



New Directions

Spring 2024 - Connecting NJ One Chapter At A Time

Spring Edition

Inside this Issue:

SLC In Review.....	Page 2
Membership Recognition.....	Page 3
On the Go Fun.....	Page 4
Upcycling Projects.....	Page 5
Pasta Preface.....	Page 6
Getting Ready for NLC.....	Page 7
STAR Event Advice.....	Page 8
Make Everyday Earth Day.....	Page 9
Chapter Visits.....	Page 9
Warm Weather Activities.....	Page 10
What to Pack for NLC.....	Page 10
Family Fun Activities.....	Page 11
Electing Chapter Officers.....	Page 12
Effective Goal Setting.....	Page 13
Senior Farewell.....	Page 14
Recycling T-Shirt Ideas.....	Page 15
Summer Salads.....	Page 16
Etiquette Tips.....	Page 16
Fashion Trends.....	Page 17
Sustainable Kitchen Tips.....	Page 17
Pasta Salad Recipe.....	Page 18
Strawberry Ice Box Cake Recipe.....	Page 19



President's Address

By: Isabella Dabbenigno, 2023-2024 NJ FCCLA President

Dear New Jersey FCCLA Members, Advisers, and Alumni:

With spring comes a new freshness and warmth. As we welcome this season filled with blooming flowers, crisp air, and warm sun, we begin to transition into new ideas and a new year of FCCLA. I encourage you to continue to work hard on your goals and to create new ones. I am confident that with your dedication, you can say goodbye to your seniors and set your chapter up for a successful future.

In March, New Jersey FCCLA held its 77th Annual State Leadership Conference. Members had the opportunity to participate in several fun activities. Members heard from motivational speakers such as The Amazing Tei Street and Dr. Venkat Ramaprasad, attended informational workshop sessions on various topics, contributed to several community service initiatives, participated in fun activities during the FCCLA activity night, presented their competitive events, and received award recognition for their diligence and determination. On behalf of the state executive council, congratulations to all members who attended! Your enthusiasm and leadership will continue to inspire our state association and your chapter.

From June 29 to July 3, members who placed in the top 2 of their STAR Event at the state conference have the opportunity to represent New Jersey FCCLA at the National Leadership Conference in Seattle, Washington! Seattle is known for the Space Needle, which stands 600 feet tall, Pike Place Market, one of the oldest operating public markets known for its coffee as they introduced espresso, and the home to the first Starbucks! At the National Leadership Conference, members will have the opportunity to network with student leaders from across the nation, attend engaging and informational workshop sessions, hear from motivational speakers, expand their leadership skills, go on exciting excursions, explore Seattle, and represent NJ FCCLA in their STAR event.

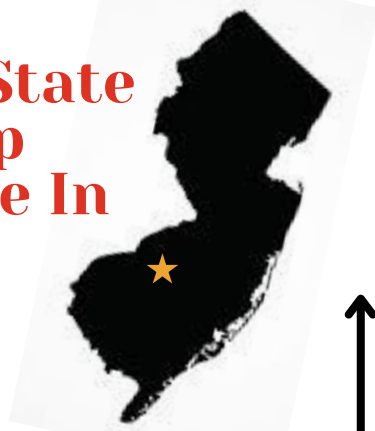
As our school year is ending, I would like to wish you all good luck as you finish your classes! I encourage you to continue to work hard over the summer in preparation for NLC and the next school year! Take pride in FCCLA and promote FCCLA on the local and state levels. Thank you for an amazing year! I hope to see you at the National Leadership Conference in Seattle, Washington.

Best regards,
Isabella Dabbenigno



The 2024 State Leadership Conference In Review

By: **By Stuti Shah VP of Public Relations**



Over 750 New Jersey FCCLA members and advisers arrived in Cherry Hill, New Jersey on March 20 for the 2024 State Leadership Conference! This two-day conference was jam-packed with activities, sessions, competitive events, and fun! The Opening Session was a great start to this meeting, where chapter presidents introduced their chapters and the State Executive Council delivered updates. Then, the exciting keynote speaker, The Amazing Tei Street, gave an engaging speech encouraging our members to continue their leadership journey. Community Service was also a focus of this meeting: we raised \$2400 for the Covenant House of New Jersey, 106 lbs. of pull tabs for the Ronald McDonald House, and 4300 books for the BookSmiles charity.

Afterward, members competed in their State and STAR events. They showcased their Family and Consumer Sciences skills and advanced their public speaking. During the day, there were a myriad of workshops to fit everyone's interests! This included workshops from Johnson and Wales University and Berkley College, a Communication Workshop from your State Executive Council, and many more! There was also a Meet the Candidates Session for voting delegates, where State Officer Candidates gave a speech and were asked a fact and situational question about FCCLA. After this, there was a Recognition Dinner where many of our amazing members, advisers, and alumni were recognized for their hard work and dedication to New Jersey FCCLA! To end the evening, there was a Fun Night with many activities for everyone! There was a mini-LifeSmarts/Knowledge Bowl, a craft-making room, a movie room, and a delicious Ice Cream Social!

On March 21, the State Officers facilitated a Business Session where they provided updates on the past year, and passed the proposed bylaw amendment. After this, members attended their Regional Meetings, where they networked with members from their region and engaged in fun activities! As these meetings ended, the long-awaited Fashion Show began; our talented members showcased their fashion skills! The 2024 State Leadership Conference ended with an Awards Session to recognize the hard work of our members! Our seniors were congratulated, and we said goodbye to the 2023-2024 State Executive Council, and welcomed the 2024-2025 State Executive Council! In conclusion, the 2024 State Leadership Conference was a huge success! New Jersey FCCLA would like to thank the members, advisers, and alumni who made this meeting possible! We hope to see you on November 25th for the Fall Leadership Connection!

Destination → Leadership!

The Journey to NLC: Fun Facts About Seattle!

By: **Amanda Chen, FCCLA National President**



The great adventure to the Pacific Northwest awaits: pack your blazers and STAR events projects, because it is almost time for the 2024 National Leadership Conference! As we prepare to embark on the journey to this year's dynamic conference, the Emerald City is ready to welcome you as we celebrate a fantastic year in FCCLA. This year's conference will be held in Seattle, Washington, the largest city within the state. Filled with a thriving culture with lots to sightsee, you won't want to miss out on exploring this beautiful city!

Surrounded by water and parkland, Seattle is full of bustling activities and world-renowned locations to visit. One of the city's most well-known spots is the Pike Place Market, which hosts numerous businesses and is one of the oldest public farmers' markets still operating. Every year, over 10 million tourists visit this attraction. From watching vendors catch fish to purchasing beautiful flowers, the Pike Place Market has something for everyone!

Located nearby the market, you can also visit the nation's very first Starbucks location. Opening in 1971, the store experienced tremendous growth over the past fifty years, expanding globally and serving millions of customers. To try their delicious coffee options, consider touring the Starbucks Reserve Roastery to experience exclusive beverages and their brewing process. Additionally, Seattle has a large technology industry, being home to the headquarters of Amazon and Microsoft. There are nearly 290,000 people who work in tech within the Emerald City!

Interested in art? Experience the Chihuly Garden and Glass Museum, filled with a large collection of art from Dale Chihuly. Within the glasshouse, a 100-foot long sculpture is famous for its sea of red, orange, and yellow hues. You can also visit the Seattle Art Museum, which is the largest museum in the city! Outside, the Olympic Sculpture Park is a captivating view to all, featuring contemporary sculptures as you look out to the beautiful views of the Space Needle and Olympic Mountains.

This year, FCCLA's special event is occurring at Seattle's T-Mobile park, where the Seattle Mariners will face off against the Baltimore Orioles in an exciting baseball game. FCCLA even has the honor of throwing out the first pitch and having an FCCLA designated upper-level seating section. Enjoy the game with FCCLA members from across the country as we fill the stadium with our FCCLA spirit on July 2, 2024!

