

FCCLA attends fall conference

Written by Holyoke Enterprise



Holyoke FCCLA members are pictured in their Nutrition and Wellness T-shirts at the fall conference, from left, front row, Brenda Hernandez, Audi Peña and Peyton Dittmer; second row, Bradley Cumming, Jaylene Dominguez, Dani Brandt, Luke Stewart, Brittney Prottzman and Molly Brandt; third row, Austin Vieselmeyer, Alex Yanez, Tito Fierro, Megan Vieselmeyer and Megan Parker; and back row, Logan Tharp, Erin Vieselmeyer, Marques Harvey, Jesus Martinez, Matt Golden and Ben Martinez. Not pictured are adviser Karen Pieper and chaperone Theresa Tharp.

Holyoke Family, Career and Community Leaders of America (FCCLA) attended the Northeastern Plains District Fall Conference Oct. 10 at Wray High School.

The conference was designed around the FCCLA national program, Student Body, which promotes health and wellness for teens.

Events of the day included playing The Price is Right based on nutrition and wellness trivia and being involved in games that promoted teambuilding, as well as health and nutrition.

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Lunch itself was a workshop, focusing on portion sizes that healthy individuals should eat through the day.

The last event was a multimedia presentation by The Media Guy, which everyone enjoyed. Entitled Livin' Life, it emphasized the importance of positive life choices.

Overall, participants felt the day was successful. They learned the right portions to eat and healthy exercises they should do every day, as well as how these healthy choices apply to FCCLA projects and purposes.

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