



The Betty Newsletter

Come in, and please, sit down

Issue #31



I didn't always know I wanted to be a Marriage and Family Therapist. I wasn't one of the lucky ones who knew their destiny and saw it written in the stars, and I'm guessing you weren't either. If you had asked me when I was seven-years-old what I wanted to be when I grew up, I would have looked at you with a twinkle in my brown eyes and told you a veterinarian. Sound anything like you? Fast forward ten years later, and suddenly I'm thinking, 'I don't know if I want to make a living taking care of animals.' So I declared English my major, worked my way through Pierce College (and it was an awesome five years and 86 units) and transferred to CSUN in the spring of 2009. Is this sounding familiar? My first class as a CSUN student was a Family and Consumer Science upper-division general education requirement—FCS 340 Marriage and Family Relations. And wouldn't you know, I changed my major from English to Family and Consumer Sciences with an option in Family Studies. Now I know you're nodding your head because you've probably changed your major too. I'm getting my Bachelor's of Science just like you, and I'll go on to graduate school to get my Master's as an MFT. No not a Model from Texas, just a Marriage and Family Therapist.

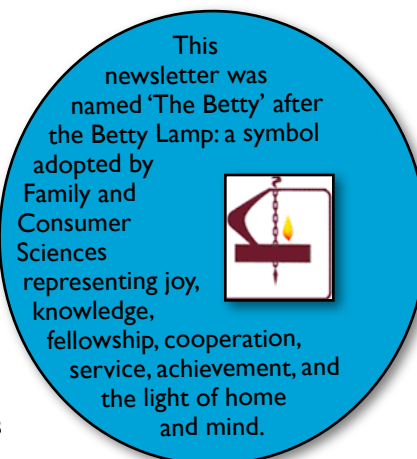
So what exactly does a Marriage and Family Therapist do? Once they've attained their Master's Degree and completed 3,000 hours of supervised practice with clients, they start on building their own clientele. Lucky for me, my friends have all sworn an oath of allegiance with one hand raised and the other on my personal journal that they will staff my lovely office with their business. And we only agreed to that because they get their sessions will be for free right now and they owe me.

An MFT tries to keep their therapy with clients to a specified period of time, such as 12 sessions for a couple (my friends will come more than that as a part of the bargain). Because MFTs are trained in family systems, they are capable of getting to the root of whatever issues the clients come in with relatively quickly. Therapy is solution-based and specific and often the MFT will see their clients through the sessions with a specific "end-in-mind" plan. Sadly, many people have a negative and preconceived notion that if you're going to therapy, you're a "crazy." But anyone who has seen one knows that's not what it's about. Everyone needs a little help from time to time to get through this often chaotic whirlwind we call *Life*. Just my opinion!

An MFT will often have a specialty such as working with clients with eating disorders, but all serve a wider range of resolution seeking functions, and can assist clients with depression, anxiety, marital problems, psychological problems and child-parent dynamic issues, or, a therapist can just be that person in your life who knows you and wants to help, and who will have an objective and outsider's opinion to help you discover for yourself the answers you are seeking.

Did I mention I added a minor to my edjamacayshun? That's the lovely thing about becoming an MFT; you can enhance your abilities to help people with a specialty. Human Sexuality is fascinating and in this field I will most certainly encounter couples having difficulties of the sexual nature that will arise or exist. I'm no Dr. Ruth, but hey, look me up 3 years from now if you need to have a session!

~Nicole J. Cappas





“I DO” ... OR DO I?

It seems to me that every weekend there is a wedding to attend! During this year alone I have attended over 10 weddings and the invitations just keep coming. With every wedding I attend, I think about the thousands of dollars people are willing to spend for that one night. According to an American Wedding Study done in 2002, today's average wedding costs over \$22,000. Surprisingly, this number seems lower than expected.

Planning a wedding is not an easy task but you don't have to spend a fortune to have a great one. Indeed, there are many components that require time and money: the venue, florist, photographer, cake, dress, invitations, caterer, and so on. These are generally basic requirements for a wedding of any size. With the economy and money crisis that most of us are in, people are looking for alternative options when planning a wedding. Budgeting for a wedding depends first on the size of the guest list. If a couple finds they are spending more than they had originally budgeted for the wedding, the first thing usually considered for alteration is trimming the guest list.



Consider the following budget provided by weddingsabreeze.com for a wedding budget of \$22,000. This is for approximately 250 guests. These amounts and the total does not include tips for the vendors.

