

# The Betty Newsletter

Issue #43



## *Relationships are changing - What Happened to Dinner Time Chats?*

As our society grows and becomes more technologically advanced, many changes in relationships have begun to occur. Online dating is more common than ever, serving millions of different people all over the world. One simply creates a detailed profile and questionnaire with a picture attached; the data is sent through the server and matches you with people who have the same interests and commonalities that you do... with the click of a button. Meeting face-to-face is no longer normality as these number of people continue to grow regularly. Technology has also changed the relationships between businesses and other such companies. Again, face-to-face interaction is unnecessary, allowing live video technology to do the work for them. This advance allows discussion, collaboration and innovation to be created without having to meet in person. Of course, I can't leave out the cell phone or I'd be punished by most of the population, sadly to say. With this particular advancement, people no longer have to even see each other to keep on the same page. The family dynamics have changed for you can email Dad in the bedroom or text Mom on the other side of the house. And Facebook.... Let me not start!



While all these changes are convenient and appreciated by most, I believe that the family has suffered the most in regards to effective, face-to-face communication. I have never been a huge fan of technology because quite frankly, I'm a people person and find communicating without face-to-face to be frustrating and not as genuine. Growing up, I had my cell phone off most of the time regardless of what was going on. I spent more time focusing on being present with my family and friends, enjoying life more than worrying about something that wasn't there. I see lack of communication between family members all the time and honestly, it saddens me. The pastime I miss the most which has changed greatly due to technology is family dinner chats. What ever happened to dinner time chats and discussing your day together at the same table?



That used to be the norm for many families. I know from the time I was born up until a couple years ago, that continued to be a part of my family's *traditional* ways. If I was able to change one thing about society's values and measures of importance on ideals, it would be just that... place high value on dinner time chats.

- Rachel Simon

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.



## Are You Loving L.A. Traffic?

Here in California we deal with traffic every single day. There are many individuals that make it a very uncomfortable experience getting on the road. Some people take their anger out on road by screaming, verbally abusing and physical abusive. If you are always in rush to get somewhere just leave early if you can, you never know if an accident or unexpected construction that might be on the road. From personal experience, I don't get angry with anyone on road, just because you never know if that person got a unexpected call, and is rushing to a hospital, if their house is on fire or maybe a baby is being born. Just maybe once put yourself in their shoes, and think how would you react or feel if you were in that situation?



All you can think at that moment is rushing to place of the incident, you are not thinking about the traffic, and you are thinking about getting in front of anyone that crosses your way. My suggestion is do not let this ruined your day or even try to follow the individual. By the time you get heated this person is on the third light and there is nothing you can do about it. Hopefully this will help you when you are driving on road, and it will narrow down your way of thinking when you come across someone that is driving like a maniac. Sometimes it can be overwhelming when you are driving for hours and you are commuting five days a week. Especially when you are driving in Downtown LA, in the famous 405 and 5 freeway.

- Jessica Lazo

## Obesity

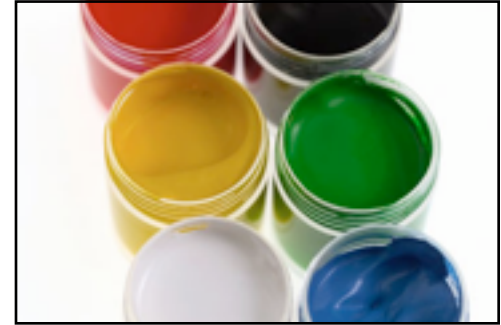
Obesity and overweight is growing not only popularity, here in the U.S, but also in concern and awareness among the society. In general, we are eating almost three times more than in the past years, and also children are eating more snacks than ever before, while either watching TV or playing video games. Finally, food portions have also almost tripled in the last couple of years. I moved from South America four years ago, and I have experienced the difficulties and anxiety of maintaining a good and proportionate body weight and image. I am not an exercise and gym fan; however, I have always been petite and body conscious. I have noticed how easy is to gain weight in this country, even eating almost half of what I used to eat in my country. Food here has all kinds of hormones, artificial flavors/colors and other substances that increase people's weight. In addition, with time being almost a privilege now, people (students and workers ) are eating the "rapid" and the "easiest" today, and sometimes that can hurt our health in the future. We as students need to be aware of where what we eat comes from, and how easy is to gain weight in this industrialized country. We need to be aware of the food portions the restaurants offer in today's society and try to ask and eat half of it. Taking care of our weight and trying to lose weight once we have already gain it. By being healthy we not only feel good, but we can save money by not having to buy treatments or other medical expenses in the future! I love food but I think we need to be able to control our intakes and the food portions; after all not even the fruits and vegetables are all natural here today. At the end living in a developed and industrialized country can have its disadvantages too; so just be more careful and take care of your beautiful body and health!



- Estefanie Levy

## COLOR THEORY 101

Color is one of our strongest tools for communication and interaction; it can tell a story, find out important information about our surrounding environments, and can express emotions. People spend about 80% of their time in an indoor environment. Spaces and color schemes can manipulate a person's emotion and mood. Because colors trigger "feelings" it is important for interior designers to understand the psychology and science of colors.



Many people are not risk takers; therefore, decide to stick with neutral colors or white walls. Neutrality is not bad, but after time it can become boring. Why? It does not trigger an emotion or creates a "statement." When creating a color palette for a space, one must consider who the inhabitants are and explore their personalities. At times, interior designers use psychology to create successful designs. Also, designers must use their science background to understand and focus the relationships between colors and light reflection and absorption. For example, to give an illusion of a big space in a small room lighting is the first target to consider. Natural lighting will bring out warm tones like reds, yellows and browns. Fluorescent lighting will highlight cool tones like blues and purples. Once the lighting has been evaluated, it is recommended to select lighter colors to expand the volume.

