



The Betty Newsletter

Issue #12



A Note of Thanks and a Fond Farewell

Let me begin by saying thank you. Thank you for a wonderful and rewarding experience. Working on the Betty with you all this year has been amazing. I have learned from so many of you and I have had the outstanding opportunity to read all of your amazing articles. I am leaving CSUN with the utmost love and respect for this department, because I have come to know the kind of people that fill it. The kind of individuals that are passionate about their major, the kind of individuals who care about people and who strive to learn as much as they can to protect and help them. Whether it be through nutrition, fashion, interior design, consumer affairs, family studies, or education, we are a people's major. We help. And you have all helped me!

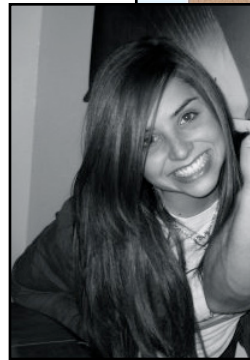
I am truly going to miss writing and editing this newsletter. The hard work and effort that we all put in to this every two weeks really paid off. I am so grateful to have met so many of you and to have had the chance to meet you.

Erin. What would I do without you? You have made my experience as a student here so rewarding and memorable. With you, this baby, The Betty, was born. I can only hope that The Betty grows and improves as the years go on. I am proud of everything we have accomplished and I absolutely cannot wait to see what The Betty comes out with in the future. You have truly lit a fire in my heart and inspired me to learn and be more. Thank you.

And thank you to all of you that have written for this newsletter and have helped to make it a possibility. We started the year with very little contribution and little to no recognition. Now, I am so proud to say that this is no longer the case. For this issue alone we had nine writers! I have found a passion in myself and I hope that this newsletter helps you to find something out about yourself. This department has so much to offer and you get what you put in to it. So cherish your time as a student here.

Thank you for everything you have given me and all that you have taught me to recognize in myself. I am heartbroken to graduate and leave but I know that I am leaving this newsletter in the best of hands.

-Amy Wolpa



Not Just for Hippies Anymore

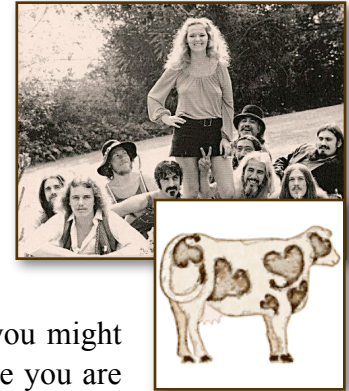
The trend in vegan and vegetarian diets is on the rise these days, whether it's for animal rights, religious beliefs, or kids just think it's cool and want to fit in. All these reasons and more are causing more younger and older generation Americans to turn their noses up at the meat industry and tune themselves into what was once only known as the 'hippie' lifestyle.

However many people focus on the potential health benefits of a plant based diet and are unaware of the possible drawbacks in leading a 'healthy' yet poorly planned diet. Unless you're a nutrition option in FCS you might not find out until it's too late. Here are a few good tips on how to make sure you are getting the most benefits with the least drawbacks from your animal friendly lifestyle.

There are several nutrients that vegetarian and vegans have to be aware of mainly because they are usually contributed to the diet through meat or animal by products. However there are many other foods that can be consumed in order to ensure your body is getting all it needs to function correctly. These nutrients include protein, iron, calcium, Vitamin B-12, and Vitamin A.

Being aware of possible deficiencies in these nutrients combined with alternatives to incorporating them into your lifestyle can help you lead a healthy vegetarian or vegan lifestyle.

-Amanda Mason



Hippy Days Are Here Again!

Love them or hate them, the "hipster headband", as it has been dubbed, is the new "it" accessory. The headband, usually-thin and decorative strand of some fabric or another, it is to be wrapped around the head at varying levels. Many celebrities have been seen sporting these headbands in varying widths and hues. Although many people may consider these items overly trendy or already ruined by the label of "hipster", it is actually quite the contrary. Worn well, a hipster headband, paired with a simple t-shirt and jeans can take an outfit from boring to eye-catching.