- Reception (food, drink, site) and hiring a wedding planner: \$9,240
- Photographer/Videographer: \$1,980
- Entertainment: \$1,980
- Bride's Gown & accessories: \$1,760
- Flowers: \$1,320
- Transportation: \$1,320
- Gifts for attendants & parents: \$1,100
- Favors & decorations: \$880
- Wedding Cake: \$880
- Invitations & Thank You cards: \$660
- Officiant Service: \$660
- Groom's tuxedo & accessories: \$220

According to tradition there are standards of who pays for what. Today's trend is that couples pay for more than half of the expenses themselves. This can also relate back to budgeting and looking for alternatives. Here are some ways to further cut costs: consider the day and time. For instance holding your wedding on a Friday is far less expensive than having it on a Saturday. Planning for a morning wedding allows you to serve lunch instead of dinner. Be creative and

make your own invitations. You can also have the wedding at a less traditional location. I believe that young couples these days are more creative and more open-minded to try and run against the traditional grains. This can very well be why more and more fabulous weddings are planned with tighter budgets!

~Angie Pitross



LATTE-LOVERS, LOOK AWAY!



As the cold weather and holidays approach, many coffee shops are proudly serving up creative and delicious concoctions barely resembling a cup of coffee. They are usually blended, creamy, chocolate-y, whipped, or flavored and surely tasty. However, these “gourmet coffee drinks” can contain hundreds of calories and more fat and sugar than you may expect. By enjoying these gourmet coffee drinks an average of three times per week, a study by Shields, Corrales, and Metallinos-Katsaras (2004) found that college women consumed 206 more calories and 32 more grams of sugar per day than non-consumers, which could significantly affect weight. A cup of black coffee has zero to five calories, but by adding cream and sugar, what seems to be a cup of coffee has become a potentially significant source of sugar and fat. You can lighten your cup of coffee by choosing low-fat creamers or milk and use low-calorie sweeteners. If you simply cannot resist that tasty gourmet java, many coffee shops offer a lighter option or substitutions to make your coffee choice more calorie conscience. The holidays and winter weather are a cozy time to curl up with a delicious cup of coffee, not a cup of dessert.

Shields, D. H., Corrales, K. M., & Metallinos-Katsaras, E. (2004). Gourmet coffee beverage consumption among college women. *Journal of the American Dietetic Association, 104*(4), 650-653. Retrieved from Sciencedirect database.

~Dena Giolfi

DRESS IT UP FOR LESS

I have recently been inspired by one of my friend’s efforts to accessorize her apartment. In the space of 2 months, she has completely transformed her drab, one-bedroom home into a completely welcoming space! Just in case any readers have been struggling with ways to redesign their boring apartments, I want to walk you through the process of how my friend’s space went from “blah” to “wow!” She started with the basics: the floor, ceiling, and walls. Since she was not allowed to paint the walls and ceiling the color she preferred (sunny yellow), she chose to give them a fresh coat of the off-white paint that was already there. Then she went shopping for a fun wallpaper border: rust-red with gold accents. Since the border is high off the ground and not likely to be bumped or scraped against, she attached it with double-sided scotch tape so it could be easily removed in the future. Next, she found a large area rug at a thrift store. This spruced up the drab beige house carpeting and also added to the comfort level underfoot. She bought six or seven throw pillows of all textures and sizes that complemented her chosen red, brown, and gold palette. These unified the space and brought zest and life to her brown couch and armchair. She tied things up with a gold and yellow afghan thrown over the backing of the sofa, and draped red scarves over the mirror in her bathroom and the windows in the living room. The results have proven amazing! She spent no more than \$80, and was able to achieve a comfy, cozy space for herself. Her tiny apartment is now inviting and downright beautiful; such a drastic change from the bland space she moved in to. If you find yourself hating the dull room(s) you have, don’t give up! Invest a little time and money (just a little!) and dress it up.





FALL INTO FASHION



Fall is a season that I am not all too fond of, especially when it comes to fall fashions. I have grown to shy away from the infamous autumn color palettes of deep reds, greens, and browns. At the same time, I have strategically stocked up on “cool weather” essentials during other seasons (whenever possible) in order to avoid cable knit sweaters, corduroy pants, and big clunky boots, which never flatter anyone’s calves. Over the years, my relationship with fall clothing lines has developed into the epitome of a love-hate relationship; I love converting from shorts to pants, and slipping into sweaters instead of tanks, but I hate the typical hues and boring silhouettes. However, this fall season seems to be different... very different. I am suddenly obsessed with so many must-have items for this season!

