FLORIDA ASSOCIATION OF FCCLA

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The Rose Petal

VOLUME I, ISSUE III

SPRING 2010

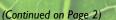
Gear Up and G0 to State 2010!

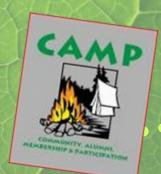
Attention all Campers, attention all Campers....

It's time to gear up as we head off to Camp FCCLA (Florida FCCLA State Leadership Conference). No time to waste! Grab your duffle bags and all of your gear, because we are about to travel one of the finest nature trails in the world. It is sure to be quite an adventure! So, "get ready, get set, and go" for the exploration of a lifetime as we hike across the green grounds of CAMP FCCLA. This year, we will be "blazing some trails" as we light the hottest campfire in the state of Florida! Whether you are a first-time participant or a returning camper, you'll be "sizzlin" as you work your way through the woods to conquer the most exciting STAR and

competitive events in history. Your SEC team has scheduled a bunch of fantastic activities for you and all of your friends. So, get ready for the hike; Bring your best friend, your best attitude, and your best and most favorite campfire stories! Camp FCCLA wants to "Get S'more Leaders", and it starts with you.

To start the Conference off right, we are bringing in a dynamic leader all his own to talk to teens today about what our organization is all about! Ryan Underwood is the kind of guy who likes to have fun while making a difference. He is not only filled with energy, but also spirit, and enthusiasm for what he does! For more information







The Rose Petal Turns Green for Earth Day!

Spring is in the air, and do you know what that means? It means that the Earth is once again changing it's "colors," blooming into a vast sea of green. So as members of FCCLA, the Rose Petal has decided to change it's colors too. Yes! We are turning "Green for Earth Day" in honor of our 2009-2010 State

Target "Gear Up and Go Green"!

Earth Day is celebrated every year on April 22nd, and is the perfect time of year for your chapter to do it's part! By participating in "Green" activities and awareness campaigns throughout your community, you and your chapter can truly come

into full bloom, and give back to our magnificent planet.

This year, we would like you to focus on the three R's: Reduce, Reuse, and Recycle! Read further to see if you can get any inspiring project ideas from these friendly eco tips!

(Continued on Page 10)

State Conference (Continued from Page 1)

on our keynote speaker for the Opening General Session, please visit http://www.teamtri.com/

Also on Wednesday, who can forget that some of the most dedicated leaders in our organization with a need to succeed will be running for the chance to be named a State Officer for 2010-2011! As a member of Florida FCCLA, it is important that you do your part to see what the candidates are really made of. From 6:00-6:30 on Wednesday, members will have the chance to participate in the President -elect round robin. In the round robin, you will be able to have the opportunity to ask the candidates for President-elect questions. You can ask them anything that you may want to know before it comes time to vote, so chose your questions wisely! You can also visit all of the candidate's displays which will be open from 7:00-7:30. Be sure to ask them questions as well! During the First General Session, you will hear the speeches of the candidates running for VP of Junior Relations and President-elect. The Presidentelect candidates will also participate in a symposium, during which time

they will be asked a fact and thought question. You should pay attention to their responses to the symposium, for it could tell you a lot about the candidates. Finally, the time to vote will come during your regional meetings at 10:15 that night. Here you will listen to the speeches of candidates running to represent your district, and you will cast your vote. Elections in FCCLA are a big part of this organization, and a lot of work for those running. Be sure to play your part and participate!

Thursday is both a time for Competition and a time for fun! For those of you competing, get a good night sleep, and remember to have fun with what you are doing. And for EVERYONE, get ready to have a blast as your Chapter departs for our offsite excursion to Sea World!

When you get back from the excursion, be sure not to put away your energy, because directly following the trip to Sea World we will be holding a dance party! This is where we will announce our leaders for the next year, our 2010-2011 SEC!

But let's not forget, at State Conference our VP of Projects Madalyn McCombs will be announcing the numbers for our State Project "Kuddles for Kids"! And on Friday, be sure to check out this year's State Scrapbook put together by Erin McCarthy, our State Historian—on display from 12:00-12:30.

To wrap up the Conference, you are invited to attend the Banquet on Friday night! We will recognize, those most important to our State organization, say farewell to this year's State Officers, and welcome in the new! And lets not forget about the semiformal dance party afterwards!

