



The Betty Newsletter

Relayer Changed For Life

Issue #11



Let me start off by saying I'm tired and I can only imagine how our team captain and food chair Geri Lorenzana feels today. She and SAFCS along with over 100 other people were in front of the Oviatt Library for over 24 hours relaying for cancer.

The luminaria ceremony. Some luminaries were decorated with names of those who survived, others with the names and passages of loved ones lost. Watching the luminaria ceremony happen on the library steps is a vision burned in my mind. Spelling the word HOPE. Relayers holding individually lit candles remembering the reason they are together with people in the middle of the night; the remembrance of the mother they lost, the uncle who passed two months ago, or the woman next to me who is a five-year breast cancer survivor. The sadness, the hope of a cure in the future, and the blessing they/we/I feel to be alive everyday.

CSUN's Relay For Life raised \$22,135 for the American Cancer Society. This was a combination of online and cash donations, sponsorships and onsite fundraising during the Relay. Team FCS raised more than \$1,500. Team FCS also raised \$81 selling boobey cupcakes made by members of SAFCS (you read right, cupcakes that look like breasts). GO TEAM! Our slogan was "A Buck a Rack!" The cupcakes were the hit of the Relay!

This experience is like nothing I have ever experienced before for many reasons. I came home physically and emotionally exhausted. I only wish I was an elegant poet to explain the emotions that overwhelmed me that night and early morning, to share with you the stories told—but I can't. You had to be there.

~ Erin Matthews, M.S.



SAVE THE TATAS

A couple weeks ago, a representative from TRENDS came to my class to talk to us about the upcoming fashion show and to participate in the "save the ta-tas" slogan contest. ta-tas brand, a clothing line in the fight against breast cancer, and Julia Fikse the founder, were giving students the opportunity to come up with the newest phrase to put on t-shirts for either their maternity or plus size t-shirt line. This was a great opportunity for someone like me who wouldn't even think about entering a contest. At the last minute, I decided to submit three slogans. Even though some of my phrases weren't exactly fitted for their target markets, I thought that they were catchy and could be

useful somehow.

On April 22, I

went to the

TRENDS'

fashion show

and was shocked

to hear that my slogan, "save the ta-tas, save the world," had taken first place.

-Grace Chung





A Neiman Marcus Update from Jennifer Worrell

Hello to all my fellow FCS-ers! I've been here in Dallas, Texas doing Neiman Marcus' Executive Development Program for the last three months. I have one week left in the program (YAHOO!) and am still surprised at how quickly it has gone by. We have the final exam and one project still to go. It's amazing how much we've learned, and really, this is just the beginning.

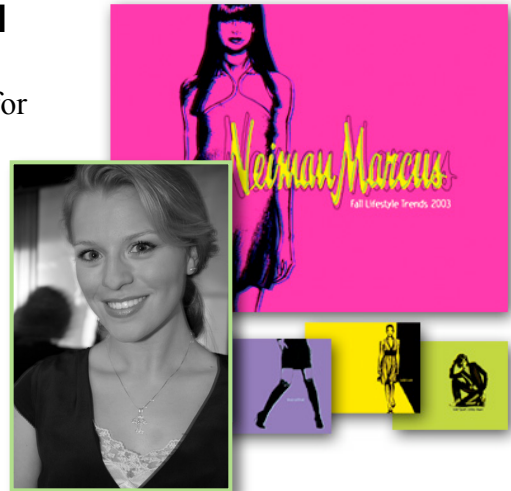
We started the training program with several training sessions on Neiman Marcus (NM) itself: our history, our expectations, and our business. We then progressed into a lot of retail math, projection theory, and MANY computer classes. It has been intense because while we've been learning all of these things, we've also been rotating in actual buying offices to connect what we've learned in class to the real buying world. It sounds exciting, and it is, but let me tell you, it's like a whole NM merchandising major packed into three months! We traveled to Longview, TX where all of our merchandise is stocked. NM has thought of everything, I tell you, from labels to packaging to financial planning!

The hardest thing for me has honestly been the financial side of the business. I was part of a 5-person team that did a financial projection for an entire season for St. John. Yeah, if you even understood that sentence, it was an incredible undertaking! This project is notorious at NM (known as "Arthur Project"). It's funny how the hardest project thus far has truly proven to be the most beneficial... isn't that always the case though?! You really learn what all the merchandising terms mean, like turn, gross margin, net sales, and the rest. What's even more neat is that after the project, you start to really understand how they all fit together and affect your business.

