



The Betty Newsletter

Is the Flu Shot for you?

Issue #22



Well, it's that time of year again. Influenza has already begun to poke its ugly head around campus. It thrives on us overworked, under-rested, social college students. Many head strong students will still continue coming to class with the flu in fear of repercussions of missing a class session. This only spreads the virus quickly and mercilessly. What are we to do?

One option is to get the flu shot. This is an annual vaccine that protects against the most common strains of the virus that particular season. This vaccine is the best way to avoid getting influenza this year. Given that an average of 36,000 people die every year from this virus and many more are hospitalized, avoidance would seem greatly beneficial. The vaccine is most highly recommended for children, elderly, those with compromised immune systems resulting from disease or another reason, and pregnant women.

The flu shot merely injects an inactive version of the virus so that your body can build antibodies. When you later come in contact with the virus again, you will be able to protect yourself from contracting the virus. Under normal circumstances, the inactive version will have no negative impact on your body. Some do experience mild flu symptoms.

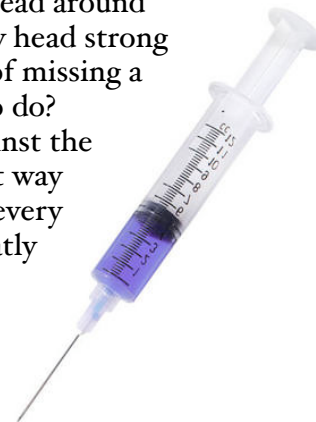
Yet, many people are becoming more wary of vaccines. Given Jenny McCarthy's popularization of the theory of vaccine's connection to autism, many people are choosing not to get vaccines anymore. It is the mercury in the thimerosal that acts as a preserver in vaccines that is found to be of most concern. This is being tested for its link to brain injury and autoimmune deficiencies. But the annually popular flu vaccine wouldn't contain thimerosal, would it?

You might be surprised as to what the flu vaccine contains. It is tested in eggs and the final solution still contains some egg proteins, so those with an egg allergy are urged not to get this vaccine. Other additives are antibiotics, Triton X-100 (a detergent), polysorbate 80 (a potential carcinogen), gelatin, formaldehyde, and, yes, thimerosal. Hugh Fudenberg, MD, an immunogeneticist and biologist with nearly 850 papers published in peer reviewed journals, and Dr. Boyd Haley, Professor and Chair of the Department of Chemistry at the University of Kentucky, Lexington both have done research concerning the link between flu shots and Alzheimer's Disease. Both of their research and studies have found a likely connection with the toxic mercury.

Many are now choosing to go without the vaccine. If this is your option, make sure to drink plenty of fluids, get plenty of rest, and wash your hands frequently and thoroughly. Another alternative may be to ask your physician for the thimerosal-free vaccine. Depending on its availability in your provider's office, this may be what is right for you. It combines protection and caution. Ultimately, you are the only one that can decide what is right for you and what is an acceptable level of risk to benefit ratio. The best thing you can do to make the right decision is be informed.

-Tracy Smith

For more information, visit: www.momsagainstmcury.org





NEWS FROM SEQUOIA HALL



Students from FCS 420 and Professor Schlesinger planned and executed a fabulous Consumer Awareness Fair that was held on November 13th from 1 – 4 pm in Sequoia Hall 112. The students of this class worked all semester planning and raising money to make the event come to live. The Consumer Awareness Fair had exhibitors that had valuable information for consumers. The exhibitors included members from the Federal Trade Commission, the Food and Drug Administration, AAA, MTA, Wells Fargo Bank and a few representatives from our own Student Health Center. The FTC gave students valuable information regarding credit cards and internet buying. The MTA had a handful of helpful representatives giving out information about the railways system and other forms of alternate transportation that they offer. AAA was taking students information to find them better car insurance rates. Wells Fargo was giving banking advice; such as savings and student checking accounts. Our own student health center had a machine to tell students what there percent of body fat was and they gave out other helpful health tips and advice. The thirteen exhibitors were very pleased with the event and all the students and staff at CSUN.

