind. This leaves Anger, Fear, and Disgust as the only emotions left at her emotion headquarters. Inside Out shows the importance of all of our emotions and the role they each play in everyday life. This allows us to realize we can't know happiness without sadness and must embrace our emotions and feelings. I would recommend this heartfelt Pixar movie about growing up and learning how to handle our biggest emotions to all ages.



Get Involved with Competitive Events!

Stephanie Zhang, National VP of Competitive Events

FCCLA has so many opportunities for members to strengthen their work ethic, communication, public speaking, and leadership skills. Through competitive events, members improve those skills and more while getting recognized for their hard work. Every year, hundreds of empowered NJ FCCLA members participate in one or more of the many amazing competitive events that FCCLA offers. Personally, I fell in love with Competitive Events after receiving my first gold medal in Passion for Fashion my freshman year at the Fall Leadership Connection. I learned so much about myself and others, and I have seen so many members change as a result of competitive events.

I highly encourage you to take the challenge and participate in a Skill Demonstration Event. One of the two National Cluster Meetings in either Dallas, Texas, or Indianapolis, Indiana this November. NJ FCCLA has events to showcase this year at the 2015 Fall Leadership Connection and 17 state events in addition to the National FCCLA STAR Events at the 2016 State Leadership Connection!

At this past National Leadership Conference, NJ FCCLA brought home 73 gold medals, 46 silver medals, and 5 bronze medals. Also, special congratulations to the JPS FCCLA Senior Parliamentary Procedure team which received 3rd place in the nation, Michelle Qu from JPS FCCLA 1st place in the nation for Fashion Construction, the Hospitality, Tourism, and Recreation team from JPS FCCLA 1st place, and the Culinary Arts team from GCIT which received 3rd place in the nation! You all worked extremely hard, and the NJ State Executive Council is so excited by all of your accomplishments!

Through FCCLA's many competitive events, I am positive that you will gain amazing experiences and make a positive impact within your family, school, and community.

Jump Starting Your Chapter During the New School Year

Heather Paul, First Vice President

A new school year means a new year of FCCLA members, conferences, fundraising, and fun! Members are the backbone of this organization, and membership recruitment is an important part of starting your chapter this year. But, how can you recruit members this fall? The first meeting of the year is a perfect recruitment tool. If you show students how great FCCLA is, they will want to come back to more meetings.

A great way to recruit members for 2015-2016 is by showing your plans for the upcoming year; it will give them a reason to join. I recommend planning community service events and fundraising events. Be sure to also inform members about the Fall Leadership Connection, Leadership Boot Camp, State Leadership Conference, and the National Leadership Conference. Not only will these fun conferences attract them to join, it will keep them involved!

One of the most important things is to have a structured year. Your chapter's executive council should always plan ahead. Create a calendar of events to distribute to members so they will be informed of meeting dates and can make other plans accordingly. Another way to recruit members is to create a bulletin board. This will catch the attention of students in the hallway.

One of the State Executive Council's goals for the year is to get more students involved in FCCLA. We cannot do this without your help, and the new school year is a great opportunity for a membership increase in your chapter. The State Executive Council hopes to see your 2015-2016 chapters at the Fall Leadership Connection!

The Freshest Fall Fundraising Ideas

Fall Fun

Fall Activities for Children

Nataly Zaks, VP of Leadership Development

I am sure that you are all as excited as I am to be back in school! Although the summertime was very enjoyable, the new school year looks even more promising! The list below has some ideas for different types of fundraisers you can start that can help your FCCLA chapter this school year.

- **Sell school apparel.** A new wave of students who are fresh with school spirit will likely want to purchase some items that show their devotion to their new school.
- **Food stands.** Find local businesses that can donate or discount some items such as hot dogs, chips, and bottled water. The back-to-school pep-rally or homecoming game is a wonderful time to conduct this fundraiser!
- **Raffle off prizes.** Sell tickets for the chance to win a cool prize pack (eg. gift cards, snacks, coupons).
- **Guess the number.** Fill a jar with candy corn (or something along the Halloween spirit), and charge \$1 per guess. The winner gets the jar!
- **Host a Halloween costume party.** Charge \$5 per person. Find volunteers to provide food and music. The best costume wins a spooky prize!
- **Pumpkin Sales.** Hold a pumpkin sale about a week before Halloween!
- **Penny Wars.** Each homeroom gets a jar. Every penny put in the jar counts as one point. Opposing classrooms can put in nickels, dimes, or quarters, and those points will be subtracted from the homeroom. (eg. classroom has 350 pennies. Somebody puts in 2 quarters. That homeroom now has 300 points). The homeroom with the most points wins a bagel breakfast!
- **Pajama day.** Students pay anywhere from 50 cents to one dollar to wear pajamas during that school day.
- **Restaurant Fundraiser.** Many national restaurant chains offer fundraising programs (such as giving a certain percentage of their profit to your chapter).

