

Career Connections

Three senior members of FCCLA are exploring career opportunities in the field of interior design by competing in the Interior Design STAR event. FCCLA members have enrolled in the Interior Design class taught by an FACS teacher which has encouraged students to learn about the field and develop their skills. One of the students will be completing a Career Investigation Independent Study project to research and study opportunities within the career field. She will also be participating in weekly job shadow experiences with various interior design professionals. All of the FCCLA members believe that their participation in the STAR event has taught them about a future career and helped them develop skills that will be useful in any career field.

Each student in Human Development researched a career and prepared or power point presentation that included a job description, outlook, salary, advantages and disadvantages in this type of job, duties & responsibilities, education, training, and colleges with their program of study. The students in Early Childhood did a similar activity but put the information on a poster and presented it to the class.

FCCLA is one way members can make possible career connections for their futures. One of our new members, Andrew Hale, made huge connection while working on his STAR project. He created an amazing fashion construction design to be used as a costume for a theatrical presentation. It was during the development of this project that Andrew made the decision to study costume design in the future and pursue additional opportunities with the Kearney Community Theatre and Crane River Theatre.

Our chapter has promoted Career Connection and the field of journalism this year by focusing on a variety of media reports throughout the 2015-2016 school year. We began in August with an article for the North Platte Bulletin. The story was about National FCCLA and our STAR participants. In September, we had a story in the North Platte Telegraph about a member who was doing a project for the North Platte Animal Shelter and PTSD Awareness. In November, we had a story on KNOP TV about a Penny War that we were having to raise money for the Lincoln Connection Homeless Shelter. We also had two stories in the North Platte Telegraph about our Veterans Day projects, and a radio interview about FCCLA. In December, we had another story about our Lincoln Connection project in the North Platte Telegraph, and in January we had a story about STAR in Maxwell, and the Co-Curricular STAR FACS connection. In February, we are promoting National FCCLA week on our school website.

Every sophomore in Minden FCCLA is enrolled in Careers class for one semester. The goal of the class is to: 1) Inform students of the wide array of opportunities and careers available in the workforce; 2) Encourage students to start thinking about their interests and skills, and how this might relate to choosing a career path for their life; 3) Provide an opportunity for in-depth research into career areas they might be interested in; and 4) Begin a planning process which outlines the actions required to achieve their career goals. Members utilized the website, nebraskacareerconnections.org for the entire process. After setting up their own accounts, students began a study of the 16 Career Cluster areas. Each member completed both a personal Interest Assessment and a Skills Assessment. After running a Composite Report which combined the two assessments, students were presented with a list of their top Career Cluster areas. They then used the website to narrow down career opportunities by the amount of education they could envision themselves pursuing in the future. From that point, they were able to learn more about each choice ... from job description, to education and training required, to projected salaries, and even the job outlook of that career for the future. Students also completed a Work Values Inventory to discover what aspects of work are most important to them. While some learned they are "in it for the money," others learned there are many other "rewards" for a job well done.

Families Acting for Community Traffic Safety (FACTS)

Our goals were to educate our school and community about the dangers of distracted driving, to reduce the use of cellphones on the road and the number of crashes caused by distracted driving, and to encourage those in our school to wear seat belts. Our major activity was the Arrive Alive Community Night that we held at our high school for people of all ages to attend. We had many interactive activities: a seat belt convincer, a rollover simulator (Nebraska State Patrol), jaws of life (Waverly fire department & EMT volunteers) through a mock car wreck (crashed car donated by a local auto store), a drunk and

distracted driving simulator (Lancaster County Sheriff's Dept.), pledging to celebrate my drive to not text and drive (State Farm), "drunk vision goggles," MADD informative booth, and free infant car seat safety checks (through Safe Kids). We ended the evening with two dynamic keynote speakers: Reggie Shaw, who killed two men in a car crash cause by distracted driving, and Todd Calfie (The Alexis Project), whose daughter was killed by a drunk driver. The day leading up to the Arrive Alive Community Night, we had an all school assembly where Reggie Shaw spoke to our entire student body. Some other major activities we held that week were seatbelt checks in our school parking lot, where we checked both passengers and drivers for seatbelt use and shared statistics about the dangers of not wearing a seatbelt with them. We also visited the Nebraska State Capitol for the proclamation signing for Distracted Driving week. We promoted safe driving at a volleyball game during this week by hanging out green ribbons, the color of Teens in The Driver's Seat, and made an announcement before the varsity volleyball game about the dangers of distracted driving. We designed, purchased, and put up road signs at each of our schools (5 total) that every person views as they exit each campus. The signs say, "One Text or Call Could Wreck It All. Arrive Alive." We had a pledge booth set up at lunches for students to learn about the dangers of distracted driving and sign a petition. An all school survey about Distracted Driving was also conducted. Each of the 5 units of FACTS were the focus of all of our events for the week and for the Arrive Alive Community Night.

Drop It and Drive focuses on raising awareness of distracted driving consequences and the value of safe driving habits. We presented a mock accident with the help of the Franklin Emergency Services. The emergency services we used included the EMS, Police and Fire Department. The student body was able to witness the extraction of a victim from a car accident. We followed the presentation of the mock accident by meeting with students in the gym to discuss the dangers of distracted driving.

The Gibbon FCCLA members, Mayra Gaona, Baylee Rockefeller, Tayven Kier, Nathan Holcomb, and Joscelyn Shea did a seatbelt check on Sept. 23rd as drivers came into the back parking lot. This is a project for the FACTS. Drivers and passengers that were wearing their seatbelts were given a "Smarties" candy with an attached note stating: "Thank you for wearing your seatbelt." If they were not wearing a seatbelt they were given a "Dum Dum" candy and a note: "Please wear your seatbelt. We care about you." We were pleased that 110 people were wearing their seatbelts and only 10 had theirs off.

For our chapter's Families Acting for Community Traffic Safety project, our chapter's goal was to promote traffic safety to teens in our school and community. This project included a variety of activities and incorporated the Teens in the Driver Seat program. We conducted two surveys of students' and staff's use of seat belts in the school parking lot. We also invited students to participate in two written surveys about their driving habits, cell phone use and texting practices. We put up posters in our school, wrote articles for the school and community newspaper and school web page to promote safe teen driving. We hosted a noon program that gave students lots of information about traffic safety. We also provided t-shirts, pencils, key chains, car air fresheners, and sunglasses that included teen driving safety messages for high school students. Our chapter presented an interactive session at the 2014 State FCCLA Leadership Conference on the Teens In the Driver Seat program with prizes and teen driver safety promotional items, as well. This project helped students learn more about the importance of wearing a seat belt, being safe when driving at night or when tired, never drinking and driving, and avoiding texting or other distractions when driving. The surveys showed that student seat belt use increased as a result of this project, and the incidences of texting and distracted driving decreased. This project got our entire high school involved and was a success.

