



# The Betty Newsletter

Issue #16



## Participating Peggy

I'm that student everyone loves to hate. I sit in the front row, I'm on time, I do my work, I study and (gasp!) I actually raise my hand and participate in class! I'm sure there are people in the back of the room rolling their eyes every time I raise my hand, yet I wasn't always Susie Student.

It took a few years for me to really be ready for a college experience and even though the prices at CSUN have risen, I'm so happy with my decision to wait. Had I entered college right out of high school and finished 4-5 years later, I can safely say I would have a degree in something I have no interest in and I would have tried to coast through classes as I see many students doing today.

I took some time off, went slowly through community college and have now found a perfect major in the FCS department, Family Studies. I sit in front and participate because it's my experience and no one else's. I want to retain as much information as I can in these short two years and I refuse to sit in the back and waste money by only showing up half of the time.

So please don't roll your eyes when you see a student like me trying hard to make this time worthwhile. You can only get back as much as you give to the CSUN experience.

*-Jaclyn Mandel*



## SIX OPTIONS: ONE MAJOR

I spent the end of my summer as a New Student Orientation Leader. It was an amazing experience to be able to welcome CSUN's newest students but when I encountered my long awaited FCS students, I received the same question from all of them. "Why is my major such a weird name?" And when I explained that Family and Consumer Sciences included six options, the question changed to "Why are they all together? Nutrition and Fashion?" Well, to all who are still wondering the reason Nutrition, Dietetics, and Food Science, Consumer Affairs, Interior Design, Family Studies, Apparel Design and Merchandising, and Family and Consumer Sciences Education is all wrapped into one major is this:

The official CSUN definition of FCS is "the study of the relationships among people and their personal environments" (CSUN Catalog). Each option is designed to improve the quality of lives for individuals and families. We do this in our own options.

Family and Consumer Sciences is dubbed "The People Profession". This is the perfect example of why we are all one major. Each option is designed to benefit the People. If you didn't know, FCS was originally named Home Economics. That's right, we're Home Ec majors. So now that the secret is out, can't we all just get along?

*-Valerie Yu*

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.





## MARRIAGE ADVICE FROM A NEWLY WED: PART IV



I'm back... and writing my marriage advice column for you again. You ask where have I been? I have been busier than a one-legged man in an a\*\* kicking contest—that's where. Many people missed me (okay so only a few, but who's counting) writing about what works for my husband and myself in our marriage. Maybe I can get him to contribute. That would be fun!

So, I have been married for one year, nine months, one week, and on September 10, 2008, 1 day. I am not sure I am in any place to be giving marriage advice—and like any advice you should take what works for you and leave the rest for the lonely desperate folks ready to try anything. I'm just kidding. Here goes nothing, enjoy.

### **Try to be Nice to the In-Laws**

The in-laws can sometimes be a complete nightmare. You find yourself constantly biting your tongue to stop yourself from screaming about their behavior and attitude (I know this only from experience.) However, it is crucial that you do not create waves. No matter how much your partner loves you, he will still find it difficult to cope if you start berating his family. Every family is different. You simply must respect these differences and thank your lucky stars that you do not have to see them every day. If you do find yourself in a situation where you do have to see them everyday, talk to your partner, voice your concern about how your in-laws impact you, use "I" statements; if you have a rational discussion he/she will probably be very understanding.

### **The Tie that Binds**

An increasing trend among married couples is to not bother with wearing their wedding rings. But does a little band of jewelry really matter? The answer to that question is a resounding yes. The ring acts as a constant reminder of the commitment you have made to your spouse. It is a sign of your love for one another and therefore helps maintain the bond between you. Every time I look down at my left hand, it reminds me a) how lucky I am to be married to such a great human being, and b) God, I have beautiful, shiny rings!

*(Here is a quick story to tell you, my husband's grandfather never, never took off his wedding ring. One day he had to have surgery when he was in his sixties, the nurse asked him to remove the wedding band—he said, "You will have to find another alternative, because I will never remove this ring." The nurse did find an alternative, she put tape around his ring finger and he never did take that ring off.)*

### **Celebrate Often**

When something fantastic/good happens to you or your husband/wife/spouse/partner, remember to celebrate. If she/he is promoted at work, if your dog does some amazing trick or if you find the home of your dreams—treat yourselves, have fun, do something memorable. Life is full of crazy occurrences; do not forget to celebrate those small moments that bring you and your spouse/partner something to smile about. You don't know how long it will be before the next one comes along.

Even small celebrations make for a good time. My husband and I send each other e-mails celebrating when we have survived another month in our marriage. I send him an e-mail and say, "One year and nine months, WE ROCK!" It makes me him laugh and helps us remember that we have each other and something special to celebrate.

I will see you here in a couple of weeks, my dedicated readers. May you be blessed with love and happiness.

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



## A LETTER FROM A CONCERNED FRIEND

Dearest Betty Readers,

Recently, I read an article about Men's Trends for Fall 2008 in The New York Times. According to the article, it brings up that Plaids and Wingtips are going to be the key items for Men's Fall fashion (which I totally agree with it) however, there is one thing that the article mentions, and it really sticks in my craw. The article declares that elbow patches on a sports coat are going to be the "IT" thing for Fall. I find that hard to believe, and I think it is totally ridiculous!

