



The Betty Newsletter

Accessible online at : www.csun.edu/~matthews

Under One Roof: Reason Behind Our Logo

When SAFCS decided we needed a logo as fantastic as SDFSA's "apple," we had to think what would represent all the disciplines equally. After months of searching books and websites, Erin finally encountered the 1992 Germany Home Economics Congress stamp. This stamp is how the idea was conceptualized. Many people helped expand on the idea through the stamp's original image. Dena took this idea and ran with it. Additional outside help was brought in to assist us with taking the concept and making it a reality. Jenny Sehenuk, CSUN Sociology alumni, lent her time and computer skills to make the image our own. After weeks of revising and modifying our graphic, SAFCS had a logo that truly represented what our organization stands for; a union of all FCS options under one roof. SAFCS is regarded as the "umbrella organization" because we welcome all options in hopes of uniting all areas of Family and Consumer Sciences, and our logo captures that spirit. For FCS to excel as a study, we must appreciate and encourage all its components. The ultimate objective is to improve all elements of the home and the family. This logo is emblematic of our purpose. Although many amazing logos were submitted, the SAFCS "home" is the one that was chosen. We had to portray through a symbol an idea that would not only represent, but would welcome Family Studies, Nutrition and Food Sciences, Interior Design, Consumer Affairs, Fashion Design and Merchandising, and Education. This symbol achieves that goal through one underlying principle, the importance of family.



-Dena Ciolfi & Erin Matthews

Seen Anything Spooky on Campus Lately?

Other than the recent filming of a CSI episode under the Sierra center, SAFCS members have been selling some spooky treats and for good reason.



On Wednesday October 17th, a handful of SAFCS members and a friend, met to make ghost suckers (tissue covered Tootsie Pops) to sell around campus. This will mark the first fundraiser done by SAFCS to benefit an outside, not for profit organization. Members will be carrying pumpkin baskets and selling the ghosts for 75cents, or two for a dollar, ALL of the money will be going to Habitat for Humanity. So for this Halloween, enjoy a treat and give back!

More information on our view on Social Responsibility on page 3.

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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.





Become a Critical Viewer of the Media

Some Good Advice...

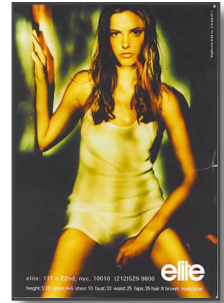
The media sends thousands of messages per day telling men and women what is beautiful, sexy, and attractive. These messages intend to make us feel bad about ourselves so that we will buy the products they aim to sell. The media plays on low self esteem and poor body image, so we need to recognize that these images of beauty and success do not define us. These ideals of beauty can only influence us if we let them, so here are a few tips on becoming a critical viewer of the media.



- Media images are not real!
The models are airbrushed and fixed before the ads are printed. This is not to mention the lighting experts, makeup artists, personal trainers, and fashion consultants working with the models. Unless, you have a team of professionals working on you before you leave the house, don't compare yourself to these advertisements.
- Advertisements are created to sell a product, and therefore need to convince you that you need it. What better way to do that than make you feel bad about yourself so you go out and buy this "miracle product".
- Watch TV or read fashion magazines using a "filter" to protect your self esteem and body-image. It has been proven that women have

lowered self esteem after reading a fashion or beauty magazine.

- Many models shown in the media have an unhealthy body weight and use unhealthy eating behaviors to attain these ultra-thin shapes. You only have one body in this life, so treat it well and give it the nourishment it needs.



- Don't support companies you think send unhealthy body-image messages by glorifying thinness. Write complaint letters to these advertisers and don't purchase their product.



- Surround yourself with people that make you feel good about yourself and focus on what's on the inside, not just what you see in the mirror.

Any questions or concerns about body image and/or eating disorders please visit the JADE website or contact University Counseling Services at (818) 677-2366. Joint Advocates on Disordered Eating www.csun.edu/counseling/cgi-bin/jade.php

-Dena Cioffi



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 Marengo, 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.



Beverly Hills Garden and Design Showcase

The 6th annual Beverly Hills Garden & Design Showcase will be taking place from October 26th through November 11th at the historic Greystone Mansion. The mansion was built in 1928 by architect Gordon Kaufman for the Doheny family, and is owned today by the City of Beverly



Hills. Each year, during the Beverly Hills Garden & Design Showcase, the 46,000 square foot estate is redesigned by prominent interior designers from the Los Angeles area. This year each designer will transform one room into the classic design of the 1920's. This exciting event is open to the general public, and all the proceeds from admission go to the restoration of the Greystone Estate.

