

The Betty Newsletter

Issue #38



The Women of FCS

From the male perspective

For a department and field that is primarily dominated by women it is a tragedy not to share the plethora of knowledge that I have obtained from allowing me to sit by you in class as you list your weekend plans or complain about how your hair gets all frizzy when it is humid. Although the easiest method to take care of that frizz is done so by sporting your favorite hat or head accessory, it is the relationship and dating advice that you have bestowed on me that is worth the words of this article.

How to effectively communicate

According to my female classmates it is the lack of effective communication among relationships that gets you girls annoyed the most. What I have learned is that sometimes you girls just want us to listen to you. No feedback. No attempt to fix the situation. You just want us to listen. Speaking from my perspective, men are fixers because it IS how we communicate. I also feel as if the best way to communicate to women is by being direct and open, but not too open where the women find themselves having to do more of the consoling than necessary.

How women see men

“...And then we hooked up but I never want to see him again.” You wonder why fleeting hook-ups never follow through or that the prime perceptions of the men of your past have all been womanizers and bigots. I will not deny the experiences that you have been through and that life’s certainty has told you that men are “dogs” and will hurt you but heed my words when I tell you that stereotypes are not absolute. Not ALL men are “dogs”; some may very well be, but not all of them. There are good men out there and that is not to say that they are saintly or perfect by any means. There are men who have grown out of the juvenile stage of development and have taken their experiences of relationships and put it to use to become more attuned to the needs of future relationships and become better men.



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.



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A MALE PERSPECTIVE from page 1



Advice

- Those looking to get married in the future, enjoy the youthfulness of singlehood. If the married life is truly something that calls to you then take advantage of being able to explore freely without dedicating yourself to one type of lifestyle. When it is time for marriage you can go in with the least possible amount of regret ready and willing to make a commitment.
- Those looking to continue dating, trust me when I say there are good men out there. Not all of them fall under this category and do not get it mixed up with the idea that they are without fault or have clean pasts but there are good men, you just have to give *some* of them a chance to reveal that potential.
- Those continuing their relationship: 50/50 rule. If 50% of the time over the course of your entire relationship you are arguing, consider taking a deeper look at your relationship compatibility or potential of staying together. The ratio should usually be 80/20: 80% of the time it is good and enjoyable and 20% there is conflict. For example, if you have been together for one full year and six months out of that year you were fighting, consider taking some time to re-think your staying power.

Aron's final thoughts

I spent nearly two years under the watchful eye of the Family Studies department and feel as if I have grown in my relationship with the opposite sex both in dating interactions and also in familial. I appreciate my mother for the amount of patience she had with her son and how much she had taught me about how to respect my feminine counter part. I love my grandmother for her ability to restore my faith and how she taught me that beside every good man are two strong women rooting for him. I thank the required lab school internship and how both the mostly female teachers and the children have taught me compassion and firmness in discipline. All of these skills and lessons are ones that I take with me into my future interactions and schemas about women. I am left with one final question as I graduate from the Family and Consumer Sciences department with a focus in a Family Studies: "What do you want us to say when you tell us you are on your period?"

Love and faith,

Aron Tiongco

Party at CSUN this SATURDAY!!!

This year the Student Association of Family and Consumer Sciences (SAFCS) and Kappa Omicron Nu (KON) have joined forces to create one team *United Families of Family and Consumer Sciences* for Relay for Life. This is SAFCS' third year participating in Relay for Life. Our second year we were awarded second top fundraising team and won best cancer education. Currently, we are the top fundraising team with over \$2,600.00 raised, and we have 5 top participants in the top 25 people with the number 1 person on our team (that's me)! This year our cancer awareness is leukemia and our "theme" is vampires! We will be selling red velvet cupcakes with white coconut frosting and brownies with blood red frosting. We will have games and raffles with one prize being a round of golf for four people with the golf cart included (donated by Knollwood Country Club). Please come by our booth on April 17 & 18 from 9:00 am to 9:00am in front of the Oviatt library, just look for the spooky castle and flying bats. It's for a good cause!

-E. Matthews, M.S.



GARMENT DISTRICT IN JEOPARDY

What in the world will be accomplished if the New York City garment district is to be drastically reduced in order to build housing, hotels, and other typical businesses found in big cities. As many reporters have observed, the loss of thousands of square feet in the garment district would be detrimental to the fashion industry, mainly the designers and producers. I am not an economist however, I am very intrigued by the economy since I have studied it in school and am living through this recession like the rest of America. It is amazing how the fashion industry has ultimately been affected by this poor economic situation. As a part of the apparel industry, I am shocked that this is even up for debate.

When I think of New York, I think fashion. Many designers call New York home and next to Milan, it is one of the most influential cities when it comes to fashion. Mercedes-Benz Fashion Week is notoriously held in Bryant Park, but what will happen if designers have trouble getting the garments needed for their shows? The potential domino effect could be worse than Mayor Bloomberg wants to admit. If the garment district is down sized, then designers will have smaller selections to choose from. Therefore, they will invest their money elsewhere in order to support their needs. If they are unsatisfied with their garment choices within a close vicinity (but outside the smaller garment district), then they may purchase fabrics overseas. This in turn will not only hurt the economy in New York, but it will put yet another dent in our unemployment rates.

Many companies outsource production because it is sometimes cheaper to produce in countries outside of the United States. "Schmatta: Rags to Riches to Rags" is a documentary that premiered on HBO on Monday October 19th. The underlying theme: unemployment. The documentary stated that only 5% of garments are made in the United States. The dwindling percentage of American-made apparel may have contributed to the demise of New York City's garment district.