Lastly, one of the most distinctive attractions is a symbol that stands at 605 feet: the Seattle Space Needle! The Space Needle first opened during the 1962 World Fair with over two million visitors. As a landmark of the city, its observation deck provides a view of the city in 360°. It even includes a rotating restaurant with gourmet dining!

You won't want to miss out on this fantastic opportunity to visit these amazing sightseeing options, so mark your calendars for June 29 - July 3, 2024 to attend the National Leadership Conference. We look forward to seeing our New Jersey members explore the city of Seattle and embark on their ultimate journey towards our final destination this school year!

Membership Recognition



By **Lucais Romo VP of Membership**



The school year has offered many exciting opportunities for growth and exploration for members. Through the organization of chapter events and service initiatives, participation in competition at state meetings, and engaging in local leadership positions your chapter has kept their eye on Destination -> Leadership! It is important that success in FCCLA be recognized publicly so that potential members, school administrators, and community partners can learn about our organization!

First, celebrate accomplishments in your chapter through in house communication. Having an end of the year chapter meeting designated to recognition allows members to be presented with certificates and verbal acknowledgment prepared by chapter officers. Give members the spotlight to share what they have learned! A simple way to add recognition to every meeting is including recent accomplishments, in the announcements section of the chapter meeting agenda.

Let the membership recognition spread into school functions and the offices of administrators within your district. With approval, host a recognition dinner towards the end of the school year! Send invitations to chapter members, family, and faculty to share the accomplishments of your chapter. Set up committees in your chapter to create a menu, place settings, an agenda for recognition, and more.

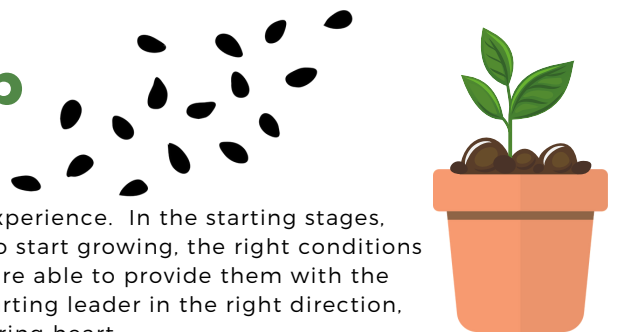
The public comment section of a board of education meeting is an accessible way to share FCCLA business with the decision makers in your district. You can also put in requests for educational highlights or other recognition times within the business meetings held by a school board. Elevate the status of our student organization by meeting face to face with these key members in your school district.

Finally, we should thank our advisers for everything they have done for us. Our advisers are a big part of FCCLA, and nothing would be possible without their help and support. They deserve to be recognized for their hard work as well. Some ideas for recognizing advisers include a signed card from the members, some sweet treats, an adviser survival kit, or anything that would be sentimental and unique to your adviser. You can also thank them through acts of service by helping them to clean their room or their desk.

Let membership recognition be a creative and exciting process. When a student sees their work pay off, they are ready to continue moving forward. The state executive council is eager to hear about your recognition strategies and we invite you to share these accomplishments with us on social media!

Planting Seeds of Leadership

By **Malav Shah, VP of Community Service**



Much like plants, every effective leader flourishes and grows with more experience. In the starting stages, leaders have minimal skill and experience, like seeds. In order for seeds to start growing, the right conditions need to be met. Similarly, leaders need to be surrounded by others who are able to provide them with the right learning tools. Those with more experience are able to guide the starting leader in the right direction, Teaching them the basics; a positive mindset, a can-do attitude, and a caring heart.

Once the basic requirements have been met, leaders can start to develop and see their potential. Leaders gain more skills through opportunities they experience. In FCCLA, taking on leadership roles, participating in competitive events and giving back through service initiatives are just some of the ways FCCLA members can grow into positive leaders. These are the types of opportunities that will allow them to soar and become a stronger leader.

With the patience and care of advisers, FCCLA leaders develop skills over time through their failures and their successes. It is important to have the right mindset, a growth mindset to overcome challenges and become better leaders. Another quality necessary for success is caring enough about the goals and initiatives of your chapter and yourself to accomplish those goals.

Like waiting for a plant to grow, leadership takes time. With the right conditions, practice and the opportunity, leaders should never stop growing or learning. It is important to share what they have developed with others just as a plant will have a beautiful flower or fruit to share. The hope is that the cycle will continue until there are many positive leaders trying to make the world a better place. The possibilities are endless!

5 Entertaining Games for Traveling or On-the-Go Fun

By Brian Muirhead, Committee Chair

Summer is just around the corner, and what better way to kick off the season than with some fun games to play while on the go? As the days get longer and warmer, now's the perfect time to plan your next adventure and make lasting memories with friends and family. Whether you're traveling by plane, train, or car, these games are sure to make your journey fly by in a flash. Check out our top picks for games to play on the go in this edition of our newsletter. Let the laughter begin!

1. Travel Bingo: Create bingo cards with items commonly seen during your journey, such as a yellow car, a road sign with a specific word, or a landmark. Players mark off items as they spot them, and the first to complete a line or pattern shouts "Bingo!"

2. 20 Questions: One player thinks of an object, and the others have 20 questions to guess what it is. Questions must be answerable with "yes" or "no" until someone correctly guesses the object, or all 20 questions are used up.

3. The Alphabet Game: Players try to spot items that start with each letter of the alphabet in order. For example, "A" could be an airplane, "B" a bridge, and so on. The first person to complete the alphabet wins.

4. License Plate Game: Keep track of license plates from different states or countries that you see during your journey. Create a competition to see who can spot the most unique plates or who can collect plates from the most states.

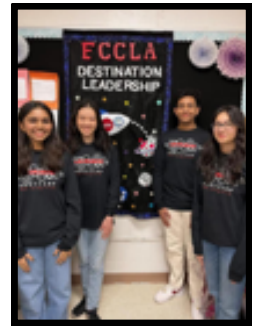
5. Travel Trivia: Prepare a list of trivia questions related to your destination or general knowledge about travel, geography, and landmarks. Take turns asking questions, and award points for correct answers. The player with the most points at the end of the journey wins.

Traveling can be as much fun as the destination with a little planning and creativity. Use some of these ideas or create your own activities to make memories with family and friends.



2024 LEADERSHIP BOOTCAMP IN REVIEW

By Hitha Srinivas VP of Parliamentary Law

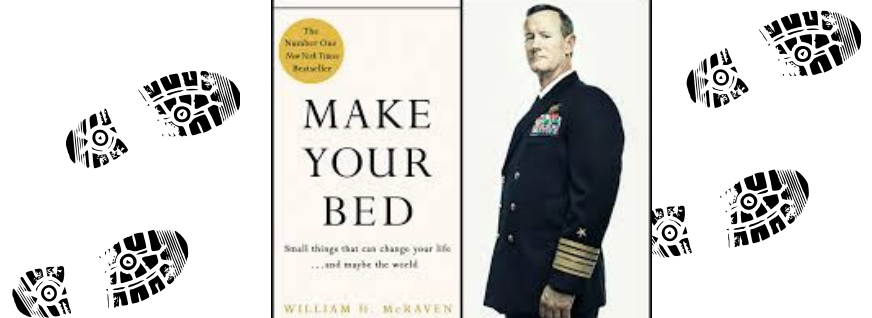
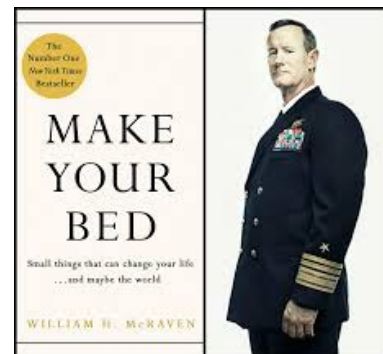


Motivating, persevering, and inspiring...These are all words that describe the atmosphere of the Leadership Bootcamp that is held every year by the New Jersey FCCLA. This virtual conference is designed to boost the leadership skills of our members and strengthen chapters. This was a transformative experience for 149 members focusing on strengthening their leadership, teamwork, and communication skills. Leadership BootCamp was led by NJ FCCLA with the support of Catherine DiGioia-Weinfield and Bill Plastine. These alumni created leadership activities based on the book *Make Your Bed* by William H. McRaven. This book is inspired by Navy SEAL training and emphasizes setting small goals, taking risks, and persevering through challenges that begin with making your bed each morning. Members were encouraged to reflect on their strengths and identify areas for growth and improvement. This conference was done through chapter watch parties. This allowed for virtual networking opportunities for members across our state!

