


The Betty Newsletter

Issue #9 

The Glass Ceiling does exist and it's Getting Dirty

As we find ourselves in the midst of a historic and ostensibly barrier shattering presidential campaign, I feel that a brief analysis of the present role of women in society is warranted. I'm not suggesting that it's time for a good old-fashioned bra burning but I do think it's time to reflect on some of the sobering statistics outlined in an article I stumbled upon on this month's issue of *Conde Nast Portfolio* magazine. The article points out that the employment statistics for the years 2005 and 2006 there was a rather significant backslide in the gender-equality progress that has been made since the civil rights era. For instance, "...female attorneys' weekly wages amounted to 70.5 percent of male lawyers' in 2006, compared with 77.5 percent in 2005." It strikes me as a rather disheartening coincidence that during this period of time the ratio of women to men on the U.S. Supreme Court was reduced to one to eight. I also find it highly symbolic that the first women in history (Sandra Day O'Connor) appointed to the U.S. Supreme Court, was replaced by a pro-life conservative.



Some of the more optimistic among us might be tempted to think we have come a long way since a male political commentator (Tom Brokaw) found it pertinent to mention Geraldine Ferraro's dress size (a size 6) during the 1984 Democratic convention in which she was the Vice Presidential candidate. Those same optimistic individuals might be lulled into thinking that in our time more than a quarter of a century after such vehement sexism that Senator from New York might not have to deal with such hostility. However, those pessimists among us (or realists) might conclude from the current status of the race for the Democratic nomination that Senator Clinton's *glass ceiling* just might be bullet proof.

~ Erin Matthews, M.S.



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.

Want to become certified in Family and Consumer Sciences (CFCS)?

Did you ever think of becoming a certified Family and Consumer Sciences professional? Did you even know one existed? Well you have an option to do so. It is actually quite easy. Here is a little information about becoming certified and if you are interested please visit www.aafcs.org and look under certification. Professional development within the American Association of Family and Consumer Sciences encompasses: the Certification Program; the Accreditation Program; and many other opportunities to assume leadership roles, publish in the Association's professional journals, and participate in professional meetings, seminars, and workshops at a national level. Becoming certification is based on an individual's mastery of knowledge that is fundamental to all family and consumer sciences professionals. This is established by a minimum of a baccalaureate degree and successful completion of the National Family and Consumer Sciences Examination.



The AAFCS Certification Program is designed to:

1. "Assure the public that credentialed family and consumer sciences professionals have attained a threshold level of knowledge that enables them to perform services as defined by the mission of the profession."
2. "Foster excellence in the family and consumer sciences profession and develop criteria for assessing such excellence."
3. "Promote professional growth of individuals certified in family and consumer sciences by encouraging a systematic program of professional development and continuing education."

Benefits of Certification

Becoming certified is the most credible credential a family and consumer sciences professional can achieve. The AAFCS Certification Program provides the following exclusive benefits:

1. "Promotes continuing education and professional growth."
2. "Provides recognition to individuals, and allows them to use the CFCS title and certified designation."
3. "Increases professional employment opportunities."
4. "Fosters excellence in the family and consumer sciences profession."
5. "Markets the profession."
6. "Assists employers in recruitment and selection of highly qualified individuals within the profession."

Once you have decided to become certified you print the study guide from the website, accumulate 75 PDUs (professional development units, this is really easy even though it seems daunting) and then take a 150 question multiple-choice exam. You do almost every semester in one of your classes. Easy. Good luck I hope you consider becoming certified.

-Erin Matthews M.S.



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!!!!

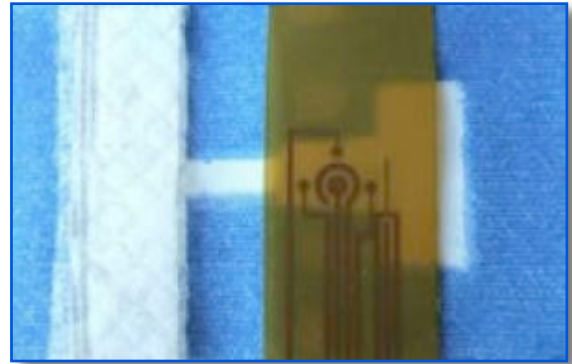
Send an article to the editor, Amy Wolpa, at amy.wolpa.65@csun.edu and watch for it in the following issue!