Our FCCLA chapter felt strongly that we needed to bring attention to seatbelt awareness. We lost one of our seniors over the summer to not wearing a seat belt, and a chapter member's brother was severely injured in an accident last year. At two different basketball games, we reached over 200 people by having a no distracted driving pledge to sign by all schools in attendance. We also put flyers and candy on vehicles promoting seatbelt usage in an effort to raise awareness for this worthy cause and honor our lost loved ones.

In 2013, 251 Americans died because of being distracted while driving and ignoring railroad warning signs. The goal of our project was to spread awareness to families about the importance of informing their children about these railroad dangers. We organized and conducted many projects to promote our cause. A mock-trial train/car accident was held on November 19. We contacted local rescue and fire departments, police departments, LifeNet Medical helicopter, and Nebraska Central Railroad. We

involved six students from St. Edward to appear as victims of the fatal railroad accident. 7-12 students were unaware of this event until the town sirens went off and they were informed of the accident. They were able to observe the accident and really take in the reality of the dangers of texting while driving by railroad tracks. We also held an elementary railroad safety assembly for our elementary students and sponsored a railroad coloring grocery-sack contest. We informed the public by putting articles in the four local newspapers and were interviewed by the Columbus News Team. We reached over 191,000 people through Public Service Announcements on five radio stations making a huge impact. Overall we were able to inform our community that, "Anytime is Train Time," you should always, "Stop, Look and Listen, and if you, "See Tracks, Think Trains."

For our Families Acting for Community Traffic Safety project, our chapter members have worked together toward the goal of promoting safe driving to all students in our school. By working in collaboration with the Teens in the Driver Seat program, our chapter has led several activities to encourage safe driving. Our first activity included conducting a seat belt survey in our school parking lot one morning at the beginning of the school year. We gave out Rice Krispie Treats to all students and staff with the message, "Don't Snap, Crackle, or Pop Your Bones in An Accident...Wear Your Seat Belt". We encouraged seat belt use with a program for elementary students, articles and flyers. We did a follow-up seat belt survey and gave out granola bars with the message "Wear Your Seat Belt Every Time You Ride or Drive". We found that seat belt use rose from 80% to 90% among students and staff. We promoted safe driving by providing promotional t-shirts, pencils, air fresheners, sunglasses, and key chains to students in our school that contained messages about wearing seat belts, driving a safe speed, safe night driving, not texting while driving, and never drinking and driving. Members provided hands-on activities such use of goggles that simulate the effect of drinking on vision and an exercise that simulates the effect of texting on driving reaction time. Members did a survey at the end of the school day to see how many students were texting and driving as they left the school parking lot. We advocated for not texting and driving with articles on the school web site and posters on bulletin boards in our school. All chapter members were involved in this project and 100% of the students in our school were reached by this project.

On October 16th, 2015 our Chapter took part in raising awareness for texting and driving. We held a school-wide event where we simulated the dangers of texting and driving. Students participating took turns driving go-karts around an obstacle course while trying to send texts. Seeing how hard it was to concentrate on driving while texting showed how much harder it would be to drive a car in traffic. After realizing the danger of texting and driving, over 1,400 students and teachers stamped their finger on a poster that says "texting kills" and pledged to never text and drive. We partnered with the Kearney Police Department and Meadowlark Golf Course for this event.

During a week in October, our FCCLA wanted to promote safe driving habits to teens. We did multiple activities to help students be mindful of their driving habits. First, we had announcements read every morning sharing a specific traffic safety fact or statistic. During our lunch period, FCCLA members sat out in the cafeteria area and facilitated a distracted driving activity with students. Students played a matching game once and we recorded their results. Then the same students played the same game wearing impairment goggles. Most of the students found out their reaction time was much slower than when they weren't wearing the goggles. Lastly, on Friday, FCCLA students handed out Smarties candy and DumDum lollipops to students driving in the parking lot. They received a Smarties candy if they wore their seatbelt, and a DumDum lollipop if they did not wear their seatbelt.

Our FCCLA Chapter invited Dale Fahnholz from the Nebraska State Patrol to visit with our juniors and seniors about using their seat belts before our homecoming celebrations. Mr. Fahnholz met with us prior to the event and had us do a "Seat Belt Check" before school started and then again after school. We found out that in the morning we had 38 people with seat belts and 10 without. Mr. Fahnholz brought the "Seat Belt Convincer". Students had the opportunity to ride in the apparatus to experience what happens when a vehicle hits another and listen to some of the officer's experiences of finding victims that did not wear belts. Afterwards, when we polled drivers, we had 41 with seat belts and 6 without.

As a Chapter, our goal is to raise awareness in our community and school about the dangers of distracted driving. At the beginning of the year we held an informational meeting about ideas and formed a committee of 15 students. We set a goal of 1 activity every other month pertaining to different things that distract drivers. During the month of September we hosted a seatbelt campaign at a football game.

Eight of the committee members signed up to help create and hand out Smarties and DumDums to drivers and passengers who were or were not wearing their seatbelts. We are pleased to report that 78% of the items handed out were Smarties. In November, five committee members handed out tickets to students pulling into the parking lot that were either choosing to drive safely or were driving with distractions. Again, we were pleased to find that the majority of the student body chose to drive without distractions and drive safely. In January, two committee members hosted a Stay Alive, Don't Drink & Drive Campaign. This campaign involved distributing the fatal vision goggles during all FCS Classes and Homeroom period for all students, hanging posters throughout school that presented statistics on the dangers associated with teens specifically, announcing trivia and handing out prizes to winners every morning, and finally hosting a state trooper and the mascot at a home basketball game. Another FCCLA member volunteered to wear the mascot while the cheerleading team handed out t-shirts and other prizes to the crowd. The two girls hosting the event read a PSA in between basketball games in order to explain the goal behind FCCLA and our partnership with the state trooper. Additionally, the girls wrote an article about the project to help the community understand how important this issue is to our Chapter. Our March event will feature a video created by a member that is also involved in the broadcast club about texting and driving. This video will be featured on our school website. Finally, all members on the committee will host a mock accident the week before prom and parents will be involved in a mock funeral in our gym following the viewing of the accident.

Families First

On November 20th, 2014, the Elkhorn South FCCLA Chapter completed their Kids Campus Event at Fire Ridge Elementary. Twenty-one FCCLA Members participated in this project. This year our officer team decided to do a Kids Campus Event based more upon a Thanksgiving and family theme, which relates to Family First. We split the 90 Kids Campus kids into two groups; the younger group consisted of kids in grades K-2 and the older group in grades 3-5. We had both groups participate in three activities. Our Family Craft Station was an activity where the students created a Family Portrait using their thumbs as the faces of their family members, because every family is "Thumb-thing special." During this activity we encouraged the kids to thank their families for all they do and that families come in all different sizes. At another station, we had the kids make Turkey Treats out of a cracker, candy corn, and chocolate frosting. They had a lot of fun participating in this activity. During this activity, our FCCLA members talked with the kids about their family holiday traditions. In the last station, we had the kids take part in fun and games related to team work, because strong families work together and have fun together. In essence, the goal of the project was to have the kids appreciate their families and we believe we achieved this goal. Throughout this project, the things we wanted the kids to take away were to appreciate their families, remind them that they are part of a family, and that a good strong family is essential for a child's development. Following the project, we observed children bringing their parents to the table to pick up their "Thumb-thing special" painting, and how pleased both the child and parent were.

