



The Betty Newsletter

Welcome Back!

Issue #15



Welcome back returning students and welcome freshmen. This is a new year with new opportunities, new events and new members. Once again, SAFCS is bringing together all of the Family and Consumer Sciences (FCS) options into one centralized group. Our purpose is to unite all areas of FCS in order to enrich our understanding of the inner workings and connections of all six options. We hold many fundraisers and events while striving for social responsibility dealing with a charitable nature. Meetings will be held bi-monthly starting on September 10th. They will start at 11:45 am and will last about an hour. The meetings give us all a chance to share our ideas and concerns and plan exciting events.

Membership dues are \$15 for new members and \$10 for members wanting to renew their membership with SAFCS. If you have fellow students who wish to be members or even have questions about what SAFCS is all about, bring them to the first meeting and give them a taste of what we're all about.

I look forward to meeting many new members and seeing familiar faces for another great year of growth, enthusiasm, networking, and learning. I hope everyone had a relaxing and fantastic summer and I look forward to working with you!

- Dena Ciolfi, SAFCS President.

A SPECIAL NOTE ABOUT KAPPA OMICRON NU (KON):

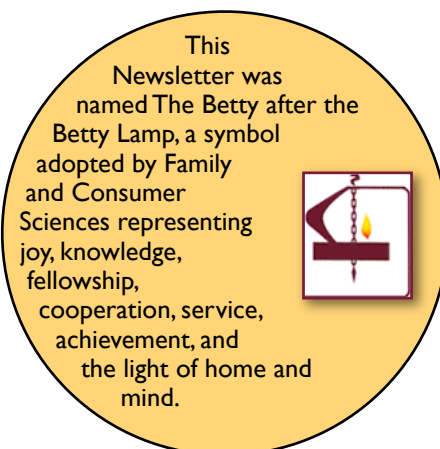
Special Undergraduate Scholarship LeaderShape Institute - Amanda Allegra (Omicron Beta Epsilon) - CSU-Northridge

Eileen C. Maddex Fellowship - Ellen K. Knowles (Omicron Beta Epsilon) - University of Southern California - Historic Preservation

I wanted to mention that two of our Kappa Omicron Nu members have been presented a grant and fellowship award/scholarship from KON National. Only six of these prestigious awards were granted and CSUN students received two of them!

Amanda Allegra (option in Family Studies) attended the Leadershape Institute this summer and will be implementing the new skills she learned over the summer as one of the new KON co-presidents.

Ellen Knowles (optioned in Interior Design) as moved on to graduate school at University of Southern California focusing of Historic Preservation; she will be joining the KON Alumni chapter of Los Angeles. Congratulations to these special award recipients.



- E. Matthews, M.S., KON Faculty Advisor



FREEDOM TO MARRY: MARRIAGE FOR SAME-SEX COUPLES IN CALIFORNIA



With same-sex couples finally being able to get married in California I thought it only pertinent to find out some facts and answers to some frequently asked questions. I found this information from the National Center for Lesbian Rights (NCLR), Lambda Legal, American Civil Liberties Union (ACLU), and the Equality California (EQCA) websites. On May 15, 2008, the California Supreme Court ruled that barring same-sex couples from marriage is unconstitutional. Since June 17, same-sex couples have been able to marry in California. The court's decision cannot be appealed to the U.S. Supreme Court. The decision was based on the California Constitution, and the California Supreme Court has the final say.

Couples who legally married in another jurisdiction are now recognized as married in California as well. If you want to re-marry in California, however, you may be able to do so. If the proposed ballot initiative to ban marriage between same-sex couples succeeds, it is conceivable that couples who are married in

California before November might receive greater protections than couples who married outside of the state. If you and your partner (homosexual or heterosexual) are considering marriage and personal commitment. Before getting married, couples should educate themselves about the legal

consequences of marriage. Same-sex couples also face some additional considerations that heterosexual couples do not face, due to unfair treatment by the federal government as well as by a number of states. Deciding whether to marry is an important decision for everyone, gay or straight, but same-sex couples have to be prepared for and be willing to take on those additional challenges. A period of legal uncertainty is likely. For example, if you marry in California, you cannot be certain whether your marriage will be respected if you live in, travel to, or move to a state that has laws or constitutional amendments limiting marriage to heterosexual couples.

