

Georgia News



Vol. 67, No. 4

SPRING 2017

Rutland High School Cinema Drive

On December 2nd the safety program Cinema Drive came to Rutland High School and presented a 3D movie presentation on the dangers and distractions teens face today when driving. Cinema Drive is a program sponsored by Life Changing Experiences that teaches students how to be safe through a series of interactive activities. Their goal is to impact the lives of students through multi-sensory 3D educational programs. This innovative way of teaching provided our Family, Career and Community Leaders of America (FCCLA) with safe driving tips and information that truly catches member's attention.

Five hundred students entered the experience and were given remotes to interact and answer a series of questions. We then put on the 3D glasses and watched a video featuring three teens and the effects of drunk driving. All students were captivated and genuinely enjoyed the show along with the after interview of a racecar driver and his tips for driving! The final video presentation entertained the students by following a detective as he tried to solve the mystery of an almost fatal accident. Cinema Drive's final questionnaire showed that everyone's participation was



Cinema Drive representative JJ talks to students about the interactive experience.

rewarding, as everyone learned something.

This experience is a great example of how important it is to inform young people in making themselves safe and smart! FCCLA officer Katlyn Yancy is using this opportunity for her STAR event involving one of the nine FCCLA National Programs, FACTS (Families Acting for Community Traffic Safety). This will give much insight into informing others and building our community - starting with our school. With programs such as Cinema Drive, Rutland FCCLA is spreading awareness for teens and growing together as a team!

-Marah McCollum



Students using the interactive remotes and glasses for the question and answer section of their Cinema Drive.

"Unfinished" at Heritage High

January 23-27, 2017 was "Unfinished" week at Heritage High School in Ringgold. This week was organized to remind students that there are good things in their lives, a bright future ahead and that their story is not over. FCCLA member Isabelle Hill and Bryce McDaniel borrowed elements from "Project Semicolon" which is a suicide prevention initiative. "A semicolon is used when an author could've ended a sentence but chose not to. You are the author and the sentence is your life."



Students were marked with a semicolon to remind them that there are things to come in their lives.

Themes and events were planned for each day. Monday was "Make a Connection", where students were encouraged to write down who they felt they could go to or trust if they needed help.

Tuesday was "Unfinished;" where students' detailed plans that they have that are UNFINISHED in their lives.

Wednesday was "Compliments STICK with You", where students were provided with a sticky note to write a compliment or positive memory of someone to be displayed in the school.

Thursday was "These are the MOMENTS" and students were encouraged to bring in something that represents a favorite memory (photo, poem, quote, etc.) in their life.

Finally, on Friday, students were encouraged to "Get Tatted with the Administration". As an act of solidarity (togetherness), students got marked with a Sharpie© semi-colon. This serves as a reminder that students are the author and the sentence is their life.

During this week, whenever the topic of suicide was brought up, students were encouraged to share their personal thoughts or stories with teachers, classmates, and counselors.

During this week, student and adult leaders wore purple "unfinished" t-shirts on Monday and Friday and students were encouraged to promote the week via social media using Twitter and tag @yourHS411 or use #HHSUnfinished to share their experiences.

Buford High School FCCLA Serving Their Community



BHS FCCLA students help prepare at Good News at Noon Shelter

FCCLA members served at Good News at Noon Shelter in Gainesville. Students prepared a delicious meal of lasagna, salad, bread, and cake to feed residents and visitors at the shelter.

While they were at the shelter students served food, visited the guests, and cleaned

up. Joshua Patierno, one of the student volunteers, said,

"I've never felt more humbled or grateful." The 'Quality Foods' in Buford donated approximately \$100 of groceries to help make the trip possible. The mission of Good News at Noon is to serve the homeless and those in need in all of Gainesville/Hall County. FCCLA was grateful for the opportunity to serve our community through this organization by donating both our time as well as a meal. One-quarter of the 80 Buford FCCLA members were able to attend this event, and have a positive impact on those in need.

Buford High School FCCLA also recently

Community Service continued on Page 3



BHS FCCLA students and Senator Renee Unterman

US Postage
PAID
Macon, GA
Permit NO. 440

UCHS PANTHER PANTRY

By Ashlyn Burnette & Aspen Stevens

Union County High School is located in northeast Georgia. In this community, there is a high number of low socio-economic families. FCCLA has recognized that there are students in our high school who do not have the opportunity to get nutritious meals when they return home from school each day. We also realize that when students do not have their basic needs met, it is difficult for them to concentrate and be productive in the classroom.

This year, UCHS FCCLA formed a partnership with an existing organization, Goodies From the Heart, to create our very own Panther Pantry in a closet in our high school. Panther Pantry provides food, school supplies, and hygiene products for anyone who may need them. We have obtained these items from our local businesses and churches that were willing to participate.