Our FCCLA members who were in the Early Childhood class were given many opportunities to practice parenting skills they were learning in class. They went over once a week to the school preschool and did activities with the students. It helped them learn how children develop intellectually, socially, and emotionally. They learned how to use 1, 2, 3 Magic and Love & Logic. The preschool students loved to have them read to them, play games, and dance. It was a great learning experience for all.

A Families First project that all chapter members participated in is our Adopt-A-Grandparent Project. Each member adopted an elderly citizen or citizens in our community for the school year. Chapter members visit their adopted grandparents and our chapter purchased for members to send to their adopted grandparents at holidays throughout the year. Sixty-nine chapter members send cards to homes of 76 different adopted grandparents in the area. Chapter members invited all adopted grandparents to an Adopt-A-Grandparent Program at Howells-Dodge Consolidated School one evening. Members introduced themselves and their adopted grandparents. Adopted grandparents were given flower plants for planting in their flowerbeds, yards and gardens. Games and prize-winning bingo were played, and door prizes were awarded. Food was served and members with their adopted grandparents enjoyed visiting and taking pictures at the close of the evening. The elderly grandparents really seemed

to enjoy coming to school and spending an evening with our chapter members. This project has given chapter members an opportunity to form a unique "family" relationship with elderly members of our community. The chapter members have gained a lot from getting to know their adopted grandparents, and the grandparents really seem to enjoy this project. This project fits well into the "You-Me-Us" Families First unit.

In Kearney High FCCLA, FCCLA means "family"! This year our Chapter wanted to focus on helping families in need in our community. We partnered with the Collage Center, a crises pregnancy center in our community to host a "Baby-less Baby Shower" at the Kearney Public Library on Sunday, December 9, 2014. FCCLA members promoted the event to eleven churches, on our local morning radio show and in the Kearney Hub newspaper. FCCLA members planned and organized the event from cupcakes and punch to traditional baby shower games. The event was open to all community members and designed to be more accessible at the Public Library. Our Chapter collected over 1,000 diapers, wipes and onesies as well as new books and diaper bags to be donated to families receiving services at the Collage Center. Our event was featured on the Channel 13 ABC News Station as well as Channel 5 NBC News from Hastings. The "Baby-less Baby Shower" will continue to be a family tradition in our local community.

Our chapter's Families First project had the goal of helping families in our community who were in need of financial assistance. Our members participated in a "Trick or Treat for Canned Goods" activity, where members went out with wagons on October 30 and asked community members to donate cans to the local food pantry. We also served a meal at the food pantry's soup kitchen. One of our members knew a family that is in the process of adopting a five year old girl from China. She has mosaic Down Syndrome, and although her developmental disorder is not severe, she still had poor chances of being selected for adoption if this family had not become involved. Our chapter sold t-shirts to help the family pay for the expensive process of adoption. The capstone and main focus of our Families First Project this year was to support single parents in financial need, especially those whose children were in the first year of life. We partnered with the Collage Center, a pregnancy crisis center that offers free testing, support, and advice. Overall, we collected more than one hundred cans for the food pantry, served meals to almost fifty people, and raised more than one hundred dollars for the adopting family

The Angel Tree is a Christmas Community Service project our Chapter does every year. In mid-November our advisor contacts families in our community who need some assistance with buying Christmas presents for their children. This year we were able to help six families in our community. This project is all confidential to respect privacy of financial needs for each family. A Christmas Tree is then set up at our local grocery store around Thanksgiving time. Community members pick an angel tree tag with certain items the child would like for Christmas. After all the gifts have been brought back and wrapped, FCCLA members deliver the gifts to the families in our community. The generosity of others helps make the Christmas Season a little brighter for the St. Edward children in need.

"Together We Will Find the Missing Pieces" project goal was to educate Boyd County and surrounding areas about the signs and symptoms of autism and the help available for families facing that diagnosis. We started our project on September 1st, 2014 and planned to finish on April 1st, 2015. The main focus of our project was an Autism Awareness week held November 3 to 7th. During this week we had a puzzle piece hunt with Autism Awareness wristbands given as prizes. Other activities during this week were a wear blue day, tying blue ribbons around the school, autism trivia, and selling blue frosted cupcakes as a fundraiser. A check for \$120 was presented to the Autism Speaks foundation. Also, we hung up flyers in area businesses and our school. Some other activities we did were putting up a display about autism at home volleyball games, handing out elevator speech cards at home basketball and volleyball games, and displaying our Autism Awareness week date on the Spencer main street marquee.

Our chapter goal was to plan and implement a Family Reading Night for Elementary students during the month of November. We worked with Mrs. Oliva, a Title 1 teacher at the Elementary School, to plan activities for the pirate themed Family Reading Night Titled "Books are a Treasure." Mrs. Oliva picked three pirate books to be read at stations by 6th graders in her reading program. FCCLA was asked to help plan, organize and lead activities to go along with each book. We planned two pirate themed activities for each book. The activities we decided would work best were: making pirate hooks, walking the plank, digging for treasure, ships & sailors, silly pirate songs, a photo booth, and making bookmarks.

FCCLA members donated many of the material we needed to make the night a success including red solo cups, tin foil, chips ahoy cookies, and children's books, as well as their time in helping during the evening event. The night of the Books are a Treasure Family Reading Night there were over 50 kids in attendance. Many of them came dressed as pirates and were given a pirate name upon arrival. They rotated around the stations listening to stories and participating in the planned activities. At the end of the evening we had a snack and children could pick out a few books that had been donated to take home to encourage reading.

Our FCCLA chapter partnered with the Title 1 teacher at the elementary school to put together a Family Reading Night for families in our community. Mrs. Oliva selected books based on a pirate theme. Our chapter was in charge of supplemental activities. We organized activities such as a treasure hunt, silly pirate song, and walk the plank. There were over 50 elementary students in attendance with their families. Each child go to pick a couple of free books to take home to encourage continued reading at home.

We wanted to celebrate our FCCLA Family with members of our biological and community families, as well as raise money for a member of our FCCLA family. We held a family game night with dessert bar and asked attendees to donate money for a piece of dessert. Proceeds went to our FCCLA family member who is battling a brain malformation and multiple surgeries. We also had an online fundraising element for our member. We raised \$1,000 to help with medical expenses and had a fun night with our families.

As part of our Foods and Nutrition class we are required to prepare a meal for our families. We have conversation starter cards to use during the meal. It is a great way to bring our families closer together.

