

The Betty Newsletter

Issue #40



Your Betty Cherry Just Got Popped!

Pop..Pop..Pop... Welcome Back!

As life moves on...so does The Betty. With the SAFCS elections that has happened last semester, there has been new officers and a new editor and co-editor for The Betty.

Last year, The Betty has been honored with having such an amazing editor. Valerie Yu has done an amazing job with putting The Betty Newsletter together, even though, she has been busy, she always made an effort to put time for the newsletter. As Valerie Yu passed on "The Betty" to the new editor, Melissa Brooks & co-editor, Kia Bess...Valerie Yu just took a deep breath and started "throwing them deuces up...DEUCES" as she walked off to class. So, we started to "say bye bye, say bye bye" like the singer Chris Brown, as she moves on to something better, which is, to fulfill her masters degree at CSUN.

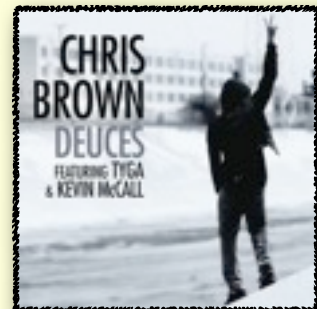
This Fall semester, your editor & co-editor are both consumer affair majors and we are happy to bring back "One Love" as we team up together to put The Betty Newsletter together.

As the new editors, we plan on having an amazing semester. We encourage all FCS students to submit to The Betty in order for students to be informed about current events happening within all departments. We are a big department and like a cherry pie, their is a slice of information to go around!



Editors Notes:

Lyrics from:



So get up and start writing to the Betty so we can hear the voices from the FCS department. Feel free and email if you have any articles, suggestions for topics or layout, comments, editorials, or concerns, please send them over to our new and improved official email at thebettynewsletter@csun.edu we look forward to hearing from each and every one of you.

- Melissa Brooks, Editor & Kia Bess, Co-editor

This newsletter was name "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.



Buh Bye Sport Drinks...Hello Coconut Water

If you ask any of your friends, “What is the best sports drink that you consume after a workout?” Most likely you would say Gatorade, Powerade, etc. Even if you don’t workout but feel like you need to replenish your electrolytes that you have lost in sweat and/or stimulate thirst, you would probably want to go grab a Gatorade. But what if I told you that there is a 100% natural drink that could give you a refreshing taste after every sip that you take.

Yes, Coconut Water is my new best friend. I decided to replace Gatorade and all those other sport drinks because I was starting to hate the nasty after taste and the added artificial coloring.

Drinking coconut water has many benefits. It is naturally low in carbohydrates, 99% fat free, and low in sugars. Coconut water contains organic compounds possessing healthy growth promoting properties that have been known to help:

1. Keeps the body cool and at proper temperature.
2. Orally re-hydrate your body (is an all-natural isotonic beverage).
3. Carry nutrients and oxygen to cells.
4. Naturally replenish your body's fluids after exercising.
5. Raise your metabolism.
6. Promote weight loss.
7. Boost your immune system.
8. Detoxify and fight viruses.
9. Cleanse your digestive tract.
10. Control diabetes.
11. Aid your body in fighting viruses that cause the flu, herpes, and AIDS.
12. Balance your PH and reduce risk of cancer.
13. Treat kidney and urethral stones.
14. Boost poor circulation

After a hard workout or a nice relaxing day on the beach, you cannot help it but to take a sip of that refreshing coconut water that can be purchased at Whole Foods. Trust me, it’s worth every penny and it’s good for you.