Other clubs and organization in Union County High School have also participated in gathering items to donate. This year, students were given the opportunity to donate canned food in exchange for their fall ball tickets. After we gathered enough supplies, we offered students the opportunity to come by on Fridays and make choices on what food they wanted to have over the weekend. Although most students come by on Friday, everyone is able to come by and get items they may need throughout the week.

In the future, UCHS FCCLA hopes that we can continue providing nutritious options and other basic needs for our fellow students who may need it.



Brenna Innis and Aspen Stevens organize canned foods in the Panther Pantry.



Ashlyn Burnette and Brenna Innis arrange the school supplies that are offered in the pantry.



Lisa Bedford and Abby Young Show the dried foods available at Panther Pantry

Tift County High FCCLA Volunteers at Annual Blood Drive

On November 16, 2016, Tift County High School (TCHS) FCCLA members assisted the TCHS HOSA host their annual fall blood drive. The blood drive collected nearly 100 units of blood throughout the course of the day.

FCCLA worked with several other organizations to make the blood drive a success. Those included HOSA, SkillsUSA,

the American Red Cross workers, WBL and CTI Coordinators. The FCCLA members assisted in several capacities throughout the day.

They were mainly located at the last station a person would visit after giving blood. The members would provide the donor with a juice and snack while they rested prior to returning to class.

Other duties they completed were walking the donors back to class and assisting the Red Cross workers when needed. FCCLA always assists HOSA during their biannual blood drives.

The FCCLA members are always eager and excited to help during this event. They are already looking forward to the Spring Blood Drive.



Providing Sticker to Donor



FCCLA Member Gives Blood

EHS Spreads the Holiday Joy

We all know that the holidays are the most wonderful time of the year and what better way to celebrate than to spread the holiday joy! Whether it's yelling out "happy holidays!" to all those who pass you by or giving back to those in need during the Christmas season, it truly is a



Some of our officers posing with Morningside residents

way to celebrate when you know you've helped spread just a bit of the joy. So, the Evans High School chapter decided to do just that. We went to visit two nursing homes with hopes of brightening up the place in the spirit of Christmas.

First stop was named Westbrook Nursing Home, where we helped put together their holiday event calendar with all important dates and fun decorations. We also joined them in games to really get them moving. You could see the excitement in their laughs and the way they participated in the activity.

A few days later we made plans to visit Morningside Nursing Home, but this time it was different. Through the efforts of the chapter advisers and officers, we were able to round up some FCCLA members to help decorate Christmas ornaments and enjoy some home-made desserts. We decorated about 100 ornaments and took them over to the nursing home ready to help decorate their Christmas tree and make the home more festive. The residents got to learn more about the chapter and loved us so much that they want us to come back!

The Evans High School chapter loves putting a smile on their faces so much that we've decided to go back and do it again for Valentine's Day!

Visit us at
www.gafccla.com or www.fcclainc.org

Role Model



Sumitra Dhakal, Georgia FCCLA Vice President of Public Relations

A role model is someone we look up to. They are the people that inspire us to move ahead and makes us want to be the best versions of ourselves. Each person is different, therefore each persons' role-model is different. I found my role model while reading a book in 4th grade.

I had walked into the library in my elementary school to return the last book of my favorite series. Since I had finished the series, my librarian suggested that I check out the nonfiction section, so for the first time in my life, I pick up a nonfiction book. The book just happened to be a biography about Helen Keller. Before reading the book, I had no idea who Helen Keller was; I was clueless towards her struggles, perse-

verance, and achievements.

After completing the book, I was left shocked, surprised, and in awe. I had always been told "Believe in yourself and you can do anything," and for the first time, these words seemed true to me. For the first time, I saw an example of what I was being told. Learning about a blind, and deaf girl who achieved so much made me realize how small my problems were. I realized that the world was filled with opportunity, but one had to be willing and determined in order to receive those opportunities. I understood that there was never an easy way out and that if there was something you wanted in this world, you would have to be willing to fight until the end to gain it, otherwise, your wants just were not strong enough. But most importantly, I realized that no one, but you are in charge of your future; that if you want you can either whine about your shortcomings, or you can learn how to look past it and live from within. If I had not picked up that book that day, who knows how much longer it would have taken me to learn those lessons.

Everyone will find their role models at different times, and everyone role model will reflect the qualities they inspire to have within themselves. Who is your role model? What qualities about them do you admire...why?

**Sumitra Dhakal
Vice-President of Public Relations**

Community Service *from Page 1*

ly hosted a tailgate for members. Renee Unterman, who has served as the State Senator for the Buford district since 2003, was able to attend and show her support for the community. Not only did she enjoy a meal provided by FCCLA members, but she was also able to learn more about our program and outreach. She also shared with us the legislation that she has passed in an effort to fight hunger in Georgia through welfare services.

Buford students have been able to make their own efforts to better their local community by participating in over a half of a dozen community organizations through FCCLA. These organizations range from the Good News at Noon soup kitchen and Operation Christmas Child to volunteering at the North Gwinnett Food Co-Op and assisted living centers.

