

the *HEARTBEAT* of PBL

Spring 2005

NORTH CAROLINA STATE NEWSLETTER

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Greetings NCPBL members, advisers, professional division members, and guests,

Welcome to the 51st annual North Carolina Phi Beta Lambda State Leadership Conference. Many of us have been working for this weekend the entire year; all of the studying, planning, and fundraising has lead us to this moment. During this conference you will become part of NCPBL history. You will compete in events, attend leadership development seminars and hear motivational speakers. Your chapter will also take part in electing your new state officers. Make the most of this opportunity and show off your chapter knowledge and skills.

Take the time to enjoy everything this conference has to offer. Meet new friends and reconnect with some old ones. If this is your first year at a conference we are glad to have you here. If this is your last conference make sure you speak to some of our Professional Division members to plan your next trip down the road of success with North Carolina Phi Beta Lambda.

The State Officers take this opportunity to say thank you for letting us help lead you down the road to Charlotte. It has been a privilege and an honor serving North Carolina Phi Beta Lambda. We hope you enjoy your conference, and that you continue on "The Road to Your Success" this summer at the National Leadership Conference, June 29 – July 2, 2005, in Orlando, Florida.

Sarah R. Espinosa
2004-2005 State Historian
North Carolina Phi Beta Lambda

Letter from Lanetta



Dearest NCPBL,

It has been a pleasure to serve as State President for North Carolina Phi Beta Lambda, the BEST chapter in the nation. The next stop on our "Road to Success" is the National Leadership Conference in Orlando. If we look at the map of everywhere we've been and everyone we have bonded with this past year, we have accomplished so much. We have reached many of our state goals, including chartering and reactivating new chapters, starting new community service activities, and promoting PBL to FBLA. Our attendance at regional meetings and conferences are at record highs and broke our NCPBL speedometer!

I can't express how privileged I am to be a part of such a wonderful officer team. They have worked so hard to provide the best "roadside assistance" to the members of NCPBL. Thank you to Ally, Sarah, Miranda, Rebecca, and Kristy! Your hard work and dedication was unconditional and you have helped in the development of my leadership abilities. Thank you as well to the outstanding Executive Council for pushing me to be the best and supporting the opinions and ideas of the students.

Because of the teamwork and unity we have as a state, there is no doubt in my mind that North Carolina will be #1 at Nationals in Orlando. We have the brains, the looks, and the NCPBL road signs to keep us on the "Road to Success". Your destination is up to your steering!

At the end of this year I must say farewell to undergraduate life, but I want to bring greetings to the Professional Division. No matter where my road to success takes me I will always remain a member of NCPBL. I want to remind my fellow graduating seniors that we have the largest Professional Division in the nation and it is our responsibility to make sure that no one can ever break our record.



I am so PROUD of you NCPBL!
Continue to stay on "The Road to Your Success!"

Phi Beta Lambda for Life,

Lanetta Holloway
2004-2005 State President

Thank you Lanetta and Ally for serving NCPBL for the past two years. Both of you are wonderful leaders and we look forward to working with you again someday!

Miranda, Kristy, Rebecca, and Sarah



Farewell NCPBL

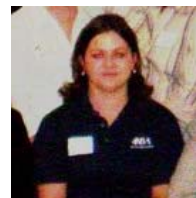
It's pretty hard to imagine my life without North Carolina Phi Beta Lambda. The time I've spent serving as a state officer has been nothing short of amazing. I've met the most wonderful people who have such drive and ambition to be the best. I've seen places across NC that have taken my breath away. I've had

opportunities that have challenged me and molded me as a person. I feel like the luckiest girl in the world to have two of the most supportive advisors who've helped make me the leader I am today. I'm thankful for two awesome officer teams that I've been a part of. As I look toward the future, I will look back on NCPBL with fond memories. Such as my very first state conference when I arrived at my test, forgot my ID, had to run back to my room, was terrified I wouldn't make it in time and almost ended up in tears. I will also remember the first workshop I presented on my own and of course tripping on my long red dress on my way up to the podium at last year's state conference. There are tons more to share but those are just a few that come to mind.

NCPBL thank you so much for a great two years of letting me serve you. Now, I want each person who reads this to think about what they can do to benefit PBL. Make a difference, make a change, and make a point to give your all in everything you do. My best wishes to the state chapter and each local chapter in the upcoming years. Lastly, my best of luck to everyone in all of your future endeavors. I leave you with this very special quote: "I hope your dreams take you... to the corners of your smiles, to the highest of your hopes, to the windows of your opportunities, and to the most special places your heart has ever known."

So long NCPBL!

Ally Kindel
2004-2005 NCPBL Secretary/Treasurer



Thank you

I would like to thank the State Executive Council for allowing me to be a part of NCPBL. I will greatly miss everyone. To the State Committee: thank you for all that you do for Phi Beta Lambda. To the 2004-2005 State Officers: we were a great team and I will miss all of you!

I will especially miss Kathy Toler, who has taught me so much and encouraged me through the year. Thank you Kathy for revising all of my emails and for being such a wonderful person.

I would also like to thank my chapter at Appalachian State University for their support. I would especially like to thank Mr. Joe Walsh, ASU's adviser, for taking the time out of his busy schedule to help the chapter and me.

To the Western Region: Thank you for being such a great region. All of you are wonderful people and have made me proud to be the Western Region Vice President.

My favorite memory of being a State Officer is seeing all of the other state officers' and state committee members smiles when we see each other for the first time in months. My other favorite memory was when Ms. Debra Baker was giving a workshop at FLDC and the ceiling fell during her workshop. I think most of us would prefer to have forgotten about that event.

During my term as a State Officer, I was able to experience many new things, and I was able to meet many different people. I learned what it was like to meet deadlines, organize a workshop, and help others.

I encourage all of the PBL members and advisers to get the most they can out of Phi Beta Lambda. Good luck to everyone in the future!

Miranda Hensley
2004-2005 Western Region Vice President



What a great year!

WOW!!!! It has been awesome traveling on the road to success with all of you this year! I have had a great year serving as your Eastern Region Vice President, and it has been an

honor being a state officer in such a wonderful organization! I must say that it is hard to believe that my term is almost over, but the experiences that I have had this year are priceless.

When I campaigned for office in 2004, I could not have imagined how big of an impact my year in office would have on my life. I certainly encourage anyone who is interested in becoming a state officer to strongly pursue that interest, because it is an accomplishment that you can be truly proud of!