Talk to your chapter, get creative, and have fun!

Adriana Pasquale, VP of Public Relations

During the fall, there are so many fun ways to engage all five senses with hands-on opportunities. Here are some of my favorite activities that children love during the fall. Autumn is a great time of year to experience nature, with all the vibrant colors! Here are some unique activities and fun events children will truly enjoy!

- **Pumpkin Patch Field Trip-** Going on a trip to a pumpkin patch is always a fun experience that children enjoy during the fall. From the tractor ride to the pumpkins, this trip keeps children interested and thinking.
- **Fall Scented play dough-** Using your favorite play dough recipe, add different fall scents and spices. Children will use their sense of smell to explore the senses as well as fine motor skills to shape the play dough. Also, provide various kitchen utensils such as measuring cups for some pretend baking fun.
- **Leaf collage-** After collecting leaves with the children, provide them with large sheets of paper, glue and crayons in fall colors. Allow the children to use their creativity to produce a fall leaf collage. Discuss the different colors and textures of the leaves.
- **Apple Prints-** Stamping with apples is a simple yet fun activity for children of all ages. Cut apples down the middle vertically, set out paper plates with fall colored washable paint and allow children to dip the apple halves into the paint and stamp.
- **Nature Walk-** Autumn is the perfect time for children to explore nature. While going on a nature walk, give children brown paper bags and ask them to collect any interesting items they find from nature such as leaves and acorns. When back inside, closely examine these items using a magnifying glass and write down words to describe them.



Sylvia Melendez, VP of National Programs

Power of One was created to help students develop goal setting skills. It is a great tool that includes 5 units: A Better You, Family Ties, Working on Working, Take the Lead, and Speak out for FCCLA. In any order, members develop goals for themselves and act on their plan of work. Members must utilize the planning process sheet to describe how the goal was

developed, implemented, and could potentially be improved. It might take some time to think of worthy goals and a lot of effort to accomplish them, but as Ann Landers once said "Opportunities are usually disguised as hard work, so most people don't recognize them."

The best thing about Power of One is that these tasks aren't hard to incorporate in your everyday lifestyle. For example, you can change the way you eat to develop healthy eating habits to make a better you; healthy living is a great goal! It's also a good idea to integrate goals into a National Program. For example, if you're completing the Families First National Program, you could develop a goal to eat with your family more often through FCCLA @ the Table. This goal can even be used in one of your Family Ties unit of Power of One. This is a great way to integrate goals while covering two national programs!

Completing Power of One is not only rewarding in itself, but you also receive recognition for it on the state and national level! To receive recognition, Power of One is due to the state office by March 1, 2016. During the regional meetings at the State Leadership Conference, members will receive recognition and their awards. Power of One is a great way to improve your lifestyle, and I strongly recommend that every FCCLA member participate in this wonderful program!

Fall Fashion

Stephanie Zhang, National VP of Competitive Events

Now that all the designers have showcased their collections through the shows in New York, London, Milan, and Paris, it's time to take what they've created and look forward to next season. Based on what I've seen on the runway, I've narrowed down the top 5 trends you will be sure to see, shop, and wear in the months to come.

1. **Gray Matters** - Gray is a versatile color that looks particularly cool in monochromatic schemes and is easy to pull off head to toe. It is easy to match with other colors, and can go with everything in your closet, making accessorizing a snap.
2. **Bad to the Plaid** - Plaid is back and bigger than ever, particularly red plaid. The red adds a fiery touch to an otherwise classic print. And since neutral and pastel colors were so popular this past spring, it is nice to see some red this fall to brighten up the mood.
3. **Smooth Velvet** - The most touchable of textiles got a fall-ready makeover this season in trousers, skirts, jumpsuits, and sleek coats. In any color, ranging from rich, dark hues to light pastels, velvet is sure to add a soft and chic look to your outfit.
4. **A Touch of Fur** - This past winter brought back monstrous fur coats, but expect hints of fur this upcoming season. Collars, pockets, sleeve cufflinks, and other fur accents are all the rage!
5. **The Victorian Era** - Forget the 80's and 90's, this season, we are going back centuries. High collars, rich colors, puffed sleeves, ruffles, and lace were all seen on the runway, but details like bright colors and leather accents are bringing a new, modern energy to the era.



