

# The Betty Newsletter

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## Kappa Omicron Nu

*Striving for Excellence*

Kappa Omicron Nu (KON) is an honor society committed to empowering leaders through scholarship, research, and leadership education and to prepare scholars and researchers to be leaders in society. Kappa Omicron Nu strives to bring leadership to a sizable scholarly community in the human sciences and to emphasize the responsibility of scholars to the family and consumer sciences/human sciences professions and society.

Kappa Omicron Nu was established February 21, 1990 by the consolidation of two organizations; Omicron Nu and Kappa Omicron Phi. Omicron Nu was founded in 1912 at Michigan Agricultural College, now Michigan State University. Faculty members were familiar with other honor societies, so Dean Maude Gilchrist and faculty decided to recognize home economics scholarship. The purposes of promoting scholarship, research, and leadership were the motivating factors behind its expansion to other campuses across the country. Kappa Omicron Phi was formed ten years later in 1922 at Northwest Missouri State Teacher College, Maryville, now Northwest Missouri State University. Emphasis was placed not only on intellectual and scholastic excellence but also upon personal development, i.e. intellectual, spiritual, ethical, and aesthetic qualities.

Kappa Omicron Nu awards scholar program grants each biennium. Fellowships and grants total over \$30,000 each biennium. Chapter programming focuses on a national program theme and scholarly priorities, including undergraduate writing, ethics, mentoring, cultural diversity, leadership, and undergraduate research.

Invitation and participation in Kappa Omicron Nu will not only enhance your resume, but also your academic experience. Being part of a nationally recognized leadership organization such as KON promotes personal growth and motivation toward achieving your professional goals. Kappa Omicron Nu is the channel to excelling and standing out in the Family and Consumer Sciences Field. It is a competitive world after graduation, and Kappa Omicron Nu sets its members apart from other students. It is both an honor and opportunity to be invited to Kappa Omicron Nu, so feel proud and excited to be a part of this unique and exceptional organization. Congrats!

*-Dena Ciolfi & Erin Matthews*



### Why Your Option?

This Betty added a section at the end of each option's page, discussing why that option is great! There is a reason why there are six options encompassed in Family and Consumer Sciences and it is important that as SAFCS members we know all about them!

If you want more information on your option, or if you are thinking about switching, make sure to read about how they are a perfect fit for your peers and what they can offer you!



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.

## The Common Ground of the Family Ecosystem throughout the United States and the Middle East

In the aftermath of devastation and loss of life, families are left to pick up the pieces; sift through the ashes and rebuild what has been destroyed. Wars have been a ruinous force throughout human history. We are living in tumultuous times with our family members fighting a war far from home. Regardless of whether we are left, right or fall center on the debate over the Iraqi conflict we can all feel empathy equally by having loved ones lost and/or deployed. Families are facing a new challenge missing an important member during deployment. Every war devastates nations. The role of Family and Consumer Science professionals is to look at the impact war has on families. Not only should we focus on our losses during the war here in the U.S., but also losses among allied forces, casualties throughout the Middle Eastern region, family members of the insurgents, families of non-combatant casualties, and the families of the newly forming Iraqi security forces. Aside from the debates that surround any large scale geopolitical conflict there is the latent and often over looked effect these conflicts have on families.

Currently there are 1.5 million school age children with parent's in military active duty. Recent studies have reported on the high rate of mental trauma among returning veterans and the children of U.S. soldiers in Iraq they were found to be more prone



to stress compared to other youngsters. Spouses with few personal and social resources, only 10% are adjusting well to separations; in contrast, more than 82% of the spouses with many resources reported that they adjusted well. Periods of separation are stressful for families, and this stress can have an impact on the ability of the service member to do their job. The families often need support in building the internal and relational infrastructure that can promote positive adjustments. These adjustments include strengthening their financial security and understanding of money matters, building interpersonal skills in marriage and parenting, instructions on how to play as a family, connecting families to each other in support networks, and counseling for post-traumatic stress disorder (PTSD) upon their arrival home. As being helping professionals (a Family Studies option) it is incumbent upon us to research newer more effective ways to cope with tragedies of war both domestically and internationally. It is my hope that you view this article through the lens of Family Studies which I take to be tantamount to a humanist perspective. The current conflict in the Middle East need not be viewed exclusively as a conflict between nations and ideologies but also as a tragic loss of human life that ricochets through the family ecosystem.

