



The Betty Newsletter

Why Intern?

Issue #27



Attention all Fashion majors! When in doubt, find an internship and get a jump-start on your future. I wish somebody would have told me this years ago, before I was preparing for my graduation! This article is short and straight to the point: finding a job/career, is not only about networking and who you know, but it is also about your experiences and what you have learned from them. I am here to tell you from the perspective of someone who has figured things out on their own while learning my mistakes along the way.

I have been at CSUN since Fall 2003 and I am finally graduating after switching my major from Psychology to Apparel Design and Merchandising. I made the switch because I was missing the passion for my future career and my mind kept wandering back to anything dealing with fashion. However, I did not realize how much more work would be involved with discovering my future. I was misled into thinking that a college education automatically equaled a great job; in the current state of our economy, that statement is far from the truth. I have also thought in the past that “who you know” will get you anywhere, but as I have learned the hard way, sometimes “who you know” does not want to help you know who. Sometimes you have to step out of your comfort zone and figure things out without your so-called “connections”. This may seem terrifying, but sometimes you can stumble across the most amazing internship or job without much effort.

Experience is more than just a noun; it can open the doors to whole other worlds for you. Internships are more than busy work and can broaden your horizons. I am stressing this idea of experience and internships because I had to learn the hard way why these experiences are useful, especially with your future. I am interning right now, for my first time, during my last semester at CSUN and I am enthralled in it yet very regretful. I am here to tell you, no matter what your major, that internships are the key to the locked door that holds your future. The learning environment, the people you meet, the places you go, and the experiences you keep all contribute to what happens to you once you graduate. My biggest piece of advice is to participate in as many internships as you can because they will create connections, they will give you the experience you need, and may ultimately lead to a great job upon your graduation.

So if you have free time and you can find a company or an entrepreneur accepting interns, print out a resume and set up an interview! Find a summer internship, do one during the school year, but no matter what, get involved, get connected and add to your experiences (and your resume!). You can control your future. From one student to another, good luck with your education and I wish you all the best with your internships and experiences and where they will take you...

-Stacey Gadus

“Oh the places you’ll go!” -Dr. Seuss



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.





DIVORCE IS STICKY

We all like to think that when we get marry, it will last forever and we will live happily ever after with our partner. This is not always true. According to the Center for Disease Control and Prevention and the National Center for Health Statistics, in 2005 the marriage rate in the United States was 7.5 per 1,000 people. The divorce rate was 3.6 per 1,000. This means that about these people have about a 50% chance of their marriage working out. People divorce for many different reasons, and one of the biggest reasons is financial matters. Let's face it, almost all of us know someone divorced or in the process of a divorce: our parents, aunts or uncles, cousins or friends, neighbors or coworkers. My father was divorced when he married my mother. A few months ago, my sister was going through an awful divorce where she lost custody of her children, was paying more than half her paycheck in child support, and was being sued for half of her 401K retirement plan. As a result of this, they reconciled before the divorce was finalized. She realized that her soon to be ex-husband was doing this so that she would not leave him and it worked.

Divorce is a very painful and stressful time for everyone involved: the divorcees, children, family and friends. Although we may not be facing divorce now, some of us will face it someday. It is important to know how to overcome this hurdle in your life or to help someone else who is going through it. The following are five tips to help you get through a divorce, which, hopefully, you will never have to use.

1. **Be Honest with your Attorney:** This goes for any case in which you need an attorney. Your attorney will be defending you. Your attorney will need to know everything relevant to the case. This means the good and the bad! You really don't want your attorney to find out about something in the middle of the proceedings and not be able to defend you.
2. **Divorce is Stressful:** Whether it is to making the decision over custody, property, or money matters, it will not be easy. Be prepared to face some tough times and seek professional help if needed.
3. **Be Prepared to Wait:** Getting divorced may be a lengthy process. Be patient.
4. **Know your Attorney:** Know what they are up to, what they are doing to help your case and what their experience entails.
5. **Divorce is not Friendly:** Don't be surprised to have your partner play dirty. The attorney might also ask a lot of personal questions, but please know that your partner and their lawyer have probably already talked about the same thing.

-Sylvia Olmos

DIVORCE IS SWEET

With divorce affecting 50% of marriages, divorce lawyers are making a pretty penny. Divorcees are spending thousands of dollars and plenty of time trying to make their lives happy again. In honor of these bitter circumstances, a new trend has begun: Divorce Parties.

Divorce parties are not meant to be an angry end to a long marriage, rather a celebration that a new chapter in one's life has begun. It is a celebration of the last paper being signed and the assets finally being divided, not the start of new found singleness, though you can celebrate that too. Here are a few tips and suggestions on how to make your divorce party a blast, because let's face it, half of you reading this will be divorced sometime.

