



# The Betty Newsletter

## I Hate Goodbyes

Issue #29



Dear Faithful Readers (I do hope there is more than 2 of you),

This year has been a roller coaster of emotion for Betty and me. She has been an acquaintance, my best friend, my confidante, my worst enemy and the biggest pain in my butt. I end my relationship with her today, on a high note. I'm glad to say my last issue (The "Betty" Betty) was a great one, the best one I've been a part of. I'm also glad to see that this issue that I did not edit is still a great one. Through all of the ups and downs, there is only one thing I can say: Thank you.

First, thank you "Betty", for teaching me as much as you have. Time management, patience, marketing and English grammar are only a few of the things that you have taught me. These skills will never leave me and these memories will never fade. Thank you for being so influential in my life, you fictional woman.

I must lend a great thanks to my predecessor, Amy Wolpa, for creating a publication with a loyal following of readers and contributors. She passed on a torch that burned brightly, and I can only hope I kept the flame of her Betty Lamp burning.

To the readers of *The Betty*, an unlimited amount of thanks goes to you. Without readers, there would be no reason for this. These readers include members of my amazing Family and Consumer Sciences Department that have taught me more than book knowledge. The department has taught me how to be a great person. They have shown me the type of people that work for a cause, not for a dollar. I can only hope to live my life this way.

Contributors, you have helped keep my sanity, though it is also part of the reason being editor has been so difficult. You have taught me so much about so many topics, and this is what has made my job difficult. How do I edit a Nutrition article when I don't know the difference between Vitamin C and calcium?! Thank you, Contributors, for teaching me so much.

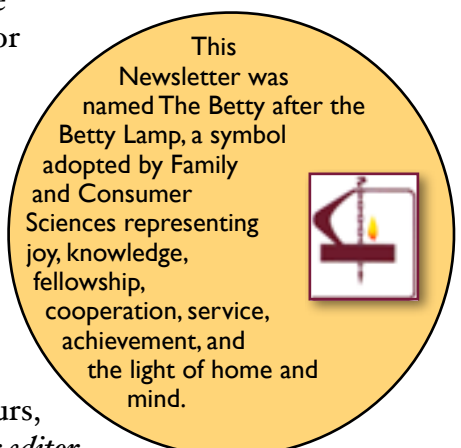
Professor Matthews. Erin. You have built a confident woman in me. Our friendship has grown through this newsletter and so much more. The knowledge you have given me is infinite in every respect of my life. Words cannot even express my thanks. Everything I can say will not be enough so all I shall say to you is this: Thank you and I love you.

To all, please continue to read, write, support and advertise *The Betty*. Our new editors will need support, and I am confident that their work will be greater than mine.

Sincerely yours,  
Valerie Yu, former editor



*Alexis Bledel, a favorite actress of mine, portraying a favorite symbol: Rosie the Riveter*



## FINAL EXAMS... ARE YOU READY?

It's possibly the most offensive "F" word known to college students at this time of year. Try as we might, there is no way to deny that (eek!) final exams are on their way. Crazy eating and sleeping patterns can wreck havoc with our physical, mental, and emotional well-being –as if we didn't have enough to think about already! This year however, it is going to be different. Listed below is your survival guide to getting through... the "F" word:

1. Limit your intake of low-nutrient breads, sweets, and salty and fatty foods. They are the greatest comfort foods, but after satisfying your taste buds, they will only pack on the pounds and drain you of energy. Stick to whole grains, fresh, and natural foods that will fill you up, and never let you down.
2. Just say no... to alcohol. Alcohol can easily dehydrate you, and weakens the immune system. Save it for the post-final(s) celebrations.
3. If you must snack, snack on fresh veggies, fruits, and protein. Protein in the form of nuts or seeds has been proven to increase brain activity during tests –eat up!
4. Skip the java. Increased caffeine can cause anxiety, headaches, and the jitters. Stick to non-caffeinated beverages, or limit coffee to no more than 300 mg/day (3 cups of drip coffee).

5. If you can manage 10 minutes, jump in place as though you are jump roping or jumping jacks. Or go for a brisk walk. The exercise will raise endorphins, flush out bad stress, and give you more energy to hit the books.

