

The Betty Newsletter

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

So What is The Betty Lamp?

Why the Betty was Renamed the Betty...



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In 1926, the American Home Economics Association which is now called Family and Consumer Sciences adopted the Betty Lamp as a symbol for the association. Mildred Chamberlain of Chicago submitted the design stating, "The lamp in colonial days provided light for all household industries." Similarly, Family and Consumer Sciences believe the Betty Lamp represents joy, knowledge, fellowship, cooperation, service, achievement, and the light of the home and the mind.

-Erin Matthews

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Traditional Beginnings

SAFCS hosted their first annual "Spaghetti Social" on Wednesday, September 19th. With more than forty guests and tons of food, Sequoia Hall Room 102 was thriving with enthusiasm. Three kinds of pasta and garlic bread, courtesy of Peter Han of the Valencia Buca di Beppo, were provided for free to any FCS student or staff. Senior Brenda Garcia explained that "I thought it was a great way to get people to take the organization into account. I had never heard about it and I'm sure many had not either. The Spaghetti Social was definitely a fine idea." The event was a success as FCS students left with both a full tummy and knowledge about the club that they are all eligible to be in. SAFCS is open to students of all options and is looking forward to an eventful and productive school year. "It was the club's first event of the year, but definitely not the last," Vice-President, Dena Ciolfi says. The anticipation of what yum, I mean fun, events are coming up is undeniably awaited by many.

-Amanda Allegra





An Innovating Experience

Creativity. Originality. Innovation. All of the components that the first annual “Innovations” fair will comprise of. UPC, CSUN’s Union Program Council, will be hosting this event to give students the opportunity to have their talent showcased for all to see. Whether it is a recipe from a dietetic or a new article of clothing designed by an apparel design major, FCS students are more than welcome to participate in this event. Julie Snitzer, the Lectures and Education Committee chair for the UPC explains that “Since Family consumer science is a science I’m sure there are some students with ‘inventions.’” The event will be taking place on October 17th from 7-9 pm in the USU Grand Salon. The only requirement that the inventors need to do is write a 2-3 paragraph summary of their invention of what it is and why it’s important to share with the CSUN community. For more information regarding this event, please contact Vanessa Garduno at vanessa.garduno@csun.edu. With a special keynote speaker and new inventions being exposed, the night will surely be an entertaining one. Don’t miss out!

-Amanda Allegra

Jennifer Worrell: On the Road to Fashion Stardom

Jennifer Worrell was an active participant in the Global Glam’s 2007 Spring Fashion Show. Her presentation of her excellent talents is only representative of the opportunities she has been handed. She is an inspiration for those of us who aspire to be successful, so we are following her journey through the start of her career, but let’s let her tell the rest.

My name is Jennifer Worrell. I am a senior here at CSUN. I participated in the annual Spring CSUN fashion show, “Global Glam.” I compiled my designs from the past year and a half as a design major. I displayed eight pieces. I design garments that are fit for the everyday woman who is unashamed to be distinctly feminine. I emphasize in bridal apparel. I made my first wedding dress, which was the finale of the fashion show. I made the dress out of white corduroy to add something new to the bridal market. It was such a thrill and a privilege to be a part.

I recently was accepted as an intern for Donna Karan New York and Vera Wang. On June 1, 2007, I will be moving to New York. It has been such a whirlwind of a semester with such exciting possibilities as my college career comes to an end. For all SAFCS members, dream big!



Jennifer’s road continues on page 4...

SAFCS Student Spotlight: Lidia Bakhos



Lidia Bakhos is a senior seeking a degree in Family Consumer Sciences with an option in Family Studies. Her goal is to become a marriage and family counselor because she likes “helping people with [their] problems in their relationships and giving them

advice.” On a similar note, that is the job of her favorite CSUN professor, Scott William. Bakhos explains that she enjoys Professor Williams because “he is funny and his lectures are interesting,” and is currently enrolled in two of his upper division courses. Although Bakhos is not

sure, she is hoping to graduate next year and live her dream in the family life.

-Amanda Alegra



A Recipe for Better Health

Do you feel tired or stressed during the semester? Are you interested in improving your fitness and health? Nutrition and physical activity are key ingredients in addressing these issues. CSUN has a few services that can get you on your way. The Klotz Student Health Center and the Fitness Centre offer

FREE nutritional counseling for students. The Fitness Centre has a sign-up book at the front desk and you can call the Health Center to make an appointment (818-677-3666).

The Marilyn Magaram Center offers customized Diet Analysis for \$5. An information packet is available in SQ 120.

Sometimes all we need are some suggestions, guidelines, or goals.



Take advantage of these great services and get on your way to better health today!

-Lisa Calanni

What is Family and Consumer Science (FCS) Education?



FCS Education majors are prepared to teach not just the typical sewing and cooking classes in high school, but are prepared to teach young men and women their roles in society, life skills, consumer rights and responsibility, and how to be involved in their community. It is important to be able to teach the youth that they are the future. FCS Education can be taught in a fun loving environment. It is an elective class that can have the freedom for the students to explore their developing role in today's world and the future. Now there are FCS Education majors who do not continue to go into the teaching sector, but have earned a degree that has given them a base knowledge to accomplish any endeavor they may seek. Either way a FCS Education major is a special breed of student. They have passion for life, a compassion about them, and carry a special spark to help the world around them.