Neiman Marcus is a great company. I'm so glad to be working for them. Today was interesting because there was another group of future EDP candidates that had their interviews. It made me smile because I remember what it felt like to be in their shoes... and that was only a few months ago! Amazing how time flies!

I wish I could tell you all everything that I've gotten to do since being here. I hope all is well with you and if I can be a resource for you in any way, please feel free to contact me at genwhirl@yahoo.com. Keep going with school (oh, and if I can offer any advice... pay attention and work your tail off in FCS 455; it will help you so much), and I'll see you in May for graduation!

-Jennifer Worrell



Must Haves for Spring & Summer 2008!



Spring is here and pretty soon summer will be arriving. For this seasons must haves are flare jeans, florals, and beaded bags. It's all about color and having prints. High waist hot shorts are having a big comeback for this summer. White denim is in and can be found in most stores. Try to avoid wearing heavy materials such as wool and heavy knits. You don't want to sweat like crazy! Lightweight materials are good for the summer and will keep you cool.

-Adriana Quintero

Giving Birth in America

I am the proud parent of a two-year-old girl named Leila (you may be more familiar with the spelling “Layla” from the song by Eric Clapton), although this wasn’t my intention, this is the way we spell it in Algeria, my country of origin, but I was born and raised in France.



Poor thing, she will have to spell out her name her whole life here. While we all romanticize the view of raising children, the reality is no picnic. I did enjoy my pregnancy, *almost* every day. Other days, the cramping, stuffy nose, little feet getting stuck under my rib cage were “a joy”. In time for delivery, my oldest sister from Hamburg, Germany came to assist during her little sister’s miracle of life. The baby arrived five days later from her due date, I must have had a chest of toys in there, I am telling you she was so comfortable. When I asked my sister what is the difference between her moving and a contraction, she told me: “Oh, you will know when you feel it.” Indeed, I did around 6 am on a Thursday in March 2006. So time to go, we got to the hospital at 11AM that day, when my contractions were five minutes apart. I was in labor until 9PM. I didn’t take Lamaze classes, but I read a lot. When the time came to push, I didn’t request the epidural, I thought my mom pushed out nine children, so I can certainly push out one! Well, did you know that during one contraction you need to push three times (and yes, after fifteen minutes, I did scream “I can’t do it anymore, I want the epidural”, but it was too late). After fifty-one minutes, there she was (you do the count for the pushing number, to this day, I still don’t know, I was too busy pushing). Finally back to my room with the baby, I looked at her and undressed her: ten fingers, ten toes, two eyes, two ears. Perfect. The first night as a mother was peaceful, until the nurse came at 6AM to ask me if I fed my baby yet. What? How? I felt like a bad mother already, so the nurse hopped on my bed, and shoved this little head towards my huge breast, I swear it was double the size of her head, I am going to smother my brand new baby on day one! So after few tries, for the first time my breasts are working (who knew all this time, it wasn’t just for the enjoyment of men...!). You will find it amazing that every two to three hours the feeling of rushing milk is imminent, so quick -- find the baby! I am kidding, she is right there next to me getting squirmy. Be careful, if the baby is nowhere to be found, leakage, beware.

-Louisa Mauro

Some Things you Might Not Know About ASID Los Angeles



ASIDLA is the largest chapter in California, but that’s not all, they also educate consumers about the benefits of having an interior designer to insure them protection in health, safety and welfare. Recently ASID released a new website, www.asidla.org to “greatly enhance the users online experience.”

Becoming a member of this chapter is important because this is a great place for consumers and companies to look for designers. With their designer directory you insure that you are available to possible clients.

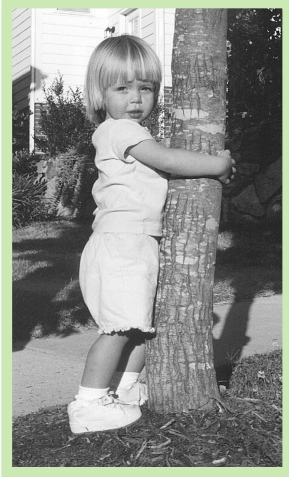
-Amy Wolpa





A Consumer Can Save the World

Super Heros aren't the only people who can save planet earth, you can too. In observance of Earth Day and what should be Earth Week, Month, or even Year, SAFCS wants to make sure you know we are concerned about the environment, and so is the rest of the country. We wanted to give our consumers tips that they can do at home that are easy to help out. Here they are:



1. Obviously change those light bulbs... instead of the old school, last you so little time, you can use the compact fluorescent light bulb (CFL), which last years longer than those regular ones, and use a quarter of the energy.
2. When you go to the grocery store, bring your own bag!!! These bags save our environment by not using and trashing plastic bags. Personally, I leave my IKEA \$2 bag in my trunk, which not only helps the environment, but saves me trips up and down the apartment steps and allows me to get all my groceries in in one trip. If you forget your bag, ask for paper. It is easier to recycle and not nearly as harmful!
3. UNPLUG! After you do your hair tomorrow morning, unplug you hair drier, this saves energy. You can also put everything on a power switch and turn it off

before you leave. YOU would be absolutely amazed at the energy you can save if everything is unplugged, and when you are out of the house all day, why have anything plugged in anyway?

4. Recycle you cell phone. Cell phones are very harmful to the environment and when we get those upgrades we usually just throw them away. But now you can send off your cell phone to a place that recycles them for you. Go to www.ema/online.org and find out about recycling these cellies!
5. Plant a tree. Become that tree hugger we know you are! You can plant a very small tree and it will still help. We need trees so bad and they may just be the key to our future. Go to www.sierraclub.org and buy a seedling for one buck! This tree gets pretty big, so let the foliage begin in your backyard! You can also sign up at the sierra club to get a daily green tip emailed to you, keeping you on the ball with saving the world!

Help out the Earth, and follow these tips, you can change the planet one tree hug at a time! Some of these tips also save you money, which, as a consumer knows, is an important part of budgeting!

-Amy Wolpa

A Greener Diet That Saves the Planet

A diet more centered on plant-based products than meats and dairy may lead to extra years of healthy living. It also reduces environmental damage and farm animal suffering!



Green veggies have been credited by researchers as helping colon and heart health and those leafy greens and fruits are loaded with antioxidants, minerals, folate, and flavonoids. But you can help the environment by doing some things that are beneficial for your body and the plant. Even shopping at the farmers market or looking for locally grown produce can get you fresher fare, support your local community, and save emissions from the long distance drives that produce has to travel to get to your mouth. You can also grill outside, this uses much less energy then your stove and allows you to keep heat out of your house.

-Amy Wolpa



A Wonderful Night With Professionals

If you joined SAFCS on April 9th then you know that it was a wonderful evening. The Grand Salon was filled with professionals from each of the FCS options conversed and networked with students over yummy snacks. Students learned all about professions in interior design, marketing, banking, therapy, education and more! I sat with a CSUN - Interior Design alumni who brought layouts and visuals to show students a piece of what her job entails. We chatted about costs and regulations and what it was like to get a job after leaving CSUN with an FCS Interior Design Major. I also sat with Emily Cateozzi and Scott Jones from the On Air Promotions of Disney, highlighting the marketing department of a large company. Scott showed us what he does and brought his lap top to show us some of his work. Other professionals were interesting and engaging and provided students with tons of information about the fields they may be going into. Others said that the individuals they sat with were inspirational and informative!



SAFCS knows that deciding on a career is tough and we hoped that this Career Symposium was able to help some of you out or just calm you down about entering the “real world.”

Thank you so much to all the individuals who attended the Symposium and to those professionals came to sit with students and lend their valuable advice. Also, thank you to SAFCS for putting on the event and granting students the opportunity to learn a thing or two from the people who know!

-Amy Wolpa

Contributors

AMY WOLPA



Amy is a graduating senior and the Betty editor. She is desperately looking for someone to take her place next year!

GRACE CHUNG

Grace is a junior and a Family Studies option and this is her first article

LOUISA MAURO

Louisa is a Junior with a Family Studies option. This is her first article for the Betty!

ERIN MATTHEWS



Erin is a Professor for FCS and she is the Advisor for SAFCS.

JENNIFER WORRELL

Jennifer has already graduated and is starting her fabulous life in Dallas! She is an aspiring bridal designer.

ADRIANA QUINTERO

Adriana is a junior. This is her 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!!!!

Also, Amy Wolpa is graduating, so SAFCS will be looking for a new editor. Being editor is extremely rewarding, and it looks great on that resume!

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

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.