Recently, FCCLA members participated in Sack Kids Hunger at Buford First United Methodist Church. This program focuses on serving children in the community who rely on school breakfasts and lunches during the week, and have limited access to meals on the weekend.

Every Saturday, sack lunches are prepared and distributed to fight child hunger. FCCLA was able to take part in this great cause by decorating bags and distributing full sacks of food to local families. The students took nearly 300 bags back with them in order to decorate it for future use.

From their hunger-based service, these students also took part in Operation Christmas Child to get in the spirit of giving back during the holiday season. About 50 FCCLA members volunteered at the packing facility in Suwanee for a five-hour shift with tasks ranging from box inspection and packing to stacking and distribution.

The stuffed boxes travel around the world to children in need and contain toys, school supplies, accessories, and hygiene items. The boxes they packed were being sent to children in Cameroon, a country in central Africa. One FCCLA member, Jonathan Gutierrez, said that "he loved the entire experience," and his cousin Angela, also involved in FCCLA, said that she felt good knowing that she could "give a child a smile."



BHS FCCLA students handing out sack lunches for the Buford community.



Students help pack boxes to be sent to children in Cameroon, Africa.

"My Year as Officer"



MiQuan Green, Region 9 Officer

I received an email in May 2016 saying, "Congratulations on being Region 9 Officer" and thus my life transformed toward the betterment of my community, school, and myself. I have learned so much that has helped further my career in FCCLA. Being a Region Officer has allowed me to train with some of the best trainee's and officers in the nation. Collaboration and networking with educators, lawyers, and politicians have broadened my knowledge as a person and a business owner.

I stay focused on my office duties but learned that having fun is ok as well. FCCLA has shown me not only what leaders are but also opened the pathway to unlimited possibilities. As a Regional Officer I, have blazed through thick mud trails, climbed over walls, jumped off towers

onto a big cushion, and zip-lined across a beautiful lake. I have danced like a fanatic with people I now consider to be great friends. Nonetheless, I have learned how to manage my time wiser while incorporating fun and excitement into the hustle and bustle of my normal everyday life.

When I read the creed of FCCLA, it tells me that we are to "face the future with warm courage and high hope" my question to you is how are you doing this? As members of the solitary body of Georgia FCCLA, you need to remember that the future of this country is in our hands. To be successful, we will experience and persevere the daily components of gathering skills, teachings, and workshops that will lead the pathway to be tomorrow's leaders.

I now know that being a Region Officer is more than just writing and preparing speeches, sitting in meetings, and giving workshops. In 2016, I learned that leadership is more than a title, a degree or even a pay increase. It entails acceptance of the fact that being a true leader is having the courage to stand alone, make tough decisions, and having the compassion to listen to the needs of others. A good leader does not need confirmations from others to be an example but becomes one by the equality of actions and the integrity of intent.

**---MiQuan Green
Region 9 Officer**

Flowery Branch attends Orlando Cluster Meeting

Nearly 2,000 youth members and adult advisers gathered in Orlando, Florida for the annual National Cluster Meeting (NCM). This meeting provided FCCLA members with opportunities to compete in career-applicable skill demonstration competitions ranging from interviewing skills and impromptu speaking to technology used in teaching. One member, Mariah Lutz competed in the Job Interviewing competition. She thought this was a great opportunity to highlight some of the skills she has learned throughout her high school career. By attending NCM,



Students at the Magic Kingdom

Flowery Branch continued on Page 4

What do the words "Face the future with warm courage and high hope" mean to you?



Desiree Singleton, Georgia FCCLA Vice President of Membership

Of course, as a high school freshman, I had some fantasy idea of what I was going to be when I got older- the same fantasy idea I had since the age of 8. However, I had not necessarily entertained the idea of how I would get there... or what I would do once I did. But the truth is, I didn't want to. I did not like the idea of growing up, and I certainly didn't want to plan it. Relatable, right?

Throughout my high school and FCCLA career, I took advantage of the national program Career Connection and picked up on valuable assets I would use now, and later on in life. By participating in FCCLA's competitive events and running for office, I tested my limits and found that I was capable of things I had no idea I was. Growing

Face the Future continued on Page 4

How has FCCLA changed your definition of leadership?



Mia Hallyburton, Georgia FCCLA Historian

As I began my term as Historian for Georgia FCCLA last March, I defined leadership as an individual leading others to do great things. Over the duration of my term in office, I have had the amazing opportunity of working with other officers from all over Georgia to plan events, teach workshops, and serve the members of Georgia FCCLA. Through this amazing experience, my perspective on leadership has changed drastically. I began to realize that leadership is a team effort. I would not have been able

to plan all the events, such as Fall Leadership Conference and State Leadership Conference this year all by myself. Being a leader this year has taken a team of wonderful officers, who are extremely committed to making Georgia FCCLA the best it can be, to lead FCCLA's dedicated members and to conquer the tasks presented to us in March. After a year of hard work with my incredible officer team, I finally realized that that's what The Ultimate Leadership Experience is all about. FCCLA is about coming together as one, as a family, to lead each other towards greatness. This student lead organization was built upon the leadership of many great individuals, who worked together as a family to establish the best Career and Technical Student Organization (CTSO) out there. Through FCCLA my definition of leadership has changed to; a group of individuals, who are working towards a common goal, leading each other towards greatness.

