



The Betty Newsletter

Issue #18



Baby Einstein

Many people see preschool as a time where children get messy, sing songs, and play, which is in every bit true, but what some people don't realize is that there are several benefits to children attending a quality preschool program. The most important benefit is social interaction. Children learn how to develop relationships with peers and various social skills such as turn taking, listening, conflict resolution, and following a routine. Early exposure to these social skills will help to ease the transition and help reduce the shock of kindergarten. In fact, 95%



of California kindergarten teachers say that students who attended preschool are better prepared for kindergarten in both social and academic areas.

Preschool also lays the foundation for academics. Through singing songs children are practicing memorization and being introduced to the beginning stages of phonics. Through play, children can develop basic math concepts such as sequencing, spatial recognition, and even the basics of addition and subtraction. With a majority of families being dual income, preschool provides children educational and beneficial opportunities throughout their day as opposed to a babysitter or television.

Preschool may also be beneficial in detecting the early stages of a learning disability. The sooner a disability is discovered, the sooner steps can be taken to assist the child and give him or her the opportunity to thrive in the best environment possible.

The benefits of preschool provide children the opportunities to explore and grow. It is a great way to expose them to the school world without overwhelming them with the work of kindergarten. Parents should take preschool's benefits into consideration and research quality programs that would be best suited for their child. More information can be found at www.preschoolcalifornia.org.

-Monique Walker

Information retrieved from: www.preschoolcalifornia.org.

Yet another plea for help!

As you read this issue, you may notice your option is missing. This isn't because I don't like you; it's because I know nothing about your option! My room is a mess, my clothes never match, I'm buried in credit card debt and I'm 10 pounds over weight. Am I the person you want writing about your passion? NO!

Help me! Send me your articles, opinions, anything FCS. Having an article published in The Betty makes you a copy written writer and your article may even make it to a national newsletter. HELPPPPP!!!

This newsletter was named The Betty after the Betty Lamp: a symbol adopted by Family and Consumer Sciences representing joy, knowledge, fellowship, cooperation, service, achievement, and the light of home and mind.





MAKING IT EASY TO HELP OTHERS



I have often thought in the past that little old me could never make a difference in this politically dominated world, but I recently have had a revelation that things can change. We can all make a difference if we join forces to make one cohesive unit. This is an election year so make a difference this year and every year. Make your voice be heard. There are several up coming events that the SAFCS is planning to raise awareness and funds for great causes.

Look for these great events in October sponsored by SAFCS:

In the month of October, look for SAFCS members to purchase fundraising ribbons with all of the proceeds going to recent hurricane victims.

“When people are victims of a hurricane, the American Red Cross is ready to provide shelter, food, emotional support and other assistance. You can help people affected by the Hurricanes of 2008, by making a financial gift to the American Red Cross Disaster Relief Fund. Go online to www.redcross.org or call 1-800-REDCROSS to donate today! You can also use your cell phone to donate \$5 to the American Red Cross Disaster Relief Fund by text messaging the keyword ‘GIVE’ to ‘2HELP’ (24357). Donations will appear on monthly bills or be debited from a prepaid account balance. All applicable text rates apply” (Redcross.org).

On October 15th, 2008 there will be a fundraising event located at the CPK at 9301 Tampa Avenue, Northridge, CA 91324. Pick up a flyer and have dinner. That’s all it takes to help.

Breast Fest is on October 20th, on Magnolia Walk, from 11 am to 1 pm. This is a great time to raise Breast Cancer awareness to the campus community. Come out and support this event by wearing pink. October is Breast Cancer month.

These are some of the many opportunities that you can take to make a difference in your community and the world. Be on the look out for more great events in the near future provided by SAFCS.

-Alexia Callender.

PINK CAN MAKE A STATEMENT

In recent years, prevention has been on the forefront of healthcare. Celebrities have been very open with their ailments. October is Breast Cancer Awareness Month. What does all of this amount to?

The Pink Ribbon. The pink ribbon was created to promote breast cancer awareness but it has become so much more than a piece of cloth. The simplicity of the color pink is now on shirts, kitchenware, jewelry, keychains and so much more. Purchasing an item marked with a Susan G. Koemen Foundation tag donates a small amount of the price to cancer research. And you guessed it, the items are pink.

Celebrities, such as Christina Applegate and Sheryl Crow, proudly don “Survivor” shirts creating a new trend. Shirts are now more than just

clothing. They are making statements on important health issues and making donations.