Tips for Visiting Colleges

Rohit Iyer, National VP of Finance

For many of us, college is on the horizon, and we'll soon be bogged down by endless applications, interviews, and essays. However, the first step to finding your dream school is to visit! Although it may be overwhelming, there are steps you can take to make visits easy so that you can focus on finding your home for the next four years:

Research

In order to decide what schools you want to visit, you first want to identify what you want to study. Is your dream to become a doctor? A veterinarian? A fashion designer? Everyone has aspirations, and when you identify yours, you can then decide which schools that offer what you need are within your range. By staying realistic while setting a high bar for yourself, you can create a list of potential schools that work for you.

Schedule a Tour

Most colleges and universities offer free information sessions and campus tours for prospective students. Tours are usually led by current students, and this provides a great opportunity to ask questions about what student life is like at that school. The summer is a great time to make these visits, but if you aren't able to, try to schedule tours on days off during the school year! You'll find that being on campus in person is much more valuable than taking a virtual tour online.

Visualize Yourself on Campus

If you walked into a clothing store and saw something that didn't appeal to you at all, would you buy it and wear it the next day? Probably not. The same rule applies to colleges. If you visit a campus and find that you can't really see yourself spending four years there, it's probably not the right school for you. However, if you find that you're experiencing this on tours more often than not, don't worry! Everyone has a perfect school, and by taking the right steps, you can find yours too.

Tips to Stay Organized in the New School Year

Advice for Freshmen

Sanjna Namasivayam, State President

Picture this: You overslept. The history paper that's due today has gone missing. On the way out of your room, you trip over the pile of dirty laundry between your bed and the door. You get to class, only to find out that you've completely forgotten about the test you're taking today.

This is a bad day that none of us hope to ever experience. Fortunately, this nightmare can be prevented by improving your organizational habits in the new school year!

1. Establish a Routine

Let's be honest—more things get accomplished when there is structure in place instead of “winging it.” To avoid the morning rush out the door, take care of as many daytime preparations as possible the night before. Make a nightly habit of packing your backpack, laying your clothes out, and setting your alarm. This way the only thing you'll have to worry about in the morning is deciding what you want for breakfast!

2. Use a Planner

It's easy to feel overwhelmed when you have the busy schedule of a high school student! By writing it down in a planner, you can take the dozens of things swimming in your head and compile it into a list to help you see the big picture and what needs to be accomplished. Once you start using one, it will become second nature to write everything down. It is an extremely effective tool that will help you keep track of all your assignments, meetings, and events!

3. Create a Work Station

Designate a quiet, well-lit area to do your homework in every day. Don't study in front of the television or somewhere in your home where you're bound to get distracted. You should also work at a desk or table instead of a comfortable chair or bed to avoid falling asleep! The benefit of having a work station is that you'll have all your work in one place so it won't get lost.

4. Get your Beauty Sleep

Be sure to get plenty of rest every night, including weekends! If you're running on only three hours of sleep, your brain is going to be jaded. It's nearly impossible to keep track of anything—even with organizers and other tools—if you can't think clearly. Your best work happens when your mind is fresh!

Take advantage of the new school year by incorporating these four simple organizing strategies into your home, making the transition back to school even more invigorating!

Sylvia Melendez, VP of National Programs

Starting off your freshman year in high school can be difficult. It's a completely different ballpark from what you're used to. Here are some tips to help you survive your next four years!

1. Your Grades

Keep your grades intact! If you pay attention in class, do your homework, and study a little every night, your grades will show your effort. You get out of it what you put in. These grades will help determine what you colleges and jobs you will have later in life, so make them worthy of your dreams for your future!

2. Respect

You need to first respect yourself as much as you respect your peers, teachers, and elders. Keep in mind that respect is an excellent quality not only to have, but also to exhibit outside of the school environment.


3. Drama

Drama is something you do not want to get involved with! From rumors to gossip, everyone always wants to know the scoop. This only causes trouble, and most of the time it's not even true!

4. Bullying

You may think bullying isn't a big deal, but it hurts. If you feel as if you are being mistreated, who can you go to? Find someone you can trust, such as a guidance counselor, who will lend you an ear. Although it may not seem like it, bullying is a very serious problem in schools and needs to be addressed!

5. Social Networking

Twitter, Instagram and Facebook  sites where you post or share personal information are social networks. Did you know anything you put on the internet will never disappear? You can delete it but it will always be there waiting to catch up to you in a college application or a job interview. Be mindful of the image you create for yourself on social media.

6. After School Activities

Get involved! A great way to make new friends is after school activities. You can find a list of activities that you can join on the school website. It will increase your social skills, and you will always have something to look forward to. Make sure it's something you want to do so you enjoy it!

