



The Betty Newsletter

Letter from the editor

Issue #30



Ciao gli amici!

Congratulations on making it to another semester in the midst of the University crisis. I appreciate you picking up *The Betty* and reading along!

As you may have discovered, the hot torch for caring for *The Betty* has been passed from Valerie to myself... Hi! I'm Nicole, the new editor of *The Betty*, and it's a pleasure to meet your acquaintance. I'm a family studies option here in the department of Family and Consumer Sciences, with a minor in Human Sexuality.



I spent five years at Winnetka Tech, aka Pierce College, and after declaring my major English, I worked two semesters on the editing staff for Direction Magazine, a once yearly literary book compiled of the talent and work of students.

Three of my poems were also published during my Pierce career, and so after graduating from Winnetka Tech, I transferred here to CSUN as an English Major with a creative writing emphasis. I intended to get my degree that would someday get me to my historic win of a Nobel Peace Prize for the world's greatest novel. However, as the Universe would have it, one of the first two classes I took my first semester was FCS 340, Marriage and Family Relations.

That was my other dream... to one day win a Nobel Peace Prize for being a great therapist—well not actually, but I've been told all my life that I should become a therapist, and so as I sat in the class, I realized that my consideration of becoming a therapist was something I actually wanted to become a reality, and so here I am!



Seven years and two majors later, I know where I'm going... and I want to know where you're going on your journey! So please write to us, contribute your wit, share your Family and Consumer Sciences experiences and educate our readers.

The Betty has climbed into my MacBook Pro, and I promise to do my best to keep the hot torch that Valerie carried burning through the rest of the fall season—and since you and me are at this together, let's go ahead and try to win that Nobel Peace Prize.

~Best, your editor,
Nicole J. Cappas

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.





NINE-2-FIVE

Outfit shopping for a professional interview for my internship was one of the most stressful things I have ever experienced. I realized how difficult it was to shop for something that I needed to look very put together in. Shopping for casual wear is easy, fun, and can be experimental. On the other hand, shopping for work-wear can be intimidating, confusing, and difficult. Through my many experiences shopping for my internship interview and my current internship, I have learned how to find key pieces for my work wardrobe. Here are some of my tips for building a wardrobe full of work clothes:

1. Get in the Right State of Mind: Prepare yourself for a shopping trip geared towards a polished look. By thinking differently about what you are shopping for, you can mentally block out the manner in which you normally shop for casual clothes.

2. Start with Staple Items: If you are just beginning to build a work wardrobe, you need to focus on the basics. Search for a basic black or navy blue suit, which can be broken up and worn as separates with structured shirts and vests. Purchase a skirt suit if you want something more feminine (you can mix and match a skirt suit the same way you would a pant suit). Along with a suit, purchase a black and white button-up blouse. All of this may sound very simple, but you need to create a simple base to build upon.

3. Have fun! Once you have established yourself in your new work wardrobe, branch out and have some fun. Depending on your job and its dress code, you may be able to be more or less adventurous than other jobs. If you have guidelines about your attire, stick to suits, slacks, and button-up blouses. With so many women in the work force these days, there are plenty of fashionable and feminine suits for all types of careers. On the other hand, if your job has

more relaxed guidelines about what you can and cannot wear, then take advantage of the fun and flirty work wear on the market today. Try high-waisted full skirts, wide-legged trousers, ruffled tops, fun dresses, prints, patterns and color.

4. Budget Friendly and Wardrobe Friendly:

Once you are comfortable

buying career clothes, try shopping for pieces that are versatile for work *and* play. Building a wardrobe that works in more than one arena in your life takes time and money but pays off in the long run. Cardigans are great because they can be paired with a great pair of slacks, a skirt, jeans, or some great stylish shorts. Light-weight jackets can be dressed up or dressed down, just be conscious of the material they are made of. (Hint: get used to dressing less

casual and looking more professional since you are going to have to do it eventually, why not try it out now?)

