



The Betty Newsletter

Issue #23



A Busy Spring Semester

Welcome Back, faithful readers! I hope everyone had a relaxing and enjoyable Winter break. But, with all good things, Winter break had to come to an end. Now, five weeks into the semester, everyone should be settled into a new routine. This means we all have the time to schedule an SAFCS meeting into our Wednesdays. Meetings are held in Sequoia Hall 103 at 12 noon every other Wednesday.

At our meetings we will be discussing a very busy Spring semester. Some of the activities that we will be planning are the Relay for Life, a St. Patrick's Day fundraiser, the annual Career Symposium, our awards ceremony and spaghetti social, and a cookie feast.



Our upcoming events include a St. Patrick's Day fundraiser which will be sold throughout CSUN and the Relay for Life.

Both of these events are happening in March and SAFCS desperately needs your help to make our events a success. To join our Relay team, go to https://secure3.convio.net/tacs/site/TRR/RelayForLife/RFLFY09CA/1135352482?pg=ptype&fr_id=13630

One of the goals we need to accomplish throughout the semester is finding new officers. There are multiple positions available and something for everyone. Traditional positions like president, vice president, secretary and treasurer are available as well as coordinators for publicity, fundraising and special events. Officer shadowing will be available all semester to prepare you for next year. If you would like to be any of these positions, please come to an SAFCS meeting and let any of the current officers know.

Another goal I would like to accomplish is to expand The Betty. I would like The Betty to reach more people, have more contributors and even develop a more modern look and feel. If you would like to help in any of these parts of The Betty, please email me at valerie.yu.17@csun.edu.

I hope to see many new faces at our upcoming meetings and many new participants at all of our events!

-Valerie Yu, editor



SAFCS Meeting Spring Schedule:

February 18, 2009

March 4, 2009

March 18, 2009

March 25, 2009

Relay for Life:

March 28-29, 2009

April 1, 2009

April 15, 2009

April 29, 2009

May 13, 2009

Sequoia Hall 103

12:00 Noon

*all dates are tentative

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.





SEMMELEWEISS: ETHICS AND CONVICTIONS

At what point in our lives do we decide to take the right action? For many people this time arrives very early in life perhaps even before we develop speech; for others, this seemingly elusive trait never formulates in their personas.

We can thank Dr. Ignatz Phillip Semmelweiss (1818 - 1865), his early work as a medical doctor was highly regarded and praised by both his peers and patients. One day while making his rounds in the maternity department of the University of Vienna he had an epiphany; it was a revelation to him how disease was spread. The hospitable doctors made their rounds walking from one ward to another. It was during these rounds, when he greeted a fellow surgeon who was leaving the operating room and walking across the hall to the maternity ward; they greeted each other with a hardy handshake and went their own ways. It was from the handshake and the residue it left on the hand of Dr. Semmelweiss that he knew, from that fateful handshake that how the diseases of death were spread: human contact.

Semmelweiss knew he would have to prove this to the medical community, so with dismissive permission from his superiors he began a test program that instituted cleanliness. Doctors and surgeons had to wash and scrub their hands including the fingernails and keep medical instruments clean as well. His action of forcing his peers to wash before and after treating patients was viewed by many as idiotic; they were insulted and angered. The test proved to be a success, the death rates dropped dramatically but, in an old fashioned "good ole' boys" tradition the less scrupulous gathered and forced the resignation of Semmelweiss.

Although desponded, his convictions in the belief in the knowledge of disease being spread by contact, his personal ethics to do what is right, propelled him to write a book detailing the process, continue to try to enlighten at first the medical community and finally the general public about the spread of disease. He pursued these goals even enduring a stay in an insane asylum until the end of his life; he received no acknowledgement for his efforts to save lives.

Many years after his death, his book was taken seriously, it even inspired others including Louis Pasteur to follow his lead continuing the journey to fight disease in the modern world.

-Steven Bardo



IS TIME RUNNING OUT?

About twenty times this week people have asked me the same thing over and over. "When are you having a baby? Are you pregnant? The clock is ticking." This is really something that at times gets frustrating, because you do feel that time is running out! I always had in mind that I wanted to be the first one in my family to finish college. I entered college right out of high school, completed five years as an undergraduate and finally I made it in 2004. Throughout the course of my college career I married my husband. I was only twenty one years of age, a sophomore, and full of responsibilities. But, in the back of mind I knew I wanted to be a mother and have children. We made the decision to wait a few more years because we wanted to be financially stable and own a house. When we finally tried two years ago, I was diagnosed with Endometriosis.