7. Your Future

Overall, the next four years will greatly impact your future so make them count! Make new friends, be a great friend, work hard, get involved, take plenty of pictures, and make priceless memories!

NJ FCCLA HOWTO

How to Increase Membership

Alex Wang, VP of Membership

FCCLA is a national Career and Technical Student Organization. That means it's main priority is the students! In other words, FCCLA members are important and necessary to the organization. For this obvious reason, it is essential for every FCCLA member to increase membership within his/her chapter, so that FCCLA can continue to be the great student-led organization it is. There are many ways to increase and help boost membership in your chapter!

- Use the new Membership Kit for your chapter! The Membership Kit includes a CD with all the information you need to run an effective chapter. The 2015-2016 Membership Kit will be mailed in August to all chapters affiliated during the past school year. New chapters can request a kit through the National FCCLA Headquarters.
- Get involved with Go for the Red! This is a national membership campaign where members are able to showcase their recruiting skills. It is a fun way to increase membership within your chapter, and there are even great prizes for the best recruiters!
- Educate peers about FCCLA by handing out brochures, sharing stories of your amazing experiences, and inviting friends to chapter meetings. The more they know, the more likely they are to join!
- Encourage peers to take Family and Consumer Sciences. FCCLA is based on Family and Consumer Sciences, and students who become involved with FCS courses are more inclined to join FCCLA.
- Make sure everyone who is interested in joining the chapter pays their dues. Students are not affiliated members otherwise!

These are just a few ways that you can help increase membership in your chapter. The reason FCCLA is so great is because of its great members, so be creative, be involved, and recruit!

How to become an Effective Leader

Rohit Iyer, National VP of Finance

"We have two ears and one mouth so that we can listen twice as much as we speak."
-Epictetus

Leadership is one of the most open-ended concepts in the world. People dedicate their whole lives to leadership and never learn everything there is to know about it. This might lead you to believe that there are a million lessons you have to learn before you can be a great leader! But in reality, there is one lesson that applies to each and every situation which leaders find themselves. I hope you're not only hearing my words but also understanding them, because leadership is all about listening! At their cores, all effective leaders are effective listeners. Here are some tips to maximize your listening skills and leadership abilities! As a leader, you should always be listening with your...

1. Eyes. Making eye contact with someone conveys interest in what he or she is saying. Using eye contact will help your parents, peers, teachers, and adviser feel that you value their ideas, and a huge part of leadership is valuing others' perspectives.

2. Body. Body language, or nonverbal communication, is what everyone pays attention to when you're not speaking. Think back to a time when you gave a presentation to a group. If someone in the audience was resting their head on their hand while absentmindedly twirling a pencil in the other, it's safe to assume that they aren't listening. Leaders sit up straight and look at the speaker attentively; keep this in mind, and you'll be one of the best in the audience.

3. Mouth! You may be thinking to yourself, how can I listen with my mouth? Is that even possible? I'm here to tell you that it is! Great listeners always ask well-timed questions to show understanding. A great technique to use while listening actively is to ask questions that paraphrase what the speaker is saying. This gives the speaker a chance to drive his/her point home, and it shows that you're involved and paying attention to what he or she is saying.

Put these simple methods into use, and you'll find that even by saying nothing, you're able to empower others to their highest potential!

How to Balance School, Family, and FCCLA

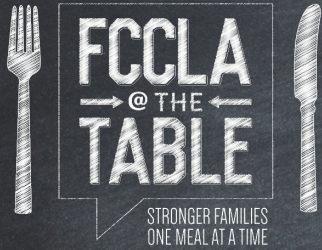
Michelle Qu, VP of Community Service

The clock strikes two-thirty and the final bell of the day rings. Everyone rushes to their lockers, itching to get home. Packing your bag, you remember that there is soccer practice after school, along with an FCCLA meeting. Then, you are planning to hang out with some of your friends before heading home to start your homework and spend some time with your family. Being in high school seems so stressful; how can one possibly squeeze all that into one day? With careful time management, there is room to fit all that and even more! Here are some tips to help you budget your time effectively:

- Write down all of your after school activities on a calendar. This will help you make other plans and map out all of your responsibilities.
- If two activities occur at the same time, prioritize which is more important and then create a replacement meeting with your adviser for the second activity.
- When working on homework, turn off electronics and find a quiet room to work in and avoid any distractions. This will allow

- you to complete your work faster without sacrificing the quality!
- Make a checklist of all important tasks that must be completed throughout the day/week.
- Make a calendar of all family members' activities throughout the week. Set aside a specific day of the week that is dedicated to family time.
- Alternate the family members that cook dinner throughout the week. In the end, everyone gets to sit down together and enjoy a meal.
- Go to your adviser before school starts or during your free period to get some work for the chapter done.
- In FCCLA, all members are part of the bigger picture. If you need help, ask for assistance! Share the work amongst a few friends and get more members involved as you accomplish tasks.
- Try to get a head start on your work if you know you have a busy week ahead of you.
- Finish larger tasks and work your way to the smaller ones for maximum time management.

