



The Betty Newsletter

THANKSGIVING EDITION

Thanksgiving, Matthews Style!

Issue #34



Every Thanksgiving my entire extended family gathers at my parents house in Granada Hills. I have relatives that come in from Northern California, San Diego and as far away as Chicago. It is the one time of the year that I get to see all of my cousins that I was tortured by, and ones that I tortured growing up. The torture ensues, now let me take you on a trip down memory lane...

Tradition

Before the meal begins, my grandma makes us stand around the table that encompasses 35 plus people, holding hands, with all of the children seated on one end of the table (I'm still seated at the children's end of the table). The children's end of the table engages in this traditional secret game: all my cousins and I hold hands and do a squeeze and release pattern... one squeezes then the other squeezes, and then we change the direction. We have even involved unsuspecting guests into our game and they just think we are being sentimental (ha ha ha). We do this silly little game all while trying not to giggle during my grandma giving *thanks*. I inevitably laugh because it's funny, and so does my cousin Liana. It just isn't Thanksgiving without this tradition.

Actually Happened/s

My grandpa falls asleep watching football with pumpkin pie in his mouth (yes, this really happened); someone ends up drinking too much and falls asleep from all the tryptophan and alcohol (it's usually not me, but I'm not saying it hasn't been); my cousin Liana refills her plate three different times because she is a food masochist and likes to make herself sick and then stick out her belly to show us how much she ate (it's a little gross); there are always too many cooks in the kitchen: five aunts, one grandma, my dad and one uncle. I always pop my head in there just to be a pest!

Last year, everyone thought that someone else was bringing pumpkin pie, and when it came time for dessert there was *no* pumpkin pie! My grandpa freaked out and asked every family member that walked by him in his wheelchair, "*Can you believe that no one remembered the damn pumpkin pie?*"

The very next day, every aunt brought him either an entire pie or a slice of pumpkin pie. I can't wait to see how many pumpkin pies there will be at *this* Thanksgiving!?!

Join the Fun

Only recently (within the last 6 years), have I realized what a special time of the year this is for me. This is also my mother's favorite holiday. She loves having all kinds of different people get together, eat together, drink together, and be in the same house. My mom has even welcomed to my childhood home some of my students who have had no place to go on Thanksgiving. I had a student last year from my childhood play class with nowhere to go and she actually drank more than me! So, if your family is too far away, come and be a part of mine.

~Erin Matthews, M.S.



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.





TURKEY ON THANKSGIVING?!?

It's that time of year again. Mashed potatoes, pumpkin pie, and turkey? Since the U.S. is an ever-growing melting pot, the traditional thanksgiving has begun to modify itself in the last couple decades and new traditions are being discovered in families. For me personally, last year was the first year my family actually ate turkey on Thanksgiving! Traditionally, every year we go to my Uncle's house (Mom's Egyptian side) and indulge in his wife's delicious Egyptian dishes along with some Filipino dishes. This is a tradition that we have continued ever since I was little. This holiday is usually spent with my mom's side of the family, since my dad's side is in Korea. Yet I've begun to notice that over the last couple years, our "tradition" has begun to fade and new ones are being created.

Last year, we held Thanksgiving at my house and my mom made turkey and to be honest...it was OK. The year before that, my family had spent Thanksgiving with my significant other's family who served Columbian dishes. As I've become older, it is becoming apparent to me that my parents' idea of Thanksgiving tradition is giving way a little bit and they're becoming more open to new ideas and different ways to celebrate this holiday. It's refreshing to recognize this because this year my best friend has asked me to spend Thanksgiving with him and his family, and my parents don't even mind that I won't be with them. Spending Thanksgiving with my friend's family will be a traditional turkey dinner that I never really have—and so it'll be interesting to see how their family dynamics are, as well as the different meal we'll be eating.

Thanksgiving is a holiday where the family comes together whether they are distant or not, and I feel that spending this Thanksgiving with my best friend's family is merely celebrating it with a distant family. My parents have decided to celebrate Thanksgiving in the traditional Korean way by going to my Aunt's on my dad's side where they'll have Korean BBQ and traditional Korean wheat wine that is only consumed on special holidays. As the years progress and the generations become older, it'll become more common to see new types of traditions that are carried out on Thanksgiving. In the end, it doesn't matter what and where we are as long as we're with the people we care about and surrounded by amazing food.