--Mia Hallyburton
State Historian

Loganville High School FCCLA "Honoring Our Veterans"



FCCLA Members at the 2016 Veterans Dinner

Every year, Americans gather around to cherish the lives that have fought and have been lost to protect our country, so that we can continue to live in freedom. In order to thank our local veterans for their sacrifice, the Loganville High School FCCLA chapter volunteered to serve our veterans at the annual Veterans Dinner at the American Legion in Loganville. The dinner took place on Veterans Day, Friday, November 11th. During this event, chapter members served our veterans and their family dinner to show their appreciation for all they have done for our country.

Flowerly Branch from Page 3

students were given opportunities to demonstrate skills they've learned through FCCLA, while also exposing them to new cities, cultures, and situations that they may encounter in their colleges and careers. The conference

concluded on Saturday afternoon which gave members time to go to the "Happiest Place on Earth", Disney World! This was the first time several of the members have even been to Disney World. One member commented that this was

Groves High Wins First Place Promoting FCCLA



Jazmine Holmes with her 1st place medal standing in front of her project...hard work pays off!

For weeks leading up to winter break, Groves High School Vice President of Public relations, Jazmine Holmes, worked diligently on a membership recruitment display that would go far beyond expectations.

On Saturday, January 7, 2017, her project was entered into the Career and Technical Student Organization (CTSO) Membership Recruitment Display Competition at the Savannah-Chatham County Public Schools System Student Success Expo. This competition was between all of the CTSOs in the district, and all of her hard work paid off as the Groves High School FCCLA took home the 1st place prize. The display's theme was "A Sea of Possibilities," which was a way for her to tell how FCCLA has Unlimited Possibilities.



A Sea of Possibilities Membership Recruitment Display

How has FCCLA changed your definition of leadership?



Subhadra Dhakal, Georgia FCCLA Region 5 Officer

Leadership is a word that has more definition than any one can count. There is no right or wrong definition of leadership, and by serving as a FCCLA officer, I have learned that your definition of leadership can change, and you know what, that's okay. As you grow and experience new adventures, you learn new things and from those things your definition changes. My definition of leadership has changed three times so far and who knows how many more times it will change.

My original definition of leadership was someone who stood in front of a crowd of thousands of people and gave speeches. I thought this because the only leaders were those I saw on my television screen. At this point of time in my life, I did not know

that being a leader took hard work and dedication.

My second definition of leadership came to me when I joined FCCLA in my 8th grade year and was elected as a chapter officer. Through my middle school advisor and my fellow FCCLA members and officers, I learned that leadership wasn't just about standing in front of a crowd and making promises, but rather about completing those promises. Leaders are the people who are willing to work more than required and get things done when they need to be done. FCCLA taught me that leadership is not about the leader but rather the follower, because the leader would not exist without the followers. More than anything, serving as an officer for my middle and high school chapter taught me that to be a leader, you need passion for what you are doing more than anything else.

My current definition of leadership came to me after I started serving in the State Executive Council. Working with such amazing and dedicated individuals taught me that a true leader is someone who helps others reach their goal while growing and learning in the process of reaching that destination. I learned that leadership isn't about the leader or the follower, in fact there might even not be a leader or follower. I also learned that lead-

ers are not those who walk in front of the crowd, but rather those who walk with the crowd. Leadership is about a group of people, who have a passion for the same things and dream the same dream and who work together, learn from each other and grow from each other's experience.

These are just three examples of how the definition of leadership can vary, and they are all my definition. I know, for a fact, my definition will change more as I continue to grow and learn and I know FCCLA is going to have a major part in that change. My last two definitions of leadership have been shaped by my experience in FCCLA. I hope I continue to learn and my definition of leadership keeps changing, as that will be the proof that I have grown.

Subhadra Dhakal
Region 5 Officer

Face the Future from Page 3

with FCCLA taught me to believe that I could achieve whatever I put my mind to.

Four years have passed, and I may now have developed a different fantasy, but it really isn't a fantasy anymore. Now, instead of just regurgitating the phrase as a part of the creed, I actually face the future with warm courage and high hope. I have built the confidence and I know that I can be successful, using the tools that have been provided to me. My time in FCCLA has taught me to live out the creed, believe in myself, and to not be afraid of what the future holds.

---Desiree Singleton



SPLASH MOUNTAIN!!

the best day of her life. Now they are looking forward to the National Conference in Nashville, Tennessee.

