

THE RED LEADER



**THE IMPORTANCE OF CAREER
& TECHNICAL EDUCATION**

02-03

**GETTING "RED-Y" FOR SPRING
STRESS**

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**FEATURED NATIONAL PROGRAM:
STAND UP**

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UPCOMING EVENTS...

FEBRUARY - CTE MONTH

- 28** Chapter Spotlight & Flash to the Past for March Red Leader due
- 28** February Adviser, Member, & Chapter of the Month nominations due

MARCH

- 01** SLC Registration due
- 01** Affiliation Deadline (paid) for SLC participants
- 01** Nebraska FCCLA State Degree Portfolio due
- 01** Power of One Recognition applications due (Portal)

MARCH

- 01** National Program Awards & National Chapter Public Relations Awards due
- 01** National School Administrator Award due to State Adviser
- 01** Go for the Red Award due for state consideration
- 01** Nebraska ACE Award, Chapter Award, Feed Nebraska, National Programs Awards, Public Relations Award, Fuel YOUR Passion Award, CommYounity Service Award, Community ServUS Award due
- 12** STAR Event Materials Submissions due (6pm CST)

THE IMPORTANCE OF CTE

by Rebekka Jay
VP of Membership



"CTE Month is the perfect opportunity to thank the many educators who have helped shape your leadership."

I often wonder if I made the right choice. I wonder how insignificant decisions impact my future or how those decisions will change relationships or paths down the road. The butterfly effect says that the beautiful Monarch flapping its wings in South America can cause a hurricane in The Gulf of Mexico, somewhat crazy to think about. Sometimes I fear that I am the butterfly. I fear that my repetitive nature is the source of other events elsewhere, because of this I thought becoming a leader was the only way I could be sure my actions had positive repercussions. Through Career and Technical Student Organizations, FCCLA and others, and Career and Technical Education, I learned I am not the butterfly, I am the hurricane, but a good one. Through the actions of leaders before me, I have had the opportunity to become a leader myself and learned how to create positive effects in the world around me. I learned how to be a leader. I learned that being a leader is not about making decisions for other or controlling small aspects of everything around me. A leader doesn't make decisions for the people of an organization. A leader gives everyone a voice, allows everyone to feel welcome, and allows themselves to grow in the process. Not only do CTSOs teach great skills like public speaking, professionalism, and so much more that you will be able to use in your life ahead of you, but they also teach you how to grow and develop with what life throws at you. It won't always be easy, but it truly will be worth it, and I have learned this time and time again from being a leader. Leaders are humble, selfless, and work to build up those who allowed them to receive their leadership position. You don't learn these things from TED Talks or read about them in books, you learn them from experience and hardship. Career and Technical Education taught me this, and I can never say thank you enough.

Career and Technical Education, more commonly referred to as CTE, is a branch of education devoted to

teaching students skills rather than information. CTE gives students the opportunity to learn trades, applied sciences, modern technologies, and career readiness skills, along with allowing them to travel and meet peers from across the country who share their same interests. Many organizations offered by your school are a specified form of CTE, these are known as Career and Technical Student Organizations. FCCLA, FFA, FBLA, HOSA, DECA, and SkillsUSA are examples of Career and Technical Education hard at work in Nebraska. Any current member or alumni of an active CTSO chapter will be able to tell you the tremendous impact Career and Technical Education has had on them, their community, their career, and their family. Knowing this, it is easy to see why February is CTE month. Education is so special and important, and educators shape the leaders of tomorrow not only during the hours of a school day, but through the countless hours of time and dedication to preparing for these competitions and events. This being said, CTE month is the perfect opportunity to thank the many educators who have helped shape your leadership. We would be living in a very different world without them.

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THE IMPORTANCE OF CTE (continued from p. 2)

Without Career and Technical Education, I would not have found my love for leadership, and being able to see the light in others' eyes when they see just how powerful leadership can be in their lives. Without Career and Technical Student Organizations, I would not have met some of my best friends, shoutout to my crazy supportive friend and fellow state officer Samuel Coble for helping me write this and generate ideas with me. These organizations truly become a family for you, a group of people who share common ideas and interests, and will support you through anything you may encounter. While we all still have much to learn from CTE and CTSO, we can be confident in what we have already learned and accomplished to help bring ourselves and the next generations into a better tomorrow. Here's to CTE Month, and the wonderful things you will do throughout your time in CTSOs!

Chapter Spotlight

Kearney



A group of ten Kearney High School FCCLA members, led by Yanilet Montano and Bailey Nutter, participated in the Stand Up national program by advocating against human trafficking. They partnered with the Dressember Foundation, wearing a dress or tie every day during the month of December to make a statement that dressing up may be uncomfortable, but so is the truth about human trafficking. They advocated by word of mouth and on social media, raising \$1,403.25 on the Dressember Foundation website. This project successfully spread awareness about human trafficking, reaching over two thousand community members.

First year Home Economics teacher, Mrs. Jerlyn Hohnholt (bottom row center) is pictured with the 1980-81 Maxwell FHA chapter. Top: Luana McClellan, Judy Feeney, Pam Elliott, Judy McClellan; Bottom: Sandy Cook, Monna Kieselhorst, Melanie Ruppert, Mrs. Hohnholt, Lori Miller, Cheri Fletcher, Kay Ruppert.

