

# The Betty Newsletter

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## Practice Children?

### *The Story of the Domecon Babies*

Do you ever wish you could practice your life, before you actually had one? Well, that used to be a possibility. Starting in the early 1900s, home economics programs in colleges all over the nation included a “practice house” a home on campus designed to teach women the scientific art of childrearing known then as, “mothercraft.” At Cornell eight female students were assigned to live in a “practice apartment,” with a resident advisor.



Here they took turns with full homemaking tasks and activities in the most efficient manner. As if the stove wasn't enough why not add a child to practice with. You probably thinking that that would never happen, a practice child?!? Actually, there were 119. The first was a baby boy in 1919 aptly named Dicky Domecon, for domestic economy. His predecessors (siblings?) were secured through area orphanages and child welfare associates. The young students would literally take turns mothering the baby for a year, following strict schedules and guidelines. Babies were used to teach such things as safety pinning technique, care and feeding and more. After the year the babies were put up of adoption, and people wanted them! These children had been raised according to the most up-to-date scientific principles; it was like getting a trained puppy.

Then, the belief among the colleges and the female students was that these practice babies and homes were crucial in teaching students domestic experience in its entirety. As we know now, research began to emerge that a bond between a single caregiver and a baby is vital in the development of the child. Following this in the late 60's, new beliefs within the colleges emerged and people began to favored “hard science” over practical applications. In 1969, the apartments were cancelled and now they are a distant memory, mentioned perhaps in FCS 380.

Today, we have no idea where the domecon children are; some have probably passed away and some are still out there. Who are they? Did they develop normally? What do you think?

-Amy Wolpa

### Habitat Success

The Halloween suckers were a hit! That's right the recent Halloween fundraiser that we put on for Habitat for Humanity was a huge success. After tallying up the doe, we had \$218.90, a wonderful donation for an amazing organization!



We in SAFCS believe that it is our utmost responsibility to give back to the community, and what a great outcome for our first outside fundraiser.

Congratulations to all of you who participated and sold those spooky ghost decorated suckers! And thank you to all of you who supported Habitat.

-Amy Wolpa



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.

## Beware of Evil Emails!

How often do you go to open your email and find it full of junk mail? You may happen to find one out of ten semi-interesting and decide to



actually read it. This is a warning to all consumers: beware of the potential scams and viruses that could be sent to you via email!

People can obtain your personal information so many different ways that it is important to be careful who you trust. These emails can be made so they appear that the sender knows who you are and makes you think they're a friend. They also may try to induce pity and reach you on an emotional level. There have been emails sent that appear to be from the Make-A-Wish Foundation asking for you to support a child. Others popular scams include the Nigerian 419 Scam, the Foreign Lottery Scam, and many others like them. They can be costly in many ways. If you happen to be a victim of one of these scams, you should go to the Federal Trade Commission website at <http://ftc.gov> and file a formal complaint. They will actually investigate your claim and look into it for you. You may be one out of hundreds or thousands of victims who

are going through the same experience



you are. So before you open suspicious sounding emails, there are a few different sites you might want to check out. One of them is <http://hoaxbusters.ciac.org> which was created by the U.S. Department of Energy. This site tells what a hoax is and all about different urban legends, scams, threat chains, chain letters and much more. They also have links to other sites with similar information such as Snopes.com and TruthOrFiction.com. Check them out and make sure that you're consumer savvy enough to avoid internet scams from happening to you!

-Amy Dilgren

This article was inspired by Cynthia Schlesinger who lectured on it in her FCS 424: Resource Management for the Elderly. If you are interested in this topic keep this class in mind!

## Student Spotlight



Lucy Tran is a junior majoring in Family and Consumer Sciences with an option in Family Studies. She is hoping to get her masters upon completion of her undergraduate requirements, and then go into a career of high school or junior college counseling. Her favorite professor in the department of Family and Consumer Sciences is Professor Macdonald. She explains that "his lectures are discussion based, not the typical power point lecture." Moreover, her favorite course so far at Cal State Northridge has been Marriage and Family Relations, which is no surprise to a family studies major. Tran is currently taking 16 units, which include both day and evening classes. She expects to graduate in the spring of 2009, right on track with the four year plan.