The trend was first seen on the streets by powerful people in the fashion industry, people like Karl Lagerfeld, who has the power to create new trends all by himself, and others like Iekeliene Stange, current top model, who has the power to officially turn an accessory from a random rope into a completely dazzling. The most recent appearance of the hipster headband was at the Chanel 2008 Spring Haute Couture show. While models strutted around in flowy, full-length dresses and gorgeous tailored jackets, a different version of the headband made an appearance of elegant seashells and tiara-like bands.

Although it is clear that the hipster headband has no chance of fading in the future, one element of this trend worries me. There are hundreds of extremely chic women who have already passed the years where they can get away with wearing a string of sea shells across their forehead. The hesitance to embrace this trend most probably comes from its lack of adaptability. Something about it, whether it's

the way it bunches up the wearer's hair or adds an immediate look-at-me element, makes it something that is looked down on by those who find it more irritating than stylish.

So, the hipster headband is an accessory that is loved and hated. It fits any body type and yet only a few people can pull it off. It is making a comeback from decades past, and yet it still seems fresh and new. So do you care to join the trend?

-Katia Ragan





It's Delicious and Healthy Too!



Ever wondered what Tabbouleh is? Tabbouleh is an Arabic salad dish and is very popular in the Middle Eastern culture. Its main ingredients are wheat grains, chopped parsley, a small amount of mint, tomato, scallions, lemon juice, olive oil, and other herbs can be added as well. You can also include black pepper and depending on your taste, you can also add cinnamon and allspice. Tabbouleh was originated in Lebanon and is usually eaten by scooping it up in Romaine lettuce leaves. It is also eaten with pita bread. Tabbouleh

is also popular in Brazil and in the Dominican Republic (where it is known as tipili), due to Middle Eastern immigrants who settled there. In the United States, tabbouleh is sometimes used as a dip. Tabbouleh is so yummy and very healthy. If you are a salad lover, then I guarantee you would like this. In my culture, we make Tabbouleh all the time. Eating tabbouleh helps regulate the digestive system and maintains a healthy body. In the Middle Eastern culture, it is often used as a meal for a remedy to illness. It helps the immune system become stronger, but of course eating anything healthy helps the immune system to become stronger. If you have anytime, get curious in the kitchen and make yourself some Tabbouleh; it's so simple and fun to make!

**N U T R I T I O N
INFORMATION:** Per serving:

165 calories; 8 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 22 g carbohydrate; 4 g protein; 6 g fiber; 175 mg sodium.

Nutrition bonus: Vitamin C (100% daily value), Vitamin A (70% dv), Folate (21% dv), Iron (20% dv).

How to make your own Tabbouleh:

1 cup fine cracked wheat
1 bunch parsley, chopped fine
1 bunch scallions, chopped fine
Fresh or 1 can tomatoes, chopped fine
1 tbsp. allspice
1 tbsp. lemon
2 tbsp. oil

Soak the cracked wheat in hot water and then rinse out the water to dry the wheat. Cut up parsley tops with scissors and add to soaked wheat. Add chopped up ingredients and spices. Mix well and enjoy!

-Lidia Bakhos

What is an MFT?

Marriage and Family Therapists (MFTs) are health care professionals who evaluate and treat mental, emotional, and behavioral problems within the framework of the family system. This family oriented perspective to mental health care acknowledges the family as the most significant context influencing the individual's problems, behavior, and relationship issues. By seriously approaching a wide array of domestic issues, MFTs help families facing detrimental mental and emotional disorders. These families contain members suffering from emotional disorders such as schizophrenia and depression, eating disorders like bulimia and anorexia, and injurious substance addictions. MFTs also handle incredibly sensitive issues including sexual and physical abuse of children, juvenile offenders dealing with the criminal justice system, and children and their families in the foster care system. From the youngest child to the parent, each family member is addressed with equal importance in their contribution to treating such problems within the family.