Maxwell Chapter Officers were (top) Sandy C, Alt. St. Council; Kay R. St. Council; Monna K, Historian; (bottom) Lori M., President; Melanie R., Vice-President; Cheri F., Secretary

FLASH FROM THE PAST





by Sophia
Birch
*VP of
Development*

GETTING "RED-Y" FOR SPRING STRESS

It's that time of year again - snow is falling, and your schedule is packed with winter activities, studying for the ACT, and keeping up with school and family. On top of that, the Nebraska FCCLA State Leadership Conference is fast approaching. This can be overwhelming, especially in a year like this one. To help you out, I've created this list of stress-relieving tips so you and your friends can get RED-y for spring semester!

The most important thing to remember when reducing stress is to stay organized. By staying organized, you have a better idea of how to manage your time and what needs to be done. I use several methods to keep my life in order. First, I keep a daily planner where I write down conference dates, homework assignments, tests, appointments, and other commitments. Because I have everything written down, scheduling new events is easy, and the risk of accidentally double-booking yourself is greatly reduced. Inside the planner on the weekly section, I write down due dates and make daily to-do lists. This outlines what needs to get done each day, and when I accomplish a task, I get to cross it off. For things that need to be done at a specific time on a certain day, I set alarms and phone reminders. This helps me remember to do things like work on speech at a certain time or bring an item to school in the morning. All of these methods really help me, but if another organizational method works better for you, definitely use it!

Another way to reduce stress is by staying healthy. Being sick isn't fun, and in our current COVID world, it could impact your participation in activities and affect your mental health. To keep yourself from becoming under the weather, you can take simple steps to stay healthy and avoid the stress of being sick. First, take the time to eat a balanced breakfast every morning. By eating healthy breakfast foods like eggs, oatmeal, or even a fruit smoothie, you can better your nutrition and fuel the rest of your day. Secondly, it's important to get outside. Yes, it's cold, but staying inside allows germs to circulate in the dry air. By getting outside, you give your body an opportunity to breathe fresh air. As long as you have a good coat, hat, and gloves, you can conquer all but the coldest days and keep yourself in good health. Finally, be sure to get enough sleep every night. Because of late night and early morning activities this might be difficult, but your body will thank you for sleeping well.

The last way to reduce stress is by taking time for yourself. This doesn't have to be a lot of time - even fifteen minutes here and there will help your mental health. Occasionally though, you'll need to set aside a longer time to relax and unwind. Maybe take a hot bath or read a book for a few hours. Believe it or not, stopping for a few hours will reinvigorate you and boost your productivity. If you can't manage an hour, take ten minutes before bed to read, listen to quiet music, or exercise. Doing this may also help you fall asleep faster, improving your health along the way!

Hopefully, these tips help you manage your stress as we move into the busiest time of the year. Have a great spring semester Nebraska FCCLA!

Chapter Spotlight

Crete



The Crete FCCLA chapter attended the first-ever Virtual Leadership Experience on December 8, 2020. It was an online interactive conference where FCCLA members had the opportunity to hear from motivational speakers and learn more about FCCLA. After attending the VLE, Crete FCCLA members played a game to review basic FCCLA facts. The game, created by advisor Mrs. Bright, involved breaking into small groups and racing to see who could answer the most questions correctly about FCCLA. Overall, the VLE was a very educational experience for Crete FCCLA and they enjoyed participating in the event.



by Cassidy
June
*VP of
Programs*

You don't have to be interested in politics to Stand Up for your passion! This month's National Program, Stand Up is about advocating for something you believe in. This program helps members develop their voice to make a positive impact in their communities and lives! The three units for Stand Up are listed below.

- **Assess** current needs
- **Educate** others regarding concerns
- **Advocate** so that they can make a difference now and in the future

Since this National Program is new this year, which might make it hard to develop a project for. The program focuses on advocacy, so some ideas could include starting a blog to advocate for a cause you believe in and promote it on social media. Or you could write, email, or call your local government to discuss local issues. The biggest part of this project is staying updated and informed, and you could also write a letter to your local newspaper editor to stir up conversation and get your message out there.

I suggest checking out sessions about Stand Up at the Peer Education Conference as the Family State Peer Officer Team is focusing on it this year! The Peer Education Conference is virtual and free to register for on February 22nd!

There are many chances to get recognition for any projects done with Stand Up this year! One special initiative for this year is the Stand Up Social Media Contest. Individuals can advocate for something they love by sharing through social media and then tagging @nebraskafcccla! They can then fill out the form to receive recognition and a certificate. They can also find the form on the National Programs page of the Nebraska FCCLA website. This is a great opportunity for members to receive recognition this year! Here is the link to the National Program Page which has more information:

<http://www.nebraskafcccla.org/programs/national-programs/> Here is the link to the google form that you can fill out to complete the challenge:
<https://forms.gle/RxVXha3VJQR7EyWo6>

A Stand Up project can also be turned in for a National Program award at the both the Nebraska and National FCCLA level. All applications for these awards must be turned in by March 1st, and you can find the forms to fill out on the Nebraska FCCLA and National FCCLA website. Stand Up for your passion this year, and remember to keep up the good work!