Endometriosis is when tissue grows and lines up outside of the uterus, and it becomes difficult to get pregnant. I felt my dream ended and there was no way that someday I was going to have children.

I have to live with this disease for the rest of my life and at the same time people were asking me when I was planning to be a mom. In my mind I said, "Only if you knew". I smiled and answered, "I still want to wait". I felt the pressure on me and truly thought that my time was running out because I was getting older. Little did I know that I'm still able to conceive, although it could be a longer process, there is still the possibility. So the next time when you ask someone when they are going to have children, please remember my story and think twice about pushing with comments like, "the clock is ticking".

-Claudia Torres



TAKE CHARGE OF YOUR PERSONAL FINANCE

I am a huge Suze Orman fan. Even though she seems intimidating and rather scary with her straightforward answers and advice, I admire her for her wisdom and for the inspiration that she is to women. Recently, I learned about *The 8 Qualities of a Wealthy Woman*, and since then I have been trying to follow her rationale behind these qualities in order to achieve financial security. Of course, this is extremely difficult because I am a broke college student, but I am determined to reach that stability in my life in the years to come. The following are the eight qualities that according to Suze Orman one must possess to achieve financial stability:

Harmony: an agreement between your thoughts, feelings, and actions. You do what you originally thought of doing and felt of doing.

Balance: having stability in emotion and rationale. When you have harmony, your emotions and thoughts are balanced, meaning you are able to feel better and so you make calm and logical decisions about money.

Courage: the ability to face danger or difficulties without being fearful of the outcome. Fear prevents people from forming actions out of what you feel and think. You must overcome your fear of speaking what you feel, or acting what you think.

Generosity: giving the right thing to the right person at the right time. This act should benefit both the giver and the receiver. It is true generosity when both people benefit.

Happiness: a state of contentment. You see positively and act confidently. To be happy means to be happy with yourself, your decisions, and your life.

Cleanliness: state of purity and order. You need to respect where your money came from and how much you worked for it by taking care of your belongings that cost you money. You need to clean up your act and not take your personal belongings for granted.

Beauty: inner beauty, reached only when possessing the preceding qualities. Confidence and feeling beautiful will get you to achieve financial stability.

Wisdom: the experience that allows you to make knowledgeable and reasonable decisions. Being wise is more than intellectual; it means being able to realize when something is wrong in your life and making sensible decisions to do what is right rather than what is easy.

Whether or not you agree with Suze Orman and her *8 qualities of a wealthy woman*, it is important that as young college students we begin to think about our financial security. Yes, right now it is hard to even think of how we're going to make it through the remaining of our academic lives—with tuition fees dramatically increasing, our horrible economy, and on top of that worrying about finding a job after graduation! However, I feel that by changing our emotional and logical state of mind we can change the way we perceive money and essentially the way we handle our money. We need to become smart consumers and

we need to start saving our money. By spending wisely and living comfortably with the money we do have, and by not being worried of what we don't have, we can gain the optimism to fulfill our goals of financial security.



If you want to take more of Suze Orman's advice, I suggest you read Suze Orman's "The Money Book for the Young, Fabulous, & Broke."

All information in this article is from Suze Orman's website on "Women & Money." <http://www.suzeorman.com>

- Laura Garcia



BACKWARDS FASHION

Skinny jeans, bright colors, mix-matched patterns. All of this seems to be the new trend hitting So Cal especially at CSUN. Trends now call for fashion styles of the 70s and 80s with the bright skinny jeans and bold colored shirts; we're seeing more and more people doing this style. It seems silly how we've started the trend of going backwards in fashion from the high-waist bottoms to old school ray ban glasses. The question is why now? And what makes this trend so popular?

A lot of times trends can either start from celebrity's styles to a widespread movement among groups of people. This trend of past fashion though seems to be sticking the longest. I know I've definitely done some "old-school" fashion styling. This type of fashion is not only accessible to all body types, but also both sexes.

We are now seeing men wearing fitting clothing and even shorter shorts! Yet we aren't laughing or making fun of them because this is the fashion now: men dressing slimmer. As for women, the trends seem to sway between leggings and loose fitting clothing; whether it be a loose dress kept tight with a built or an oversized tee off the shoulders. Despite this trend spreading rapidly, this may be 1 of the trends that will stick around for a while. Looking back in our past trends when we were younger, we'll remember wearing jelly shoes then fast forwarding to now; surprisingly not too long ago that trend of jelly shoes came back. This raises the question, "are we going backwards?" It seems that as years progress, our trends tend to backtrack. Will this trend continue to progress or will it eventually pass until we find another old trend?

