

# The Betty Newsletter

Issue #39



## To Whom It May Concern:

This letter is directed to those in the Family and Consumer Sciences, Family Studies Department concerning the requirements of the FCS 491 A-C courses. I was asked to write as a representative and a voice of my fellow classmates in this major and option. As to my understanding, the department is initiating a dramatic increase in the number of hours students are required to spend at the CSUN Child and Family Studies Center (lab school) for these courses, an increase that will make it impossible for we FCS students to continue to excel at our academics as well as maintain a healthy balance between our school, work, and lives outside the classroom.



Course A, a one unit class, previously required a total of 3 hours at the lab school a week, totaling 45 hours for the semester. Course B, a two unit class, also required 3 hours a week at the lab school, also a total of 45 hours per semester. If students choose not to take courses A and B separately (ex., one in the fall, the other in the spring), they have the option to take course 491 C. This class is a combination of A and B, meaning students are required to spend 2 days at the lab school a week, 3 hours a day, which turns out to be 90 hours for the semester. Students already consider this amount of hours to be ridiculous.

Students who will be enrolling into the 491 series are outraged by your decision to make 491/B a total of 90 hours (6 hours per week) and, even worse, a total of 135 hours for 491/C (9 hours per week). The 45-90 hours that were considered "ridiculous" before, are now beyond words.

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### Editor's Note:

This is an email that was sent to the Department Chair and all professors in the Family Studies option. It was written by Family Studies option, Lacey Smith.

For those of you who are unaware, Family Studies options are **REQUIRED** to complete their internships at the Lab School, a preschool/ kindergarten facility on CSUN's campus owned and run by the Family and Consumer Sciences Department. We are forced into this internship (FCS 491A-C) despite our interest or lack of interest in working in child care or child care administration.

This upcoming Summer semester, the Family Studies professors who are in charge of the Lab School have decided to increase the amount of hours we must serve in FCS 491 from 90 hours plus outside work, such as evaluations and papers, to 135 hours plus outside work. This increases the amount of days we must spend at the Lab School from 2 days of work to 3 days of work at 3 hours per day and **does not follow what is outlined in the University Catalog** which students through 2010 follow.

This email from Lacey is being published in *The Betty* in order to enlighten those students who are affected by this unwarranted change.

If you feel that this is unfair and unjust, please voice your opinion to the Family Studies professors by writing a similar email to them.

This newsletter was name "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.

**CONCERNED STUDENTS** continued from page 1

What is not being taken into consideration is the fact that these hours are spent only at the lab school. Did the department forget to take a look at the syllabus for these courses? Throughout the semester, we are expected to complete 8 curriculums, 8 evaluation assignments, a parent conference form, daily observations, developmental assessments, and a lead teacher plan to implement. There is one (sometimes two) assignments due every week. If we are spending 9 hours a week at the lab school, when do we have time to work on these assignments? What about all the hours we students have to spend working on homework from our other classes? How are we going to have enough hours for our paying jobs in order to support ourselves? To expect a student to dedicate 135 hours a semester at the lab school, while maintaining good grades, keeping up with schoolwork, and trying to keep a job, is an overload and leaves us with little to no time to balance this all out.

As students in the Family Studies option, we are required to take three units of the 491 series to get our diploma. Another reason many students complain about this course is because many of us are not even pursuing careers in child care administration, but in marriage and family therapy, social work, gerontology, among others. We already dedicate many hours at the lab school for our 431/L course. Because of the increase in hours of these courses at the Child and Family Studies Center, staff members can expect to lose many university students in their classrooms as predicted by students and teachers.

From a personal perspective: as an intelligent and well-balanced individual who finds herself being able to balance her many "lives," duties, and responsibilities, I even find this increase to be out of reach for me, and I, for once, am doubting that I can commit the time and energy towards this class if these increased hours do become enforced. I have never protested against or failed to meet any of the requirements or assignments of my courses and professors -- I just simply did it. I cannot see myself capable of dedicating this many hours at the lab school. I do not receive financial support from my parents. In fact, I financially help one of my parents occasionally. Therefore, when I am not at school or working on homework, I try to spend most of my open hours working a paying job, as many college students do. Students are already paying too much for too little. The state increases our tuition and other fees, cuts out our classes and professors, which leads us to not graduate on time, and now we're expected to give up most our time to focus on one class when we have others to fulfill too. Unfortunately, I am also one of those students who has late registration dates every semester. I beg professors and fight for spots in their classes. I will be able to graduate in Spring of 2011 if I am able to get into all my classes by cramming two full 17-18 unit semesters. Again, I know I am capable of excelling in my academics, no matter how many units I take, but if I have to dedicate 135 hours of my semester in a lab for 3 hours a day, 3 days a week, I am certain that my academics will drastically decline. Many of my fellow classmates feel the same.