I am most proud of the support that I have received from the Eastern Region, the Mount Olive College PBL Chapter, Ms. Sonya McCoy, and Ms. Kallen King. Eastern Region, thanks for your support this year in helping us to continue to set high standards and always reaching them. Thank you to the Mount Olive College Zeta Epsilon Chapter for "sharing" me with the rest of NCPBL. Ms. Sonya McCoy, thanks for helping me achieve all of my PBL goals, and supporting me as Eastern Region Vice President. Ms. Kallen King, I thank you for traveling with me on my PBL journey, and helping me to achieve my state officer ambitions.

I will end by saying that it has been an awesome road trip! As I begin a new journey, I can only hope that my new endeavors will be as successful as those that I have had in Phi Beta Lambda! I plan to see all of you in the Professional Division, so that we can continue on the road to success!

I wish good luck to the 2005-2006 PBL State Officer team!!!!
Rebecca Whitley
2004-2005 Eastern Region Vice President

**NATIONAL LEADERSHIP CONFERENCE
ORLANDO, FLORIDA
JUNE 29- JULY 2, 2005**



My Road to Success

I will never forget the 2004 State Leadership Conference. As I was watching the state officers on the stage Mr. Kleiner, my advisor, looked at me and said, "That could be you." My first instinct was to laugh! He said, "No seriously why don't you run." Only thing I could say was I would think about it.

I look back on that night now as one of the biggest turning points in my life. It seems perfect that our theme for this year was "The Road to Your Success" because this was a road I never saw myself traveling on. Being a member of the State Officer team has given me so many opportunities I never saw myself having. It has given me confidence, skills, understanding but most importantly friends.

Lanetta, Ally, Kristy, Rebecca, and Miranda...I will never forget the first time I met you all. I automatically felt I would never fit in. I judged you before I even knew you. But by the time our first officers meeting ended that June weekend my whole outlook on you had changed. I will never forget that Sunday morning walking into the room to a cake and the State Officers and Adviser's singing Happy Birthday. It still brings tears to my eyes. I knew at that moment how much I was going to enjoy this year.

Thank you to the State Committee & Ms. Baker (the Happy Lady!) for allowing me this opportunity. Everything you have taught me will help me to continue to grow into a future business leader. I appreciate the fact you allowed me to show my creativity and for always allowing me to be myself.

North Carolina PBL chapters...thank you for your encouragement, and kind words. So many of you have given me a smile of encouragement that you have no idea how much I needed. Especially when I was in front of all of you trying to give a speech!

The Omicron Beta Tau chapter...Mr. Kleiner, Kam Scott, Tonya Callihan, Joe Nix, and Sunisa Turner thank you for being my shoulders to lean on and for always giving me that little push just

when I needed it. To Ms. Burns, Ms. Britt & Mr. Lininger for all the behind the scenes work you do to keep the chapter going!

To my husband, Christopher, and daughters, Lacey & Kelsey...Chris, thank you for your patience, and understanding this past year. Girls, I know you were not too sure why mommy always had to go on her trips. But thank you for sharing me with all of my friends in Phi Beta Lambda. One day you will see it was all worth it!

Here's to the future of NCPBL!
Sarah R. Espinosa
2004-2005 State Historian



Kristy's Goodbye

My road with PBL had definitely been a success. I have loved every step with this organization. I started as a member of FBLA in high school and moved to a state PBL officer. I have learned so much along the way.

The state of North Carolina should be honored to have such a great chapter of PBL. We have some of the best and strongest people right here within our PBL chapters. I have had the opportunity to meet so many dedicated people. I have no doubt that a lot of these people will be great leaders one day. I hope that PBL has helped everyone work towards success.

I want to take time to thank everyone for their support. I have enjoyed this year so much. I am very thankful to be given the opportunity to be a state officer. Being a state officer is more than I could ever ask for. I hope that I have benefited the state and the future of NCPBL.

I want to thank some special people who have supported me throughout this year:

I thank my parents and family who have supported me since I was in FBLA. You guys have given me the skills and strength I need to make it through anything.(Don't worry mom I don't think you will have to sit through another one of those long banquets after this year) :)

I thank the whole state council that I have worked with this year. You guys are so great! I am going to miss everyone. We have all worked so hard together and I really think we have completed so much this year. (I have to say it, you go girls!)

I thank my chapter at WSSU. You guys have been wonderful and I am so proud of our chapter. We have done great in our three years back in the rotation. We are a strong chapter and have such a great future.

Well, this year has been great and I will be sad to say goodbye. I will sit in our professional division and show my support to NCPBL. I wish the new officer team the best of luck. I am sure you guys will do great. I wish everyone the best for next year and all the years to come.

CENTRAL REGION ROCKS!
Kristy Leonard
2004-2005 Central Region Vice President

Helpful website links:

North Carolina Phi Beta Lambda
www.ncpbl.org

FBLA-PBL National Site
www.fbla-pbl.org

Lanetta, Ally, Kristy, Miranda & Rebecca,



A sense of humor is part of the art of leadership, of getting along with people, of getting things done.
--Dwight D. Eisenhower

I'll always cherish those late night meetings; phone calls (how about those business cards Lanetta!) and emails. Thanks for proofing the website hundred's of times (poor Rebecca), answering question after

question, and for being a great team.

I wish you safe travels as you continue down your road to success!

~~Sarah Espinosa~~

The State Officers would like to say thank you:

To Ron Eggers, Kathy Toler, Teresa Parker, Robbie McDonald, Kenneth Kleiner, and the NCPBL Professional Division.

To our local chapters & our advisers...thank you for all the encouragement and support you have given to us this past year.

To our families who have helped us through the good and the bad. Thanks for all of your support!

To all of the North Carolina Phi Beta Lambda chapters...keep up the excellent work and continue to show the nation we are the BEST OF THE BEST!!!



**The Road to Your Success
Leads to Orlando**
Erin L. Carr, Phi Beta Lambda National President

How do you conclude your yearly drive down the road to your success? By attending the Institute for Leaders and National Leadership Conference in Orlando, Florida, of course! This year's conference promises to be one of the best yet, and how can it not be with Mickey and Minnie and the Disney backdrop to ensure that we all have a great time. But, there are many more things to look forward to at this year's National Leadership Conference besides the magical surroundings. You have the possibility of participating as a competitive and open events contestant, voting delegate, and as an enthusiastic member contributing to the success of Phi Beta Lambda. You can even run for national office, which is an amazingly rewarding opportunity!