The State Executive Council delivered a presentation with updates and information from NJ FCCLA to the members. They discussed running for state office and the opportunities presented for officers, such as the Capitol Leadership Conference, where officers develop and practice their advocacy skills by visiting state legislators and advocating for FCS and CTE! Additionally, officers discussed the upcoming State Leadership Conference and what to expect for the two days of the conference. Updates were delivered on upcoming events and deadlines from our very own National FCCLA President, Amanda Chen.

The 2024 NJ FCCLA Leadership Bootcamp Conference was a great success and educational experience for members and advisers! If you were unable to attend the Leadership Bootcamp, be sure not to miss the 2025 Leadership Bootcamp on January 11, 2025!

As Admiral William McRaven advised, *"If you want to change the world, start off by making your bed."*





FCCLA Chapter Partnerships: Connecting with Local Organizations & Businesses

By: **Brian Muirhead, Committee Chair**

As spring blooms, so does the potential for collaboration between your FCCLA chapter and local businesses and organizations. Here are some tips to help you cultivate these valuable partnerships:

1. Craft Your Story: When pitching to sponsors, share a compelling story about how FCCLA impacted your life. Highlight specific areas of growth and explain how the sponsor would benefit.

2. Identify Potential Partners: Look around your community for businesses that align with our values and mission. Consider choosing independently owned businesses whenever possible, as they are more likely to sponsor local community members. Our primary focus is family. By going to a family-owned business, you can make that connection.

3. Use resources: Ask family members if they have connections to anyone who owns a business. Also, if you have shirts from previous service initiatives or sports teams with sponsors, consider starting with these businesses.

4. Be specific: Be specific in your presentation and demonstrate how their support can contribute to your chapter's success in achieving its objectives. Provide evidence of their contribution's impact on your chapter's initiatives and showcase how their involvement can benefit their business. By customizing your message to appeal to the sponsor's unique interests and priorities, you increase your chances of securing their support and building a long-term partnership.

5. Offer Value: Sponsorship is a two-way street. Provide sponsors with opportunities for visibility, recognition, and involvement in chapter activities. Offer various sponsorship tiers for publications; the more they donate, the more publications they receive.

If interested in more information on sponsorship letters, go to fcclainc.org, click attend the national leadership conference, click overview, scroll down to the sponsorship letter template, click on the one you choose, and edit to your chapter needs.



Upcycling Chapter Activities: Creative End-of-Year Projects Using Reused Materials



By **Emma Larsen VP of Communications**

As the school year comes to a close, it's the perfect time to get creative and breathe new life into old materials. Upcycling, the process of transforming waste materials into new products of higher value, offers a sustainable and eco-friendly approach to crafting.

Here are some innovative chapter activities that involve reusing materials to create something new and exciting:

1. Reusing Denim Jeans:

Have an old pair of jeans lying around? Instead of tossing them out, the possibilities are endless! Re-use this durable textile to create a wall charger organizer, a tote bag, an apron and more!. This not only helps reduce textile waste but also provides a fun and functional accessory. With a good plan, a few cuts and stitches, you can transform your jeans into something functional and reusable.

2. Using Egg Cartons and Food Boxes for Planting:

Get your hands dirty with a gardening project using materials from the kitchen. Egg cartons and food boxes can be repurposed as seed starters for planting summer flowers or herbs. Simply fill each compartment with soil, plant your seeds, and watch your garden grow.

3. Paper-Mache Decorations with Old School Papers:

Give old school papers a new purpose by turning them into paper mâché decorations. Tear or shred the papers into small pieces and mix them with a paste made from flour and water. Use balloons, wire frames, or cardboard shapes as molds to create sculptures, ornaments, or decorative accents. Once dry, paint and decorate your creations to add a personalized touch.

By upcycling materials in creative and innovative ways, your chapter can make a positive impact on the environment while fostering teamwork, creativity, and resourcefulness. So, gather your supplies, roll up your sleeves, and let your imagination run wild as you embark on these fun and eco-friendly end-of-year projects!



PASTA PREFACE: THE TOP PASTA PICKS OF THE 2024-2025 STATE EXECUTIVE COUNCIL!

By Stuti Shah VP of Public Relations



New Jersey FCCLA is excited to announce the 2024-2025 State Executive Council! The new State Executive Council is excited to lead our state association to Destination → Leadership! Lets learn about the officers FCCLA journeys and favorite Pasta Dishes:

Lucais Romo, State President FCCLA

Journey: Began in 7th Grade!

Favorite Pasta Dish: Cheese Tortellini in Alfredo Sauce

Malav Shah, First Vice President

FCCLA Journey: Began in 9th Grade!

Favorite Pasta Dish: Cheese Tortellini

Pragya Bhatia, VP of Membership

FCCLA Journey: Began in 7th Grade!

Favorite Pasta Dish: Any type of Ravioli!

Mishree Patel, VP of Community Service

FCCLA Journey: Began in 9th Grade!

Favorite Pasta Dish: Fettuccine Alfredo!

Stuti Shah, VP of Public Relations

FCCLA Journey: Began in 9th grade!

Favorite Pasta Dish: Baked Ziti!

Hitha Srinivas, VP of Communication

FCCLA Journey: Began in 9th Grade!

Favorite Pasta Dish: Baked Ziti!

Shridhar Garg, VP of National Programs

FCCLA Journey: Began in 8th Grade!

Favorite Pasta Dish: Lasagna!

Mehak Patel, VP of Parliamentary Procedure

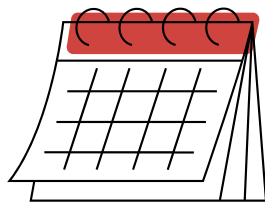
FCCLA Journey: Began in 9th Grade!

Favorite Pasta Dish: Fettuccine Alfredo!

Brian Muirhead, VP of Leadership

FCCLA Journey: Began in 7th Grade

Favorite Pasta Dish: Chicken Alfredo



*Mark Your
Calendar!*

2024 Fall Leadership Connection, Edison, NJ - Monday, November 25

2025 Leadership Bootcamp, Virtual from your school - Saturday, January 11

2025 State Leadership Conference, Cherry Hill, NJ - Wed. & Thurs. March 19-20

2025 National Leadership Conference, Orlando, Florida - July 5-9

Getting Ready for the 2024 National Leadership Conference!

By Amanda Chen, FCCLA National President

Whether you are attending for the first time or you are an experienced conference attendee, the 2024 National Leadership Conference is filled with exciting opportunities for all! As we plan to travel to Seattle, Washington, being prepared is one of the best ways to make the most of your conference experience. Get ready for the Ultimate Leadership Experience as you network with members across the nation, represent New Jersey in competitive events, explore career pathways, and attend dynamic sessions and workshops!

Members will have the opportunity to showcase their FCS knowledge and skills through competitive events! Remember that continuously practicing and gaining feedback are effective ways to be well-prepared, so reference the rubric and guidelines as you get ready to compete with your STAR Event! This year, five Skill Demonstration events will be available at a first-come, first-serve signup basis. Additionally, ten challenge tests will be offered onsite, consisting of 50 questions to demonstrate FCS knowledge. Be sure to cheer on the John P. Stevens FCCLA Knowledge Bowl team as they represent New Jersey FCCLA in the Top 16 teams! We also want to congratulate Natalia Prajzner from Union County Vocational Technical School for being selected to sing the National Anthem during opening session. For specific information relating to each event, visit the FCCLA Portal for the 2023-2024 Competitive Events Guide.