-Amanda Allegra

## 5 Fun Activities to Do with Your Family!

Ever stop and think that you aren't spending enough time with your family? Well here are five activities that you can do with your family that are relatively inexpensive and enjoyable!

1. Family Game Night—Put away the cell phones and pull out all of those old time favorites and begin playing. You will be amazed at the childhood memories that can flame up and how fun it can be!
2. Plan a dinner--Been dying to try that new restaurant down the street? Ask your family to join you! Chances are the parents will pay and hey, who can't resist free food (and quality time)?
3. Go to a ball game. Or play one--football, soccer, hockey, baseball. There are so many different sports out there, and with our California weather, we are lucky enough to have most sports available all year long. Get out there and show some (family) spirit!
4. Check out the local swap meet (flea market)--Sure waking up early on a Sunday morning does not sound exciting, but chances are you will not regret going... There is practically something for everyone! While you are at it, go to breakfast after your morning excursion!
5. Have a Sudoku Competition--Whether you're new to the game or already hooked, it is always fun to see how competitive everyone can get. You don't even have to buy a book! You can simply download games at websites such as [Sudoku.com](http://Sudoku.com).

In the case that none of these suggestions appeal to you, get your mind rolling with other ideas that can fit to your family's interests! Good luck!!

-Amanda Allegra

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## Abuse and The Sex Trade

Currently I am taking the Family and Consumer Sciences 380 course with Professor Erin Matthews. In this class, we have to pick a topic within our option to do research and conduct a study on our chosen topic. My option is Family Studies and the topic that I chose to study is abuse and the sex trade. In the research, there are many interesting findings on topics such as the prevalence of drug abuse in different groups of sex workers, which type of abuse was most prevalent (if there was any abuse), and reasons why people started in this profession. Different studies found different findings. One study stated that although some were not abused as children, later on in adolescence or in adulthood their intimate partners coerced them into becoming sex workers. Although many people in this profession receive some type of



abuse, not everyone in this profession is abused or receives the same type of abuse. Sex trade/prostitution is a problem in our world today. No person should ever have to sell their bodies to someone else for money, drugs, food, or sustenance. Abuse whether it is neglect, sexual, emotional, or physical, should never be experienced by anyone.

Fortunately, there is a program that helps teenage sex workers called Children of the Night. Most of these teens have been abused. This program helps to get them off the streets and gives them a place to live, an education, life skills, and the opportunity to see the community around them by going on excursions. More information on this organization can be found at [www.childrenofthenight.org](http://www.childrenofthenight.org).

-Silvia Olmos

## How to Eat Healthy on a Low Budget with So Little Time

Have you ever noticed how cheap it is to buy fattening or fast food? Considering most of us here at CSUN are college students, we all know how expensive groceries can be. It is difficult to buy a variety of fruits and vegetables when there is tuition, textbooks, rent, and gas to worry about. School, in addition to all of our responsibilities, can also lead us to eating unhealthy out of convenience.

So what do you do? There are some simple solutions to buy healthy foods for those of us barely scraping by:

- Even though it may not always be as appealing as the well-known brands, generic brands or store brands are always a good alternative. They typically cost less and provide you with the same ingredients or food quality as any other brand.
- Buy your fruits and vegetables from farmer's markets. Not only would you be supporting local growers, but you tend to get a lot more for your buck and better quality.
- Just last semester I discovered Target®. They have a lot of the exact same food as any grocery store but the prices are much lower. They are available online and receive in the mail. A lot of stores will offer 10 for \$10 deals (meaning each food item is \$1) or 2 for the price of 1. Buying food and help you buy a variety of food every time you shop.
- Although it is typically more expensive, lean or extra-lean meat does go on sale. When it does, this is the opportunity to buy in bulk and freeze. An easy way to do that you would normally freeze them, and each time you want to cook you take out exactly what you need.
- Buy water in 24-pack cases from the grocery store. They usually are about \$3.99-\$4.99 plus CRV. That is about \$0.20 a bottle. Think about that next time you are in the Matador Bookstore Complex or Sierra Center and want to purchase bottled water. If you forget that bottle of water at home, another alternative is filling a large soda cup with water from the soda dispenser. You only get charged \$0.25 for paper cost and you get more water than the bottle.
- Pack a lunch! It will take you less than 5 minutes to make a sandwich, grab a fruit, a granola bar, a small bag of nuts or dried fruit, or a small bag of pretzels. Keep in mind that there are microwaves on campus. Make enough food for yourself to last you a few days. This will save a lot of time.