This year, you have the opportunity to attend the Institute for Leaders, the premier leadership training program developed to meet the needs of Phi Beta Lambda members and advisers. You will learn ways to strengthen your membership, how to become a more effective leader, tips for gathering corporate sponsorships and communicating with your legislators, how to communicate more effectively, and much more. The deadline for early bird registration for IFL is June 2, 2005. I encourage you to take advantage of additional sessions that will enable you to graduate from IFL with honors! Don't miss this amazing opportunity!

The 2005 National Leadership Conference is no doubt going to be one of the most exciting, educational, and remarkable conferences offered by Phi Beta Lambda. You will have the opportunity to attend amazing workshops, regional meetings, exhibit booths, national officer candidate booths, and the always thrilling awards session. You can also compete in a variety of events, including open events, which are open to all members regardless of state placement. All of this is set against the backdrop of Walt Disney World. How could it get any better? The deadline for early bird NLC registration is June 2, 2005.



I look forward to seeing all of you at this year's Institute for Leaders and National Leadership Conference. Thank you for an amazing and rewarding year; it has been an honor serving as your National President. You all serve as an inspiration and hope for the future of Phi Beta Lambda!



If you have any questions about either of these amazing opportunities, or anything concerning Phi Beta Lambda, please let me know at pblpres@fbld.org.

Eastern Region Tip-Off

The Eastern Region of Phi Beta Lambda took a brief break from their road trip to success to attend the Winter Tip-Off at Fayetteville Technical Community College. A total of 55 members, representing 13 chapters were in attendance. Taking part in the informational "pit stop" were: Barton College, Beaufort County Community College, Craven Community College, Durham Technical Community College, Fayetteville Technical Community College, Halifax Community College, Lenoir Community College, Mount Olive College, Nash Community College, North Carolina Central University, Sampson Community College, St. Augustine's College, and Wayne Community College.



L to R: Eastern Region VP Rebecca Whitley, State President Lanetta Holloway, & State Historian Sarah Espinosa

Fueling up our engines in preparation for the State Leadership Conference, Ms. Teresa Parker, Barton College adviser and State Awards Program Director, reviewed the SLC conference guide. Providing us with the rules and guidelines for our road trip, Mr. Kenneth Kleiner, Fayetteville Technical Community College adviser and State Publications Director, outlined important deadlines and competitive event forms. Encouraging all chapters to pick up a few souvenirs along the way, Ms. Lanetta Holloway, State President, challenged all chapters to obtain the Terry Lowrance Leadership Award. Highlighting how all PBL members could step into the driver's seat, Ms. Lanetta Holloway, Ms. Rebecca Whitley, Ms. Ally Kindel, and Ms. Sarah Espinosa, State Historian, encouraged members to run for a state office in 2005. Reminding us that at times we may need a little help along the way, Ms. Sarah Espinosa, State Historian, further emphasized how chapters could utilize their Professional Division members. Seeing the checkered flag in sight, Ms. Ally Kindel, State Secretary/Treasurer, motivated members to attend the National Leadership Conference in Orlando, Florida. Stopping to ask for directions was encouraged, and members were given the opportunity to ask questions during the question and answer session.

What's a road trip without food and games? That's what the Eastern Region thought! At halftime, everyone enjoyed refreshments and a PBL word find game. At the conclusion of the Tip-Off, a few lucky members won \$5 Andy's gift certificates, Andy's t-shirts, Fayetteville Technical Community College t-shirts, a blanket, and Piggly Wiggly fruit baskets. All of the presenters received a pickle pack courtesy of Mount Olive Pickle.

I would like to thank Fayetteville Technical Community College chapter for its hospitality and for providing the Tip-Off attendees with wonderful refreshments! Thank you to all the presenters for sharing information that will help members prepare for State Leadership Conference. Thanks to the Mount Olive and Faison Piggly Wiggly's, Mount Olive Pickle, Andy's, and Fayetteville Technical Community College for their donations of door prizes and gifts. I appreciate all the help I received from my adviser, Ms. Sonya McCoy, and Professional Division member, Ms. Kallen King.

Thank you to all the chapters who attended the Eastern Region Tip-Off. We had a successful afternoon, and I look forward to seeing all of you at our next destination, the State Leadership Conference!

Western Region Tip-Off

The Western Region Tip-Off was a great success. We had seven chapters and one inactive chapter attend. Appalachian State University, Asheville-Buncombe Technical Community College, Blue Ridge Community College, Cleveland Community College, Lenoir-Rhyne College, Mitchell Community College, Surry Community College, and Wilkes Community College all attended representing 27 members and advisers of the Western Region.

Ms. Kathy Toler, adviser at AB Tech and State Leadership Development Director, led us through the State Leadership Conference Guide and Deadlines and Forms. After the second quarter, we enjoyed refreshments. Following was Ms. Cindy Killian, adviser at Wilkes Community College, reviewing the Terry Lowrance Leadership Award information. Miranda Hensley, Western Region Vice President, then led the members through becoming a State Officer. Ms. Killian did a wonderful job of reminding us of the importance of tapping into the energy of the Professional Division in the fourth quarter. Dr. Bob Simmons, Lenoir-Rhyne College adviser, put the finishing touches on The Road to Success with information on the National Leadership Conference in Orlando, Florida.

Lenoir-Rhyne College did a great job of hosting the Western Region Tip-Off. All of the presenters were very knowledgeable and informative on the information presented. The members and advisers were able to share ideas and thoughts during the Tip-Off. Everyone had a great time.

Central Region Tip-Off

The Central Region Tip-Off was a great success. There were five chapters in attendance. The schools present were Winston-Salem State University, Stanly Community College, Livingstone College, South Piedmont Community College, and Johnson & Wales University. Mr. Ron Eggers, state adviser, was also present.

Stanly Community College was the host of this event. They treated us with wonderful refreshments throughout the Tip Off and also presented topics on the agenda. Two of the speakers were Mr. Dan Hazlett and Randi East. We thank them greatly for hosting and helping out with our event.

All chapters learned what they needed to know about State Leadership Conference. We answered any questions people had about SLDC. I am sure they took all the information back to their chapters with excitement.

State Leadership Conference is going to be GREAT this year. The Central Region is going to be prepared and very much in attendance. This is our stepping stone to ORLANDO!

Livingstone College

Our Livingstone College chapter – Psi Alpha Pi, has had a very active semester thus far. We first embarked on a community Service Project at the Rowan Helping Ministries on Sunday Feb 13, 2005. We were scheduled to arrive at 6pm, in the Soup Kitchen and immediately went to work, earnestly preparing dinner for the inhabitants of the shelter.