~Jennifer Whang

STAY FIT AND AND ENJOY THE HOLIDAYS

It is no surprise that the average person gains weight over the holiday season. With cookies and eggnog, large meals and lack of exercise, it nearly becomes impossible to maintain your weight let alone circumvent weight "gain". The best strategy in these situations is unequivocally a preemptive strike. Having a plan of how you will deal with situations before they arise is undoubtedly the key ingredient to winning this battle over the holiday season. Just as in many situations in life, a plan is in order, for a successful outcome.

Don't skimp on exercise.

Just because it is the holiday season, doesn't mean there is no time for exercise. It is probably the time that most of us should be increasing our exercise, not decreasing it, with the amounts of the food and snack consumption increased. Schedule exercise into your weekly routine, just as you may do so with eating or shopping. If you don't have the time or money to go to the gym no problem! Try taking a brisk walk, take 30- 45 minutes after dinner, to decompress and burn some calories at the same time.

Make sure it's worth it.

So often we may snack or eat something when it's presented or offered to us, but when asked the question was that worth the calories, most often people would agree that it wasn't. Over the holidays, there will be countless foods relentlessly offered to you (cakes, candy, pies etc). Perhaps give yourself a limit or a plan, ahead of time. Whatever you set, stick to it and most likely you will end up making those calories count where they really are worth it to you. You will eat less food merely because its offered or available and strategically start to spend your calories wisely, if you know you are only allowing yourself 3 treats all week.

Too busy, to cook healthy during the holidays?

There are quick healthy options other than fast food or eating out. Try making a yummy soup, and eating on it for a couple of days. Or get a fast and healthy cook book, some of the recipes are so easy, 10-15 minutes and "voila", you have a yummy, healthy masterpiece. It is so easy to just pop through the drive through, but those calories add up just as fast as it is to show up there. If you are eating fast food, opt for baked options, water or diet soda and when offered the larger size, simply reply no thanks!

It is so easy to loose sight of our health priorities over the holidays, as it is an extremely hectic and busy time for many of us. However, rest assured that taking 5 minutes, to come up with a couple of strategies that will help keep you on track through your holiday season, can make all the difference, all season long!

~ Janelle Leyone



TWO DIFFERENT THANKSGIVING PERSPECTIVES FROM FCS STUDENTS

Why do a large number of people living in the United States celebrate Thanksgiving? The answer may vary from person to person depending on their points of views, cultural backgrounds, traditions, or other factors. Some answers we might get when asking this question may be “because it’s an American tradition, because people love to have feasts, as an excuse to get together with the family. Others may say that Thanksgiving is a day to thank god for food and blessings, and some people might not even know why they engage in celebrating this holiday. Being part of the FCS department, I thought it would be interesting to see what some of my colleagues would have to say about this holiday. Here are two interesting responses from two people who have different perspectives on this holiday.

Alexis Chikami

Senior, FCS major



1. Do you celebrate Thanksgiving? Why or Why not?

“Yes, because it is a family tradition.”

2. How is this holiday significant to you, and how do you celebrate it?

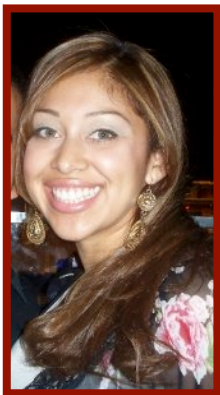
“Thanksgiving is one of the only times a year that I get to see all of my relatives and family. We gather and feast on a lot of good food and catch up. My mom usually cooks Thanksgiving dinner with traditional Thanksgiving food. All of my aunts, uncles, and cousins come over and we have dinner, play cards, and hang out. Because most of our family that comes over is Japanese America, we also include sushi and rice as part of our Thanksgiving meal. Everything else is normal.”

3. How would you feel if Thanksgiving was canceled as a holiday?

“If Thanksgiving was canceled, I would be very disappointed because I enjoy it as one of the few national holidays where my entire family gets together. It’s a good excuse for all of us to gather together and celebrate with good food.”

Stephanie Portillo

Senior, FCS Major



1. Do you celebrate Thanksgiving? Why or why not?

“I do because it is something that everyone does. My family still gives thanks for our food and good health prior to eating our Thanksgiving dinner.”

2. How is this holiday significant to you, and how do you celebrate it?

“It is not as significant to me like Christmas is, but everyone celebrates it, so we do too. We celebrate by eating chicken, mashed potatoes, tamales, macaroni, and steamed vegetables.”