Textiles to the Rescue

It is 7AM and you are getting ready for your 8 o'clock class. You brush your teeth, wash your face, and check your vital signs? New garments are now being placed on the market that can check the wearer's heart activity and body temperature. The European project, BIOTEX is throwing out the rags of yesterday and stitching new features into "smart" textiles. Biosensors in a textile patch, read and analyze your body fluids throughout the day. If they read unsafe levels then your sensors call your doctor and alert you to calm down through a text, and the best part is, you don't feel them and can hardly see them. Fashion can stay the same, but dressing just got safer!

As you are learning more and more about this field, about construction of clothing, and the use of textiles, think about what the future may hold. Could you be a buyer for a hospital? Looking for the best miniaturized biosensor out there? Or helping elderly consumers through a new T-shirt that detects heart attacks. Clothing is no longer a means by which to cover your body. Now, it is as complex as a way to protect individuals from stress, to analyze the tiniest drop of sweat and possibly save lives.

-Amy Wolpa



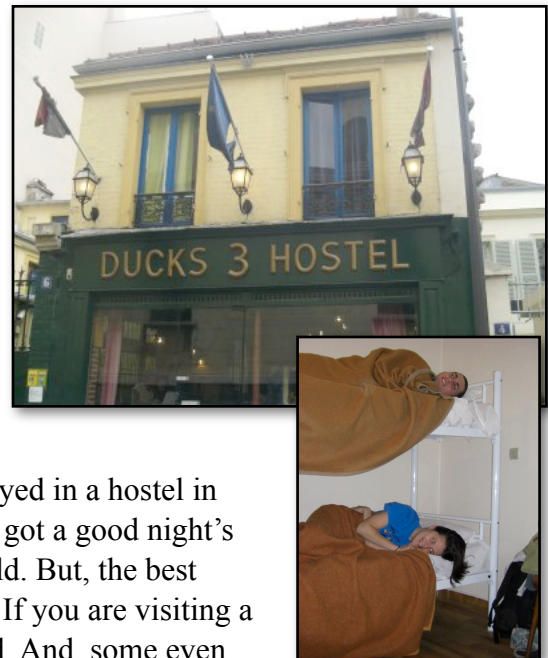
The "Hostel" Environment

With summer break just around the corner, many students are beginning to plan their summer vacation. But a one-week stay in a major city can really add up! Factor in airfare, hotel stay, food, and sightseeing, and your little getaway could carry a hefty price. Don't cancel that trip to the Big Apple just yet! When you're on a tight budget, it pays to get a little creative.

One way to cut your vacation cost is to stay in a hostel. Forget what you may have heard, or seen in that awful horror flick. The truth is, most people who stay in hostels are young and want to travel on the cheap. Having stayed in a hostel in New York, I can honestly say that it was a great experience. I got a good night's sleep in a clean room, and I met people from all over the world. But, the best thing about staying in a hostel was how helpful the staff was. If you are visiting a city for the first time, they can help you find your way around. And, some even organize day trips for their guests.

Usually, the rooms are dorm-style, but some hostels offer private rooms. And, some even include a free continental breakfast. The oldest and the best is Hostelling International. With hostels all over the world, you can count on a clean, affordable place to stay. So pick a destination, and start packing! For more information, log on to www.hihostels.com. Happy traveling!

-Bianca Hicks



Skin S.O.S



Foods for Glowing Skin

Did you know that instead of spending tons of money on overpriced products, you can find the best skin saving and enhancing secrets in your local grocery store? With summer on the way, it's important to protect your skin from harmful rays and replenish skin so that you can put your freshest face forward. So, here is a glimpse at a few delicious snacks that could save your skin.



Brighten and Protect

Fruits and vegetables that are brightly colored contain pigments that can revive your skin's levels of antioxidants. Antioxidants fight against free radicals that can damage skin, making it dry and age more quickly. Try eating bright, fresh fruits and vegetables like cantaloupe, apples, blueberries, tomatoes and butternut squash to protect skin and replenish antioxidants.



Vitamin C to the Rescue

Vitamin C is one of the strongest antioxidants in nature. By enjoying refreshing, juicy citrus fruits like oranges, lemons, tangerines, your loading up your vitamin C supply.

Leafy Greens

Deeply colored leafy greens are rich in vitamin A, one of the most skin-essential vitamins. Vitamin

A enhances your skins ability to rejuvenate itself, and allows for healthy cell turnover. By adding leafy greens like spinach, broccoli, arugula, mixed greens and bok choy to your plate, you are not only loading up on skin saving vitamin A, but can also reduce calories by replacing sides like French fries with these healthy veggies. Leaf fiber, beta-carotene, calcium, iron, folic acid and chlorophyll.