*-Erin Matthews*

### WHY FAMILY STUDIES?

Family studies involves the entire lifespan, allowing us to have a complete conception of every aspect of life from infancy until death. This discipline is not geared toward one development but toward all of them as whole. It offers practicum experience to students and provides training through hands on interactions as well as a classroom education. The bachelors of science program is a perfect foundation for the Masters program. It is a platform to any career from teaching to private practice. There are so many options and Family Studies encompass everything.

*-Anne Gill*

I have always wanted to be everything and anything. A journalist, a psychologist, I even took one political science class and thought I was going to become a politician. Before I knew it, my lower division classes were wearing down and I need to decide on a major. As I began to think about what I desired in my future, I knew I wanted a social career. I wanted to communicate with people on a daily basis (I make a darn good listener). Then it dawned on me that I want to work with families. A major in FCS as a Family Studies option was perfect.

This major is perfect for someone like myself because the courses that are available are very appealing. As a matter of fact, this semester I am taking family theories, human sexuality, child development and family resource management, all in which I can personally relate to. CSUN's website explains that Family and Consumer Sciences "encompasses the study of relationships among people and their environments" and I love every aspect of it!

*-Amanda Allegra*

## Nutrition for the Elderly

The elderly are the fastest growing portion of the population in the United States. This group, also known as the “baby boom”, will soon comprise a majority of the population in need of health care and nutritional education. As the body ages, many physiological and metabolic changes occur that will in turn change the nutritional and caloric needs of those individuals. For example, metabolism can slow as much as thirty percent as one ages, decreasing caloric needs. While eating less, it is still important that the elderly have adequate intakes of nutrients and vitamins to sustain good health.

Physical changes that could affect the nutritional needs of elders are digestive problems, dental problems, blood pressure and cholesterol concerns, and medication-related problems. Life changes affecting diet may be money concerns, living alone, lack of adequate cooking abilities, fatigue, weakness, and depression. All these changes and concerns can cause high nutritional risk among aging individuals during a time when good nutrition is vital. Healthy nutrition is parallel with quality of life for the elderly and one diet does not fit all. Therefore it’s important that a variety of wholesome and nutrient dense foods are eaten.

It is common for the elderly to be advised to eat a low fat diet to maintain healthy blood pressure and cholesterol levels and good heart health. This dietary restriction and even elimination of certain food groups can deprive the body of valuable nutrients. For example, on a low-fat, high-carbohydrate diet, many fat soluble antioxidants, vitamins, minerals and proteins go missing.

Nutrition advice for older adults should be designed to respond to the changing physiological, psychological, social and economic capabilities of the individual while assuring that the overall nutritional needs are met with the freedom to keep meals and eating an important aspect to the quality of life during the later years (ENC, 2004). <http://www.enc-online.org/elderly.htm>

One problem faced by elderly individuals is the inability to chew or other dental problems. Softer foods may be substituted for tougher fruits and vegetables and still be nutritious. For example, instead of raw vegetables, vegetable juices or mashed and creamed vegetables can be eaten.

Rather than breads and rolls, oatmeal, rice, and cooked cereals may be better. Lastly, fruit juices, apple sauce, and canned fruits are easier chewed than fresh fruits.

Digestive problems faced by elders cause many to avoid certain food groups such as dairy or those foods high in fiber that are harder to digest, causing calcium and dietary fiber deficiencies. This puts these individuals at higher risk for

osteoporosis and other gastrointestinal problems.

Trying different foods from the same food group will help ensure that all nutritional needs are met. It is important to eat more calcium, iron, fiber, and vitamins such as folacin as our bodies age. The aging body will change in ways that affect a person physically, mentally, emotionally, and spiritually. Therefore it is vital to nourish this body with complete and rich nutrition to ensure physical health and agility that brings happiness and quality of life.