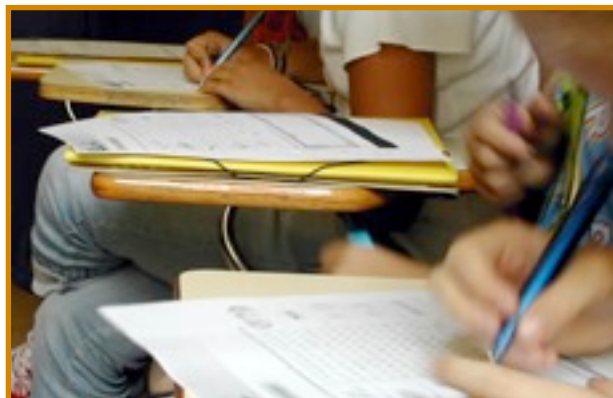
6. BREATHE! Cramming or crammer studying can become overwhelming, but practicing simple yoga techniques can lower your stress, and ease tension. Try breathing in slowly while counting to 10, hold for 3, and slowly exhale for 10.

7. When it comes to studying, break studying into smaller more realistic goals. Work for 20-30 minutes, take a 5 (just 5!) minute break, and get back to studying. Working in smaller sections will feel less like a burden and allow you to still feel accomplished.

8. Studies have proven that talking to a neighbor in your class a minute before starting an exam can help you do better on a test –it's never too late to make friends!

9. Always study in an environment most similar to your class setting i.e., no iPods, no phones, no loud roommates, and no snacks (darn). Get to a quiet place with no distractions, and devote all your attention to what's important.

Finally, remember that no matter what, you're a rock star. Meaning, you've put in the time, energy, and work to get this far through the semester, and this is just the final push. Pull through the finish, and I'll be seeing you at the beach, piña colada in hand.



- Elise Mische



## GRADUATION DRESS NIGHTMARE

A few weeks ago I realized that my graduation date was approaching faster than I had expected. I had ordered my cap and gown, sent out my announcements, planned my family's visit for the Human Health and Development ceremony and planned a party; the one thing I completely forgot about was what I was going to wear when I walked! Leisurely and casual shopping is what I do best, and when I am in the mood to purchase something, I usually do so with much ease... but attempting to find the perfect graduation dress was a dreadful experience!

This is a huge milestone in my life and I want to look good, even though we'll be drenched in cheap, black, nylon blend "gowns." Anyone that accomplishes this feat of graduating should be proud and look good while doing so. The problems I faced included my being on a budget, having to find a new pair of shoes, and, of course, the dress had to be appropriate for the wonderfully warm summers we have here in Southern California. Needless to say, this is the point in my story where I lost my mind.

Topanga Canyon mall is my Mecca and I was sure I would find *something* which met my criteria in one of the many, many stores. Boy, was I wrong! I started at Macy's and worked my way to Windsor, Forever21, and Nordstrom. I began my shopping trip very optimistic about finding a dress, but I became very frustrated when nothing on the racks screamed, "Buy ME!" Suddenly, I hated clothes, especially dresses. Everything was way too expensive. Did I constant cloud of tweens dresses? That put the defeated and disappointed

Once I was able to time to find "the dress." I



too short, too young, too provocative, or mention that I was surrounded by a shopping for *junior high* graduation cherry on my sundae. I left the mall, and without a graduation dress.

forgive dresses and apparel, I tried one last convinced my mom to come with me for moral support and a second opinion and she was on board with the idea from the start. We visited Valley Fair (a popular Bay Area mall) and quickly changed route to Santana Row (the Rodeo Drive of Santa Clara). My mom suggested that we stop by H&M for a quick peak and a much needed excuse to walk around the beautiful outdoor mall. Before I knew it, I was in a fitting room with twenty-four dresses. I took my time, I examined each one, my mom gushed over every single dress, and the line for the fitting rooms grew longer

with every fabric I slipped on. I fell in love with four, bought three, and returned two. Later, my whole family shared their interesting opinions about each one while I contemplated what my heart was saying about these dresses.

It is safe to say that I picked a fun dress that embodies my personality, style and accomplishments. Whole shopping on my own had turned out a tragedy, shopping with my mom was fabulous! *She* suggested the store and *she* was my good luck charm. So ladies and gentlemen, I am here to tell you that you can *and* will find the perfect graduation dress, suit, or outfit within your budget. Just be patient and willing to accept a second or third opinion and never, ever settle for something that looks just mediocre.