Last year about fifteen interior design students from CSUN volunteered at the event. It was a great experience, learning about the historical landmark, meeting designers, and seeing beautiful and creative interior designs. This year several students involved in CSUN's A.S.I.D. (American Society of Interior Designers) student chapter are once again volunteering. Not only is it a fascinating event to attend, but for interior design students it is a great chance to mingle with professional designers and learn about the world of interior design. If you are interested in getting involved, join A.S.I.D. or contact the A.S.I.D. student chapter president, Kristine Tserunyan.



-Kimberly Peil

Utilizing Family Time to Stabilize One's Life

It is no secret that as college students, our lives are hectic. Many hours are consumed on a daily basis by the high demands of school, jobs, and everything else in-between. Trying to maintain a decent GPA, earn enough money to afford necessities, and meet the needs of day-to-day life, it is no wonder that family time is often disregarded. It is amazing how the importance of family time is so imperative when growing up, but after one "grows up" it is not as pursued. Whether an individual co-resides with their parents or lives outside the parental home, quality time with the family is indeed overlooked. Sure many people are content with spending holidays and special occasions with their families, but those are not the only times that "quality family time" can occur.

There are many ways that quality family time can be incorporated in ones life, but the three simplest can be would be by eating together once a week, engage in a learning experience, and keeping fit together. By setting aside time to eat together at least once a week, one can ensure themselves the actual act of communicating with

their families and getting caught up on what is going on in each others lives. Engaging in a learning experience takes a little more time and effort, but exploring in activities; like coaching a soccer team can definitely bring about bonding time. Lastly, keeping fit together can be valuable for everyone involved as it maintains help and support for one another.



In the case that these three methods are unachievable, simply setting aside time to talk on the phone with one's family can definitely benefit oneself. By doing so, one will not only maintain a relationship with their family, but get their minds off their everyday stress even if it is merely temporary. It is important to remember that while family will always be around, it is essential to take the time and effort into spending quality time with them because before you know it, you may regret not doing so.

- Amanda Allegra



SAFCS is Giving Back

Margaret Mead said, "Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has." As an organization we must define our role within society, through our own discipline and our roles as students, educators, and family members. Our group, although small compared to organizations around the world has begun to define itself. We believe that by helping the community we can better ourselves as an organization as well as grow as strong, caring, thoughtful, committed and understanding citizens.

This Halloween season we have decided to donate money through fundraising to *Habitat for Humanity*, a nonprofit, nondenominational housing ministry, whose objective is to build houses with and for those who lack adequate shelter. This will



mark our first fundraiser to benefit an outside organization. In supporting this foundation, that helps families and communities thrive, we highlight everything that Family Consumer Sciences is about. SAFCS will be selling Tootsie Pops decorated as ghosts, donated by Albertson's. Regardless of the amount of money raised, (as John Ruskin stated, "A little thought and a little kindness are often worth more than a great deal of money.") we are learning to give back to society,

In the semesters to come you will be hearing more about our views on social responsibility and what we are doing to give back. To learn more about *Habitat for Humanity* visit their website at: www.habitat.org.

-Amy Wolpa

So What's Going on in Fashion Now?



That's the question all of us fashion students should be asking. Who's doing what? What's their inspiration? What's new? I'm all about finding resources that give you the info you need for free. A fabulous site that you fashion students are probably well familiar with is www.style.com. You could get lost for HOURS in there! I almost did while researching what are the new trends for fall. So here's what's in according to a beautiful synopsis by Neiman Marcus: sequins are definitely in (eighties anyone?), leather jackets (of course), gray (by the way, it can also be spelled "grey"), wide leg pants (hallelujah for us girls with hips!); for accessories, exotic handbags (we're talkin' fish leather people!), booties (be careful how you wear these...they could have "granny" appeal if worn poorly), and cuffs are replacing the lighter shades of bracelet.

Oh, by the way, there's this new feature on style.com that has an animated depiction of Candy Pratts-Price, fashion director at *Vogue*. I found her recommendations entertaining and moderately useful.