Back in the days, you could find elbow patches on jackets of the coal miners and newsboys. Blue collared workers couldn't really afford to buy jacket or anything because of their low remunerate. Consequently, if they were to have a jacket, they would treat their jackets like the most important thing in their life. However, because of the physical labors that these individuals endured everyday, it caused damages and expedited the aging process on their clothes, and those daily damages caused holes and rips, especially, around the joint areas or what I called the "high-traffic" areas. Therefore, the working class put patches on the "high-traffic" areas to cover-up the holes or rips, like on the knees and elbows.

Now, after the brief history of "Where is Elbow Patches Comes From?" people should know the basic reason that why we have elbow patches or any kind of patch are to cover-up the "Ugliness." So there is no point to put patches on a brand new garment, like a nicely tailored suit. Sometimes, elbow patches work for a sports coat, if the elbow patches are compatible with self-fabric and style of the sports coat. However, why would someone want to ruin a perfect tailored suit by adding those horrible elbow patches? Putting elbow patches on a brand new tailored made suit, it's just like putting bumper sticks on a brand new car, WHY WOULD YOU DO THAT? SERIOUSLY!

As a result, when we put elbow patches on a garment, it only makes a garment cheap and tacky. So gentlemen, please really consider before you buy a garment with elbow patches on it.

Sincerely,  
Michael Wong

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## NEW ORLEANS STILL NEEDS OUR HELP

Habitants of New Orleans and those along the Gulf Coast braced themselves for what was said to be another "Katrina". Hurricane Gustav was named a Category 2 storm when winds hit 110 mph. Since Hurricane Katrina hit the city of New Orleans three years ago, precautions were taken in the chance of an encore, such as a massive flood and destruction of the levees. However, the city's mandatory evacuation of over two million people is what's really making headlines. Mayor Ray Nagin named Hurricane Gustav the "storm of the century" and ordered residents to evacuate their homes and stay in motels and shelters for the days following the storm while authorities surveyed the damage. The majority of the damage in the city was to sewage systems, water systems, and electrical lines. The mayor went on the say, "I'd probably call Gustav, instead of the mother of all storms, maybe the mother-in-law or the ugly sister of all storms." (Dina Temple-Raston, npr.org) Residents will be aided in their return to homes in the days and weeks following the storm. Efforts such as trains, planes, and buses will bring residents back into the city in the same manner as they evacuated. However, residents will endure more hardship upon returning home to discover damages to their homes and city.

Our prayers and best wishes go out to those who have suffered loss and damages in Hurricane Gustav. SAFCS is planning to fundraise in efforts to help any way we can. Our first fundraiser of the semester will be one to send funds to an organization supporting residents whom fell victim to the hurricane. The American Red Cross' priority is to provide food, comfort, shelter, and emotional support to victims of Hurricane Gustav via their Disaster Relief Fund. When you see SAFCS volunteers asking for a donation for the American Red Cross, please give.

- Dena Ciolfi





## HOW AN ENVIRONMENT LIKE ASTORIA CAN AFFECT YOUR PSYCHE



The most memorable experience I ever had was the summer I spent in Astoria, Oregon. Astoria is the oldest American settlement west of the Rockies. Astoria is about a 20 mile radius half built into the cliffs overlooking the bay and the other half built out onto the pier over the bay itself. This place is so filled with a sense of historical American pride and culture that you can't help but be pulled into its existence and become a part of its culture. The town rises up to about 18 feet above sea level, so wherever you are in town you have the most breath-taking view of the Columbia River flowing through the bay out to the Pacific Ocean. In Astoria there are no skyscrapers and no big city noises.

Most of the buildings were built back in the early 1900s and possess a distinctive old world charm. The local townspeople are mostly Finns, Danes, Norwegians and Swedes. There were several activities that had a lasting impact on my psyche. A ride on the 1913 Trolley that follows the River walk will explore the bustling businesses and old town antique

shops most offering a bakery for fine pastries or a tearoom to unwind from a day of shopping. Scattered among the town are several museums and galleries for a variety of different tastes.

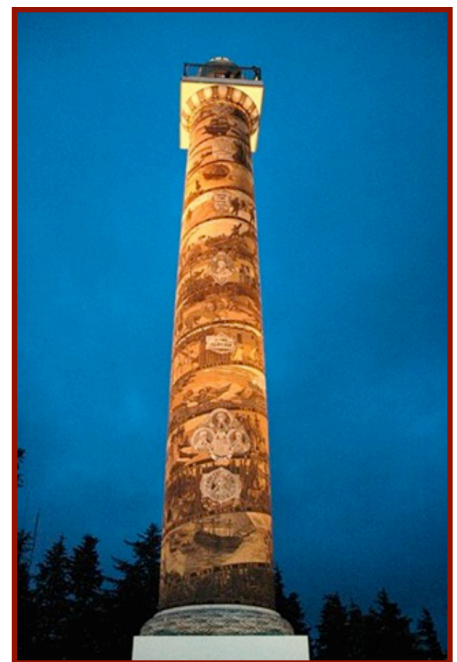
There's the Uppertown Firefighters Museum full of memorabilia from 1877 to 1963 and the Children's museum