If you live in another state and get married in California, you will be *legally married*. However, depending on where you live, your home state may not respect your marriage. Many states have passed laws denying recognition to marriages of same-sex couples. In those states, state and local governments likely will not respect your California marriage.

But even in those states, it is likely that at least some private businesses and other private third parties will respect your marriage—particularly those that already recognize same-sex couples through domestic partnership or a similar system. Marriage is a serious legal decision, and same-sex couples face additional challenges and questions because of continuing unfair treatment of married same-sex couples by the federal government and many states.

Currently, under federal law, the federal government does not recognize marriages of same-sex couples. This means that married same-sex couples currently do not have any of the rights, benefits, or protections that federal law gives to married heterosexual couples, such as the ability to file joint federal income taxes or receive federal spousal benefits through social security or other federal programs.



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There is an initiative on the ballot in November that, if enacted, would ban marriage between same-sex couples. That proposal would put into the California Constitution a clause that only allows marriage between a man and a woman. The fundamental freedom to marry would be denied to lesbian and gay couples, and the concept of treating people differently would be written into the California Constitution.

If the initiative passes, there will likely be people or organizations who will try to argue that your marriage is no longer valid and that you were divorced against your will as of November 4. It is hard to predict with certainty what courts would decide because this situation is unprecedented. It is the first time under California law that an attempt has been made to take away constitutional rights like the fundamental right to marry from people who as a group have historically faced discrimination.

Is this *really* the first time people from a group have historically faced discrimination? Unfortunately, I do not think it will be the last.

Please get involved to protect the fundamental freedom to marry today! For more information about how you can help, please contact Equality For All at www.EqualityForAll.com. We must defeat the November initiative. We cannot afford to wait.

- E. Matthews, M.S.

UNIVERSAL DESIGN: WHAT IS IT?

Interior designers have many choices in their career paths. Some focus on residential design; some on commercial design; some on the hospitality trade and some on set designs. Universal design used to be a concept for designing hospitals and assisted living facilities. This isn't the case anymore. Odds are that new designers will not start on the celebrity homes that hit Architectural Digest. Designers must incorporate practical knowledge into their designs and be prepared to take on a variety of clients. The largest potential market for designers of residences is the baby boomers. This is a huge group of near retirement age people that are reaching financial peaks. People are living longer and are healthier and more socially active at an older age than ever before. Universal design will help this generation stay in their homes, or live in private communities without assistance, for as long as possible.

The terms Universal design and barrier-free housing are often interchangeable. The design concept uses The American's with Disabilities Act (ADA) regulations and applies them to residential living. This allows younger homeowners to prepare their house for future adjustments. The forty-year old couple may decide against grab bars over the tub at this point, but door frames should be made at a width that can accommodate wheelchairs. A downstairs bedroom that can be converted into the master bedroom may turn out to be easier than climbing stairs at ninety. Bathrooms and kitchens are the most expensive areas to convert to accessibility after they are finished. Plan for the future, and these costs are cut substantially. It is our responsibility as designers to educate our clients as to benefits of Universal Design. Be the designer that knows the trends and prepares for all circumstances. This niche' in your presentation just might get you the job!



-Rosalyn Glantz



WHAT IS THE MASTER CLEANSE DIET?

The Master Cleanse diet, which is also known as the Lemonade Diet or the Maple Syrup Diet, was introduced by Stanley Burroughs in 1941. It is not a typical diet, rather a rapid way to detoxify your body from all the toxins and impurities we take in everyday. This detoxifying diet consists of the consumption of liquids and no solids for a minimum of 10 days.

The drink is a combination of four main ingredients which are distilled water, fresh organic lemon juice, grade B maple syrup, and cayenne pepper. The diet also consists can of a laxative decaffeinated tea, that is supposed to be taken at night and a salt water flush, which is basically a mixture of lukewarm water and non iodized sea salt. The combination of these two drinks allows the body to go through a more natural "enema-like" process on a daily basis, which is a major factor in detoxifying your body.

The Significance of the Ingredients

Cayenne pepper acts as an accelerator in this diet because it increases circulation by dilating the blood vessels and also cuts through the mucus in your intestinal tracts. It's also a vital source of vitamins B and C. Ingredients have to be organic so

you don't take in any pesticides. The lemon juice has to be freshly squeezed because if you use a concentrated lemon juice you'll be getting additional sugars and preservatives that your body has been fighting to get rid of. And using filtered water heightens your detoxing benefits rather than unfiltered tap water. It's the most vital ingredient and should not be overlooked nor substituted with anything unfiltered.