For other great sources of FREE fashion information, check out the "Image" section of the *LA Times* (well, I guess it's free only if your parents get the paper), www.style.com (as afore mentioned, this site is great and produced by *Vogue*), www.instyle.com (for more of a pop culture take on fashion...oh, and fashion recommendations you can actually afford!), and the Oviatt Library has CSUN's subscription of *Apparel News* on file, which we all know is hailed as California's fashion go-to. Enjoy!

-Jennifer Worrell

Why Chemistry is and Should be Required

Have you ever wondered why a Family and Consumer Science Education major would need to take chemistry? As Ellen Richards (the mother of Home Economics) believed home economics and chemistry go hand in hand. Between the food science labs of FCS 201 to the textiles class of FCS 160 chemistry is ever abundant. Chemistry is not only for self growth and understanding of our own major, but what a great selling point to high school principal when you are presenting yourself as a home economics teacher. This is one avenue that schools can learn of the importance of vocational classes like home economics. Home economic teachers do not have to be isolated in the food lab, but can join forces with chemistry teachers. An introduction of a career in Food Science can be made to both chemistry teacher and to their students. What a great cross educational opportunity. We can market the umbrella of

Family and Consumer Science to a whole new set of people that otherwise may have stayed away. Take the chemistry classes seriously; it can open career opportunities for you in the future.

-Alicia Arlington



Everything Else Can be Replaced



Thick black smoke was lingering in the sky and fires burning on either side of my home on the surrounding mountains, it seemed almost apocalyptic. The Sheriff drove around my neighborhood telling us that there is a mandatory evacuation and we have to get out now. When I ran into my house I stopped for a split second and thought to myself "Oh my God what do I take." With everything that my husband and I have worked so hard for, how do I decide what is most important. In a mad panic I grabbed important documents, my computer, a change of clothes, and my pictures. As we drove off I was in tears. My husband reassured me that everything was going to be okay as long as our family was safe. The whole incident was surreal; not knowing if we were going to come home to a house in tact or a pile of ashes. In the end everything turned out all right. I realize that we are much more fortunate compared to others who have lost their entire house, and their livelihood. It is so tragic and my heart goes out to them. What is most important to me is my husband and my daughter, as long as we are together and safe that is what matters. Everything else can be replaced.

-Jeanette Hammer

As members of SAFCS, during times such as these, it is important to remember how much issues impact us. In the coming Betty Newsletters you will see articles like this one by Jeanette discussing these issues; reminding us how important FCS is to the community. We can see how much this issue is effecting the family, but think how it may effect your option...



Where in the World is Carmen Sandiego? I mean Anne Marenco?



If everyone is wondering where Anne ran off to, well, you're not the only one. She found a fantastic job at College of Canyons as the new Department Chair of Sociology. Sociology you ask? But she worked in Family and Consumer Sciences... Actually Anne's Ph.D. is in Sociology so she found a perfect fit for her. She is very happy at her new job and this position is keeping her extremely busy with schedules, events on campus and she teaches five classes in addition to her new responsibilities. As we all remember Anne never stopped, and she continues that work ethic wherever she goes. We miss her! If you want to contact her to say hello, her e-mail address is anne.marenco@canyons.edu. We will be keeping tabs on Anne throughout the semester and for the years to come.

-Erin Matthews

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

Contributors

ALICIA ARLINGTON



Alicia is a senior at CSUN and an FCS; Family Studies major.

AMANDA ALLEGRA



Amanda is a CSUN senior and the President of SAFCS.

AMY WOLPA



Amy is a CSUN senior and the editor of *The Betty*.

DENA CIOLFI



Dena is a senior and the Vice President of SAFCS.

JEANETTE HAMMER



Jeanette is a senior and an active SAFCS member.

JENNIFER WORRELL



Jennifer is a senior and aspiring bridal designer.

ERIN MATTHEWS



Erin is a professor and the SAFCS faculty advisor.

