



The Betty Newsletter

Issue #17



The Newest Teenage Trend: A Baby Bump?

Gwen Stefani, Jennifer Lopez, Christina Aguilera, Nicole Richie, Courtney Thorne-Smith, Halle Berry, Cate Blatchett, Jodie Sweetin, Jessica Alba, Tori Spelling, Jamie Lynn Spears, Nicole Kidman, Angelina Jolie. What do these women have in common? Aside from being celebrities, these 13 women have given birth between January and July of this year. This celebrity trend of a cute baby bump has been going on for a few years lately. So why is this making headlines now?

This new trend has crossed over... to teenagers. Jamie Lynn, one of the above listed women is hardly a woman. She is still a girl. A breakthrough movie of 2007, Juno showed a teenage girl going through her pregnancy and giving the child for adoption with ease and comfort. A new show on ABC family, The Secret Life of the American Teenager, shows the main character, Amy, as a pregnant teen in high school deciding adoption or abortion. What does all of this mean for America?

For the first time in over a decade, teen pregnancy has increased. With the US government spending millions trying to prevent teen pregnancy, many of us are wondering how this could happen. The answer is the baby bump trend. Celebrities and movies are showing teens that pregnancy is a piece of cake. And with increased teen pregnancy, many parents think that marriage is the answer.

Marriage is often forced onto pregnant teens from religious parents. However, marriage has not increased among teens. This is beneficial, as teen marriages are more likely to end in divorce than those married after 24 years old. So, what is the answer to all of our teenage problems?

-Valerie Yu

Information retrieved from:

Pregnant teens talk about life as young moms: abcnews.com



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.





MARRIAGE ADVICE FROM A NEWLYWED? PART V



I'm still working on convincing my husband to do a question and answer for *The Betty*. I know he has a lot to say; I'm just not sure I want it published for all to read.

I have been married for one year, nine months, three weeks, and on September 24, 2008, 1 day. When do I stop being a newlywed? Will I have to change the name of my column? That is for later discussion. Like I have said before... I am not an expert in the field of marriage, I just happen to be married and want to share what works for my husband and me in our daily lives. Enjoy!

Personal Problems

Any personal problems you and your husband/spouse/partner may be having should be kept just that—personal. Discussing sensitive issues with friends or family is not advisable. Discussing marital issues with members of the opposite sex is also not advisable. This can sometimes lead to an emotional affair and can upset everyone involved.

You are with this person because you love them and believe that you can share anything with them and that includes problems and issues that you have to work through. Although a problem shared is a problem halved, and you may well receive some good advice, there could also be negative consequences. Do you really

want your friends or family to look at your husband/spouse/partner in an unfavorable light? And how will he/she feel, if one day (which is often the case), he/she finds out that you have been shooting your mouth off about something he/she thought was just between the two of you.

Pursue Happiness

When I got married I did not have any expectations I believe that is why I'm so happy now. I did not expect my husband to miraculously become this different person and start picking up his socks from the bathroom floor. When I married him I was happy, he was happy, and being together made us happier. No one is responsible for your state of mind and happiness except you.

Happiness comes from within. Yes, your partner can try to put a smile on your face but ultimately you need to make yourself happy. When you are happy from within you shine. Take some responsibility for your own unhappiness and take steps to lift yourself out of your solemn mood. If you hear married people complain about our significant others, ask us (is it because you are not happy with yourself?).

Here is a side story for you... my former therapist once asked me, (after I was complaining that my fiancée now husband was not making me his whole world) "Do you really him to make you his whole world?" I answer, "YES!" She told me to go home and think about it and come back and tell her why the next week. I realized that if I was his whole world I would always be his whole world and there would no longer be an Erin. There would only be an us or we. Think about that.

Romantic Flight

A romantic getaway is so much more than just a nice stress relief from the hustle and bustle of your everyday lives. It can provide essential repairs and maintenance that a marriage/relationship/partnership desperately needs. Quality time together, away from your daily lives, can reestablish the bonds of intimacy and love that brought you together in the first place. It also helps keep the romance alive in your relationship, as well as providing the ideal opportunity to invigorate your sex life. Who doesn't love sex and vacation?

Fill your hearts with love, and then go home and spread the love!

- Erin Matthews, M.S. aka Mrs. Maxwell



HEALTHY OR NOT: SOY PRODUCTS

What comes to mind when you hear about foods such as tofu, edamame, soy milk lattes, or soy nuts? Well, most of us might think health nut, vegetarian, Japanese food, vegan, or nutritious. Soy, which comes from soybeans, is a source of complete protein for the body, which the body cannot make on its own. What is meant by the term “complete protein”, is one that contains all essential amino acids in significant amounts for human nutrition. Soy is a miracle food for vegans and vegetarians who do not eat any animal products, and are therefore, consuming much less complete proteins than an individual who eats a variety of meats, poultry and fish. Soy provides complete proteins for the body with much smaller amounts of fat and saturated fats, and therefore can replace animal based foods with added health benefits. Soy protein also contains omega 3 and omega 6 fatty acids, a family of unsaturated fatty acids that have many health benefits such as increased blood circulation and heart health.

