




# The Betty Newsletter

Issue #7 

## Haiti's Poor Resort to "Dirt Cookies"



Haiti is the one of the poorest countries in the world with three fourths of the population living on a little over two dollars per day. In this disadvantaged country, malnutrition and diarrhea kill one in five children and disease many others. There is such a shortage of food, many poor Haitians have resorted to eating what are known as "dirt cookies". These dirt cookies are made from dirt, salt and vegetable shortening. Their purpose served is to ward off hunger pains. The dirt cookies offer almost no nutritional value, and lead to malnutrition and other stomach problems. "Trust me, if I see someone eating those cookies, I will discourage it," said Gabriel Thimothee, executive director of Haiti's health ministry.

These "dirt cookies" cost less than a cup of rice and have become a means of survival for many families. The cookies are also eaten by pregnant women as antacids and a source of calcium. This story truly presents the saddening situation experienced by those not nearly as fortunate as persons from other countries. There is a terrible misallocation of resources that forces many individuals in the poorest of countries to eat dirt to survive. This news story can be further researched and explored on *USA Today* online and *MSNBC* online.

-Dena Ciolfi

### Be Mine

You may have seen the SAFCS folks sellin' candy again, but what is it for this time?



This month SAFCS has chosen to fundraise for the Heifer Foundation. An organization you may have read about in previous Bettys and can read about it on the last page of this Betty.

We sold assorted Hershey's hugs and kisses in heart bags. If you participated in the "love," thank you. Your donation and "sweetness" is going to a wonderful cause.

Keep your eye out for how much we were able to raise and give to Heifer in the next Betty.

-Amy Wolpa

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.





## Name Brand or Generic, Which one Would You Choose?

Have you ever wondered what the difference is between a name brand and a generic brand? A name brand is one that is advertised on television, magazines, billboards, etc. such as Kleenex, Pampers, and Tylenol. A generic brand or a store brand is one that is not advertised such as Target brand, or Costco's Kirkland brand. Marketers will spend millions of dollars every year to try and get you to buy their brand. So the question is: is there any difference between the products? And is one better than the other? Well, it depends on the product. For low involvement products such as toilet paper, toothpaste, milk, or eggs, you may find that a generic brand will fit the bill and save you money every month as well. For instance, I will buy Costco's brand for acetophenamin instead of Tylenol. If it's the same thing, why not save a few bucks, right? The same thing goes for milk and eggs. If there is no difference in taste and how it is manufactured which is all regulated by the FDA anyway then there is no reason *not* to buy the generic brand. But in reality not every generic brand will meet the needs of every consumer. It really comes down to personal preference. Not every brand you buy has to be a generic one either. So you can stick with what you know and love, and perhaps use generic brand for products you really don't have a preference for. In the end if you save money as a consumer, you will be better off.



*-Jeanette Hammer*

## CA Boom V: An Absolute Must!

Coming to town this March is the fifth west coast design show, CA Boom V. The event is going to be held in Santa Monica and West Los Angeles from March 14-March 16. The show is one of a kind and this year they will be exhibiting more international brands than ever before. With a large new modern kitchen and bath area and an industry-leader prefab exhibition, this show is a must for any Interior design student. For an extra fee, they enhance the wonderful show by offering tours of projects (homes) in the southern California area where visitors can view design and architecture put to action.

This is an excellent way to get exposure and have first hand experiences with new designs and up-and-coming designers. Experience enhances the wonderful education we are given here at CSUN and this annual show will give you just that! Many of last years visitors said that it will become a must for every year because it is so innovative and wonderful. So make sure to save a day the third weekend of March and visit the show. To learn more about CA Boom, visit: <http://www.caboomshow.com/index.html>

*-Amy Wolpa*



### 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!



## Marriage Advice from a Newly Wed?

Marriage can truly be a wonderful thing. Sharing your days with the person you love is a special feeling. Marriage however, can be tiresome, frustrating and outright annoying. Lets be honest, marriage is hard. You will probably experience many ups and downs. Fortunately, I believe it is all worth it. Being a newly married individual, a newly wed of only a year, two months, two weeks and four days (but who's counting?) I have learned a few things thus far and know that I have much to learn. I thought I would share a few of the tips that make my marriage a happy one.

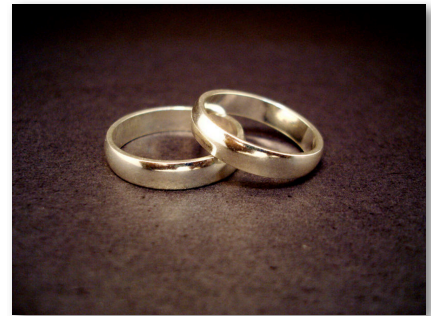
My first suggestion is; *think before you speak*. Many arguments could be avoided if we just took the time to think before we speak. Take a moment to think, "Can I phrase this in a non-confrontational way?" A little bit of tact and common sense can make all the difference.