As a part of the fashion industry I am saddened that the garment district in New York City may no longer be what it once was. I imagine a place like Downtown Los Angeles cutting back on the stores full of yards upon yards of fabrics waiting to be picked as the inspiration of some designer, any designer (this is not what fashion is about). American-made clothing is sadly something of the past; let's hope New York's garment district will not encounter a similar situation. It is a very sobering fact that losing so much of the garment district means losing a huge part of New York's history.

-Stacey Gadus



EASY TIPS TO EATING HEALTHY IN FAST FOOD RESTAURANTS

As students we are always on the run and lack the time and money to go shopping and make a home cooked meal. Therefore, most of us resort to eating at our favorite fast food establishments. Unfortunately as much as we love to grab a quick burger on the go we definitely don't appreciate all the love around our waistlines. But do not fear! I have a few easy tips for you to take in consideration when eating on the go.



Tip #1: Drink water instead of sodas and milkshakes. It's free and you easily eliminate a couple hundred empty calories.

Tip #2: Avoid super-sizing! I know we all love deals but nothing is worth the cost of good health.

Tip #3: Substitute the french fries for a garden salad with a light drizzle of lowfat or nonfat salad dressing. Not only do you get your veggies in but you avoid a load of trans fat, sodium, and overall calories.



Tip #4: Instead of a ground beef patty, choose the grilled chicken sandwich, which is an excellent source of lean protein.

Tip #5: Ask for no mayo or cheese. This way you can easily omit 100-200 calories and approximately 5-20 grams of fat.

These are very simple strategies to take seriously when eating fast food is not an occasional occurrence. A few adjustments here and there will add up with time. So I hope the next time you head to the nearest drive thru, you won't feel guilty. You'll feel healthy.

-Hissa Alsudairy

Real Life Nutrition Comparison:

Big Mac, Medium Fries, Medium Coke

Calories: 540 + 360 + 210 = 1110

Fat: 29 + 19 + 0 = 48 grams

Sugar: 9 + 0 + 58 = 67 grams

Grilled Chicken Sandwich, Side Salad, Low Fat Dressing, Water

Calories: 420 + 20 + 60 + 0 = 500

Fat: 10 + 0 + 2.5 + 0 = 12.5 grams

Sugar: 11 + 2 + 1 = 14 grams

IT'S LIKE HONEY... BUT NOT

As a home baker and self-proclaimed sweets enthusiast I am always on the look out for healthier ways to sweeten things up. Recently I was introduced to a product called agave nectar to be used as an alternative for honey. In my opinion it looks, feels, and tastes almost exactly like honey. It comes from the agave plant, which is a large cactus with many different species that resembles aloe vera. I was surprised to learn that this wonderful new sweetener had a low glycemic index (meaning it won't spike your blood sugar), which makes it much safer for diabetics. Not to mention that since it comes from a plant instead of an animal (yes, some people do consider bees to be an animal) it's okay for vegans too! Agave nectar comes in dark or light syrup and has a powdered form, which I have yet to try, but all are on my next shopping list and now maybe yours too.



-Amanda Mason, President

SPRING BREAK MEANS SPRING... CLEANING?

With memories of Spring Break still fresh in our minds, my question to you is “What did you do for Break?” Now, some typical responses are “went on vacation”, “caught up on homework and studying”, or “PARTY!!!” But one not so typical response might be “spring cleaning”. While most of us college students would never waste our only week off cleaning, maybe our roommates, parents or even house guests might have appreciated a little tidying up. With school back in full swing, what can we do? Here are some tips to make a big difference with little effort to keep your abode looking like the cover of Architectural Digest.



1. **Don't try to do it all in one day.** Goodhousekeeping.com has a calendar of 10 minute tasks to help you create an overall beautiful and clean home (and a clean psyche). Some of these include clean the toaster/ microwave, tackle the toilet, file important papers (like upcoming tax information!), and vacuum the drapes one room at a time.
2. **Buy new toys.** One of the things I hate most about spring cleaning is pulling out the cobweb covered mob and mildew filled sponges. If you tell yourself to use those dirty things, you'll never want to clean. Invest \$20 into some new supplies for a clean and healthy home. And it's another excuse to go shopping!
3. **Start from the top and work your way down.** Starting with the walls. It is inevitable that cobwebs will form and dust will build up near the heater vents. Clean these first and a noticeable difference will occur. Next dust flat surfaces. When everything else is done, clean the floors. If you don't have the time to de-clutter, just do a quick dusting for a allergy-helping difference!
4. **Learn to let go.** Use the Love it, Like it, Hate it system. **THROW STUFF AWAY!** This is one thing I have a problem with. But let's face it; if it's broken, dirty beyond recognition or completely useless, rid yourself if the clutter it brings. It'll be hard, but I know you can do it!

Happy cleaning and only 5 more weeks until summer!

-Valerie Yu, Interim Editor

Contributors

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Valerie is the interim editor of *The Betty* and is a graduating senior.

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Erin is an FCS professor and the advisor of SAFCS.

AMANDA MASON



Amanda is president of SAFCS and KON. She will be graduating in May!

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STACEY GADUS



Stacey is an alum of SAFCS. She graduated with her degree in Apparel Design and Merchandising.

ARON TIONGCO



Aron is a graduating senior and a Family Studies option. This is his 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 fun to know. Please write for *The Betty*. Your option is important so LET'S HEAR ABOUT IT!!! The editor can't write it all. SHE NEEDS YOU HELP! NOW!

Send an article to the editor, Valerie Yu, at thebettynewsletter@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.