3. How would you feel if Thanksgiving was canceled as a holiday?

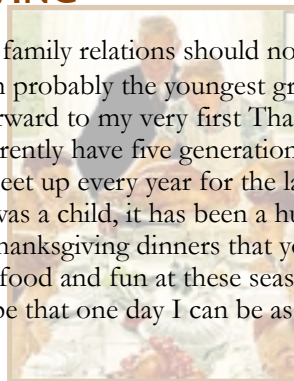
“It wouldn’t be devastating to me, since Thanksgiving is not an important holiday to me. My Mexican culture does not really celebrate Thanksgiving, so it wouldn’t make a difference to me.”



~ Natalie Perez

THE MAY-FLOWER THANKSGIVING

My obsession with family dynamics and family relations should not come to a complete surprise, if you know me. If you are still getting to know me, I am probably the youngest grandfather you will meet or will have ever met. I am 35-years-old and I am looking forward to my very first Thanksgiving as a grandfather. Since three out of four of my grandparents are still alive, I currently have five generations of family on this planet. My family is very close and very large, and yes, we all try to meet up every year for the largest, Texas-sized Thanksgiving lunch, in Dallas of course, you will ever see. Since I was a child, it has been a huge event. The May family Thanksgiving does very much look like the stereotypical thanksgiving dinners that you would find in a Normal Rockwell painting. There is always a large amount of food and fun at these seasonal outings. I am very excited to see my family, all five generations of them, and hope that one day I can be as great of a grandfather to my grandson, as my grandfather is to me.



~Jack T May



HIGH SUICIDE RATES FOR THE HOLIDAY SEASON?

Why is it that the most wonderful time of the year is thought to have the highest suicide rate? It is not completely off course to think that a time that promotes happiness might bring an overcoming sense of sadness to those who are dealing with stress, hardship, and loneliness. Even though the media had played up this idea of winter being the highest season for suicide, it just isn't true. The Center for Disease Control and Prevention (CDC) has produced many studies throughout the years that have shown that suicide rates are at their highest during the spring and summer and decline during fall and winter. It is possible that the winter months tend to bring people closer together, whether it be because of cold weather or the compassion and love that tends to be shown during this season of giving. Although suicide rates may be down in the colder months, depression is still very common. Many people who may struggle during this time of year are those dealing with a loss of loved ones or even financial struggles, which may cause additional stress. There are many ways to tell if someone is thinking of suicide, but here is an easy way to remember warning signs: IS PATH WARM?

I - Ideation (suicidal thoughts)

S - Substance Abuse

P - Purposelessness

A - Anxiety

T - Trapped

H - Hopelessness

W - Withdrawal

A - Anger

R - Recklessness

M - Mood Changes



The American Association of Suicide (AAS) has created this mnemonic to help you easily remember the warning signs for suicide. On the AAS website, suicidology.org, they also list the symptoms of depression, which may lead to suicide. Common signs of depression that reoccur almost every day: depressed mood (e.g. feeling sad or empty), lack of interest in previously enjoyable activities, significant weight loss or gain, decrease or increase in appetite, insomnia or hypersomnia, agitation, restlessness, irritability, fatigue or loss of energy, feelings of worthlessness, hopelessness, guilt, inability to think or concentrate, indecisiveness, recurrent thoughts of death, recurrent suicidal ideation, previous suicide attempt or a plan for completing suicide.

Luckily for CSUN students there is free counseling. The counseling center is available to help any student who may be going through a hard time. They offer individual counseling, couples counseling, group counseling, psychiatric consultation, and urgent care assistance. You can walk-in or call to set up an appointment and they will be happy to help you. Additionally, listed below are a few numbers and websites that may help you or someone you know. Don't let depression get the best of you, do something today.

CSUN University Counseling Services

Bayramian Hall

Room 520 (5th floor)

(818) 667-2366

<http://www.csun.edu/counseling>

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255).

National Institute for Mental Health

www.nimh.nih.gov

Substance Abuse and Mental Health Services

Administration

www.samhsa.gov

Suicide Prevention Resource Center

www.sprc.org

~Bobbie Bodie



TURKEY DAY APPAREL: COMFY VERSUS DRESSY

An expandable waistline is the dreadful stereotypical thought that comes to mind when we all think of apparel in relation to Thanksgiving. With all of the wonderful holiday feasts we enjoy each year, it is no wonder that people are so into comfy clothing during this festive season. However, what does one wear to a fancy or even formal dinner during turkey day? Which style has the upper hand? How do you decide? This is survival of the fittest: comfy



versus fancy Thanksgiving apparel.

I have experienced mostly laid-back Thanksgiving dinners, which require nothing more than my attendance. On the other hand, I have also been to holiday gatherings with a prerequisite of looking nice without being too dressed-up. I personally prefer to be comfy and casual but every now and then, a fun and fancy Thanksgiving celebration is welcomed by my wardrobe.