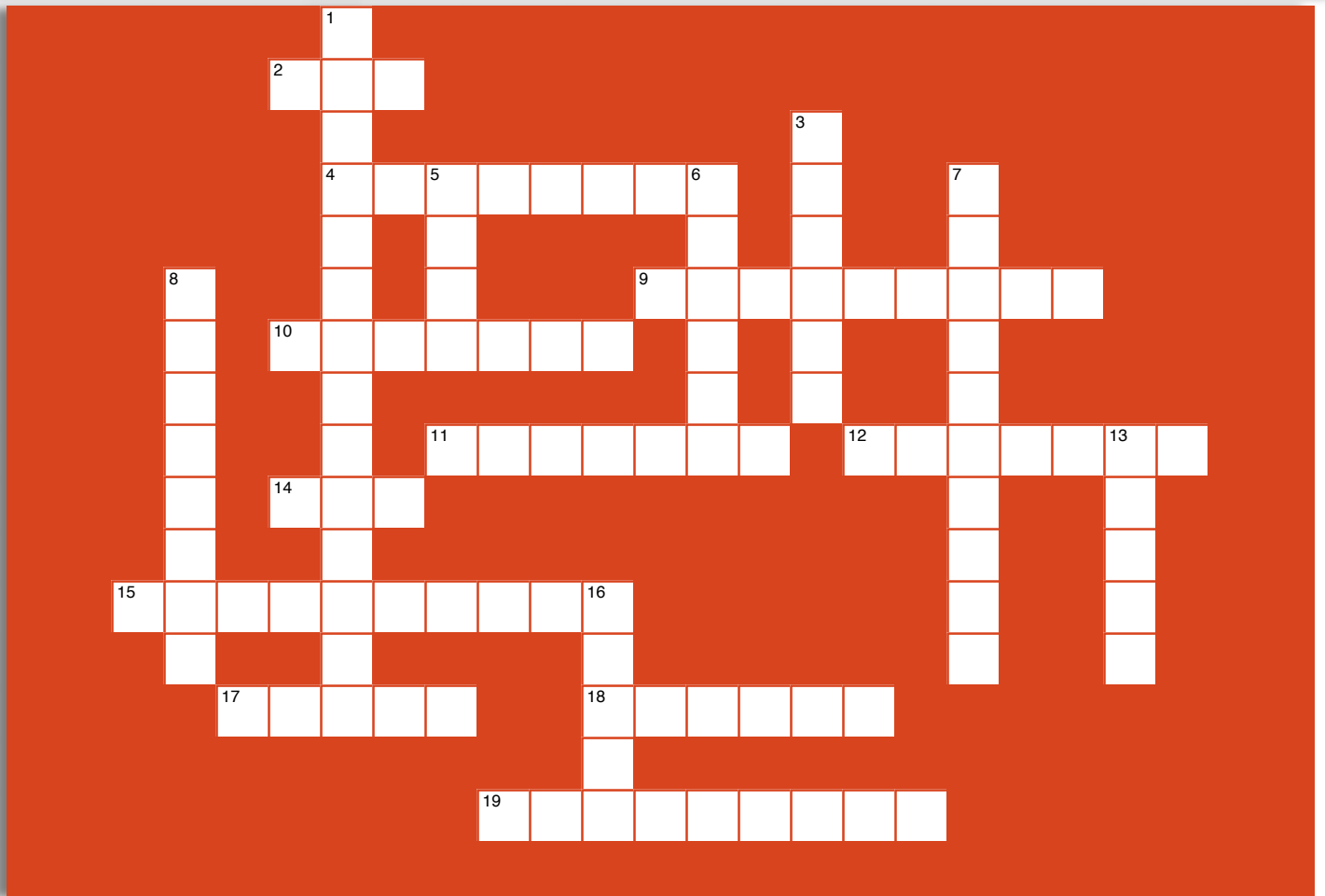
KIMBERLY PEIL



Kimberly is a senior. She is an active member in ASID as well as SAFCS.

SAFCS Presents...

Halloween Crossword Puzzle



Across

2. A black one is said to bring bad luck.
4. These are carved for Halloween.
9. Early master of the horror film genre Alfred _____.
10. A house where ghosts live is said to be this.
11. Dracula is one of these.
12. Worn on Halloween night.
14. Something someone says when they are trying to scare you.
15. A place where zombies rise
17. Sweet treats given on Halloween.
18. Better not fall asleep or _____ will kill you in your dreams.
19. 1960s Polanski thriller _____ Baby.

Down

1. What you say to someone on October 31st.
3. Nine across' masterpiece involving innkeeper Norman.
5. Wolves howl at this.
6. Creates a web to catch flies.
7. An implement a witch flies on.
8. A spooky place to visit on Halloween night to see some ghosts.
13. Micheal _____ of Halloween fame.
16. The student organization selling spooky treats for a good cause.