So no matter why you made the decision to hike to CAMP this year, there is something for everyone in store!

—Kendra Bennett, State President-elect

Have an artistic person draw a body with all the parts labeled, and then you can ask your neighbors, friends, and family to sponsor a part of your body to go to FCCLA State, or Nationals. You can set a price for each part, or the person wanting to sponsor can decide



As anyone who has attended State Conference before, you know it isn't always a cheap ride. Check out the rest of the Rose Petal to find hidden Finance Tips that could help you and your Chapter get to State!

-Rebekkah Houde, State VP of Finance



State Project Update

FCCLA

participation in the state project never ceases to amaze me! With the tally sheets that have been turned in, we've collected 1,758 "Kuddles"! I'm so excited with the success of the project. I hope hearing these outstanding numbers will encourage you and your chapter's

"kuddle" collecting.
The tally sheets are in and have been counted—I cannot wait to announce the huge success of the Florida delegation of FCCLA at this year's State Conference! I appreciate everyone's cooperation and support in this project. "Kuddles for Kids" is such a great cause and

I hope that by giving a piece of your life to these children in need, you are gaining empathy and love towards the people around you.

—Madalyn McCombs State VP of Projects with the
success of the
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"I'm so excited



You know you're this year's state President when...

The officers call you for all of their questions...

You have to order another red jacket, because you burned your first one when you tried to iron it...

You are forced to buy a new pair of black shoes, because you left yours in Washington DC...

You stayed a whole month with the State Directors Family, interning at the state office.

You can hardly ever put a name to all the faces that you have met...

You are constantly in trouble with Mrs. Smith, Granger, and Mears...

You've gotten on the other officers nerves, at least once throughout the year...

You have done as much as possible you could but are only half way done...
The officers and District Advisers are looking at you, winking, signing, motioning etc. for you to bang the gavel when everything is in a tizzy at our council meetings.

You have missed nearly three weeks of school due to all of the wonderful trips with FCCLA...

You know all of the FL state songs by heart and can recite them in your sleep... The only nights of sleep you get are the ones before and after the week of state... You have found a new set of 11 other friends that mean everything in the world to you...

You are a part of the greatest state association in FL...

—Brett Floyd, State President You know you're a state officer when you're in one place, then half way across the room from that place the next minute. As a state officer you're doing so many things at one time; you're not sure how you got to that place. You could be talking to one of your chapter members at one point and then you're on stage a minute later, stating a line that you've been rehearsing forever. As officers we enjoy our jobs and get our daily exercise at the same time. When people use the expression of "you can't be at two places at one time", I think we come pretty close to it.

—Rashawn McCloud, State VP of Careers, and Alumni

You know you're wondering, so we asked this year's SEC: when do you know you're a State

Officer?

You know you're a State Officer when... you are at the State Leadership 'Dance Party' and they call your name. You get the biggest rush of accomplishment. You feel overwhelmed by the feeling of achieving what you set out to do. When all your friends gather around to congratulate you and to tell you how much they knew you could do it and how proud they are of you. When you are at these great meetings with amazing people

—Jessica Roberts, State VP of Junior Relations

You know you're a State Officer when...

You have to take an extra bag just for shoes... You don't get much sleep, and you can't wait to hear bed time stories read by Mrs. Smith.

-Erin McCarthy, State Historian

You know you're a state officer when... you just drank 2 coffees and still can't manage to keep your eyes open. You're hiding from Maddy cause you've had one too many hugs that day, are up till 2 am not because you're not tired, but because your laughing so hard you can't sleep. You stress right before a trip because you forgot to buy pantyhose. You are the only person in your school that even thinks about having to buy panty hose.

—Kelsea Livsey, State VP of Chapter Achievement You know you're a State Officer when...

You are up until three in the morning and even though you know that you have to get up in a few hours, you don't want to go to sleep yet because you're just having too much fun laughing!

You learn that buying five pairs of panty hose for one weekend really isn't that too excessive.

You accidentally call Mr. Grady "Mom" at script writing.

You make 200 business cards thinking that it's a little much, and then end up passing every single one out to all the awesome people you have met across the country.

Sometimes you fight, but five minutes later, you all are best friends again.

But really, you know you're a State Officer when you realize that no matter what has happened throughout this long and crazy year, you would not change a single thing. And YES mom, running for State Office was the best decision of my life!