Moreover, to make a room longer, select a wall farthest from the entrance and add a darker accent color. This will create an illusion of a long and spacious room. Temperature can also be altered through color without touching the thermostat. For example, to create a warm and cozy room in the cold weather, try selecting warm colors (warm colors are those that closely resemble the sun). To create a cool room or reduce the temperature cool tones like blue and green (colors that resemble water) will lower the temperature while creating a calming atmosphere.

Now, if the ceiling height is too low, a way to make the space taller is by selecting a lighter color, whites are most common in ceilings. In a big space, depending on the lighting darker colors are recommended to reduce the volume. (Tip: to make a striking effect in a room, complementary colors are recommended, however, be wise by choosing a subtle color and a dominant color to prevent color clashing) colors are also used in healthcare settings to uplift spirits and in some cases, help with healing. "Color is a perception; a response of the brain to data received by the visual systems" (<http://www.webexhibits.org/causesofcolor/1B.html>). We all react when we see colors. In a healthcare environment for example, greens, yellows and warm neutral colors would be used. Green is known to bring out calm restfulness, and good health. Below are the basic colors used and their psychological impact:

- Warm colors convey a sensation of warmth both physical and emotional
- Red- warm, hot, exciting, and stimulating; associated with danger and alertness
- Oranges- same qualities of reds but to a reduced extent; social, creative and exciting, warm and cozy; complements human skin
- Yellows- are welcoming and cozy. They are also associated with comedy (comedy shows use yellow lighting); they also give off a strong effect, but do not have the same tension that reds and oranges give off
- Greens- cool colors closest to warm offers serenity and peacefulness. Favorite for balanced color schemes in a room that seeks to be calm and restful. Best used in offices, clinics, hospitals, and medical places where people can be psychologically affected by color.

See Color Theory 101 on page 4

## COLOR THEORY 101 from page 3

- Blues- coolest of cool colors; suggests rest repose, calm and dignity. Overused or in too strong chroma, it can give off a sense of depression and gloom.
- Neutral- grays, more or less warm, cool, or exactly neutral; at times they dilute colors or hues. They make good background colors and they are easy to keep for long periods of time.
- Whites- suggest clarity, openness and brightness; Safe color to use alone or with most colors. Whites with appropriate accents suggest contemporary, modern, and high style spaces.

Here are some tips to consider when choosing colors for your next project:

- Find out who will be the inhabitants and understand their personality
- Know what type of lighting
- What mood you want to create
- Know the size of the space and figure out how spacious you want it to look like
- Know the functionality of the room



Color selection is not easy, it takes courage and time to create an exiting room and use daring colors. Next time, take the time to play with tones, shades, and check out the color wheel to give you a better idea of how to put together your colors. Remember, a successful design is one that satisfies and fulfills the needs of people. - Elsa Guzman

## The Rise of Divorce

Divorce has become commonly recognized in our society today. The trend of nuclear families is fading away and is no longer predominant among families in today's American culture. Today's society is becoming more familiar with blended families, stepfamilies, single parent families, and adoption. Effects of divorce on the American culture are immense.



The impact of divorce on a family can be extremely draining and detrimental. Studies have found that divorced individuals experience lower levels of psychological well being, lower happiness, poorer self-concepts, symptoms of psychological distress, more health problems and greater risk of mortality compared to married individuals. Children are the ones that are most affected. According to research, "More than one million children experience parental divorce every year and about 40% of all children will experience parental divorce before reaching adulthood." A divorce can be a stressful environment for parents and can easily reflect on parenting skills and inhibit the proper development for children. The stressful impact of divorce can disrupt the quality of parenting and parent child relations. When suffering from a stressful divorce it is important that individuals engage in activities that are supportive in personal improvement. Some resources individuals can partake in include community service activities, academic challenges, employment, new relationships (with a partner or friend), exercise, and any other preferred environment that inflicts positive energy. - Natalie Sirang



SAVE YOUR FINANCES...BEFORE THE RECESSION TAKES IT

During these hard economic times, don't let the recession wipe your finances. Instead take control of what is in your wallet by following these easy breezy steps to a cleaner leaner wallet.

**Step 1:** Start by setting reasonable & more sustainable goals for yourself. An example is to set an amount of money you want to be able to save during the end of the year, or if you're into debt, be able to make a sustainable goal to make sure you pay in full one credit card bill at a time. By taking baby steps and actually paying in full one credit card bill at a time will help you tremendously in the long run to put an end into your debt.

**Step 2:** Be consciously aware of what you are spending. Make a list of what you are spending on a day-to-day basis and get a general idea of what you need to eliminate when making your purchases.

**Step 3:** To be able to manage step 2, try making a list of things you need to buy at the store before you make an impulse purchase of unnecessary items.

**Step 4:** Find ways as to how to save your money, for example, take a lunch to work instead of buying lunch, because at the end, a \$6 dollar meal does add up over time.

**Step 5:** Avoid minor expenses; for example, try washing your car yourself. Overtime, it's better to wash your car yourself, because being able to save the \$30 to \$50 on a high premium car wash can be surprisingly expensive. You can use that money to pay other bills or put that money into your savings account.

In all, every bit of money that's saved helps along the way!

- Neela Parmar



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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 editors can't write it all. We NEED YOUR HELP! NOW!

Send an article 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.