

The Betty Newsletter

Relay Success

Issue #26



Now that a few days have passed, I can safely say Relay for Life 2009 was a complete success. Even in hard economic times, the 45 teams and 366 registered participants were able to raise over \$22,000 this year, including Team SAFCS raising over \$2000. We won second place in Top Fundraising team and I, your proud team captain, won second place in Top Individual Fundraiser. In addition to our charitable success, Team SAFCS also won Best Cancer Education Decorations for our *Dirty Dancing* theme with Patrick Swayze being our inspiration.

This year, it was my personal goal to stay all 24 hours, and let me tell you, it was no easy task. Even harder to deal with was the memory of my mother passing due to cancer. But I'm glad I stuck it out and stayed all night, because I got to see every exciting moment of Relay for Life 2009.

Opening ceremonies started the long day ahead with survivors' stories, and a congratulatory survivors' lap. After the **Celebrate** portion of Relay, all participants began the 24 hour **Fight Back** through cancer education activities, fundraisers and flyers. The day went on, the sun went down, and the Luminaria ceremony was next on the list. Time to **Remember** those we had lost. As we all began to gather for the tear-filled moment, the sprinklers went off. Yes, you read correctly: sprinklers. After the moist 30 minute emergency, and a brief drying off period, the Luminaria ceremony finally began, beautifully orchestrated by SAFCS fundraising chair, Alexia Callender. After I dried my eyes and got back to reality, it was midnight movie time. SAFCS sponsored *Dirty Dancing* and *To Wong Fu, Thanks for everything!* Julie Newmar in honor of cancer survivor Patrick Swayze. Before I knew it (because I snuck in a nap), it was 11:00 am and time for Closing ceremony. Awards were given, and our totals were revealed. Once we found out that Relay 2009 raised as much money as last year, all participants took a final lap singing "We are the Champions". Every hour of Relay had something new to offer and great memories to make.

This will be my final plea for you to Relay. Relays happen in different cities all over the world and every penny raised goes to a

great cause. Find a local Relay at www.relayforlife.org or wait for CSUN's Relay next year. Never let another 8 year old lose their mother to cancer.

Celebrate. Remember.

Fight Back!

-Valerie Yu, editor



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.





A PHOTOGRAPHIC ESSAY OF RELAY FOR LIFE, 2009

By: Nicole Cappas, photography and Valerie Yu, editor



Clockwise starting below:

Midnight tug-of-war to help us stay up all night. Sprinklers unexpectedly delay our Luminaria ceremony. SAFCS's winning banner and theme. Candles lit on the steps of the Oviatt Library. Personalized Luminarias displayed along the track. SAFCS officer Janelle pushing 'polyps' out of a colon. SAFCS member Bobbie collecting donations well into the night. SAFCS Secretary Amanda and dog Bella showing off their Relay support.





FASHION FRIENDLY AND FRUGAL

Can you say, "Recession"? Words like "recessionista" have been swirling around the fashion world these past few months. In light of our tumultuous economic situation I have decided to put in my two cents about how to survive as a price-conscience fashionista during these difficult times. We are all truly put to the test to see how we can make what we have in our wardrobes work with current trends and how what we can fit into our budget can work with what is already in our closets. So whether you are living off of your parents money or you are supporting yourself, there is no way to get around the fact that our economy is hurting and most of us cannot shop the way we used to.

In 1947, Christian Dior introduced its new look during a time of just as much confusion and frustration. This tailored yet womanly, voluptuous silhouette created hope with fashion-friendly females during The Great Depression. Fashion was changed forever with the creation of Dior's new look. Taking into consideration the war and how that affected fashion and what people spent their money on, it is interesting to see how designers and mass market companies are adjusting to the current state of our economy.

You should not feel guilty about wanting to shop; as a part of the fashion industry, there is no easy way to avoid the satisfaction that purchasing the

next addition to your wardrobe brings you. Even in the state of our economy, splurging is still ok, but must be done in much more creative ways. Try investing in classic pieces, smart purchases, and sticking to something that will work with your current wardrobe. If you really must be a part of the latest fad, go to a budget store or use your FCS 150 skills and create or tweak something yourself. So, keep an eye out for great deals, sales, and unexpected places to find the next addition to your wardrobe!