-Jennifer Whang



OH ENERGY DRINKS

With the mounting pressures facing college students these days, it is no wonder that we are always looking for a quick "pick me up". What do you do when you are working 30 hours a week, taking a full load of classes, and are running low on energy when you need to pull an all nighter to study for tomorrow's final exam? For many students, they are eliminating the option of a nap and reaching straight into the refrigerator for an ice-cold "jolt" of caffeine. Though energy drinks are a popular solution to sleep deprivation and an instant energy boost, is the result really worth the harm that your body could be enduring? According to a recent article on the subject, the main ingredients in energy drinks combine to increase both blood pressure and heart rate. Additional results from these drinks are sleep deprivation as well as dehydration.

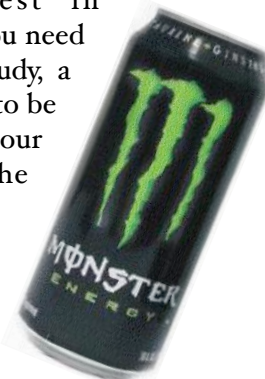
I, myself, have never consumed an energy drink, primarily for fear of how my body might react. I have many friends that have made it a daily routine to drink a Red Bull every morning or at some point during their day and seem to not be able to function without it.

What is truly surprising is the amount of caffeine within a single energy drink. One study showed that the most popular energy drinks on the market today contain as much as 80 milligrams of caffeine. That number might not seem to be surprising at first, but when compared to the 23 milligrams in a Coca-Cola Classic or 37 milligrams of caffeine in one Mountain Dew, 80 milligrams is truly astounding.

My overall opinion, which is similar to corresponding research, is that energy drinks aren't going to kill you. Just keep in mind that everything is best in moderation. So next time you need to pull an all nighter to study, a power nap might just prove to be the "jolt" you need, and your body will thank you at the same time.

-Kati Gerent

Information from "Energy drinks: Is the high worth the harm?"





TAKE A BREAK

Most of us have been in or are currently involved in a relationship that is either short or long term. In love or merely infatuated, we all have our own choice of words and emotions to describe the meaning of our relationships. Whether it is head over heels, smitten, or merely bored and in need of companionship, no relationship is the same. I am sure that most of us would love to assume that we have all the answers, the love guru if you will, when our relationships are at their bests. When they are on the verge of breakup or breakdown we claim to know squat. Our bookstores and television shows are filled with relationship fixers, therapy, How-To books and easy answers, but no relationship is perfect and not one is similar. Here is my easy solution and take it as you may, but when a relationship is stale or full of fights, confusion and often anger, what you need to do is take a break. We all know those little words, “we should take a break”, but they are not as awful as they may seem. Most of the time what causes fights are not actions of deceit or distrust but merely expectations or needs unfulfilled. When you do not know what to do to fix things, how to change your relationship and make things better then simply step away from the situation. Take the time to re-evaluate the situation in its entirety and if that person is not making your life better then why continue? Another great reason, and this may sound cliché but, absence does make the heart grow fonder. Give yourself the opportunity to miss someone and remember the things about your relationship that keep you in it in the first place. In a society where almost everything is accepted and freedom of choice is always at your fingertips we should never feel the need to stay in one place. Take that literally to your relationship and that simply implies that there are so many options out there. There is no longer a fear of the social need to settle down. We are not our parents and the ideal of marriage has changed as well as the roads that lead us there. So when your relationship has hit a wall or even rock bottom, just take a break and take it for yourself. If a couple is meant to withstand the bumps and dings that come with life, then it will withstand time apart. Get your footing back and the foundation to your relationship. It will make for a much more healthy and trusting duo.



-Jenny Sehenuk

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.

STEVEN BARDO

Steven is a Consumer Affairs option. He is a brand new member of SAFCS and this is his first article! WELCOME!

JENNIFER WHANG

Jen is a Family Studies option and this is her first article!

JENNY SEHENUK

Jenny is a CSUN graduate and an Honorary SAFCS member.

CLAUDIA TORRES

Claudia is a Family Studies Graduate Student.

KATI GERENT

Kati just graduated as a Consumer Affairs option.

LAURA GARCIA

This is Laura's first 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.