

# The Betty Newsletter

## *The 2011 Recognition Conference*

Issue #51



The 2011 Clubs and Organization Conference is an annual event that is mandatory for select club representatives or officers. The focus of the conference is to gather leaders to for an awesome collection of sessions throughout the day on leadership, budgeting/finances, using campus resources, and many more subjects. The theme to this year's conference was Cooperation: The Key to Innovation which came across throughout the presentations and choices in sessions regarding how to put the best foot forward as leaders. I did my best to get a wide range of resources to take away with me with the four sessions I chose.

At the start of the day we gathered to hear all about the new great resources on campus. First was MIND the Matador Information Network Displays. These are the flat screen televisions we have on campus that display upcoming events that anyone can use to get information out there for their own organization. A resource like this for students to advertise about their event or organizations is truly incredible. Then we got a sneak peek into and video session on the New USU Student Recreation Centre. Did you know we have discounted prices even if you graduate this fall! It will be open Spring 2012 but this tri-story fitness centre is already attracting a crowd of anxious students and staff. Then we got into the nitty gritty with all the forms and paperwork associated with being head cheeses. I won't bore you with that. Once all the introductions had been finished we moved on to the sessions we had selected from a list of nearly twenty.



Since one person could only attend sessions A, B,C, and D with many different presenters having spots in the sections I had to carefully choose what I thought would be the best for my club the Student Association of Family and Consumer Sciences. My Session A was entitled Effective Meetings which focused on the creation of events big or small and the resources available to all clubs and organizations through the university. A great website to review is:

<http://usu.csun.edu/reservations/eventplanning/>

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.



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## SHARE THE LOVE AND LEND A HAND TO A MOTHER IN NEED

Single parenthood often is a real challenge, and the challenge becomes even greater when single mothers find themselves in this situation because for the same job and education, women earn less than men. The average annual income for single mothers is \$24,000. These poor women struggle with high living expenses as well as to manage their work hours with their child's schedule. Thankfully, there is a wonderful organization out there solely to help these single moms. The organization is called CoAbode, and it is founded by Carmel Sullivan who was a single mother herself. It provides many programs that are just perfect for single moms. Check them out!

- House Sharing – single moms of all ethnicity, age, income, and etc can register with the website and set up a profile of their likes, dislikes, and preferences. Then, they get matched up with another single mom to see if they want to live together. If so, they are able to pool their finances together and afford better housing! In a way, it's just like college students who live with their roommates out in the dorms or apartments to split the rent bill and make it cheaper, only this is with two single mom households. Not a bad deal!
- Circle of Friends – this program in itself has three different services.



- The first is called Circle of Strength, which is basically a women's support group, where the moms come together and share about their experiences and feelings. They finally are able to let out their frustration and meet others who truly understand their situation.
- The second is called Circle of Hope, where the mothers join together and participate in volunteer opportunities in their neighborhood, which serves to boost their self-esteem as they make a difference for their community
- The third is called Social Circles, a service that plans out group outings like picnics for these single-moms and their children to come together to simply have fun and enjoy each other's company.

• Affordable Housing Access Project (AHA) – though pooling finances and resources together with other moms can be a great option, some single moms would still enjoy their privacy and prefer to live on their own over sharing a house with another single mom family. In that case, this project helps those women find homes that are located in a safe neighborhood with good schools and childcare centers and which are near the mom's workplace for an affordable price, which is only made possible through the collaboration of the Playa Vista Foundation and other Real Estate Developers. So, a two-bedroom apartment that might normally ask for \$1850 rent is available to these moms for \$620 per month!

As a community, we can also help these single moms by sponsoring them. We can either choose to sponsor a specific parent or simply donate a monetary amount. Any help would be greatly appreciated. Take a look at what a small act of kindness can do for these families:

- A donation of \$1500 will sponsor 50 single moms
- A donation of \$750 will sponsor 25 single moms
- A donation of \$450 will sponsor 15 single moms
- A donation of \$150 will sponsor 5 single moms

“Love and friendship are gifts most commonly bestowed upon those who forget themselves and reach out to others.”