The class had a fun time with this event. Not only was it to inform students about consumer issues, but it was a fun way to get students involved with other students to meet on another. They gave out free candy and popcorn to everybody who stopped by to check out the event. There were four raffles throughout the day with prizes like gift cards for Wood Ranch and a \$50 gas card. It was a successful event and I look forward to the events future FCS 420 classes will bring to our campus community.

-Taryn Burns, SAFCS Treasurer

CAN YOU GO ALL NIGHT?

Earlier this year, CSUN, Colleges Against Cancer, SAFCS and dozens of other organizations on campus and around our community participated in a 24-hour walk-a-thon called Relay for Life. We gathered in front of Oviatt Library and walked. The event, sponsored by the American Cancer Society, encompassed so many things that moved many to tears including cancer survivors and their stories, dedication bags called Lumanaries, and a ceremony with pictures and stories of our loved ones passed. I'm not going to lie; I couldn't go all night; I was freezing; I cried; I couldn't take anymore cancer-talk. But this year, I am determined to stay... all 24 hours.

My mother passed away from colon cancer when I was only 8 years old. I hardly have any memories left of her. I don't remember how her voice sounds, or even what she looks like. The only thing I have left of her is her last bottle of perfume and the love in my heart. She is the reason I walk.

Now, I hope no one has a "reason" to walk, but I hope you have enough compassion to dedicate your time to relay with SAFCS. I'm not asking you to spend the night in a tent with us or to hold my tissues while I cry. All I ask is that someone be next to me while I walk. Give me five minutes. Give me 5 hours.

Better yet, give your 5 hours to the American Cancer Society. If you can't make it to the Relay this year (by the way it's March 28-29, 2009), join our team online. Log onto RelayforLife.org and join the team "Student Association of Family and Consumer Sciences". Becoming a team member means you help raise money for cancer research at no cost to you. So please help us defeat cancer.

Celebrate. Remember. Fight back.

-Valerie Yu, Editor

Check out Betty 11 for Erin Matthews' 2008 Relay for Life experience.





ADVICE FROM A NEWLYWED?: THE MR. MAXWELL INTERVIEW

This is what you all have been waiting for. I interviewed my husband, Mr. Maxwell. After much thought and input from interested parties I came up with the following questions to ask him. To touch on what I wrote in the previous Betty, I thought I would no longer be a *Newlywed*. I think that being a Newlywed is in your heart and if you still get those butterfly feelings in your tummy when your spouse comes home, then call me *Newlywed*!

I have been married for two years, and on December 3, 2008, 1 day. So let's get the ball rolling and start the interview...

Hi, Honey.

YO

I'm going to ask you a few questions. If at any time during the interview, a question makes you feel uncomfortable, just ignore your feelings and answer it anyway, okay?

OKAY

Before you met me did you want to get married?

SILENCE UMMM, YES, I DID, UP TO A CERTAIN POINT AND THEN NO, I DIDN'T.

Is married life everything you thought it would be?

EVERYTHING I THOUGHT IT WOULD BE AND MORE.

On a scale of one to ten, how much did you like me that first night we met?

EIGHT, BUT WHAT YOU LOOKED LIKED IS AND WAS 25.

Sweet! But only an eight?

YA. YOU CARRIED A WEIRD ARMY BAG AND THAT WAS STRANGE.

Was it love at "first sight"?

NO

How many times did you think of me during a 24-hour period?

WHAT??? A LOT. A LOT.

What's your favorite thing about me?

YOUR GOOD HEART.

What's your least favorite thing about being married to me?

YOU ARE MESSY AND DO NOT CLEAN UP AFTER YOURSELF.

Would you describe yourself as still in love with your wife?

ABSOLUTELY.

What if we'd never met?

WOULD BE A VERY LONELY, UNHAPPY PERSON.