Our chapter goal was to bring families together for a night without other activities and also to promote awareness of National Families Week. Our goal was to have at least 5 families participate in the Family Feud Game Night. Other than families, the administrative staff had to support this. In order to get the date and event known to all families in the school, we advertised in multiple ways. We sent home flyers with each elementary student, in the school newsletter, and daily announcements. For the cost of \$34 we were able to purchase the snacks and the trophies. Our technology in downloading our brackets and game layout were all free. For this being the first time the chapter held the game night, our attendance was very high. We had around 50 people show up, including our nine teams and guests. We were very pleased to exceed our goal of five families. We borrowed buzzers from our school quiz bowl team to give the night a real game show feel. Our game template played the Family Feud game theme that had the guests clapping along and enjoying the atmosphere. We wanted to make sure people understand that one way to build family relations is by spending time together by doing something everyone enjoys. By discussing the importance of doing things together as a family, we could explain the benefits family time has on building relationships. We had many community members asked when we will be able to hold another game night.

Having sit down family meals is proven to help kids perform better academically and have better relationships with their parents. This is why our Chapter strongly promotes and supports FCCLA @ The Table. On November 10th, our Chapter held an FCCLA @ The Cellar. We had members bring their families to our local Cellar restaurant. This was a great opportunity to promote family togetherness, and explain to all of our new members and parents about FCCLA. We discussed our plans for the year, ways to be involved and STAR projects.

On October 28, our FCCLA worked cooperatively with the Sojee Club, Student Council, FBLA and Friendship Club to host "Fright For Hunger" event. The event was for children from preschool through elementary school. Each club had a station for the children to go around to and do some sort of activity. Our station was a coloring station. We had printed sheets with fall themes that the children could color. It was so much fun watching how some kids really took their time and others just colored it in quickly. Children were encouraged to donate non-perishable food items for their admittance.

Our chapter worked with our school and community to organize a program for our veterans and their families. We conducted discussions with all grades in our school and asked students to provide us with family members who were veterans. From this list, we sent out invitations to lunch at our school. We worked with the kitchen staff to prepare a Ham and Bean Dinner that our school provided for all families. In addition to the meal, we held a program that recognized all veterans from our area, as well as their

family members and students in our school who were connected. Following the program, we hosted a reception and presented each veteran with a small gift. We were interviewed for two stories for the North Platte Telegraph regarding our Family Veterans Day project.

As a Chapter, our goal is to organize and host a spaghetti feed and silent auction for the family of community member Maggie Turpitt. Maggie was killed in a car accident on July 4th, 2015, leaving behind her handicapped husband, two children, and two stepchildren. She was the primary and sole source of income for the family until her passing. The first step was to ask the family if they could use additional assistance. After they eagerly agreed, we decided to have a meeting with our Adviser and set a date, time, and location. We created flyers, put an announcement in our local newspaper as well as two others, created a Facebook page, and put a message on the town's digital board. Many people volunteered their time, including FCCLA Officers, to distribute flyers and gather silent auction items. We contacted the booster club and organized all of the food and supplies to be donated. The FCCLA Officers volunteered to help pick up items, set up on the day of, and organize additional volunteers both from the community and our FCCLA Chapter. We received such a massive response and outpour of support that we moved the location of the event to a bigger building. Our Adviser opened up a bank account in order to deposit the money in the family's name. By the day of the event, we had over 20 FCCLA members volunteering their time, and over 150 silent auction items ranging from gift cards to a Traeger grill. We served over 350 people food & had over 500 in attendance at one point. Most amazingly, we raised \$13,000 for the family, which they used to cover funeral costs, school supplies, etc.

Financial Fitness

FCCLA members learned about how going to college can affect their future earning potential. They played the game of LIFE and filled out a worksheet as they played that helped them apply it to their lives. One of the things they were most enlightened by was the need for insurance to cover the unexpected.

The Howells-Dodge FCCLA Chapter's Valentine's Sales Financial Fitness Project fit into the "Making Money" module of the Financial Fitness National Program. Chapter members researched the cost of ingredients for large heart-shaped Valentine's Cookies, roses, and carnations at several businesses. After they had found the best prices, they computed their costs, set prices, and took orders for cookies and flowers to be delivered for Valentine's Day. Supplies were purchased. Chapter members prepared cookie dough, rolled out and cut cookies, and baked them one day. They frosted, decorated and packaged them the next day and prepared tags for the items. They picked up the flowers from a local florist and put tags on them, also. Then members delivered the cookies and flowers in the school and community. The money raised by this project will be used for our chapter's Adopt-A-Grandparent Program to pay for cards, stamps and supplies. Chapter members enjoyed working together on this project and the funds raised will help fund a popular chapter service project.

The Kearney High School FCCLA Chapter has participated in Money Smart Week annually. This year members of KHS learned about the importance of money management in high school through posters and announcements encouraging students to take an active role in their financial wellness. All members of the Kearney High FCCLA Chapter participated in an online consumer management survey sponsored by Money Smart Week. Members also participated in a "Financial Pitfalls" activity during a Chapter meeting presented by Mikala Fitzgerald, Financial Fitness Vice-Chairperson. After the survey and activity, all members agreed that they learned a lot about making smart financial decisions in the future.

Pierce FCCLA members were given the opportunity to learn about raising and managing money for their own involvement in FCCLA. The goal of the project was to team up with Deli International to help individual FCCLA members fund their FCCLA activities. Each member who participated learned to sell items to friends, neighbors, their family and community members. They had to complete paperwork accurately and keep track of money collected. The profits from their personal sales were accounted for on a personal FCCLA Chapter Account sheet. When funds are needed for conferences or they want to purchase a chapter polo or t-shirt, members can use their personal funds that they raised to do so. Members request for the funds to be withdrawn from their accounts for what they want the money to be used for. The chapter treasurer uses their skills to keep the accounts up to date. The project also helped

members realize that the harder they worked at their fundraising, the more opportunities they can have in FCCLA. As a result, members have experienced financial freedom because the project gave members the chance to fund their own experiences instead of asking for money from their families. Money in their accounts can carry over to future years of membership if not used this year.

On June 16, two twin EF-4 tornadoes hit the small town of Pilger, NE, essentially destroying the town. The St. Edward FCCLA Chapter Officers decided to help the town of Pilger as their annual service project. Our goal was to raise money to help those who needed it, and to help rebuild the town of Pilger. First Bank and Trust of St. Edward and C&S Convenience were the two locations in St. Edward where community members could donate to this cause. People were able to donate from June 20- July 1. With the help of our community, we raised \$977.20 to send to Pilger. We hoped that through this project, we were able to help the families in Pilger and provide them with a little financial support.

Our chapter participated in the FCCLA Financial Fitness program through co-curricular activities in Mrs. Way's Families and Crisis class. Jeremy Eberle from the Choices Program came to speak about addictions, focusing on the effects of gambling on families. In addition, Sheri Anderson from the Consumer Credit Counseling Service of Nebraska spoke about what their agency does to assist people with financial issues. She also spoke about the main causes of people getting into financial trouble. Lastly, Alynn Sampson from the Food Bank talked about how hard it is for the working poor to make ends meet.

