

The Betty Newsletter

Where do the Ethnic Foods Come From?

Have you ever wondered where our favorite ethnic foods come from? For example, what makes Arabic food Arabic food? Why certain ingredients and their combinations represent Asian cuisine? We might be able to know the difference between Arabic and Japanese cuisine in a very broad way, however, we might not know where these differences originated from. Each ethnic food is the result of religious beliefs, years and years of interactions, migration, trade, geographic location of the country, and many other details particular to each culture.

For instance, Lebanon is a country in the Middle East located at the Eastern side of the Mediterranean Sea with Europe to its west and Syria located at its east.



Lebanon's geographical location was a reason for it to be a melting pot of many religious beliefs such as Christianity, Islam and Greek Catholicism, which also resulted in mixture of different eating habits. Today, the infusion of

these cultures is seen in the Lebanese cuisine. For example, the use of olives and olive oil originated from Greeks and the use of many different spices came from the Arabic culture. Various spices such as curry, sumac, cinnamon and cardamom used in Middle Eastern countries including Lebanon are the result of trades with India, Asia and Africa. Clove, a spice that is used in many ethnic cuisines, originated from the Zanzibar Island in Tanzania Africa, which was known as the Spice Island in the 1800's. It was the trade center connecting East and West Africa and supplied most of the cloves used worldwide.

Despite the culture, religious beliefs have been one of the most important factors affecting food habits. Regardless of the country of origin, the Muslim and Jewish practicing populations do not consume pork or any pork products. In addition, Jewish practicing populations do not consume any shellfish.

In southern China, rice is the staple food and surprisingly, it was originated from India and it was not introduced to China until the beginning of first century BCE. We, in the United States, would like to get rid of insects, in particular ants, however in China ants are considered one of the healthiest foods which

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Ho-Ho Holiday Party!

Come celebrate the holidays and end of the semester with SAFCS on Tuesday, December 11 at 7:30 p.m. There will be a gift exchange (of \$15 value if interested in participating!) as well as awards and certificates given out. Dinner will be

provided, but it is asked that party-goers bring an appetizer or dessert. The event will be at

the home of Erin Matthews, so please email dmatth7175@yahoo.com for questions, directions and to RSVP. All SAFCS members and friends are welcome to come! Hope to see you there!

-Amanda Allegra



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.

Pass on the Gift

How can you give a gift that is truly meaningful to a family or community? One that allows them to thrive and become self-reliant? Think of the saying, “if you give a man a fish he will eat for a day; teach him to fish, and he’ll eat for a lifetime.” SAFCS has taken this to heart. As our second outside fundraiser, embracing further our social responsibility, we have decided to donate to “Heifer International.” This organization works with third world countries to end hunger and poverty and build relationships within communities by giving individual families the gift of an animal. Animals given are not to be used for consumption, but rather as a valuable resource. Goats have the ability to supply a family with several quarts of milk a day and struggling families can use a sheep’s wool to make clothes to sell for income. The gift of a goat and the gift of a sheep, a value of \$240, is the realistic goal for SAFCS. With greater donations, SAFCS will have the ability to influence even more families. Be on the lookout next semester for ways YOU can help SAFCS raise money and change the world one step at a time.



-Amanda Allegra & Amy Wolpa

Police and Youth Unite

The Police Activities League (P.A.L.) is an after school program for at risk youth in elementary school all the way through high school. Police and the youth unite to promote a healthy view on law enforcement and on life. The center that I visited was located in Oxnard, but there are many all over the country. There is a recreational center for teenagers with arcade machines, a pool table, basketball courts, and a boxing gym. They also hold dances for the kids, Thanksgiving dinners for the community, and many other events throughout the year. They even have a Santa Claus who gives out gifts during the holidays. Every night there are different themes such as a crafts night and an open mike night called “The Workshop.” Here the kids get to show off their talents; such as painting, poetry, or singing. There are sports teams that they can join, a Youth Directors Council, in which college bound teens learn leadership skills, and a video program called “Keepin’ it Reel” where kids get to learn how to write scripts, direct, act, film and edit their work. The director of this non-profit organization program is a CSUN alumna and there is no fee for the people who go here.