The National Leadership Conference is filled with dynamic workshops and general sessions! The National Executive Council and I are excited to see you all at sessions such as our Opening General Session, where we kick off our conference with an exciting keynote from speaker Caleb Campbell. Be sure to also attend RED Talks and workshops to learn as much as possible from presenters and enhance your leadership skills. The official conference app is Whova, so make sure to download and sign-in to the NLC app for the most recent updates and important information. Here, you'll find the itinerary and save events to your schedule. You will also find speaker/presenter biographies, descriptions of sessions, maps of conference locations, exhibitors and sponsor information, and biographies for national officer candidates. Downloading this app prior to the conference and planning your daily schedule will help you experience as much as possible!

At this conference, FCCLA will also be hosting special events that are optional and available for registration through the FCCLA Portal. This year, FCCLA members can visit Seattle's T-Mobile park to watch the baseball game between the Seattle Mariners and Baltimore Orioles. FCCLA will even be throwing the first pitch and having our own designated upper-level seating section! Including a game ticket, \$15 gift card for food or a souvenir, round trip light rail pass, and FCCLA special event t-shirt, you won't want to miss out on this exciting opportunity for \$55 a person! Chapters also have the option of attending the NLC After Party, a fun-filled event full of celebration with the incoming and outgoing National Executive Council. From DJ dancing to interactive games, there is something for everyone at this event!

This conference is sure to be one to remember, so stay up-to-date by visiting the national website at fcclainc.org for the latest updates and information. We look forward to seeing you all at the 2024 National Leadership Conference!



Mastering STAR Events: Top Tips for Success

By Brian Muirhead, Committee Chair

With the 2024 National Meeting approaching, it's time to fine-tune those star event skills. We know that preparing can be hard, so we have written tips and tricks you might need to ace your performance. Get ready to unleash your potential and own the spotlight.

Since attending the Delegates Meeting, you should continue improving your STAR Event project using the provided feedback before the national meeting. These suggestions will help you to be successful in preparing for your STAR Event. We hope all participants will make it to the Top 10 in the nation! We hope you enjoyed getting a chance to meet some of the other NJ members from other schools who will also be attending the National Meeting in Seattle, Washington. Reach out to the NJ FCCLA State Office with any questions and be sure to stay up to date by following the NJ FCCLA Instagram!

Ask for Feedback: Asking for feedback is not a sign of weakness but a pathway to growth and improvement. Constructive feedback provides invaluable insights, highlighting areas of strength and areas for development. Embracing feedback allows for learning and can help you succeed.

Know Your Speech: You are the only one who knows your event. Have your speech entirely memorized. Don't wait till the week before the National Meeting; after the project review, memorize one line each night till the conference. Record yourself reciting your speech using your phone. This will ensure you are well prepared.

Have Confidence: Confidence comes from being well prepared, which allows you to focus on engaging your audience rather than worrying about what to say next. Your event will run smoothly if you are confident and believe in yourself.

Being diligent with your project and presenting with enthusiasm will bring you one step closer to ending up on stage and in the top ten for your project! Best of luck to all competing at the national level with their STAR events. New Jersey FCCLA has all the confidence that you will be able to do great things at the national level. We know you will represent New Jersey FCCLA well.

Planning Ahead: The Success of a Chapter

By: Pragya Bhatia, VP of Membership

As the school year comes to a close, it can be difficult to start planning for the upcoming year. Planning ahead is one of the most important ways to ensure success— here's a couple of ways you can start guaranteeing a phenomenal year.

First, make sure to establish a strong chapter officer council for the upcoming school year. It is important to have dedicated members who understand and support FCCLA at its core. Some ways you can ensure this are having possible board members take a short knowledge test, include interviews, or even hold chapter-wide elections. Having a strong chapter council creates a strong base for the new school year!

Next, hold a meeting to discuss the events of the year. This can be with the current board and the future board for maximum effectiveness. The purpose of the meeting would be to get through the tough parts of the year, how those obstacles were handled, and how to minimize conflicts in the future. This meeting is also a great time to develop your Program of Work (*for more information look at page 11 of this Newsletter.*) Remember to applaud yourselves on the events that went well, and make sure to appreciate your adviser for all the work that they've put in.

Finally, the biggest piece of advice is to start actually planning for the upcoming year. Envision the goals for your chapter. Formulate a calendar, or even better, if your adviser has a shared calendar in which all school events are scheduled, start claiming dates and times. Think of possible sponsors, or where to get the items. If your chapter doesn't yet have one, start a social media account. Small efforts like that will skyrocket your FCCLA chapter to the forefront.

All in all, the planning process of the end of the year remains crucial to the success of the next generation. The thought and process that goes behind every event is sure to make for a successful year.



MAKE EVERY DAY EARTH DAY!



By Hitha Srinivas, VP of Parliamentary Law

What is Earth Day?

Earth Day, a widely acknowledged national holiday, is dedicated to spreading awareness of environmental conservation. Originating in the United States on April 22, 1970, it recurs annually on the same date. While discussions commonly focus on saving energy, recycling, and reducing driving, the significant benefits of gardening are often overlooked. While Earth Day is celebrated in April, we should strive to make everyday Earth Day!

What can you do to celebrate Earth Day and help your environment?

Gardening helps take care of the environment and has lots of benefits that go beyond just your backyard. When we grow our own fruits and vegetables, we reduce the need to buy them from supermarkets, which means less pollution from transporting food. Plus, we can avoid plastic packaging and harmful chemicals often used in store-bought produce. Finally, homegrown fruits and vegetables, typically grown organically, sidestep the negative impacts of pesticides that can harm wildlife, soil, and water, offering a more environmentally friendly option.

How can gardening help you?

Gardening isn't just about growing plants; it can make you feel better in many ways. Taking care of plants can help you relax and feel calm. It's also a great way to get some exercise since you'll be moving around and working with your hands. Plus, gardening can be a fun hobby where you can try new things and be creative. Whether you're planting different flowers or learning how to grow your own vegetables, gardening is a great way to feel good and enjoy yourself.

Does gardening seem overwhelming?

Start small with planting herbs like basil, parsley, and rosemary in pots on your deck or windowsill. This helps new gardeners learn the importance of watering regularly and giving your plants enough sun. This newfound confidence can lead to leaf lettuce and a couple of tomato plants on your patio. Before you know it, you will growing your own salad ingredients. Caring for plants helps develop responsibility and improve the air around you.

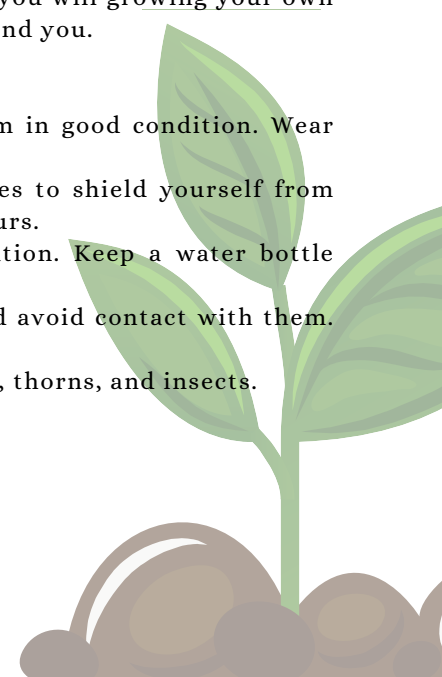
What are some safety tips when gardening?