Our energetic team of members prepared an appetizing meal of pasta and meat, baked beans and sausages, garlic bread with salad and a delicious desert of cakes and pies. Our patrons welcomed our meal and complimented us endlessly, making our efforts well worth it.

Our team then cleaned up the kitchen and dining area, and thanked the supervisors for giving us this opportunity and assisting us when necessary. Overall, it was a wonderful and successful venture and we plan on returning in the future.

On February 10, our chapter attended the Winter Tip-off at Stanley Community College in Albemarle. There we were able to mingle with fellow PBLer's and make new friends. It was also a great opportunity to obtain valuable knowledge concerning the upcoming conferences, competition preparation and other expectations from us as a business organization. The speakers left us ready and pumped for the upcoming conferences and eager to engage in fundraising activities to assist us in making it to the various conference destinations. Thus, it was an insightful and meaningful experience.

Livingstone College's PBL Week Agenda:

- Monday – “Dress for Success Day”. All members were in Business attire and after our weekly meeting; we proceeded to the cafeteria, where we shared our organization's purpose and goal with our fellow students. We were also asked by the president of our organization's president to wear March of Dimes wristbands in order to strike up interest in the upcoming event. We also had a Valentine's Day candy bag sale.
- Tuesday – “About PBL day” .Our members wore whatever organization paraphanelia we owned and distributed brochures and pamphlets in the cafeteria during meal times.
- Wednesday – “Advisor Appreciation Day”. We held a small appreciation dinner for our advisor and presented her with tokens of our appreciation.
- Thursday – “Carnival”. We held a mini-carnival in our cafeteria lobby. There were games such as “ring toss”, and balloon pop, and we also had a piniata. Our fellow students paid a small fee to participate in our games and it was truly a fun filled experience for all involved, and it also served as a fundraiser for the organization.
- Friday – “Recap day”. We did a review of the week's activities and thanked all those who helped us during the week.

For the rest of the semester our plans are to attend the State Leadership Conference and actively participate in competition. We are actively trying to get sponsorship and or financial assistance, however we are still struggling.

We are also planning “March Madness for Charity” series of events in order to raise funds for the March of Dimes – Walk America and the Relay for Life. This series of events will consist of:

- Fryday at Sonics – where the local Sonic would give a percentage of all purchases of fries on Fridays to our cause.
- Blue Jeans for Charities – where all faculty and staff would be allowed to wear jeans on a specific Monday for a small fee. They will be given a badge to depict the purpose.
- 3-on-3 Basketball – Students will compete amongst each other as a fundraiser.
- Gala – We will end it all with a formal Gala of invited members of the Salisbury community and student leaders at Livingstone College.

These activities are still in the preliminary stages. We have made a commitment to collect \$1000 for each cause. We are also encouraging all our students to walk for these causes and invite everyone to join us on April 9th and April 29th. For more information we can be contacted at candacebucchan@comcast.net.



We are committed to restoring the integrity of our chapter.

Craven Community College

When William R. Toler suggested that Craven Community College's Xi Beta Iota chapter of Phi Beta Lambda participate in a fundraiser for the March of Dimes, he wasn't merely selecting a random charity.

The chapter president and former state historian, Toler had a reason to sympathize with the young patients who receive urgent medical care courtesy of the March of Dimes. "It was a good chance to give back," he said. "Being born premature, I feel that giving to the March of Dimes is a worthwhile cause."

In February, the Xi Beta Iota chapter sold more than 30 March of Dimes baby bootie placards for its semi-annual fund drive to benefit the children's charity. Placards were sold for \$1 apiece and displayed on a window of the college's Student Center conference room. The chapter also raised more than \$40 from campus recycling efforts.

After dispatching delegates to the Fall Leadership Development Conference in Wilmington, Xi Beta Iota is gearing up for the State Leadership Conference April 14 to 16, where members will compete in desktop publishing and several individual events. "With the State Leadership Conference and National Leadership Conference, it's a great way to represent your school and bring recognition to your school if you win--or when you win," Toler said.

The chapter has added five new aspiring business leaders to its membership roll and has snagged several PBL Professional Division members. Xi Beta Iota is taking aim at the Terry Lowrance Leadership Award and hopes each member will receive the signature blue ribbon.

Toler, who has twice served as the Xi Beta Iota chapter president and has also been vice president, said his experience in PBL has helped make him a more effective student leader. He cited his term as the state historian last year as one of the most positive and rewarding aspects of his membership. "Being the state historian has been a great experience," he said. "PBL has been wonderful. I've met a lot of great people from across the state and across the country. I think I'll miss Ms. [Debra] Baker [Beaufort County Community College chapter adviser] the most."

Mitchell Community College

The Zeta Alpha Theta chapter at Mitchell Community College is hard at work trying to recuperate from the loss of members and the expertise of long-time advisor, John Whiteheart. Mr. Whiteheart left Mitchell at the end of the fall semester and moved to Cleveland Community College to take a position as an accounting instructor there. We miss him, but hope to continue to see him at future PBL state meetings and conferences. Our chapter is working with him to reactivate the chapter at Cleveland. Our new co-advisors are Susan Stinson and MaryBeth Powden.



Our chapter had several activities going on this semester. To provide toiletry items for our local women's shelter, My Sister's House, members of our chapter prepared shoe boxes.

My Sister's House provides a place for abused women to stay when they leave their home abruptly to seek shelter from an abusive spouse. We filled the shoe boxes with toothbrushes, toothpaste, lotions, soaps, and other items that could be used by women who had just come to the shelter. In other shoe boxes, we filled them with small toys, bath soap, and other items for different ages of children that may come to the shelter with their mother.

Our chapter held a membership drive during February beginning in FBLA-PBL week and running for three weeks. We set the booth up using the theme "Fishing for New Members." Our display included a fishing pole and "bait" (gummy worms) to entice students to drop by and hear information about PBL. We also served cookies and drinks. Several students joined and others have expressed interest in becoming members.

We have a small group planning to attend the State Leadership Conference so we hope to get to meet you all there!

Appalachian State University

There has been a lot going on this semester with the Beta Phi Chapter at Appalachian State University. A big thanks to Lindsay Ralph, our First Vice President for Recruitment, for all that she did to increase our chapter membership this semester. We are proud to announce that we have twelve pledges that will be inducted at the end of April.

We have been busy doing community service, including our Adopt-A-Street, as well as fundraisers to help cover the costs of attending State Conference. Thanks to Falyn Wigle for her efforts in coordinating our fundraisers.