My first obsession is with the “boyfriend fit.” It’s that fit that you rock when you didn’t bring an extra shirt and borrow your boyfriend’s instead—anything but fitted, comfortable and flirty. Normally I would stay away from baggy, disheveled garments, but designers have hit the nail on the head this time around. Slouchy, lightweight tees are by far at the top of my list for fall. I am not a huge fan of those terrible, too big pants that are rolled once at the ankle, but I strongly recommend investing in some oversized T-shirts. They are comfortable, a little bit revealing, and look spot-on with skinny pants. The best part is that you can find a shirt to fit nearly any budget!



Number two on my list of fall obsessions is the boyfriend blazer. Although the black blazer and denim look was beyond popular in the 90s, this season’s styles bring a whole other element to the once popular ensemble. Most women’s blazers are styled after traditional menswear but are of course tailored for a woman’s shape and curves, creating an unstoppable combination for fall. The boyfriend blazer can be worn with dresses, high-wasted skirts, short skirts, jeans, leggings, etc. Trying to stay fashionably warm has never looked so chic.

My third obsession is color. Finally, the fall color palette has branched out beyond the expected burgundy, forest green, deep orange, or charcoal. Blue is still red hot across the board and designers are not shying away from its potential this season. So mix it up and spruce up your fall color palette!

Lastly, I am loving skinny jeans... *real* skinny denim. This oh-so-popular trend caught on a few years ago and has officially made its mark in fashion history. However, this fall the skinny jean has been reinvented with more stretch and accommodating shorter lengths. In particular, Gap’s “Always Skinny” denim is very appropriate for fall: extra slim, fabulous shades, and fantastic prices! So with the weather changing, modify your wardrobe this season to break the mold of the stereotypical autumn garb.

I am so excited about shopping this fall that I must literally leave my wallet locked up in my car while I go “shopping” (because taking it with my would be hazardous to my bank account, though albeit positive for the economy). So keep a fashioned eye out for the not-so-typical fall items and change the way you see fall fashion and discover the change in color and style blends for fall trends!



~Stacey Gadus



PINK IS FOR BOYS, BLUE IS FOR GIRLS! WAIT, WHAT?

We have all heard a child say, “pink is for girls,” “only boys play with that,” or other gender socialized sayings. Generally, children as young as 18 months begin to display sex-stereotyped toy preferences. Do parents encourage play with same-sex-stereotyped toys? Do feminine and masculine toys lead to different parent-child interactions? Play behavior is often determined by what type of toy is given to the child. Masculine toys such as trucks often promote motor activity and feminine toys such as dolls often promote nurturance, social proximity, and role-play.

I became very aware of gender socialization after doing my weekly observations at the Child and Family Studies Lab School. Just last week I observed the girls playing house. The girls designated someone to be the mother, daughter, and baby as they pretended to sweep and mop the house because it was “too messy.” While the girls were role-playing, the boys were building and manipulating objects. Different types of toys lead to different interactions, but how does it affect a parent’s interaction with a child?

Caldera, Huston, and O’Brien (1989) found that masculine toys, especially trucks, led to low physical proximity between parents and children. There are only low levels of questions and teaching when playing with masculine toys. Parents tend to make animated sounds instead of making statements when playing with masculine toys. On the other hand, feminine toys led to closer physical proximity and more verbal interaction. Parents ask more questions and make more comments when playing with feminine toys. Neutral toys such as puzzles bring forth more positive and informative verbal behavior than both the feminine or masculine toys. Perhaps positive and informative behavior is elicited by gender-neutral toys because parents associate gender-neutral toys as the chance to enhance cognitive development, and do not see the same teaching opportunities when playing with trucks or dolls.

This does not necessarily mean that one type of gender toy is better than the other. However, it does show that sex differences in behavior do partially arise from the different types of toys that boys and girls play with. Different toys lead to enhancing different developments and to different interactions between parents and children.

Information retrieved from:

Caldera, Y. M., Huston, A. C., & O’Brien, M. (1989). Social interactions and play patterns of parents and toddlers with feminine, masculine, and neutral toys. *Child Development*, 60, 70-76.

~Lucy Tran

Contributors

NICOLE J. CAPPAS



Nicole is *The Betty* editor. 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.



DENA CIOLFI

Dena is a graduate student obtaining her Master’s Degree in family studies.



VICTORIA BRADBURY

Victoria is an interior design option, previously published in *The Betty*.



ANGIE PITROSS

Angie is a consumer affairs option.

STACEY GADUS

Stacey is a CSUN alumni still writing for *The Betty*!

LUCY TRAN

Lucy is a family studies option in her fourth year at CSUN.



“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!

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