that offers interactive educational play. Most of the galleries are of the local artists displaying a unique impression of their talents. Among the several events to participate in my favorite was the Scandinavian Midsummer Festival. The most exciting thing about the festival is that everyone participates. They have a costumed midsummer pole dance and a bonfire that burns away all the evil spirits. There are tug-a-war games and live musicians playing music I never heard before. There are all kinds of food and the smells make you want to try everything at least once. The festival goes on into the night with crafts and a parade.

It seems Astoria is full of people whose only job is to touch your heart. With a population of only 10,069 everyone knows everyone. From one end of town to the next, the streets are filled with old Victorian houses. There are approximately 5,000 homes in Astoria. With their corniced eaves, angled bay windows and Corinthian-columned porches, every color of the rainbow was represented. There is no doubt

that these homes have elaborate and flamboyant style. Everywhere you look the beautiful architecture catches your eye. You get the feeling of closeness and family with the landscaping running into each and every yard like there's no beginning and no end. There are no fenced yards or areas; there's just this constant flow of velvety green, mossy grass rolling through the yards and vacant lots. Families are out sitting on their front porches striking up conversations with any passerby. You always get an open invitation to come on up the porch and enjoy some tea. Everyone is opening their homes and hearts to you. Astoria is a place that I will always love and evokes in me a strong sense of peacefulness. If you ever have the need or desire for a certain calm in your heart and mind then Astoria, Oregon is definitely a place you need to visit.

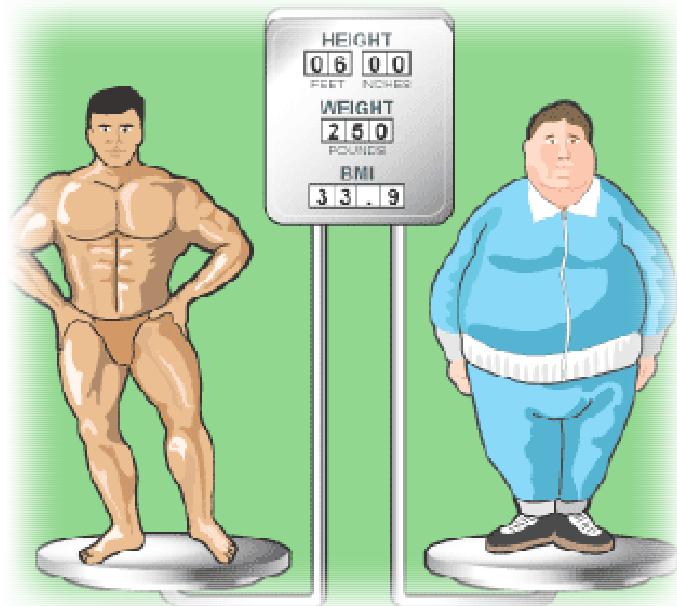
- Michele Rogers



## BMI: WHO'S RIGHT ANYWAYS?

Aldophe Quetelet, the creator of the BMI or Quetelet index (approx. 1835), was a mathematician who worked on statistics and developed methods of comparing and evaluating data. According to his index, the BMI (body mass index) was established to measure grouped human traits according to the normal curve. In the early 1950s physicians used BMI to determine if an individual was overweight or obese, the intended use determined the distribution of fat in sedentary average weight individuals. That individual's weight and their height were taken. The weight (lb) was multiplied by 703, and then divided by the height, squared. This was a purely mathematical calculation. I don't believe that Quetelet intended future generations to base a person's body composition on this calculation. BMI is based only on weight and height so that can exclude many important variables needed when determining a person's body composition. The untrained individual can be misled by the intended meaning of the BMI. BMI is just one tool to determine an individual's health. There are many other aspects to consider such as waist circumference, lean muscle mass, and even bone density. A person's height can even skew the BMI results. An athlete with lean muscle mass could have the same BMI rating as an overweight/obese individual due to the fact that muscle weighs more than adipose tissue (fat) based on the BMI chart. In an imperfect world the BMI is an imperfect tool to use alone to determine a person's body composition.

- Tiffany Wilson



### Contributors

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Valerie is the editor of The Betty. She is a Family Studies option.



ERIN MATTHEWS, M.S.

Erin is an FCS Professor and the advisor for SAFCS.

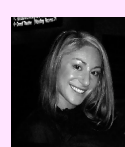


JACLYN MANDEL

Jaclyn is a Senior and a Family Studies Option.

MICHAEL WONG

Michael is a Apparel Design Option and loves SAFCS.



DENA CIOLFI

Dena is President of SAFCS. She is a Nutrition Option.

TIFFANY WILSON

This is Tiffany's first Betty Article.

MICHELE ROGERS

Michele is a Junior and an Interior Design option.

### 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](mailto: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.