

The Betty Newsletter

Issue #42



Last minute costume tips from an Alumni Fashion Writer

Sorry Fellas...this one is for the Ladies!

It is October and you know what that means... it is Halloween! I have not dressed up in the past few years, but I am finally feeling the urge to go all out; it's about flippin' time. However, with my decision to participate in this year's festivities, that means, I now have to search for a costume. With so many options these days, how does one decide what kind of sexy costume to choose (because they really are *all* quite scandalous now)? Since Halloween is sexier than ever this year, which means showing off more skin, I am here to help find the best costume for you, your figure, and your comfort level.

First and foremost, avoid anything that requires a petticoat. The idea behind this short but sweet look is super fun. The only problem with this silhouette is that it creates a whole lot of volume and can be quite unflattering for anyone that is not 5'11" and 130 pounds. On the other hand, anything with a petticoat is an understated way to show some skin. If you do end up with a costume in need of a petticoat, my biggest piece of advice is to avoid puffy sleeves and make sure the bodice is skin-tight!

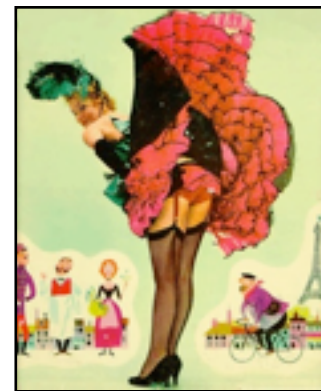
A great theme for any figure is anything that falls under law enforcement and/or military. Most of these costumes are made of more forgiving fabrics and/or darker colors. Belts are usually part of the get-up, which means your waistline will not be lost in the costume. The best part about these occupational costumes is that there are quite a few fitted jumpsuits/onesies that will show off your curves without revealing a whole lot of skin – which is a completely different kind of sexy.

If you are confident and have the figure, look into a two-piece costume (Princess Leia, a genie, Jasmine from Aladdin, maybe even a "California Gurl" with daisy dukes and a bikini on top). On the other hand, if you do not feel comfortable showing off your stomach, be a groovy 60s chick – if you have the legs, show them off in a short mod dress with go-go boots. Either way, there is a costume out there for you and your figure that will enhance your best assets.



Lady Gaga seems to be the costume of choice this year. Whether you purchase a packaged costume from a Halloween store, or you simply get a wig and put something together from Forever 21, there are a million different Gaga outfits to choose from. She has been seen in everything from tights, skirts, pants, and dresses, so your options are endless – especially when it comes to your comfort level. Fleshy colored tights will make you feel like you are wearing much more than what you really are, which is great for anything Gaga.

See COSTUME TIPS on page 2



COSTUME TIPS from page 1

Most importantly, if you want to wear tights, a leotard and mouse ears, do it! You will acquire some haters, but it is Halloween, and if you are comfortable flaunting it, then so be it. I am not a huge fan of a *super sexy* Halloween, but that always means that there will be someone dressed in less than you (lingerie is not considered a costume, save it for a pajama party). Creativity is a must, and sometimes you can make a much better custom costume than anything sold in the stores – fashion majors I am talking to *you!* Whatever you may be this year, remember to be safe and enjoy your costume... good luck to those of you venturing to Santa Barbara! Happy Halloween FCS!

- Stacey Gadus, Alumni Fashion Writer

For more fashion tips, become a follower at: www.FashionFriendlyFrugal.blogspot.com

**Editors
favorite
costumes:**

**One for One**

It's a movement that has proven to be wildly successful. The idea is simple. For every pair of TOMS shoes you buy, TOMS will give one pair to a child in need. One-for-one.

Blake Mycoskie is the man behind the philanthropic empire that is TOMS shoes. (Yes, he's the guy from the 2002 season of *Amazing Race*). The idea came to Blake during a trip to Argentina, where the shoes known as alpargatas, or espadrilles are traditionally worn. He had noticed that many of the impoverished children were traveling barefoot, putting them in danger of disease.