Creativity and an open mind are key. If you are willing to search for great deals, then do not be afraid to shop where you usually would not shop; step outside of your comfort zone! Try stores like Old Navy, Urban Outfitters, Nordstrom, H&M, and Macy's. Old Navy is all about basics and making a trend work with their target market. You can find great prices and sometimes some really great pieces. If you want to participate in the latest trend (toned-down) but you are hesitant to spend a lot, try Old Navy. Urban Outfitters is fantastic because you can find great deals on super fashion-forward apparel. Some of their prices may be a little steep, however, they have plenty of items priced under \$100. You do not have to give up looking unique even though your budget may be tighter than it used to be. Nordstrom and Macy's are great department stores because

you can find hidden treasures in their junior departments. If Nordstrom is still a little pricey for your next shopping trip, visit Macy's; they advertise a sale nearly every weekend! Finally, H&M is an obvious budget-friendly store. They have a wide variety of sizes, styles, and merchandise all at very reasonable prices. Forever21 may be number one on your list, but keep in mind that many of the designs they sell are knock-offs or counterfeit from other designers. Although their company may be thriving right now, their "strategy" for design has and will put many other designers out of business.

If shopping is out of the question for you, simply search for treasures within your own closet. It is almost Spring, and most of us are probably past due for some spring-cleaning, so set aside a weekend and get started! By simply re-organizing your closet, shelves, and dressers you can reintroduce yourself to things you forgot you had. There may be a chance that you "lost" something you bought a while ago that you can work into the current trend. Or, you may find something you bought and never wore... you just found something "new"... in your closet! Working with what you have can go a long way if you know how to be creative. So make the most of these hard times and see how you can make a budget work for you.

-Stacey Gadus

This set of pieces comes to about \$125 from Old Navy. Think of all the outfits you can make out of these pieces.



MARRIAGE ADVICE FROM A NEWLYWED? PART VIII

The last time I spoke to you I was worried about what to get my husband for our two year wedding anniversary, or if I would feel different. I have two answers for you. 1) I got him nothing for our anniversary and he did the same (money is tight) 2) It feels the damn same.

I have been married for two years, three months, and on April 1, 2009, 29 days. I have only been married for two years and some odd days but, I met my husband in February of 2005. It was two months before his birthday (4-7-??) and I decorated his entire condo after he left for work. I also made him a CD of every song he mentioned he ever liked or thought was cool (cheesy, I know). However, when I asked my husband when he know he was going to marry me, he said that was the moment. It is amazing that the small things we do that make such an impact.

Men talk less

A common complaint I have about my husband is that he does not talk to me. This can cause real problems in a marriage because women/men can take this as a sign of disinterest or lack of feeling. Women love to chat but men, on the whole, would rather read the paper or watch the television. My husband could sit in his office for 12+ hours reading and sometimes I just say, "Tyler," just to make sure he is still alive. Also women are much more likely to seek advice from their husbands. Men on the other hand, prefer to work things out for themselves, and are often too proud to ask their wives for their help or opinion. Let your spouse/partner know that you are there if they want to talk and are interested in their lives.

Things change

The only thing constant is change. Since early February the 11th to be exact, my husband has had to do everything for me. I bring this up because our roles have changed. Nothing truly stays the same, and a marriage is no exception. Our relationship has changed and developed into something different and deeper. This has given us a happier marriage, to embrace these changes. The worst possible thing you/I/we could do is try to resist. We may want everything to stay the same but no matter how hard we try, things have changed and we are working hard to make the changes easier.

Do not try to change him

I married my husband because I fell in love with his character, personality, determination, humor, and, most of all his kindness. So, he often asks me the simple question (about a year into our marriage): "if you feel all these things about me, why are you trying to change me?" Now let me make this clear. These are the things I love about him... I did not list the things that I try to accept, but want to change. I try to offer advice on different ways to do things with certain issues and it often just turns into criticism. My advice to you or anyone about wanting to change your spouse/husband is a) consider if this is the person you want to really be with and b) once you accept who they are and realize that generally people do not change (unless they really want to) love them for who they are or your marriage will suffer.