- Melissa Brooks



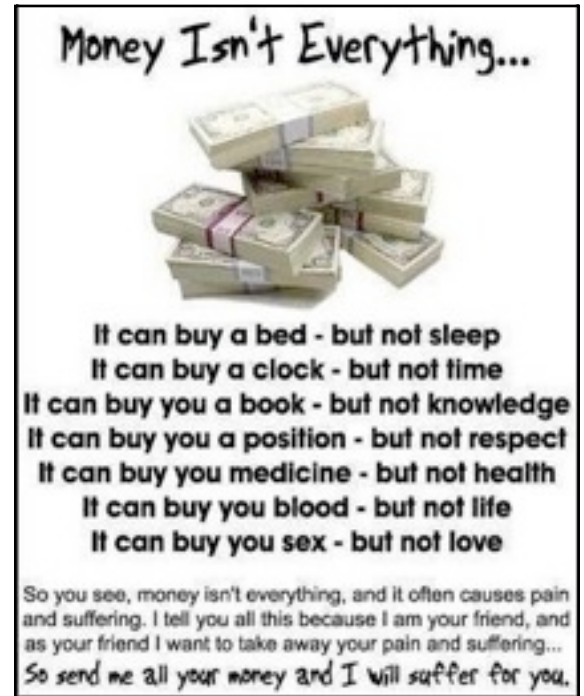
Can Money Buy Happiness?

According to the Webster's Dictionary the word 'Happiness' can be defined as 1.) Obsolete: good fortune: prosperity or 2.) A pleasurable or satisfying experience. When taking into account the true meaning of the word 'Happiness' how many people can actually determine if they are truly happy in their existence. Today, many people rely on their economic status in determining their current emotional state rather than looking at the values that make them the person they are today. The famous rapper Notorious B.I.G once said, "Mo Money Mo Problems", in the hope that people would understand the costs that comes along with making more money in life.

Many of us including myself from birth are taught to strive and work hard in order to achieve happiness. We are taught to focus on goals forgetting about enjoying the things that make us elated. While this might be the case for the majority, we do not realize that happiness can be affected by different circumstances. Factors such as money, age, sex, health, marital status, and education play a vital role in determining an individual's happiness. According to a recent article in Time Magazine by Belinda Luscombe money cannot buy happiness unless you can make about 75,000 a year. In her article Belinda states, "Money can't buy happiness. Except that, according to a new study from Princeton University, it sort of can--about \$75,000 worth a year. The further a person's household income falls below that level, the unhappier he or she is. But no matter how much more than \$75,000 people make, it doesn't bring them any more joy".

Having less or more money will not guarantee your happiness for sure in life. I believe balance can be one of the key steps in reaching to discover that particular goal in your life. Finding a happy medium is easier said than done and occurs in one's own time. Also, searching for a job in life that you enjoy rather than worrying about the money is the ultimate gratifying experience. If people today strived for joy rather than focusing on economic factors then society would be a much happier place by and large because of one simple word called 'Happiness'.

- Kia Bess



What's Your Shape?

Sunglasses are something that will never go out of style; they protect our eyes and add mystery to our appearance. The only thing that may potentially lose its fashion following is the shape and style of the glasses. Celebrities wear them at all hours of the day – and night – while people like you and me wear them at more appropriate hours of the *day*. Consumers draw endless amounts of inspiration from celebrity figures because of their high-end taste and eye for new and interesting frames. The big question is, what are the in-demand styles at this point and time in the fashion world?