—Chelsea Scourtes,
State VP of Public Relations

You know you're a state officer when you can make a best friend from across the county in a span of a weekend. You know you're a state officer when speaking to hundreds of your peers about leadership and community service feels just like a regular day at the office. And you definitely know you're a state officer when, at the end of your term, you have made eleven of the most outstanding and valuable friends you have ever met.

—Mickey Lukens, State VP of Program of Work

You know you're a State Officer when you get to travel around to so many amazing places, meeting memorable friends from all over the country. You also know you're one of the State Officers when you turn around and someone hits you over the head with a Gatorade bottle.

-Kendra Bennett,

State President-elect

You know you're a State Officer when... you're driving eight hours for six hour meetings. It's four in the morning, you have to wake up at six, and you still haven't gotten any sleep. In one year you've grown closer to twelve people than to the one's you've known your whole life. Everything is funny because you're deliriously running on those two hours of rest. You realize it's another two months before you get to see your State Officers again, and you start to cry.

Finally, you know you're an FCCLA State Officer when you can look around at your fellow Officers and know that the best thing that ever happened to you, is sitting in the same meetings, sharing your lack of rest, hunger and separation anxiety. You know you're a State Officer when you feel absolutely complete.

—Madalyn McCombs State VP of Projects

You know you're a state officer when....you stay up until 11pm working, only to go back to your room and do more work, when you start to drink Starbucks (even though you don't like coffee), and when you are able to make lifelong friends in one year:)

-Maggie Matella, State VP of Recreation

You know you're a state officer when... you are up very late and then wake up pretty early for FCCLA events. We officers are always busy, but always having fun with whatever the task is we have to accomplish. Through it all, why would we want to have a full night of sleep, really we would rather spend the little time we have together. Being a state officer has been so much fun, and a privilege to meet and befriend so many great people.

-Rebekkah Houde, State VP of Finance

You know you're a State Officer when...

You don't get to sleep until late, but you don't mind because you are having so much fun! As a State Officer, we manage to have a good time, even through some of the boring stuff. But really, you know you're a State Officer when you wouldn't change a single thing about any of it.

—Chelsea Musgrove, State Secretary



"Reel Teens is sponsoring the 10th annual Reel Teens Film/Video Festival Contest. The film or Video must be made by a teenager."

Hey everyone! I'm Jessica Roberts, your VP of Junior Relations here with your Junior Corner! There is a really interesting contest being held by Reel Teens! Reel Teens is sponsoring the 10th annual Reel Teens Film/Video Festival Contest The film or video must be made by a teenager. Submissions may be entered in any of 10 categories. Fiction, Short Fiction, Documentary, Short Documentary, Video Diary, Animation, News Magazine, Visual Arts,

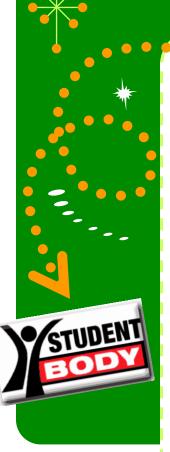
Music Video, or Public Service Announcement (PSA). The winners will be awarded trophies and cash prizes for the best in all ten categories. The deadling June 30th, 2010. for further information go to http://www.reelteens.org/enterfilm.html or contact

Barry Kerr, the festival

Barry Kerr, the festival director, at (845)-246-1598 or email

reelteens@webjogger.net

—Jessica Roberts, State VP of Junior Relations



Spotlight on National Programs



In our society, it is becoming more and more difficult to make educated and healthy decisions on the types of food we eat. From a Starbucks on apparently every corner to the excessive portion sizes served at the most popular restaurants staying and eating healthy can be quite the challenge. According to the Center of Disease Control (CDC), Between 16 and 33 percent of children and adolescents in high school are overweight. Carrying this excess weight can have adverse effects in the body from mere trouble sleeping to developing diabetes.

In middle school I too was once overweight. In seventh grade I weighed in at nearly 200 pounds. A big change from where I am now. However, it was not without a

completely overhauled diet and exercise routine. With the help of my parents, a personal trainer and the will to become healthy I achieved a weight that I was finally comfortable with. Although at the time I did not know about FCCLA and its national programs what I did to lose weight correlates perfectly with the national program Student Body.