The important thing to remember about a dinner with no dress code is that you should at least wear jeans. Stay away from sweats and pajamas (unless there is some outlandish PJ tradition your family abides by). Being comfortable does not mean looking sloppy. Wear warm, over-sized sweaters (or cardigans) paired with boyfriend-fit denim. You achieve the casual look while still being

effortlessly chic in the seasons' hottest boyfriend-fit trends! Leggings are a blessing and a curse this holiday season because though they can be forgiving once you are full, they are very reminiscent of cheap, cheesy expandable waist pants created for the typical tourist at Disneyland. If you must wear leggings this Thanksgiving, make sure they are in great shape and go for some form of embellishment (zippers, buttons, lace, etc.) in order to dress up your comfy leg wear.

Dressing up for Thanksgiving can be fun. There are endless options for you to choose from in order to celebrate Thanksgiving in fancy fashion. Whether you have a more formal dinner or you simply feel like dressing up, you can do so with much ease. Stay away from black and red. Save the red for another holiday and the black for a more somber occasion. Blue and grey are perfect for dressing up because they are the hot colors of the season and can be found in very rich and vibrant hues right now. Try a sweater dress, a great tulip skirt with some colorful tights, or a tailored pair of slacks (wide or skinny legged). You can do dressed up this Thanksgiving all while being comfortable.

Thanksgiving is a time to celebrate what we are thankful for and your clothing does not have to be the centerpiece of this wonderful holiday. No matter what you wear, comfy and casual or fancy and primed, be thankful that you have a wardrobe to make these choices from. Happy Turkey Day FCS!



~Stacey Gadus

A THANKSGIVING POEM...

I wrote this poem for my mom last year. This is a time for giving and sharing so I thought I would share it with you. I hope you enjoy it and maybe you can share it with your FAMILY!

F

represents our flesh and blood

A

represents adherence to the ideals we share as a family unit

M

represents the mercy that we ask for today

I

represents the individuality we each bring to this table

L

represents the love that we hold for those special people both passed and alive

Y

represents the yearning we desire to have compassion, and faith in our hearts

~ Erin Matthews-Maxwell, M.S.



THANKSGIVING LEFTOVERS RECIPE



Having leftovers from the big feast on Thanksgiving Day is almost always certain. My father was the cook in our home and he always knew what to do with leftovers. This is the Turkey Kielbasa Soup Recipe that he only makes the day after Thanksgiving. Imagine all your out-of-towners who are staying over waking up to this on Friday morning!

Turkey Kielbasa Soup

Prep Time: 15 minutes

Cooking Time: 30 minutes

Serves: 8-10 people

- 1 small onion, diced
- 1 carrot, peeled and diced
- 1 bay leaf
- 1 cup Leftover Shredded Turkey Breast
- ½ pound of Kielbasa Sausage, diced
- ¼ head of cabbage, diced
- 1 potato, peeled and diced
- ½ cup elbow macaroni noodles
- 1 qt Turkey Stock, Chicken stock, or water
- Salt and pepper



DIRECTIONS

1. Sweat the onions and carrots in a heated pan with melted butter until the onions are transparent.
2. Add in the shredded turkey breast, Kielbasa Sausage, bay leaf, and

liquid of your choice: stock made from the leftover turkey bones, chicken stock or water.

3. Simmer for 15 minutes, stirring occasionally.

4. Add the potatoes and elbow macaroni noodles. Simmer until the potatoes and noodles are cooked (about 10 minutes).

5. Add the cabbage and season to taste. Remove the bay leaf before serving.

6. ENJOY!

~Hazel Fabila

WHITE OR RED?

Choosing the right wine is the key to success when you're entertaining. It doesn't just bring out the flavors of your meal, but it can make the conversation more interesting. So how do you choose what wine you want to serve with your turkey dinner? That question may come up a lot throughout the holidays. But it can be as simple as answering the question of what wines do you and your guests already like?

*If dry white wines are preferred, dry and oaky Chardonnays would be the favorite choice with turkey. Other good choices are Sauvignon Blanc or White Burgundy, which will go well with everything.

*If the guests want something on the sweeter side, White Zinfandel is a classic wine to go with your Thanksgiving feast.