Tift County High FCCLA Assists the Salvation Army by Ringing the Bell



Iyana Horton and Aysia Carter

Throughout the month of November and December, FCCLA members are given the opportunity to “ring the bell” for the Salvation Army’s Red Kettle Campaign. The members are given freedom to choose the time(s) and date(s) they would like to assist. The local Hobby Lobby store is the location. The Red Kettle Campaign helps to provide food, toys, and clothing to families during the Christmas season and helps American recover from personal disasters. So far, nine FCCLA members have volunteered to “ring the bell” at various times/dates. Iyana Horton, a FCCLA member, said, “I felt like we did a good thing by ringing the bell and raising the money. It filled my heart with joy to see all of the good we were doing.”

Houston County High School Sends Christmas Cheer through Stockings

HOUSTON COUNTY, GA. – Houston County High School Family, Career and Community Leaders of America (FCCLA) members embraced the true meaning of giving to those in need during the recent holiday season.

FCCLA members partnered with the Salvation Army to purchase items to fill over 200 Christmas stockings with gifts for local children in need. Through this service project, hundreds of children were able to experience the joy that the holiday season brings. The FCCLA members involved with the project were enthusiastic to help serve others.

Anjali Patel, Houston County High School FCCLA member, said: “Not only was it fun to shop for items for a child in need, but it was also rewarding to know that the project was making a huge impact on those less fortunate in our community. It was amazing to see so many FCCLA members participating in this service project. It is truly an incredible feeling to know that a simple stocking filled with gifts can bring so much happiness to a child.”

Over 90 percent of the Christmas stockings that the Salvation Army collects are filled by FCCLA members from Houston County High School. Houston County High School FCCLA hopes to continue this service project with the Salvation Army in future years. It is their hope to continue to increase the amount of stockings filled each year so that more and more local children in need can be supported through the love-filled in these stocking gifts.



Houston County High School FCCLA Members Fill Up Salvation Army Stockings with Gifts



Houston County High School FCCLA Members Counting the Number of Stockings Collected For the Salvation

Marietta High School Students Promote Reading



Marietta High School FCCLA members host cookie-decorating booth

On Saturday, October 29, 2016, twenty-seven FCCLA members, Early Childhood Education and Nutrition & Food Science career pathway students participated in Marietta Reads! at the Marietta Square. Marietta Reads! is an annual Marietta City Schools system-wide celebration of reading. This year’s theme was “The World ... Your Door, Imagination ... Your Key.” Focusing on that theme, FCCLA hosted a booth where children decorated and enjoyed key-shaped cookies.

Franklin County High School “Christmas in a Bag Project”

This past November, Franklin County High School FCCLA members participated in the Christmas in a Gallon Bag project sponsored by a local charity, LoveHim LoveThem.

Students filled gallon bags with new items to meet various needs of orphaned children in Haiti. Items included hygiene items, small toys, and school supplies. Members of the community accompanied LoveHim LoveThem on their annual Christmas trip to Haiti.

Two FCCLA officers, Tashay Montgomery and Jasmine Merilien, also went on the trip with them. Although Jasmine has been to Haiti many times with her family to do mission work, it was Tashay’s first trip.

Through generous donations, FCCLA donated a total of 10 bags to children of different ages. The Christmas mission trip is one of several each year. LoveHim LoveThem has committed to showing love by meeting needs in the local community, our state, Haiti, and Ukraine.

For more information, go to www.lovehimlovethe.com



FCCLA Christmas in a Bag Project for Haitian Orphans

Leadership



Citlali Mota, Georgia FCCLA State President

FCCLA has shown be the fundamental meaning of leadership: service over entitlement. Many people think that leadership is about getting a position or having a title, but in reality, it is about helping others. I like to think of this concept as the math

equation: service divided by your title. If your numerator (service) is bigger than the denominator (title), then your overall outcome is greater than if you had a larger denominator than the numerator. In other words, if we focus more on serving others, our possibilities are infinite because a title won’t make the change. Only an individual with a mindset of servant leadership can make a change.

--Citlali Mota
President



Who has served as your inspiration to step up as a leader? Why?

Inspiration can come from many places, not just from one place or person. Three people has served as my inspiration to step up as a leader, my cousins Rebecca and Sarah, and the current First-Vice President, Kenny Glisch.

