

The Betty Newsletter

Forever Found

Issue #48



"I once was lost, but now I am found."

Human trafficking is the second largest criminal industry, second to the drug dealing industry. Forever Found is a Christian non-profit organization that seeks to support the rescue of children who are forced into prostitution through trafficking. Forever found raises support through the talents of musicians, artists, and writers who are willing to donate all or a portion of their proceeds to this organization.

The Forever Found website estimates that 2 children per minute are trafficked for sexual exploitation. This is not limited to third-world countries. It is also estimated that over 200,000 American children have been forced into sex trafficking in the United States. The aftercare homes Forever Found is currently supporting are: Life Impact International, Streetlight PHX, and International Crisis Aid. Life Impact

International is a safe-home located on the Thailand/Burma border.



The vision of Life Impact International is to prevent, rescue, and heal "at-risk" enslaved, abused, and trafficked children in Southeast Asia. In this safe-home, rescued children are given the care they need, the opportunity to learn to read, write, and sew, and the chance to finally be a kid. They currently have a safe-home, a baby's safe-home, an emergency shelter, and an orphanage in Burma with plans to grow and rescue more children all over the world.

Streetlight PHX is located in Phoenix, Arizona and provides safe housing and safe

environments to prevent the risk of further mistreatment of victims of child sex slavery. According to the Forever Found website, it is estimated that over 300 girls in Phoenix alone have been raped for profit. "These girls are on average, thirteen years of age and are being deceitfully taken to be drugged, branded, and forcibly prostituted against their will. These victims of child sex slavery can live at the Streetlight facility for long periods of time where they will receive counseling, healthcare, food, clothing, education, and the necessary healing. International Crisis Aid is a relief organization that rescues girls ages 4-14 who are victims of sex trafficking, forced prostitution, rape, or other sex crimes.

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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.



Long Distance Lover

It is said that absence makes the heart grow fonder. This is probably why lovers who are apart spend most of their time thinking about each other. They long for the time when they can be recaptured in each other arms, feel the warmth of each other's kiss, or look into each other's eyes. If you are living away from your beloved, you know what it feels like. Maintaining a long distance relationship is not something that comes easy. As students most of us would agree that our lives are very busy with attending classes, work, spending time with friends and family, and extracurricular activities. It is a juggling act and committing to a long distance relationship does not make it any easier. It can be stressful, yet the compassion you have for that one person you love is what makes it all worthwhile. Loving them from a distance may be hard now, but would you say it is worth it? From personal experience I can say that it most definitely is! It can be very hard at times and you may go through extreme withdrawals from being deprived of the one you love. But it is all done in order to recapture each other's love over and over again. Being in a long distance relationship is for fearful individuals. It is for courageous individuals who are willing to put themselves into vulnerable situations knowing that they may get hurt. They do it because the person they love is well worth their time and effort. It is also for those who are willing to spend a lot of time alone in exchange for a little time with the one they love. "It's for those knowing a good thing when they see it, even if they don't see it nearly enough." Being reunited with your love once again is the driving force that keep you two together, wanting and waiting for the next chance you have to be together again. "Missing someone gets easier every day because even though you are one day further from the last time you saw them, you are one day closer to the next time you will." Reference: <http://www.lovingfromadistance.com/quotes.html>



-Lynda Morales

Seeking Counseling In Good Times

So many people consider premarital counseling as a double edge sword that can bring forth differences among engaged couples that cannot be sorted out. Unless premarital counseling is required by the church or the person that will be marrying the couple it is not one of the requirements on their list to get done like choosing a bridal party. As of now, statistics show that the divorce rate in the United States is above 50%. Yet, I wonder if the number would decrease if premarital counseling was mandatory. Despite the taboo, premarital marriage counseling would diminish couples who do not take the idea of marriage seriously and reduce drastic changes in the roles that take place. If a couple is certain of their solid relationship, then there is nothing to fear in seeking counseling in good times that can only enhance the relationship as a married couple. Premarital counseling is not specifically meant for couples that are struggling, but for redefining the changes a couple goes through when married. It is better to have everything laid out on the table to prevent any surprises that could possibly be too late to mend when married. There is always room for improvements in all relationships and seeking counseling in good times can be a boost to keep the positive momentum between two people going.



-Allison Dubon

GOING GREEN

Going green is not just about switching your light bulb or using recycled materials for your home; it is more than just a trend. It is a lifestyle that creates spaces that are environmentally sensitive and can also help improve the health quality of many people. It takes a little more effort and careful planning to create a healthy and sustainable indoor environment. Sustainable environments not only reduce pollution, but it also reduces utility bills. Indoor air quality is a major concern since people spend more than half the time indoors. Below are simple ways to improve the indoor air quality and create more sustainable space:



1. Indoor paint with zero to low VOC levels and Ethylene Glycol free
2. If you are selecting wall paper, make sure the VOC levels are to a minimum
3. There is a huge selection with fabric, so be wise and select products with organic fibers and dyes; this will reduce the toxins released indoors
4. Carpets, technology has improved that people can now select carpets and rugs that will comply with LEED standards.
5. Select insulated windows that are NFRC certified and with the energy star logo (Home heating and cooling changes drastically!!)
6. Switch out old sink faucets and toilets with new water efficient ones; this will stop or reduce the leakage
7. Cover all cracks around the house, windows, and doors; this will save you some money by reducing the energy spent to change the temperature
8. Insulation is important; that is why we recommend to insulate your attic and if possible the walls around the house
9. For older homes, try switching out the old HVAC with an energy efficient one (energy star logo)

There are many programs that help residents improve their homes. Companies offer incentives to those who take the first steps in saving energy. On your next project, do a little homework and research where the product is coming from, chemicals and materials used, and certification logos. Again, going green takes more than just reading labels... it's a lifestyle.