TOMS shoes seeks to alleviate soil-transmitted diseases in impoverished areas of the world; specifically podoconiosis in Ethiopia. The Los Angeles Times reported that podoconiosis affects 300,000 people in Southern Ethiopia; one out of every 13 children.

"Give a man a fish; you have fed him for today. Teach a man to fish; and you have fed him for a lifetime." –Author unknown

Blake was quoted in *Success Magazine* saying, "If I would've taken half a million dollars and just bought shoes to give to the kids, I would've been able to give the shoes once. It never would have been as far reaching and sustainable as TOMS shoes is now. If you take the option for starting a for-profit business that gives back a large part of what it brings in versus a straight charity, you're going to help a lot more people with the for-profit business."



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One for One from Page 2

The shoes start at \$44 and come in many colors, designs, and styles. They also offer vegan TOMS and “tiny TOMS” for toddlers and children. They even offer wedding styles, a trend I have seen quite often in recent weddings I have attended. Toms.com, the official TOMS website, reports that as of September, 2010, TOMS has given over one million pairs of shoes to those in need.

So join in and give back! This philanthropy is comfy and fashionable. The goal isn't how much money you make, but how much you help people” –Blake Mycoskie-Los Angeles Times-April 2009

- Shannon Cirricione

Editors Note:

Next time you attend a wedding, buy the bride and/or groom a pair of TOMS.



Keeping Kids in Mind at the Movies

Many people these days have fairly liberal attitudes when it comes to exposing children to sex, violence, or profanity in the media. However, most people will probably agree that parents should be aware of what their children are watching so that they can prepare them for any frightening or confusing scenes and talk to them about any risqué subjects that might come up. Unfortunately, the official Motion Picture Association of America film ratings fail to reveal very much about what is in the movies they rate, and they do little to allow parents to make truly informed decisions about what they let their children watch.

Realizing that the movie rating system was too ambiguous to be truly helpful to parents, one company, Critics Inc., has created a website called Kids-in-Mind to provide people with objective information about the content of the films their children want to watch. The website offers a scorecard for each film, giving it ratings out of 10 for its levels of sex and nudity, violence and gore, and profanity. Breaking the categories of questionable content down like this helps parents to distinguish between risqué subjects that their children might be ready for and those that they probably are not.

On top of their scorecard system, Kids-in-Mind takes on the task of describing all of the incidences of sex/nudity, violence, or profanity featured in each film. In doing so, they make clear efforts to try to avoid revealing spoilers or injecting any bias or judgement into their descriptions. These objective accounts provide a valuable tool for parents to use to decide for themselves just what films their kids are ready to see, based on specific knowledge about those films' contents rather than ambiguous age ratings assigned by a third party.

Kids-in-Mind has been around since 1992, but in the last decade, its database and popularity has experienced significant growth, and its descriptions of each rated film have become much more comprehensive. Keeping this in mind, it is worth noting that some of the older films are described in significantly less detail than the newer ones. However, particularly for newer movies, this website provides a great resource for parents and others who spend time with kids. Next time you are thinking of taking your children, siblings, nieces, or nephews to the movie theater, log onto www.kids-in-mind.com first and find out the details about the movie you want to see before a scene that your kids are not ready for comes up on screen.



- Anna Gray

Are Sexy Costumes Appropriate for Young Girls?

It's that time of year again, and if you are participating in a Halloween party or any festivities, a costume is a must. Looking at costumes, I am always reminded about an article I read by Joel Stein for the LA Times a few years ago. His theory is Halloween is an excuse for adults to dress as slutty as they want to, therefore he deems it the "Holiday for Sluttiness." Although his theory is comical there is truth to it.

I never realized shopping for a Halloween costume with my ten year old niece would be such a fiasco. She asked that I take her to the Halloween store to look for a costume, since my sister was busy and a bit of a drag when it comes to shopping. She recently watched the movie Alice in Wonderland with Johnny Depp and wanted to dress up as "Alice" but would also settle for some sort of fairytale costume.