Look to the Sea...Omega 3

Fish is rich in Omega 3's which are now being regarded as powerful anti-aging agents for skin. Fish is also an excellent source of protein which helps the body repair and rebuild tissues. Add some delicious fish like tuna, salmon, and trout to your diet to increase your skin's ability to protect itself and keep it looking supple and glowing.



-Dena Coilfi

Marriage Advice from a Newlywed? Part III

I have really enjoyed sharing what works for me in my marriage with you. I only hope that this advice can help you in your relationship. This is my last of three articles about marriage advice (we can only take so much of someone's advice) and in addition to these three suggestions I want to tell you something *I know*. Do everything you want, regret nothing, and do not do anything you do not want to do. Marriage included. On that note, I have been happily married now for one year, and on April 2, 2008—4 months. This requires a toast! How do I do it?

Make Sacrifices

When you are married, you should not expect to always have things your own way (this is very hard for me). You and your spouse or partner are a team and therefore, sometimes you must hand the reigns over to him/her. For the sake of your marriage, you must occasionally sacrifice your own wishes and wants to accommodate those of your partner. For example, do not always insist on choosing which restaurant you go to or what movie you watch. These are small ways to make sacrifices and a nice way to start if it is difficult for you to not always have your way. Let your spouse or partner decide...even if his or her choice is not quite what you had in mind. Most of your spouses or partners will recognize these acts of selflessness and therefore be more than willing to return the favor.

Admit When You Are Wrong (I know we are never wrong)

We all find it difficult to admit when we are wrong. But in a marriage, you simply have to put your pride to the side and bite the bullet. It is all too easy to refuse to say sorry and wait for enough time to pass for the issue to go away. However, without an apology the air cannot be fully cleared. Resentment can slowly build and one day you may well regret not uttering those three simple words, "I am sorry." I have found I am wrong a lot and being able to admit to being wrong is a really humbling experience and a really necessary one. I hope you can do it gracefully.

Marriage Can Be Hard

A long happy marriage does not just happen. You need to work at it. Do not expect an easy ride. You will have ups and downs. There will be times when you cannot stand to be in the same room as your spouse or partner. However, as long as you try to behave in a fair and rational manner, these low periods can be overcome very quickly. If you work together, remembering how much you love one another, you can find a solution to any problem. So put the hours in, make the effort—the result could be the happiness we are all searching for. Good luck my married, newlywed, newly engaged, coupled, and dating individuals. I wish you love and happiness.



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

SAFCS is on the Run!

As you may know, SAFCS finds giving back to the community very important. So this semester, we are running, that's right, running. On Saturday April 19th, Relay for Life is coming to CSUN. Relay for Life is a fundraiser to help bring awareness and fight against cancer. It is sponsored by the American Cancer Society and is usually a very successful event.

We have been effected by cancer in some way or another. Some of us have lost loved ones, some of us are fighting and some of us know survivors. We all know how painful it can be and how expensive the medical bills can become.

This is a 24 hour relay and it will be held on CSUN campus in the Sierra Quad. It begins at 10AM on Saturday April 19th and ends at 10AM on Sunday April 20th. We will be there in shifts, to take care of



all of the hours. Join us and help fight for a good cause. In Family and Consumer Sciences, we believe in helping the individual. We are a "people's people" major. So let's live up to our name.

To join the FCS team visit the Relay for Life website at http://main.acevents.org/site/TR/RelayForLife/RelayForLifeCaliforniaDivision/1650520294?pg=team&fr_id=10093&team_id=190792.

-Amy Wolpa

Contributors



AMY WOLPA

Amy is a graduating senior and the Betty editor. She is a Consumer Affairs student.



ERIN MATTHEWS

Erin is a professor and the SAFCS faculty advisor.



AMY DILGREN

Amy is a graduating senior and a FCS Consumer Affairs option.



DENA CIOLFI

Dena is a junior and the Vice President of SAFCS.

BIANCA HICKS

This is Bianca's first article in The Betty. She is a graduating senior.

Career Symposium

The Career Symposium is in TWO WEEKS. It will be held on April 9th started at about 7pm. This is a great way to come out and meet representatives in your field of interest. All of the FCS departments will be represented as well as refreshments. Tables will be set up for personal, one-on-one discussions with professionals who are where you want to be. This is a great chance to gain information and experience as well as NETWORK, which as we all know, is extremely important as we head out into the "real world." If you know anyone who would be a great professional to speak with students, email Erin Matthews at erin.matthews@csun.edu. Otherwise we will see you there!!!!

