



The Betty Newsletter

Free Help!

Issue #25



As a Family Studies major, I am a strong believer in the benefits of counseling to an individual's growth and development. Some people believe that counseling or therapy is a sign of weakness, and others believe in counseling or would like to see receive counseling, but do not have the resources. Here at Cal State Northridge, University Counseling Services (UCS) offers eight free counseling sessions per year right on campus in Bayramian Hall, room 520, Monday through Friday from 8:00 AM to 5:00 PM and to 7:00 PM on Tuesdays.

According to the University Counseling Services website, the benefits of counseling can help students:

- Get unstuck
- Figure out problems
- Develop a more positive, hopeful outlook
- Learn more about habits that lead to problems
- Regain a sense of control and pleasure in life
- Discover personal strengths
- Succeed in college



UCS offers individual counseling, couples counseling, and group counseling. Individual counseling is offered to help students experiencing emotional problems that interfere with their academic work and/or their personal lives. Only one person needs to be a CSUN student in order to receive couples counseling. Group Counseling focuses on a number of different topics such as: anxiety management, relaxation, overcoming shyness, overcoming procrastination, and academic success. There are also more general topics such as focusing on low self-esteem and relationship issues.

UCS also offers therapy groups and workshops. Types of therapy groups offered are: relationship support, gay, lesbian and bi-sexual support, men's support, making peace with your body, saying goodbye to shy, and first year college experience. Types of workshops offered are choice or change-career development, improving your sleep, relaxation enhancement, building self-esteem, and overcoming procrastination.

If you are worried about confidentiality, UCS keeps all client information strictly confidential. Information will not be release to parents, professors, or any other outside parties unless you ask UCS to communicate that information and provide written consent. Confidentiality will only be broken if it involves legal matters or serious risks to safety.

-Lucy Tran-

For more information visit <http://www.csun.edu/counseling/services/>



California State University
Northridge

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.





VINTAGE OR MODERN

Trends are all around us. They're in the clothes we buy, the cars we drive, the foods we eat, the places we go, and in the furniture in every building we walk into. Just like everything else in the world, interior design follows trends, yet it keeps classic, timeless pieces as well.

Recent trends in interior design are found in the materials used in upholstery, wall coverings, hardware, and wood tones. Large print is popular in upholstery, as well as wall coverings. There is also a sense of simplicity, yet unique, sleek, geometric style, without a deco look. We also see high silhouettes, drapery falling from ceiling to floor, and vaulted ceilings, with furniture ascending toward the height of the ceilings.

Mixing vintage pieces with a modern style works well, as long as it is not overdone. A vintage piece can be a focal point in a room, surrounded by modern furniture that follows that same general style. There has also been a huge comeback in the west coast 1930's to 1940's glamorous style in interior design. This return makes it easy to blend the modern and vintage styles because it is nearly effortless to find new furniture with a vintage flair. Delicate, sleek legs and tightly upholstered finishes are also popular trends in interior design.



Lights and materials that reflect light, such as gold, silver, mirrors and crystal have recently come back into the interior design trend scene, as well as jewelry-inspired hardware. Wood finishes are seen in medium and dark tones, with smooth, gentle lines.

Overall, the latest trends in interior design follow the classic, timeless design that will forever exist, with a flair of modern design. Classic design never goes out of style, and in my opinion, the recent trends in interior design are much more classic than they have been in the past.

-Hannah Bumgarner

DOES PINK MAKE YOU PUKE?

To wear, or not to wear, that is the question?

Many studies have shown that large amount of pink can create physical weaknesses in people. Is this why we are called the "weaker" sex? In some cultures, such as in the United States, pink is the color of little girls. It represents sugar and spice and everything nice. I'm a girl (woman) and I can tell you— I'm definitely not sugar, or anything nice. Why can't little girls wear green, yellow, or the great purple? Most people still think of pink as a feminine, delicate color.

Here is a little tidbit of information for you boys out there... in the early part of the 20th century, pink was a masculine shade, a pastel version of red. Blue, with its intimations of the Virgin Mary, constancy and faithfulness, was thought to be dainty.

Retailers have found that in times of financial trouble, pink is the shopper's comfort color, and now is no exception, with stores and sidewalks populated with rosier hues. So although I do not own anything pink (except for a pair of underwear from Target, sorry TMI) feel free to own something pink. I caution you though... only ONE piece. How about a scarf, camisole, or a cashmere cardigan? If you are like me, a beautiful pink/coral blush is just enough pink to ever wear!

