


# The Betty Newsletter

Issue #8 

## Junior Honors' Day: A Success!

As some of you may know, last week SAFCS and the FCS department put together a presentation for a large group of Junior honor students from high schools around the area. The presentation was separated into six parts--for each of the options.

Although most of the presentations were thrown together at the last minute, it is safe to say that the event was a success. Kristine, Farah Chajin, Micheal Wong, Dr. Plunkett, Tom Cai, Dena Coilfi, Erin Matthews and myself all attended and made presentations that truly represented what we are all about and hopefully pulled in some new FCS students.

Together, Micheal and Farah presented the Apparel Design and Fashion Merchandising option by combining a discussion about what fashion is and what you learn about in the classes at CSUN. Farah kept the juniors on their toes asking them questions like "who here considers themselves creative?" Micheal showed some of his work and the process that it went through to become a fabulous product.

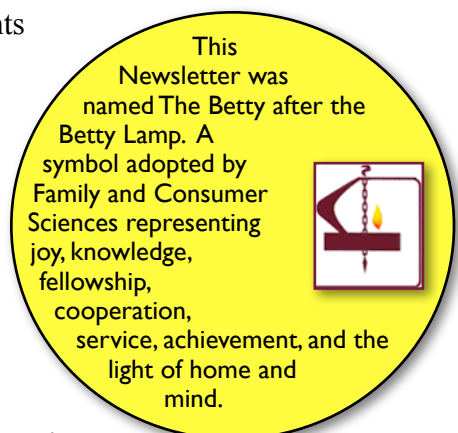
Kristine presented the students with all of the information about Interior they could handle. She told them on the importance of an accredited program and the wonderful things that can be done with Interior Design; separating the designers you see on HGTV from what one may actually practice. With the help of Dr. Cai, I was able to give an identity theft quiz to the students and teach them about what careers a Consumer Affairs option would look in to. The quiz may not have hit as close to home with them as it did for us college students, but hopefully it helps to prevent poor use of their information, and shows them a piece of the education we receive.

Dr. Plunkett may have been the funniest part of the day. He discussed some of what we get to learn in Human Sexuality and I'm sure you can imagine how this went over with a bunch of teenagers. He discussed the amount of sex people have in different cultures and the different types of marriages. Erin Matthews M.S. informed the juniors about what a career in FCS education has evolved to and what it is.

Finally, Dena gave a fantastic presentation on Nutrition, Dietetics and Food Science, educating the students on interesting information and detailing what the educational experience is like for that option here at CSUN. She also did a demonstration using Barbie Dolls and laminated cards, giving intense information about body image. In all the day was interesting and intriguing and we all did a great job!

Thank you so much, to all who helped throw the event together and made the day a possibility!

-Amy Wolpa



## Marriage Advice from a Newlywed? Part II

Your newlywed is back and has some more advice to dole out to all married individuals seeking some solace in their new lives as a *couple*. I'm going to continue to track my wedded bliss and count the days so join me! Here is my count as of today: one year, three months, one week and three days. How long have you been married, or in a partnership? Everyday is something new, and yet everyday is the same thing. Here are my three tips for this weeks Betty.

***Don't stop dating*** (Your husband or partner that is)

Marriage can be boring. The monotony of daily life can slowly begin to take its toll. One of the best ways to keep your relationship fresh is to have a date night. Go to a restaurant for dinner, go to the movies, stay one night in a nice hotel (a lot can happen in that hotel, use your imagination) or just get out and have fun and enjoy being with each other. Some free ways you can enjoy each other can include: visiting the beach, going on a hike together or try a picnic in a park. Remember how great it was when you first started dating? There is no reason why you should not feel that same way as a married couple.

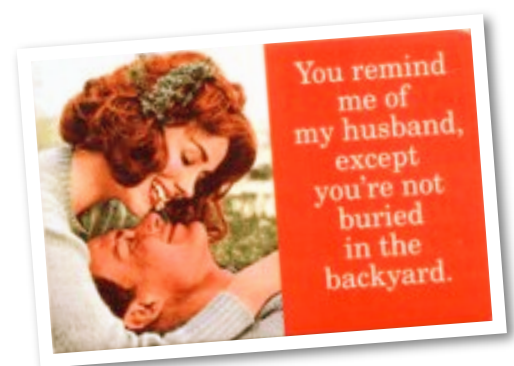


***Remember to maintain your independence***

Although married couples should work as team, a husband and wife or partners should never lose their own identities. For a successful marriage, you must form a partnership with your husband or partner and tackle life's up and downs together. However, you must also be careful not to lose all sense of your own independence. You should continue to pursue you own interests which exist outside of your marriage or partnership. You should do at least one thing that does not include your husband or partner, preferably an activity that develops you as an individual. Remember, it is like every string you add to your own bow makes it stronger, just like being a whole individual (complete and happy within) automatically makes your marital team stronger.