This semester we have incorporated the theme "The Road to Your Success" in our weekly meetings by having a guest speaker talk about interviewing skills as well as the owner/operator of Chick-Fil-A of Boone tell us his success story.

Finally we would like to say good-bye to our graduating seniors; Elizabeth Kleto, President, Falyn Wigle, V.P. of Fundraising, and Brandy Carrington, Secretary. We would also like to send our best wishes to Thomas Liles, studying abroad in Spain, Gayathri Vijayagopalan, interning with Grant Thornton, and to Felix Kabigting, Historian, who will be studying in Australia in the fall.

Beaufort County Community College

Phi Beta Lambda-Tau Kappa Chapter at Beaufort County Community College (BCCC) has been busy with a lot of activities. Fundraisers have been dominant in the last few months. It has been a lot of work, a lot of planning, and the reward has been a constant reminder of why we strive so hard to make each fundraiser successful.

Phi Beta Lambda-Tau Kappa Chapter celebrated PBL week on February 14-18, 2005 at Beaufort County Community College. Each day was filled with activity and fun for everyone.

Monday, February 14, a drawing was held and three prizes were given out. The first place winner, Lisa Barber, won a dozen red roses, 2nd place winner, Jessica Woolard, won a Valentine Basket fixed for a gentleman, and the 3rd place winner, Judith Langely, won the Valentine Basket for a lady. PBL members celebrated Valentine's Day by wearing red and black. On Tuesday, February 15, all the PBL members were dressed professionally for our regular member meeting.



We were fortunate to have a former PBL member and president to attend. Mr. George Peele is a graduate of BCCC and wanted to share his story and ideas on how he could help PBL raise money and also let people know about his new business, GT's Gifts 'N Such.

On Wednesday, February 16, PBL colors, blue and gold were worn. Then

the big day on Thursday, February 17, for adviser, Mrs. Debra Baker was planned. First, the bulletin board at the entrance of Building 2 was decorated with her pictures showing different activities she has participated in as PBL adviser. PBL members and students showed their appreciation for her generosity of the time and kindness she has shown. The whole school got involved, students, faculty, and staff, started signing their names and presenting gifts to her.

The PBL members had a dinner planned for her at the Southern Cheers Restaurant that was attended by friends, PBL members, and staff from Beaufort County Community College. Friday, February 18, we all dressed in our PBL tee shirts, and a note of "thanks" with a bowl of candy was made available to everyone that made the week a success. Starting March 1, 2005 another fundraiser is well on its way with PBL members in partnership with business GT's Gifts 'N Such to help raise money to attend the State Leadership Conference in Charlotte, NC, April 14-16, 2005.

PBL keeps the ball rolling with two guests on March 15, for their "Workshop on Physical Fitness and Nutrition." Community service projects with Ronald McDonald and Options are coming up fast. Getting ready for the competitive events, volunteering to work with Relay for Life, setting up a workshop for Options, are just a few projects that PBL has in April that keeps them motivated and constantly upbeat.

With all of this excitement, the graduates are even more keyed up with graduation on May 13, 2005, when they will welcome the challenge of starting new careers and in some cases, a new life. Phi Beta Lambda-Tau Kappa Chapter at Beaufort County Community College offers a hearty congratulations to the following graduates: Rosa Edwards, Tabitha Fulford, Ashley Leggett, Edith Green, and Michelle Prayer.

How do we keep up with this pace? Simple, just have the right members that are Achievers, Doers, and Winners!

Lenoir Community College

The LCC Mu Omega chapter of Phi Beta Lambda has been very busy since we last met in Wilmington at the FLDC.

On Oct 30th, the Mu Omega Chapter of Phi Beta Lambda (PBL) initiated a community service project and connected with several other colleges from the Eastern NC region. PBL chapters from Mt. Olive College, Fayetteville Technical CC, Sampson CC, and Wake Technical CC, met at the Marion Edwards Recovery Center Initiatives (MERC) warehouse. Members packed 220 health kits, 52 migrant worker health kits, and 247 Zimbabwe Orphan Endeavor (ZOE) school kits.



These kits included personal health, sanitation, and supplies to help migrant workers throughout eastern North Carolina, individuals in disaster shelters throughout the U.S., and orphans in Zimbabwe.

Since the original announcement at the Fall Kick-Off meeting (Sept. 21, 2004), LCC was collecting donations for PBL students at Asheville-Buncombe Technical Community College who lost their homes and contents due to the floods spawned from Hurricanes Charley and Ivan.

On November the 6th, LCC connected with chapters from Mt. Olive College and Sampson Community College and delivered (LCC Road Rules Style) two truckloads of supplies to AB Tech. AB Tech. PBL advisor Kathy Toler was very appreciative for everyone's efforts. We had lunch and enjoyed the trip very much, even if we did go twice in the same day, (ask our President what that means). Hat's off to everyone who either donated or delivered the supplies to AB Tech. That's what its all about "Students helping Students".

Eastern Region Vice President, Rebecca Whitley accompanied the LCC "Road Rules" gang on their trip to AB Tech, and she says she's ready to go again, and again, and again. Which we did, right Rebecca? "Come on along and ride the train" Next stop NC SLC, Charlotte, all aboard!

On November 12 & 13, Mu Omega Chapter members attended the NC FLDC in Wilmington, NC. The chapter was recognized as a Gold Star chapter and was awarded 2nd Place in the recruiting display competition. Thanks to everyone involved for another successful event.

In December, Mu Omega Chapter President, Brandon Andrews donned the traditional Santa Claus garb and took the chapter over to our local "Green Lamp" program (Smart Start daycare) and the group delivered presents and snacks for 60 children and their teachers. This has been a tradition at LCC for a few years now. If you've never played Santa or an elf, give it a try, what a feeling to get all those hugs and to hear those little voices sing Christmas carols. They really do the "Hey" part in Jingle Bells.



Starting the New Year off with a bang, Mu Omega hosted a doughnut sale and started preparing for our big Winter Bluegrass Festival. In February, the members sold various snacks and drinks during the festival as one of their major fund-raising efforts for their upcoming NC SLC and NLC trips. "We're going to Disney World".

To celebrate FBLA-PBL week, our "very active" PD member, Dondi Duff-Byrd accompanied some members to the local high school to spread the word about PBL at LCC. They spoke to a local FBLA Chapter and returned with some potential recruits for the 2006 school year. The group sent "special thanks" to the entire Business Department and ended the week with Advisor Appreciation Day. Also in February, LCC's very own Tarshal Ravenell was crowned the PBL "Homecoming Queen" and represented the club during LCC's Homecoming events.