SPRING CLEANING!

I know in these snowy times spring seems ages away, but it is never too late to start preparing for spring cleaning. I know many people dread this time of year, which is why I am here to give helpful tips and tricks to make this task super breezy. After all, spring is only a month away!

The hardest part of spring cleaning is knowing where to start. Studies show that beginning with the cleanest room in your house gets the ball rolling with an easy start. After completing a somewhat simple room, that feeling of accomplishment will carry over into the deeper cleans throughout your home. This may be as simple as dusting the living room or folding a load of laundry, to as complex as reorganizing your kitchen pantry. So, start with a smaller simpler cleaning task!

Breaking down cleaning into 10-minute chunks also makes the process of this annual clean simpler. Instead of making it more of a spring-cleaning marathon, rather do sprints of organizing/cleaning. Doing these will help keep you more motivated and allow for quick exercise or snack breaks in-between. Having these breaks aids in you giving your full attention and time toward the cleaning task at hand.

The final part of the mental aspect of spring cleaning is understanding your cleaning personality. Some people like to stress clean (this is what I usually do), but some people are more of a chore procrastinator. Either way being able to identify your "cleaning personality" and know how and when you are going to be most productive is key. Speaking of when, know whether you like to wake up early or clean late into the night. Knowing your sleep schedule aids in setting a time frame for the amount of work you plan to get done throughout the day.

Now that we know a little bit about the mental part of spring cleaning lets dive into some cleaning tips that will help the process go smoothly.

1. To clean your microwave, put a glass container of 1 cup water, 1 cup vinegar, and two tablespoons lemon juice inside your microwave. Then turn it on high heat for two minutes. This will steam the inside of the microwave making splattered food easier to wipe off!
2. If you do not have any microfiber cloths to wipe down mirrors and glass, use old cotton t-shirts!
3. Organizing your cabinets and pantries? Order resealable containers and can storage racks. These allow for those cluttered cabinets to not only look more organized but increase the amount of storage space as well!
4. Take all the sheets off of your mattress and sprinkle baking soda over it. Let this sit for 30 minutes, then using the upholstery attachment on your vacuum cleaner, vacuum the baking soda off to remove all stains and odors.
5. Use baby oil to remove fingerprints from your stainless-steel appliances.

Spring is about a month away, even though it may not feel like it now, but I hope these tips helped and happy cleaning!



by Alexis
Butterfield
*VP of Public
Relations*

Chapter Spotlight

Overton



Overton Chapter Members participated in the Red Sand Project to spread awareness about human trafficking in Nebraska and across the world. Led by chapter officer Jada Araujo, the chapter spread red sand in the cracks of the cement in front of the school to illustrate the number of human trafficking cases that 'fall through the cracks' and are never discovered.

January

ADVISER OF THE MONTH

Mrs. Courtney Benscoter, Thedford FCCLA

Mrs. Benscoter planned and organized everything for the first ever District 10 Virtual STAR Events. She has only been an FCCLA adviser for a few years, but she took her roll as STAR coordinator and ran with it! The whole experience went really well for everyone thanks to Mrs. Benscoter's efforts.



MEMBER OF THE MONTH

January

Janessa Schmidt, Howells-Dodge FCCLA

Janessa has contributed much to FCCLA on the local, district, state and national levels. She is a senior at Howells-Dodge Consolidated Schools and has been an FCCLA member for 4 years. Janessa has participated in many FCCLA projects at the local level including assisting with Face Painting at the community Rib Fest, helping organize the Howells 5K Run, and she's been a part of our chapter's Adopt-A-Grandparent Project, just to name a few! She and her sister were the top salespersons for her chapter's frozen food fundraiser this Fall. Janessa is currently the chapter's District 5 Officer and helped get ready for this year's virtual DLC.



CHAPTER OF THE MONTH

January



Kearney High School FCCLA

Even though there have been many restrictions due to COVID-19, Kearney High FCCLA has completed a service project each month this school year! Monthly collections have been donated to food pantries and centers for relief for people in need. A poverty simulation event was facilitated to bring awareness to the issue of poverty within the community. 'We See You' Baskets were created for custodial and cafeteria staff in the middle schools and high school along with partnering with other student-led organizations to collect over 3,400 lbs. of food to send to local food pantries. Additionally, a Student Body project was completed by teaching kids in an after-school program about social, emotional, and physical health by completing various activities and decorating face masks with them.

Chapter Spotlight

Maxwell



Chapter member Jett Simpson designed the district winning t-shirt for our District 10 Leadership Conference in October. Our theme was "Unmask Your Potential!" Our Virtual DLC was held in October.

Nebraska Family, Career, and Community Leaders of America (FCCLA) is a dynamic student organization which holds the family as its central focus. We promote leadership and service in the family, career, school and community and help members improve themselves and the world in which they live.

FCCLA is a national Career and Technical Student Organization that provides personal growth, leadership development, and career preparation opportunities for students in Family and Consumer Sciences education.



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