Our chapter declared a Penny War during the month of November. We were challenged to do what we could to raise money during National Homelessness Month. We were the only school willing to take on the challenge, so we chose to do it with pennies. Our school brought in pennies and we counted them each day, and took trips to the bank to cash them in. We worked with First National Bank in North Platte to turn our pennies into cash. In addition to the pennies, we collected clothing and household items that we also donated to the shelter. By the end of the month, we had collected \$311 from our penny drive and over 1000 clothing and household items. We celebrated with the Connection staff, and were featured in a story for KNOP TV and the North Platte Bulletin, as well as one of the top stories for the North Platte area in 2015!

Leadership Service in Action

In October of 2014, our chapter worked with our schools volleyball team to sponsor a Pink Out for the Cure volleyball game. Our goal was to spread awareness of the many different types of cancer as well as raise money to donate to different organizations that support those fighting cancer as well as cancer research. Throughout the week of the game, information was placed around the commons area of our school about various types of cancer. During the volleyball game, facts about cancer awareness and prevention were placed in the program and shared over the loud speaker. In between two of the games our chapter honored all of the cancer survivors that were in attendance. We also had a cake raffle, as well as a basket raffle, going on in the commons area. We raised almost \$700 which we donated to several organizations including a local charity, "For the Girls" that supports people in our area fighting breast cancer, the Team Jack Foundation, and the family of one of our elementary students who has battled cancer for several years. We were able to spread awareness of many different forms of cancer as well as have a fun and special night in which we were able to honor cancer survivors and raise money to help in the fight against cancer.

Elm Creek FCCLA members came together to put their leadership abilities to the test. FCCLA members turned to their community to get started! Members were able to collect items for their STAR projects as well as for the Safe Center in Kearney. Members were looking for pajamas, first aid supplies, books, school supplies, & toys were target items. The goal of their project was to educate their school & community as well as surrounding communities about FCCLA and the importance of leadership. In order to complete this goal, students set up a display board at the Holiday tournament for community members to see. Besides Elm Creek, four area-surrounding teams competed in the tournament. Even though these area schools have FCCLA chapters, members realized that they don't always know what FCCLA is really about. The display board included information about their STAR projects, leadership, & what FCCLA is really about. Members volunteered their time, sitting at the display board and answering any questions individuals had. Members were able to raise \$50 from anonymous donations, educate

200 people & collect 400 items. As a chapter we used the money donated to purchase additional items for the Safe Center. It's truly wonderful to see how you can make a difference in your community!

The goals of the project were to raise awareness for Type 1 diabetes, to show the difference between Type 1 and Type 2 diabetes, to put faces with the disease, and to show support and encouragement for the 6 students and their families at Fairbury Public Schools and adults in the community with Type 1 diabetes. During a pep rally and during a volleyball game, a slide show presentation with Type 1 diabetic facts was shown with the special message from Drew Brown, kicker for the Nebraska Cornhuskers and a Type 1 diabetic. 212 Grey Out t-shirts were also sold and donations were collected, raising a total of around \$2,500. This money was used to send diabetic youth to an informational diabetic camp. The information was also shared on Facebook and in the paper. The project was an overall success, and spread the word about diabetes awareness.

Our chapter wanted to help in the fight against cancer. We were able to raise \$1,792.76 for the Leukemia & Lymphoma Society. This was done through the Pennies for Patients program. Students were asked to bring extra change from home and put it in their classroom coin box. Each week the boxes were picked up by FCCLA students. It was counted by the Gibbon Exchange Bank. The class that raised the most totaled \$226.70. They received a silver pennant and a pizza party. 10 other classes donated over a \$100 and received bronze pennants. We hosted a "Scrappin' with Friends" scrapbook retreat on Feb. 6th - 8th in the Gibbon elementary gym. There were 20 scrappers that attended. FCCLA members sold snacks from the concession stand to keep everyone going during the late hours. 2 vendors attended so supplies could be bought on site. We did a silent auction with items donated to our chapter. We were excited that we raised \$1011. We also did a PINK OUT at our basketball game. We sold t-shirts that were designed by 2 of our members. Members of the community and students purchased the shirts, enabling us to donate \$440. We also sold Herberger coupon books and raised \$100. All together we raised \$3,343.76 to fight cancer.

For our chapter's Leadership Service In Action project, chapter members planned to host a free community babysitting service to apply their child development knowledge and child care skills. The service was planned for Saturday, Dec. 13. FCCLA members publicized the service with articles in the local newspapers, flyers, and articles on the school website. Members planned activities for the day including art projects, stories, songs, games, puzzles, and activities in the gym. Morning and afternoon snacks and lunch were provided by the FCCLA Chapter. FCCLA members also brought toys, games, puzzles and books for the children to enjoy. The service was planned from 8:00 a.m. to 4:00 p.m. at Howells-Dodge High School and FCCLA members worked in 2-hour shifts throughout the day. There were 34 children in attendance, ranging in age from 10 months to age 11. FCCLA members had a great time doing activities with the children. Parents loved having a day free to do Christmas shopping, wrap gifts, clean, relax, read, bake, and do errands. The children enjoyed interacting with the FCCLA members, as well. FCCLA members got to apply what they have learned in Family and Consumer Sciences classes in the area of Child Development. The project was a success and one that our chapter would like to continue in the future.

Seventh Grade FCCLA members, Tyler Christianson and Rebecca Wulf organized a Raider Time homeroom activity that raised \$618 for the purchase of mosquito nets to prevent malaria. Malaria is a deadly disease that affects third world countries and these nets can provide the solution. In order to present the information and educate the student body they prepared their own presentation that included a video to encourage involvement in this fundraising event. The Logan View Chapter partnered with Lutheran World Relief and reached out to area churches and members of our Logan View community to provide even more nets for areas in most need throughout Africa. One of the purposes of FCCLA is "to encourage individual and group involvement in helping achieve global cooperation and harmony" and this project is effectively achieving this purpose. They also gave speeches in their respective churches and raised more funds. With the church donations and Logan View's chapter donation, through Tyler and Rebecca's leadership, total funds collected were \$1,400. The Logan View FCCLA Chapter made sure to thank their school and community members for their support!

Twenty-four Logan View FCCLA Chapter members entertained the residents of the Hooper Care Center during the evening of Thursday, December 11th. 7th graders, Rhianna Hagerbaumer and Elizabeth Hull organized a program with FCCLA members sharing their talents. Included in the program were the following: Rhianna - vocal solo, Elizabeth - piano solo, Rebecca Wulf- clarinet solo, and Tyler

Christianson - guitar solo. Following the junior high members entertainment, senior, Emily Bensinger accompanied a resident and member sing-along with familiar Christmas songs. The program was followed by informal visits between members and the senior citizens. While residents ate their evening meal, several of the FCCLA members carried on the annual tradition by painting holiday scenes on the care center cafeteria windows. In addition, decorated sugar and gingerbread cookies, prepared by members of the Family and Consumer Sciences classes were left behind for the elder's enjoyment.