Just last year, a CSUN student won a contest to create a new breast cancer slogan. “Save the Tatas, Save the world”. When I participated in the Revlon Run/Walk for Women’s Cancer, I found this slogan on merchandise around every corner. (Even a male runner ran with “I participate for her TaTas” across his back.)

Pink is crossing gender lines, not just because “real men wear pink” but because real men support women. We all proudly wear our pink not for a color but for a cause.

-Valerie Yu



To purchase your pink ribbon support items, go to <http://www.pinkribbonshop.com/> to place an order.



MARRIAGE ADVICE FROM A NEWLYWED? PART VI

I think you are all going to be thrilled about what I am about to tell you. My husband has agreed to be interviewed for the infamous *Betty!* The editor and I are working out the logistics however, it will most likely appear in our final issue of the semester. Please be on the lookout for the *Marriage Advice From a Newlywed: The Mr. Maxwell Interview*, I know you want to know. Even I can't wait to see what he is going to say. I'm a little scared.

I have been married for one year, ten months, and on October 8, 2008, 6 days. We are amazing! Last week I asked, "When do I stop being a newlywed?" I looked up some possible answers and here's what I found... "one year and one day, two years and two days, until you have children or until you stop behaving like one (i.e. stop having loads of sex)." Therefore, I thought what better to write about than sex?

Lets Talk About Sex, Baby

Sex is an essential part of marriage so it is important to know what your partner likes and does not like when it comes to bedroom activities. Do not be afraid to talk about sex, whether it be how to do it, when to do it, or where to do it. Talking about sex can be an incredibly fun activity and for others an activity that causes much anxiety. Having sex should be more daunting than talking about it? Right? If you cannot be open and honest with your husband/spouse/partner, then who can you be honest with? The same applies to cases where couples are having problems in the bedroom. Sit down with your husband/spouse/partner, discuss the issue(s) in a mature manner and find a solution. You might find that discussing the issue(s) leads to sex. Yah!

Sex is Everything and is not Everything

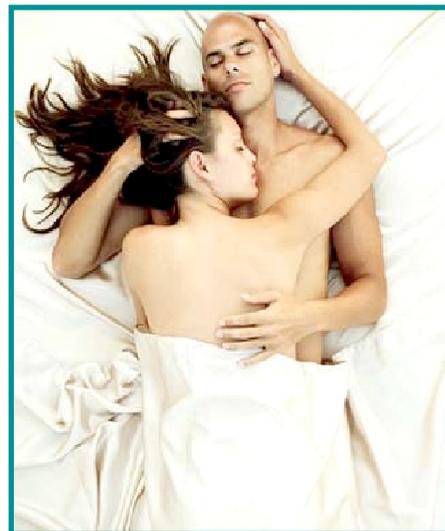
I know you probably think a schizophrenic is writing this article, I tell you, talk about sex, then I tell you, sex isn't everything... make up your mind. I bring up these three points together because without all three (and this list is not exhaustive) your sex life might suffer. Sex forms an important part of marriage and a lack of it can sometimes cause real problems. However, sex is not everything. Sex will not make your marriage last if other elements such as trust and communication is not present. However, lack of sex along with other elements missing can end a marriage. Most of us would love to have a great sex life all the time but usually it just does not happen (please read next paragraph for advice on this). If you are not enjoying fantastic bedroom gymnastics, talk to your partner about it and try to find a solution. Great relationships are not built upon what happens between the sheets, but it sure does help.

Plan, Baby, Plan (for sex that is)

Plan for sex, you ask me? I know not spontaneous and maybe a little boring. However, if you take two individuals who both work full time and if they are young they might still be finishing up college degrees or getting advanced degrees, this can lead to limited time spent together and even more limited time for sex. Therefore, plan for sex. If you don't, weeks, sometimes months (oh dear, I hope no one is at this point yet) have gone by before you last had sex. So plan ahead for sex. Choose a day of the week for bedroom fun. If you have the time and energy, choose two or even three (heck, shoot for the stars and get for four or five night in). Not only does this keep your sex life purring (like a new MAC computer) but it provides both of you with something to really look forward to.

You ask what is my closing line for this week? What else? Go home and fill your bedrooms with love and SEX!

- Erin Matthews, M.S. aka Mrs. Maxwell





THE “FAT BIAS”



worse for women. One Center for Food Policy significantly less women than men. The weight discrimination Tara Parker-Pope for the study showed that weight discrimination, particularly against women, is as common as racial discrimination...women appear to be at risk for discrimination at far lower weights, relative to their body size, than men.”