**Healthy Nutrition is Ageless**

- Dena Ciolfi



### WHY NUTRITION, DIETETICS AND FOOD SCIENCE?

Nutrition, Dietetics and Food Science is the option dedicated to improving the health, lifestyles, and nutritional well being of all ages. If you have a passion for healthy living and improving the health of others then this option will keep you interested, intrigued, and challenged. Today’s world permits for a plethora of health issues and diseases due to poor dietary choices and sedentary lifestyles. Fast food, processed foods, and quick, convenient meals are becoming the unhealthy components of the American diet. Obesity, heart disease, hypertension, diabetes and child obesity are just a few consequences of the lack of a good diet and nutrition education. The Nutrition, Dietetics, and Food Science option is a vital step toward improving the health of our nation.

As registered dieticians and nutritional experts we can improve the health of families and prevent weight related diseases. We can improve school food programs, advise clients on healthy weight management, educate children on portion sizes and the food pyramid, and increase consumer awareness about healthy restaurant choices. This option is an ever changing study that becomes richer with each day. Our bodies are amazing machines that need to be nourished and appreciated. Now, go on and eat your veggies!

-Dena Ciolfi

## An Option in Education

It's great to be in Family and Consumer Science (FCS) Education major. What's great about the major? When reviewing the course of study, the FCS Education major has a wide variety of classes to choose from. Because the FCS Education degree is designed to be broad and to cover all aspects of Family and Consumer Science, it is able to be flexible in the choices that are made. This flexibility makes the option very appealing to the FCS Education student.

The reason for the various classes and the diversity of classes are so the FCS Education student can (1) meet the requirements for the state of California single subject credential, and (2) have the chance to touch on a variety of topics that can give the student a better understanding of spokes or options in the FCS department. The classes that are taken all have a specific purpose, but also crossover each other and teach more than one skill.

Management skills are taught in classes like Family Resource Management (FCS 320) or Parental Development (FCS 436). Fun projects like what values you have and how you can use them or how to lead parents in teaching their child. Classes like Cultural Aspects of Foods and Nutrition (FCS 303) and Contemporary Issues in Foods and Nutrition (FCS 321) allow the student to explore a range of cultures. The information is not just informative but fun at the same time. Being able learn about the Cassava vegetable root, originating in South America. Then the root made its way to Africa, where it is now the world highest producer of the vegetable. Or, that we are all meal managers and we can eat for pennies a day and still eat well.

A vast nutritional knowledge is also acquired in multiple classes, of course Nutrition for Life (FCS 207) and in Introduction to Food Science (FCS 201), but also in back in 303 and 321. FCS 201 begins a great road to cooking knowledge. Understanding



what proteins do when heated, or how the gluten works in the flour. Also, FCS 303 has multiple cooking projects from mutton soup to homemade humus. Then the Equipment class (FCS 322) is not only to understand the kitchen equipment, but helps with what you are cooking. Do you want to you a convection oven, or would the salamander be better to use. Is the design flow of your kitchen efficient? Which leads to the color of the room. Is the kitchen's color most efficient to work in? Who knew the color could affect a person. This is where Creative Expression in Family and Consumer Sciences (FCS 170) comes in handy. The color palate and how it expresses a mood. Apparel and textiles - Introduction to textiles (FCS 160) or Apparel construction (FCS 150) are both classes that you can be amazed that you can actually make a shirt from scratch and that fits. Or the use of glass fibers to make drapery for an office building is helping with fire safety for the building.

Consumers – we are all consumers. Consumer Rights (FCS 324) or Consumer Advocacy and Education (FCS 427), though this last class is not in the FCS Education curriculum it is a great class to take. Besides learning to budget, buy or lease a car, or buying a home, consumers need to know when they have rights. We have local, state and federal leaders that can help us. Class projects like going to Sacramento and meeting with your local representative and encourage the representative to support a bill are great activities that are taken from these classes.