1. **Use Proper Tools Safely:** Always use gardening tools as intended and maintain them in good condition. Wear gloves to protect your hands from cuts, blisters, and thorns.
2. **Protect Yourself from the Sun:** Wear a wide-brimmed hat, sunscreen, and sunglasses to shield yourself from harmful UV rays. Take regular breaks in the shade, especially during peak sunlight hours.
3. **Stay Hydrated:** Drink plenty of water, especially on hot days, to prevent dehydration. Keep a water bottle nearby and take breaks to hydrate regularly.
4. **Be Aware of Poisonous Plants:** Learn to identify poisonous plants in your garden and avoid contact with them. Wear long sleeves and pants when working around potentially harmful plants.
5. **Mind Your Feet:** Wear sturdy, closed-toe shoes to protect your feet from sharp objects, thorns, and insects.

Chapter Visits Reminder

By Lucais Romo, VP of Membership

Now is the time to best prepare your chapter for the next school year with recognition and goal setting. Of course this is a monumental task, but the State Executive Council is eager to help! Invite a group of state officers to your next chapter meeting through our chapter visit program! Find the request form under the Membership Tab of the New Jersey FCCLA website or email lucais.njfccla@gmail.com directly to request a visit. Include topics you would like to discuss along with your next available dates in your message. At this time, we are offering visits via Zoom!



HAPPY GARDENING!

ENJOYING THE WARM WEATHER: FUN AND INEXPENSIVE ACTIVITIES FOR YOU AND YOUR FRIENDS

By Emma Larsen VP of Communications

As the temperature rises, it's time to take advantage of the outdoors and soak up the sunshine with your friends. From picnics in the park to outdoor movie nights, there are plenty of fun and inexpensive activities to enjoy during the warm weather months. Here are some ideas to inspire your next outdoor adventure:

1. Picnic in the Park:

Gather your friends and pack a delicious picnic lunch to enjoy in your local park. Spread out a blanket, indulge in some tasty snacks, and soak up the sun while enjoying each other's company. Bring along some outdoor games like frisbee or painting to add to the fun.

2. Beach Day:

We live right near the coast, why not spend a day at the beach with your friends? Build sandcastles, take a dip in the ocean, or simply relax and soak up the sun. Don't forget to pack sunscreen, snacks, and plenty of water to stay hydrated.

3. Hiking:

Explore the outdoors with your friends. Find a nearby trail or nature reserve and spend the day hiking! Don't forget to bring a camera to capture the scenic views along the way.

4. Outdoor Movie Night:

Set up a DIY outdoor movie night in your backyard. All you need is a projector, a white sheet or screen, and some cozy blankets and lawn chairs (Or bring your computer outside!). Choose a selection of your favorite movies, pop some popcorn, and enjoy a night under the stars with your friends.

5. DIY Pot Luck:

Host a DIY BBQ or Potluck in your backyard or at a local park. Fire up the grill and cook up some burgers, hot dogs, and grilled veggies. Tell your friends to bring their favorite dish for the warm weather.

In conclusion, the warm weather offers endless opportunities for fun and adventure with your friends. Whether you're enjoying a picnic in the park, spending a day at the beach, or hosting an outdoor movie night, there are plenty of inexpensive activities to keep you entertained all summer long. So, grab your friends, get outside, and make the most of the sunny days ahead!

What to Pack: National Leadership Conference

By Isabella Dabbenigno, President

The 2024 National Leadership Conference will be held in Seattle, Washington, from June 29 to July 3. It is important to pack with the weather in mind to ensure that you are properly prepared. For the conference, you will wear the FCCLA uniform, including a NJ FCCLA red blazer (supplied by the NJ FCCLA State Office) and business-appropriate attire. This includes black bottoms such as a knee-length skirts, or slacks, with a professional black or white shirt such as an Oxford or blouse. It is crucial to bring all your uniform pieces with you, including any neckwear such as a black or red tie/bow tie, a single strand of pearls, a red, black, or white scarf. Neckwear is not required. Make sure you pack enough uniform clothes for all five days.

Additionally, you should pack a few school-appropriate outfits that you can wear on excursions. Please keep in mind that the temperature is in the mid- 70s, so you might want to pack some jeans or long pants. You should also pack appropriate pajamas that will keep you warm, as during the night, temperatures drop down to the low 50s.

You should also pack any hygiene products that you might need. Don't forget to abide by airport protocols, such as traveling with liquids, so you can easily get through security. The most important thing to pack is your project! You should check with your adviser to see what has to be packed and shipped over to Seattle. Some projects, such as a display boards, will have to be delivered to the hotel. Other projects, such as those that require a portfolio, should be brought with you on the plane.

You should pack any project piece that you are flying with IN YOUR CARRY-ON. This will ensure that your project is safe in the event of lost luggage. Other project parts can include note cards, tape, extra paper, etc.

Have fun packing! You can view the short NLC packing list to help you get on the right track! I can't wait to see you there!



Follow NJ FCCLA
on Instagram!
@njfccla



Family Fun Activities

By Stuti Shah VP of Public Relations

Currently, it is more important than ever to spend quality time with your family! After all, the main focus of FCCLA—is family! To help you gain inspiration, here are a few ideas for family fun activities!

- 1. Family Escape Room:** Play detectives and dive into a fun escape room game. Work out puzzles, find clues, and work fast to get out. It's like being in your own action movie!
- 2. Make-Your-Own Food Fest:** Turn your kitchen into a food party. Each person picks a food stand theme and then it's time to try all the yummy food. Be sure to get creative and make fun combinations!
- 3. Family Field Day:** Time to get your thrill on with some wild sports. Go rock climbing, skate, play fast-paced trampoline games, or play traditional field day games! It'll get your blood pumping and faces smiling with exciting outdoor fun.
- 4. Colorful Tie-Dye Party:** Time to get colorful and crafty with tie-dye. Grab some white shirts or sheets and dye them with all the colors. It's a fun way to make cool designs!
- 5. Mystery Dinner Party:** Play detective at a mystery dinner game. Dress up, use props, and solve a fun mystery as you eat. It's dinner with a fun twist where you can be both the detective and a part of the story.
- 6. Home Spa Day:** Have a relaxing spa day right at home. Do facials, massages, and try homemade beauty treatments. It's a nice way to relax and feel refreshed together.

In short, turning family time into fun time isn't hard. All you need is a bit of fun thinking and lots of energy. So, get your family, jump into the fun, and make memories that will make you all smile for a long time. After all, the most fun times are those spent with the ones you love the most.



Planting Roots for the Upcoming Year

By Lucais Romo VP of Membership

It is never too early to make preparations for the next school year. Had an idea for an event? Have you learned of new service organizations and partners at a conference? Have you made creative membership recruitment, retention, or recognition strategies? All your chapter's ideas have a place in next year's program of work!

The program of work is an organizational tool used to set fundraising, service, membership, communications, and program goals. Take time in these last few chapter meetings to learn members' names and their interests. Recognize areas where your chapter could be stronger. For example, if your chapter wants to dedicate itself to being a Red Rose Chapter in the next year, create a plan to follow for your team to qualify. After surveying your membership, have a team of officers and the adviser sit down to make these goals specific and timebound. Make this list of goals clear to see using the state association's program of work as a guide. This can be found under the About Us tab of the New Jersey FCCLA Website.

If you have fundraising and service goals, you will want to have many of these ideas laid out ahead of time. Activities like these may require board or administration approval. What better way to hit the ground rolling than to have these pre-approved before next school year? Understand your chapter's abilities and include an expected amount of funds accumulated for each initiative. Present these plans to your adviser so that they can communicate with the administration.

Making the next year the best one yet is made possible with the hard work of your chapter. Identify the members who have supported local goals and have been excellent representatives at state and national meetings. These could be the next leaders of your chapter. As an officer team, identify valuable members and create personalized invitations for them to run for chapter officer positions. Discuss with these candidates the importance of responsibility and commitment and help them fall in love with the opportunity to lead peers, develop creative solutions to chapter concerns, and participate in new opportunities at state conferences. You have a keen eye for potential officers as an existing council member, so take this responsibility of appointing new leaders seriously.

The state executive council will always be a resource for your chapter. If you ever have questions, you can always email or request a chapter visit to brainstorm and plan with state officer help. Best wishes for creating a strong and creative foundation for the coming school year!