***Leave mistakes in the past***

The past has gone. There is nothing you can do to change it. This is about acceptance. Most of us need to focus on today. Focus on the *now*. If you are having trouble with this look to Eckhart Tolle. This is particularly true in the pursuit of a long, happy marriage. Although you will experience many highs in a married life, you will also endure many lows. Arguments, disagreements, mistakes made by both parties—the majority of marriages are beleaguered with them. Although it may seem impossible to forget these difficult times, you really should make an effort to leave them in the past. Bringing them up with your husband or partner, particularly during a disagreement, is a sure fire way to cause a heated argument and say something you might regret. Take a deep breath and remember that “Quarrels end, but words once spoken never die.” –African Proverb



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

## Carpet Vs. Tile

Many people today are changing their carpeted floors and replacing them with either hardwood or tile. But why? There are several reasons, tile is easier to clean and will look much nicer at the end of the day versus carpeted floors, which isn't such a nice look at the end of hard day, and is much harder to clean if stained.

Some of the negatives of carpet are keeping control of dust, off-gassing from carpet fibers and glue and potential absorption of moisture. Even though carpet does give off a warmer feel to the room, you just have to be careful about color and stain-resistance.



Laminate flooring has a more natural looking design and is more durable, it will last a lot longer than your carpet will. But laminate has its drawbacks as well, it can make the room colder and may get ruined by water. Not very pleasant!

Tile, on the other hand, is easy care; all you need is a damp mop or sponge or the common household cleaners like *swiffer* or *mr.clean*. It is durable; it will outlast any other flooring product on the market. How about scratch resistance? Grade III and Grade IV glazed ceramic tiles are extremely resistant to scratching and you never have to worry about a cut or tear like you do with some other types of floors! But is it environmentally friendly? Well, its manufactured by natural resources and doesn't have any odors or bacteria. It is beautiful and versatile; with all the different designs they have, and its also fire and water resistant, this really prevents water stains and slippery floors. The only negative--the expense. It is a little more pricey than laminate and carpeting but when all is said and done, tile may be the way to go. Now that you have the facts: which is the best type of flooring for you?

-Julie Snitzer

## Green is the New Black

LA's Fashion Week was started on March 6th, and it has proven that the eco-conscious trend is hot and IN! House of Petals held a "Green is the New Black" fashion show, kicking off the first of many shows featuring eco-friendly designs.

The show featured retailers and showrooms that wanted to show off their organic and sustainable clothing efforts, as well as local designers. And to make the point that much stronger (and hotter) the proceeds from the show are benefiting Brad Pitt's foundation, Make It Right. This foundation is working to rebuild New Orleans.

Materials used included organic Pima cotton and fleece by EcoGanik, bamboo and organic cotton by EcoSkin, vegetal leathers and organic fibers by Natural High (yoga clothing), and coats and jackets made from recycled materials by Rebe. Other inspirational designs came from Rees & Ella who used fabrics that were painted by protected elephants in Thailand as well as recycle icon message tees from Clothing of the American Mind.

Obviously **green** is in. In the fall it will be everywhere and hopefully fashion designers can start to advertise the reuse and recycling of the clothing themselves. Saving the planet one novelty tee at a time, makes all the difference. How can we integrate this new trend into our creative minds and make it stick in fashion?



-Amy Wolpa

## AAA Discounts for Card Holders



CSUN is well known for being a commuter school for students who drive their cars to and from school on a daily basis. With that said, the majority of those students are also carrying around a AAA card but aren't using it to their full advantage. There are so many students who probably have no idea that there are other options for them apart from using their card when they have a flat or need a tow. As a student, I know that I am more than happy to save money whenever I can and having a AAA card is like carrying around a savings card in your wallet. What a lot of people don't realize is that your AAA card can be used to receive up to a 15% discount on food and nonalcoholic beverages at restaurants such as The Chart House, El Torito, The Hard Rock Café, and even certain dining places in Disneyland. Discounts are also taken at Barnes & Noble, Circuit City, and Dell to name a few retailers. AAA offers also offers discounts on travel, entertainment, and certain hotels. Having fun is expensive, especially when money is a little short, so take advantage of a service you are already paying for. All of these discounts are included with the card, so if you have one, check out AAA.com to see how you can save on things you already do.