Well, the "ides of March" are upon us (those pesky IRS guys) and the months of March and April are filling up with events. We have competition to study for, more fund raising efforts, and our Annual Spring Joust event on April 13th, one day before SLC, "I told you we work all the time". Until NC SLC, LCC Out!

Asheville-Buncombe Technical Community College

The PBL chapter at Asheville-Buncombe Technical Community College is looking forward to the SLC in April. The chapter sent three advisers, one professional



member and eight chapter members to the FLDC in Wilmington. The membership recruitment display won third place and the non-trivia competitors had a great time.

The chapter organized a flood relief drive for the families hit hard by two hurricanes in the fall. The chapter collected furniture, household items, clothing, toys, cleaning supplies valued at over \$10,000. A connecting chapter event emerged with several chapters in the eastern region collecting items for the flood relief effort.

December is always the time of year to think of others so PBL sponsored five underprivileged children at the schools Head Start children's Christmas Party.

The chapter organized the entertainment for the Biltmore Village "Dickens in the Village" three-day festival in December. Members contacted entertainers to secure the performing acts for the festival.

For fundraisers the chapter sponsored two "Books are Fun" sales creating visibility for the chapter on campus while offering significant discounts on bestsellers and hobby/interest books. A daily coffee pot in the Birch building and Wednesday pizza sales both generate a steady income for the chapter. Chocolate hearts were made and sold for Valentine's Day along with flowers.

The chapter works with the professional division to operate a concession stand at the Lowe's Motor Speedway for three races during the year. This is an excellent educational learning experience for the students and a time to network with professional members.

The ABTech chapter would like to wish all chapters the best of luck at this year's State Leadership Conference in Charlotte.

Stanly Community College

Stanly Community College PBL'ers have been busy since last fall working on projects and programs related to the PBL goals.

Chapter delegates enjoyed traveling to the fall conferences. Six delegates were registered for the state fall conference, winning the President's Award for the best membership recruitment display.

Randi East and Mr. Dan Hazlett were in New Orleans for the national fall conference. Mr. Hazlett led a workshop on parliamentary procedures, and Randi was facilitator for a round-table discussion on membership recruitment materials.

Throughout the fall, SCC PBL sold March of Dimes bears and Christmas animals. From these funds, contributions were made to March of Dimes, the Stanly County Pregnancy Crisis Center, the NC PBL Foundation, and the state scholarship fund.

SCC PBL congratulates Carolyn Rabon Laudati, a former chapter president who was just elected as president of the NC PBL Foundation, Inc., Board. The chapter made its Foundation contribution in honor of Carolyn.

The scholarship donation was made in honor of Gilbert Umberger, SCC student activities coordinator. A strong supporter of PBL, Mr. Umberger is the SCC employee equivalent of Vanna White. In other words, he puts the letters on the sign leading onto campus! No matter what the

weather, he's out there up-dating the sign and often with PBL-related announcements. PBL hosted a luncheon in his honor and made the announcement about the scholarship contribution.

Chapter members attended the monthly County Commissioners meeting in February to have a PBL Month Proclamation signed.

After two cancellations because of bad weather, the Southwest District FBLA Conference was held, with SCC PBL'ers as judges for several of the events.

A campus career fair was held on February 22 with PBL assisting. PBL did a welcome booth that featured a free enterprise theme, including a game matching titles and job descriptions.

Mr. Roger Thomas, a successful local artist, has been selected as the chapter's 2005 BusinessPerson of the Year.

SCC PBL welcomed Kristi Leonard and the other Central Region chapters to campus for the "Tip-Off" on February 10.

Stanly Community College PBL is looking forward to state conference and sends the other chapters our best wishes. Thanks again to all those PBL'ers in Wilmington who bought bears!



SCC Chapter President Randi East and Adviser Dan Hazlett doing a little shopping at a New Orleans "Voodoo" shop during a break at the New Orleans National Fall Leadership Conference.

Durham Technical Community College

Durham Technical Community College's Delta Beta Upsilon Chapter of Phi Beta Lambda has had an exciting and productive 2004-2005 year. We sorted out all of our busy schedules and started down our ROAD TO SUCCESS. We have not only grown as individuals but also as a team.

Community service and the TERRY LOWRANCE LEADERSHIP AWARD have been our priority this year. We have been busy completing our goals through fundraisers such as a 50/50 raffle and DVD player raffle which sponsored North Carolina hurricane relief fund and we connected with Durham Tech's nursing program to collect Toys for Tots.

We also held a bake sale that benefited the Durham Rescue Mission, assisted our student senate with a food drive and penny wars which also went to hurricane relief, and donated money to Buncombe County Salvation Army.

We have been persistent and united in all of our efforts. We have acquired many new members and we are excited to see our team grow and flourish.

On behalf of myself, Danielle Larkins, President of DTCC PBL, I want to thank our advisors Janice Kerber and Michelle Parrish for all of their perseverance and hard work. I would especially like to thank all of our new and current members for their dedication and drive....we could not have done it with out you!!

Barton College

The Gamma Gamma Chapter of Phi Beta Lambda at Barton College continues its efforts to make a difference in the Wilson community, provide leadership development, enhance its visibility, increase membership, and raise funds for our projects.

During Honors Convocation 2004, the Gamma Gamma chapter was awarded (for the fifth straight year) the President's Trophy (by Dr. Norvel Kneten) as the most active non-Greek organization on the Barton campus.

Our major fundraiser (and fun activity) was conducted for the third consecutive year—staffing a concession stand for all 70 home baseball games at Five County Stadium—the home of the Carolina Mudcats. And then, we took the Mudcat pitching machines to the North Carolina State Fair.



During the fall semester, the Gamma Gamma chapter explored a new project and partnered with the Wilson Wesley Shelter—a home for battered and abused women and children. Our first activity was weekly tutoring. But soon our presence brought ideas of cleaning, assembling toys and furniture, gathering unused cell phones, and painting. We even helped them typeset their new cookbook. The most touching experience was participating in their nine-minute walk—every nine seconds there is a victim of domestic violence. The most heartwarming experience was delivering presents for 75 children, ages 0-3, and participating in the Santa party.

Our American Enterprise Day speaker was Robin Hauser from the Wilson Chamber of Commerce who explained how Target sought tax incentives from Wilson while Wal-Mart is planning to sue if tax breaks are given to Target.

To support the March of Dimes, chapter members organized in to six groups and each developed strategies to raise money and awareness for this worthy cause that has been supported by FBLA-PBL, Inc., for over 30 years.