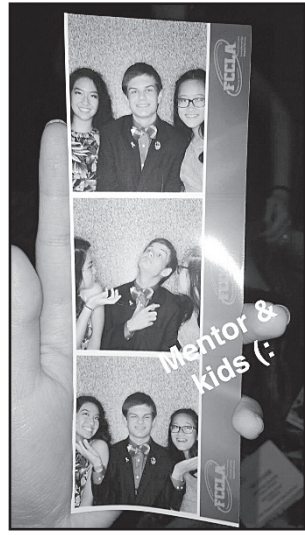
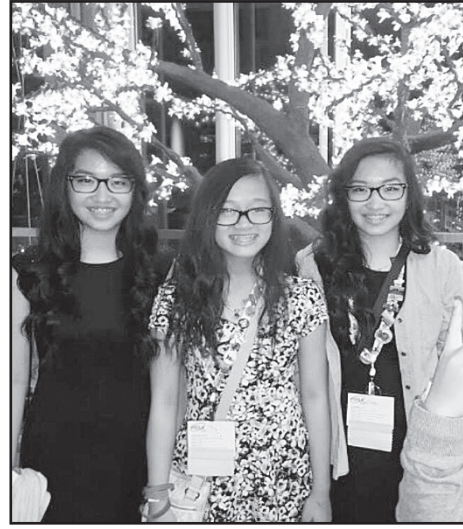
First, my cousins, Rebecca and Sarah, has served as part of my inspiration to step up as a leader because they are always so supportive. They were the ones that got me into FCCLA and helped me achieve my first chapter officer position, 6th grade representative. They encouraged me to join them to study and compete in the STAR Events category, Parliamentary Procedure, and they were always there when I needed help in any activities in FCCLA, or at home. I'm an only child so with the twins around always, I always knew that I had support where I needed it. In FCCLA, both of them have showed me and set an example as leaders in our school chapter, running meetings and planning events for the school. Of course, I love them both very much and I see them as inspiration and I wouldn't be here in this position without them.

One more person that has served as my inspiration to step up as a leader is Kenny Glisch, who is the current Georgia FCCLA First-Vice President. My first introduction to Kenny showed me how excited he was and his love for this organization. A few days after I joined FCCLA, I joined the parliamentary procedures team for our school. At our first meeting and practice, I saw how passionate Kenny was about this event and how he love to spread the knowledge of parliamentary procedure. I saw how he was able to speak in front of us without speaking too softly and how loud and confident he was. I found out he was running for state office and I was like wow, he can do all these things, which inspired me to do the same over time. One time, he pulled me to the side and said, "Next year, you are going to run for Middle Level Representative." I was shocked that he believed in me and that I had the capabilities to fulfill the position, but guess what, I did and now it is nearing the end of my term. I wouldn't have been here in this position without him as my inspiration either.

My twin cousins, Rebecca and Sarah, and Kenny Glisch have served as my inspiration to step up as a leader. Without them, the past three years wouldn't have been possible.

Emily Mai, Georgia

FCCLA Middle Level Representative



Visit us at
www.gafccla.com

2016 - 2017 State Executive Council Q & A



Mia Hallyburton, Georgia
FCCLA State Historian

How has FCCLA helped you become workforce ready?

Family Career and Community Leaders of America has helped prepare me for the workforce in many different ways. My personal career goal is to become a FACS teacher, much like your advisers. FCCLA has been able to prepare me for the education workforce through learning practical knowledge about family and consumer sciences, developing life skills, and basic career preparation.

Family and consumer sciences is the backbone of FCCLA, which has allowed me to gain so much knowledge about the field I wish to study. My FACS teachers/FCCLA advisers make a point of incorporating STAR events into our curriculum, which has allowed me to grow as an individual and create meaningful projects through the FCCLA planning process. By taking FACS classes such as Nutrition, Food Sciences, and Early Childhood Education, and participating in FCCLA, I have been able to get a glimpse into my future career. Enrolling in these classes introduced me to FCCLA, which had given me an advantage over my peers.

Through FCCLA, I have overcome my fear of public speaking, become a more effective leader, and learn how to work well with students from different backgrounds. All of these skills are essential for the workforce. FCCLA has allowed me to develop these skills as a teenager so that I may be better prepared for life as an adult.

STAR events have allowed me to put myself out there and face my fears, in a safe environment. During my experience in STAR events, my partner was sick and I had to readjust everything I had planned and rehearsed, which has taught me adaptability. As a state officer, I have been given the opportunity to collaborate with students from all over Georgia. FCCLA has taught me to put aside your differences, and to come together over common interests, in our case making Georgia FCCLA the best it can be.

Interviews and resumes can be extremely intimidating to those entering the workforce, FCCLA has allowed me to gain experience in both these areas, during my journey to state office. I had to go through interviews and construct resumes, which has prepared me for my future. FCCLA has made this particular aspect of the workforce less intimidating and allowed me to gain experience that students that aren't involved in CTSOs would not receive.



MiQuan Green, Georgia
FCCLA Region 9 Officer

FCCLA is an organization that is preparing you for the workforce. One of the letters in FCCLA stands for career. This shows that one will leave this organization with knowledge of different careers as well as other key tools to succeed in a career field. I am the owner of MGreen Productions, a photography and publishing company.

FCCLA has helped me to understand that there are potential business opportu-

nities all over the world. In FCCLA, one will meet several business owners that will talk about the way business works and how to keep a successful, prosperous and competitive business. Eventually, I want my business to expand more and FCCLA has helped me tremendously.