Two FCCLA members of the Loup City Jr. /Sr. FCCLA chapter sponsored a recycled shoe drive. The goal was to educate Kindergarten through 8th grade students about how recycling shoes can keep our environment clean and healthy. We contacted the director of Keep Loup Basin Beautiful to present a recycling power point to these students in our school. Our Chapter also organized and publicized the recycled shoe drive in our community as well as in other surrounding communities by placing boxes in a variety of businesses. We collected 650 pairs of shoes. These shoes will be donated to the Funds2org. The shoes will be used in developing nations for impoverished people to provide basic necessities for families.

This is our first year completing a project called SCAD (Senior Citizens Action Days). Our goal was to meet the needs of and strengthen the relationship with senior citizens in our three communities. We teamed up with director of the Senior Center to develop that connection. We assisted 15 senior citizens by washing windows and ceiling fans, and completing various fall yard work. We plan to continue this project this spring.

Miracles and hard work happen all the time at the Connection Homeless Shelter in North Platte. Every year almost 400 people come to the Connection and receive the basics of food, clothing and shelter along with case management. That means they determine their needs, find the resources to help, and offer support and guidance, just like FAMILY. Most of the men, women and children are from the Lincoln County area and leave the shelter to lead productive lives. Also, the week before Thanksgiving is National Hunger and Homelessness Awareness Week. The Connection Homeless Shelter asked people to think out of the box. Our chapter set up our own "Out of the Box" project to do our part in helping the residents. We were challenged to bring in spare change for the week of November 17-21, 2014, and donate it to the Connection. We set a goal to collect \$100. It would be used for utilities, taxes, and salaries, as well as client services like haircuts, bus passes, prescriptions and purchasing identification. Our chapter went above and beyond our goal. We collected \$200 in cash, and filled the bottom of our large bus with bags of donations for the shelter and the thrift store that funds it. We showed that one person at a time could make a BIG difference. We received recognition for our project on the radio, on KNOP TV, and in the North Platte Telegraph, as well as several thank-you notes from the director of the Lincoln Connection.

The Memory Tree Community Service Project was an opportunity for families and individuals in the community to remember a deceased loved one during the holidays by displaying a special ornament on a live Christmas tree in downtown Pierce. This project was a partnership between FCCLA and the Pierce Chamber of Commerce. The goals of the project were to work with the Chamber to place the ornaments on the large lighted evergreen tree and to conduct a ceremony at the Chamber Christmas Open House held in November. Articles were placed in the local newspaper and school website informing the community of the project so they could purchase ornaments in advance. FCCLA collected the ornaments, cataloged and took pictures of each one, and offered to store the ornaments from year to year if the family requested it. The Chamber put the lights on the tree and provided a sign, spotlight and electricity to light the tree. The FCCLA chapter decorated the tree with ornaments donated by families and individuals. On December 5th, the FCCLA members conducted a candle light memorial ceremony at the tree on the night of the Chamber of Commerce Open House. Approximately 60 people attended the candlelight ceremony where FCCLA members read the names of each honored loved one, an inspirational poem and inspirational songs were sang. Ornaments were displayed until after Christmas, when members took them off the tree and stored them for next year. Over 200 ornaments were displayed on the tree this year, and our Chapter plans to make this an annual event. The Chamber of Commerce has agreed to assist the chapter again next year.

Soles4Souls is a global not-for-profit institution dedicated to fighting the devastating impact and perpetuation of poverty. The organization advances its anti-poverty mission by collecting new and used

shoes and clothes from individuals, schools, faith-based institutions, civic organizations and corporate partners, then distributing those shoes and clothes both via direct donations to people in need and by provisioning qualified micro-enterprise programs designed to create jobs in poor and disadvantaged communities. The goal of the Scribner-Snyder FCCLA chapter was to collect shoes from the students of our school. FCCLA members went to each classroom to talk about the service project. In the Elementary classrooms, each student was given a chain bracelet with one plastic foot charm. For each pair of shoes that they donated they would receive another plastic foot charm. The students could also do a coloring sheet which had a pair of shoes on it to receive an additional foot charm. These coloring sheets were displayed in the commons area of school where the shoes were being collected. In total, the chapter collected over 300 pairs of shoes to donate.

The Howells-Dodge FCCLA Chapter's Leadership Service in Action Project was called "Cleaning It Up". Following a brainstorming session, we found that chapter members were interested in expanding what we had learned about environmental issues and turning that into a Leadership Service in Action Project. Our goal was to complete a project focusing on using the Leadership Service in Action National Project to clean up our school and community. Our plan included three parts: Recycling paper in our school, picking up litter in our community, and keeping our school ground clean. For our recycling project, plastic recycling boxes were placed in the classroom and office areas of our school. Each week a committee of two FCCLA members picks up paper from the recycling boxes. It is then weighed and taken to a recycling trailer by the school. The trailer is taken to GreenFiber in Norfolk and from there the paper is made into insulation. So far this year, our chapter has recycled 3,378.5 lbs. of office paper cardboard, newspaper, and magazines. The second part of the project was cleaning up trash in our community. Our FCCLA chapter adopted a highway near our community and cleaned two miles of road ditches in the Fall and will do so again in the Spring, collecting several bags of trash. Our third project included establishing a litter free zone in our school yard. Each month, a group of chapter members cleans up the school grounds and parking lots, picking up a bag of trash at each clean-up. By involving our entire chapter in this project, we reached our project goal. We now have a project that we can share with others in our school and community.

To promote family time and healthy eating, our FACS teachers shared with all of their students to "dine in" with their families. We had students pledge to eat in and each student who pledged got a sticker to wear. We also had an announcement for the whole school to encourage students to eat at home with their families. We reached about 1800 students with our announcement.

FCCLA member Megan Pendergast, discovered the organization of Project 22-K9 for Warriors watching television with her mother one day and wanted to form a project for FCCLA around it. The project goals are to save veterans and pets. This impacted Megan, as her family has a lot of members in the military and one of her cousins committed suicide. "It's really upsetting that 22 veterans commit suicide every day," Megan says. She, chapter volunteers, and several animals from the North Platte Animal Shelter were in Cody Park on September 19th to encourage people to learn about Stop 22, K9s for Warriors and shelter animal adoption. She wanted to get awareness out about the program. Maxwell volunteers worked with shelter employees to adopt all but 1 dog and promoted an awareness of K9s for Warriors, a program that matches service dogs to post 9/11 veterans. She decided on the project in June and began working with Kerri Ross, animal shelter supervisor, in August. She contacted Dave Harrold, Rail Fest organizer, about helping during Gathering Veterans and Families, which is held at Cody Park during Rail Fest. Megan was there to speak with veterans and supporters the entire time. Megan's FCCLA project extended beyond that day. She set up challenges themed around the number 22 for 4-H groups across the area to raise awareness of veteran suicide. She also conducted raffles and promoted the Green Light project over the holidays.

Our chapter made care packages for coaches, teachers, and chapter members. We put candy and little notes in the bags that said have a good day from the FCCLA chapter. We wanted to show that we appreciate everything they do for us, from teaching to helping us with personal issues. We have really enjoyed doing this and are hoping to do this with the community later in the next few years.