- 1) **Round** - ...*very* round! My personal favorite are the symmetrically even, circular frames. I never thought I would want a pair, but there is something about the perfect circle to frame the right shaped face. Although round shapes accentuate a round face in a negative way, you can always experiment with an inexpensive pair to test the waters, in order to see how they work with your face shape and facial features.
- 2) **Cat Eyes** – One word, classic. Cat eye framed sunglasses create a vintage, feminine and sexy look. Their slanted, almond-shaped frames add a hint of sass and attitude to any ensemble. Try them in a solid color, classic tortoise, or an ombre, two-toned pattern.
- 3) **Aviators** – Designers are duplicating and re-creating the always-classic Aviator. Try an over-sized, thick, plastic/acetate-framed pair if you are afraid of looking too much like a member of the highway patrol. On the other hand, there is nothing wrong with looking like a fashion badass. Either way, you cannot go wrong with a classic pair of Aviators – sometimes, the tackier, the better.
- 4) **Wayfarers** – Ray Ban Wayfarers have resurfaced in a big way. By now, we all know somebody who has at least one pair, whether they are authentic Ray Bans or knock-offs. Their slightly rounded, rectangular frame flatters nearly every face shape and gives us a sense of vintage style – even though they are now produced in every color, pattern and price point imaginable.
- 5) **Over-Sized** - Talk about protection from harmful UV rays! Over-sized sunglasses have been very popular for a while now and their lifeline has no end in sight. I absolutely love looking ridiculous in frames that cover the majority of my face, it is very amusing. Word on the street is that guys do not like them because they think girls are hiding what they really look like... so what?! I love them. The best part is that you can find an over-sized pair of glasses with or without a frame, plastic, acetate or metal frames, and nearly any shaped frame under the sun.



Never commit to an expensive, designer pair of sunglasses unless you are absolutely sure about your purchase – or unless you have an enormous disposable income. I am all about finding great deals on *quality* products, which can be done with any of the styles featured above. If you are unsure about a new style and are worried about the price, search around for something similar made by another designer/brand at a lower price; the economy is still not great yet, so feel no shame in yearning for high-end but buy a pair of trendy sunglasses that are much more affordable! Most importantly, stay away from flashy, obvious advertising anywhere on the sunglasses. Tacky advertising is trendy in a *very* unappealing way. So, this season, keep an eye out for sunglasses that are out of the ordinary in a very appealing way!

For more fashion tips, become a follower at: www.fashionfriendlyfrugal.blogspot.com

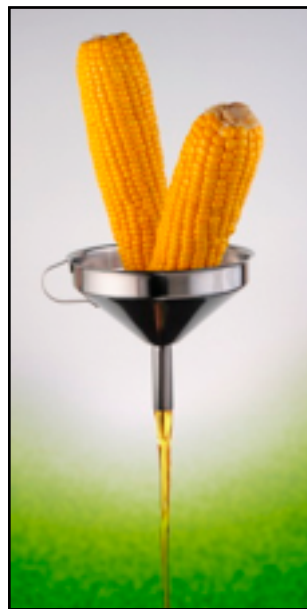
- Stacey Gadus, Alumni Fashion Writer

Name Game

On September 14, 2010, The Corn Refiners Association applied to the federal government for permission to legally change their name from high-fructose corn syrup to corn sugar. With having their name changed, the word “corn sugar” would now appear on food labels. High-fructose corn syrup has gained a reputation as one of the leading causes of obesity in our nation.

In the past year, there has been a great initiative to fight obesity, which has lowered the consumption of products containing high fructose corn syrup. High-fructose corn syrup is an added sugar in products such as soda, packaged desserts, and candies. The Corn Refiners Association hopes to change their name to gain back consumers. The website www.cornsugar.com has launched a commercial claiming high-fructose corn syrup is the same nutritionally as just regular added sugar. The Food and Drug Administration (FDA) will take at least 2 years to rule on whether the name change can be permitted. Still though the FDA has not established a daily allowance of how much sugar should be consumed yet they recommend to consume about 50 grams of sugar per day, while an average American’s diet is about 82 grams of sugar per day (according to National Academy of Sciences Food and Nutrition boards). Studies have shown that a high sugar diet lowers the quality of your overall health.

It’s important to know the label are only natural occurring sugars added sugars such as high-fructose ingredients list. While the FDA takes allow a name change, maybe they should take better steps at defining how much sugar a person’s diet should contain. Take a little time when you go shopping to compare products to see how much sugar your consuming it might just do your body



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sugars listed on the nutrition facts that are found in milk and fruit. The corn syrup are found in the its time to decide on whether they will should take better steps at defining should contain. Take a little time when products to see how much sugar your some good.