Chapter members made the Barton campus more festive during its Christmas Celebration by preparing and placing 1,500 luminaries across campus.

During FBLA-PBL Week 2005, chapter members and local entrepreneurs made presentations in two schools explaining the Free Enterprise System. Chapter members honored advisers, Ms. Teresa Parker and Mr. Ron Eggers, on Adviser Appreciation Day with lunch and gifts.

Partnering with Barton's Food Services Director, we make Weekend College Saturday's more tolerable for students. From 7:30 a.m.-11:00 a.m., we sell coffee and Danishes. From 11:00 a.m.-1:00 p.m., we sell lunch.

The Gamma Gamma membership stands at 108, including both traditional and Weekend College students. Chapter meetings are held the second and fourth Tuesdays of each month, with a special meeting held on Saturday once each Trimester (for the WEC members).

Isothermal Community College

The Isothermal Community College Chapter, Omega Theta, had a good fall semester marked with many club events including community service projects, such as helping serve thanksgiving dinner at a local soup kitchen, and a club awareness booth at a yearly college event: fundraisers, such as: our semi-annual book sale, a candle sale, and a donut sale: and an eventful Fall Leadership Development Conference.

The members would again like to congratulate Advisor Sandra Boyd on receiving the "Advisor of the Year" award for the 2004-2005 year. She works hard for our chapter every year and it was great to see her receive state recognition.

After a winter break the chapter started the spring semester off strong with several new members, a lollipop sale and another community service project, hosting "Bingo" at a local assisted living center.

We are anxious to get to state conference and see how well we have prepared for all the competitions in which our members are registered. We look forward to seeing you there and enjoying all the events that are part of the state leadership conference experience.



Lees-McRae College

The Gamma Beta Psi chapter at Lees-McRae College is currently working on fundraiser ideas and getting the final plans made for attending the SLC. We are working on new recruiting ideas so that we will have a much larger group by this time next year. We are also attempting to get more Lees-McRae faculty members to help out with the chapter. The Graduates from Lees-McRae are Trey West, Marvin Anderson, and Gerard Nwangang, and Derek Nichols. We wish everyone a great semester, and look forward to seeing everyone again in April at the State Leadership Conference.

Mount Olive College

The *Zeta Epsilon* Chapter of *Phi Beta Lambda* at Mount Olive College has been very busy this year! Ten members, two professional division members, and two advisors attended the 2004 Fall Leadership Development Conference in Wilmington in November. We had a very good time socializing with other chapters and attending leadership seminars. One of our advisors, Dr. Henry Day and one of our Professional Division members, Mr. David Rendall conducted seminars. Ms. Sonya McCoy, MOC PBL Lead Adviser, presented a speech on "Servant Leadership" during the Opening Session of the conference.

Our chapter held a Christmas Reception for the faculty and staff at Mount Olive College on December 7, 2004. We provided refreshments, punch, and music, along with PBL members, for two hours of socialization for the faculty and staff. After that we began our fundraising tasks for our upcoming State and National Leadership Conferences.

The club is working diligently to raise money for all members who want to attend both the state and national leadership

conferences. Bake sales, opportunity tickets, doughnut sales, and Tom Wat sales have kept us pretty busy.

On Thursday, January 27, 2005 our chapter, along with the chapter from Wayne Community College, held our Officer/Member Installation Ceremony, in Rodgers Chapel at Mount Olive College. Rebecca Whitley, Eastern Region Vice President and MOC PBL President, conducted the Installation Ceremony.

Our recruiting efforts have paid off; our chapter now has 24 members. We are very excited to have so many new members, and we hope that we can continue to grow PBL interest at Mount Olive College.

On February 10, 2005 our chapter attended the Winter Tip-Off at Fayetteville Technical Community College. The Tip-Off provided us with an opportunity to learn and prepare for the State Leadership Conference. We had a fun and productive afternoon, and we are looking forward to seeing all of you at SLC.

For Adviser Appreciation Day, we took our two advisers Ms. Sonya McCoy and Dr. Henry Day out to Logan's Roadhouse and presented them with paperweights for their hard work this year. Thanks Ms. McCoy, Dr. Day, and Dr. Paek for your hard work and support of our chapter!

Upcoming *Zeta Epsilon* events include sponsoring Mount Olive College's Career Fair on March 10th, working on community service projects, and planning our trip to the State Leadership Conference in April. The Chapter currently has at least ten confirmed members planning to attend the conference and we hope to increase that number before the deadline. We are looking forward to participating in the activities of the conference and hope to bring many awards back to Mount Olive College!!!

Johnson & Wales University

Johnson & Wales University PBL may be a new chapter but chapter members have not spent any time treading shallow water. Starting the year off with attendance at the Central Region Fall Kick-Off at Winston-Salem State University and a state-wide invitational officer induction and chapter charterization meeting, JWU PBL began their route on *The Road To Your Success* the right way! In November, Chapter Officers attended the Fall Leadership Development Conference in Wilmington, North Carolina where the chapter captured 1st Place in the Central Region and 2nd Place in the State in the Non-Trivia Competition. January rolled around with the Winter Tip-Off at Stanly Community College followed by a celebration of FBLA-PBL Week and Adviser Appreciation Day with Chapter Adviser, Nicole McCabe, being showered with gifts. Monthly outings took place at restaurants like Moe's Southwest Grill and Ruby Tuesday. Featured Guests at meetings have included Central Region Vice President Kristy Leonard, National Professional Division Vice President Robbie McDonald, NC FBLA State President Matthew Evans, NC FBLA State Adviser Deborah Seehorn, and NC FBLA Consultant Claudia Skinner. Delivering greeting cards for residents at Charlotte Health Care Center on St. Patrick's Day was one of the community service activities. At the State Leadership Conference, JWU PBL is anticipating networking, competitive events, and the key-note speakers. From JWU PBL to you, HAVE A GREAT CONFERENCE!!!

Fayetteville Technical Community College

It has been a busy year for the Fayetteville Technical Community College (FTCC) Omicron Beta Tau chapter of Phi Beta Lambda. Mr. Kenneth Kleiner, the NCPBL Publications Director and our very own NC State Historian, Sarah Espinosa, attended the NCPBL Fall Kickoff at Mount Olive College on September 21st, the NCPBL State Fall Leadership Conference in Wilmington on November 12th & 13th along with two other members, and the PBL National Fall Leadership Conference in New Orleans on November 19th & 20th. The FTCC Fall Fest was held on October 21st. Mr. Kleiner volunteered to be in the dunking booth again this year. This is his way of allowing students to take out their frustrations on him and make money for the club at the same time. Although, there were several other instructors spotted taking aim at him as well. This year's Fall Fest Theme was a medieval fair. Along with the dunking booth, we featured a gypsy fortune telling booth and sold little "voodoo" dolls for fun and entertainment. We also sold chicken and beef fried rice and spring rolls from the Thai Pepper Restaurant.