STOP the Violence

Students in the Human Development class created posters to put up around the school. One student shared with Mrs. Ronnfeldt that she did not know she was in an abusive relationship until she read one of the posters that explained signs of abuse. These posters created a lot of conversations among students.

Kearney High School FCCLA members are challenging their peers to reflect on their use of the word "retard" and "retarded" by participating in the "Spread the Word to End the Word" campaign. On January 6, 2015, over 800 students responded to a five-question survey asking students about their use of the words. Overwhelmingly, all students said they have heard students use the word but many students do not say either word. The results from the survey were designed into infographics which were hung throughout the school and shared with guidance counselors. FCCLA members have also been involved in Cat Pals, which supports students who are in need of social skill interaction throughout the school year. All KHS students will be encouraged to sign a pledge on a giant banner that will be displayed in the commons area for the remainder of the school year. This event will be hosted by FCCLA on March 4, 2015.

The Logan View FCCLA Chapter sponsored an assembly for our 7-12th grade students the afternoon of January 22nd. The group entitled "Revolution", from Columbus, Nebraska, comprised of high school and college students, presented information about healthy relationships. The assembly consists of scenarios that provide the audience with real life teen issues and is followed up with opportunities for interaction from the assembly of junior and senior high school students. 8th grade Logan View FCCLA members, Shaylin Daugherty, Cheyanne Shepard, and Olivia Stillman planned and implemented a "Stop the Violence" STAR Event and suggested to the Logan View Officer Team that the chapter invite this group to our school and finance the event. In October, these three students, along with their adviser, Mrs. Pat Kassmeier, also attended a Domestic Abuse Vigil on the Midland University Campus sponsored by "The Bridge" (our community's crisis center for sexual assault) in an effort to better understand the dynamics behind violent relationships. They later made a trip to the location where "The Bridge" provides their services in an effort to interview the director about details they needed for their presentation. As a result of the visit to "The Bridge", they were asked to distribute 8 1/2 x 11" posters to advertise their services and give victims an easily accessible phone number for them to use. As a result of their work, over 400 people were reached and received good information to not only help victims of violence, but more importantly help educate and prevent violent relationships from ever happening.

Freshmen students and FCCLA members participated in a poster contest sponsored by loveisrespect.org. After learning about healthy and abusive relationships, the students wanted to educate others to improve their relationships. Each student in Intro to FCS made a poster to hang around the school building. The posters could describe healthy relationships, signs of an abusive relationship, and/or what to do if you find yourself or someone you know in an abusive relationship. The posters were hung around the building during February which is Teen Dating Violence Awareness Month.

FCCLA members were provided a \$100 grant from Jana's Campaign. This money was used to purchase shirts to give away at our purple out night to raise awareness of dating violence. We also sold shirts for the event, with profits to be given to fight dating violence. Anyone who wore the shirt we designed and sold was admitted free to the basketball game. Our home patrons, and the competition patrons and players participated in this event. We also sold special Eileen's Cookies with profits donated to combat dating violence. We raised approximately \$150.00. We also teamed up with our counselor and the Student Council, and taught about dating violence in classrooms on a weekly basis for one month. Furthermore, we spoke to our school board about increasing the instruction provided in our school, staff and community to recognize the red flags of dating violence and ways to combat and report this.

On January 22, FCCLA sponsored Mike Smith to speak at our all school assembly. He is the founder of Skate for Change, which is a project that helps the homeless across the country. With the help of local skateboarders, the group skates around town to donate personal items to homeless people. Mike Smith travels across the country to share his message and program Dude Be Nice. Dude Be Nice is a message speaking out against bullying and sharing his story of going from oppression to kindness. All 1,400 students learned from this event and loved his presentation! Our staff did, too, and we plan to work with Mike in future events at the beginning of the school year.

In order to educate our students about healthy relationships, we had an advocate from a local domestic abuse organization come speak to our FACS classes. She spoke to our Human Behavior, Relationships, and Families in Crisis classes. She talked with the students about the warning signs of an abusive relationships and what they could do if they got into an abusive relationship. She also discussed with our students the importance of healthy relationships and what those look like. Overall, she has presented to over 150 students. Now students will be more equipped to find and maintain healthy relationships.

We created a video featuring quotes from students and staff, as well as pictures the students felt confident in. We also lined the walls of WHS with "selfies" from students and a link to a video of the students talking about their ambitions and interests. We collaborated with all of Waverly students and staff and used social media to promote our students' efforts. By completing these projects, we worked to break down stereotypes, eliminate disrespect, and encourage relationships between students and faculty.

Student Body

FCCLA members and classroom students were asked to download the "My Fitness Pal" app. They recorded the food they ate for 1 week and then analyzed the information. Most of them did not realize how much they snack on food during the day, and that they did not eat very many fruits or vegetables. They were surprised by how quickly calories added up and that serving sizes made a huge difference.

Our chapter completed a project called "Growing Up Healthy" for our Student Body project. The goal of this project was to create presentations, share information and do a variety of activities that focused on good nutrition for students in our first grade class. FCCLA members created a PowerPoint presentation, collected a variety of interactive nutrition activities and games, and visited the 1st grade class several times during the project. FCCLA members had a great time educating the 1st graders on the importance of healthy eating using MyPlate. The 1st graders loved having the members come to class and visit. They especially enjoyed the activities that we did with the students. The 1st grade teacher also liked having our students serve as role models for her students and was happy to have FCCLA members come into her classroom. A pre- and post- test helped us evaluate the success of the project. The students did learn more about MyPlate and the importance of healthy eating through our Student Body efforts, as shown by their test results.

The Humphrey FCCLA chapter made educational games to play with the 4th and 5th grade classes that taught about nutrition and eating right. The games included food groups, cooking utensils and a scavenger hunt. In addition to the games, the students taught the classes how to make a healthy snack (smoothies). The goal was not only to increase healthy food knowledge, but to promote FCCLA in the elementary school.

Kearney High FCCLA members working the KHS Staff Wellness Committee measured, designed and promoted a Walk-N-Talk Track during lunch from February to May. The project was a kick off event to Heart Month and FCCLA Week which encouraged students (and staff) to get moving during lunch. The team of freshman coordinating the project wrote and starred in a promotional clip on Bearcat TV, produced by the Media Productions class. Posters were distributed around the school and announcements were made each week. An average of 25 students walked weekly and earned healthy snacks or prizes when they participate at least 3 times. The FCCLA Walk-N-Talk track has been a great way to get several KHS "Student Bodies" up and moving!

The Student Body project was called "Get Fit, Be Healthy". The goal was to encourage youth in our school to eat the right portions of healthy foods and participate in physical activities for at least 60 minutes a day. Two FCCLA members discussed the "My Plate Food Guide" power point and completed outline notes to 7th and 8th grade Health classes. They also demonstrated how they could rejoin the "Fuel Up to Play 60" program. After junior high students completed a survey, our principal gave the approval to incorporate a physical break during junior high lunch period. An example of a physical break is shooting basketballs. About 95% of the junior high students participate in this activity on a daily basis.