As a student, I am asking the department, or whoever is in charge, to please reconsider the requirements for the 491 A-C series for all FCS students. If extra hours are in process of being added to the 491 curriculum, I would like for the department to take into consideration the demand they will put on students and our education. My goal in writing this letter was to not blame the department, but to inform them of the great demand these extra hours will have on students, whom I believe should be any school's main focus and priority, and whose opinions should matter most. I am just one person, but I am the voice and share the opinions of all my fellow classmates in the Family Studies option, and I am concerned about their, and my, education and future. I hope to at least one of you, I have influenced your thoughts and decisions on this issue, and that you will reach out to the department in making a change.

Best Regards,

Lacey Smith  
FCS Family Studies Student

## RELAY FOR LIFE 2010

For 24 hours from the morning of April 17<sup>th</sup> to the morning of April 18<sup>th</sup>, our department's SAFCS and Kappa Omicron Nu organizations banded together as the United Families of Family and Consumer Sciences to participate in CSUN's annual Relay for Life. This event, organized by CSUN's Colleges Against Cancer chapter, raises money and awareness to support the American Cancer Society (ACS) in its fight to educate people about cancer risks and prevention, to provide support for cancer survivors and caregivers, and to build a community dedicated to eradicating this disease.

As part of Relay, 31 members of SAFCS and KON – led by team captain Amanda Mason and advising professor Erin Matthews – joined the other participating teams in walking laps around the track outside Oviatt Library all through the day and night. We raised money before the event, by asking our families, friends, and acquaintances to make donations to our team, and we sold cupcakes and other baked goods to accrue additional funds during Relay itself. Our team used the theme of vampires to raise awareness about leukemia, and accordingly we decorated our tent like a spooky castle, complete with black bats hanging from the trees. We also held a contest in which Relay attendants could make donations in order to spin our vampire-themed wheel and answer a question about vampires or leukemia. Those who answered their questions correctly were entered into a raffle for the chance to win a range of generous prizes.

The participants of Relay found it both touching and uplifting. The morning's Survivor Lap and evening's Luminaria Ceremony reminded us all of those in our lives who have fought cancer, both successfully and unsuccessfully, and inspired us to work all the harder to support the ACS's worthy cause. When the 24 hours was up, CSUN's Relay had raised over \$33,000 to help fight cancer, and over \$5,600 of that money came directly from the efforts of our UFFCS team. This achievement won us an award for the top fundraising team. SAFCS and KON advisor Erin Matthews also won third place for top fundraising individual, and our team walked away with an award for best cancer-awareness theme, thanks to our original idea and attractive decorations.

The members of SAFCS and KON would like to thank all those who helped make Relay possible and all those who helped us contribute to it – including the organizing Colleges Against Cancer chapter, all of the participants of our UFFCS team, and everyone who made donations to support our efforts. Relay for Life gave us all, as a team and a college, not only the chance to band together to participate in an emotional but enjoyable event, but also the opportunity to make a difference in the fight against cancer. We hope and believe that our efforts have brought us one step closer to realizing a cancer-free tomorrow, and we invite you to join our team next year so that we can take the next step together.

-Anna Gray





## THE GRAD HATTER

For many of us, the Family and Consumer Sciences Spring Banquet is our last hoorah before we walk across the stage at graduation. It is a chance to say our goodbyes to the faculty we have had throughout our education. It was an evening filled with laughter, friends, and a realization that we have reached the end. It was a night to be remembered, thanks to the hard working students who put the event together.

The evening was a fanfare of festivities. We laughed and cheered for each other as we stand facing one of the last things we will ever do together. Throughout the evening, many of our peers were honored for their academic achievement and hard work within the department. We listened to our friends and acquaintances and learned of their plans for the future. The faculty, as always, supported us in our dreams and gave us approval as they honored us as students. However, we cannot forget that without these same individuals, we would not be prepared to step out into the world and succeed. As we leave, so do many of our mentors as they move on to new ambitions.

Each of us will go our separate ways and achieve the unimaginable. We will all succeed in what we truly desire. It is my hope that you, like myself enjoyed connecting with all of you one last time before we cross that stage, receive our diplomas and go onto the future.

-Danielle Davies




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## GOOD BYE: IT WILL NOT BE THE SAME WITHOUT YOU

Spring brings many mixed emotions for me. Although I am not old enough to be your mother, I feel a kinship to each of you. I feel a guttural sadness that many of you will be leaving me (not really me, but in actuality the university and it has nothing to do with me) and moving on and I will never have the chance to see you again, to chat in my office, or to see your smiling faces in my classes. I think of all this and it makes me sad; actually it makes me cry. I cry because I am lucky enough to be a part of your lives, and I am lucky enough to have known you. I feel blessed that each and every one of you have come into my life. Know I will never forget you. Know that you have taught me. Know you have impacted my life in many ways. I will miss you!

With all that being said, I have some pearls of wisdom that may seem random but that I would like to pass onto you as you move into this next wonderful and exciting phase of your life (*note: please take or leave what you like; note 2: some of these ideas are original and some are taken from other sources*).



**Put time and energy into worthwhile friendships.** Some of the relationships you build at college will last you a lifetime, cherish them (this includes friends, professors, and lovers).