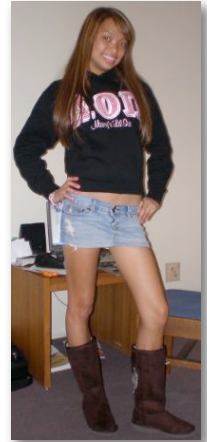


The programs promote leadership, teamwork, self-confidence and self-worth. The people who work here are very friendly, approachable, and really care about the youths that go here. They have formed close connections with the kids that use the facility. One thing that they stress is that they are not in any competition with other programs such as the Boys and Girls Club or the YMCA. They all have one goal and that is to provide opportunities to these young people and try to give them skills that they can later use in life such as leadership skills and how to work as a team. This is a great place for kids and teenagers to come to have fun and stay out of trouble. The people who are currently working here have done a wonderful job with connecting with the youth and giving them the support that they need to better themselves. I applaud them for having the heart to go into this field of work because it is not an easy job as most people would think.

-Silvia Olmos

10 Most Fashionable/ Commonly Worn CSUN Trends

1. High Leg Boots: From Uggs to the not-so-known brands, you don't have to search at all to see boots being worn on campus. And most popularly worn with short skirts
2. Tights: Worn with long shirts, dresses, cute tops and more. You can see tights worn of all colors on campus but most popular is black.
3. Big Purses: Backpacks are not so popular among the girls of the CSUN campus. Big bags are what's in; you can carry your folders, personal items and more, while still looking hot at the same time
4. Humungous Sunglasses: Stunna shades to shutter glasses made famous by Kanye West, big glasses are definitely an it item. And the bigger the better!
5. Skinny Jeans: The perfect way to make an outfit complete. Skinny jeans now also worn in different colors like grey and pink. Skinny jeans show off your assets and make you look stylish.
6. Cute Flats: Students here look cute but don't have to wear heels around campus. Flats of all different styles and colors are hot and trendy.
7. Knitted Beanie Hats: So what, our schools is in the valley and we still haven't really gotten into our winter weather. Beanie hats are fab and make your look oh so chic...
8. Bold Accents: Meaning great color. Clothes, accessories and shoes are now standing out in great colors such as green, fuchsia, purple and yellow. CSUN students are standing out!
9. Bamboo Earrings: Real or fake, bamboo earrings are the great way to bling up your ear.
10. Scarves: Worn with any combination of 1-9 on the list scarves are the it accessory to any outfit. It's a hot item and CSUN students definitely love them.



-Rubina James

Where do Ethnic Foods Come From? continued from cover...

was recorded as early as 1518. These particular ants are prepared as flour, tea, paste and wine. The Ant products in China are a \$25 million dollar per year business.

It is clear from the different uses of foods that what we eat is much more than just fulfilling our hunger. We use foods symbolically, and each culture has their own particular symbols. As we looked at the Chinese culture, ants are representation of health. For Christians, bread represents the body of Christ in the Christian sacrament of communion. On the other hand, in most of Europe, white bread was traditionally consumed by the upper class and the poor class consumed dark bread. Contrary to that, today, in the United States, dark bread represents health not social status. You see from the above information that any kind of cultural behavior is learned, not inherited; they are passed from generations to generations and they will continue to transform.



As a Food Science and Administration student, I think it is very important to understand the history behind each culture and their food habits. These types of information will allow us to find out about each culture's likes and dislikes and what kind of beliefs and values they have. This information can be used and be helpful in different fields of family and consumer sciences such as nutrition, food science and administration, consumer affairs and social research.

-Atefeh Nazari Farmani

Welcome to Our School, Dr. Cao!

I would like to take this opportunity to welcome the newest member of the FCS Fashion Faculty: Dr. Wei Cao. She is our new textiles teacher for FCS 160 and 360. She is originally from China and received her doctorate from Florida State University. As a professional, Dr. Cao has achieved great accomplishments in the textiles industry. She is new to teaching full-time and has just finished her first semester here at CSUN. I applaud her for her efforts to improve, to adapt, and to handle the stress of coming to a new city, state, and school. She is so committed to learning, not merely passing a class. So, tips for us fashion students in her classes: study HARD for her tests (I'm talking minimum 4 hours), visit her in office hours if you are struggling with a topic, and stay positive. FCS 160 and 360 will challenge and grow you as a student and prove very helpful in your career. Welcome, Dr. Cao!



-Jennifer Worrell

Vitamin Fact Sheet

We are constantly bombarded with information on essential vitamins. Obviously, we all know that incorporating a proper balance of vitamins into our diets is good for us. The question is: what do they provide for us and what food sources do they come from? SO HERE IT IS...