-Arezou Yashoua

Debt 101: College Kids and Their Credit Cards

We have all been bombarded with credit card advertisements, but with the possibility of a recession, getting credit cards becomes all the more appealing. We are targeted the second we turn 18 and are able to sign our own names on documents and hold our own cards. College students nationwide struggle with debt after they graduate college, many of them with thousands of dollars of credit card debt. But as you read this, you are probably thinking about the amount of debt you have, but don't worry too much, here are some tips.

If you owe "just too much" then consolidate your debt. Make it so that you can possibly pay all of your debt off with each payment at lower interest rates. Speaking of interest rates, you need to be knowledgeable about interest rates and know whether or not they are time sensitive. Many college students sign up for a credit card with zero APR but after the first six month or year, that number jumps. Paying more than the minimum is also very important, if you only pay the minimums it will be very hard to take care of the total amount, but if you take care of a little extra, it will get you much closer to being debt free. And finally, stop using your card. Do whatever you have to, hide it from yourself, put in a block of ice in the freezer, just don't use it. You can't get out of debt if all you do is add to it. Being knowledgeable about what you are signing up for and knowing what to do if you are in trouble are the main keys. Knowing how to avoid and rectify situations is what will make you a smart consumer.



-Amy Wolpa

The Trends Fashion Show

Are you in Fashion? Well the students of the Trends organization showed what is in fashion. On Tuesday April 22 on our own CSUN campus the Trends organization put on a wonderful fashion show. The show had 24 designers showing off their creativity and skills. The lines of Fashion ranged from hot summer bikinis to extravagant wedding gowns. The show was separated into four clothing categories. The first was the cruise/play/vacation, it included bathing suits and cute summer outfits. It also had great clothes for the first day of school. The next category was contemporary/causal and it had everything from work suits to dresses, perfect for an evening out. The third was evening/cocktail. The students really out did themselves in this area. A lot of the dresses would be perfect for a high school prom or black tie event. The final segment was the bridal/wedding lines, these gowns looked like they could be found at a bridal store, they were marvelous.

The entire show was judged by three professionals in the fashion field. All the designers showed beautiful work but there could only be one winner per category. The winner of cruise/play/vacation was Shannan Dunlap. She is also the Trends organizations president. Lindsay Poole took contemporary/casual. Ninette Yeganian won for both evening/cocktail and the wedding/bridal. The show was an overall success and the director Amy Agajanian put on a great show. CSUN truly has talented fashion students congrats to all that participated in such a unique and fun event! Trends was even able to show an abbreviated version of the show at the 2008 Spring Banquet for the graduates on April 28th.



-Taryn Burns



When The Student Becomes The Teacher

For those of you out there that are FCS Education majors, I am sure you are having a few anxieties about becoming a first time teacher. Often teachers will feel stressed out when in fact they are simply under a great deal of pressure. Teachers need to know that there are procedures that can help with specific stress related problems, here are ten techniques which may be useful in helping out the first time teachers who feel under pressure.