(Here is another side story for you... When my husband was loading the dishwasher (he does the dishes I cook the food) I tried to tell him how to load the dishwasher. One day, I had an epiphany: his mom taught him a different way; not wrong, just different. So I kissed him on the cheek and walked out of the kitchen).



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



BIKINI BEAUTIES

As the faint light of summer begins to grow larger at the end of the school year tunnel, we begin to wonder, “Am I ready to be seen in my bikini/board shorts!?!?”

Now is typically the time when finals and term papers are no longer the ultimate focus of our attention. Suddenly watching every morsel of food we put into our mouths, and time spent sweating at gym begins working its way into our schedules, and just the mere smell of sunscreen gives us goose bumps. Summer is nearing, and we want to make sure that this summer, we look good. But how do we get there, while juggling school, work, and everything else we have to tackle?

Eating our way into killer shape

Some find it hard to believe, but **eating** is essential to getting the body you want! It’s choosing the right types of foods, along with quantity, that will make or break our goals. We should be striving towards long-term lifestyle goals, over fad or crash diets (that never prove to last longer than summer itself). Here’s a good place to start:



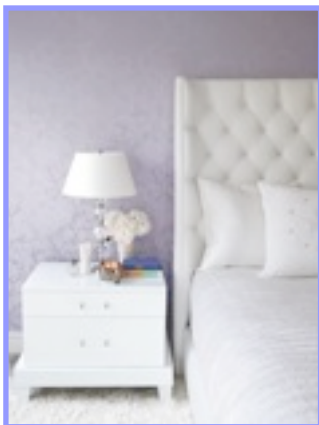
- One of the easiest ways to shed some excess bloat is to ban those salty snacks, and head for the juicy and delicious summer fruits and vegetables. Their water content will hydrate you and fill you up! Watermelon, honeydew, and cantaloupe are some old school favorites, but throw in some cucumbers, fresh spinach salad, kiwis, mangoes, papaya, and pineapple for some delicious variety!
- Munch on nuts such as almonds for flat tummies and decreased appetite. (Note: Blue Diamond© makes some mouth-watering flavors that pack major flavor punch, and have virtually no sodium!)
- Stick to lean meats, or low-sodium meat alternatives (such as soy), to avoid unnecessary fats, cholesterol, sodium, and calories.
- Meals containing both high fiber and protein will fill you up for longer, and give you energy.
- You’ve already heard it, drink up –water that is. Always carry a reusable bottle with you and drink from it frequently.
- Stir-fry or sauté with extra virgin olive oil to keep your skin smooth and appetite down.
- Bacteria! Ok, the good kind that is, found in yogurts. Look for kinds without added sugars and artificial ingredients. Kefir, found in most supermarkets contains 10, yes 10 of these wonderful bacteria that keep our innards bloat-free and running smoothly. Use honey or agave syrup if you must sweeten it up.
- Try to eat natural foods as much as possible. Artificial anything can make us bloated and gassy, and that is not sexy.
- Get yourself moving in or outside the gym for a good 30-60 minutes 4 to 5 days a week. Even parking our cars a few (extra) blocks away from campus can burn some more calories.
- Finally, maintaining a happy and healthy attitude towards our bodies, what we put into it, how we treat it, and no matter what, accepting it, is key to always looking and feeling our very best.

-Elise Mische



CHEAP WAY TO CALM YOUR BEDROOM

Although I'm not an Interior Design option (I know many of you do not want to be interior decorators but, some do), I want to write about some ways to Zen or calm your bedrooms in an inexpensive way. My bedroom is my favorite place and not for the reason you think. As some of you may know I have recently been bedridden therefore, leaving me much time to think why before, I was not very comfortable in my bedroom. This article then comes from a place of an injured person not an expert.



1. *Start with sheets*—I'm talking about the high thread count sheets. High thread count is nothing less than 300-350. Target now carries these at much lower prices than you can get at any department store. They often have them on sale for about \$40.00 depending on the size of your bed.

2. *The sheets must be white*. Why, you ask? Any print or dark color impedes my sleep and I do not sleep as well. I do not like any colored or printed sheets. I also have this theory that white, high thread count sheets wash and feel nicer. Try it if you do not believe me.