The food we put in our mouths can greatly affect our energy and performance in school and at work, so do not compromise your health for lack of funds or time. There is always a simple solution to eating better, so if you have money to be buying Panda Express or El Pollo Loco everyday at school, then you have money to buy groceries and eat better. It is possible on \$20-\$30 a week.

If you would like to talk to someone about how to better your diet, the student health center provides Nutrition Counseling. Call 818-677-3666 for fee information.

-Amanda Margoles



## Family and Consumer Science Education Majors, Listen Up!

Now's the time to start thinking about your credential application process. As a Family and Consumer Science (FCS) Education major you need to think beyond completing your bachelors. The Credential program has several steps that need to be completed prior to applying, and you don't want to be caught off guard in your last semester here in the FCS department. A little planning and several trips to various places will help you complete this process.

1. First and foremost, get a Credential Application packet. This will give in detail what needs to be completed. You can go to [www.csun.edu/~sch\\_educ/cred/applications/index.htm](http://www.csun.edu/~sch_educ/cred/applications/index.htm) to print out a copy of the application. You need to fill out and sign the application and the forms within the packet.
2. You need to go to the information session. This is mandatory and you are bound to learn from it – [http://www.csun.edu/~sch\\_educ/cred/advisement/credential/ss/ss-advisement-sessions.html](http://www.csun.edu/~sch_educ/cred/advisement/credential/ss/ss-advisement-sessions.html)
3. \$Did you transfer from somewhere? Order your transcripts now. This could take sometime and avoid any unnecessary anxiousness – they need to be official (sealed, stamped, and unopened by you), a minimal fee is required. If you have only taken classes from CSUN – you are in luck, you just will need to print out your Degree Progress Report (DPR) and submit a copy – lucky you.
4. \$The application process requires a fee. At this point the fee is \$25. Don't think cash, check, or credit card will do, the Credential Office only wants a Cashier's Check, a Bank Check (different than your personal check) or a Money Order.
5. What are your plans – Statement of Objective. Hopefully you know where you are going or at least what you are planning to do as a teacher. This can actually be fun. The write up needs to be at least 1 page in length, but not more than 5 pages.
6. Have you gone to office hours; do you talk to your professors or instructors? You should, you will need two Professional Letters of Recommendation. Letter of Recommendation are not something you should expect. An instructor needs to know you; get involved in the class, this will help.
7. \$You have to take a test, the California Basic Educational Skills Test (CBEST). The website is [www.cbtest.nesinc.com](http://www.cbtest.nesinc.com). Major planning ahead. The test is only offered 6 times throughout the year, and then the official results take weeks to be mailed to you. A copy of the official results needs to be submitted with the application. Get on this, now - seriously. The test consists of Math, Reading and Writing. There is a fee – you are forewarned!
8. Have you worked with the age group you plan on teaching? You need at least 45 hours of Early Field Experience. This is any volunteer work or paid work you have done in the last 5 years.
9. \$Tuberculosis Clearance – the student health center offers TB tests for currently enrolled students for only \$5.00. What a deal and it's right here on campus. Call 818-677-3666. This needs to have done within 2 years of turning in your application packet. This could be done your last few semesters.
10. \$Fingerprinting Clearance – you have to have your fingerprints taken from the California Department of Justice (DOJ) and the Federal Bureau of Investigation (FBI) through the Commission. These LIVESCAN operators are all over the SF Valley. I found one at my local UPS shipping store, or here on campus. The website is [www.ctc.ca.gov/credentials/fee-and-fingerprint.html](http://www.ctc.ca.gov/credentials/fee-and-fingerprint.html). This also cost money, not cheap either, about \$75.00. Plan accordingly.
11. You will be taking 494, Field observation. You will take this your last spring semester and should receive your subject matter competency form. This form needs to be included with your application packet.
12. Now you can turn in your Credential Application Packet to the credential office – Wait where is it? I have done everything online and away from the office. It's the single story building north of the School of Education – E103. You should take balloons and a band for this monumental step! I wish I had.