**Keep learning.** Your education does not end with your college career.

**Be who you are.** Stay true to you and others will either accept you or are not worth knowing.

**Never miss an opportunity to sit down or go to the bathroom.** Enough said!

**Be present, be grateful, be awed!** Goethe said, "Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now!" It is your time, time to begin.

Sincerely and with much love,  
Professor Erin Matthews

## QUILTING: A TIMELESS TRADITION

Quilting is a lost art. A simple quilt square, stitched to another, and another will eventually bring warmth to a child, a friend, or an ailing grandmother. For centuries, quilting was a way for women to come together and stitch as they told their stories, gossiped, and came together as a community that shared a talent. Many times these quilts were made in honor of young couples about to get married, other times they stitched for soldiers, and some quilted for babies on the way.

Today, we go to the store and purchase our bedding, a comforter, a duvet, or a quilt. We take advantage of how easy it is as consumers to get our needs met; we forget that it takes work to create the blankets that keep us warm. There are designers, people who create patterns from the designs, and those who stitch them together. We have commercialized an art and taken away a skill that was passed down from generation to generation throughout the years.

So today, I will pass on my passion and love for the quilting. It is my escape from the world and the thing that has brought me closer to my mother. She is an artist, a master at her sewing machine, designing quilts from nothing, creating her own patterns, spending hours choosing just the right color palette of darks and lights. Her careful persistence and patience while teaching me was a guide to soothe my impatience and frustration as I ripped out countless stitches and threw pieces I had cut wrong onto the floor. She passed on a gift to me, a gift I plan to pass on to my daughter in the future.



### The Traditional Broken Dish Quilt Square

**Finished Block Size: 4 in.**



**Materials:**

2 Fat Quarters (Purple & White)  
 Scissors  
 Chalk  
 Pencil  
 Rotary Cutter  
 Light colored thread (similar to fabric color)

**Step 1:** Using a rotary cutter, cut two  $3\frac{1}{2}$ " from each fat quarters

**Step 2:** Place one square of each color right sides together (print side); using chalk or a pencil draw a straight line diagonally through the square. Do this for both sets of squares.

**Step 3:** Using the line as a guide, stitch  $\frac{1}{4}$ " from the line on both sides.

**Step 4:** Using Scissors or a rotary cutter, cut between the stitching along the line.

**Step 5:** Open the squares and press seam allowance toward the darker color.

**Step 6:** Once you have pressed all four squares, use a ruler to trim all squares to be  $2\frac{1}{2}$ ".

**Step 7:** To create half of the completed quilt square, layout your squares so the center is alternated between dark and light (see diagram above).

**Step 7:** Sew the top left square to the top right, repeat with the bottom two square. Open and press seam allowance toward the dark fabric.

**Step 8:** Sew the two halves together. Press seam allowance.

For more quilting ideas, visit <http://www.ideas-for-quilting.com/brokendishesquiltblock.html>

-Danielle Davies

**GOOD BYE CAME SO SOON...**

My time with SAFCS and The Betty seemed so brief this year. Last year when I ended my time in SAFCS, I had devoted 11 months to this newsletter and created 28 issues. When I left, I was excited to see the new places the organization would travel to, as well as the old tried and true events such as Relay for Life. I was excited to see the new talent that came to The Betty as well as the make over she would receive. And when I was called back up from retirement this semester, I wasn't sure what to expect. It was refreshing to see an new organization who would open their arms back up to an oldie such as myself.

But here I am again, 3 quick issues later, to bid you all adieu once more. And this time, you can believe I won't be coming back. This time I'm graduating and going to bigger and better places. Okay, so really I'm staying at CSUN for grad school, but starting in August, my heart will belong the the Master of Social Work program and the College of Social and Behavioral Sciences.

This time, I don't know who my successor will be, but I hope that they will take Betty to bigger and better places. I also hope that my new editor will show me up; make Betty better than she's been in the past. This time, I know that I can let go.

This time, saying goodbye to Betty doesn't seem as hard. Maybe I've learned closure. Maybe this time I've learned how to let go. Or maybe it's because I know that Betty can only get better from here. Maybe this time, I know that SAFCS and Betty can survive without me. Maybe, this time, I'm too exhausted to cry, to miss Sequoia Hall and all its quirks. Maybe this time I'm ready to graduate and start a new chapter in my life.



This time, it's Good Bye. I'll miss the late nights and the hard work, but I know that somewhere, someone will be burning the Betty Lamp bright. Farewell to you; please take good care of my dear Betty. For the last time...

-Valerie Yu, editor



**Contributors**

VALERIE YU



Valerie is the interim editor of The Betty and is a graduating in two weeks!

ERIN MATTHEWS, MS



Erin is an FCS professor and the advisor of SAFCS.

DANIELLE DAVIES



Danielle is a Family Studies option who will be graduating in two weeks!

ANNA GRAY



Anna is a Senior and a Family Studies Option. This is her first Betty Article!

LACEY SMITH



Lacey is a Family Studies option and 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 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](mailto: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.