Student Body recognizes the importance of engaging in a healthy lifestyle at an early age by exercising, eating right and making all around good choices concerning the body. Eating right, Being fit and Making Healthy Choices. These are the three essential units of the Student Body.

—Mickey Lukens, State VP of Program of Work

Why Should I Be Part of It?

As your State Vice President of Public Relations, it is my job not only to spread the word to our members about all that is going on in our State Association, but to also make the Public Aware of all that our organization has to offer our students, teachers, schools, communities, and so much more.

FCCLA has the distinct impact that affects students, teachers, schools, and communities in such a way that can change the lives of people across the country.

First of all, FCCLA helps students in more ways than one! By participating in FCCLA, students are also preparing themselves for community living, and teaching them how to become responsible citizens. It allows them to develop career skills, and learn to balance career and family responsibilities. FCCLA strengthens the bond of home and family life, and can also help students improve their self

esteem by developing leadership skills, and finding their own personal leadership style. By implementing projects such as STAR events, students learn how to identify concerns, make decisions and carry out activities. But probably most important to students, they are able to build on their personal values by giving back and earning recognition for their accomplishments.

But there's more; FCCLA incorporated into the classroom can have a lasting effect on teachers as well. FCCLA can enrich the atmosphere of the classroom, teaching and motivating the students to learn. Our organization can also publicize the Family and Consumer Sciences program to parents, administrators and the community.

FCCLA can also be good for schools; motivating students, and improving their attitudes towards school, and pointing them in the right direction to prepare them for a career path.

I love my job. And I try very hard to do my job well, and a lot of that has to do with making others realize how important our organization is to us on so many levels. I hope that with the support of my fellow members, and the guidance of our Advisers will help us to realize the potential of FCCLA.

So go out there, and encourage others in your school to Be Part of It! Reach Towards New Horizons by helping to establish chapters at more schools in your area. Help to spread the word about what FCCLA can do for you, and help others find their way to becoming part of the Ultimate Leadership Experience!

—Chelsea Scourtes,State VP of Public Relations



Ask everyone you know for some spare change, everybody usually has some and wants to get rid of it. You can try this at your school, church or local restaurant (with permission)



All About Alumni

As we all know State Leadership Conference is just around the corner. Remember our goal is to show off as many of our alumni as possible. Whether it is someone that you know, or someone you found that used to member of FHA, FHA/HERO, NHA, or FCCLA we would love for them to participate in State Conference this year. We would like to start building our alumni and having members who enjoy this amazing organization to keep coming back for more. Laurie Smith, a past president of our organization who has been with us even after she left has been helping to get more members involved and contacting people in many other states trying to find out how they got started to make

Florida have an awesome alumni organization as well.

We are planning to have a website full of information by the end of this summer. On our website you will find a calendar of events, information about alumni members, pictures of alumni, and an annual newsletter, as well as several other useful tools. In addition to building a website we want to increase awareness about our association and our involvement in all districts of Florida FCCLA. It is our goal and mission to become mentors, supporters, partners, and friends to all members of Florida FCCLA. Each alumni member brings their own special skills to the association, and by using those skills we will help the Florida

organization of FCCLA. So, class of 2010, what skills will you bring? Look for the booth at state conference to register for the alumni association, look out for the website this summer, and become an active alumni member. Being in FCCLA doesn't have to stop when you graduate from high school; there are tons of other ways to stay involved! If you would like any help feel free to contact me at Janise 1113@aol.com.

—Rashawn McCloud, State VP of Careers and Alumni

-Laurie Smith, Alumni Member





Members in Action

"What many people don't realize is that men can be susceptible to breast cancer as well..."

"The entire chapter was happy to do something so simple to make someone else smile."

East Bay High School, Students in FCCLA in partnership with Family and **Consumer Sciences** classes have planned and put together a quilt made out of recycled jeans to raise money and awareness of breast cancer! Students made a basic window pane quilt with a pink breast cancer ribbon in the center of each, and across the center of each ribbon, they embroidered an inspirational word. There were thirty of these words total and they said things like "love", "laugh", "live", and many more. East Bay students are not only concerned with the disease in women, but in men as well. What many people don't realize is that men

can be susceptible to breast cancer as well, and it is not as rare as some may lead you to believe. Breast cancer is a real threat to men and women alike, and to symbolize this, students chose to line the back of the quilt with blue fabric. In the future, East Bay hopes to display their quilt at Moffitt Cancer Center before raffling it off to raise money for the cure.

