



The Betty Newsletter

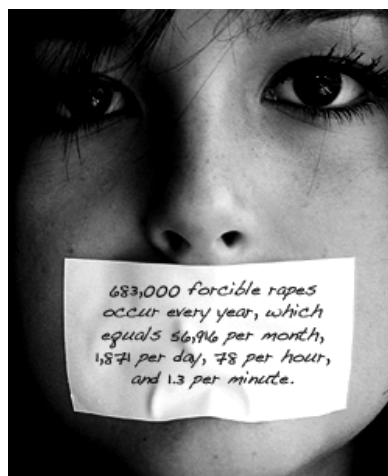
Issue #14



NO Means NO!

In the United States a woman is being raped every 6 minutes. Woman of all ages, races, and social classes are raped, but young women are at the greatest risk. Women between the ages of 16 to 24 are two to three times at higher risk of being raped than older women. Women are also 10 times more likely to be raped than men. It is a myth that majority of rapes are committed by strangers walking down the street. Instead, most women are raped by men they know and have come to trust.

Precautions women can take to help protect themselves:

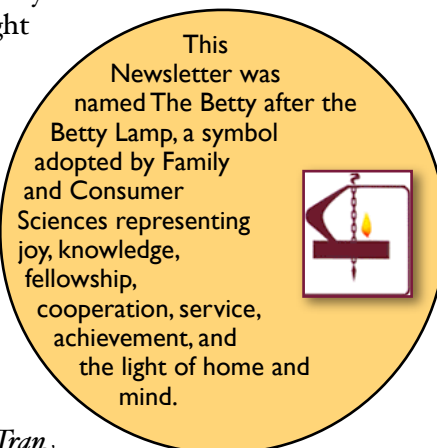


- Establish a set of signals with other women in your work and apartment buildings or neighborhood.
- List yourself in the phone directory and on the mailbox by your first initials only.
- Use dead-bolt locks.
- Keep doorways and entries well lit.
- Keep your keys handy when approaching the car or your front door.
- Do not walk by yourself after dark.
- Avoid deserted areas.
- Do not allow men you do not know into your house or apartment.
- Keep your car doors locked and windows up.
- Check out the back seat of your car before entering.
- Don't live in a risky building or area.
- Don't give rides to hitchhikers.
- Don't converse with strange men on the street.
- Shout "Fire!" not "Rape!" People are likely to flock to fires but to avoid scenes of violence.

Suggestions for avoiding date rape:

- Communicate your sexual limits to your date. If your partner starts making you feel uncomfortable, be sure to speak up and tell your partner you are not comfortable being that intimate yet.
- Meet new dates in public places and drive your own car.
- Avoid driving with a stranger or a group of people you have not met yet.
- State your refusal definitively. Be firm and look your partner straight in the eye when refusing sexual overture.
- Become aware of your fears.
- Pay attention to your "vibes." Trust your gut-level of feelings.
- Be especially cautious when you are in a new environment.
- If you have broken off a relationship with someone you do not like or feel good about, do not let him into your place.

There is no clear-cut answer whether women should attempt to fight off a rapist or not. Women have to make their own decisions about whether to resist a rapist physically. However, the assessment of the rapist, the situation, and the ability to resist the rapist should be taken into account.



-Lucy Tran-



DIABETES CHANGED MY LIFE

I never thought it could happen to me. I didn't watch what I ate. The only exercise I got was playing football in high school, and after high school all exercise went out the window. During the fall of 2004, when I was 18, I noticed my body was changing, not just in size, but in other ways. My mouth was always dry; I was thirsty all the time; I was peeing a 12 times a day, and I was always exhausted. My parents noticed the change in me and took me to the doctor. Normal readings on a glucose meter read from 70 to 120. When I went to the doctor that morning my glucose reading was 438. I did not eat much the rest of the day. Since I did not eat what I usually ate I felt as if my body was shutting down. I was more tired than I had ever been. I had to drive back to Northridge that evening. On my way there I fell asleep on the freeway and got into an accident that involved 3 other cars. No one was hurt.



That morning when I got my glucose read, I was prescribed medication. I was taking really good care of my diabetes for a few months. As the year went by, I started slacking on taking my [medication] and checking my glucose. It was not until spring of last year where it affected my body once again. I was eating whatever I wanted and stopped taking my [medication]. My mouth was dry; I was peeing many times a day, and was always thirsty. Now a new symptom had occurred. I started losing weight dramatically. I had lost around 60 pounds in a little less than 2 months. Finally one morning while I was getting ready to go to summer school in 2007, I could not keep my head up. I kept wanting to go back to sleep. I was so tired I could not lift the spoon to eat my cereal. My dad took me to the doctor and from there, I was rushed to the hospital. I was on an IV and tests were taken every few hours. I had lost another 15 pounds during the 5 days I was in the hospital. Now the doctor prescribed insulin for me. I was so embarrassed. Everywhere I went I had to take my glucose meter, insulin, and syringes. I even took it out on a date.

I have been taking care of myself ever since. I am no longer on insulin, but I am on oral medications now. I still need to work on my exercising, but I am eating healthier.

Diabetes has changed my life. I once had a girlfriend whose grandma did not want her marrying me because she did not want to chance her great grandchildren having diabetes. All my friends know I am diabetic and keep me from eating the wrong things whenever I am tempted. Both my parents have diabetes also. I knew it was coming but I never thought it would come so soon. If I did not have the support from my family and friends I do not know where I would be right now.