Stacey we love your dress!

- Stacey Gadus



## SPRING BANQUET: A HOME RUN!

On April 26, 2009, I attended the Spring Banquet. The event was sponsored by the Family and Consumer Sciences organization. Dr. Alyce Akers gave a nice introduction to the audience. Then came the “recognition of 2009 FCS Graduates.”

Apparel design and Merchandising by Dr. Karen Robinette. A small fashion show took place by CSUN student models wearing clothing of designers, Michael Wong and Grace Chung. I specially liked the designs; I specially liked the designs designed by Grace Chung. The models were nice and elegant. The food served was a healthy buffet of cooked chicken and meat. They also served baked and seasoned potatoes and fresh lettuce salad. They also served warm drinks they offered iced tea and hot coffee. It was a good thing that people were able to serve food as they wanted. Dr. Tom Cai presented the consumer affairs graduates. After that someone won a special basket full of expensive items. I took many pictures



introduction to the graduates presented a fashion show that displayed the designs of Michael Wong and Grace Chung. I specially liked the designs designed by Grace Chung. The models were nice and elegant. The food served was a healthy buffet of cooked chicken and meat. They also served baked and seasoned potatoes and fresh lettuce salad. They also served warm drinks they offered iced tea and hot coffee. It was a good thing that people were able to serve food as they wanted. Dr. Tom Cai presented the consumer affairs graduates. After that someone won a special basket full of expensive items. I took many pictures

Dr. Allen Martin presented the FCS education graduates. Later came the mention of the winners of the other raffles that took place. After that came the family studies graduates presented by Dr. Jerry Ann Harrel-Smith. My major, interior design was the highlight as professor Judith Griffin presented the interior design graduates. I noticed that most of the interior design graduates said that they were currently looking for work. Finally, Alyce Akers thanked everyone for coming and once again congratulated the Family and Consumer Science graduates. I liked the experience in taking part in the ceremony. There were great prizes to be won in the raffles. My favorite part was the fashion show. I hope that within a year or so I will also be part of the graduating class of Family and Consumer Sciences.

-Blanca Galindo

## GOODBYE TO THE EDITOR

My dearest Valerie,

I am almost speechless when it comes to what I want to say to you. When I first envisioned *The Betty* Newsletter I could never have imagined it would be this good. You have taken *The Betty* to monumental heights. Your hard work and dedication has never gone unnoticed. I know some nights you would be up until 2:00 am finishing and perfecting *The Betty*. Your attention to detail is exemplary and sometimes so much that you wear yourself out. It reminds me of myself. This is just one of the reasons why we have the connection we do, both as student/professor and as very good friends. You have brought success to *The Betty* and inspired your peers to write for us. Amy Wolpa (who we have not forgotten) helped me start this great endeavor and you brought it to “Valerie” standards. Your successors will do you proud.

You have been so significant in many people’s lives, and especially significant in my life. It may seem silly, but I cry when I lose my editor(s). I work so close with you for so long and I do not do well with change. I want you to know you can always come to me with any troubles or successes that you encounter and I will support you and stand by you. I am so proud of you and I love you.

Your former Professor, Advisor, Co-editor, and now just great friend.

With love,  
Erin



## HOW WILL YOU VOTE ON PROP 1A?

VOTE NO ON PROP 1A!

I've never been one for politics. I vaguely know what's going on most of the time, and you would think that would be a source of embarrassment for me, but it's not. And here's why: if you grew up with my father, you could forget about ever having a *debate* about politics. It was a one-sided dissertation and somehow I always ended up being wrong. You can imagine where my aversion came from. Who likes to be wrong that often?? But here's what I will tell you I do know, and, yes, I know it's shocking, so please remain seated: it affects you. Yes, you reading these words. On May 19<sup>th</sup>, VOTE NO ON PROP 1A.



What Prop 1A is masquerading as: "A Rainy Day Fund." Whoa, whoa. Already I'm suspicious. Ok, first of all, anyone who likes politics (bleh!) should always be on guard for BS. Even I, with my highly developed aversion to politics, read the description of this Proposition and I stopped in my tracks.