How has FCCLA helped you in your personal growth and leadership development?



Noemi Garcia, Georgia
FCCLA Region 8 Officer

Before I was a member of FCCLA, I was always shy and I tried my best to avoid talking to other people. I disliked being around huge crowds and I never knew what it was like to be a leader. My self-esteem was very low. I never believed in myself and I always hid away from anything that had to do with being in charge. I was just a shy, scared girl who felt like I could never be anything.

When I signed up for being region officer, I was petrified. I started doubting myself once again. But while I was filling out the application, I looked back at all the things I have done in FCCLA and I was extremely proud of myself. I remembered how I would help the new members with how FCCLA works and how I would always take lead in many things. I walk around school greeting people and I see myself being a good example for the younger classes.

I love looking back at how much I've changed throughout the years of being in FCCLA. I love meeting new people now and everyone I know, including myself,

are extremely proud of what I have accomplished. If I would have never joined FCCLA, I wouldn't be the person I am today.

So whenever I am asked "How has FCCLA helped you in your personal growth and leadership development," I will say, "FCCLA has helped me believe in myself and to become a leader to those who need someone to look up to."

How has FCCLA influenced you to give back to the community?



Shelby Strickland, Georgia
FCCLA Region 6 Officer

What is FCCLA, but not a giant family extended over the fifty states that make up a community? Its central focus is family but it does extend its reach towards the community. The fourth purpose shines a light on just exactly what it does for its communities. In light of recent events, due to hurricane Matthew to help people that not only affected coastal regions and cities of Georgia but along the eastern coast of the United States. At this past Fall Leadership Rally, the state executive council brought attention to these recent events and spotlighted how members and chapters could help by donating to the Red Cross or Salvation Army.

Through all endeavors, FCCLA has made opportunities for students to better their communities. It extended opportuni-

Officers Q & A continued on Page 7

Officer Q&A from page 6

ties through student leadership program, Lead2Feed and past ventures like Camp Sunshine. Peeta Mallark once said, "Our lives aren't measured in years, they are measured in the lives of the people we touch around us." My hopes and goals are to help as many people possible with the tools I've been given. To go forth in the community, to make a difference while gaining life experience. During my service in this organization I've connected with a multitude of people in many places and hope to continue.

FCCLA has inspired me to be a part of my community by starting a non-profit organization called Kid Kamps, which helps kids alongside their parents to explore their career interests. Throughout FCCLA, I've met tons of amazing people filled with goals and aspirations for their careers and communities. It has been one of the major reasons, if not the sole reason for the creation of my organization. What better way to say thanks to FCCLA and serve my community than starting kid Kamps?

What greater service can be done than in the community first? FCCLA has reached 9 million people since the start of the organization, and when that extends to their communities, the possibilities are unlimited. I encourage everyone as members to go into their community and make a greater lasting impact in their communities. When I think of all the things FCCLA has done for me, I also think of what I can do for my community. When I will no longer be a member but alumni in FCCLA, I hope to have touched many people in my community and elsewhere just has FCCLA has done for me.

Mahatma Gandhi said before "The best way to find yourself is to lose yourself in the service of others." Using the tools given I will continue to go into the community and making an impact.

How has FCCLA helped you in your personal growth and leadership development?



Subhadra Dhakal, Georgia FCCLA Region 5 Officer

FCCLA is a powerful organization that has changed many lives including mine. Before joining FCCLA, I was quiet, timid and shy. I was never comfortable with talking in front of even few people, but that all changed when I joined FCCLA in the eighth grade. It took me a while to come out of my shell and be comfortable around people, but when it happened, I became a very different person. Giving

presentations through FCCLA taught me public speaking, and meeting new people has improved my social skills and self-confidence. Competing in STAR Events gave me a new found confidence in myself and being involved in my community gave me a new definition of leadership. Attending conferences and other social events encouraged me to overcome my shyness in order to connect with other FCCLA members. My chapter participation also helped increase my self-confidence. FCCLA has helped me grow into the person I am today. My involvement in FCCLA has changed me and helped me to develop communication skills, social skills, and self-confidence

Not only did joining FCCLA help me develop my leadership skills, it also helped me grow as a person. FCCLA taught organization skills as well as time management skills. There is no questioning that FCCLA is an organization that requires a lot of paperwork, especially while doing STAR Events. STAR Event has many parts that require a lot of written out documents, so if one is not organized, there is a high chance of that person not being as successful in STAR Events. Therefore, the act of being organized becomes the key to success. There is also no question that FCCLA requires a lot of time and dedication so time management becomes imperative. It is an art to figure out how to fit your school work, FCCLA work, extracurricular activities, and community service in just twenty-four hours. FCCLA has prepared me to succeed not only today but also in the future.

How has FCCLA helped you feel comfortable in your own skin?