3. *Goodbye TV*. I know. This was the only way I could fall asleep. Now, I watch a little at night and the TV is off when the light goes off. Do not get scared I have a replacement for you. I have not seen one person walking around without an iPod or iPhone—iTunes offers free podcasts of meditation (the quiet kind, I do not like the kind when they talk). Plug the meditation music in (this is called sound therapy) and take some deep breathes.

4. *Buy an eye pillow*. I do not mean just any old eye pillow. Buy one with flaxseed and lavender. The lavender helps you relax and the flaxseed helps you fall asleep. You can find a mask like this online for about \$10.00. You could even try to make your own.

For around \$50.00 we can Zen and calm our bedrooms to a better sleep. I hope these tips were helpful and lead you to a calmer and healthier you.

-E. Matthews, M.S.

LEARNING AT AN EARLY AGE

It is not until the age of 7-9 years that a child is developmentally ready to use the logic hemisphere and frontal lobe portions of the body. It is not until this age that a child develops reading and writing skills and is able to develop fine motor skills. The eye muscle naturally develops as the frontal lobes of the cerebrum mature at the age of seven or eight. At this age, eye teaming is accurate enough for two-dimensional focus. As the dominant eye tracks across a page of writing, the non-dominant eye follows the movements exactly and blends the information. We teach children to write in a linear fashion, and read books that have no emotions or few images when children are only developmentally ready to learn through senses, image, emotion, rhythm, verbalization, and movement.

The Danish school system respects the natural brain developmental pattern and does not teach reading until the age of eight. Children are encouraged to freely write stories even when the child is the only one who can decode the story. With this freedom, Denmark has one hundred percent literacy. We teach our children to write block letters at the age of five when it defies the natural development of the hand and the brain. At the age of eight when children are actually developmentally ready to accommodate the discrete and linear operations necessary for printing, we teach them cursive. Is our school system trying to force reading and writing methods upon children too early? Is forcing children to learn and write at such an early age really benefiting them? Or is this causing children to have difficulties with language?



-Lucy Tran-



THE PYRAMID SCHEME BACK AGAIN

Never in my life have I had so many strangers come up to me and strike up conversation like in Northridge. The first time it happened I thought, "what nice people are in this area," but as the conversation went on I quickly found out where the conversation was going. The first time this happened I was at Target with my girlfriend, just buying some things for the house when a couple came up to us and started talking. It caught me off guard but they seemed nice so I continued talking to them. He had a very big smile on his face and started asking me way too many questions. Immediately, it threw up red flags for me but I decided to humor myself and keep talking. At the end of all the mumble jumble, he brought up the true nature of the conversation and I believe it went like this: "I have a company that me and my friend started and we are looking for enthusiastic college students who would love to join a business." At first he found out that was a lie his business. It was looked a lot I have seen in the pyramid much different and a far to selling it. Mom jumped wagon in 1989, it was called Amway and they had a magazine in which you could buy products for your house. Now, they sell it like a business or a product that is popular. Bottom line is that it doesn't work!!!! I see why they would target a college campus with college students wanting quick money without the work. It doesn't work that way. No one that is making money is going to say, "Hey, I have a lot of money....that random person really needs to know about this." It's not realistic. Be smart college students and use your head. If it seems too easy, IT IS!! Do work in something in which you know the results, like school, and stay focused.

The pyramid scheme works like this: someone brings you into the company with the hope of making thousands of dollars. Once they have you, they want you to bring in more people for that registration fee and continue purchases of the company's products. The only person that makes money is the guy on top. So here is your warning, Be wary of the stranger talking business with a big smile on his face!

-Alan Benavente



Contributors

VALERIE YU



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

ERIN MATTHEWS, M.S.

Erin is an FCS Professor and the advisor for SAFCS.



STACEY GADUS



Stacey is an Apparel Design and Merchandising option and a graduating senior.

ELISE MISCHE

Elise is a Nutrition and Food Science Option. She is a junior.



NICOLE CAPPAS

Nicole is the new photographer for *The Betty*!!!

LUCY TRAN

Lucy graduated in December of 2008. Congratulations!

ALAN BENAVENTE

Alan is an Environmental and Occupational Health major.

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.