THIS IS CALIFORNIA. WE NEVER HAVE RAINY DAYS.

They really should have picked a more convincing title. Prop 1A is really a way to *add* money to the "Rainy Day Fund" we already have in place! Are these politicians paying attention to the channel 11 Weather Forecast?? We're already in a storm... it's called Our Economic Crisis. Why aren't we out of it? There's probably not enough funding in the original Rainy Day Fund. There's never enough.

The money they'll pull to add to this *new fund* will come out of the budget already in place for EDUCATION AND HEALTH CARE, where else would they take it from? The poor? No, because that's what you and I will be if they keep taking money from the CSU's and we can't get our degrees because there's no funding left for classes!! There will be no legislation regulating when the funds can actually be taken from the fund, so they will be able to pull money even when it's not raining. Well there's an idea to get Sacramento back on its feet. Use the money to fix things when we don't need to. These people spend like me when I'm retail shopping!

And here's the kicker: it gives Governor Arnold Schwarzenegger unchecked power. That means he can take as much money he wants when he wants and doesn't have to clear it with anyone. He WILL pass go; he WILL collect \$16 billion.

Do yourselves a favor: Vote NO on Prop 1A on Tuesday, May 19<sup>th</sup>.



- Nicole Cappas

## WELCOME OUR NEW BOARD MEMBERS OF 2009-2010

Co-Presidents: Amanda Mason and Janelle Leyone

Vice President: Steven Bardo

Secretary: Isabel Mendoza

Treasurer: Melissa Mitchell

Co-Editors: Tiarrra Pascascio and Nicole Cappas

Fundraising: Bobbie Bodie and Julie Parker

Publicity: Ginny Ortiz

Historian: Any takers???

# THE FCS GRADUATES OF 2009



*Dena Ciolfi*



*Taryn Burns*



*Amanda Allegra*



*Michael Wong*



*Stacey Gadus*



*Jimmy Galvan*



*Jacqueline Mullis*



*Jaclyn Mandel*



*Jennifer Plotkin*



*Anna Abulyan*



*Grace Chung*



*Lucy Tran*



*Adichitain Lira*



*Emelie Balancio*



*Elena Dan*

To all the FCS graduates:

We apologize if you missed you in our  
graduate section but we want to say a big  
**CONGRATULATIONS!**  
You have earned it!

Love,  
SAFCS



## GOODBYE MY DEAR STUDENTS

As another academic year ends and I get to see the students I have become so close to leave it brings tears to my eyes. Some of you who are graduating took my first class when I was just a Teaching Associate (that was over three years ago) and we have remained close since that time. You have touched my heart in ways you will never know and I will never forget you.

As you move on to graduate school, your dream job, or the few of you that are still not sure—I feel sad, happy, but most of all proud. I can only hope that I have impacted your life the way you have impacted mine, and for that I am eternally grateful. In my previous goodbye to students I said, “there is an Eastern saying that the teacher and the taught create the teaching, this is emblematic of the way I view my role in the synergistic relationship that obtains in a higher education setting. This relationship I speak of is one that I hold dear to my heart and I feel deeply enriched and I grow as a person when I see you grow and succeed as individuals and professionals.” Please take this with you... *a commencement is a beginning and not an end, it is the start of something new and fresh; it is your responsibility to never stop learning; remember, and be the man or woman you dreamed of being when you where a little boy or girl.*

Socrates said, “the only good is knowledge and the only evil is ignorance.” You are not evil if you are ignorant, you are just boring. The power of knowledge is always at your disposal; promise me you will use it.

Sincerely and with love,  
Professor Matthews



### Contributors

VALERIE YU



Valerie is the editor of The Betty. This is her final Betty. She will be missed.

ERIN MATTHEWS, M.S.

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



NICOLE CAPPAS

Nicole is our new co-editor. She is a family studies option.

ELISE MISCHE

Elise is a Nutrition and Food Science Option. She is a junior.



STACEY GADUS



Stacey is an Apparel Design and Merchandising option and a graduating senior.

BLANCA GALINDO

This is Blanca's first article. She is a Junior and her option is Interior Design.

### 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 Erin Matthews at [erin.matthews@csun.edu](mailto:erin.matthews@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.