And your life would be an empty shell, right?

I WOULDN'T GO THAT FAR.

Who wears the pants in our relationship?

YOU DO, MA'AM.

Are you satisfied with the amount of sex in our relationship?

YES.

Do you feel you get enough alone time?

NO. BUT WHEN I GET IT, IT IS LIMITED AND INTERRUPTED FREQUENTLY.

How would you describe your social life apart from marriage?

FULFILLING. IT IS IDYLIC THAT YOUR FRIENDS ARE MY FRIENDS, AND MY FRIENDS ARE YOUR FRIENDS. THERE IS NO SEPARATION BETWEEN OUR SOCIAL LIVES.

SHARED.

see MR. MAXWELL on page 4





A FAMILY AND CONSUMER SCIENCES CROSSOVER: INTERIOR DESIGN AND FAMILY STUDIES

Life comes with many new challenges and new experiences. Marriage, for example, comes with many more exciting and stressful situations and choices. Even before the marriage, there is the adventure of planning a wedding and more importantly putting together a gift registry. Depending on the personalities of the couple, this can be both exciting and exhausting at the same time, since your wedding gifts are the pieces to your new home. I never realized the great diversity of knife sets and the complexity of choosing silverware. With marriage comes the great need for compromising on both ends. Things such as dinnerware patterns, bedroom sets, and how to design important rooms such as the living rooms, dining rooms, and the bathrooms become crucial. I can't believe how many stores we went into and how many internet sites we visited just to finally settle and compromise on dishes, bedroom attire, and a bathroom design.



Through the experiences of designing a new home I believe my spouse and I learned how important patience and compromising is going to play in the success of our marriage. When we began to pick furniture or paint colors, our relationship was tested. Compromise between manly browns or feminine pinks can help a marriage survive and incorporating both people's needs is important. Keeping the room gender neutral but adding a feminine or masculine touch will keep a healthy marriage. Incorporate pieces from both partners' old lives into the bedroom or living room. If your new husband doesn't mind you designs everywhere, give him a room all to himself and never interfere with it. Stepping into marriage has taught me how difficult yet how essential putting your own selfish emotions to the side is and really putting your loved one's needs first. Build a home that the both of you will love and your marriage will have one less obstacle.

-Christina Higashi

MR. MAXWELL

from page 3

Are you more like Ellen Degeneres or Sarah Palin?

ELLEN, I LIKE THE LADIES.

Are you more like House or McDreamy?

IS THAT THE GUY ON GREY'S ANATOMY??

HOUSE! HOUSE IS LIKE MY WIFE... TELLS IT LIKE IT IS AND NOT AFRAID WHAT PEOPLE THINK. YOU ARE MY HOUSE, HONEY.

Thanks honey...

THAT WAS IT? YOU'RE WELCOME.

Think about asking your spouse/partner some questions like these... I was surprised by some of his responses. See you next semester and have a wonderful winter vacation. A vacation is a good time to snuggle with each and tell one another that you love them and cherish their presence in your life.

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



FASHION ON A BUDGET

Nowadays, it seems like the only way to find the latest, trendiest clothes is to search pricy boutiques in the city. Well, for those that are familiar with the genius designer, Charlotte Ronson, we struggling students, now have an alternative. One word: JCPenney. You heard right ladies, the department store some of you may have been walking by for the last how many years will be carrying her new, more affordable line, I “Heart” Ronson. With a more diverse group of general consumers in mind, Charlotte aims to reach out and appeal to a different target base. She wants her aesthetic image to be available to her customers who can’t necessarily shop in the city. Charlotte Ronson’s feminine touch with vintage feel gives a chic downtown look at a small town price. The London raised, New York designer who has been featured in some of the top fashion magazines has dresses running for as low as \$30.00. Other items like t-shirts, blouses, sweaters, jackets, skirts and jeans will range anywhere from \$15.00- \$65.00. Her look, once only available through her exclusive line C. Ronson, found solely in Japan, Los Angeles, and New York City, will soon be in stores nationwide, exclusively at JCPenney. The line will be available to all in spring ’09, starting this upcoming February.