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13. Oh wait your not done☹. While at the office the clerk behind the desk will review the packet to make sure you have everything correct before turning it in. You will get a receipt verifying you turned everything in.
14. If you are ready to go full time or will participate in the various programs that are available for completing your credential you will want to ask to fill out the *Supplemental Application* for One-Year, Full-Time Single Subject Program for Qualified Applicants. This is a one page form that can be filled out right there at the desk. Be sure to ask for it and include it with your packet.
15. Now you need to set up an *appointment for an interview*. The information desk outside the credential office will be able to help you with this. This is a group interview and should be less than an hour. Just know who you are and what you want to do – you’ll be fine.

I have included the symbol \$ to reference that there are money tasks involved in this process. Besides taking your resource of time, but money will also have to be included. Hopefully this will alert to you what planning you need to do.

Please visit the College of Education’s website - [http://www.csun.edu/~sch\\_educ/index.html](http://www.csun.edu/~sch_educ/index.html). There is a lot of information that you will need to review for yourself. I have only outlined a part of the whole process. Teaching is a great endeavor and worth all the hard work. Have fun!

-Alicia Arlington

## Dallas Here I Come!

I have a story for you all. For those who may not be familiar with the Neiman Marcus Executive Development Program (EDP), Neiman Marcus carefully selects between 25 and 30 recent graduates to go through EDP for the purpose of training and grooming their future assistant buyers, and one day, their executives. As a trainee, you go through 12 weeks of classes and on-the-job training. On-the-job training entails rotating through different buying offices for Neiman Marcus. At the end of the 12 weeks, you assistant buying position in a specific office, e.g., men's shoes. Well, I applied and let me tell you, it has been a wild ride getting to this point.



interview for an

This program is perhaps the hardest to get into in the industry (so I'm told), with tests and several interview rounds galore. You all, I had no idea what to expect. I found myself facing round two of assessment being completely in the dark. It was actually more freeing than nervewracking because all I could do (and I mean ALL I could do) was do my best.

Last week, I received an offer...I'm now in the February class of Neiman Marcus' Executive Development Program!!! I am thrilled and honored beyond words. I move to Dallas, Texas (and my favorite state in the U.S.) in late January. I learned so much through this whole process, from school, to my internships in NY, and now being in the EDP. Perhaps the most important lesson has been this: do your best, even when no one is watching, and if someone is watching, they'll see you at your best no matter what.

-Jennifer Worrell

### Holiday Open House:

Anne and Enrique Marenco are having a holiday open house on December 1st starting at 6:30pm. Anne would love to see everyone there! Please RSVP to her via email at:

[emarenco@sbcglobal.net](mailto:emarenco@sbcglobal.net) or call at (661) 297-2663.



### Want to See the South Pacific? Not the Musical the Trip!



Erin is doing something she has never done before. This summer, along with Anne Marenco, she is taking anyone who wants to come to the South Pacific. The 13 day trip will tour Australia, New Zealand, Hawaii and Fiji. This experience as well as any other opportunity to go abroad for educational purposes can only expand your horizons and make you a more well rounded individual, and its fun to boot! For more information visit Erin's website at: [www.csun.edu/~matthews](http://www.csun.edu/~matthews).

To submit to The Betty contact Amy Wolpa via email at: [amy.wolpa.65@csun.edu](mailto:amy.wolpa.65@csun.edu) or Erin Matthews at: [erin.matthews@csun.edu](mailto:erin.matthews@csun.edu). Submissions look great on your resume and we love to have input from you! You can view this and past Bettys at: [www.csun.edu/~matthews](http://www.csun.edu/~matthews)

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FROM SAFCS!