- Francesca Campisi

Physically Distant But Emotionally Close

Like some or perhaps even many of you reading this, I live thousands of miles from most of my family. Sometimes that fact makes me feel like I am an odd candidate to be majoring in family studies. With my parents near San Francisco, my brother in Oregon, my sister in London, and the rest of my relatives scattered around England, the days I actually spend with family members are few and far between. However, modern technology allows me to stay in touch with my loved ones, and more importantly, studying what I do helps me to appreciate the strong bonds that family members can share, even when they are far apart.

Staying in contact with my parents is relatively easy, but the family bonds that are harder to maintain are those with my phone-averse brother and with my relatives in England, since the high international calling rates make phone conversations with them too expensive. With many of these family members, I resort to using Facebook. As annoying as my viewing my cousins' recent photos, brother's new music suggestions loved ones far more often than I a friendly message whenever I they are not so far away.

The task of staying in even more important to me since daughter last December. Now that learned that regular emails with to keep me from hounding her for more, with video messaging via YouTube, I have been able to see action, both in real time and in over again.

The irony of majoring in away from your own family is that important your loved ones are to you. Reading about family theories has made me consider and appreciate my own family system and our shared "symbolic meanings." Studying child development has made me realize how lucky I am to have parents who raised and supported me in the same manner I would like to raise and support my own children one day. Learning about sibling dynamics has reinforced for me how glad I am to have loving siblings whom I know will be there for me, even from a distance.

My experiences as a family studies major have inspired me not only to maintain contact with my far-off loved ones, but also really to value our shared family bonds. My family members and I are living proof that a physically distant family does not have to be an emotionally distant one. During times of stress, my family members and I can rely on each other to be there for one another, whether it is through friendly phone calls, supportive emails, or uplifting text messages. Even simple gestures like these from my relatives have helped me to endure tough and trying times. Having lived away from much of my family for years, I encourage you not to be afraid of physical distance from your loved ones. Getting to see your family members every day is a blessing, but families who value their bonds can, with the help of technology, maintain them even across great distances.

- Anna Gray



newsfeed might sometimes be, my uncle's latest posts, and my makes me feel like I see these do. Being able to send my relatives miss them helps me to feel like

touch with my family has become my sister and her fiancé had a baby I am an auntie, my sister has attached photos are the only way more news of my niece. What's Skype and video uploads via that gorgeous little girl in live video clips that I can play over and

family studies while being so far it makes you really reflect on how

FRUIT FACTS: The "Dish" on Cherries

- Cherries are known as a "Super Fruit" due to having similar amount of disease-fighting antioxidants in tart cherries as you will find in blueberries.
- Cherries have plenty of health benefits: pain relief for people who suffer from arthritis. It is said that eating 20 tart cherries in a day can prove to fight inflammation effectively.
- There are about 7,000 cherries on an average cherry tree, with each tree capable of producing more than 100 pounds of fruit in a season.



- Cherries are one of the few food sources of melatonin, a potent antioxidant that may help improve the body's natural sleep patterns.

- Cherries are low in cholesterol, fat, sodium. And a very good source of fiber and Vitamin C.

- Tart cherries and tart cherry juice are known to reduce the urate levels in the body. These are also known to reduce muscle pain and back pain.
- The cherry extract contains antioxidant flavanoids and are used in many tablets and capsules. These capsules are used to support the pH levels of the body.

Visit www.choosecherries.com for more information on unique health benefits of cherries.

Contributors

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Melissa is the editor for *The Betty* and a graduating senior.

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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 fun to know. Please write for *The Betty*. Your option is important so LET'S HEAR ABOUT IT!!!

The editor can't write it all. SHE NEEDS YOU HELP! NOW!

Send an article to thebettynewsletter@csun.edu and watch for it in the following issue!

Submit your article with your full name, major, option, SAFCS position, and a picture of your pretty face.