My shopping trips to find my work wardrobe have been long, tiring and yet also very rewarding. I have learned to shop in a different way and I have begun to build my own professional wardrobe. My tips are based on my own personal experiences, but I hope that these tips will help to shed some light for anyone that needs some help figuring out how to shop for appropriate and professional work apparel.



~Stacy Gadus



CROWDED SPACES



I recently did some research for my Interior Design class on how people responded to crowded spaces. It was a scholarly study, reporting on ceiling heights, office cubicle partitions, and dorm room floors. Some of the findings were surprising—office workers who work in proximity are more likely to feel a stronger sense of collaboration than those who are partitioned off from one another. As for the dorm study, it showed that students on the top floors of dormitories *thought* their ceilings were higher than those of the rooms below.

Women tend to have a lower resistance to crowding than men do. Of course, there are cultural differences that determine level of comfort people feel about proximity with others.

I know I don't live well with others. I don't even live that well with myself in terms of keeping my space clear and uncluttered. I find that when I am working on a project, studying, or just paying bills, I have to have everything out where I can see it. If I don't, I'm afraid I'll forget to take care of it. Therefore, there are no clear surfaces in my apartment. People whose living spaces are completely clear of *stuff* amaze me—it looks great, but I can't help but think, "Don't these guys have stuff they've got to do? Where's all the *stuff* they need to get stuff done?"

Maybe someday I will be different. Maybe someday all the tabletops and desktops and counters will be clear and so shiny I will be able to see my reflection. I will have all of my "to-do" lists and reminder post-its out of sight. Maybe one day I will become a person who lives well with myself and possibly, well with others. Of course, it will be with all my *stuff*.

~ Dolan Peters

MALE FIGURES

In the past years male involvement has been forgotten when it comes to their children's education. It is more often the female figure that attends every event in their child's life. Some reasons why fathers do not attend are incarceration and "dead-beat dads." Males may think that it is not their duty to attend anything since children have their mother to look after them. However, studies are now focusing on the importance of fathers building relationships with their children to show the importance of being involved in their child's academic and extracurricular activities. It will provide the fathers the opportunity to learn and educate themselves to realize the importance of a male figure. In addition, since I myself am a male teacher for preschoolers for the last ten years, I have witnessed firsthand the importance of a male presence in a child's life and how much their self-esteem can flourish. I did have obstacles to overcome to earn my place as a role model with these children, particularly having to gain the trust of my student's parents. They were concerned about their children having a male teacher since statistics point to male teacher's high numbers of student-child abuse. These statistics give men interested in their children's or student's lives a bad rep. My mission in the next few years will be to provide and educate on the importance of males getting involved in their children's education. Now, as it stands, each time our schools provide workshops, training or parent meetings, 95% of the parent participants are females. When asked, "Where are the fathers?" the reply is usually, "Working." We have tried to adjust by changing the time to convenient one for both parents, and still the mothers attend alone without their spouses. This is something that really concerns me because children deserve to have both parents be part of their education. Hopefully in the next few years we will see more fathers being involved in their children's curricular activities.



~Joe Vega



HDTV THIS



I'll be the first to admit that I am a tech nerd. I love playing video games, watching blu-ray movies and reading about new tech products. For me going into a store like Best Buy and seeing 50 HDTVs hung on the wall is like a kid in a candy store; for others it might get confusing and overwhelming. Buying a HDTV is going to be a big investment and you want to get your money's worth, so here are some explanations of all the "tech" talk for HDTVs to help with your decision.

First off HD means High Definition. The picture quality is far superior to standard TVs with more detail and a crystal clear image. There are two types of flat panel HDTVs available: LCD and Plasma; both use different technologies to display a picture.

NOTE: A big thing to look for in a television purchase is *contrast ratio*. This is a measurement of the blackest black compared to the whitest white. An example contrast ratio is 15,000:1. The higher the number the darker the blacks will be and the brighter the whites will be (each television manufacturer has a different scale for their contrast ratios so do not compare this number between brands, only within the brand you are researching).