Empowering Excellence: The Art of Electing FCCLA Chapter Officers

By: **Shridhar Garg, Vice President of National Programs**

Electing chapter officers is a critical process that ensures effective leadership within the organization. Whether your chapter is small or large, a well-organized election process is essential for maintaining order and enthusiasm among members. To begin, identify the officer positions needed for your chapter. Common positions include President, Vice President, Secretary, VP of Membership, VP of Community Service, Historian, and Public Relations Officer. In large chapters, you might consider adding additional roles of committees to manage specific tasks more efficiently. Some steps to follow:

• **Nomination Process:**

- Small Chapters:
 - Candidates can submit an application to adviser
 - Open floor for nominations during a chapter meeting.
 - Alternatively, use anonymous nomination forms.
- Large Chapters:
 - Submit an application to adviser and current board members
 - Hold an interview with a panel of Alumni
 - Hold an election in May
 - Announce election results at last meeting

• **Candidate Speeches:**

- Allow short speeches during a meeting or dedicated event.

• **Voting Process:**

- Small Chapters:
 - Paper ballots, online voting, or show of hands during a meeting.
 - Have neutral observers count votes for transparency.
- Large Chapters:
 - Secure online voting platform with clear instructions.
 - Ensure confidentiality and fairness in the process.

• **Announcing Elected Officers:**

- Prompt announcement through meetings, emails, or group chats.
- Consider a special event or ceremony for introducing new officers.

Throughout the election process, encourage maximum participation from all members to ensure it is representative and democratic. Maintain transparency to build trust and avoid any conflicts or misunderstandings. Involve chapter advisers to provide guidance and ensure adherence to FCCLA guidelines and policies. Finally, provide training or orientation for newly elected officers to prepare them for their roles and responsibilities.

By following these steps, you can ensure a smooth and effective election process for FCCLA chapter officers. Engaging members, maintaining transparency, and celebrating new leadership will foster a positive and productive environment within your FCCLA chapter.

Creating a Senior-Freshman Mentor Program: Fostering Connection and Support



By **Emma Larsen VP of Communication**

As the school year draws to a close, seniors prepare to start new adventures while underclassmen gear up for another year of growth and learning. To ease this transition and foster a sense of continuity and support within your chapter, consider implementing a Senior-Freshman Mentor Program. Here's how to get started:

1. **Identify Potential Mentors:**

Reach out to incoming seniors who have demonstrated leadership skills, empathy, and a willingness to support their peers. These seniors will serve as mentors to incoming freshmen or underclassmen, providing guidance, and encouragement as they navigate the challenges of high school.

2. **Establish Mentorship Guidelines:**

Develop clear guidelines for mentors and mentees, outlining the goals of the mentorship program, communication protocols, and meeting schedules. Ensure that mentors are regularly checking in with their mentees to provide support, offer advice, and address any concerns or challenges they may encounter.

3. **Provide Training and Resources:**

Offer training sessions for mentors to equip them with the skills and tools necessary to be effective mentors. Topics may include active listening, effective communication, conflict resolution, and goal setting. Additionally, provide mentors with resources and support materials to assist them in supporting their mentees effectively.

4. **Facilitate Mentorship Activities:**

Organize mentorship activities and events throughout the school year to foster connection between mentors and mentees. These activities may include icebreaker games, group discussions, community service projects, or academic support sessions. Encourage mentors and mentees to participate actively and engage with one another in meaningful ways. Remember to ask for feedback so mentors can improve!

By implementing a Senior-Freshman Mentor Program, your chapter can create a supportive and inclusive environment where underclassmen feel valued, supported, and empowered to succeed. Through meaningful mentorship relationships, seniors can leave a legacy of leadership and guidance, ensuring a smooth transition for future students in your chapter.

Effective Goal-Setting

By Amanda Chen, FCCLA National President



As the school year comes to an end, we begin to enter new opportunities for growth in the coming year. While students may struggle to find motivation, setting effective goals can be a great way to finish the year strong and set us up for success. Learning how to set SMART goals and find ways to hold yourself accountable is an important responsibility of leadership and is a transferable skill into the workplace.

Did you know an estimated 80% of New Year's Resolutions fail by February? Goals often fail because they are too vague. However, following the process of developing SMART goals can make it easier to create a goal that can be achieved. The acronym SMART stands for Specific, Measurable, Attainable, Realistic, and Time-Bound. Using these parameters ensures the goals being set are well-planned. The first term, specific, ensures you clearly identify the exact result you want to achieve. A clear objective should be indicated with the end goal in mind. Next, goals should be measurable and able to be tracked. It is essential that you can monitor your progress to have an accurate understanding of where you are. Consider what indicators or data can be used to assess your progress. The third letter, A, stands for attainable. You want to make your goals challenging, yet probable. It is good to be ambitious, but you must be realistic. Good goals should challenge and motivate you to want to achieve more, while not discouraging you. The fourth term, Relevant, should remind you that your goals should improve your life, improve the lives of FCCLA members, etc. They should add value and help address areas that need improvement in your life. Lastly, the "T" stands for time-bound. Goals should be time-bound and have a clear deadline.

Creating a deadline will motivate you to achieve the goal within the set time. Ask yourself: "When do you want to achieve your goal by?" and "How will you measure your progress?"

One of the most difficult parts of goal-setting can be the implementation of your objectives. However, there are a multitude of measures that can be used to keep yourself on track. Finding an accountability partner can motivate you to accomplish your goals while providing yourself with a support system to achieve them when times are difficult. Choosing an accountability partner that fits your goal needs and can provide feedback with a developed understanding can help you succeed. Additionally, by breaking down your goals into smaller steps, you can ensure you are on target to meet your goals in an easier visual of what needs to be done. Lastly, it is important to keep your goals at the forefront of your mind. Access the plans you have set in a location that is visible to you and write them down.

You can practice developing your SMART goals by engaging in the Power of One national program. Each unit explores various aspects of your life and challenges members to make a lasting change through the five units: A Better You, Family Ties, Working on Working, Take the Lead, and Speak Out for FCCLA. To learn more about this dynamic national program, visit fcclainc.org. Learn how to set strong goals and apply for recognition in the FCCLA Portal by March 1, 2025. By following the SMART goal method, you can set more effective goals and achieve them. Happy goal-setting!



2024 Red Rose Chapter Award Recipients



Congratulations to the following chapters for earning the NJ FCCLA Red Rose Chapter Award:

This award is presented at the State Leadership Conference to chapters who have put together an involved Program of Work and reach their goals for the year! Your chapter can apply too on the NJ FCCLA Website.

Edison High School

Hunterdon County PolyTechnical School
Gloucester County Institute of Technology
John Adams Middle School
John P. Stevens High School



The Key to Becoming a Better Servant Leader

By: **Malav Shah**
VP of Community Service

As the school year is coming to an end, it is more important than ever to continue to strive in our mission to be servant leaders. But... what is servant leadership? This style of leadership prioritizes the greater good of others before self, and NJ FCCLA promotes this idea through community service! The idea behind servant leadership is derived from The Science of Empathy, an experiment conducted to show the bystander effect, explaining how it influences people to take initiative to help a struggling individual.

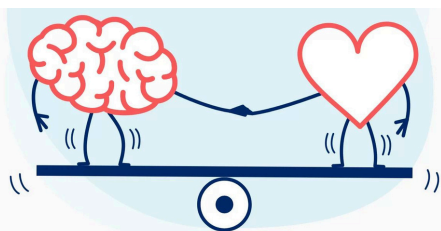
To gain a better perspective, picture this: your senior citizen neighbor attempts to carry groceries out of their car and into their house, but ends up having to make multiple trips, while you notice this from your bedroom window. A bystander in the scenario would watch and think that someone else should help them; whereas an upstander would go help your neighbor without hesitation. This is where the science of empathy comes into play.