Middleburg High
School, Students are
very proud to have
become involved in this
year's State project
"Kuddles for Kids". They
took the initiative to make
posters and signs and hang
them throughout the
school displaying the need
for stuffed animals. Their

chapter raised an estimated 700 stuffed animals and filled up a display case showing off the hard work of the entire school. Chelsea Dotson, the presidentelect, was extremely proud that they were able to put all of their hearts together for something that may seem little, but will make a world of difference to a child. And then they traveled during Christmas with their Adviser Mrs. Peeples to drop all the stuffed animals off with J.P. Haul foundation which allows less fortunate children to receive a simple Christmas gift. The entire chapter was happy to do something so simple to make someone else smile.

—Kelsea Livsey, State VP of Chapter Achievement

Finding My "Something"

How has FCCLA helped me prepare for the career of my dreams? In many ways I would have to say, FCCLA has had a big part in preparing me for a fashion or costuming career by having me use the skills I have gathered from my experiences in my Family and Consumer Sciences education.

I would like to start out by saying that FCCLA is a huge part of my life because it has opened up a lot of opportunities for me by giving me the chance to participate in different events and learn from others and making new friends in the process. I became a member of FCCLA during my sixth grade year and I was interested in everything it had to offer and in no time, I was extremely involved in my Chapter, by volunteering at fundraisers and also started to compete in STAR Events. One thing I have learned about FCCLA, is that it has something for everyone and I think I might have found my "something".

This year, I decided to compete in National Programs in Action, and I have related it to our schools "living costume display". This is a way for the students at our school to showcase their talents at different events, that

have been featured in the past years. Having the knowledge of the stage and how costuming works is of the upmost importance to what we do. I'm using my event to show my school's costume design program abilities and how we are able to create costumes just as well as any other. I have noticed that our program doesn't get as much mention as it should because as a middle school student, adults don't think we can do all of the things that we are capable of doing. With this project, I hope to change the perspectives of those who don't believe in us. To show them that yes—we can do great things at our school.

So far, we have put up about ten of these displays, and the response that we have gotten has been truly uplifting. People seem really surprised by the work that we have done, and it makes all of us feel good to think that people appreciate what we do.

By doing this project, it really has helped me to prepare for the career of my dreams. I

have learned skills in how to construct costumes, how to work with others from the stage by working with costumes that are set in different time periods. Also working behind the stage with quick costume changes for the actors. Learning how to deal with people, is something that I think I could safely bring to the work force know. Through FACS education, I have learned so much, and I honestly think that what I have gained will help me with all of my future endeavors.

-Angel Warren,

Progress Village Middle Magnet School of the Arts,

Chapter President

How has FCCIA
helped you to
prepare for the
Career of your
dreams?

Summer Prompt

What is the importance of taking part in your Community? How could helping out make a difference in your life, or the lives of others?

If you would like the chance to have your work featured in the next Rose Petal, submit your response to the spring prompt to the Florida FCCLA Office by email at flfccla@yahoo.com.



Earth Day (Continued from page 1)

Reduce Reuse Recycle

FACTS:

The garbage in a landfill stays there for about 30 years.

Each person throws away approximately 4 pounds of garbage every day.

Most families throw away about 88 pounds of plastic every year.

We each use about 12,000 gallons of water every year (about a third of that is used while flushing the toilet).

In 1995, 200 of the World's landfills were full.

One gallon of motor oil can contaminate up to 200 gallons of water.

SOLUTIONS:

These are all reasons why we should all take a step back, think about our lives, and try to figure out ways that we can REDUCE the amount of resources we consume.

By taking the bus, or carpooling to school and to work, we can reduce the amount of oil and natural gas we consume.

Think about
packaging. By selecting
products that use less
resources to make, we are
giving back to the environment
in more ways than one.

Avoid single served containers, and try buying in bulk! This also gives you the

best product to package ratio.

FACTS:

Each year, billions of batteries are thrown away in the United States. This constitutes 88% of the Mercury, and 54% of the Cadmium deposited in landfills.

Approximately only 10% of every landfill can be cleaned up.

Cotton, rags, paper, and organic material take approximately 6 months to break down in a landfill. It takes plastic over 500 years to break down. Another 500 years for aluminum cans, and even STILL not all materials break down at all.