-Amy Dilgren

## Boost Your Flu-Fighting Power

Arm yourself with a supply of immune-boosting foods.

I doubt you have missed this year's flu and cold season especially here at CSUN with everyone coughing and sneezing in the classrooms and touching doorknobs, it's still possible to fight off the seasonal cold and flu viruses with tasty dishes. Instead of a pill, try a balanced diet of immune-boosters and bacteria balancers might help you ride out the final months of the winter's chill.

If you are already huddled in a warm blanket surrounded by a pile of tissues, we have some advice. While no foods are proven to cure or shorten the lifespan of the cold or flu, they can help squash the yucky symptoms that make you miserable. These dishes are just what the doctor ordered.



### 10 Most Powerful Immune-Boosting Foods

- 1. Orange Juice** – Think of Vitamin C as your best pre-cold and flu friend. While there's no real proof that loading up on the stuff will help once you've been bitten by the bug, there is power in keeping your immune system in top shape.
- 2. Green Tea** – If disease fighting had a prize fighter, it would be green tea. Besides providing much-needed antioxidants (also found in whole grains, legumes, and nuts), green tea is said to have disease-fighting powers to prevent cavities and protect your gums.
- 3. Garlic** – First it was fed to the Egyptian slaves to give them strength to build the pyramids, then it was hailed as the refuter of vampires—it seems there is nothing garlic can't do. Rumor has it that its real strength comes in its pungent flavor, key to clearing up congestion.
- 4. Almonds** – "nutritional powerhouse," almonds are packed with fiber, folic acid, magnesium, calcium, potassium, riboflavin, and vitamin E.
- 5. Oysters** – Long hailed as an aphrodisiac for young, starry-eyed couples, oysters also offer a hearty punch of calcium, niacin, and iron. But the reason these slippery suckers have gotten the good date-night PR is their powerful zinc levels. Zinc, said to help fight off colds by boosting the production of immunity-boosting white blood cells, also controls progesterone levels, which can alter the libido.

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**6. Ginger** – Packed with virus-fighting agents (such as gingerol, which has been studied as a cough suppressant), ginger is a prize-fighter in the battle against colds and flu viruses. It's lauded for opening nasal passages, clearing congestion, and even soothing nausea.

**7. Horseradish** – Fight stuffy noses and chest congestion with a fiery helping of horseradish, hot sauce, or hot peppers. Consuming these zesty items not only allows you to taste something you're eating, but also encourages the congestion lingering in your sinuses, head, and chest to loosen up.

**8. Arugula** – When the worst of winter colds hits, steer your grocery cart toward the produce section and fill up on bitter greens, such as arugula and watercress. These fresh leafy veggies are packed with iron and vitamins A and C, and are believed to help relieve many flu-like symptoms, ranging from chest congestion to the sniffles.

**9. Aniseed** – A cousin of the parsley family, aniseed has been tested as a congestion fighter. It comes ground in the spice section of your grocery store, and has long been used to encourage digestion. That alone sounded good enough to us, then we found these crispy cookies and remembered that the dark chocolate topping is good for your heart.

**10. Chicken Soup** – This magical elixir has long held the throne for cold and flu fighting foods. Whether it's the chicken (packed with zinc), the hot temperature (to loosen congestion), or the veggies (loaded with vitamins) that should get the credit, no one's sure. We do know that it always warms us up right down to our fuzzy-sock covered feet. We hope you feel better soon! Rest, rest, rest!

## Contributors



AMY WOLPA

Amy is a senior and the Betty editor.

ERIN MATTHEWS



Erin is a professor and the SAFCS faculty advisor.

AMY DILGREN



Amy is a senior and a FCS Consumer Affairs option.

JULIE SNITZER

Julie is a senior and an active member of SAFCS. She is a Consumer Affairs option but is very interested in Interior Design.

Love, 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!!!!

Send an article to the editor, Amy Wolpa, at [amy.wolpa.65@csun.edu](mailto:amy.wolpa.65@csun.edu) and watch for it in the following issue!

## Career Symposium

The Career Symposium is slowly sneaking up on us. It will be held on April 9th started at about 7pm. This is a great way to come out and meet representatives in you field of interest. All of the FCS departments will be represented as well as refreshments. Tables will be set up for personal, one-on-one discussions with professionals who are where you want to be. This is a great chance to gain information and experience as well as NETWORK, which as we all know, is extremely important as we head out into the "real world." If there are any suggestions or requests of who you would like to come, let us know!