Here are some useful websites you can use for your next project:

<http://www.pge.com/>

<http://www.dwell.com/>

<http://www.usgbc.org/>

<http://www.interiordesign.net/>

-Elsa Guzman

WHAT MAKES SOYMILK BETTER THAN OTHER MILK?

As we all know cow milk is a great source of nutrition but how come more and more people prefer soymilk? “Soymilk” or a beverage made of soybeans can be a substitute for any lactose based product. Soymilk used to be popular only among people with lactose intolerance. However, the popularity of soymilk has grown immensely over the past few years, especially within big cities due to the growing trend of vegetarianism. Soy is the only plant that contains complete proteins. One cup of soymilk has 4 grams of carbohydrate, 7 grams of protein, 4 ½ grams of fat. Most importantly, it has no cholesterol for those with high blood pressure. Moreover, soymilk is very good for people with heart disease because it contains nutrition that helps lower LDL or bad cholesterol.

The downside of soymilk is that it contains zero calcium. Moreover, soy foods are amazing sources for vitamin B but they lack in vitamin B12. However, the growing trend of soymilk encourages producers of the soymilk industry to add B12 and calcium supplement into the milk.

Also, women with breast cancer should limit their soymilk intake per day because it might increase a chance of having breast cancer again.



The recommended soymilk intake per day is 25 grams. A glass of soymilk usually has around 7-10 grams. Looking at the nutrition chart before purchasing a soymilk product is highly recommended since different brands possess different nutrition facts. People who drink soymilk should balance their soymilk intake with their other daily dietary as well. Although soymilk seems more promising when it comes to health benefits, those benefits may not meet everybody's health expectations. Many people prefer cow milk to other types of milk disregarding the growing trend of soymilk. Cow milk still takes over the majority of consumers' market today.

-Piraluck Buranasilpin

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These victims of child sex slavery can live at the Streetlight facility for long periods of time where they will receive counseling, healthcare, food, clothing, education, and the necessary healing. International Crisis Aid is a relief organization that rescues girls ages 4-14 who are victims of sex trafficking, forced prostitution, rape, or other sex crimes. It is located in Ethiopia where the red light district is flooded with such evil. The organization goes into the red light district, talks to the girls about the program, and gives them the choice to enter the program. “Once the girls are rescued, they are taken to a new home where they receive food, shelter, emotional and spiritual counseling, schooling, vocational training, medical care, and a spending allowance. To find out more, or to get involved, please visit the Forever Found website at www.foreverfound.org <<http://www.foreverfound.org/>>, or check out the Forever Found Facebook page.

“How wonderful it is that nobody need wait a single moment before starting to improve the world.” – Anne Frank

Reference: www.foreverfound.org <<http://www.foreverfound.org/>>

-Shannon Cirricione

UPCOMING EVENTS!!

GRAD FEST!

March 9th-10th
10:00 a.m.-6:00 p.m.

Class of 2011, make sure to mark your calendars for this year's grad fest! This is your opportunity to verify your name and how it appears on the official list of participants who are eligible to graduate. Also, this is your chance to rent your cap and gown and check out the lovely class rings! It will be held this week, so remember to head down to the Matador Bookstore on Wednesday or Thursday! Best wishes and congratulations to all the graduating seniors!

SDFSA'S CAREER SYMPOSIUM!

March 19th, 2011
8:00 a.m.-4:00 p.m.

The Student Dietetic and Food Science Association invites you to attend our annual Career Symposium this March 19th, 2011 at 8:00-4:00PM. Enjoy great guest speakers from the fields of Nutrition, Dietetics and Food Science! Speakers from the following areas will present topics on: Patient Clinical Nutrition Services, CDA-DTR, Nutrition Counseling, Air Force Dietetic Internship, and Careers Outpatient Food Science Enology, Research and Development, and more! Valley Performing Arts Center Lecture Hall 181. Registration- \$10. Raffle tickets will be sold for our awesome door prizes!

SAFCS'S RELAY FOR LIFE!

March 26th-27th

Each year SAFCS participates in The American Cancer Society's Relay For Life Cancer Walk right here at CSUN. This year SAFCS will represent bone cancer. Bone cancer is one of the deadliest cancers to exist, for almost half the patients diagnosed lose their battle to this deadly disease. SAFCS encourages you to join our team and be apart of the fight against bone cancer, so please help support this amazing cause and donate today! The Relay For Life will be held on Saturday, March 26th-27th. Exact time to be announced. For further information about the event and to join our team or make a donation, please visit www.csun.edu/~matthews

-Hissa Alsudairy
Co-editor

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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!

Submit an article to the Betty editors, at thebettynewsletter@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.