Here is a short breakdown between the two types of HDTV: LCD stands for liquid crystal display, and each liquid cell blocks out color wavelengths until the right color is projected. The picture is brighter with richer colors. It also uses less energy than Plasma, weighs less and will not have a "burn in" issue that affects Plasmas (like a computer, the heat in the electronics will burn an image into the screen after long periods of watching). I recommend LCDs if you watch sports, play a lot of video games or watch TV mostly in well-lit rooms.

Plasma TVs consist of hundreds of thousands of individual pixel cells that use natural gases that glow and produce color lighting. Plasmas have the advantage over LCDs in contrast ratios in displaying deeper black levels. Plasmas also have a better viewing angle of 160° to an LCDs 130° and have rich, warmer colors. They are also great with fast moving and action pictures. I recommend Plasmas if you watch from different angles and places in a room, prefer to watch in the dark and do so for short periods of time.

For size and price, consider that if you want a TV less than 42" than an LCD is the only option. They range from 19"- 60" while Plasmas start at 42" and go up from there. I have gone through a few HDTVs and had to return some due to low picture quality. All brands of TVs are not made the same—when buying a new TV it is important to do research on brands. Don't just buy the cheapest because I truly believe you get what you pay for. If you are getting a big TV, get the highest resolution, which is 1080p not 1080i. Consider that 1080i and 720p are virtually the same, and both are of lower resolution quality than 1080p. High definition Blu-ray movies only work on a Blu-ray player and on 1080p HDTVs. For long-term use and quality 1080p is the best way to go.

Plasma and LCD TVs have dropped in price significantly in the past two years. I feel it is a great time to buy (despite our economy). If you are still confused about HDTVs, I suggest reading about this online or talking to a sales associate at any electronic store.



~Jennifer Petot

THEY'RE A LIME A DOZEN

Anyone need to add a little zing to your dish? From Mexico to the Philippines, limes make a very tangy and tasty addition to an innumerable amount of recipes.

Limes are a type of citrus fruit found in the same family as lemons. The difference between the two is that limes are well ripened from May through October and lemons are at their peak during May, June and August.

Limes are slightly more acidic than Lemons. Both lemons and limes are great for keeping certain fruits and vegetables from losing their crispness as well as keeping apples from turning brown. Both are loaded with Vitamin C for those who are total germ magnets and hate swallowing supplemental pills.

An interesting use I find for limes would be in making salad dressing. Not only do limes contribute to the flavor, but are also a much healthier alternative to dressings with saturated fat levels through the roof. And the best part about using limes is that they're very inexpensive, and found in just about any market.



When choosing limes, make sure to pick the ones that are not only heavy, but you also want to look for a smooth, shiny peel. Selecting lemons is a bit of a different process because they tend to have thick skins. Don't assume that the big ones automatically have the most juice, but rather choose the ones that are heavy for their size.

So now that you know what to look for, head over to your local supermarket and purchase an awesome bunch of goodness for your next get-together with your favorite people. Just remember to avoid a lime-induced pinched face when the cameras come out!

~ Rocio Avila

NICOLE J. CAPPAS



Nicole is the editor of The Betty. She is a family studies option and wants to hear from you!

ERIN MATTHEWS, M. S.

Erin is an FCS Professor and our SAFCS advisor.



JENNIFER PETOT



Jennifer is a consumer affairs option who graduated in December!

ROCIO AVILA

Rocio is a nutrition and dietetics option.



•Dolan Peters is a consumer affairs option.

•Joe Vega Smith is a family studies option.

"HEY! DO YOU HAVE SOMETHING TO SAY?"

We want to hear what you have to say, because we know you've got something worth saying! Fashion, family studies, interior design, consumer affairs, education, nutrition... your option matters! *We especially want to see what kind of edge or flair you have!*

So please, **share!!**

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