The FCS Education major is extremely diverse and fun. At the start of the FCS Education adventure, a student has no idea what a great journey they are in for.

*-Alicia Arlington*

### WHY EDUCATION?

When going back to school after being off for 8 year, I wanted to find something that would fit my lifestyle. At this point in my life I am married and I have three children. My interest was teaching -- but what to teach? Other interests I had were counseling, marriage therapy, and children. I had a business background, but I wanted to work in a community environment. It was important to me to be active as a consumer, I did my do diligence and low and behold, I found Family and Consumer Sciences; Education. I felt this major was designed especially for me. Did the department somehow read my mind? I was so excited to start the degree, and because my interest are being expressed in my field of study, I continue to enjoy my schooling. I cannot wait to share this passion with the youth today!

*-Alicia Arlington*



## CIDA Visits the Interior Design Program

The Council for Interior Design Accreditation (formerly known as FIDER) visited the CSUN Interior Design Program over the weekend of November 2<sup>nd</sup> for a three-day on-site interim accreditation review. FCS's interior design bachelor's program is one of the few accredited programs in the State of California. Accreditation is given to programs that culminate in a bachelor degree and is dependent on its ability to demonstrate achievement of Council standards. Currently, the interior design program is accredited through the year 2010.

The importance of CIDA accreditation to the program and its graduates is, according to Dr. Anubhuti Thakur, Associate Professor of Interior Design, that it "maintains the program up to national educational quality and standards", and it provides prospective employers with confidence that graduates are well trained and have met professional standards set forth by the accrediting body.



The visit involved display and review of student work product for all interior design and FCS core courses for the last three years. The visiting CIDA team interviewed faculty, as well as a panel of selected interior design students to discuss program curriculum, standards, and the future evolution of the program.

The review culminated on Monday evening with an Interior Design Showcase and reception, to which many members of the university community attended, and where student projects were proudly displayed. Students were then able to retrieve their work and projects, which the program had retained for review purposes. On behalf of the interior design

student body, special acknowledgment and appreciation is extended to Professor Judith Griffin, whose diligent work and zealous dedication in coordinating this event made it a complete success.

*-Herbert S. Ferguson*

### WHY INTERIOR DESIGN?

Interior Design is a fascinating option and here at CSUN the FCS Interior Design discipline is accredited by the Foundation for Interior Design Education Research. It is a perfect learning experience for students to gather the experience and knowledge behind "functionally efficient and aesthetically pleasing" designs. The CSUN website says that "this perspective integrates function and aesthetics into the design process and the generation of design solutions for residential, commercial, retail and hospitality, institutional, educational, and health care environments." So whatever your creative spirit wishes to design, there are tons of options out there! The faculty working in the department provide the educational experience that is a platform for a promising career.

## Why Do I Have to Take These Core Classes?

Have you ever asked that question? Why in the world do you need textiles, costume history, or creative expression? Sometimes it's difficult to understand the value of these classes that we frequently say, "These will have nothing to do with my career!" So, here's reality: you probably won't have to quote the process of random polymerization (FCS 360) or how Queen Uta wore a pillbox hat with a barbette (FCS 352). BUT the fact that you are familiar with textiles and costume history is invaluable to your future employer, even in simple ways. I can say this from experience.

As I was working at Donna Karan for market this past summer, I was part of a throng



of interns and temps. Our supervisors asked us to get certain styles of clothes from the back. The clothes were coded, you guessed it, by fabric. I was one of the only ones who was able to get the proper item, just because of my basic knowledge of textiles (FCS 160). This may seem small, but in our supervisors' eyes, it showed that I was competent and trustworthy. Hopefully, this encourages you when you are stumped in textiles that you are actually building a foundation of knowledge that will one day set you apart.