SOLUTIONS:

You can REUSE materials in their original form instead of throwing them away, or pass those materials on to others who could use them too! Remember, one man's trash is another man's treasure!

Use cups, dishes, and silverware that can be reused over and over again. Avoid using plastic ware if at all possible!

Try using your own reusable shopping bags! You can get them just about anywhere, and they could really have an impact.

Hold a yard sale or

even give away! Ask your neighbors to join in too!

FACTS:

The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for 4 hours.

For every I ton of paper (2,000 pounds) recycled, we save 7,000 gallons of water free from chemicals.

Recycled paper requires 64% less energy then making paper from virgin wood pulp, and can save many trees.

84% of all household water can be recycled.

It takes 90% less energy to recycle aluminum cans than to make new ones.

SOLUTIONS:

Here's the thing, most all things in your home, office, or just about anywhere in your life that cannot be reused can be RECYCLED!

For example; a recycled soda bottle can be made into more than just another bottle. It can be recycled into t-shirts, combs, or other plastic goods. The possibilities are endless!

So chapters, get out there! Develop a cool project that gives back to the Earth based on these tips, and YOU could go GREEN this April!

-Chelsea Scourtes,

State VP of Public Relations

"These are all reasons why we should take a step back, think about our lives, and try to figure out ways that we can REDUCE the amount of resources

FCCLA Brain Buster!

Blake High School FCCLA

Progress Village Middle Magnet School of the Arts FCCLA!

YOU answered last issue's question correctly



If you know the answer to this issue's Brain
Buster, please contact Chelsea Scourtes, VP of
Public Relations by phone at (813)-997-6989 or
by email at chelseafccla@yahoo.com. You can
also contact the State Office by email at
flfccla@yahoo.com. If you are right, you and
your chapter could get a shout out in the next
issue of the Rose Petal!



Last Issue's Question was: What is the official FCCLA flower, and what does it symbolize?

Answer: The red rose represents the FCCLA because it gives joy through the beauty and fragrance. It symbolizes a desire for beauty in everyday living.

What are the State Theme and Targets for the 2010-2011 year?

Check this Out...

The red rose is found in every country in the Northern hemisphere and is also symbolic of vibrant and glowing health, which contributes to happiness and efficiency in the home and family life.



Florida Association of FCCLA

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The Ultimate Leadership Experience

So How are we doing? Did you enjoy the Rose Petal? We would love to hear from you!

Remember that FCCLA is a student led organization; YOUR organization! If you have any comments, concerns, or headlines for the Summer Rose Petal, please contact me, your outgoing State VP of Public Relations Chelsea Scourtes at (813)-997-6989 or send me an email at chelseafccla@yahoo.com! You can also contact our 2010-2011 State VP of Public Relations (who will be announced at State Conference!) If you would like to be placed on our electronic mailing list for future Rose Petals, please give me a call. I am standing by to talk to you because the Rose Petal is a newsletter written by the students FOR the students!

—Chelsea Scourtes

State VP of Public Relations



Did you know, that the Rose Petal has several opportunities for you and your chapter to get involved? Well it does!

Our State Office, VP of Chapter
Achievement, and VP of Public Relations are always eager to hear about what your Chapter is doing in your schools and communities. By sending an email to your State Officers for the 2010-2011 year, you could really get the word out about all the good your Chapter is doing.

But it does not stop there! You can also get a shout out in the next issue of the Rose Petal as an individual, or as a Chapter by answering this issue's FCCLA Brain Buster which can be found inside!

Are you a writer? Have you ever wanted others across the State to hear about what you think? Then check out the 'Student Space' section of this Rose Petal for more information on the Prompt for the Summer Rose Petal, to get your word out there!

So get creative, put on your thinking caps, and get out there! And that is all you need to get featured in the Rose Petal.

Graphic Sources:

Page I, http://www.flfccla.org, Page 3, pictures provided by Erin McCarthy and Chelsea Scourtes, Pages 6 and 7, http://www.fcclainc.org, Pages 10 and 11, webs.rps205.com/, cleantechnica.com/, fiedu/learn/ brain/images

Have a Penny War. A penny war is when you compete to get the most pennies in your groups jar. If the other team puts in silver coins then it subtracts that amount of pennies. The goal is to have the most pennies left after the silver has been subtracted.