1. Manage your time positively and with purpose.
2. Do not dwell on or distress about problems you may be having in or outside of the classroom. In fact look at all the good things that you have produced during class time and in your life. Focus on your achievements, successes and you will realize that there will be many more to come.
3. Concentrate on the present and deal with one thing at a time. Tension and worry can make even an ordinary day seem unbearable. Avoid the tendency to think about past events and future uncertainties.
4. Listen to relaxing music. Share the music with the students. Play the music as your pupils come into class in the morning, after break, after lunch. Play the music during appropriate lessons. Play uplifting music or a humorous tape on the way home in the car if you've had a bad day.
5. Do not set yourself up with an unrealistic workload. Be assertive, but polite when saying "No" to an unreasonable demand on your time.
6. Do not rely on self-medication to see you through the long hard days. Avoid dealing with your problems with destructive coping mechanisms, such as alcohol, smoking or drugs. Instead allow yourself at least half an hour for enjoyment. Figure out your own methods of relaxation and practice them daily.
7. Try to have a good sense of humor. See the funny side of things and laugh it off. Smile and respond cheerfully when you meet others. It actually does make a big difference!
8. Have other interests or hobbies outside of the work place, preferably a creative outlet. Allow planned time for your hobbies and recreation.
9. Do not be too critical of others or yourself. If you expect too much of yourself and others all of the time, you can create a constant state of worry and anxiety. Concentrate on the good points. Develop a co-operation with colleagues and students, not competition. If you are no longer a threat to others, they will stop being a threat to you.
10. With a positive attitude to dealing with pressure, schools can create a much more supportive, co-operative sharing environment. Your attitude definitely makes a big difference in how you feel towards yourself and others around you. Reduce your anger and frustration to a sense of gratitude for what you do have.

-Shelly Bernstein

Watch out for the Betty Over the Summer!

Starting in June The Betty Newsletter will come out with new articles and new faces! Next year's editor, Valerie, will be co-editing with Amy, it will be great. So don't miss out! Check online or in the FCS main office for the new issues and keep writing for us! See you over the summer!



Goodbye my Darlings

As the semester comes to a close I think of all the wonderful students I have had that are leaving to start their lives in the *real* world. Many of you have changed my life and the way I teach and for that I am eternally grateful. I can only hope that the impact you have had on my life has a corresponding beneficial effect on your life. There is an Eastern saying that the teacher and the taught create the teaching, this is emblematic of the way I view my role in the synergistic relationship that obtains in a higher education setting. This relationship I speak of is one that I hold dear to my heart and I feel deeply enriched and I grow as a person when I see you grow and succeed as individuals and professionals. Therefore, I leave you with what I hope are words of wisdom... *a commencement is a beginning and not an end; never, ever, ever, stop learning; it is your duty as a graduate to ensure that education is contagious.*

Francis Bacon famously said, "Knowledge is power." I have come to realize he is only partially correct. Knowledge is *potential* power. Build your strengths improve upon your weaknesses and know that you have the power of knowledge at your disposal.

Sincerely and with love,
Professor Erin Matthews



Contributors

AMY WOLPA

Amy is a graduating senior and the Betty editor. This is her last issue as the sole editor, because she is graduating!



AMANDA MASON

Amanda is a Nutrition Dietetics and Food Science double major. This is her first article for the Betty.



ERIN MATTHEWS

Erin is a Professor for FCS and she is the Advisor for SAFCS.



JENNIFER WORRELL

Jennifer has already graduated and is starting her fabulous life in Dallas! She is an aspiring bridal designer.



LIDIA BAKHOS

Lidia is a Family Studies option. This is her first article for the Betty.



SHELLY BERNSTIEN

Shelly is a senior and a Education option. This is her first article for the Betty.



AREZOU YASHOUA

Arezou is a Family Studies option. This is her first Betty article.

KATIA RAGUAN

Katia is an Apparel and Fashion Merchandising option. This is her first article in the Betty.



TARYN BURNS

Taryn is a junior and the Treasurer for SAFCS and this was her first Betty article!



Congratulations SAFCS Grads!



Amy Wolpa



Amy Dilgren



Jennifer Worrell



Erin Matthews



Peggy Moro



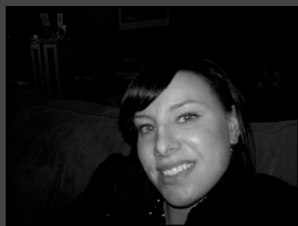
Jeanette Hammer



Alicia Arlington



Kimberly Peil



Shelly Bernstein



Julie Snitzer

NOT PICTURED:
Silvia Olmos

To the rest of the FCS graduates, and anyone we may have missed,
CONGRATULATIONS AND GOOD LUCK!