*-Jennifer Worrell*

## Starting to See Shades of Green

Although LA fashion week was at a strange time this year (October 12), what was even more strange and exciting were the environmentally savvy designs walking down the runway. Then to top it off L'Oreal had a fashion week of its own with a runway show dedicated to the environment. From organic cotton, to blends of soy and bamboo, fashion has become eco-conscious; and what perfect timing! With all of our



environmental concerns and the threats on mother nature, where better to start then your closet? Although the designs are expensive right now, soon they will (hopefully) become commonplace, and they are comfortable! Keep your eyes open for some of these new creations and read the labels on clothing; you never know, along with their venti lattes Mary Kate and Ashley may be sporting some of these designs.

*-Amy Wolpa*

## WHY APPAREL DESIGN AND MERCHANDISING?

I always dreamed of moving to New York after graduating high school to pursue a career in fashion, specifically, apparel design. I envisioned my designs on the runway and being sold all over the country but I eventually lost my passion for design. Although I am still unsure where I will end up once I graduate, apparel design and merchandising is the perfect option for me. I enjoy both aspects of this option and I appreciate learning about not only apparel design, but merchandising as well. It is almost as if I am double majoring! I am learning about the technical side of clothes and fashion, which is very valuable when merchandising (how can you be a successful merchandiser if you do not know the products?). Once I transferred to the Family and Consumer Sciences department, I felt like this is exactly where I was meant to be. The most important reason why this option is perfect for me is that I am passionate about this industry. Apparel design and merchandising may not be for everyone, but I am 99.9% sure this is the option for me.

*-Stacey Gadus*

## Learning About the Consumer (Me)

In everything we do and every experience we have, we learn about ourselves. However, I had never learned about myself as a consumer until this year. As an assignment in my Family Finance class, everyone was asked to keep a diary of our spending. We were told to analyze it and think about what could be changed, and for myself, there was plenty. By taking simple notes every time I made spent money, talked about money, or even thought about money, I was able to see just how much money runs my life. I am a consumer to the core.

When I would read a magazine or watch TV, I would think about money and what I wanted to buy. When I would listen to music I would hear about money or objects that made me think about spending. Everything in my world seemed to be about spending.

It is obvious that personal finances can be very stressful but analyzing yourself can change everything. I noticed that I spend way too much money on food, and not healthy food. I would like to think that I am a healthy eater and I am not drawn to fast food, but that is a lie. When I

looked over my diary I saw just how terribly I eat, and how much I eat out. I also saw how much I shop and buy clothes that I really don't need. Instantly I began to make excuses, justifying my expenses, but then I realized, "wait, this my life, and I need to make some changes" so I have.

Since looking at my journal I have started to cook at home and pack lunch, I have cut out useless shopping completely, and I have learned to keep track of how I am spending money so that I won't just jump back in to bad habits. I have also began to notice when I think about money and when advertisements actually move me to want to buy. This is a very important skill to have if I want to have a career in marketing.

In learning about ourselves, we also learn about others. After this assignment I was able to take my experience and apply it to the people around me, the consumers, and think about how they may be spending and justifying. I will continue my financial journal and analyze myself (a consumer) every chance I get.