The term “bias” can be defined as a tendency or perspective on a certain subject or idea that prevents one from being objective or unprejudiced. A bias can result in actions or opinions that are judgmental and even discriminatory. In the past, certain bodies of people have experienced social discrimination because of unfavorable biases of others. For example, bias against certain skin colors, race, women in the workplace, age, but now fat? There is little doubt that we live in a weight obsessed society, and now some whose “girth” is greater than average are experiencing a negative bias that is affecting their quality of life. This idea can be termed the “Fat Bias”, and the New York Times has stated that the “fat bias” is far study at Yale University, home to The Rudd and Obesity, found that society will be tolerant of weight gain and obesity among study went on to explore self-reported and compare it against race discrimination. New York Times explains that, “Overall, the

The bias has even been studied among physicians who will negatively view or blame their obese patients for their condition. Studies have shown that physicians may expect less successful treatment outcomes and view their obese patients to be more symptomatic and self conscious (Dittmann, 2004).

However, there has been sufficient awareness raised on the topic of a “fat bias” that a grassroots effort to change society’s views of overweight individuals has been established. It is known as the Fat Acceptance Movement or Fat Liberation Movement. Organizations such as the National Association to Advance Fat Acceptance (NAAFA) are struggling to gain momentum and support in larger cities and web based communities. The fat activists are dedicated to changing societal discrimination and prejudice against those whose weight and body size is greater than what is culturally acceptable in today’s standards. Although, “today’s standards” may not be the best standard to use if you ask me...

It is unfortunate and saddening for any individual to experience weight-based discrimination, especially obese women who are subject to more societal pressures. Whether it is racism, ageism, prejudice against ones sexuality or appearance, there ought to be zero tolerance. We should all strive for physical and mental health above physical attractiveness and size.



-Dena Ciolfi

For more information...

The New York Times Online. Weighing in on fat bias, Melissa Dittmann



PROTECT YOURSELF



Everyday identity theft happens to people like you and me and it is very important to be aware of common ways ID theft happens.

Dumpster diving sounds just like it is: people rummage through trash looking for bills or other papers that have your personal information. It sounds gross but thieves actually do this. You would be surprised how much information is on your bills and even your junk mail.

Another way identity theft can happen is by skimming. It is a device at an ATM or on a credit machine and usually has a camera attached to it. This is done to obtain your pin and card number, making it easier to use your card. It is important to be extra careful and pay attention to anything that does not look normal on the machine you are using. If ever in doubt, use another machine or different location.

Phishing is another form of identity theft. Phishing occurs through pop up messages and emails. To avoid phishing simply do not open the spam email and close pop-ups; do not give them any of your personal information. Another common way ID theft happens is the thief diverts your billing statements to another location (to them) by trying to get you to complete a "change of address" form. This is another way to gather your personal information. Always call your bank or billing company to check if they sent out this letter first before filling anything out.

Finally, a thief can just steal your information from you. They can simply take your purse or wallet. It is extremely important to never carry your social security card in your wallet and know the phone numbers of your credit card institutions in case you need to cancel immediately. They can also steal the pre-approved credit card letters most of us receive on a daily basis and open a credit card in your name. It is important to SHRED all materials that have any of your personal information. Also, your personal information is often stored at your workplace or school. It is important to make sure your information is being stored in a safe place that has a lock or code on it. Your information can easily be taken if it is not stored in a safe, secure place. Identity theft is growing so please be careful and protect your personal information. Do not be a victim of identity theft.

-Taryn Burns

Contributors

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Valerie is the editor of The Betty. She is a Family Studies option.

ERIN MATTHEWS, M.S.

Professor Matthews is an FCS Professor and the advisor for SAFCS.



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Monique is a Senior Family Studies option. This is her first article!!!

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TARYN BURNS

Taryn is a graduating Senior in Consumer Affairs. She is treasurer of SAFCS.

WE WANT TO HEAR FROM YOU!!!



It is EXTREMELY important to us in SAFCS that we highlight each option, discussing current issues, trends or just fun things to know. Please, write for the Betty. Your major is important, LET'S HEAR ABOUT IT!!!! The editor can't write it all. SHE NEEDS YOUR HELP! NOW!

Send an article to the editor, Valerie Yu, at valerie.yu.17@csun.edu and watch for it in the following issue!

Submit your article with your full name, major and option, and a picture of your pretty face.