How Does it Work

It is as simple as it sounds. For a single serving of the lemonade, which is basically the only thing you'll be consuming, you combine two table spoons of organic lemon juice (about half a lemon), with two tablespoons of organic grade B maple syrup, and 10 oz of filtered water with a pinch of

cayenne pepper. You should have this drink at least six times through out your day. However if hunger persists, you may take up to 12 glasses a day. More importantly, this diet should be done for a minimum of 10 days but numerous people have pursued their diets long after that. And it is recommended to do it 3 times a year because of the array of benefits you achieve through this diet.

Benefits

The Master Cleanse has various benefits, some of which are:

1. Results are seen quickly
2. Cleanses your entire body
3. Lead a healthy lifestyle and eliminates bad habits
4. An increase in the amount of energy
5. Weight loss (can lose up to 2 pounds a day)
6. The only side effects could be headaches

-Zania Alrumeh

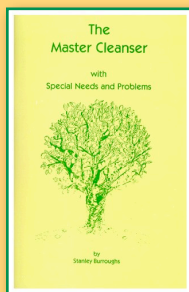
If you are interested in this diet, please ask your doctor if this is safe in your current physical condition. Proper knowledge and education is key to maintaining your health.

SAFCS does not endorse this diet.

The Recipe

60 oz. daily serving:
60 ounces Distilled Water
12 tbsp. organic grade B maple sryup
12 tbsp. organic lemon juice
1/2 tsp. cayenne pepper powder

Combine all ingredients. Divide into 6 equal portions. If you feel hungry, you may prepare and consume up to 2 recipes in one day.



The Books

The Master Cleanser
By Stanley Burroughs

The Complete Master Cleanse: A step-by-step guide to maximize the benefits of the Lemonade Diet
By Tom Woloshyn

Lose Weight, Have More Energy & Be Happier in 10 Days
By Peter Glickman



WHY I LOVE A GOOD RECESSION

Let's face the truth. The country is in a recession. Now instead of pointing figures and blaming Republicans, let's drink from a glass that is half full. Maybe this recession is a way to get us all back to our roots of a simpler life. What has this recession brought us?

Higher Gas Prices: Some may look at high gas prices as a punishment. And if we drive everywhere we go, it is a punishment. But gas prices also bring us shorter lines at gas stations. We now have the time to fill our tank, clean our windshields, throw away our trash, and grab a snack all without being yelled at by a line of cars behind us. If we chose not to drive everywhere we go, we can walk; that means free exercise. It also means less traffic.

Higher Prices in Food: Bring back the family meal. With food getting more expensive, restaurant prices are skyrocketing. Each member of the family can't afford to eat separately at their choice of restaurant with their choice of friends. Now, families are forced to eat together which brings back the amazing gift of family conversation. Also, because grocery prices are higher, maybe we can all learn how to grow our own fruits and vegetables. Bet you never thought of that.

Expensive Entertainment: Disneyland prices just went up another \$5. It is now \$70 to visit Mickey and friends. Want to catch a movie? For a family



of 4 at \$10 each, you better not want popcorn and forget that Icee. Instead, break out that dusty old Scrabble and start learning. Yes, you heard me. Learn *and* have fun. Maybe you can clip coupons together too. See, I told you this recession could be a good thing. Now, walk to the hardware store, pick up some vegetable plants, and let's play some Monopoly.

-Valerie Yu

Contributors

VALERIE YU



Valerie is the editor of The Betty. She is excited to be back to school.

ERIN MATTHEWS

Erin is a professor for FCS and the advisor of SAFCS.



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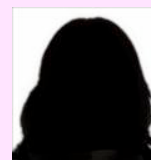
As president of SAFCS, Dena would love to see you at our next meeting.

ZANIA ALRUMEH

This is Zania's first Betty article. She is an interior design option.



ROSALYN GLANTZ



Rosalyn is an Interior Design option and this is her second Betty article.

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!!!! The editor can't write it all. SHE NEEDS YOUR HELP! NOW!

Send an article to the editor, Valerie Yu, at valerie.yu.17@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.