Nutrient:	Major Food Sources:	Benefits:
Vitamin A	Milk, eggs, cheese, liver, fish oil, fruits and vegetables high in beta carotene	Promotes good vision, helps form and maintain skin, teeth and bones
Vitamin D	Milk, fish oil, fortified margarine	Promotes strong bones and teeth by helping to absorb calcium
Vitamin C	Strawberries, tomatoes, peppers, broccoli, oranges, cauliflower	Helps promote healthy gums and teeth, helps to absorb iron, maintains normal connective tissue, helps in healing wounds
Vitamin E	Vegetable oil, nuts, olives, margarine, asparagus, seeds, leafy green vegetables	Helps in the formation of red blood cells and the utilization of Vitamin K
Vitamin K	Leafy green vegetables, cauliflower, broccoli, soybeans, milk	Essential for normal blood clotting
Vitamin B1 (Thiamin)	Meats, liver, fish, whole grains, nuts, beans	Helps cells convert carbohydrates into energy. Necessary for healthy brain, nerve cells, and heart function
Vitamin B2 (Riboflavin)	Meats, liver, chicken, fish, leafy green vegetables, dairy products, nuts, enriched grain products	Helps cells convert carbohydrates into energy. Essential for growth, production of red blood cells
Vitamin B3 (Niacin)	Meats, fish, chicken, liver, nuts, peanut butter, enriched grain products	Aids in the release of energy from foods. Helps maintain healthy skin, nerves and digestive system
Vitamin B6 (Pyroxidine)	Meats, chicken, fish, liver, whole grains, nuts, beans, bananas	Helps in the chemical reactions of proteins and amino acids. Helps maintain brain function and to form red blood cells.
Vitamin B12	Beef, liver, pork, poultry, shellfish, eggs, milk, yogurt	Maintains normal functioning of nervous system and red blood cells
Folacin (Folic Acid)	Leafy green vegetables, liver, beans, broccoli, asparagus, citrus fruits	Important in the synthesis of DNA, in normal cell growth and in protein metabolism

-Vanessa Aleksanyan



Tips for the Consumer During the Holidays

Do you ever find yourself spending out of control during the holidays? Well, you're not the only one; it is a common practice among consumers. Here are a few tips to help you save money and prevent overspending during this holiday season.

1. Plan plan plan. The number one reason consumers are overwhelmed with debt and personal finance is the lack of planning. The holidays are no exception. Creating a budget and a dollar limit for each person you are buying a gift for, will prevent you from overspending and keep you on track.
2. If you have to use your credit card for purchases, be sure to pay them off in full the following month to avoid paying interest charges.
3. Ever heard of the "Latte Factor"? Instead of paying two or three dollars on a coffee or a latte everyday, put that money in a savings account or a holiday fund and it will add up quick.
4. Try bargain shopping and comparing prices. By starting your holiday shopping early it allots for more time to look around for the best deals.
5. Lastly, you don't have to spend a lot of money on a person to show that you care. Although cliché, the phrase "It's the thought that counts" rings true. Making a gift in lieu of buying one has as much value if not more. So put your creative talents to work, the sky is the limit.

-Jeanette Hammer

Santa; The Character as We Know Him

The large jolly fellow with the rosy red cheeks and large belly and red coat with white fur trim, was originally brought to us through an advertising campaign by Coca-



Cola back in 1931 by artist Haddon Sundblom. Coca-Cola wanted to market their soft drink to consumers as a drink not just for summer time. The company had several previous versions, but not until Sundblom brought Santa to a more realistic human personality did people begin to take note. Sundblom continued his Santa renditions for 33 years with Coca-Cola.

As the semesters end, we learn that we are losing a lot of our favorite people to graduation. This article will be Alicia's last for the Betty. She has been a wonderful and very appreciated contributor for the Education option. Thank you so much, Alicia, good luck with everything!



-Alicia Arlington

INTERIOR DESIGN, WHERE ARE YOU?!?



It has become a sad reality for the Betty, we just do not have an Interior Design option contributor. It is EXTREMELY important to us in SAFCS that we highlight each option, discussing current issues, trends or just fun things to know. Please, if you are an Interior Design option, write for the Betty. Your major is important, LET'S HEAR ABOUT IT!!!!

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.

To submit to The Betty contact Amy Wolpa via email 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 this and past Bettys at: www.csun.edu/~matthews

Happy Holidays From SAFCS!!!

Saying Goodbye to Our Fabulous Jennifer



It's sad but true. Jennifer Worrell, our wonderful and amazing fashion contributor is graduating. She has written wonderful articles such as, *Dallas, Here I Come* in the last Betty, and that's where she is off to. As you may have read, this fabulous young lady is starting her career! Read past Bettys and learn all about her path to success, and watch out, she may be the next Vera Wang!!!

Thank you so much, Jennifer, your voice, spirit, and wisdom will be greatly missed! Good luck with everything!

Love,
SAFCS

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Gnomes are taking place of picture-less contributors