Our chapter held a food scavenger hunt on August 26, 2014. During this scavenger hunt, our chapter splits into teams. Each team is given a list with 25 items. Everyone has exactly one hour to complete this project, and find all the items on the list that can. The project's goal was to spread awareness in our community about helping others with nutritional needs by donating food to our local food pantry. Our

goal was to collect 150 pounds of food to donate. We collected 181 non-perishable food items and healthcare items to donate to the Boone Country Food pantry. Chapter Officers helped deliver the items and hope to be able to donate more soon!

We worked through each module of the Student Body program by educating students about various topics, and then creating a social media challenge for each topic. Our goals were to inform students in our school about each dimension of health and wellness, as well as empower them to make healthy choices. We sent out an email to all students that contained a video explaining the topic at hand (stress, eating healthy, exercise, mental health) as well as a tip/trick to go along with each topic (games to relieve stress, basic healthy recipes, quick & simple exercises, getting rid of the negative mental health stigma). Then, we created a social media challenge where students had to show us what they were doing (relieving stress, eating healthy, exercising, informing others about mental health). We tracked these posts by creating the #huskystubody hashtag and awarded prizes to three people that participated in the social media challenge for each module. There were very few students that participated in the social media challenges, but at the very least, we were able to get some information to all the students about their health and wellness.

The project that our chapter selected for "The Fit You" unit of Student Body was to sponsor a 5K Run during our community's Rib Fest in September. A flyer was created to publicize the event and flyers were posted in area communities. Members wrote articles to promote the 5K in local and area newspapers, and on our school web page. Entry forms were printed. A T-shirt design was created by the chapter's officers. We received a donation from a local business to help with the cost of t-shirts. Chapter members ordered medals and supplies for the race, including chalk to mark the route and numbers for runners. We received a donation of water and Gatorade from the local medical clinic for the runners at the finish line. On the day of the race, chapter members met early to mark the route, set up barriers to traffic, prepare racing forms, register walk-ons, take photos, and begin the race. Some members volunteered to time the racers, others positioned themselves along the route to make sure everyone stayed on course. Other members served water for the race participants along the route. At the finish line, members provided drinks, fruit and granola bars for the racers. Following the race, medals were awarded. There were nearly 100 runners and walkers of all ages who participated in the Rib Run. This project gave chapter members the opportunity to promote fitness and members had a great time doing it!

We saw there was a need in our school to help us learn more about the dangers of drugs and raise awareness. We set two goals for our school and during the last week of October, which was when FCCLA celebrated Red Ribbon Week. Our target audience was our entire school. We tied ribbons to the school's fence that spelled out "DRUG FREE" and different activities between elementary classes and high school age groups. The elementary goal was to make sure every student knows about the dangers of drugs. Each day of the week we planned an activity to encourage a drug free lifestyle. In the elementary, we had students participate in activities like a coloring contest and scavenger hunt, as well as going into each classroom and talking about the dangers of drugs. In the high school the goal was to encourage a drug free lifestyle. We had kids sign a drug free pledge during lunch and posted an antidrug commercial on our school information TV. We also partnered up with the East Central Health Department in our county to borrow resources to put up an anti-drug display in the high school display case. The display showed the effects of using tobacco and drinking as well as prescription drug abuse. We realize the fight against drugs is continuous, and it takes all of us to do our part.

Our event "Princesses don't wear pants" will focus mainly on childhood cancer awareness combined with a healthy potluck. We went for more of a Project Runway feel with two teams using donated shirts to create something new. The shirts have a quote from a childhood cancer victim that says "princesses don't wear pants", who is clearly right. The Olivia Swedberg's family will be judging the garments made. The family will also be educating of members on childhood cancer awareness and how to support families faced with this hardship.

Our FCCLA wanted to promote healthy snacking to our student body. To do this we worked collaboratively with the Lincoln Public Schools Wellness Program, LSW counseling office, the LSW health office and Lincoln Public Schools Nutrition Services. The district wellness program helps schools apply for Fuel Up grants. Lincoln Southwest is the only LPS that chose to participate. To qualify for the grant, a school must include a "nutrition play" and a "fitness play". The Physical Education department

took on the "fitness play" and FCCLA helped with the "nutrition play". We had a \$1000 to spend promoting healthy eating. When considering our activities, we checked with our school nurse to be aware of any food allergies students have. One of the suggestions from the wellness program was that we have students sample different types of oranges. When planning the distribution, we had to consider that we have students with citrus allergies and when we could get the greatest response. We ran a daily announcement for three days before the event about the orange distribution, promoting the event and warning students with the allergy to stay away. We purchased one case of Seedless Navel Oranges, one case of Valencia Oranges, and one case of Blood Oranges for \$48, which would allow for about one third of student body to take a sample. Our LSW Nutrition Service staff cut the oranges into wedges and served them to students between finals over by the cafeteria. This location was chosen due to it's central location and large space to allow students to come and go easily. In each sample cup, a student received one of each of the types of oranges. It was fun listening to kids talk afterwards in class about how they liked the different types of oranges, how they had never tried the Blood Oranges and how some of them thought the Blood Oranges were pomegranates. The remainder of the money we spent on purchasing apples, string cheese, granola bars, and snack sized packages of crackers. On March 25 and April 8, the FCCLA members' handout snacks after school to students to promote healthy snacking. Each time we had a turnout of about 50 students. Students were drawn towards the fresh fruit and the cheese. The remaining snacks were distributed around 30 per day to students needing snack during the school day and around 600 students in between finals on the three additional testing days. Overall, we are pleased with our results.

Halloween is typically a holiday that celebrates candy. Our chapter wanted to do something different to promote a healthy Halloween, while sharing the goals of the Student Body national program. We achieved this by selling bottles of water and calling them "Chug-a-Boos". The water bottles were sold for \$1, and delivered on the day before Halloween. They featured a message for the person who the bottle was delivered for. We promoted the importance of drinking water, and proved that Halloween doesn't always have to be about candy. Proceeds from the Chug-a-Boos were donated to the American Diabetes Association which became our focus in November. We raised \$100 for the organization, went on to educate our students about risk factors for diabetes, and awarded red bracelets promoting the American Diabetes Association. The project continues during the month of February with an awareness of the American Heart Association.

Through a survey, we found that 60% of our 8th and 9th grade students do not eat a nutritional pre-game meal. Our goal was to educate all 144 students in grades 5-12 about the importance of nutritious meals before competing in athletic activities. We made a display showing nutritional meals vs. meals that contained very little nutrition. This was up in our school and at home basketball games. We also handed out pamphlets and elevator cards about the importance of good nutrition before competing in sports events. News articles about our project were placed in our school newspaper, "The Spartan Spotlight". We also gave a short presentation to grades 7-10 about the importance of wise eating habits. Many students were surprised that their eating habits were possibly hindering their performance on the athletic field. We were very pleased with our project and hope to reach the remaining students before the end of the school year.