Sumitra Dhakal, Vice President of Public Relations

Everyone has something they fear in their life. It may be something small such as a spider or a cockroach. It can also be something big such as the fear of losing our loved ones. Like everyone else, I also feared something, and the fear was that of not being accepted. I always tried to fit in, pretended to like what everyone else liked. At home, I was free spirited, talkative, and generally happy; but whenever I stepped out of the comfort of my house, I became a completely different person. I hated attending social gatherings because I was scared that I would say something stupid and embarrass myself. I could never accept my uniqueness, and I felt alone even in a

crowd.

I still remember my Family and Consumer Sciences class in middle school. The very first day of class, my teacher talked about FCCLA, and I do not know why I felt compelled to join. It was later that year that I realized what FCCLA could do to a person. I competed in STAR Events two years in a row and both of the years, I chose a topic that was close to my heart. My 1st year my partners and I talked about indirect bullying, as I had been a victim. My 2nd year our project focused on emotional insecurity, also something I was dealing with. Doing projects that impacted my life in an everyday basis, I was able to overcome these issues. I understood that I was not the only one going through these, and, most importantly, I learned that it was OK and normal to go through these. With this newfound knowledge, I began to open up more. I began to accept that I was not like most of my friends. I didn't like loud music. I would rather sit and read a book in a quiet place rather than go out with friends. I understood that it was ok to be different, it was ok to stand out and not fit in.

If not for FCCLA, it would have taken me years to feel comfortable in my own skin. I am not saying that I am no longer insecure, but that I no longer feel scared of being the odd one out. If there is one thing that I have learned through FCCLA, then it is the importance of accepting yourself, and that with little help and support from loved ones, anyone can love themselves.

So keep loving yourself!

How has FCCLA helped you step out of your comfort zone? / My FCCLA story



Takia Murray, Georgia FCCLA Vice President of Competitive Events

The majority of my life, I was a shy kid who didn't talk very much. I wasn't the type of person who could just go up to someone and start a random conversation. My friend Alisha and I joined FCCLA our freshman year of high school because her sister who was a senior was in the organization. Also, my early childhood education teacher talked about it a lot in class. I ended up doing a group STAR events project with two other friends.

We competed in Food Innovations where we made fruit cookies. The day of region STAR events, I was very nervous. We were practicing our speech non-stop over and over again. They called us in to set up our board and when we came out we were so

nervous that we ran to her sister with tears in our eyes. When they called us in the room to present, we were still so nervous that we messed up lines on our speech, but we ended up getting gold and advancing to state. Being at state was a little nerve wracking because I had never competed at that level before. We did better this time but we still fumbled a little bit and when they asked us questions about our project, none of us really said anything. This time, we had placed silver.

I joined FCCLA again my sophomore year and ran to be a chapter officer. I was elected and became the secretary of my chapter. Again I competed in a group STAR events project with the same people and we competed in National Programs in Action. This time, when we competed at regions I was a little nervous but not so much because I had gotten better since freshman year. We got gold again and moved on to state competition. When it was our turn to present I wasn't nervous at all because I knew what to expect. As I was talking to the judges and presenting the project, the words just flowed out and it felt so natural. I was talking to them as if I hadn't just met them, but rather had known them for years. When they asked questions about the project, I was able to fully answer them and really explain. This time my partner and I received gold on our project.

While all this was happening I was also running for state office. My adviser pushed me to do this because she wanted to break me out of my shell and be more talkative. During the interviews, I was nervous and didn't really elaborate on my answers. When it was time for me to give my speech, I messed up some parts and felt like it was just a disaster. By the time letter drop came I just knew that I didn't get picked, but it turned out that I did! While I was at National Leadership Conference, I met so many different people from all the country and had conversations with them. I never would've have these experiences if it wasn't for this wonderful organization.

At Fall Leadership Rally, I talked with the members and even danced, I don't even do that at home in front of family members! Looking back at the old me, I never would've thought that I would be where I am today. Now it's my junior year of high school and I am able to take the lead and be an advocate for FCCLA. FCCLA has taught me so much about stepping out of my comfort zone and doing things that I never thought possible. Now I am able to get on a stage in front of hundreds of FCCLA members and not be so nervous or run off crying. Because of FCCLA I joined many other organization at school. I have grown and learned so much through this organization and FCCLA has most certainly helped me make a start to a new life.

This is one life experience that I will truly never forget.





Mountain View High School FCCLA's "Trunk-or-Treat"



Marietta High School's FCCLA officers and members promote FCCLA by ushering at fundraising concert



Northwest Whitfield High School's FCCLA members deliver treats to local police officers!!



Northside High FCCLA at the Falcons Game



Evans High School FCCLA members engage in Cinema Drive's Interactive video



20 Ridgeland FCCLA members work the Halloween Festival at Siskin Children's Institute



Heritage High School Members with donations for a family!!!



**See you at State Leadership Conference
March 16 - 18, 2017
Athens, Georgia**