Timing: From what I hear, the divorce process itself is no party so wait for the ink to dry. Wait until the legalities are truly over so you can celebrate the new freedom you have from your spouse and your lawyer. The divorce party is supposed to be a celebration of all the ugly court proceedings being over. Maybe you can wait until you get your Divorce Decree. Frame it. Display it at the party. Take pictures with it.

See PARTY on page 3





LEARNING FROM AUTISM

I never knew what Autism was until I began to work as a preschool teacher. In my first year of teaching three and four year olds, I was challenged with a child who was severely autistic. I began to panic and didn't know what to do or how to help him in the classroom. His mother was going through a rough time since his diagnosis. I felt incompetent for the first time in my career because it was my responsibility to help this child and his family. I wasn't going to let this child down so I began to research information on Autism. I encountered many types of modifications in a classroom. Children with autism need a routine, consistency, structure, and a lot of visuals. The classroom began to be more structured than ever with plenty of visuals around the classroom. I developed a picture schedule which reflected the classroom routine. The picture schedule helped him, as well as the other children know what was coming next. Another problem I experienced was when calling his name. He was unresponsive, but he loved to look himself in the mirror. So I took him a picture when he looked at himself in that mirror. Then, the next day I showed him the picture and for the first time he gave me eye contact. He didn't respond or said anything but after a few days he looked at my face. This was the time when I knew that my hard work was coming along. Even today there has been no clear factor of what causes Autism, only speculations from researchers. Little did I know in my first year of teaching I would be challenged with a child with Autism. This prepared me to work not only as a teacher with children with disabilities, but to understand the families that encounter this situation in their daily lives.

-Claudia Torres

JEWELRY AS ART

I have so much jewelry that I did not want to hide it all in an ugly jewelry box from Target and have my beautiful (cheap and expensive) necklaces get tangled forever. I found some fabulous ways with the help of *Blueprint Magazine* (now out of print, tear) and *Martha Stewart Living* to help me come up with great ideas for displaying my jewelry and turning it into a piece of art!

One way is to use a tree branch and put it in a vase and fill the vase with rocks or sand (for stability). Hang your pieces of jewelry from the different branches sticking out. Choose varying size pieces, like a delicate pair of earrings.

Another method is to buy beautiful pieces of pottery. Tea cups, tiny vintage saucers, and small dessert plates. Use these pieces to stow single items, hang dangle earrings on the side of the tea cups, and place your rings on the plates. As you can see these make beautiful art pieces. Who needs a Picasso?

-Erin Matthews, M.S.



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Guests: I'm not talking from personal experience or anything but I would assume that a divorce party should NOT be a speed dating event. Don't have your friends bring singles they know. You are celebrating being single. Don't tie yourself into another dead end relationship. Also, you'll probably be drunk or at least acting stupid, so don't invite your boss or other coworkers. You probably don't want to see pictures of you this night in the company newsletter. No children and unless you and the ex are best friends now, he/she should not be there either.

Activities: No party is complete without cake. Make or order a cake with wedding feel to it, but make the topper a little more festive. Be creative and obscene here. Get stupid decorations, watch stupid movies and tell stories. But I wish to caution you, don't burn things like wedding pictures. These will be valuable once the bitter taste of divorce is gone (and you spent a hell of a lot of money on them!) Also, DON'T video tape this night. With this all being said, I hope your divorce party is a smash, but I also hope you don't have to have one.

-Valerie Yu, editor





THE SKINNY ON THE POUND



So often in today's society, we tend to want everything right now. Or better yet, five minutes ago. When it comes to weight loss this can be a very detrimental mindset, often times crippling weight loss. Weight gain does not appear spontaneously overnight nor will the thirty-five pounds put on over the course of two years disappear in 2 weeks. So often we want that quick fix. The new fad diet that claims to loose 15 lbs in 15 days, sounds perfect, right? It proposes to be an easy solution to an issue which truly requires just a bit of knowledge and some self discipline.