---Maria Fontaine

Reference: <http://www.coabode.org/home.php>

- Renee Liu

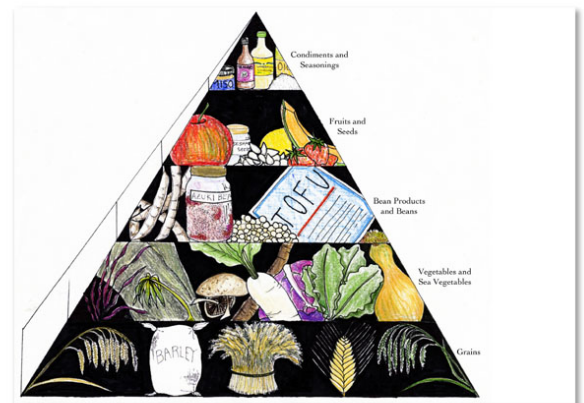
## THE MACROBIOTIC DIET

The potentially adverse health effects of the macrobiotic diet can be vast and are supported by various scientific literatures.

Food items originating from animal sources including meat and dairy items are commonly subtracted from the macrobiotic diet, and this may hinder nutritional status, growth, and development due to various nutrient deficiencies. Several differences were in fact detected between omnivorous children and those following a macrobiotic diet in a study performed in infants and children in The Netherlands (Dagnelie & van Staveren, 1994). The study found that infants (four to eighteen months) on a macrobiotic diet exhibited a deficiency in energy and protein intake, growth retardation (weight, length, arm, and head circumference), postponed psychomotor development, and fat and muscle wastage. A deficiency in vitamin B<sub>12</sub> and the presence of rickets was prominent, while riboflavin deficiency was present in a lesser proportion.

In a separate article studying the early life of Dutch adolescents, it was found that the macrobiotic diet is low in calcium and vitamin D, which significantly affects bone mineral content (BMC) in the whole body (Parsons et al., 1997). The results of the study also indicated that children on this diet consumed a significantly lower energy intake, which affected body size, including bone area, weight, and height. Researchers thus concluded that a macrobiotic diet in early childhood could lead to clinical implications like osteoporotic fracture risk later in life. They recommend the addition of dairy products to ensure proper calcium intake, and fatty fish as a source of vitamin D and B<sub>12</sub>.

A 1999 study by the American Society for Clinical Nutrition (ASCN) again found that adolescents who maintained a macrobiotic diet during infancy were deficient in vitamin B<sub>12</sub>, accounting for many essential developments in cognitive and neural function and the creation of blood. Another related study by the ASCN found that adolescents aged 10 to 16 and fed a macrobiotic diet until age six performed worse on psychological testing than those who ate omnivorously. Furthermore, macrobiotic diet infants who subsequently discontinued the diet still showed poorer cobalamin function than control subjects (Louwman et al., 2000). Therefore, even if one were to discontinue the diet after adhering to it for an extended period, the consequences, such as cobalamin deficiency, would be essentially irreversible, upholding the fact that the macrobiotic diet—particularly in infancy—is generally detrimental to one's health.



References: Dagnelie, P.C. & van Staveren, W.A. (1994). Macrobiotic nutrition and child health: results of a population-based, mixed longitudinal cohort study in The Netherlands. *American Journal of Clinical Nutrition*, 59, 1187S-1196S.

Louwman, M., van Dusseldorp, M., van de Vijver, F., Thomas, C., Schneede, J., Ueland, P.M. van Stavern, W.A. (2000). Signs of impaired cognitive function in adolescents with marginal cobalamin status. *American Journal of Clinical Nutrition*, 72(3), 762-769.

Parsons, T.J., van Dusseldorp, M., van Der Vliet, M., van de Werken, K., Schaafsma, G. & van Starveren, W.A. (1997). Reduced bone mass in Dutch adolescents fed a macrobiotic diet in early life. *Journal of Bone and Mineral Research*, 12 (9), 1486-1494.

Van Dusseldorp, M., Schneede, J., Refsum, H., Ueland, P.M., Thomas, C., de Boer, E. & Van Staveren, W.A. (1999). Risk of persistent cobalamin deficiency in adolescents fed a macrobiotic diet in early life. *American Journal of Clinical Nutrition*, 69(4), 664-671.

- Asfia Ali, Galia Keshesian, and Silvina Kroetz

## A NEW CHAPTER

It is my last semester of school and I always thought that when it came to this point in my schooling career I would be extremely excited. Here I am anxious about the next steps to take. I think about missing C.S.U.N. and how I will need to create a new routine in my life and will have to try to get used to it. I feel like these five years just flew by and now it's time to begin a new chapter in my life. I have met so many great professors and friends. A professor that is truly inspiring and motivating is Professor Scott Williams. I have taken many classes with him and his knowledge and guidance has allowed me to narrow down my options for the careers I would like to pursue. Another great professor is Professor Angie Giordano. I took her FCS 485 Family Resiliency class and absolutely loved it. She created such a comfortable class setting, that everyone freely shared their personal stories in class.