-James Galvan-

CELEBRATE THE CENTENNIAL

I want to announce the upcoming AAFCS conference on June 25-29, 2009. This meeting will be the American Association of Family and Consumer Sciences 100th meeting/conference since our founders started the meeting in 1909 in Lake Placid, NY. AAFCS is the only national nonprofit organization that provides leadership and support to FCS students and professionals across multiple practice settings. FCS professionals help individuals, families, and communities make informed decisions about their well-being, relationships, and resources to achieve optimal quality of life. AAFCS' 7,000 members are elementary, secondary, and post-secondary educators, researchers, and administrators; Cooperative Extension educators; and other professionals in business and industry, not-for-profit organizations, and government. These professionals provide research and applied knowledge in the areas of personal finance; child development and parenting; consumer education; housing and environment; apparel and textiles; and dietetics and nutrition. I strongly encourage you to attend this conference with me and other SAFCS members.

- E. Matthews, M.S.





WAYS TO SAVE AT THE PUMP

Driving is a privilege, but with gas prices at almost \$5 per gallon, it seems more like punishment. Here are a few simple tips to save you from going to the pump so often.

1. Fill up with a lower octane-gasoline. You can buy the lowest grade of octane of gasoline that is appropriate for your car. Premium fuel does not mean better performance.

2. Tighten your gas cap. Gas will evaporate from your gas tank if it has an escape location. Make sure you always tighten up the gas cap as tight as possible after fueling.

3. Park your car in the shade. That hot summer weather will zap fuel from your tank. Make sure you park in the coolest temperature parking spot you can find. This also means you won't need to blast the air conditioner when you get in the car.

4. Make sure your tires are pumped correctly. Driving with under inflated tires will lower your gas mileage. Your soft tires won't get the proper friction, making your engine have to work harder.

5. Use the right oil. By using the recommended grade of motor oil by the manufacturer can improve your gas mileage 1 to 2 percent.

6. Go easy on the gas pedal. After coming to a stop at a red light, don't slam on the gas pedal. Accelerate gradually and let your car catch speed.

This article was taken from <http://www.bankrate.com/brm/news/auto/fuel-efficient/5.asp>.



-David Kim

MOMMY DOESN'T DRESS ME ANYMORE

In the last issue, I mentioned three work fashion no-no's for women. Men, it's your turn now. You too, are soon entering the work force and you too, need to retire your flip flops for something more professional. Here are three areas for the men to watch carefully:

Wrinkles: A professional work environment does not demand too much from men. What it does require is a clean look. Your pants should have a straight crease down the front of each leg. Your shirts should be neatly pressed with a crease down the arm. If you are unsure how to create a crease, take it to your local dry cleaners and they will press your clothes for a reasonable price.

Neckwear: A great tie is not hard to find. Even cheap ties can look sharp. Please keep the cartoon characters and novelty ties at bay, you know the ones I'm talking about. There is no appropriate time for those. Keep them in the back of your closet. Target offers professional style ties for \$20.



Accessories: Here are a couple of general rules of thumb. If it's on your wrist, it should tell you the time. If it's around your neck, it shouldn't hang down to your stomach. If your shoes are brown,

your belt should be too. Your socks should match your pants, and undershirts are a must. All of these things can be found at Wal-mart for very little money. May I suggest their great selection of watches.

Your Waist Line: In addition to your pants being wrinkle free, here is one more guideline for bottoms. Keep it to yourself. I mean your rear-end and let me add your tummy too. Your pants and shirt should meet and be neatly tucked so that your tummy doesn't create a flesh belt. No one needs to see your belly button or your tush. One way to help ensure this doesn't happen to you is by using a

belt. Kohl's has a great selection for a great price. Good luck job hunting!

-Valerie Yu



HOW DO TEXTILES MAKE YOU FEEL?



Have you ever thought to yourself, “What would it be like if textiles were never created?” Of course you haven’t, but maybe some people have. And when you really think about it, you are enveloped in a world of textiles from the moment of birth until the day you die. There is no escaping the world of textile creation, and how it helps people in their everyday lives.

Without textiles, what would you wear? What would you sleep on? What would you sit on while driving? What would you clean yourself with? What would the magnificent oil paintings created by Monet and Van Gogh be painted on? How would astronauts be able to fly into space without the protective suits? You also would most likely

not be able to drive without serious injury because seat belts are made out of textiles!

Now, after going on and on about how wonderful textiles are, let me talk about two of my favorite types. The first is cotton, which is a natural cellulosic fiber (meaning it comes from the Earth), and is found in nearly every household known to man. This wonderful textile is fairly durable and extremely comfortable, which is what makes it a staple in the wardrobe for millions of people.

So now that the obvious is out of the way, have you ever heard of something called polypropylene or Olefin? Well, Olefin is a type of polypropylene and has a wide array of uses ranging from apparel to the industrial world. It is an extremely strong fiber, resistant to abrasion and static and is inexpensive to make. The textile is extremely lightweight, which is what makes it a staple in the aviation industry (i.e. the seats and carpeting). Even your car is most likely decked out with Olefin. There are so many uses for Olefin that the possibilities are endless. So the next time you check the label and see something called “Polypropylene” or “Olefin,” don’t be afraid. It’s quite a magical textile.

So what textile is your favorite? If you wish to learn more about this fascinating industry, and have not done so already, then I suggest taking FCS 160 with Dr. Lewis-Goldstein!

-Jeremy Graef

Contributors

VALERIE YU



Valerie is the editor of The Betty. She is a Family Studies option.

ERIN MATTHEWS, M.S.

Erin is a professor for FCS and the advisor of SAFCS.



JAMES GALVAN



James is a Senior and a Family Studies option. This is his first Betty Article.

JEREMY GRAEF



Jeremy is a Senior and an Interior Design option. This is his first Betty article.

DAVID KIM



David is a Junior and a Consumer Affairs Option. This is his first Betty article.

LUCY TRAN



Lucy is a third year Family Studies option.

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, 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.