Simply empathizing with an individual who is struggling with a task, and not taking initiative is the definition of a bystander. Leaders are held to the standard of an upstander and are willing to help in all scenarios, regardless of the difficulty. Along with helping, an upstander realizes the difficulty of the scenario through the other person's eyes, and understands their struggle, which is why they help in any way possible. Youth leaders should strive to be upstanders every day in their daily lives.

NJ FCCLA encourages member to practice the art of being an upstander at every conference by participating in our service initiatives. Working together as a group toward a cause, creates unity and helps us make a larger impact. At this past State Leadership Conference, we collected 4,500 books. That was an amazing effort from many upstanders/members to improve literacy in New Jersey.

In addition NJ FCCLA Service initiatives, chapters are encouraged to have service initiatives of their own, and teach their upcoming leaders the importance of empathy, and how it can change lives. Chapter officers should work together to create compelling and valued service projects for their members to develop leadership in service.

Members who attended Leadership Boot Camp earlier this year were able to gain some insight on this concept, as explained by Admiral William H. McRaven in the book, "Make Your Bed". Applying these basic conventions make for better leaders and citizens. As youth leaders, it is important that we produce a high level of service and empathy, so we can continue to grow as upstanders and positively impact our communities and motivate our members through service projects.



Senior Farewell: Navigating the End of Your Senior Year

By Emma Larsen, VP of Communication

As the final chapter of your high school journey draws near, it's natural to experience different emotions. The end of senior year marks the finish line of the hard work, growth, and unforgettable memories. However, amidst the excitement and anticipation of new races, it's crucial to navigate this transition with grace and intentionality. Here are some tips on how to stay focused, embrace change, and leave your chapter with a strong foundation.

1. Stay Focused:

The final stretch of senior year can be both exhilarating and overwhelming. With prom, graduation, and other milestone events on the horizon, it's easy to lose sight of your academic and personal goals. Stay focused by prioritizing your commitments and managing your time effectively. Create a schedule or checklist to keep track of deadlines, assignments, and important dates. Remember that every moment counts, so make the most of your remaining time in high school.

2. Embrace Change:

As you prepare to bid farewell, it's natural to feel a sense of fear about the unknown. Embrace change as an opportunity for growth. Whether you're heading off to college, pursuing a career, or embarking on a new adventure, approach this transition with an open mind and a positive attitude. Be willing to step outside of your comfort zone and embrace new experiences. Remember that change is inevitable, but it's also a catalyst for personal development and self-discovery.

3. Leave a Strong Foundation:

As a senior, you have the unique opportunity to leave a lasting impact on your school and community. Take pride in your accomplishments and contributions, and strive to leave behind a legacy of excellence. Whether it's through academic achievements, extracurricular involvement, or acts of kindness, leave your chapter with a strong foundation that future generations can build upon. Take the time to express gratitude to teachers, coaches, and peers who have supported you along the way. Your leadership will be remembered long after you've graduated.

The end of senior year is a time of reflection, celebration, and transition. By staying focused, embracing change, and leaving a strong foundation, you can navigate this milestone with confidence. As you prepare to embark on the next chapter of your life, remember to cherish the memories and embrace the journey ahead. Congratulations, Class of 2024, on a successful year. The best is yet to come.

Class of 2024





The Art of Recycling Old T-Shirts: Tips & Tricks

By: Mishree Patel, Vice President of Community Service

Do you have old T-shirts collecting dust in your closet and are unsure of what to do with them? Upcycling or Recycling these clothes is a fantastic way to show off your creativity and environmental consciousness while also decluttering your closet.

We can drastically cut down on the amount of waste that ends up in landfills by recycling T-shirts, as the fashion sector is one of the biggest pollutants in the world.

Environmental Impact of Textile Waste: Millions of tons of textile waste are disposed of annually, most of it ending up in landfills. As the materials break down, this takes up valuable space and increases greenhouse gas emissions. T-shirts get a chance of a second life through recycling, which lowers our carbon footprint and lessens the need for new materials.

CREATIVE RECYCLING IDEAS:

Convert a T-shirt into a tote bag:

The first step is to cut off the sleeves and neck band. Then fringe the bottom making sure to cut both your front and back layers together so they match up. Tie the fringe from the front and back to connect the bottom. You can also sew just above the fringe to create a solid bottom.



Convert a T-Shirt into a Cute Quilt of Memories:

Assemble squares from different T-shirts to create a memory-filled patchwork quilt. Sew all the patches together and apply batting and backing. Your quilt should be free of creases and loose cloth. Look online for the steps to sew a T-shirt Quilt.



Convert a T-Shirt into Pet Toys:

Making a braided dog toy out of old t-shirts is quick, easy and pets love them! First, cut off the seams and hems of the T-shirt. Then, cut the T-shirt into roughly 12 inches strips and roll the strips into tubes. Finally, tie together three T-shirt strips with an overhand knot and tightly braid the cloth. Tie the ends together with a square knot. To prevent fraying you can hide the T-shirt ends inside the dog toy by pushing the ends back into the dog toy with the help of a knitting needle.



Congratulations Leaders!

Mohan Chitkara &
Vinson Guo
County Prep High School
Third Place
National FCCLA Virtual
Business Challenge:
Personal Finance Event

Rishika Negi
John P. Stevens High School
2024 Japanese Exchange Program

Natalia Prajzner
Union County Vocational
Technical School
Singing the National
Anthem
2024 NLC Opening
Session



Refreshing Summer Salads

By Malav Shah,
VP of Community Service

Spring and Summer bring a variety of fresh produce to the table, and what better way to utilize all of the goodness than with salads!

Salads typically have a preconceived boring and healthy stereotype to them, but offer a journey through different flavors, textures, and colors. Healthy doesn't always mean bland or tasteless, and in fact produce with more color tends to have additional nutritious benefits. So, either as a side or a meal, they can be appetizing and look stunning, while using the very best our state has to offer.

In a delicious salad, there is always a foundation of green, a protein such as grilled chicken or tofu, a fat like cheese or avocado, and a well emulsified dressing to bind it all together.

New Jersey is known as the garden state, which entails that we have access to premium, home grown vegetables and fruits. Take advantage of it! Our state supplies us with the best blueberries and tomatoes. Blueberries can be used to make a sweet and acidic dressing, while tomatoes can be the star of any salad, in a simple salad like a caprese, or a panzanella salad with crusty bread to revive it. The possibilities are endless.

There are also many alternatives to traditional salad ingredients that make it more fun and exciting. Sick of wilted, bland lettuce? Opt for kale or arugula instead. Kale repairs keratin, and offers antioxidants that reduce inflammation, while arugula takes on any flavor added to it. Instead of croutons, use roasted seeds for a crunch. For protein, try using sauteed beans for more flavor.

Don't be afraid to mix and match different fruits and vegetables too. The tartness of strawberries pair great with peppery arugula. Add in feta and balsamic dressing for a light and fresh salad. Or, for a heartier salad, consider using couscous as the carb, with spinach to create a feel-good comfort meal.

However, you eat with your eyes first so to make it look more appetizing, play with the different ways a salad can be plated. Arrange ingredients in layers, toss them together in a colorful medley, or assemble them artfully on a platter to add some flair.

Eating salads doesn't have to be boring, so experiment with the different textures, colors, as well as ways to mix and match different flavor profiles. Embrace the seasonal offerings that our state provides us, and play with the presentation to create more eye-appeal. Let your imagination run wild!



Beyond the Fork: Exploring the Essence of Etiquette and How to Master It

By: Hitha Srinivas, Vice President of Parliamentary Law

While many people believe that etiquette simply represents the act of using the correct fork or being dressed in elegant attire, it encompasses far more than just that. Looking at the history, etiquette is partly derived from the French word that was used to refer to "the customary code of polite conduct among members of society or some groups of professionals". Simply put, etiquette is the proper and polite way to behave in different settings. Proper etiquette starts with demonstrating respect towards others, being truthful and dependable, and displaying kindness and courtesy. Etiquette becomes a soul revealing mirror depicting our virtues and values. Keeping the best behavior skills is especially important during job interviews, business events and formal dining times.