An equally as important activity for which you should set apart time apart is for YOU. Remember to plan time for activities that help you relax!



Thanksgiving Recipes

Sylvia Melendez, VP of National Programs

Did you know that the average family will spend \$2,668 going out to lunch or dinner each year? Although ordering take out never hurt anyone, nothing beats a homemade meal! Forty-nine minutes is the average amount of time a day a family will spend together. Although most families have busy schedules, something as simple as sitting down to eat together can make a big difference in a family's relationship. Studies show that eating dinner with your family even improves academic performance by 52%. FCCLA @ the Table is all about preparing a nutritious meal with your family and sitting down to enjoy it together. FCCLA @ the Table encourages all members to participate by preparing a home cooked meal and gathering around the table to make families stronger one meal at a time.

Thanksgiving is the perfect time for FCCLA @ the Table because it is all about family spending time in each other's company. Here are 2 delicious dessert recipes to enjoy after your thanksgiving dinner:

Fresh Southern Peach Cobbler

- 8 fresh peaches - peeled, pitted and sliced into thin wedges
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 teaspoon fresh lemon juice
- 2 teaspoons cornstarch
- 1 cup all-purpose flour
- 1/4 cup white sugar
- 1/4 cup brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, chilled and cut into small pieces
- 1/4 cup boiling water

Mix together:

- 3 tablespoons white sugar
- 1 teaspoon ground cinnamon

In a large bowl, combine peaches, 1/4 cup white sugar, 1/4 cup brown sugar, 1/4 teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into a 2 quart baking dish. Bake in preheated oven for 10 minutes.


Meanwhile, in a large bowl, combine flour, 1/4 cup white sugar, 1/4 cup brown sugar, baking powder, and salt. Blend in butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Stir in water until just combined. Remove peaches from oven, and drop spoonfuls of topping over them. Sprinkle entire cobbler with the sugar and cinnamon mixture. Bake until topping is golden, about 30 minutes.

Healthy Snacks

Alex Wang, VP of Membership

Snacking is something we all enjoy. Let's face it—sometimes three meals a day just aren't satisfying. Whether it is... munching on snacks during a Netflix session or just being the hungry people we are, snacks fill us and are a necessary part of our lives. However, often what we snack on is extremely unhealthy, and with Americans eating an average 2.2 snacks per day, these unhealthy snacks often come with unwanted fat and calories. In fact, 25% of the calories in an average American diet come from snacks. Despite this, snacks don't have to be unhealthy! As a matter of fact, healthy snacking can increase our intake of essential nutrients, help one recover from a workout, and even boost metabolism. Some healthy alternatives that are all filled with great nutrients and will promote healthy snacking habits include:

- Unsalted nuts
- Fruits and vegetables (Fresh or dried)
- Various seeds (Pumpkin, Hemp, Chia, etc.)
- Eggs
- Cheese
- Jerky (Beef, Pork, Buffalo, etc.)
- And even... Dark chocolate!

All of these foods are great choices for those who need to satisfy their daily snacking requirements. And remember—as long as your snack is giving you the nutrition that you need instead of  nutrition that health enthusiasts avoid... SNACK ON!

Iced Pumpkin Cookies

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup butter, softened
- 1 1/2 cups white sugar
- 1 cup canned pumpkin puree
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups confectioners' sugar
- 3 tablespoons milk
- 1 tablespoon melted butter
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees F (175 degrees C). Combine flour, baking powder, baking soda, cinnamon, nutmeg, ground cloves, and salt; set aside. In a medium bowl, cream together the 1/2 cup of butter and white sugar. Add pumpkin, egg, and 1 teaspoon vanilla to butter mixture, and beat until creamy. Mix in dry ingredients. Drop on cookie sheet by tablespoonfuls; flatten slightly. Bake for 15 to 20 minutes in the preheated oven. Cool cookies, then drizzle glaze with fork.

To Make Glaze: Combine confectioners' sugar, milk, 1 tablespoon melted butter, and 1 teaspoon vanilla. Add milk as needed, to achieve drizzling consistency.