

The Betty Newsletter

Susan G. Komen for the Cure

Issue #52



“I promise, Suzy even if it takes the rest of my life.” -Nancy G. Brinker

October is Breast Cancer Awareness Month, which is a cancer that can affect about 1 in 8 women. For women in the U.S. breast cancer death rates is higher than any other form of cancer. That risk doubles if a woman has a relative who is diagnosed with breast cancer. The one foundation that is at the forefront of battling Breast Cancer is Susan G. Komen for the Cure. Many know of the foundation but do not know the story.



Susan G. Komen for the Cure, was founded by Nancy G. Brinker. A breast cancer survivor herself she made a promise to her dying sister, Suzy, that she would do anything and everything to end breast cancer. Her sister Suzy, lost her battle to breast cancer in 1980, and young age of 36. In 1982, Nancy established Susan G. Komen for the cure. Since establishing the nonprofit organization has raised over \$1.9 billion to aid in early detection and research, and becoming the largest breast cancer charity. By far its greatest achievements is establishing more survivors, 2.5 million. In addition giving more hope to many women around the world. One of their biggest events is The Susan G. Komen Race for the Cure Series, which is a series of 5K runs and walk that raise funds and provides awareness. It celebrates breast cancer survivors and honors loved ones that lost their lives. The race series was started in Dallas, in 1983 with 800 people. It has now grown to more than 140 races over four continents with 1.6 million people.

The organization has expanded its partnerships to the mainstream with the NFL, NBA, and NASCAR.

In honor of Breast Cancer Month, there are many ways you can support Susan G. Komen for the Cure, you can donate money, donate your time by finding a Race Series to participate in, you can even support by eating Yoplait yogurt with their campaign, “Save Lids to Save Lives”. Just visit www.komen.org to find out how you can help to bring hope to people’s lives.

Reference: http://en.wikipedia.org/wiki/Nancy_Brinker
www.komen.org

-Francesca Campisi

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.



HEALTH FADS OR HEALTH FINDS YOU BE THE JUDGE

How do you decide what food to buy? Do you listen to your friends, research what food is good for you, or do you just look to see what appeals to you at the moment? There seems to be trends in what food or food product type is popular at a given time. I do not just mean candy being popular around Halloween, or turkey and stuffing being a big hit around Thanksgiving. Nor do I mean certain fruits and vegetables, or even meats for that matter, being popular during their season. I am talking about the gluten free fad. Granted, gluten free products are wonderful for those who are allergic to the gluten produced when kneading flour, but many people do not need to be substituting gluten free products for regular products containing gluten. Gluten is a protein in wheat flour... it is not bad for you, and taking it out of your diet, or just out of your sand which bread will not benefit your health, unless of course you are allergic to it. Another label has hit the shelves—low fat. It seems like every processed food product has at least one brand that has started making “low fat” products. Some are an excellent idea, however some may end up causing more problems than solving. Some products add fat binders to their products so less fat is absorbed in your body and therefore making the product low fat. My favorite example of this is the Ruffles that had a fat binder additive and because of it, had a label on the bag that it might cause anal leakage...just what you wanted from your snack huh? Of course, a couple would not hurt, but it obviously is a big enough issue if it is a warning label on the bag. Another way companies get are able to lower fat levels without hindering their product too badly, is by adding excess sugar. Extra sugar in your diet means extra calories. Extra calories are stored in the body as fat. So, by eating less fat, but increasing your sugar, you are still left with extra calories. I doubt this is what you were hoping for when would be to read and do your best to understand the labels, and analyze which option is best for you. Happy shopping!



-Erica Gold

DITCH THE GYM, AND FEEL NO GUILT. REALLY?

Chances are that if you watch television, have a gym membership or have a Facebook account, you have most likely heard of the recent phenomenon in fitness called Zumba! If you have yet to hear of such a thing, allow me to explain what this thrilling workout experience is all about. Advertised with the catchphrase, “Ditch the Gym, Join the Party”, Zumba is a fitness program that merges those Latin beats we all love with hot easy-to-follow Latin dance steps to create what they call an “effective calorie burning and fun workout.” A fun workout...is that even possible?

Well, after watching a very appealing infomercial and listening to the very pleasantly sculpted Zumba creator who goes by the name of Beto, I felt a little tempted about the program. Being the professional skeptic that I am, I just could not wrap the idea of a workout that was both fun and effective, around my head! So after weeks of allowing 24 Hour Fitness to take money out of my account for no good reason, I decided to drag myself to a Zumba class being offered on a Thursday evening.

