

The Betty Newsletter

Follow Your Heart

Issue #54



FOLLOW YOUR HEART to Healthier, Great-Tasting Alternatives!

Nestled in the middle of Canoga Park along Sherman Way is an unassuming market and cafe. From the outside, it looks like a typical shop you find in a local neighborhood. But once you step in, you will be overwhelmed by the amount of natural and organically produced merchandise. Various herbal drinks, organic soaps, canned goods, deli “meats”; for a vegan/ vegetarian, this place is heaven. For omnivores like me, it makes a believer out of the skeptics that vegans can still have great, delicious food.

Heart is a owned by the company which is also Canoga Park from the by long time Goldberg and the company of the famous



Follow Your brand name food Earth Island, located in minutes away cafe. Owned friends Bob Paul Lewin, is the maker successfully Vegenaïse, the

vegan alternative to mayonnaise. I have personally tasted and tested this product and it was incredibly delicious! What’s great about this product is that it comes in so many varieties: grape-seed, high omega, organic, reduced fat, and the most recent addition soy-free Vegenaïse! The company also produces salad dressings, dairy alternatives such as nondairy cream cheese and sour cream, sauces, marinades, and veggie meats. These products are available in selected stores throughout the country, including Whole Foods. They are also available online on their website at <http://www.followyourheart.com>.

Follow Your Heart Restaurant and Market has been open since 1970, and it has established itself as a landmark for the locals, making people feel at home with their friendly, knowledgable staff and great food. Two of our very own colleagues have been and are still involved with the company. Jessica Ruiz is the Research and Development Director of Earth Island, and she personally recommends “the Reuben for lunch, the Three Bean Hash for Brunch, and the Tempeh Tacos for dinner. The Mediterranean Plate for an appetizer, and the Spinach Salad for something healthy.” How’s that for a recommendation? Her absolute favorite particularly is the Reuben, “with vegan cheese, extra mustard on the side.”

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.



See FOLLOW YOUR HEART to Healthier, Great-Tasting Alternatives

SLEEP AND CHILDREN

Throughout the years, there has been a lot of interest regarding the importance of sleep in children. Investigations have suggested that sleep deprivation has negative consequences on intellectual functioning. A study was conducted by Swiss researchers to explore the relationship between cognitive ability in healthy children and their sleep patterns.

The study included 60 participants who were between 7.5 and 11.2 years of age. The participants consisted of 34 boys and 26 girls. The children were evaluated using the Wechsler Intelligence Scale for Children, the Children's Test Battery for the Assessment of Attention, the Alertness subtest of the KITAP, and the Pediatric Daytime Sleepiness Score. In addition, parents were asked to complete the Children's ChronoType Questionnaire, and children were observed using an actigraph in their homes for 7 to 14 days. An actigraph is a wristwatch-like monitor that measures physical activity.

In regards to different aspects of sleep, "the highest correlation coefficients were observed between sleep period on weekends and full-scale IQ, fluid IQ, and working memory" (Geiger, Achermann, & Jenni, 2010, p. 951). These correlations showed a relationship between shorter sleep periods and higher cognitive abilities.

The researchers in this experiment concluded that there were two probable explanations for the correlation between children who sleep fewer hours on the weekends, days with fewer social constraints, and higher level of cognitive functioning. The first explanation presented was that children who sleep fewer hours have more wake time to develop cognitively. The second explanation presented was derived from the neural efficiency theory. The neural efficiency theory states that intelligence is related to how efficiently the brain works, not how hard the brain works. This theory relates to the current study in that children whose brains function at a higher level may not need as much time for neuronal recovery, which is an important part of sleep. However, more research needs to be done in order to support the correlational leanings of the present investigation. Since sleep is such an important part of brain development in children, it is recommended that parents take individual sleep needs into consideration when creating their children's sleep schedules. Children should never be restricted from sleeping the appropriate amount of hours necessary for healthy development.

Reference: Geiger, A., Achermann, P., & Jenni, O. G. (2010). Association between sleep duration and intelligence scores in healthy children. *Developmental Psychology*, 46, 949-954. doi:10.1037/a0019679

-Maciel Quintana

FOLLOW YOUR HEART TO HEALTHIER, GREAT-TASTING ALTERNATIVES! AS SEEN ON PAGE 1

Former SAFCS President Amanda Mason is the manager of the cafe. Her favorites are the "Lorenzo's Tofu Eggwich for breakfast, Club Sandwich with avocado for lunch, and Friday Night deep dish pizza for dinner."

Follow Your Heart Market and Cafe is open everyday (except major holidays) from 8:00 am to 9:00 pm for breakfast, lunch, and dinner. They also serve brunch on weekends and holidays until 3:00 pm. It is located in 21825 Sherman Way, Canoga Park, CA 91303. The company website holds a lot of information, including the cafe menu, products, store locators where their products are being sold, and a link to buying online.