Information about the clothing in the picture can be found at:

<http://www.nytimes.com/2009/03/15/fashion/15pulse.html?ref=fashion>



-E. Matthews, M.S.



COMING INTO ADULTHOOD

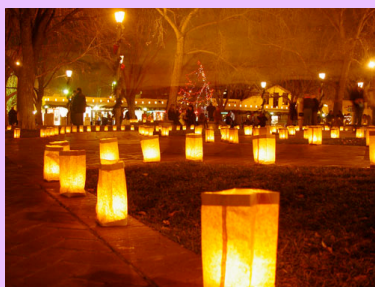
Becoming an adult can be very challenging. There are more aspects of it than most people think and the transition may not be easy for everyone. There are many different theories on why this may be but in my eyes it all depends on the individual making the transition. Adulthood can be challenging but the difficulties of it can be overcome even with all the different stages of the transition.

The first thing that most people think about when coming into adulthood is moving out of their parents' house, yet most don't understand how difficult it is. From what I have learned and experienced, young adults rush to move out of their parents' house and do it for all different reasons. Today they are moving out because they think they are being independent, but the truth is that they are leaving too early and their parents can't appreciate this. In different families and cultures there is a certain age that the children must leave home, whether they are ready or not. As a mother I have told my children as long as they are doing the right thing I don't mind how long they stay and doing this helps my children get an education without struggling. Not all cultures and families are the same so many people have other sets of rules to move out to.

Another transition into adulthood that is very serious is that most young adults move out of the parents' home and into a place with their boyfriends or girlfriends. In our society young adults tend to get in relationships and not really understand the importance of them. These relationships are cohabiting relationships and they do not last very long. After being together for a few years or months they either break up or sometimes they get married. The rate of cohabiting relationships is increasing and becoming more widely accepted. What most don't know is those living with a spouse before marriage have a higher chance of getting divorced.

Young adults feel the need to be independent and for the most part, I agree with them. One thing I don't agree with is the way they go about doing that. I understand the desire to live with a partner and have that experience but maybe the launch is too soon. Often, young adults are afraid to ask for help once they leave home, which is one reason early launching ends in failure. Asking for help can only benefit the young adults and help them succeed by relieving pressures of daily life. Young adults are the future and hopefully their desire for independence will help them grow. If young adults overcome the challenges that lie ahead when moving out they will have a better chance to make the best of what they do.

-Lawanda Baker



More about Relay for Life!

Relay for Life is only 10 days away and other than donations, joining our team and supporting us the day of, one more thing you can do to help support the fight against cancer at Relay is purchase a Luminaria. A luminaria is a form of memorial and support to those afflicted with cancer. I will personally light one for my mother who passed away of colon cancer in 1996. Others can light a luminaria for survivors, families affected by cancer or anyone supporting the fight against cancer. Luminarias are another way the American Cancer Society helps us Celebrate, Remember, and Fight Back! **Please join us in front of the Oviatt Library from noon to noon on March 28th and 29th.** For more info go to: http://main.acsevents.org/site/TR?pg=entry&fr_id=13630

-Valerie Yu, editor



GLOBAL POSITIONING STALKERS

There is a lot of buzz with the GPS technology in the news lately, so what exactly is it? GPS (Global Positioning System) allows the user to pin point their location in the world and have a satellite based navigation system assist them with directions and maps.

In recent years, there have been a lot drivers who have relied heavily on their Automotive GPS navigation systems and it is not only limited to cars. New electronic product such as smart phones like the iPhone and Blackberry also included GPS technology. The GPS technology has been advancing so much that the receiver has become available in sizes even smaller than a penny.

However with the advancement in GPS technology there has been a raising privacy concern by consumers about the usage of GPS devices in spying and tracking individual movement. This happen to my friend who had issues with her obsessive boyfriend and recently she found out that her boyfriend had installed a GPS tracking device below her car trunk to spy on her every move.

So what are my friend's legal rights? Can she report her boyfriend to law enforcement? The answer is yes, she can report it. In California there is a penal code specifically dealing with the legal right in using electronic tracking device. The California Penal Code Section 637.7 states:

(a) No person or entity in this state shall use an electronic tracking device to determine the location or movement of a person.

(b) This section shall not apply when the registered owner, lessor, or lessee of a vehicle has consented to the use of the electronic tracking device with respect to that vehicle.

(c) This section shall not apply to the lawful use of an electronic tracking device by a law enforcement agency.