The FTCC Spring Fling will be held on April 21st. It is a cultural theme this year and our chapter will represent Thailand. We will also have the ever popular dunking booth featuring Mr. Kleiner. Anyone wishing to take out their frustrations on Mr. Kleiner is welcome to attend!

The Cell Phone Drive that began in September will continue until the end of the spring semester. The unwanted cell phones are being collected for a local domestic violence shelter here in Cumberland County.

Our chapter donated activity books and crayons to FTCC's annual Migrant Farmers' Children's Christmas Gift Drive. This event provides toys to the area's needy children and we are proud to participate.

Each year, our members work with Mr. Moses Mathis rebuilding and refurbishing computers that will be given to children that are selected by their school. Many of our members have volunteered on Saturdays throughout the year to help with this project. This year, we were able to give away 30 computers to area children. Mr. Mathis is well known in the Fayetteville area for his donations of bicycles each Christmas and has thus earned the name, "The Bicycle Man."

The OBT PBL Officers' Induction Ceremony was held on January 27. Sarah Espinosa was inducted as President and Historian, Sunisa Turner was inducted as Vice President, Tonya Callihan was inducted as Secretary and Reporter, and Joseph Nix was inducted as Treasurer.

FTCC and our chapter had the honor of hosting the NCPBL Eastern Region Winter Tip Off for the first time on February 10th. There were 13 colleges, with 55 members in attendance.

OBT looks forward to another successful and fun year with PBL!

Fall Leadership Development Conference

The North Carolina Phi Beta Lambda Fall Leadership Development Conference was held November 12-13, 2004 in Wilmington, North Carolina. There were 202 delegates representing 25 chapters from across the state. The conference was stimulating offering 26 different workshops and two general sessions. The keynote speakers, Ms. Sonya McCoy and Ms. Sandra Boyd, were inspiring to students and

advisers. The dance allowed chapters to wear their school t-shirts with pride while cutting a rug.

There were 7 sales tables with items ranging from PBL shirts to March of Dimes Bears! There were twelve chapters displaying their recruitment booths, and the winners of the Recruitment Display Awards were 1st Place, Stanly Community College; 2nd Place, Lenoir Community College; and 3rd Place, Asheville-Buncombe Technical Community College.

The "Non-Trivia Competition" at FLDC attracted 16 teams racing for recognition. For the Non-Trivia Competition the 1st Place winner was Barton College and the runners-up were Johnson & Wales University and Surry Community College.

For the Largest Local Chapter Delegation at the conference there was a tie for 1st Place with Surry Community College and Beaufort County Community College. Second place went to Mount Olive College, and third place was North Carolina Central University.

The Largest State Membership Award by conference time went to Barton College for 1st Place; and 2nd place went to Winston-Salem University; while 3rd place was North Carolina Central University.

The Largest State PD Membership Award went to 1st Place: North Carolina Central University; 2nd Place, Tie: Lenoir Community College and Asheville-Buncombe Technical Community College.

The Chapter Challenge was won by 1st Place, Surry Community College; 2nd Place, Stanly Community College; and 3rd Place, Lenoir-Rhyne College.

The conference was a rewarding learning experience for all and a time to socialize with friends from across North Carolina.

National Fall Leadership Conference – New Orleans

The National Fall Leadership Conference was held November 19-20, 2004 in New Orleans, Louisiana. There were five NCPBL Chapters in attendance: Stanly Community College, Barton College, Fayetteville Technical Community College, Beaufort County Community College, and North Carolina Central University. Also attending was our NCPBL State President, Lanetta Holloway, and State Historian, Sarah Espinosa.

Coordinating the Phi Beta Lambda track during the conference was our own Mr. Dan Hazlett from Stanly Community College. There were numerous workshops held, and a little time for fun as well. New Orleans proved to be a beautiful location for the conference, and a wonderful time was had by all.



Conference Dress Code

Participants in NCPBL conferences and other official activities are required to adhere to the official NCPBL Dress Code. Specifically, participants in the competitive events program will be required to adhere to the standards described below in order to compete. Representatives of the State Executive Council will enforce this policy and are authorized to remove members from competitive events if required.

1. NCPBL members and advisers should develop a keen awareness of the image one's attire projects to the business world.
2. The purpose of the dress code is to uphold the professional image of the association and its members and to prepare members for the business world. Appropriate attire is required for all attendees including members, advisers, and guests' at all general sessions, competitive events, regional meetings, workshops, and other activities unless otherwise stated in the conference materials.
3. Conference name tags are part of this dress code and must be worn at all times.
4. Professional attire acceptable for wear during official NCPBL activities includes:

MALES

- Business suit with collar dress shirt and necktie_OR
- Sport coat, dress slacks, collared shirt, and necktie_OR
- Dress slacks, collared shirt, and necktie
- Banded collar shirt may be worn only if sport coat or business suit is worn
- Dress shoes and socks

FEMALES

- Business suit with blouse OR
 - Business pantsuit with blouse OR
 - Skirt or dress slacks with blouse or sweater OR
 - Business dress
 - Dress shoes and nylons
5. No visible body piercing, other than ears, on men or women.
 6. Inappropriate attire includes:
 - Denim or chambray fabric clothing of any kind
 - Overalls, shorts, skorts, stretch or stirrup pants, exercise or bike shorts
 - Backless, see-through, tight-fitting, spaghetti straps, extremely short or low-cut blouses/tops/dresses/skirts
 - T-shirts, lycra, spandex, midriff tops, tank tops, bathing suits
 - Sandals, athletic shoes, industrial work shoes, hiking boots, bare feet, or over-the-knee boots
 - Athletic wear, including sneakers
 - Hats, flannel fabric clothing
 - Bolo ties
 - Visible foundation garments
 7. Casual attire may be worn for dances and caucusing (includes jeans, nice T-shirts, or denim/chambray shirts, sneakers, or sandals). Not allowed are "cut-out" or "cut-off" jeans, lycra, spandex, midriff tops, and bathing suits. Shoes and shirt must be worn.

NCPBL 04-05 Road Trips