Unless someone truly has a metabolic disorder, which is rarely the case, weight loss comes down to calories in verses calories out. In order to lose weight you must be eating less than you are burning. This sounds like an easy concept, however with our societies current sedentary lifestyle, combined with unhealthy eating habits and lack of exercise, the results are increasingly alarming, with obesity, heart disease and diabetes on the rise. Each day for humans to sustain life, a certain amount of calories need to be consumed in order to carry out our everyday bodily functions and maintain current body

weight. This rate is referred to as a person's Basal Metabolic Rate. This is the amount of calories per day that a person's body burns at rest, not including exercise. AMR, which is Active Metabolic Rate, is additionally calculated in order to arrive at an individually tailored calorie plan which is specific to the person, according to their weight loss goal and time frame. AMR is dependant on many factors such as age, weight, height, gender, diet and exercise habits. Therefore in order for a person to maximize their weight loss they would need to know how many calories they typically burn per day to break even and maintain their current body weight. (See below for BMR Calculator & Dietician links)

For example, let's say that someone's AMR is 2000 calories per day. Every day that they eat 2000 calories they will neither gain nor loose, rather break even and maintain their current body weight. Every 3500 calories deficit equals 1 pound of weight loss. However let's not forget that every 3500 calories in excess will equal 1 pound gained. So if someone with a 2000 calorie AMR did nothing different besides cut out their favorite 500 calorie coffee drink every day, how long would it take them to loose 1 lb. of body fat? The answer is 7 days. If someone has a deficit of 500 calories per day for seven days that would equal a total of 3500 calories which is equivalent to one pound. If the person maintained that 500 calorie deficit over the course of a month that would result in a 4 lb. loss and over the course of a year, a 48 lb weight loss. On the flip side if that same person ate their 2000 calories per day but additionally consumed a 500 calorie coffee drink per day, over the course of a year it would result in a 48 pound weight gain. So with this small yet critical piece of knowledge, we can rather accurately control the rate of our weight loss and stop trying fad diets with outrageous claims which more often than not, lead to dead end roads, hindering weight loss. So now with this bit of knowledge regarding what it actually takes to lose a pound and a bit of motivation, you should be well on your way to a successful weight loss journey.

*If you are interested in meeting with a **Registered Dietician** or a **Peer Nutrition Counselor** in the *Klotz Student Health Center*, you can schedule an appointment at **(818) 677-3666**. Select option 1 for appointments.

*If you are interested in finding out how many calories you burn per day, go to:

<http://www.preventdisease.com/healthtools/articles/bmr.html>

-Janelle Leyone





DO YOU KNOW YOUR SAVINGS BONDS?

There are many ways to invest your money; one of those ways is to purchase savings bonds. There are three types of bonds: corporate bonds, U.S. Government securities, and municipal government bonds.

Corporate bonds are interest-bearing certificates that are the long term debt of the company. These bonds are important as a source of funds for corporations. Investing in these bonds is risky because they are not 100 percent guaranteed. If the corporation you invested is not doing well then neither will your return. They are not as risky as buying common stock in a corporation but still carry some risk.

Another investment option is U.S. government securities. These types of bonds offer the highest degree of creditworthiness because they are backed by the government. There are two groups. The first group is treasury bills, notes, and bonds and the second group is federal agency issue notes, bonds, and certificates. Treasury bills, also known as T-Bills, are short-term U.S. Government Securities that mature in a year or less. They are sold to the investor at discounted face value. A treasury note is a bond that has a fixed principal. This particular bond carries a higher interest rate than the T-Bill. Individual bonds are savings bonds that have two rates: a fixed rate that is established when purchased and a semiannual variable interest rate that reflects the current inflation rate. Federal agency bonds are certificates of the debt of various federal agencies. These bonds are backed by the assets and resources of the issuing agency. These bonds can have a higher risk but can have a higher return.

The last type is municipal government bond which is the debt that is issued by local governments. The funds accumulated from these bonds are used to improve the town and its surroundings such as roads, parks, and highways. This bond could have the potential of high return.

Investing your money is an important part of today's society and it is important to know what our options are and where you can put your money to get a high rate of return. Start investing today and have a better future tomorrow.

-Taryn Burns



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.

JANELLE LEYONE



Janelle is a senior Nutrition and Dietetics option and Events Coordinator of SAFCS.

TARYN BURNS

Taryn is a graduating senior and Treasurer of SAFCS. She is a Consumer Affairs option.

STACEY GADUS

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

SYLVIA OLMOS

Sylvia graduated in December. She was a Family Studies option. Congratulations!

CLAUDIA TORRES

Claudia is a Family Studies Graduate Student.

WE WANT TO HEAR FROM YOU!!!