To my surprise, the class was actually quite enjoyable! The front desk informed me that unless one reserved a spot in the class, come Thursday, it was typically full. I guess someone got lucky. I cannot even begin to describe the experience. I walked into the room and although class had yet to begin, the energy could already be felt. Right after the warm-up, the instructor jumped into some Merengue style dance moves and progressed to Salsa, Cumbia, Reggaeton and even some Hip-Hop!

See Ditch the Gym, and Feel No Guilt. *Really?*

A PROFILE OF A COCONUT, A REAL TREE OF LIFE

Growing up in the Philippines, there was an abundance of coconut products around me that I never really understood how important it was nutritionally until it started gaining popularity in the U.S. in the form of coconut water. There was coconut milk in food, coconut leaves for shelter and cleaning supplies, the coconut husk as a floor buffer, even the trunk was used to build huts or small boats. I have always heard that the coconut tree is the tree of life. Indeed, all of its parts has a role wherein a person can survive. The plant thrives in tropical climates, and are usually found near a body of water. Here are some popular uses of the coconut tree:

Fruit: Usually the size of an average person's head, the



fruit of the coconut is composed of a thick, netted husk, usually about two inches thick. When split in half, the husk can be dried up and used as a floor buffer.

It could also be used as

replacement for charcoal. The husk keeps the coconut meat and the coconut water sterile and protected from the hot tropical weather. When a young coconut is shaken, you would not be able to hear the coconut water sloshing around. This means that the coconut meat is soft, and it is used mostly for desserts or just eaten straight out from the fruit with a spoon. If

water is heard when the coconut is shaken, the meat is tough and mature. It could also be used for desserts, although it has a harder texture and a nuttier flavor. When grated, the mature coconut is squeezed to obtain coconut milk. Mainly used in making Asian desserts, I recently discovered that coconut milk can be used as a substitute for milk for vegan baking.

Leaves: Coconut leaves have a center vein that could be stripped and tied together to create an outside broom. The leaves can be woven closely to create rooftops on huts or apparel such as hats.

Trunk: The coconut has a flexible yet sturdy trunk. It is used as boat parts or housing floors. It can also be used to create kitchen utensils and house decorations.

Roots: Coconut roots absorb huge amounts of water. Aside from the use of coconut trees to absorb heavy rainfall to avoid floods or landslides, coconut roots of fallen trees are used as fire starters. Using coconut roots to cook impart a nutty flavor to foods.

Long before we had the nutritional knowledge of the coconut being a powerhouse for potassium and other electrolytes, it has always been regarded as a plant that meets the basic needs of humans. Its nutritional impact is now being recognized by a larger market. When I visit the Philippines in a few weeks, I will be on the lookout for coconut vendors pulling carts full of the thirst-quenching fruit. This time I will not take them for granted.

-Katrina Magbitang

DITCH THE GYM, AND FEEL NO GUILT. REALLY? AS SEEN ON PAGE 2

Undeniably, the music took over the room. The dance moves felt so natural that it almost felt like the so-called "dance-party" Beto had spoken about. Some laughs, sweat and a good eight songs later, the class was over. I have to say that this was the first time in my life where I actually wanted class to be longer. I was thrilled however, to find out that there was a Zumba Wii videogame, so I bought it. Talk about really ditching the gym. Yes, that's how much I loved Zumba and I definitely encourage any of my fellow skeptics, especially those who enjoy Latin music, to try it out! I was certainly not disappointed.

Reference: <http://www.zumba.com/us/>

-Sarahi Canchola

TAX ON SODA?

Obesity is on the rise in California since the past decade. Not only is it prevalent in California, it is also seen all throughout the U.S. Our nation is in a health crisis and the future of our nation is in jeopardy. Childhood obesity is becoming an epidemic. The availability of fast food, processed food, and junk food has played a part to this obesity epidemic. One of the main contributions to childhood obesity is soda.

Assemblymember Bill Monning introduced the Assembly Bill 669 (AB669) on February 17, 2011 at a press conference. This bill will tax a penny an ounce on every soda and sugar-sweetened beverage in California. If this bill is successful, California will be able to generate \$1.7 billion a year. The tax revenue will then be used to fund childhood obesity programs that have been cut due to our budget crisis. Some specific programs include improvements in food services at school, physical education classes, and recreation parks. Monning stated that there has been a 228% increase in soda consumption and that “it is only fair that the sweetened beverage industry pay their fair share to address this crisis.”