-Nicole Phung



ANOTHER FAMILY HOLIDAY

I heard an interesting thing in class recently. Now that we’re all adults and capable of having adult conversations, we realize who we don’t like talking to. Sometimes that means our own family. And with the holiday season in full swing, Uncle Charlie might have just one too many cups of egg nog again and turn into the loud, boisterous man we all pretend to love. So how do we avoid this? Instead of the plain “I have to pee”, try some of these friendly ways to keep from building a rift in the family, or missing out on a great holiday present.

- Enter the room and greet everyone with your family-appropriate greeting. Handshakes, hugs, a kiss on the cheek, or a high five. Whatever is the family norm. Move through it like an assembly line, not getting caught by anyone and end with your favorite people. Then you can stop and chat with them.
- Walk in and survey the area. The hors d’oeuvre are where? Drinks? Bathroom? Find your easy outs so if they catch you looking vacant and try to talk to you, you can kindly excuse yourself for food, a drink or a bathroom break even if you don’t need them.
- Find the family members you really want to talk to. Stay and talk with them for as long as possible. Never make eye contact with the people that you are avoiding. If the person you are avoiding joins the conversation without permission, politely peel away one at a time and meet back at the drinks.
- Tell your family who you’re avoiding for the night. They are probably avoiding them too. Set up a “Save me” look. Take them with you if you need to leave the room. Avoid being cornered or stuck without a savior. Of course, this is mutual. They save you, you save them.

Above all, remember, it’s the holidays and the people you are avoiding are family (or future family). Be polite and don’t blow them off. Happy Holidays!

-Valerie Yu, Editor

This is the last issue of The Betty for Fall 2008. Stay tuned for the new issue at the beginning of the Spring semester!!!



A REAL FAMILY

I was born to a single, 21 year old college student. Luckily for me, she was and is a very smart person and instead of keeping me, or aborting me, she put me up for adoption. She knew that there was no way that she could care for me properly so she did the right thing and while she was pregnant with me, she searched for the perfect family. She met with several families but there was something about one couple that caught her attention and gave her the feeling that they were the one. This couple was sincere, intelligent, kind, and loving; people who she could tell were going to last and the day I was born, this couple became my parents.

I grew up my whole life knowing I was adopted. I have always known my birthmother and my adoption has never been something that I've been ashamed of or embarrassed by. The way I see it is that I'm extremely lucky. I have a great family who loves me and would do anything for me, and although I am in fact adopted, I've never really felt like I was. I just feel like I'm my parents kid. I think that because I've always known about my adoption and I was adopted at a young age that I really don't have problems excepting it.

When people find out I'm adopted, the first thing that they usually ask me is if I know my "real" mom and dad. I usually respond with "Of course, they raised me." And I am then given a confused look. I hate how people refer to my birthparents as my "real" parents. My birthmother didn't raise me for any time in my life. She didn't change my diapers, feed me, take me to school, provide for me, take me on family vacations or care for me when I was sick. She gave birth to me and did the right thing by putting my up for adoption and that is it. To say that she is my "real" mother doesn't do my real mom justice. Don't get me wrong, I respect and appreciate what she did, but to call her my real mother isn't fair; she's my birthmother. Bottom line is I was raised by my mom and dad. They made me what I am today. All I can say is that through my experience, adoption can be a wonderful choice.

-Anonymous

Family Options



Adoptions

Contributors

VALERIE YU



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.



CHRISTINA HIGASHI



Christina is an upper division Family Studies option.

TARYN BURNS

Taryn is Treasurer of SAFCS and a graduating Consumer Affairs option.



NICOLE PHUNG



Nicole, an Apparel Merchandising option, has just published her first article!

TRACY SMITH

A junior, Tracy is a Family Studies 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 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.