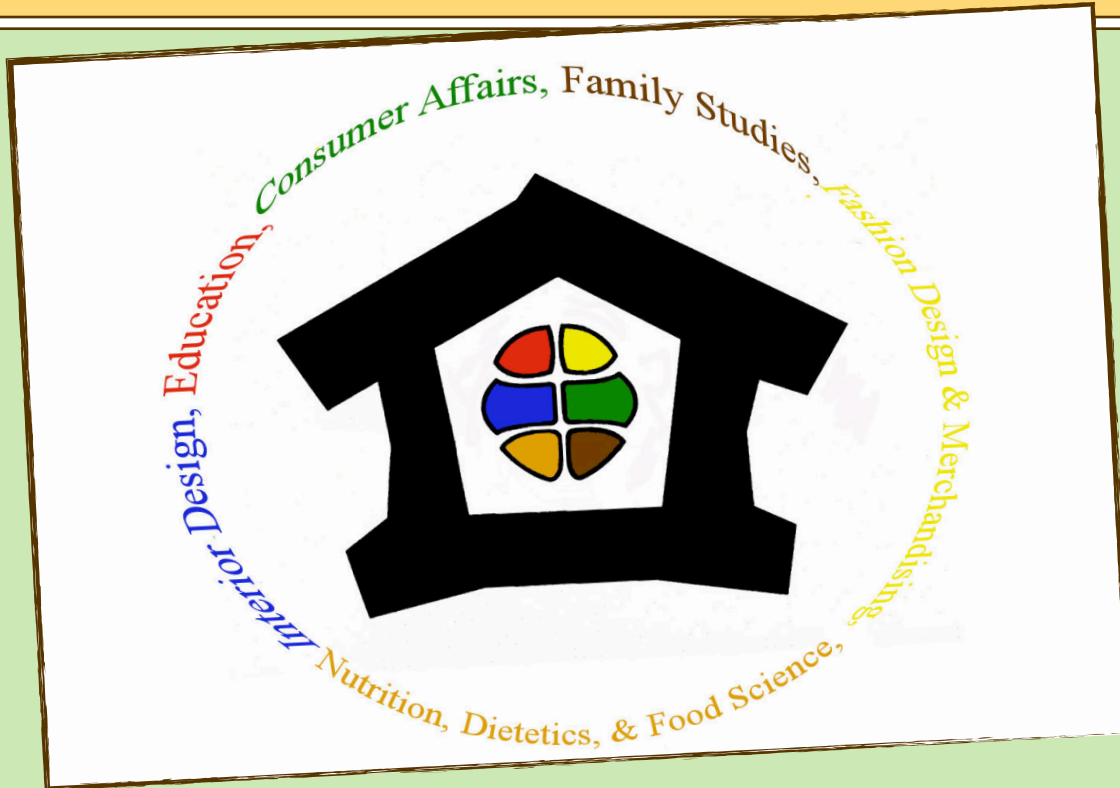


It is EXTREMELY important to us in SAFCS that we highlight each option, discussing current issues, trends or just fun things to know. Please, write for the Betty. Your major is important, LET'S HEAR ABOUT IT!!!! The editor can't write it all. SHE NEEDS YOUR HELP! NOW!

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.

STUDENT ASSOCIATION OF FAMILY AND CONSUMER SCIENCES SAFCS



Seeking New Board Members 2009-2010

Are you energetic? Are you a team player and have leadership skills? Would you like to improve upon the leadership skills you already possess? Would you like to meet new people who share your interests? Do you like to attend and organize social events? Are you innovative, creative, persuasive, or enthusiastic? Are you good with time management, flexibility, improvisation, and/or problem solving?

Last but not least, are you looking to have FUN?

For more information, contact:

erin.matthews@csun.edu



fighting hunger and poverty



CANNED FOOD DRIVE

April 20th - 24th

To Benefit the SOVA community Food and Resource Program

Join to help families move toward self-sufficiency
and end hunger

Thank You For ALL of your Support!!!

DROP OFF LOCATIONS:

• **Sequoia Hall**
(Marilyn Magaram Center)

• **Sierra Hall**
(Room 150D Advisement)

• **Bayramian Hall**
(Student Services Center on
the 1st floor)

Only during Operating Hour
9am – 4pm



MOST NEEDED ITEMS:



CANNED:

- *Tuna
- *Beans
- *Pasta
- *Tomato Sauce
- *Peanut Butter
- *Soup
- *Juice
- *Vegetables
- *Fruit

DRY:

- *Beans
- *Cereal
- *Rice
- *Powdered
Milk

OTHER:

- *Diapers
- *Donations

NO GLASS CONTAINERS, PLEASE

MISSION: SOVA is dedicated to fighting hunger and poverty in our community. In Addition to distributing free groceries to cover 6,000 men, women and children each month at three food pantry locations, JFS/SOVA assists individuals with government entitlement programs, and provides on-site vocational and legal counseling to help people move toward self-sufficiency .

SOVA is a non-sectarian program of Jewish Family Service, a beneficiary of the Jewish Federation and United Way