This bill was sponsored by the California Center for Public Health Advocacy (CCPHA), a nonprofit organization dedicated in improving the health of California. Dr. Harold Goldstein of the CCPHA addressed that more than half (56%) of American adults are overweight or obese and 28% of children are as well. These statistics are the reason why we are seeing such a dramatic increase in chronic diseases such as diabetes, heart disease and osteoporosis. This costs the state \$41 billion a year to treat and take care of. The CCPHA has indicated that soda is probably the main culprit to this obesity epidemic. Putting a tax on soda is just the first step in the fight against obesity, but it is the right step towards becoming a healthier California.

Source: http://www.publichealthadvocacy.org/_PDFs/press_releases/PressRelease_SodaTax_2.17.11.pdf

- Lucy Ta

WHY PUT A RING ON IT?

After reading the section “Why is a wedding ring worn on the third finger of the left hand?” in the book *What Makes Flamingos pink?* by Bill McLain, there was some interesting background information on marriage traditions throughout the centuries.

For example, as far as archeologists know the ancient Egyptians were the first to place a ring on the third finger of the left hand as a symbol of their marriage. According to the Egyptians the

“vein of love” ran through that finger and thus the ring was placed on that finger. Furthermore, they used a ring because a circle symbolized eternity to them. It also

represented perfection because it has no beginning and no end. The rings that were found in ancient Egyptian tombs were made of pure gold. The name or title of the owner was engraved on the ring in hieroglyphs. Egyptians who could not afford real gold wore rings made out of silver, bronze, amber, ivory, or glazed pottery.



To the early Romans, gold was a precious metal; hence a gold ring to them symbolized everlasting love and commitment. During his reign King Edward VI of England decreed that the third finger of the left hand was to be the ring finger. In 1549, in the *Book of Common Prayer*, the left hand was designated as the marriage hand.

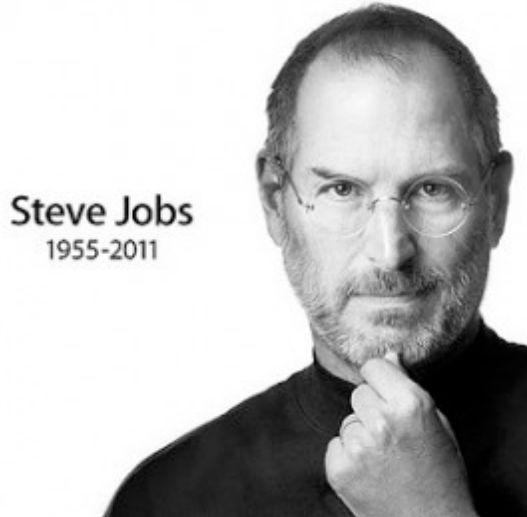
As you can see from these little fun facts, Marriage is an institution as old as time and a wonderful tradition meant to unify two individuals in everlasting love and commitment as the Romans believed.

Website roman ring: <http://www.explore-italian-culture.com/images/ancient-roman-wedding-ring.jpg>

-Ana Ortiz

THANK YOU, MR. STEVE JOBS

On October 5, 2011 the world lost a man who inevitably has changed the way we live, think, listen to music, watch movies, and even the way we breathe. Steve Jobs was an entrepreneur and innovator and a reigning genius of our time. Steve Jobs brought us the many tools we use so many times during the day, like the iPod, iPad, iMac, and iPhone. These items have shaped the way families function day to day. Many use the iPhone to communicate through multiple pathways to their family members. The iPad has evolved into a tablet that can be used with skype, the iMac can be used as computer television not just a walk through but also. As we seem students on their CSUN we numerous typing away MacBook's. As well as Consumer Science's the Family & own Betty is put Science's a MacBook together on Pro. The legacy of Steve Jobs is all around us, and as Family & Consumer Science majors we need to aim and strive to help and improve the families around us. Thank you Steve Jobs for giving us the tools to help and improve our lives and the ones around us. R.I.P.



evolved into a tablet that can be used with skype, the iMac can be used as computer television walk through but also. As we seem students on their CSUN we numerous typing away MacBook's. As well as Consumer Science's the Family & own Betty is put a MacBook legacy of all around us, & Consumer

"We make tools for people. Tools to create, tools to communicate. The age we're living in, these tools surprise you.... That's why I love what we do. Because we make these tools, and we're constantly surprised with what people do with them." - Steve Jobs

Resources: http://news.cnet.com/8301-13579_3-20117298-37/steve-jobs-book-to-share-his-memorable-quotes/#ixzz1a9xf7uMx

-Francesca Campisi

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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.