Walking around the store for fifteen minutes I started to feel sick, we were unable to locate an age appropriate Alice costume let alone a fairytale costume. The versions at the Halloween store were too sexy for a ten year old girl. The costume she found had a full fluffy skirt that came right below the buttocks and the tights that came with the costume were white thigh highs stockings. This was a very cute costume for anyone over 18 years of age attending a party at the Playboy mansion, not a ten year old.

As a woman, a mother and an aunt, I was appalled that the creators of this costume deemed it appropriate to objectify young girls by something as innocent as a costume. My niece was frustrated that she was unable to obtain a modest Alice costume that she could wear to school and outside the house for that matter. I was frustrated that a ten year old could not find a simple age appropriate costume. I am not a prude and would love this costume for myself. However, a simple change in design would have made the costume more suitable for a child or teenager. It needed to be a bit longer and include tights or leggings, not thigh highs.

As a consumer, and an outraged Aunt I asked to speak to the Manager about the selection of costumes. He agreed with me and ventured to say it was "creepy" for young girls to wear some of the costumes sold at the store. He also informed me that the sexier costumes were the biggest sellers for tweens and teens. Thus posing my question, are sexy costumes appropriate for young girls and teens to wear?

- Shannon Case



OCTOBER: BREAST CANCER AWARENESS MONTH

10 steps to Prevent Breast Cancer:

1. Maintain Healthy Body Weight
2. Minimize/Avoid Alcohol
3. Consume Fruits and Veggies
4. Exercise Regularly
5. Minimize Omega-6 fats in your diet
6. Minimize Consumption of high glycemic index
7. Consume whole food soy products
8. Minimize exposure to pharmacologic estrogen & xeno-estrogen
9. Take multi-vitamin supplements daily
10. Maintain a positive mental outlook

(By: Dr. Ann Kulze, M.D.)



INSIDE

In November 2009, a panel of medical experts advised **women over 50** to have mammograms every other year. But the American Cancer Society **disagrees**, advising annual screenings begin at age **40.**

207,090 new cases of breast cancer are expected in the U.S. in 2010.

1,970 will be men.

80% of all breast lumps are not cancerous.

Girls who begin their periods before **age 12** have about a **20% higher risk** of developing breast cancer compared with those who began their periods after age 14.

100% of mice genetically engineered to develop breast tumors did not after receiving a vaccine currently being developed.

Sources: American Cancer Society, Annual Review of Public Health, The Cleveland Clinic



Save Lids to Save Lives



As you start to lick those Yoplait yogurt lids think twice before you toss those lids in the trash. The more lids you toss the less lives you could have saved from that one lid.

Yoplait will donate 10 cents per lid to Susan G. Komen for the Cure (up to \$1,600,000) to fight breast cancer.

So, let's think for a second, if you bought a box of 8 Yoplait yogurts (set of 4 strawberry, 4 peach) and you saved those 8 lids, you would of collected \$0.80 total.

Now if that box lasts 1 week (estimating 1 yogurt per day) and you bought about 3 boxes per month, you would of collected \$2.40 for the month. From now to December 31st, you could of saved 24 lids per month with a total of 72 lids which would of donated \$7.20 by Dec. 31, 2010

I love Yoplait yogurt and honestly I have been ignoring those lids. But when my male co-worker showed me that he has been saving his lids to help fight breast cancer, it made me wonder why am I not doing the same.

Let's try to make a difference by saving lids to save lives in need to fight breast cancer!

- Melissa Brooks



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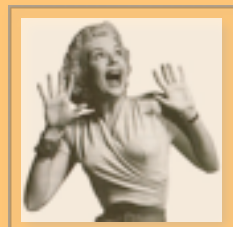
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WE WANT TO HEAR FROM YOU!!!



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

Send an article to thebettynewsletter@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.