*If you're looking for something light but slightly spicy, Gewurztraminer is the perfect wine for you. Riesling, a slightly sweeter wine, would be a great match for any of your traditional family dishes. If the label on the Riesling says Kabinett, the wine has been made from one of the earlier harvests. This will make it a dryer wine. A favorite in American homes is a Spätlese, which is still dry, but it's a bit sweeter. A great match for dessert would be an Auslese which is even sweeter than the Spätlese.

*If red wines are the drink of choice, Pinot Noir would be a perfect wine for Thanksgiving dinner. This will likely blend well with the entire meal because it's more robust than white wines. Pinot Noir should be served slightly chilled.

*If sparkling wines are your preference, your favorite champagne is suggested to put your family and friends in the holiday mood!

~ Melissa Mitchell



HEALTHIER CHOICES FOR THANKSGIVING MEALS

First and foremost, it is important to control your portion size. For any traditional turkey dinner, it's better to choose the white meat over dark meat. White meat is leaner than dark meat and is lower in fat and calories. When preparing for mashed potatoes, use low fat or skim milk rather than whole milk, and use less butter or a butter substitute. An alternative for cooking sweet potatoes may be to bake them by sprinkling cinnamon with a little bit of brown sugar rather than topping it with marshmallows and lots of butter. Try to avoid dishes such as green bean casseroles because they tend to be higher in sodium. You can cut out empty calories by avoiding gravy, cranberry sauce, and white-bread dinner rolls. Also, some packaged canned foods might have a high content of sodium and sugars which our bodies do not need—try to read labels before buying them. You can buy many low sodium and low sugared canned foods at Trader Jo's and Whole Foods. It is important to use healthy recipes for the sake of overall health and to avoid heart disease, diabetes, and some cancers. When shopping for your Thanksgiving dinner, be sure to get the freshest ingredients at your local produce that contain no pesticides, additives and hormones, and preferably choose organic foods. It may be a little bit more expensive, but your body and mind will thank you for it later, since antibiotic meats will not only make your body susceptible to old diseases, but new diseases as well. Keep in mind everything is okay in moderation. It's okay to have that slice of pumpkin pie, but be careful about going back for seconds.



~Michelle Anderson Bragado

GROCERY SHOPPING ON A BUDGET

It is hard to manage school and work together, so for those of us who do, we know that we want to save our hard earned money and are not too happy to spend it all on food. As we are always on the go, we find ourselves eating out a lot because it's convenient but not always healthy or cheap. Sure, cheap fast food is an option but who wants to eat hamburgers every day? First, it is very unhealthy and it will definitely affect your health. So the other cheapest option would be cooking at home, but even then, going to a grocery store to buy basic necessities, you will spend about \$70 for one person—that's a lot to spend at one time.

So I researched some tips that will help us save money on food and still eat healthy. You can use the money you save from smart grocery shopping towards some fun vacation or some new clothes.

Here are some tips:

1. Use coupons. I know using coupons seems a little much and like a lot of work. We all have seen people in grocery stores going through their coupon purse and taking up time to find the right ones. Yes it is annoying but honestly it will save you a lot of money and some things you may even get for free.
2. Buy items that are on sale and choose store-name brands because that can sometimes cut the cost in half. When you combine sale items with coupons, you will like the results!
3. When you buy less, less goes to waste therefore you waste less money- especially if you live by yourself. If you go to Costco or places like that and buy bulk items like fruits or other things, you will save money, but if you are a single person, you may not eat all that food and you are going to throw some of it away—in the end, you waste your money.
4. Use leftovers. When you live on a budget it is very exciting if someone invites you to dinner or your mom has some extra leftover food to give you. Sometimes there are group meetings at school where free food is involved. Go participate and get your meal for free! I know it sounds cheap, but sometimes that's what we have to do.
5. Make a list of what you need before you go to the grocery store. That way you won't go through every aisle and buy things that you think you need.
6. Grow herbs such as basil, dills etc., at home. That will save you some money when you cook at home and you will be using fresh ingredients.
7. Finally, don't shop hungry. Everything will look delicious and you will feel like you need everything!

Hope this helps☺



~Agie Skele





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*Happy Thanksgiving
from us here at SAFCS!!*

“HEY! DO YOU HAVE SOMETHING TO SAY?”

We want to hear what you have to say, because we know you’ve got something worth saying! Fashion, family studies, interior design, consumer affairs, education, nutrition... your option matters! We *especially want to see what kind of edge or flair you have!*

So please, **share!!**

Send an article to *The Betty* at erin.matthews@csun.edu and become a PUBLISHED WRITER!
We are a copyrighted newsletter, folks. Submit with your full name, major and option, and a picture of your lovely mug!