For future students it is strongly recommended to get to know some professors that you can be comfortable with because they can truly help you if needed. Having contact with these great people with help because they can answer your questions and if you are applying to graduate school you can use them as a reference. It is a great privilege to be amongst these great people, because they have helped and guided me whenever I needed their assistance. My advice to future students is to take the time to explore all options of interest. It is important to get familiarized with different requirements for different careers and what it entails to have that career. Doing these couple steps will help ensure more satisfaction once you are working towards the career you want.

I am so very happy that I chose to come to C.S.U.N. and pursue my education here. I have created lifelong friends and gained valuable education. I hope that the next step I take in my education will be as great of an experience as C.S.U.N. has been for me. It will be difficult at first to get used to a new routine and environment, but I feel as though I have gotten the necessary education to be confident and to be able to pursue my new goals and dreams.

- Lelean Boghorian

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## THE 2011 RECOGNITION CONFERENCE AS SEEN ON PAGE 1

The presenter also went on to discuss logistics and important things to keep in mind for meetings and events. Session B was presented by a close friend of mine Conor Lansdale regarding Alumni Relations. His main point being that we shouldn't wait to be active with alumni since after all they are to become our colleagues some day. Three easy steps to take to start the ball rolling are: Join the Alumni Association, join the N Crowd (some requirements), and to check out Alumni on social media such as Linked In, Facebook, and Twitter. The third session was my favorite and dear to my heart. A presentation by Unified We Serve about how your organization can be more active in community service. They were especially interested in working with SAFCS because they group's theme for who they want to target with their service this year is Empowerment. They seek to reach out to the community as and Family and Consumer Science majors we are all about the home. They gave out a calendar of events for some fun activities for all great causes. The final session was a high energy activity filled meeting on icebreakers and how to motivate your group. Whether it is to kick off a meeting or an activity the group dynamic really paid off and we had a lot of fun quickly networking with others while running around playing competitive games.

Overall it was a very motivating experience that will help propel me into a great semester with my club. I look forward to all the great events I learned about and sharing them with people who are looking to better themselves and be more proactive in their college experience. So now's the time to go out there and do what I set forth to accomplish as a better leader then before!

-Emma Goerisch

## HISTORIC PRESERVATION .....AND APPRECIATION

History is not always spoken for through textbooks, images, and scholars. Buildings serve more than just warmth and shelter, they provide stories and in many cases, describe how people lived. Lifestyles, movements, and social hardships are engraved in many of these historic buildings. It is important to appreciate the beauty and potential that all of these buildings and interiors carry. From Moorish Revival, Gothic, Baroque, Romanesque Revival, to Art Deco, all of these and many more design periods carry beautiful architectural details that some try to mock, often resulting in little success. Although there are organizations protecting properties built during any of these special eras, there are still individuals who do not take into consideration the importance of historic preservation. Many of our current design inspirations come from these historic decorative details. There is always room for a fresh eye in an old space. Many of the architectural design details used to serve specific function during their specific periods can now serve as extra decorative elements to esthetically heighten a space and give it character. Aside from appreciating old buildings, remodeling and keeping many of the original details can also be considered sustainable, so long as proper methods are applied. For example, rather than demolishing an existing outdated structure, which would result in the creation of more pollution and twice the waste, one can simply take the proper route of consulting a licensed designer. This would provide insight as to the possibilities for remodeling and resulting with the creation of a functional space that will serve the current public. LA is rich in cultural diversity and historic buildings that tell time through design. Downtown buildings all were built during different periods and economic hardships. Therefore, designs and decorative details vary from building to building. In the future, I urge all to pay more attention to dated structures and keep an eye out for detail and the craftsmanship of these buildings. With little to no technology and a limited variety of tools, great buildings that some consider master pieces were created.

Here are some links that have much more information on historic preservation and tours in LA:

[http://www.laconservancy.org/about/about\\_main.php4](http://www.laconservancy.org/about/about_main.php4)

<http://www.preservation.lacity.org/>

- Elsa Guzman

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## 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 Betty editors 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.