(d) As used in this section, "electronic tracking device" means any device attached to a vehicle or other movable thing that reveals its location or movement by the transmission of electronic signals.

(e) A violation of this section is a misdemeanor.

(f) A violation of this section by a person, business, firm, company, association, partnership, or corporation licensed under Division 3 (commencing with Section 5000) of the Business and Professions Code shall constitute grounds for revocation of the license issued to that person, business, firm, company, association, partnership, or corporation, pursuant to the provisions that provide for the revocation of the license as set forth in Division 3 (commencing with Section 5000) of the Business and Professions Code.



Start collecting canned goods and other



nonperishable to donate to the SOVA food drive to benefit the less fortunate. Bring them to the Marilyn Magaram Center during the week of April 20th.

To summarize the penal code, it is illegal in California to spy on any individual by using a GPS tracking device with any methods and only law enforcement has a right to do it. I hope this article will help consumer affairs students and all people to understand the impact of GPS technology and the legal issue on abusing the technology.

-Muliawan Chandra

For more information on the GPS tracking issue please visit: <http://dca.lacounty.gov/> and <http://www.leginfo.ca.gov>



WHAT COLOR IS RIGHT FOR YOU?



Many people prefer tea to coffee for several reasons, one of them being that it is healthier for you. But have you ever wondered which tea is perhaps the 'best' tea. Well wonder no more! Did you know that all three major varieties of teas (black, green and white) come from the same plant? That's right, *Camellia sinensis* is the little shrub that makes it all happen. The time at which the tea is harvested and processes done to the leaves afterwards are what makes them all different.

We'll start with black tea since it is the most popular. When making black tea the leaves are harvested and then oxidized. Unfortunately this process severely decreases compounds known as polyphenols. These are the compounds that give tea its healthy appeal. Black tea is still high in Vitamins C, D, K, and riboflavin as well as several minerals. However some studies have shown consumption of black teas may increase the risk of certain cancers, but then again what doesn't these days? I'll tell you, green teas!

Green teas, while not as popular as black teas, have high amounts of polyphenols because the leaves are steamed and not oxidized. These teas have all the same vitamins and minerals as black teas but can actually help in reducing the risks of cancers.

Last but certainly not least we have white teas. These teas (sometimes called Oolong) are green tea leaf buds that are harvested before their buds open. They are usually steamed like green teas but have a milder taste. They contain polyphenol amounts somewhere in between green and black teas.

-Amanda Mason-

Spring Banquet

The Family and Consumer Sciences Annual Spring Banquet is right around the corner and the FCS 420 class is working hard to perfect it. Lunch, drinks, awards and fun are all planned for the afternoon of April 26th. If you are a senior, scholarship recipient, an FCS student or anyone interested in the event, fill out the flyer attached to The Betty. Return the flyer and your ticket payment to the FCS department office by April 16th to save your place and a yummy meal. Seniors, have a day of fun with your fellow FCS students one last time and take once last chance to network before graduation!

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.

AMANDA MASON



Amanda is a Nutrition and Food Science option.

LAWANDA BAKER

This is Lawanda's first Betty article!

MULIAWAN CHANDRA

Muli is a Consumer Affairs option who just graduated!

LUCY TRAN

Lucy is a new graduate from the Family Studies option!

HANNAH BUMGARNER

Hannah is an interior design option and this is her first 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.

The Department of Family & Consumer Sciences Presents

THE 2009 SPRING BANQUET

*Join us as we honor our graduates, scholarship recipients,
FCS organizations, and Speakers' Bureau Members*

Sunday April 26, 2009

12pm to 4pm

\$29 per ticket

Knollwood Country Club

12024 Balboa Blvd., Granada Hills, CA 91344

(818) 360-2101

Awards, TRENDS Fashion Show,

Music, Raffle Baskets

Cash Bar – ID Required

• **Free Raffle Ticket Per Registration** •

Name: _____ Number of Guests: _____

Phone Number: _____ Total Enclosed (\$29 X _____) = \$ _____

E-mail: _____

RETURN BOTTOM PORTION WITH PAYMENT:-

Mail To

*Department of Family & Consumer Sciences
California State University, Northridge
18111 Nordhoff Street
Northridge, CA 91330-8308*

Drop Off

*FCS Department
Office SQ 141
MAIL DROP 8308*

Please RSVP by April 16, 2009

Make Checks Payable to: **CSUN Foundation**
\$25 charge for returned checks
NO REFUNDS AFTER RSVP DEADLINE