However, there is an opposing stance to the health claims of the soy industry. Soy protein contains isoflavones, which are compounds produced by mainly beans and legumes. The isoflavones found in soy are genistein and daidzein. These two isoflavones are types of phytoestrogen, or dietary estrogens that are believed by many to prevent cancer, but are believed by others to cause cancer or stimulate the activity of cancer cells, especially in breast tissue in women. Phytoestrogens are found in many foods in small amounts, and when consumed in these small amounts, are not known to have any negative health effects. Women who have an increased risk of breast cancer are warned against high intake of soy products, due to the higher amounts of phytoestrogens in soy-based products that have may increase tumor or breast cancer cell growth in breast tissue.

As for males, the phytoestrogen content in soy based foods is believed by some to decrease testosterone levels. There are many negative health claims circulating soy and male reproductive health. A majority of the studies that have been done show that high consumption of soy foods and phytoestrogen may decrease testosterone in men, decreasing risk of prostate cancer but also decreasing sperm count in males. *"Genistein may act as an oestrogen or an anti-androgen, blocking the function of endogenous androgens - the sex hormones necessary for males to develop a normal reproductive system - and ultimately leading to the reproductive abnormalities and sexual dysfunction we saw in the exposed rats,"* added study co-author Sabra L. Klein, of the School of Public Health. *"However, additional research is needed to determine if this is the case."*

Many of the claims surrounding soybean ingestion and decrease in cancer risk are based on Asian and Japanese comparison studies. The presence of breast and prostate cancer in Asian and Japanese populations is much less than here in the United States. Soy is a daily component in the diets of Japanese and Asian populations, so the bridge connecting these claims is clearly seen.

The lack of conclusive studies surrounding soybean intake and dangers to male reproductive health leaves us with positive and negative health claims, but not much certainty. Virginia (MPH and RD) and Mark Messina (PhD), professors at Loma Linda University and experts on vegetarian nutrition, soy and chronic disease stated that “Although environmental estrogens...have been cited as possibly lowering sperm count and possibly interfering with fertility, a recently published study showed that consumption of 40 mg of isoflavones per day had no effect on male reproductive function parameters...There have also been no observed widespread reproductive problems in populations where regular soy consumption is the norm” (Messina & Messina).

It is generally good advice that consuming foods and nutrients in moderation will promote good health. The more conclusive studies on soy intake address the affects of phytoestrogen on testosterone levels and decreased sperm count in males.

-Dena Ciolfi

Information retrieved from:

Food Navigator Online. Soy impact on reproduction? 2003.

Is It Safe to Eat Soy? Messina, V. & Messina, M. Vegan Outreach Online.

Soybean. Wikipedia Online Encyclopedia.



A FAMILY AND CONSUMER SCIENCES CROSSOVER: CONSUMER AFFAIRS AND APPAREL MERCHANDISING



Designer or off the rack? I must admit: I am an off-the-rack kind of girl. I buy armfuls from Forever 21, and I even buy clothes at Target if they strike me, but is this intelligent purchasing? Should I shell out hundreds of dollars for a few good pieces? What would the intelligent Consumer do? What would the fashion forward purchaser do? What are the advantages and disadvantages of inexpensive and expensive clothes? Let's take a look, shall we...

Inexpensive Clothes: So, I sugarcoated it. Inexpensive clothes are CHEAP. Buy a dress at Forever 21, wash it, and throw it away. Those

clothes won't last very long. Charlotte Russe, Wet Seal, all the same. We throw them in the washer and drier and don't think twice. So why do we do it? Why do we buy clothes that will last two wears? We do it to keep up with the trends. Sure, these clothes may not last very long, but neither will the trends. So maybe it's ok to dress in cheaper clothes? Maybe just in moderation.

Expensive Clothes: Who can afford a \$100 pair of slacks with a \$150 blazer? We probably can't right now, but if we hadn't made 2 trips to Wet Seal last month, we could have. But why would I buy 2 things when I could have gotten 20? Because timeless and high quality pieces will last forever. This may mean dry cleaning but for a good piece of clothing, spend a little to take care of it. Take your clothes to a eco-friendly dry cleaners. And if you just can't resist buying those Charlotte Russe, use them in moderation.

So what is the moral of the story? Buy timeless pieces made from durable materials and take good care of them. Match high quality items with cheaper pieces to mix up your look and keep timeless items fresh. So now what would a smart consumer and purchaser do? Buy it expensive and use it forever.

-Valerie Yu



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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 to know. Please, write for the Betty. Your major is important, LET'S HEAR ABOUT IT!!!! The editor can't write it all. SHE NEEDS YOUR HELP! NOW!

Send an article to the editor, Valerie Yu, at valerie.yu.17@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.