Here are some tips to improve your etiquette skills!

- 1. Being Early is On Time:** Being early means arriving before the scheduled time, showing respect for others' schedules and demonstrating responsibility. It is important in etiquette because it allows you to be prepared and settled before an event starts, avoiding any disruptions and showing consideration for others' time. Arriving early also gives you time to greet others and get comfortable.
- 2. Dress to Impress:** Dressing appropriately means wearing the right clothes for the occasion, showing respect for the event and the people attending. It is important in etiquette because it helps you make a good impression and shows that you care about the situation.
- 3. Table Manners:** Using good table manners means we chew with our mouth closed, use utensils properly, and wait for everyone to be served before starting to eat. It is important in etiquette because it helps us create a pleasant dining experience for everyone. Refrain from "yucking someone's yum" and criticizing their food. Be mindful and respectful.
- 4. Using Your Phone Responsibly:** Using your phone responsibly means knowing when it's appropriate to use it and when to put it away, showing respect for those around you. It is important in etiquette because constantly using your phone can be distracting and disrespectful to others.
- 5. Be Kind:** Being kind means treating others with respect, empathy, and understanding, which is crucial in practicing etiquette. It is important because kindness creates a positive and welcoming atmosphere in social interactions.

Always keep in mind the importance of understanding and applying simple good manners, no matter where you find yourself!

Fresh Finds: Exploring the 2024 Spring/Summer Fashion Trends

By Stuti Shah VP of Public Relations



Get ready for a cool spring and summer with these top teen fashion looks! Time to wow and show off your style with these hot trends:

- 1. '90s Vibe:** Jump back to the '90s with loose jeans, big tees, and bright jackets. Feel the fun of the past but keep it cool.
- 2. Light Colors:** Go for light shades like soft purple and sky blue. Mix them up for a sweet, summer feel.
- 3. Green Fashion:** Love the earth with clothes that are good for it. Choose garments made well and from brands that care.
- 4. Big Extras:** Make your outfit pop with big jewelry, large shades, and cool hats. It's about showing off with what you wear.
- 5. Fun Prints:** Play with patterns! From happy flowers to cool designs, let what you wear show who you are.
- 6. Sporty Style:** Keep it comfy yet stylish with sporty gear. Think pants with stripes, soft tops, and shoes that stand out with shiny bits or netting.

This time, it's all about being you and having fun with what you wear. So, mix it up, make it yours, and rock this season like a star!



MAINTAINING A SUSTAINABLE KITCHEN

By Malav Shah, VP of Community Service

Especially during Spring, it is imperative to be mindful of all of the waste that develops in your kitchen. This season celebrates the natural beauty of our planet, and in order to keep it thriving, we should aim to lessen the stress of waste that Mother Earth has to bear.

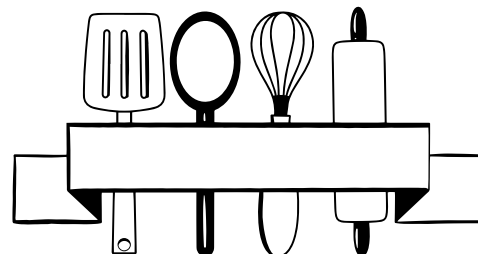
From the comfort of your home, you can combat environmental issues caused by global warming with these impactful tips:

- Reducing excess food waste and the overuse of non-sustainable materials in the kitchen makes a difference in making our planet a cleaner place!
- Cook from scratch! Although a little more on the costly side, preparing foods from scratch is better for the environment and yourself. Making meals fresh limits the need for packaged foods, whose packaging negatively impacts our environment. Cooking from scratch allows for great taste and a smaller impact on our earth!
- Sourcing good quality ingredients can also be hard, and buying locally is the best approach to maintaining a greener kitchen. That way no extra chemicals, preservatives, or processing make its way into your food. Also, since these foods are local, there were no required imports, which use additional fossil fuels and pollute the surrounding environment.

The final step to a sustainable kitchen is to limit waste. Buy unwrapped produce, and purchase only what you need. Reuse as much as you can. For example reusing an almost-empty jam jar to make salad dressing!

Composting is another way to reduce food waste in your kitchen, which does not require much maintenance or space!

By following these steps, you can ensure that your kitchen provides meals that taste good, and contribute to a healthier environment. Happy cooking!



Summer Pasta Salad Recipe

By: Malav Shah, Vice President of Community Service

A refreshing pasta salad is the best way to cool off after a long day in the sun! The possibilities are endless with this meal, you can personalize them as much as your heart desires. Packed with flavor, pasta salads are the perfect balance of nutritious and delicious!

Ingredients:

Pasta Salad:

8 oz. farfalle pasta, prepared according to package directions for al dente
1 (1 1/2- to 2 1/2-lb.) whole deli-roasted chicken, skin removed and meat shredded
1 medium zucchini (about 5 oz.), thinly sliced
2 small yellow squash (about 5 oz.), thinly sliced
2 nectarines, coarsely chopped
1/3 cup coarsely chopped fresh flat-leaf parsley
1/4 cup toasted sliced almonds

Lime Vinaigrette:

1 Tbsp. lime zest
2 Tbsp. fresh lime juice
2 Tbsp. white balsamic vinegar
1 Tbsp. Creole mustard
1 1/2 tsp. honey
1 small garlic clove, pressed
1/2 tsp. kosher salt
1/2 tsp. ground black pepper
1/2 cup olive oil



Directions:

1. Rinse prepared pasta with cold water and drain well.
2. Make Lime vinaigrette: Whisk together lime zest, lime juice, vinegar, Creole mustard, honey, garlic, kosher salt, and freshly ground black pepper in a small bowl. Add olive oil in a slow, steady stream, whisking constantly until smooth.
3. Gently stir together pasta, vinaigrette, chicken, next 4 ingredients in a large bowl. Add salt and pepper to taste. Sprinkle with almonds and serve immediately.

Make a Sweet Strawberry Treat!

By: Mehak Patel, VP of Parliamentary Law

Strawberry icebox cakes are a perfect dessert to make for the Summer! An icebox cake is a dessert with cream and fruits that you leave in the refrigerator before eating! This is a no-bake recipe which only requires five ingredients! Even better, it only takes about 20 minutes to make this strawberry icebox cake.

Strawberry Icebox Cake

Ingredients:

- 2 cups Heavy cream
- 1/2 cup Powdered Sugar
- 1 teaspoon Vanilla
- 1 pound Strawberries, rinsed, sliced
- 7.2 ounces Graham Crackers (1.5 sleeves)

Directions:

1. Prepare a 9x9 pan.
2. Slice up the strawberries vertically.
3. First, cut the stem of the strawberry off. Slice vertically from the stem to the bottom. Each slice should look somewhat like the image above. Each slice does not have to be perfect!
4. Whip the heavy cream. You can either whip the cream with an electric mixer or a whisk. Do so until the heavy cream looks fluffy. It should reach about the consistency as shown above.
5. Beat the cream, powdered sugar, and vanilla together. Place the 2 cups of cream, 1/2 cup of powdered sugar, and 1 teaspoon of vanilla in either a stand mixer or bowl with a hand-held mixer. Beat these ingredients together until you reach the stiff peak form.
6. On a pan, Place a layer of cream to form the base of the cake. Smooth out this layer using a spatula or spoon.
7. Place a layer of graham crackers on top of the base layer of cream. Next, add 1/3 (about 2/3 of a cup) of the whipped cream. Smooth out this layer using a spatula or spoon. Then, add a layer of strawberries (about 1/3 of the strawberries). Have the cut portion facing upwards.
8. Repeat layering steps two more times. Make sure this ends with the strawberries so that the strawberries are visible on top.
9. Wrap with plastic wrap, cover up the pan.
10. Refrigerate it for about 4-5 hours minimum.



This recipe surely creates a quick and delicious treat. With barely any ingredients and preparation time, it is definitely a Summer staple! Enjoy!