-Alicia Arlington

Something Exciting that Few People Know About Consumer Affairs



The Family and Consumer Sciences Consumer Affairs option just got a little better. If you are thinking about an option, or are already in the FCS Consumer Affairs option, this might just benefit you! This major has a Marketing Minor built right in. Within the required classes for this option, lies a Marketing minor waiting to be noticed and obtained without taking any extra classes. In order to get the minor all you must do is follow Pattern A: Business within the Consumer Affairs option. Fill out a minor form in the Family and Consumer Sciences main office or see Dr. Allen Martin. Taking Marketing 346 or any Marketing 400+ class as your Upper Division Elective gets you the minor and it is that easy. Graduating with a major in FCS Consumer Affairs is great, but graduating with a minor as well is even better. This will look great on a resume and it can also help you get your foot in the door if you are interested in going into a career with Marketing or

Advertising. This will look great if you are applying to Graduate School! So, take advantage of this great opportunity, and leave CSUN with a little some extra!

- Amy Wolpa

Jennifer Worrell's Road Continues...

I had a fantastic experience working



with each company's sales team, the highlight of which was New York's market. I loved watching

how "the buy" occur when buyers from leading department stores like Neiman Marcus, Bergdorf Goodman, and Saks Fifth Avenue purchased Donna and Vera's Resort collections. The subsequent months at Donna Karan and Vera Wang's corporate offices taught me the most about the business and probably the most valuable lesson: fashion is a business, not a glamorous existence.

I lived in New York for the Summer 2007 and I returned to CSUN for my last semester. I am

currently a candidate for Neiman Marcus' Executive Development Program that will begin in January 2008 in Dallas, TX. At the close of the program, I would become an assistant buyer. My true aspiration is to eventually own my own bridal apparel business in Texas. We'll see what happens!

-Jennifer Worrell



SUBMIT TO THE BETTY!

Please feel free to write an article for *The Betty* whenever you like. In each Betty there will be at least one article from each option, SO WE NEED YOU! Submissions are taken during SAFCS meetings, the second and last Wednesdays of every month at 11:45am or dropped in Erin Matthews drop box in the FCS main office. Submissions can also be sent to the editor, Amy Wolpa, via email at amy.wolpa.65@csun.edu.

FAMILY AND CONSUMER SCIENCES



Sequoia Hall

Our Mission

To enhance the quality of life for individuals, families, and communities through education, research, creative endeavors, and public service.

Our Vision

The department of Family & Consumer Sciences is inspired by the belief that a supportive, challenging learning environment is a foundation for the personal, intellectual and professional development of our students, faculty and staff.

Our Purpose

Family & Consumer Sciences (FCS) encompasses the study of relationships among people and their personal environments, focusing on the impact of physical, biological, and social environments on human behavior and development.

We prepare students to become informed citizens and

professionals through the study of the following programs.

Our Mission, Our Vision and Our Purpose were found on the FCS website; <http://fcs.csun.edu>. Family and Consumer Sciences is an umbrella major to the following options: Consumer Affairs, FCS Education, Apparel Design and Merchandizing, Family Studies, Interior Design and Nutrition, Dietetics and Food Science.

For more information about FCS please contact:

California State University,
Northridge
Family & Consumer Sciences
18111 Nordhoff Street
Northridge, CA 91330-8308

818.677.3051

email: fcs@csun.edu

Calendar

October 10, 2007

Third SAFCS meeting, located in SQ102 at 11:45AM. Also, Baja Fresh Fundraiser from 11am-9pm.

October 17, 2007

Volunteer to help us make the ghost lollypops for Habitat for Humanity. We will be in SQ102 from 11:45am-12:30pm.

October 24, 2007

Fourth SAFCS meeting, located in SQ102 at 11:45AM

Contributors

ALICIA ARLINGTON

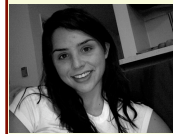


Alicia is a graduating senior at CSUN and hopes to teach FCS at the secondary level.



AMANDA ALLEGRA

Amanda is a Senior at CSUN and is the president of SAFCS.



AMY WOLPA

A senior at CSUN, Amy is *The Betty* Editor.



JENNIFER WORRELL

Jennifer is a graduating senior at CSUN. As read in her articles and pictures, she is a talented young professional with big dreams.

LISA CALANNI

Lisa is in the DPD program and an active member of SDFSA. She is now the Liason for SAFCS.

PEGGY MORO

Peggy is a CSUN senior and the Fundraising Chair of SAFCS.



ERIN MATTHEWS

Erin is the faculty Advisor for SAFCS.

Family and Consumer Sciences Word Search

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- CONSUMER AFFAIRS
- CONSUMER RIGHTS
- FAMILY AND CONSUMER SCIENCES EDUCATION
- FAMILY STUDIES
- FAMILY THEORIES
- HUMAN PHYSIOLOGY
- INTERIOR DESIGN
- NUTRITION, DIETETICS AND FOOD SERVICE
- NUTRITION FOR LIFE
- PERSPECTIVE
- TEXTILES

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 - Peggy Moro