*Present a united front.* Regardless of what is happening at home, you should always maintain a united front when you're out in public. It is hard but you should always be pleasant and respectful to your husband/wife/partner when you're in people's company. Airing your dirty laundry in public is not only embarrassing but it also deepens the divide between the two of you. You may just find that the time you spend acting like nothing is wrong actually helps alleviate some of the animosity between the two of you.

*Say I love you.* Although your significant other or spouse knows that you love them, you still need to say these three magical little words. Saying "I love you" reaffirms the bond of love between couple, and reminds us of the commitment we have made to each other. So get out there and spread the love.

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



## Cookie Feast!!!

The event everyone has been waiting for is finally here! The annual SAFCS Cookie Feast is coming up! The even will take place on Wednesday, February 27, 2008 in the kitchen in Sequoia Hall from 1pm to 2pm. Free cookies and a good time to go with it. If this invitation doesn't draw you in, the smell of fresh baked cookies looming in the halls sure will! This is an open even for all FCS options so come see us to munch on cookies and meet fellow students!

~Amy Dilgren







## Preparing for the Future

A recent study came out from the Family Consumer Science Education (FCSE) program at Texas Tech, stating that education professionals entering FCSE classrooms need to begin responding to the demographic changes that our country is facing. Among those changes is the need for more ethnically diverse, as well as males in education professions.

The study found that a little more than 78% of students enrolled in FCSE programs nationwide are caucasian/non hispanic whites and that less than 9% are males (Alexander, West, Ebelhar). This is very dramatic considering the fast growing population of minorities in the class room, as well as an extreme shortage of male teachers. But what does this mean?



According to Karen Alexander, Monica West and Monica Ebelhar, the researchers, these results show a largely inadequate multicultural focus resulting in FCSE students having inadequate preparation for the student populations

they will teach. Having this preparation would “increase teachers’ knowledge and skills to enhance academic and social achievement for minority students” (Alexander, West, Ebelhar).

The article then states some solutions that they believe would recruit more FCSE professionals, but we can do our part and advertise FCS to our friends, family and even CSUN freshman. Teach them about how wonderful and impacting FCS can be. With more representation of diversity today, we can help to educate better tomorrow.

Read the full research article at  
<http://www.natefacs.org/JFCSE/v25no2/v25no2Alexander.pdf>

-Amy Wolpa

## Utilizing Exposure

California Community College will be holding a 2008 Fashion Symposium on Saturday, April 19th at the California Market Center, but why are all of our professors advertising this? Well, I sat down with Professor Robinette to ask that specific question.

Attending the Fashion Symposium allows you to do so many things and provides you with a number of opportunities. “The event is held in the California Market Center, here students have the opportunity to meet with sales representatives that would otherwise require appointments” stated Robinette. This allows you to gain industry experience and new information about the field. Key note speakers will be discussing their designs and providing listeners with interesting and innovative facts about the detailing and construction of their lines.

Going into fashion is competitive, this is your chance to see the competition and help CSUN recruit those fabulous individuals into the program. Don’t worry you won’t feel out of place because CSUN also has its own table with representatives from our school helping in the recruiting process. You will also be given the chance to be a part of the deconstruction activity, allowing you the experience of personal evaluation.

The reason why this symposium is being advertised and stressed is obvious and as Professor Robinette said it is crucial that you take this opportunity and “utilize the exposure.”



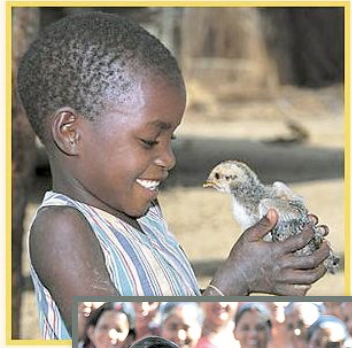
-Amy Wolpa



## The Heifer Fundraiser

*"Heifer International does so much more than put food in the mouths of hungry people. Heifer helps people feed themselves."*

The Student Association of Family and Consumer Sciences is proud to present the fundraiser they held for the Heifer Foundation. The basis for this foundation is to help third world countries with their economies. They do this by sending different towns and small communities pregnant livestock,



which have been purchased through donations. The livestock can be as small as honey bees to as large as cows. The idea is that families will learn how to take care of the animal, which can range from using the milk or the fur for clothing. SAFCS' goal is to be able to donate a cow at \$200. The fundraiser started on Wednesday, February 13, 2008 just in time for Valentine's Day. We had festive chocolates in heart shaped bags on sale for students who would like to make a donation. These treats were perfect for your friends, family,

or that special someone! Find out in the next issue what we were able to donate. Thank you for your help.

*-Amy Dilgren*

## Contributors



**AMY WOLPA**

Amy is a CSUN senior and the Betty editor.



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Erin is a professor and the SAFCS faculty advisor.



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Amy is a senior and a FCS Consumer Affairs option.



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Jeanette is a senior and an active SAFCS member.



**DENA CIOLFI**

Dena is a senior and the Vice President of SAFCS.

**KAREN L. ROBINETTE**

Professor Robinette is a professor for the Apparel Design and Merchandizing option.

## Career Symposium

The Career Symposium is slowly sneaking up on us. The date will be scheduled for sometime this April and it's a great way to come out and meet representatives in your 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!