-Amy Wolpa



### WHY CONSUMER AFFAIRS

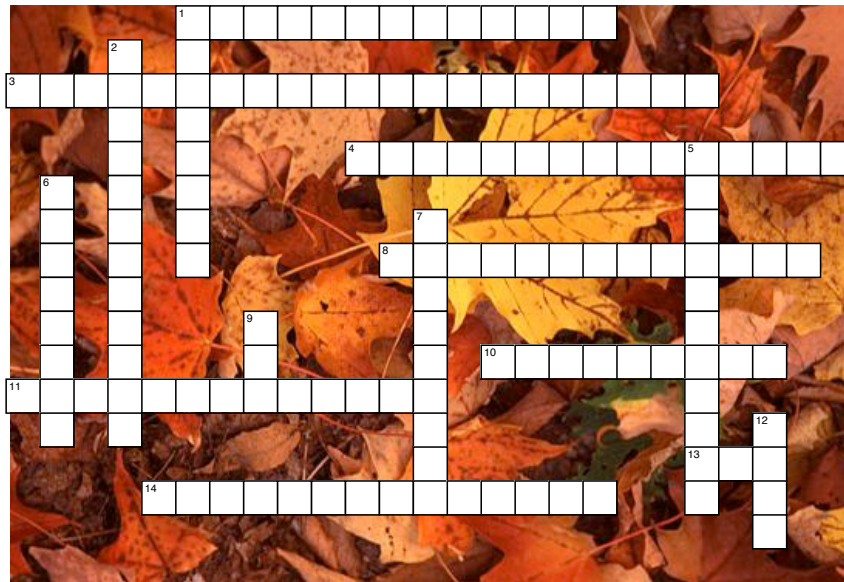
When I was young I wanted to be in magazines and on TV, now I want to make what goes in them. After transferring to CSUN I learned about the FCS Consumer Affairs major and what it could do for me. Personally, I hope to be working in an advertising agency as an account executive within the next ten years and this option will put me there. Having a major that allows me to actually understand the consumer, will set me above the rest, and land me the job of my dreams. Consumer Affairs works to help students gain knowledge about the consumer and about the economy; understanding these can lead me into many different fields and keep my horizons open if I find that marketing isn't for me. Among the many career paths to choose from with this degree, one can also gain a wonderful foundation for law school and the possibility of going into policy advisement, financial consulting, consumer advocacy and more.

-Amy Wolpa



*Family and Consumer Sciences*

*What's your option?*



**Across**

- 1. The second half of number 11 is
- 3. This option is dedicated to the health issues related to food and nutrition
- 4. This option provides students with knowledge of the individual and the economy
- 8. Involves the entire lifespan
- 10. This option allows individuals to provide and pass knowledge and experience to others
- 11. This option allows you to create and market your product
- 13. This professor just had a baby and is a professor for Consumer Affairs
- 14. This rout of FCS allows students to use their creative expression within different environments

**Down**

- 1. Professor \_\_\_\_\_ loves Research Methods.
- 2. SAFCS meetings as well as writing for the Betty can count towards \_\_\_\_\_ development in FCS 380
- 5. This option is dedicated to nutrient analysis
- 6. \_\_\_\_\_ is the amazing editor of the Betty.
- 7. Dr. \_\_\_\_\_ teaches about human sexuality.
- 9. This option uses this professional program
- 12. Professor \_\_\_\_\_ teaches FCS 590I.

**Want to See the South Pacific? Not the Musical the Trip!**



Erin is doing something she has never done before. This summer, along with Anne Marenco, she is taking anyone who wants to come to the South Pacific. The 13 day trip will tour Australia, New Zealand, Hawaii and Fiji. This experience as well as any other opportunity to go abroad for educational purposes can only expand your horizons and make you a more well rounded individual, and its fun to boot! For more information visit Erin's website at: [www.csun.edu/~matthews](http://www.csun.edu/~matthews).

To submit to The Betty contact Amy Wolpa via email at: [amy.wolpa.65@csun.edu](mailto:amy.wolpa.65@csun.edu) or Erin Matthews at: [erin.matthews@csun.edu](mailto:erin.matthews@csun.edu). Submissions look great on your resume and we love to have input from you! You can view this and past Bettys at: [www.csun.edu/~matthews](http://www.csun.edu/~matthews)

**Contributors**

**ALICIA ARLINGTON**



Alicia is a senior at CSUN and an FCS; Education major.

**AMANDA ALLEGRA**



Amanda is a CSUN senior and the President of SAFCS.

**AMY WOLPA**



Amy is a CSUN senior and the Betty editor.

**DENA CIOLFI**



Dena is a senior and the Vice President of SAFCS.

**JENNIFER WORRELL**



Jennifer is a senior and aspiring bridal designer.

**STACEY GADUS**



Stacey is a junior and a FCS Apparel and Merchandising option.

**ERIN MATTHEWS**



Erin is a professor and the SAFCS faculty advisor.

**ANNE GILL**



Anne is a professor in the Family Studies option of FCS.

**HERBERT FERGUSON**

Herbert is a senior and a FCS; Interior Design major.