In an age where junk food is too easily accessible to everyone, having places like Follow Your Heart and a company that cares for your health sends a very reassuring message and proves that you can still be satisfied with food without your health suffering from it.

Reference: <http://www.followyourheart.com>

-Katrina Magbatang



WHAT IS THE TRUTH ON LIBYA?

America's involvement in the situation in Libya has been very controversial. Many wonder if we should be there or if we are overstepping our boundaries by becoming involved in other country's civil disputes. The reasoning behind America's entry into Operation Odyssey Dawn is becoming more and more blurred with every bomb dropped. Many questions have risen since day one, beginning with Obama's hesitation to enter the operation, when we all thought that America was going in to help the civilians who were needlessly being killed; until currently when hundreds of American missiles have fallen from the sky threatening to quickly put an end to Gaddafi's rule.

Many details have been left out of the equation when looking to American citizens for support in these seemingly government friendly endeavors. Why are we really in Libya? What is Gaddafi doing that is so wrong, that we are on the verge of a third World War? Is it our place to over throw dictators that have been in power longer than many of us have been alive? Are the people of Libya currently happy living in a dictatorship

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danger is everywhere. We do know that the force used by Gaddafi to gain control of his people is no different than force that would be used if there were an extreme uprising in our own country, where the opposition was assumed to be terrorists. We know that in Gaddafi's 42 years of power he has converted Libya from a dry desert to a very prosperous country and we know that if Libyans were unhappy living under a dictator such as, Colonel Gaddafi then they either would have left Libya or protested against dictatorship sooner than 42 years later. At least in recent news things have come to head with Gaddafi's death but who knows where things will go from here? Are the people free, liberated, and surviving? Even with the free passing of information this question goes unanswered sometimes even when you actively search to unearth it. The purpose is to fight for your information always seeking the truth and keep the people side of life in focus.

Reference:http://media.thestate.com/smedia/2011/03/13/05/134-20110312_dailyedit_61.standalone.prod_affiliate.74.jpg

-Kia Bess & Holly Peters

TED TALKS

TED Talks was launched in 1984 as a non-profit organization that focuses on ideas from phenomenal people in the areas of Television, Entertainment, and Design. It is owned by the Sapling Foundation and established by Chris Anderson. TED Talks platform “Ideas worth Spreading” brings people together from different backgrounds. TED Talks conferences feature innovative and passionate doers to speak about any topic within 18 minutes or less. Individuals who are chosen shed light and bring awareness to causes that are affecting the world. Each year TED Talk launches two major conferences that are held in Long Beach, CA and Palm Springs, CA. These conferences have grown since the initial start up in 1984 which has led the non-profit branching out globally. Their efforts have led to numerous collaborative efforts around the world. TED Talks efforts include the following:

- **TED Prize** takes a great idea each year and seeks to achieve goals of global impact.
- **TED.com** allows the great ideas shared at TED to be easily accessible anywhere in the world, in more than 70 languages.
- The **TED Fellows** program brings extraordinary new voices into the TED community.
- **TEDx** supports the creation of independent TED-like events in communities around the world.

TED Talks is an excellent way to be informed and inspired about the current events of today. Whether it is engaging on your television or via- internet, TED Talks brings light creativity that still exists in the world with phenomenal people. It is frequently updated with new and exciting information that seeks to educate and assist those wanting to get a real idea of the important issues and not just how they can be spun on the news.

Reference: <http://www.ted.com/talks/browse>

-Kia Bess

GET THE MOST OUT OF BLACK FRIDAY

Black Friday is the day after Thanksgiving and is known as the busiest shopping day of the year with the most sales. The name came from an accounting term where red ink means a negative profit and the black ink means a positive profit. Most retailers set a goal to sell between Black Friday and Christmas since it is the time of year where most shoppers are out in the hunt for holiday gifts. The shopping starts on the Friday after Thanksgiving, which is where the second part of the name is given to “Black Friday”. Most



shoppers just race to the stores to get the first, but are not wise about how to shop. Some tips to getting the most out black Friday are doing your research prior to black Friday. Check out the local ads and compare the prices to know which stores to go to where you will get the most. Thanksgiving day newspapers are filled with Black Friday sale coupons that can come in handy to get the lowest prices. Aside from coupons, many stores also have early bird specials which ad a bigger discount to the entire purchase. For those who do not like the crowds, you can shop online and get even better discounts earlier than even those waiting outside for the stores to open. To avoid any issues with return or exchange policies, know the store policies prior to purchasing anything. Asking for gift receipts and placing them in a secure place where they can be easily accessed is another way to avoid any problems after black Friday. To get the most benefits out of shopping on the busiest day with the most crowds is having a plan set and knowing exactly where to go to purchase your holiday gifts.

-Diana Mireless

UPCOMING EVENTS!!

Contributors

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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 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.